



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.

November 2020
Valhall Lodge #6-25
<https://lodgeofvalhall.com>
Serving San Diego, CA

Meeting Location
La Mesa Masonic Lodge
4731 Date Ave.
La Mesa, CA 91942
Founded 1912

November 7, 10:00 AM LOV Virtual Meeting

November 21, 2:00 - 4:00 PM Pick up lutefisk, meatball dinners, lefse, and other goodies from Lille Butikken.

Ord fra presidenten

Dear Members,

We are going to have a socially distanced lutefisk dinner this year. You pre-order the dinner and drive to the lodge hall to pick it up. You take it home, heat it up, and enjoy. Details are on Page 2 of this newsletter. Thanks to Judy Sawyer and her friends in LOV for organizing this.

Hope you were able to attend the October virtual meeting. We approved revisions to the Corporation documents. Now the Corporation

can invest funds for more growth. We also had some Halloween fun. People put on costumes from the chest up for the virtual meeting and they told stories about their favorite Halloween candies. It was a great opportunity for people to have something to say to the other lodge members. Myla Coleman did a great job organizing this.

Graciela and I hope you have a happy, peaceful, and safe Thanksgiving!

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



November Social Meals and Lille Butikken

See photos on the next two pages for examples of baked goods. Orders must be prepaid and received by **Monday, Nov. 16, 2020**. Please mail your order early enough so that it is received on time.

Name:			
Item	Price each	Qty Ordered	Total
Meatball Dinner	\$15.00		
Lutefisk package (1.75 lb)	\$8.00		
Gjetost package (7.5 oz)	\$11.00		
Berlinerkranser (6)	\$4.00		
Serinakaker (6)	\$4.00		
Spritz (6)	\$4.00		
Powdered sugar butter cookies (6)	\$4.00		
Apple bread loaf	\$4.00		
Almond spice bread loaf	\$4.00		
Bordstabel (6)	\$4.00		
Lefse (6)	\$8.00		
Gingerbread house kit	\$10.00		
Total order			

Print this page or download our [spreadsheet](#) that can do the calculations for you. If printing from the spreadsheet, print **the page containing this order form**. Send with your check for the total amount of your order. Checks should be **made out to Valhall Lodge** and **mailed to Judy Sawyer, 5700 Baltimore Dr., Unit 61, La Mesa, CA 91941-1633**. Orders must be mailed early enough so that Judy gets them by Monday, November 16. Items must be picked up at the Masonic Hall on Saturday, November 21, between 2 and 4 PM. If you have questions, please call Judy at (619) 993-9113.

Images are only examples. Delivered items may look different.



Berlinerkranser – pkg of 6
Price: \$4 8 dozen available



Powdered sugar butter cookies – pkg of 6
Price: \$4 4 dozen available



Bordstabel – pkg of 6
Price: \$4 4 dozen available



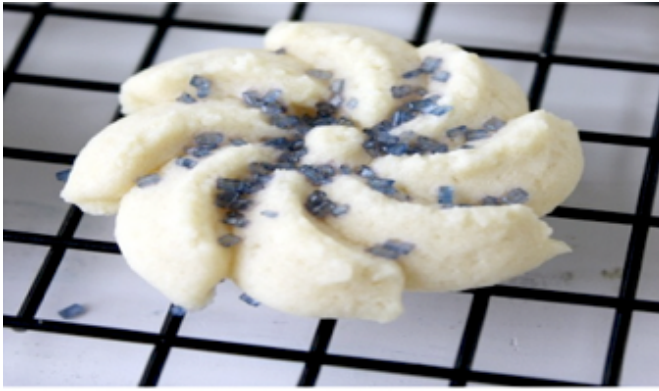
Serinakaker – pkg of 6
Price: \$4 4 dozen available



Apple bread – small loaf in ceramic pan
Price: \$4 5 loaves available



Lefse – pkg of 6
Price: \$8



Spritz – pkg of 6

Price: \$4 4 dozen available



**Gingerbread house kit –
pieces for one house**

Price: \$10.00 8 kits available



**Almond spice bread – small
loaf in ceramic pan**

Price: \$4 6 loaves available

Gingerbread House Contest

The House of Norway is having its 1st Annual Gingerbread House Contest. Adults and children can compete, but the prizes will go only to children. Buy gingerbread house kits from Valhall Lodge and then compete in the House of Norway contest! You have until December 4th to submit your entry. Click below for details.

https://www.facebook.com/events/267599971239296/?active_tab=discussion



Happy Birthday
Gretulerer Med Dagen!



