



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.

September 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

The Ladies of Valhall will have a meeting on September 5. Whether the meeting is in-person or virtual is to be determined.
The Corporation will have a virtual meeting on Sept. 26. Other lodge activities are quiesced.

August 1 10:00 AM PDT: LOV Virtual Meeting

Ord fra presidenten

Dear Members,

We typically go dark in the summer and resume activities in September. Unfortunately, this year lodge meetings and socials have been shut down during the coronavirus hazard. We really don't know when we will be able to have our next lodge meeting and social.

Watch for e-mail notification from Aprell or check the website or next month's newsletter to see when anything happens.



We are required to comply with California law, and we also must be mindful that many of us are elderly and vulnerable to the virus.

A shout-out goes to LOV and the Corporation for having virtual meetings and continuing to function during the shut-down.

Graciela and I hope that you stay safe and healthy.

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



Happy Birthday
Gretulerer Med Dagen!



September Birthdays

2	Janet Weber
3	Else Ottesen
4	Helen Johnson
7	Glenda Holsbo
7	Ann Hougen
12	Graciela Lee
16	Everett Shogren
17	Barbara Paulovich
18	Delores Anderson
21	James Hollarn
22	Jeanne Teveldahl Scott
29	Marit Vincent

Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

This newsletter is published monthly
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)

No More Tubfrim

The Tubfrim program has been discontinued by Sons of Norway. The Seaman's Church is no longer transporting stamps to Norway, and we are no longer collecting cancelled stamps. Thank you to all Valhall members who have donated to the program over the years.

Susan Cody,
Tubfrim chairperson

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/>

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 LOV Virtual Meeting

August 1, 2020, 10:00 AM

Sixteen people attended. Welcome to Karen J as an official member.
The meeting was called to order at 10:03AM by President Millie Wright.
There were no minutes or Treasurer's Report.

OLD BUSINESS

Committee Reports

Sunshine – Barbara reached Joyce Oen now in Poway, Arnette, Peggy and Wilma via Janet. Tried to reach Tam and Chris + Robyn

Hostess sign up – sign ups on hold until we can meet in person again

Christmas Party – no report

Lille Butikken – on hold

Christmas Stockings – no report

Amerika Feber immigrant ancestor project is still in the works. Myla has received a few submissions and asked for people to use the form on the Cultural tab of Valhall Lodge website to continue to send their ancestor's information. Seems that few are interested in participating so the project is on hold for now. See proposal for alternate activity in Cultural Program.

NEW BUSINESS

None

CULTURAL/PROGRAM

Proposal from Myla for Cultural Program: Norwegian Ladies Poetry Slam to be presented at lodge meeting and posted on the website. Participants will read a favorite poem not longer than one minute at a virtual meeting that is recorded. Sandra will help with the logistics of that. Information will be emailed to all Ladies to respond if they are interested.

Sandra reminded that all are invited to join her and Millie for Hardanger embroidery virtual meeting on Monday 8/3 at 1:00PM. Meetings every 2 weeks after then. Sandra showed her projects again. Millie showed her work as well and had a hard time telling front from back. Sandra pointed out that that's the sign of very neat stitches if the back looks as nice as the front

GOOD OF THE ORDER

Jean was sad to hear that the Rose Parade won't happen and needs a new battery for her watch. She and her family like to get together virtually and play dice games. Dale was impressed by the remodeled Kaiser Clairemont medical offices set up for social distancing. Susan quit Instacart and will start new job as a medical document resource specialist. Tam has also visited the Clairemont Kaiser to take Sig for medical visits. Linda still working to clear up her brother's estate in Eureka. Karen is working part-time at Barnes and Noble, trying to be careful not to bring home any nasty germs to Arletta. Myla and husband take the dog for Sunday drives and adventure. Ragnhild gets daily, uplifting texts from daughter and son-in-law. Barbara and Anita went on a driving odyssey to Fallbrook, just to see what they could see. Eldbjorg visits Ragnhild for snacks and is happy to have her health. Millie traveled to Minnesota for a graduation, wedding and family time, will drive to Vista to dog-sit. Sandra working on Hardanger embroidery cultural badge and used the wrong count fabric for the pattern she had chosen so she had to start a new piece. She said that Arlene brought her lodge newsletters, giving her more information to add to the website timeline. Judy remembered our meeting after she went to her daughter's house, so she popped in for a bit, and we said hi to Joey and Gia.

