



Valhall Viking



**SONS of
NORWAY**

Celebrating **125** Years

1895-2020

Mission Statement

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

Meeting Location

La Mesa Masonic Lodge

4731 Date Ave.

La Mesa, CA 91942

<https://lodgeofvalhall.com/>

Serving San Diego, CA

Founded 1912

*** IMPORTANT ANNOUNCEMENT ***

Because of the coronavirus, there are no scheduled activities in May. This is subject to change. Watch our website for updates.

Due to the coronavirus, lodge activities have been suspended until further notice. As of publication, there were no plans for activity in May.

Ord fra presidenten

Dear Members,

I hope all of you are staying safe and healthy. We continue to suspend our lodge activities. We don't know how long this will last, but it is most likely going to be September before we meet again. Keep an eye on our website and pay attention to e-mails from April in case there is a change in our situation.

If any of you need help with anything, you can give me a call. We hope that sheltering at home will end soon, but we don't want to endanger anybody by moving too fast to resume activities.



We found it strange having to celebrate Easter by attending church services on television. We may have to put up with not coming together for Syttende Mai, a holiday that is a big deal for us Norwegians. Please do what you have to do to stay safe and healthy.

Respektfullt, Maury D. Lee
President, Valhall Lodge 06-25

Links

Our lodge: <https://lodgeofvalhall.com>

District Six Newsletters and Cultural Newsletters: <https://sofn6.org/newsletters/>

Camp Norge: <https://www.campnorge.org/site/>

District Six: <https://sofn6.org>

House of Norway: <https://www.houseofnorway.org>



Happy Birthday
Gratulerer Med Dagen!



May Birthdays

4	Dale Roybal
4	Susan Hansen
10	Andrea Hales
13	Debra Hausvik
13	Michael Kaine
14	Amelia Seeto
15	Cynthia May
16	Arlene LaBree
16	William Stedham
24	Arnette Scherl
25	Mary Conklin
26	Alexander Davis
29	Magnhild Gilbertson

Tubfrim

Susan Cody is collecting cancelled stamps for the Tubfrim charity. These stamps help raise funds for needy people.

Save the Date SoCal Kretsstevne

The Southern California 2020 Kretsstevne is planned for **October 16-18, 2020**. Save the date!
<https://sofn6.org/southern-california/>

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

Valhall Lodge #6-25, Sons of Norway UnDinner Social

No Dinner Social scheduled!

We're sorry, but the coronavirus outbreak has made social distancing necessary, and so we have to cancel our socials for the time being. At the time of publication of this newsletter, there were no planned lodge activities in May.

Watch our website and be on the lookout for e-mails from Aprell for updates on this status. If a social does get scheduled, it will be advertised on the SOCIAL page of our website.

Lodge Officers

President	Maury Lee
Vice President	VACANT
Counselor	Susan Cody
Secretary	Janet Coulon
Assistant Secretary	Janet Weber
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	Denise Olson
Cultural Director	Myla Coleman
Marshall	Carmen Cleary
Assistant Marshall	Rick Hausvik
Historian	Sandra Yeaman
Musician	VACANT
Editor	Steve Rawlinson
Assistant Editor	Arlene Labree
Foundation Director	Arlene Labree
Publicity Director	Susan Cody
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer

Auditors

Sandra Yeaman

Steve Rawlinson

Rick Hausvik

Corporation Officers

President	James Adams
Vice President	Andreas Ueland
Secretary	Aprell Bigler
Treasurer	Steve Rawlinson
Director	Maury Lee
Director	Judy Sawyer
Director	Rick Hausvik

LOV Officers

President	Millie Wright
Vice President	Susan Cody
Secretary	Myla Coleman
Treasurer	Amelia Seeto



**SONS of
NORWAY**

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

jdonovaninsure@gmail.com

Minutes of the Lodge Board Meeting

April 13, 2020

CALL TO ORDER: President Maury Lee called the meeting to order at 7:03. The meeting was conducted via Zoom. There were 10 board members present; they are listed at the end of the minutes.

COMMITTEE AND DIRECTOR REPORTS:

Treasurer: Millie gave the treasurer's report.

Cultural: Myla reported that she is looking for ways to start an online conversation with members. Sandra advised that Zoom or GoTo Meeting are preferable to Facebook. She will look into other options. Myla asked for recommendations for conversation topics.

President: Maury contacted the district office about summer camp and at this time they are still planning to be open; however, the district will be evaluating this decision as more information is forthcoming. Susan said that applications can still be sent in. Steve said he would update the announcement page when any decisions are made. Should it be open, the district will pay for half of the cost. Maury asked if the lodge or the Ladies of Valhall might also chip in.

Maury also reported the following:

1. We have yet to receive our portion of the dues from headquarters because they do not have enough staff at this time to process the checks.
2. We received a request from Garrett Weir for a scholarship.
3. He has asked Chris from the Masons to be on the lookout for any mail, re: the corporation.

Finally, Maury said that he would be crafting an email to all of the members to check in and see if anyone needed anything in these extraordinary times. He offered himself as the direct contact and said that he would do what he could to help. (Thank you, Maury.)