November Birthdays

3 Carol Amundson

7 Millie Wright

8 Shirley Ellingboe

12 Carmen Cleary

14 Phil Hinshaw

15 Sandra Yeaman

15 Rebecca Bourdage

15 Frank Burstrom

21 Audun Davik

25 Joyce Olsen

27 Laura Wendling

Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

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except in January and July.

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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](https://www.houseofnorway.org)

Wardruna Rescheduled To Next Year

A nordic concert will take place on October 15, 2021 at 8:30 PM in El Cajon. Details about this concert are on our website at <https://lodgeofvalhall.com/wp-content/uploads/2020/07/Wardruna.pdf>.

This concert was originally scheduled for October 16, 2020, but it has been postponed to October 15, 2021. Tickets bought prior to the rescheduling will be honored at the concert. Check the ticketing website for further options.

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

Lodge Officer Candidates

Election in November, 2020

POSITION	NOMINEE	POSITION	NOMINEE
President	Maury Lee	Trustee (3 Year)	Susan Cody
Vice President	Myla Coleman	Trustee (2 Year)	Millie Wright
Counselor	Susan Cody	Trustee (1 Year)	Judy Sawyer
Secretary	Wendy Hovland-Henry	Auditor	Phil Hinshaw
Assistant Secretary	Denise Olson-Durham	Auditor	Steve Rawlinson
Financial Secretary	Aprell Bigler	Auditor	Amelia Seeto
Treasurer	Millie Wright	Corporation Director	Aprell Bigler
Social Director	Judy Sawyer	Corporation Director	Everett Shogren
Assistant Social Director	Graciela Lee		
Cultural Director	(Vacant*)		
Assistant Cultural Director	Amelia Seeto		
Marshall	Andy Ueland		
Assistant Marshall	Janet Weber		
Historian	Sandra Yeaman		
Musician	Sven Olsen		
Editor	Steve Rawlinson		
Assistant Editor	Arlene Labree		
Foundation Director	Jim Adams		
Publicity Director	Susan Cody		
Youth Director	Myla Coleman		
Sports Director	Ellen Spitzer		
Webmaster	Steve Rawlinson		

* There is currently not a nominee for Cultural Director. Anybody who is interested in filling that position should contact the nominating committee. Members of the nominating committee are Jim Adams, Millie Wright, and Myla Coleman.

Minutes of Lodge Virtual Meeting

September 26, 2020

Meeting held on Zoom. Meeting called to order by President Maury Lee at 4:34 p.m. Opened with the Pledge of Allegiance. Since singing on Zoom is so difficult, we agreed to skip national anthems.

Present (20): Jim Adams, Myla Coleman, Judi Dow, Phil and Mary Hinshaw, Glenn Jerpseth, Lora Lee (affiliate member from Wisconsin), Maury Lee, Else Ottesen, Linda and Steve Rawlinson, Dale Roybal, Judy Sawyer, Jean and Everett Shogren, Tam and Sig Stautland, Andy Ueland, Millie Wright, and Sandra Yeaman

1) **Treasure's Report** Millie Wright

Checking account hasn't had a lot of activity. Check for Action mail, \$291.21, \$25 memorial for Brevig, \$176 for dues from Sons of Norway. For dues from Sons of Norway. Balance \$6,907.02. January 2019, \$36,360.30 the Lesney estate bequest came in, transferred to Sons of Norway Savings Account. July, an additional check came in \$3,684.26. Millie can't determine where that check was deposited.

Savings \$322.89 interest, \$61,211. 85 cents. \$64, 500+ after transfer from checking.

Millie received bill for Lodge Liability insurance. Copies of documents to Maury and Jim to look over. When they provide OK, \$231 must be paid by October 15 to avoid \$25 penalty.

Well's Fargo is changing some of their conditions for our accounts there. \$500 minimum daily balance must be maintained. \$1,000 average ledger balance. If not, the monthly service fee period will be charged. It's currently waived. After October 8, other features will change. They will continue to include 200 transactions at no charge for each fee period. Transactions over 200 will be charged fifty cents.