Happy Birthday to Jean and, not present- Anita and Judy

There were no anniversaries

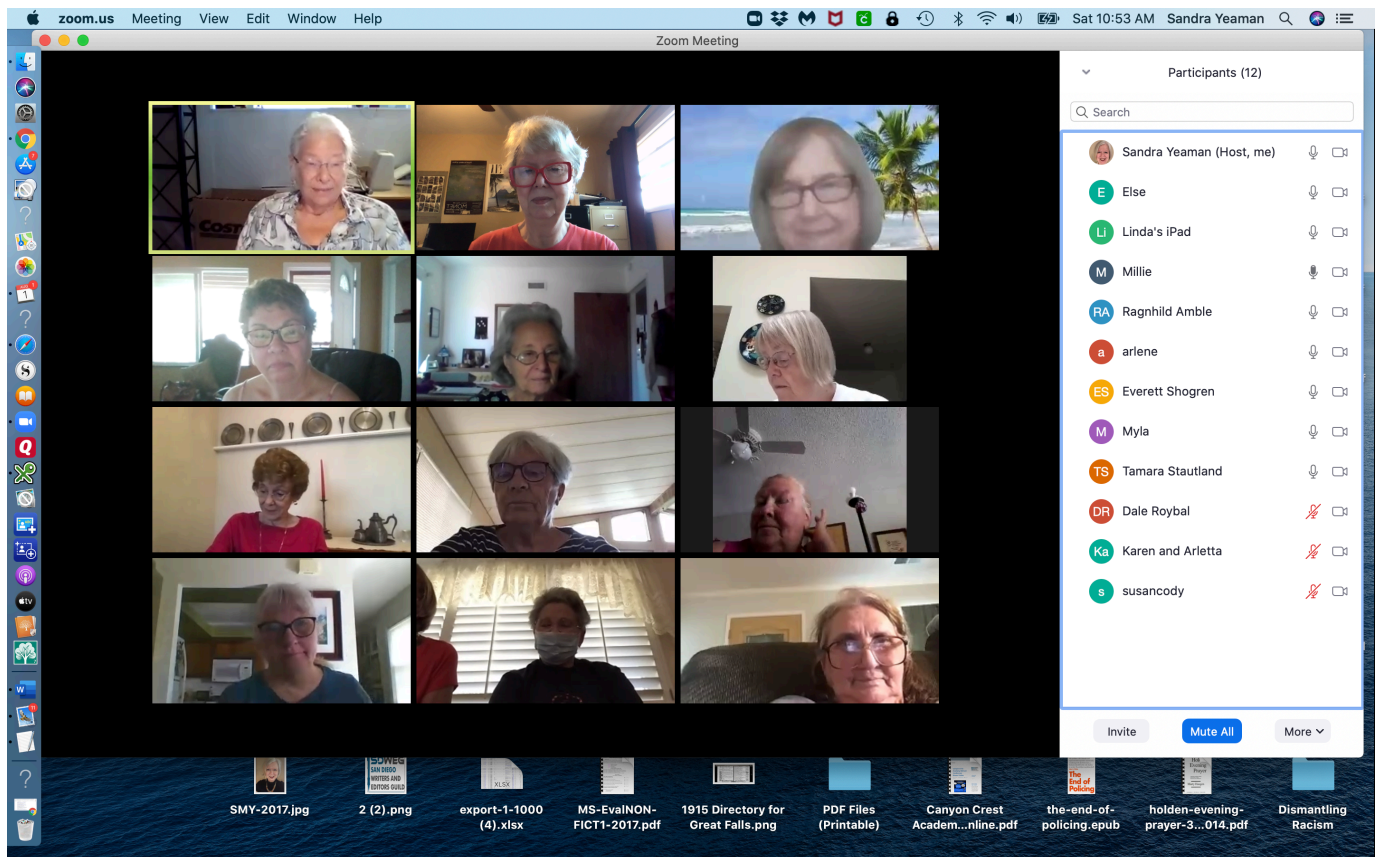
Millie thanked Sandra for setting up Zoom meeting and everyone for attending.

