



# 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.*

December 2021  
January 2022  
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

Dec. 11, 11:30 AM	LOV Christmas Luncheon
Dec. 18, 2:00 PM	Lodge Meeting & Jultrefest
Jan 8, 10:00 AM	LOV Meeting at Denny's
Jan 8, 1:00 PM	Lodge Board Meeting
Jan 15, 2:00 PM	Lodge Meeting & Social
Jan 22, 10:00 AM	Corporation Virtual Meeting

## Ord fra presidenten

Dear Members,

We had a wonderful Meatball dinner, and LOV sold delicious treats at their Lille butikken.

We will have our Jultrefest on Dec. 18 at the lodge hall. It will be a lot of fun and will help us get into the Christmas spirit.

Check your listing in the current Valhall Directory. If there are changes, please notify Steve Rawlinson at [editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com) or send a note to the address on the back page of this newsletter.

Graciela and I wish you a warm and wonderful God Jul og Godt Nytt År!

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





Happy Birthday  
Gretulerer Med Dagen!



## December Birthdays

5	Jan Garzon
7	Marlow Myrmo
10	Peggy Gere
14	Gale Schaffroth
15	Eldbjorg Backous
15	Gregory Withee
20	Ragnhild Amble
20	Judi Dow
24	Anne-Lise Mogstad Lunde

Newsletter editor: Steve Rawlinson  
[editor@lodgeofvalhall.com](mailto: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>

International: <https://www.sofn.com>

## January Birthdays

1	Jerilynn Hovland
4	Barbara Evje
4	Lewis Dow
7	Erik Aamodt
11	Solveig Waters Appel
11	Tamara Stautland
13	Thelma Johannesen
14	Kaitlin Austin
16	Helga Moore
17	Bob Bardin
21	Charles Hansen
22	Lucille Wendling
24	Anders Kenstad
25	Erik Adams
26	Glenn Jerpseth
26	Wendy Hovland-Henry
27	Carrie Reichert
27	Denise Olson

## **'Tis the Season for a Christmas Party!**

### **Jultrefest Catered Dinner**

**Valhall Lodge, Sons of Norway  
Meeting at Masonic Lodge of La Mesa  
4731 Date Ave.  
La Mesa, CA 91942**

**Saturday, December 18, 2021**

**Check-In at 1:30  
Dinner served at 2:00  
Meeting to follow**

**Waffles for Dessert after the meeting**

### **MENU**

**Pork Roast, Potatoes, Green Beans Almandine,  
Green Salad, Bread, Butter, Coffee, Waffles for Dessert  
Soda and Water available with donation  
Please feel free to bring your own wine or beer**

**Cost \$20, Children under 10: \$10**

**\*\*\* PLEASE pre register \*\*\***

**This will be a catered dinner. Unlike previous years, this will NOT be a pot luck.**

**When making a Reservation, please include  
number of adults and number of children**

**Christmas Program and Activities TBA**

**We are planning surprises for the kids**

**Call or Send Reservations to Millie Wright  
14215 Pecan Park Lane, Space 5A  
El Cajon CA 92021  
(619) 760-7446**

**[grandmom2dach@gmail.com](mailto:grandmom2dach@gmail.com)**

## **January Meeting and Social**

**Valhall Lodge, Sons of Norway  
Meeting at Masonic Lodge of La Mesa  
4731 Date Ave.  
La Mesa, CA 91942**

**Saturday, January 15, 2021**

**Check-In at 1:30**

**Dinner served at 2:00**

**Meeting and Presentation to follow**

**Details about the menu and making reservations will be posted  
on the SOCIAL page of our website in late December.**



Eric Dregni, author of For the Love of Cod, will talk about the search for Norwegian “happiness” at this Social. He will describe a journey to find Norway’s supposed bliss; it is a comic travelogue that asks, seriously, what makes Norwegians so damn happy—and does it translate?

Eric Dregni is the author of 20 books including *Vikings in the Attic: In Search of Nordic America*, *Weird Minnesota*, *Never Trust a Thin Cook*, *Let’s Go Fishing!*, *For the Love of Cod*, and *Impossible Road Trip* due out November 2021. He wrote about his 15-year experience running one of the Concordia Language Villages *You’re Sending Me Where?* *Dispatches from Summer Camp*. As a Fulbright fellow to Norway, he survived a dinner of *rakfisk* (fermented fish) thanks to 80-proof aquavit, took the “meat bus” to Sweden for cheap salami with a busload of knitting pensioners, and compiled the stories in *In Cod We Trust: Living the Norwegian Dream*. He is a freelance journalist for the *Lake Minnetonka Magazine*, *StarTribune*, *Salon.com* and the *Minneapolis/St. Paul Magazine*.