Debit cards for Judy and Millie. Steve Rawlinson moved, Glenn Jerpseth seconded to accept Treasurer's report. Motion carried.

2) **Financial Secretary's Report** Aprell Bigler

Aprell wasn't present.

3) **Secretary's Report** Janet Kylstad Coulon

In the absence of our secretary, Sandra Yeaman volunteered to take minutes. She reported the minutes of the June 20, 2020, meeting were in the August 2020 edition of Valhall Viking. Steve Rawlinson moved and Millie Wright seconded to accept the minutes as printed in Valhall Viking. Motion carried.

Maury passed information about passing of Ola Brevig to the District. They sent their condolences. Cards and condolences should go to Mary Stedham to be passed to Ola's daughter and son.

4) **Social Director's Report** Judy Sawyer

Judy wishes she had anything to report.

5) **Cultural Director's Report** Myla Coleman

Determined we would continue meeting virtually through the end of the year. We'll work on some sort of program for each meeting. Tonight's meeting has a program from Ladies of Valhall.

Looking at fun things for the holidays such as having people drive by to pick up of materials for drive-by Christmas gingerbread houses. Ladies of Valhall will work on ideas.

6) **Counselor/Publicity Report** Susan Cody

Susan wasn't present

7) **IT Report** Steve Rawlinson

Website: invite paying attention to the announcements page. Kretevene pin flyer. Vacancy on Camp Norge Board, details forthcoming. The newsletter is posted on the website with document about the Corporation. 22-pages long this month. Print edition will not include the final two pages.

Maury mentioned Viking magazine included two photos of Valhall Lodge people this month.

8) Nomination Committee Report

James Adams

Strong lineup for the coming year. Still some vacancies:

- Corresponding Secretary and Recording Secretary
- Marshall
- Musician
- Foundation Director
- Auditors (3)

Corporation: Aprell has agreed to continue and run for a new term for corporation. Rick Hausvik cannot continue with the corporation. His position needs a replacement.

Contact Jim with suggestions or self-nominations to fill these positions.

Andy Ueland requested that all nominations be listed somewhere, in the newsletter or on the website. Jim responded that the full slate will be published.

Millie mentioned that several people have volunteered to fill multiple positions, so there may be other positions someone could fill beyond those Jim listed.

Slate of officers will be announced at the October meeting. Election will be at the November meeting.

Jim mentioned that Millie and Myla have done a great job to fill in many of the lines.

9) Corporation James Adams

Corporation proposes a change in bylaws and standing rules to increase return on our investment to move from a highly conservative to a less conservative strategy to produce a greater return.

Other housekeeping changes to address what has become practice regarding meeting dates have also been suggested.

The Corporation Board of Directors have been interviewing financial managers. The proposed changes will be voted on at the October meeting.

10) Old Business

No old business raised.

11) New Business

No new business raised.

12) Good of the Order

Maury announced the next meeting will be the third Saturday of October at 4:30 p.m.

Sandra reported on her experience with the Ingebretsen's online course in making a Saami-inspired woven-wire bracelet.

Maury's granddaughter took part in the virtual summer camp and made a different type of bracelet. Maury hopes we can get more of our younger family members to attend next year.

13) Cultural Program

Myla Coleman introduced the poetry reading by Ladies of Valhall members.

Maury thanked Myla and Ladies of Valhall for the presentation. Myla thanked Linda Rawlinson and the others involved in the production.

Steve Rawlinson and Jim Adams seconded that we adjourn. Motion carried. The meeting was adjourned at 5:34 p.m.

Respectfully submitted,

Sandra Yeaman, Secretary pro-tem

Minutes of Lodge Virtual Meeting

October 17, 2020

CALL TO ORDER: President Maury Lee called the meeting to order at 4:35.

APPROVAL OF THE MINUTES: The minutes for the June lodge meeting were accepted as printed in the August Valhall Viking, #6.

FINANCIAL REPORTS:

Millie presented the Treasurer Report; since Aprell was absent, no Financial Report was given.

COMMITTEE AND DIRECTOR REPORTS:

Social: Judy reported that she has sent out a survey to gauge interest in a drive thru meatball/lutefisk dinner to be held on November 21, from 2:00-4:00. She has received 20 yes votes for meatballs and 3 for lutefisk. She asked that if anyone has interest in lutefisk to please email her at sonjsawyer@gmail.com by October 20th, because she needs a three-week lead time to place the order. Myla pointed out that even though this will not be a typical gathering, it will still be a good opportunity to, for example, dress in bunads or decorate cars.