Next virtual meeting will be September 5 at 10am.

The meeting adjourned at 10:53 am.

Respectfully submitted,

Myla Coleman
Secretary



This is a screen shot of the Ladies of Valhall virtual meeting of August 1, 2020.

Top row: Millie Wright, Sandra Yeaman, Arlene LaBree

2nd row: Susan Cody, Dale Roybal, Jean Shogren

3rd Row: Tam Stautland, Else Ottesen, Karen Jurasinski

4th Row: Myla Coleman, Barbara Evje, Linda Rawlinson

Partially Pictured: Ragnhild Amble is on the edge of the frame with Barbara Evje.

Not Pictured: Arletta Jurasinski is with Karen; Eldbjørg Backous is with Barbara and Ragnhild.

LOV Notes

August 1, 2020

Next Zoom Meeting: September 5, 2020 10:00a.m.

Hostesses: N/A

Once again, the LOV August meeting was held via Zoom. We had a nice turnout for this meeting and hopefully more ladies will attend the September LOV meeting whether it is via Zoom or in person at Denny's.

The meeting didn't take long since most committee actions are on hold until LOV can meet in person again. However, Barbara, LOV's Sunshine Chairperson, has been kept busy contacting members via phone calls, email and/or texts and sending cards to let members know LOV is thinking of them. Judy is keeping tabs on Anthony's Fish Grotto Restaurant in La Mesa regarding LOV's 2020 Christmas Party. Myla continues to come up with ideas for our cultural involvement. Ladies and other Valhall Lodge members, please fill out the ancestry Cultural Program form located on the Valhall website. Ladies don't forget about the latest Myla challenge regarding sharing poems via Zoom. Please let Myla know if you are going to participate in this challenge so she and Sandra can set up a Zoom meeting.

The November Lille Butikken is still up in the air since we don't know when Valhall Lodge will be able to conduct meetings/socials at the La Mesa Masonic Lodge.

After the official business was taken care of, we had a chance to catch up with everyone for a little chitchat.

Again, I want to thank Sandra for setting for being our go-to person for setting up the Zoom meetings and thank you to all the Ladies who joined us via Zoom

Med vennling Hilsen,

Millie Wright
President, LOV

New District Six Public Relations Officer (PRO)

Kaye Wergedal, our 2016-2020 District PRO resigned as of June 21, 2020. We thank her for all the creativity and energy she brought to the position of District Six PRO.

The District Board searched for a replacement from the 2018 delegates. Lis Barca was offered and accepted the position and was confirmed by a vote of the District Six Board. The District Six Board held a meeting on August 1st and our International Director, Mary Beth Ingvaldstad, installed Lis Barca as the new PRO. Please welcome and support Lis in her duties as the District PRO. We hope this will be an easy transition for all. Lis will be receiving all e-mails addressed the pro@sofn6.org.

Welcome Lis, to the District Six Board

Fraternally,

Luella Grangaard
President District Six

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, May 16, 2020~~, at 8:00 AM

Delayed until Sunday, September 20, 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.

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.

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

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/>.

Valhall Viking
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Valhall Viking

SEPTEMBER 2020

CALENDAR **September**

September 5 LOV Meeting

September 23 Newsletter Deadline

September 26 Corporation Virtual Meeting

Next newsletter is the
October issue

Deadline for the
October Valhall Viking
is September 23, 2020

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com