He is Professor of English & Journalism at Concordia St. Paul and, in the summer, dean of the Italian Concordia Language Village, *Lago del Bosco*. He lives in Minneapolis with his wife and three kids.



# Lodge Officers

Lodge Officers	
President	Maury Lee
Vice President	Myla Coleman
Counselor	Susan Cody
Secretary	Wendy Hovland-Henry
Assistant Secretary	Denise Olson
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	Graciela Lee
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
Trustee (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer

Auditors
Phil Hinshaw
Steve Rawlinson
Amelia Seeto

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Aprell Bigler
Treasurer	Steve Rawlinson
Director	Maury Lee
Director	Judy Sawyer
Director	Everett Shogren

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](mailto:jdonovaninsure@gmail.com)**

# Lodge Meeting Minutes

## November 20, 2021

**CALL TO ORDER:** President Maury Lee called the meeting to order at 3:15 PM.

Maury presented a Golden Membership pin and certificate to Anne and Oddvar Hoidal. Congratulations on 50 years of membership!

Myla presented the 25-year membership pin and certificate to Maury Lee.

Congratulations and thanks were expressed to these wonderful members. Maury noted how nice it is to get together in person after this difficult Covid time of separation.

### COMMITTEE AND DIRECTOR REPORTS:

**Social:** Judy reported that on December 18 we will have our Christmas Social. It will be a catered event this year, with a roast pork dinner. There will be Norwegian waffles for dessert. No details on activities yet, it will depend on how many kiddies will be attending.

**Cultural:** Amelia is working on the cultural program for December. In January we will have a presentation by visiting author, Eric Dregni. He has written many books, including "In Cod We Trust", "Vikings in the Attic", and "For the love of cod". He will bring some of his books for signing. Sandra added that she is currently reading Vikings in the Attic, and highly recommends it.

**Webmaster:** Sons of Norway has asked members to update their profiles on sofn.com.

**Newsletter Editor:** Steve asked members to check their lodge directory information and let him know of any changes to address, phone number and email addresses.

### Financial:

Millie read the financial report.

### OLD BUSINESS:

Maury Lee introduced two new members, both have been attending functions but hadn't been formally introduced. They are Fay Sueltz and Carrie Reichert. Both gave us a brief background story of themselves. Welcome to Valhall Lodge! We are very happy to have these new enthusiastic members join us.

### FOR THE GOOD OF THE ORDER:

1) Maury thanked LOV for setting up the Lillebutikken. We had lots of wonderful baked goods and many Scandinavian items to shop for.

2) Millie reported that Denise Olson has had to suspend her Sunshine duties since she has gone to Washington to help with family matters. Millie encouraged members to keep in touch with each other. Also looking for volunteers to help out with Sunshine.

3) Myla hoped everyone enjoyed the craft provided at each place setting. We made tangerine/clove pomander balls, wrapped and tied in festive netting. They smell wonderful and bring back memories of making such crafts in childhood.

**ADJOURNMENT:** The next social and lodge meeting will be December 18.

There were 34 members present and the lodge meeting was adjourned at 3:40 PM.

Respectfully submitted by:

Janet Weber

Valhall Lodge #6-25

*In Recognition of  
Ten Years of Membership,  
Valhall awards a Ten-Year Pin to  
the following  
member for her long and faithful  
service:*

Ten Years of Membership

*Linda Diane Hess O'Dell*

Congratulations!  
Valhall Lodge 6-025 ~ Sons of  
Norway

*In Recognition  
of  
Fifty Years of Membership,  
Sons of Norway awards a Certificate of  
Appreciation and Pin  
to the following member for her long and faithful  
service:*

Fifty Years of Membership

Gale M Schaffroth

Congratulations to you!  
Valhall Lodge 6-025 ~ Sons of Norway

# LOV Meeting Minutes

## November 6, 2021

Denny's Restaurant, Fletcher Hills

Hostesses: Sandra and Else

Fifteen members attended. There were three guests: Carrie, Fay and Barbie. The meeting was called to order at 9:10 AM by President Millie.

The minutes of the October meeting were printed in the Valhall Viking newsletter. Millie asked if everyone had a chance to read them, and no one said no. There were no corrections. The minutes were approved as printed.

Treasurer's Report – Amelia presented the report for September. Susan moved and Barbara seconded that the report be approved as read. The motion passed.