Sandra said that LOV will again be selling baked goods and that they would like to work with Steve to set up an online ordering form. The proceeds for meatballs/lutefisk will go to the lodge, while the baked goods proceeds will go to LOV. Steve said that he will have to restore the lodge's PayPal account to accommodate this.

Sandra also pointed out that the House of Norway is hosting an online gingerbread house contest for three different age groups. LOV plans to sell a gingerbread kit at the drive through Lillebuttiken.

There was discussion about how to accommodate people who would like to pay by check. Andy said that the event will need to be publicized to members who were not at this Zoom meeting. Maury will ask Aprell to send out an email.

Susan asked if there was enough interest to proceed, and when we would decide if the event would take place. Judy felt that there was already enough of a positive response to proceed.

Cultural: Myla described a Christmas party that the Girl Scouts will be hosting via a platform called Remo. With this tool, participants can arrive in a virtual limousine and form breakout groups. She hasn't looked into the costs and she pointed out that someone would have to manage it. Sandra said that breakout groups can be accomplished in Zoom, and it might be better to stick with that platform since the lodge is now used to it.

Nominating Committee Report

Jim thanked his fellow committee members, Myla and Millie, for all of their work and announced that they had filled all of the positions. He asked if there were any other nominations from the floor. (There were not.) Sandra said that she hadn't actually accepted the Cultural Director's position as

reported. Jim said they will work to find someone else, but except for this change, the slate would be presented at the November meeting.

Jim said that, as the new Foundation Director, he would like to point out that October is Foundation Month. He plans to do a presentation on the new E39 roadway that is being built in western Norway.

He announced that the General Counsel in San Francisco will be speaking at the next Fish Club meeting on October 23 via Zoom. He invited members of the lodge and the House of Norway to join the meeting and said members could submit questions for the General Counsel to Steve. Aprell will send an invitation to lodge members.

OLD BUSINESS

Corporation Documents:

MOTION: Jim Adams moved and Judy Sawyer seconded that the published changes to the corporation bylaws and standing rules be approved. *Motion passed.*

Andy pointed out the date at the end of the document will need to be changed to reflect today's date.

NEW BUSINESS

1. Jim said that anyone who wishes to make a donation to the foundation can send a check to Millie. 2) Myla said that the national Sons of Norway site has information about a documentary called The Blinding Sea (about Roald Amundsen). 3) Lora Lee said there is a new Masterpiece series called Atlantic Crossing (about the Crown Princess Märtha during WWII). 4) Maury wished Myla a Happy Birthday.

Gratulerer med dagen, Myla!

ADJOURNMENT: The next social/lodge meeting will be on November 21.

There were 20 members present and the lodge meeting was adjourned at 5:30.

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



At our 'spooktacular' virtual Halloween meeting on October 17, 2020, members were encouraged to wear costumes from the chest up, Zoom style. Top row from left: Millie Wright, Steve & Linda Rawlinson, Jean and Everett Shogren, Maury Lee. 2nd row from left: Jim Adams, Else Ottesen, Susan Cody, Barbara Evje. 3rd row from left: Andy Ueland, Sandra Yeaman, Janet Kylstad Coulon, Tam and Sig Stautland. 4th row from left: Lora Lee, Dale Roybal, Myla Coleman, Judy Sawyer; Bottom row: Denise Olson-Durham.

Do We Have Correct Contact Information About You?

Please check that we have correct information about you. If you have internet access, use your web browser to go to sofn.com. Click on "LOG IN" in the upper right area and then enter your userid and password. You should then be on the "Member Profile" page. Please check that all information is correct. If there are any errors, please click on the "Edit" box associated with the wrong information and make your corrections.

Please also check your entry in the 2020 Valhall Directory. This directory is printed and mailed out early each year. If there is any inaccurate information in the directory, then please e-mail Steve Rawlinson (editor@lodgeofvalhall.com) or send a letter to his address as listed in the directory so that the 2021 directory will have correct

Minutes of Corporation Virtual Meeting

September 26, 2020

The regular meeting session of Valhall Sons of Norway Inc. Board was held via internet connection using ZOOM. It was called to order by President Jim Adams at 10:06AM.