The board meeting was attended by: Janet Weber, Janet Coulon, Maury Lee, Sandra Yeaman, Millie Wright, Steve Rawlinson, Susan Cody, Myla Coleman, Rick Hausvik, and Judy Sawyer

The board meeting adjourned at 8:00. The next meetings are TBD.

Respectfully submitted by:
Janet Kylstad Coulon
Secretary
Valhall #6-25

Hiking Vikings Walk for Brain Injury Recovery

Who: San Diego Brain Injury Foundation
What: Walk for Recovery
Where: De Anza Cove Park, 2740 DeAnza Road, San Diego, CA 92109
When: ~~Saturday, March 21, 2020~~, at 8:00 AM
Delayed until May 16, 2020, at 8:00 AM

The Hiking Vikings will have a team. We encourage you to register with the Hiking Vikings and walk with them. You can also make a donation as a Hiking Viking even if you don't join in the walk. Visit <https://sdbif.org/index/events/2020-sdbif-surviveheadstrong-walk-for-recovery/> and scroll down to the bottom of that page. Find the Hiking Vikings box and click on it. You are then at the Hiking Vikings page. You can register to walk with the team or you can make a donation giving credit to the Hiking Vikings.

Upcoming House of Norway Events

Visit <https://www.houseofnorway.org/> for details. We leave it to the House of Norway to disclose on their website any closures or cancellations made necessary by the coronavirus.

- **May 17** Flag Raising followed by Brunch (9 AM)
- **May 17** Parade (1:50 PM) then Lawn Program (2 PM – 3 PM)
- **May 24** Ethnic Food Fair (11 AM – 5 PM)
- **Aug 29** Nordic Nights at Balboa Park International Cottages

Camp Trollfjell and Trollfjell Folkehøgskule Postponed until 2021

It is with deep regret that I announce the postponement of Camp Trollfjell and Trollfjell Folkehøgskule until 2021.

Our primary concern is for the health and safety of the children and youth entrusted to our care, our staff, and all their families. The COVID-19 pandemic situation is changing daily, but until there is massive testing capability available or a vaccine, social distancing is the only thing keeping this virus contained.

We know that this is a disappointment for our Campers and Students. We are looking for ways to provide some Virtual Trollfjell activities during the time we would have normally held our Language and Heritage programs. Please watch for future announcements about these on-line opportunities.

With sincere regrets,

Bruce Fihe

Executive Director, Camp Trollfjell and Trollfjell Folkehøgskule
 Vice President, District Six – Sons of Norway

LOV Notes

April 2020

Next meeting: 9:00 a.m. **To be determined**

Hostesses:

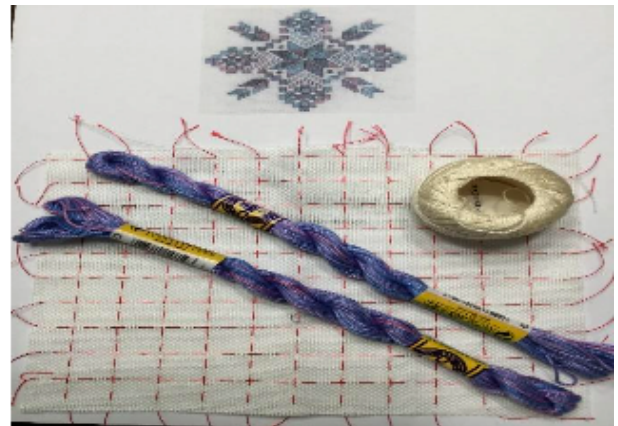
Hello Ladies, just a few short notes since LOV meetings have been cancelled until further notice.

First, I need to make a correction to the March 2020 LOV Notes: Anne and Bodel did not meet in elementary school, it was later in gymnasium and have remained friends ever since.

The hardanger activities are still going on via ZOOM. Sandra and I have met in zoom meetings and it has been very beneficial for me to get her guidance in learning hardanger techniques. I finished the first project but am redoing it to, hopefully, eliminate most, if not all, of the mistakes I made the first time! Sandra also came by, both of us wearing our face masks and following social distancing best as we could, to drop off hardanger supplies for me.



Hardanger Project 1: Starting Over



Hardanger Project 2

Anne has talked with Joyce and Sven Olsen as well as Olaud “Chris” Lelevier since the last LOV meeting and they are all doing as well as can be expected and were happy to hear from her.

I have talked with a few of our LOV members since the last meeting and will continue to do so; I appreciate calls I have received. I recommend we all reach out to each other with a phone call, email or text to keep in touch and help one another out if we are able.

During the April online, zoom, Valhall Lodge Board meeting it was determined that the next Lodge meeting won't happen until September at the earliest since the Lodge and LOV shut down during July and August.

Please stay safe and reach out to one another til we meet again.

Med vennling Hilsen,

Millie Wright
President, LOV

Norwegian Performance Group Wardruna Coming to El Cajon on October 16

Wardruna is difficult to classify. Their performance is not like anything else you've ever seen--part music, part drama, part history lesson, part poetry. Led by Einar Selvik, they've released three albums and have a worldwide following. They are dedicated to creating musical renditions of cultural and esoteric Norse traditions, and make significant use of historical and traditional Nordic instruments. They also contributed music to History Channel's series VIKINGS, and Einar appeared in two episodes.