### COMMITTEE REPORTS

Sunshine – Denise will not be able to perform duties for a while as she is helping family. Millie sent cards to her and Arlene who is recovering from an injury. Sandra has blank cards to donate to the committee. Millie will call Anne and send get well card to her.

LOV Bunad Book Standing Committee – Sandra reported on behalf of the committee that she researched production of a coloring book. We need assistance with producing line drawings. Subject matter TBD but probably illustrations of various bunads and Norse mythology. Researching paint party; maybe reproduce an artwork in the public domain or get copyright permission. We will ask for submissions of stories of our female ancestors for a book. The committee invites others to join them in planning future events that will use funds from the sale of "Bunads in America: A Norwegian Cultural Tradition in Southern California". Else joined the committee.

### OLD BUSINESS

Christmas Party – set for December 11, Judy has connected with Anthony's on the menu which will be the same as last year. Sandra moved, Amelia seconded that the cost of the luncheon be subsidized by LOV so that it is more affordable. After some discussion, the motion passed. Judy has some ideas for program and asked for help creating some sort of party favor for all who attend. We will do a gift exchange game. RSVP to Judy and send checks to Amelia.

Lille Butikken – Sandra asked that we have a set price for baked goods. We won't ask people to pre-order like last year since we can be in person. Else has plastic clam containers. Committee will meet at the lodge at 10am to package goodies and set up the Butikken area. Millie is putting together a basket for a raffle and Susan offered to make a kransekake to be raffled. Limited copies of the bunad book will be available for purchase

Christmas Stockings for the lodge Jultrefest – we have stockings and bags from previous years. Carrie offered to make or buy small Norwegian flags. Sandra has some wooden ornaments.

Nominating Committee- Amelia presented the slate of officers: President - Millie, Vice President - Susan, Treasurer – Amelia, Secretary - Myla. Millie asked three times for nominations from the floor. There were none, so Sandra moved that the slate be elected by acclaim. The motion passed.

Hostess signups – Members signed up to host future LOV breakfast meetings.

## CULTURAL/PROGRAM

Ragnhild and Susan led us in some songs in Norwegian. Two were familiar tunes: Fader Jacob (Frere Jacques) and "The more we get together". The third was a Norwegian classic about a cute little girl offering flowers to a stranger: Blåveispik.

Amelia reported that the speaker for the January lodge social will be author Eric Dregni. Dale brought her copies of "In God we Trust" and "Vikings in the Attic". A list of borrowers for each book was started.

Myla thanked Sandra for sending link to Norway House's Sangerfest 2021, featuring female composers.

Sandra reported that the Monday meetings for Hardanger embroidery have morphed into social event where many bring their own craft. The Meet- up announcement drew people who are not currently part of any Norwegian groups and want to learn about Hardanger embroidery. She will apply for a grant through Sons of Norway to create more kits and purchase copies of the book that she found to be most helpful. Then we can offer an affordable starter kit and loan the books which could be purchased later.

## GOOD OF THE ORDER

November 20 lodge social is a meatball dinner. Millie is collecting payments. RSVP to her by November 16.

Judy will take orders for lutefisk until 11/10. Myla is taking pre-orders for gjetost until the same date. Judy will ask April to send invitation for the dinner ASAP and announce the deadline to order lutefisk and gjetost.

Else said the Seaman's Church in San Pedro is holding their sale called Julebasar November 12-22. Also the Little Viking Shop in Temecula is on the market, if anyone wants to purchase this business.

We sang happy birthday to members with birthdays in November: Sandra, Millie and Carmen (not present). There were no anniversaries.

Winners of the drawing for succulent planter with cute turkey decorations created by Sandra's grandkids were: Dale, Susan, Eldebjorg, Carrie, Thelma and Millie.

Next event: December 11 Christmas Luncheon at Anthony's.

Next meeting: January 8, 2022 at 10 AM. Hostesses will be Barb and Barbie. The first Saturday of January is New Year's Day so Millie arranged with Denny's to do January 8. Start time of 9 AM was not available so we will start at 10AM

The meeting adjourned at 11:24 AM

Respectfully submitted,

Myla Coleman, Secretary



## LOV Notes

October 2, 2021

Next Meeting: November 6, 2021, 9:00 a.m.

Hostesses: Sandra and Else

Hostesses Denise (Tink) and Amelia decorated our meeting room at Denny's in fine Halloween style and provided Halloween themed door prizes and treats for all attendees. Tink was even dressed up as a witch! I should have taken a few pictures to share but didn't think of that til after the fact.