Present: President Jim Adams, Vice President Andreas Ueland, Treasurer Steve Rawlinson, Secretary Aprell Bigler, and Directors Rick Hausvik, Maury Lee and Judy Sawyer.

Old Business:

Andy moved to accept the minutes of the last meeting on September 5, 2020 and Steve seconded. Motion passed.

Last meeting we discussed changes to the Bylaws and Standing Rules. These were distributed to the lodge via Maury Lee, President of Valhall Lodge. During the lodge board meeting some additional changes were requested from Sandra Yeaman. Andy made the changes and sent them to Steve, Editor of Valhall lodge, to place in the newsletter, the Valhall Viking.

Steve opened a checking account mid-July with Torrey Pines Bank. Steve made a \$10K dollar withdrawal from Sons of Norway Lodge Deposit Fund account. Jim and Steve signed the form. The money is in the Torrey Pines checking as of September 25, 2020. Now Steve needs to open a saving account and transfer some of the money to the savings account.

Jim spoke with Rick to see if he would like to continue on the board, but Rick declined as he will not be in San Diego anymore. He will be in South Dakota full time.

The lodge nomination committee will continue looking for a corporation director.

Aprell Bigler has agreed to continue on the board.

New Business

We are continuing our search for financial advisors and have interviewed a few. We will pick one out and that will be based on a number of factors. We can discuss that at our next meeting. Whomever we pick, we should have certain criteria's as to performance for them and an option to get out without penalty if they aren't performing or producing. We need to have a benchmark for the portfolio and advisor.

Action Items:

Andy will send Aprell the new draft of the Bylaws and Standing Rules with the additional changes. Aprell will attach to the minutes.

Maury will have the lodge members vote in October on the new changes to the Bylaws and Standing Rules.

Steve will open a saving account at Torrey Pines Bank by Mid-October

Steve will do a lay down on the financial advisors he and Jim have already spoken to and have a listing of the different products that they cover and what their emphasis is and what the overhead is and what they charge for the service. Moreover, hopefully some disclaimer they won't use loaded products.

Jim will present Aprell's name for re-election to the corporation.

Jim will continue looking for a replacement for Rick as corporation director.

At the October meeting, we need to figure out the regular meeting dates for 2021.

Good of the Order:

Andy reminded us that we need to discuss the 2021 regular meeting dates at our October meeting.

Next Meeting:

The next regular meeting will be on Saturday, October 31, 2020 at 10:00 AM via internet link. Steve will send an email message containing the ZOOM Meeting ID and Password.

Adjournment

A motion to adjourn the meeting was made by Rick and seconded by Judy. Motion passed.

Regular session adjourned at 10:45AM.

Respectfully submitted,
Aprell Bigler, Secretary

Minutes of LOV Virtual Meeting

October 3, 2020, 10:00 AM

Meeting was held on Zoom. Seventeen members attended. There were no guests.

The meeting was called to order at 10:05 AM by President Millie Wright.

Minutes of the September meeting were published in the lodge newsletter. Millie asked if anyone wanted them to be read aloud. No one did. There were no corrections. Linda moved, Sandra seconded that the minutes be approved. The motion passed.

Treasurer's Report - Amelia reported no activity except interest and tax. She and Millie met to sign checks to Barbara for Sunshine expense, Vesterheim, House of Norway, and Mannskor, who are still meeting and practicing. Sandra moved, Arlene seconded to approve the treasurer's Report as read. The motion passed.

Millie welcomed Karen as an official member of LOV and will mail her pin.

OLD BUSINESS

Committee Reports

Sunshine – Barbara called Chris, Joyce and Arnette. Ragnhild called Mala G. Dale called Thelma.

Lille Butikken – Discussion on how to offer items for sale and logistics of distribution in conjunction with the lodge November social. Committee formed with Myla, Judy, Sandra and Susan who will meet in person or virtually. Sandra offered to create Google doc for a sign up for ladies to make cookies. Judy connecting with lodge board to make presentation and have interest emails sent out. Jean wondered if there was a way to do a raffle which prompted discussion of digital payment methods so items can be preordered, and we don't have to handle cash. Sandra noted that purchase of totes printed with graphic from child's t-shirt has been approved already. Sandra showed a pattern book for Smøyg, a kind of weaved embroidery technique, not necessarily for this year's butik but maybe in the future.