From their bio:

“Wardruna merge academics with pop culture, and their thorough and serious approach has made them one of today's foremost communicators of Norse culture. Today's top international scholars on Old Norse studies use Einar's work to exemplify how music might have been executed in earlier times in Scandinavia and he has lectured about his work with historical music in prestigious universities such as Oxford, Reykjavik University, and University of Bergen. Wardruna was commissioned by the Norwegian government to write and perform a music piece for the 200-year anniversary of the Norwegian constitution in 2014.”



Tickets can be purchased at <http://bit.ly/WardrunainElCajon>

Regional Reform and Bunads

People in the United States are debating whether Trump is our savior or an illegitimate President. British people are concerned about the health of their Prime Minister. Israelis are worried about whether Netanyahu and Gantz will be able to work together in a coalition government. Russia and Saudi Arabia (and other oil producing countries) are concerned about the price of oil. People in India are wondering if they are living in a Hindu theocracy. The Philippines, Vietnam, and Malaysia are worried that China is going to turn the South China Sea into a Chinese lake. Meanwhile, Norwegians are grappling with an issue that is far more important.

Norway passed a law in 1917 to merge its previous 19 *fylker* (counties) into 11. The merger went into effect on January 1, 2020. The geniuses in the *Stortinget* may have failed to consider what this means for bunads. Different regions have different styles of bunads, and now that the regions are defined differently, some people have to choose whether to keep their old bunads or adopt bunads from their newly defined subdivisions.

Lucky people in Rogaland, Møre og Romsdal, Nordland, and Oslo don't have to worry about this because these subdivisions have retained their previous borders.

Read more details about this critically important topic at https://www.sofn.com/blog/will-regional-reform-result-in-new-bunads/?utm_source=Sons+of+Norway&utm_campaign=d4dad3f576-EPOST_04_2020&utm_medium=email&utm_term=0_c5ffaf3d10-d4dad3f576-58051183

From your Cultural Director

Hei til alle! I look forward to the time when we can join together to talk Norway and celebrate our heritage. In the meantime, let's work on a project! The ultimate presentation is still a work in progress. Suffice to say that pivotal Norwegian characters will showcase the history of our ancestors' immigration to the USA.

Here's how to submit your ancestor's information: Print legibly on the hard copy in the Valhall lodge May newsletter (page 10) and take a photo with your phone or other scanning device. Or you can go to the AMERICA FEBER page on our website, fill in the information, and click on the SUBMIT button. If you filled in the form on the newsletter, then send to me at the email found in our lodge directory or send to my forwarding address at culture@lodgeofvalhall.com. Questions can go to my email.

Submissions are due on Wednesday May 13.

Heiligdag hilsen!

Myla

America Feber**Immigrant Ancestor Information Sheet**

Please fill out the following information:

Choose any one of your own Norwegian-born ancestors. If you yourself were born in Norway, use your own.

Name of Emigrant: _____
(please print)

Norwegian Home: _____

Year of Emigration: _____
(approximate, or use decade)

American Home: _____
(City, town or county) (State)

Their Ages (optional): _____
(at the time)

No. of Children who emigrated with them: _____

Your name: _____

Relation to Above: _____

Additional comments or information about your ancestor:

Creamy Vegetable Soup with Chicken

This is only for you energetic cooks who are not so lazy as to just buy a can of Campbell's at the store.

Kevin Moberg is a member of Hardanger Lodge #4-652 in Dickinson, North Dakota. No doubt some members of Valhall Lodge know exactly where Dickinson is located. Kevin and his family have a tradition of "Scandinavian Saturdays". On Saturday, Kevin picks a recipe, makes the grocery list, and does the shopping. Then his wife and daughters take turns assisting him in preparing the meal.

Read Kevin's recipe for creamy vegetable soup with chicken at https://www.sofn.com/norwegian_culture/recipe_box/soups/creamy-vegetable-soup-with-chicken/?utm_source=Sons+of+Norway&utm_campaign=d4dad3f576-EPOST_04_2020&utm_medium=email&utm_term=0_c5ffaf3d10-d4dad3f576-58051183

Cool New Buildings in Oslo

Oslo is filled with unique and stunning architecture, and a few new buildings will soon be adding to the city's cultural cache. While many beautiful new building projects have gone up in Oslo in recent years, here are a few noteworthy highlights to check out:

- Dutchman Library
- Munchmuseet (Munch Museum)
- Valle Wood

Details about these buildings are at https://www.sofn.com/blog/cool-new-buildings-in-oslo/?utm_source=Sons+of+Norway&utm_campaign=d4dad3f576-EPOST_04_2020&utm_medium=email&utm_term=0_c5ffaf3d10-d4dad3f576-58051183

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Please Deliver Promptly

Valhall Viking

MAY 2020

CALENDAR **May**

At the time of publication, there were no planned activities in May because of the coronavirus.

May 23 Newsletter Deadline

Next newsletter is the
June issue

Deadline for the
June Valhall Viking
is May 23, 2020

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com