CULTURAL/PROGRAM

Ladies Norwegian Poetry Slam is on the LOV tab of the website. Myla thanked all who helped create the video and will have a follow up in Cultural Notes of the October lodge newsletter. Millie thanked Sandra, Linda and Myla for the project.

Sandra had sent an email to the membership re Klipfish Code by Mary Casanova, a young adult novel based on historic events of World War II, told from the perspective of a Norwegian girl. Millie and Sandra recommend this action-packed tale about how the occupying Nazis tried to force teachers to spread their propaganda. Tam is waiting for her hard copy to be delivered from Barnes and Noble; she looks forward to reading it with Sig who was a teenager during those years.

Sandra turned in cultural skills paperwork for Level 1 Hardanger embroidery and Millie has turned hers in for level 1 and 2. They meet on Zoom every other Monday at 1pm and would love to welcome more participants. The next on is on October 12. Contact Sandra for Zoom invitation.

Sandra completed a virtual class provided by Ingebretsen's in Minneapolis, learning the craft of Sami weaving with wire-wrapped string. The finished project was a leather strap bracelet with the double- braided wire stitched on invisibly. Participants logged in from Minnesota, Maryland, Nebraska, Texas, and of course, Sandra from San Diego.

NEW BUSINESS

Millie announced that now that we have mastered the process of Zoom meeting, there won't be a screenshot of the group. If we do capture a screenshot, participants will be notified if it is posted on the lodge website.

Millie will reach out to members of the lodge and LOV members who have not been able to join us virtually. Sandra will generate a list.

Denise offered to write cards and make phone calls.

Millie announced on behalf of the lodge nominating committee that some positions are still open. Anyone interested can contact a member of the committee: Jim, Millie or Myla

GOOD OF THE ORDER

Happy Birthday Linda and Myla –There were no anniversaries.

Myla noted that videos of the Virtual Vista Viking Festival are on YouTube, accessible for anyone to watch with Internet connection. She is attending a virtual class by Visions Art Museum on October 10. Coded Textiles for a Digital Age is a presentation of how knitting may have impacted the outcome of a war. Cost \$15. Also asked for input on an idea for Halloween fun at the October lodge social. Thanked the ladies representing with their red or navy blue lodge t-shirts.

Tam amused us with story of how her young financial advisor delighted her and Sig with the delivery of a basket of Norwegian goodies: lefse, lingonberry jam, some sort of fried lefse snacks, even some lutefisk. She offered the last item to any takers as it's not considered a treat in their household.

Millie thanked Sandra for continuing as our Zoom host.

Next virtual meeting will be November 7 at 10AM

The meeting adjourned at 11:31AM

Respectfully submitted,

Myla Coleman
Secretary

Humanitarian Relief

Sons of Norway Foundation has humanitarian relief funds available for Sons of Norway members. The funds cover unreimbursed expenses of up to \$5,000. One fund covers medical expenses and another covers natural disasters. In this time of COVID-19 and fires in California, it is nice to have these funds.

Details are at <https://www.sofn.com/foundation/grants/>.

Viking for Kids

Sons of Norway has launched *Viking for Kids*. It is distributed in digital format and can be downloaded from sonsofnorway.com. *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! sofn.com -> Member Benefits -> Viking Magazine -> Viking for Kids

LOV Notes

October, 2020

Next Zoom Meeting: November 2, 2020 10:00a.m.

Hostesses: N/A

LOV had a nice turnout this morning, its always uplifting to see all the ladies even if it is a virtual meeting.

Barbara is still our Sunshine Lady but come January she will hand the Sunshine baton over to Denise Olson-Durham, aka Tink, our Lil' Viking. Barbara is ready to step down and Denise is more than happy to take on the Sunshine duties, her enthusiasm is contagious. Tusen Takk Barbara and Denise.

There was a lengthy discussion on how to handle the November Lille Butikken and Lutefisk/ Meatball dinner. A committee was formed, Judy, Susan, Myla, and Sandra, and they will meet next week to figure out the details on what and how this can be done. LOV ladies are very resourceful and I am sure they will be able to make this work with the rest of us pitching in with baking and whatever else is necessary.

I sent an email invitation to Valhall Lodge ladies to join our LOV meetings via Zoom; however, some of the email addresses came back as undeliverable. If you are not already an LOV member or did not receive an email invitation you are still welcome to join us. The next LOV Zoom meeting is November 7, 2020 at 10:00 a.m. come check us out. Please contact me or Sandra Yeaman to obtain access to LOV Zoom meetings.

Millie Wright

Sandra Yeaman

LOV President
grandmom2dach@gmail.com
619-443-0942 or 619-760-7446

LOV Cultural/History Projects/
sandrayeaman@gmail.com
619-741-5178

Hopefully, this will spark some interest in those who aren't crazy about Denny's, who have transportation issues, or just want to know more about LOV. All Valhall Lodge ladies are welcome to join; there is no cost involved to join LOV.

Med vennling Hilsen,

Millie Wright
President, LOV

From Your Cultural Director

November, 2020

Thanks to the creative characters who tuned in for our first ever Spooktacular Virtual Halloween Party!

Telling stories is a cultural tradition in Norway, carried through the ages from our Viking ancestors up through the present day. That legacy is strong in our lodge; we love to converse, discuss and have a good old chinwag! We have missed that, these past months of social distancing, so I felt that an evening of conversation, giving each person a moment in the spotlight to relate their favorite Halloween memory, would be a great time for us all. Plus, who doesn't love to dress up for a costume party?

And it was lovely to hear the tales: sweet stories from childhood of a simpler time when costumes were homemade (for some, buying a costume was not even an option) and the comradery of friends going from house to house to gather treats. Andy, great job with your spur-of-the moment recollection of the neighbor who made you do tricks before he gave you a treat. We learned that Steve loves chocolate, raspberries and Linda, not necessarily in that order. Denise wrapped us up with her spooky tale of painted-shut windows flying open during a Ouija board session!

The costumes were super fun, from Maury's Norwegian sailor hat purchased at a rummage sale in Norway, to Susan's crimson Day of the Dead costume (skeleton face-paint too!), Millie in her Valkyrie headdress, Lady Pirate Sandra, Dale as the Evil Queen from Snow White and Barbara with her backwards hat like a teenaged punk.

Thanks to Lora for sharing the recipe for her Aquavit special highball and to Linda for her fancy orange/chocolate/cheese concoction in martini glass. Linda, I was with you up until the cheese ☺

Tusen takk to the Ladies of Valhall for the collaboration on our Poetry Slam video, now posted on the Valhall Lodge website under the LOV tab. We hope our offering gives a glimpse into the Norwegian heart that holds family, community and country so very dear.

Here is a list of the selections in the video if you wish to explore them more deeply:

Sandra	Wild Geese by Mary Oliver
Millie	I want to Age like Sea Glass by Bernadette Noll
Else	It was a dream by Olav Hauge
Dale	Sea Fever by John Masefield and Sails Above the Tea by Unknown author
Linda	Stopping by Woods on a Snowy Evening by Robert Frost
Judy	Sick by Shel Siverstein
Myla	Point of View by Shel Siverstein
Anne	Hope is the thing with feathers by Emily Dickenson
Barbara	Ballad of the Northern Lights by Robert Service

Med vennling Hilsen,

Myla Coleman
Cultural Director

A Message from your Financial Benefits Counselor

As a member of Sons of Norway, you have access to insurance products that offer financial protection no matter where you are in your journey.

While every person's path is different, there are two major phases of securing financial protection:

- **Protecting Against Loss of Income**, and
- **Protecting Your Legacy/Assets**.

Each phase requires careful planning and assessment of your options based on your current and future life circumstances.

During each phase, there are several protection strategies to choose from. Each one allows you to take a portion of your income and use it to shield yourself and your loved ones against the unknown obstacles that may arise on your financial journey.

Plus, since your purchase helps support lodge programming in your community, it's an investment you can feel good about.

[Let me help you figure out what strategy is best for you. Please reach out to me now for a free consultation.](#)

Sincerely,

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NOVEMBER 2020

CALENDAR **November**

November 7 LOV Meeting

November 21 Pick up dinners

November 23 Newsletter Deadline

Next newsletter is the
December issue

Deadline for the
December Valhall Viking
is November 23, 2020

E-Mail articles to
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