We had a good turnout at the October meeting including three guests, Carrie, Barbie, and Solveig. Barbie and Carrie will become LOV members after attending two more LOV meetings. I look forward to presenting them with LOV pins at the January 8<sup>th</sup> meeting.

Reminder: The November Lille Butikken at the Valhall Lodge meeting/social is right around the corner. Get ready to start baking cookies, breads, lefse, etc. for sale. We have several impressive bakers/cooks in our group who always come through with delicious contributions.

Med vennlig hilsen.

Millie Wright  
President, LOV

*Ed. Note: The October LOV notes missed the November newsletter. They are printed here. The November LOV notes are on the next page.*

### Valhall Directory Update

Early in 2022 a new Valhall Directory will be published. We hope to have all information in the directory accurate. Please check your entry in the current directory and notify the Editor ([editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)) of any corrections. If you do not have access to email, you may send a note to the address on the back page of this newsletter.

## LOV Notes

### November 6, 2021

Next Meeting: January 8, 2022, 10:00 a.m.

Hostesses: Barbara and Barbie

Takk Sandra Y. and Else O. for hostessing the November meeting with a Thanksgiving themed door prizes and all the good treats. Thank Eva for her turkey creations that encircled the cups with the succulents.

I am excited that Barbie L. and Carrie R. will become official LOV members on January 8, 2022, when they will be presented with the LOV pin. Barbie L. has already signed up to host the January 8<sup>th</sup> meeting along with Barbara E.; they hit it off right away at the LOV celebration at the Claim Jumper. Fay S. also attended the November LOV meeting and will become an LOV member after attending two more meetings. All three of these ladies are interested in helping both LOV and Valhall Lodge.

Reminder: In Denise's absence I am taking over the Sunshine responsibilities. Thank you, Sandra Y., for the box of cards that I can use to send out as needed. I will also be making phone calls, so if any of you know of a member of LOV or the Lodge who may be ill, injured, in the hospital, could use a little "pick-me-up," etc., in the form of a card/phone call let me know. **I will not be sending weekly or bi-weekly emails.**

Email: [grandmom2dach@gmail.com](mailto:grandmom2dach@gmail.com)

Phone: 619-760-7446

Tusen Takk ladies for all the cookies, lefse, and bread that was provided for the Lille Butikken, they were all so tasty. Amelia will apprise us of the donations at the January LOV meeting. Janet M. stopped by to do some shopping for Wilma S. since Wilma could not make it to the Lille Butikken and the Valhall Lodge meatball dinner. We all miss Wilma and Janet and hope to see them at future events. Steve and Linda Rawlinson donated a 14-pound turkey; Susan donated a Kransekake; and I donated a gift basket for the drawing after the meatball dinner. The winners were:  
Turkey – Everett S.    Gift Basket – Eldbjorg B.    Kransekake – Dean S.

The next LOV event is the Christmas luncheon at Anthony's Fish Grotto, 9530 Murray Drive, La Mesa, CA 91942. Don't forget about the gift exchange. I hope to see all of you there.

Med vennlig hilsen.

Millie Wright  
President, LOV

## Cultural Notes

### November 2021

Takknemlig, meaning “grateful”, is one of my favorite Norwegian words. I love to find the roots of English in the languages that it came from, and it’s just fun to say. Go ahead... try to say it without smiling.

This year I am again grateful for the support of our Ladies of Valhall. Thanks for helping me bring my wild ideas to life and to continue our tradition of service to the lodge. At our last breakfast, Sandra spoke of the tradition that she saw in countries where she served during her time with the US Consulate. There were no official committees to plan and carry out an event, just people in the community who saw a task that needed to be done so they did it. Our group has committees to get things going, and we are always confident that others will step in to help, and they do.

So many people to thank who help in big ways and small so I will only mention a few. A huge thank you to Sandra who sends out communications to keep our members up to date, is our virtual meeting host and who has great ideas to keep us moving forward. Amelia has done a wonderful job as Cultural Director for the lodge and has a great collaborative spirit. I know that I can always count on Millie to help in whatever way is needed.

Tusen takk to the lodge members for your encouragement, kindness and participation.

Myla Coleman

Vice President, Valhall Lodge

### How to make orange pomander balls, a fragrant decoration for your home or car.

Use a skewer or fork to poke holes on an orange or a tangerine, then insert cloves in the holes. If you have some decorative tulle fabric, wrap the fruit in it and gather it into a bunch that can be tied with a ribbon or piece of raffia. Set your finished pomander ball on a counter or make several and put them in a decorative bowl. It will dry out and ultimately, you’ll have a dried pomander that lasts for months.

Enjoy!

*Ed Note: A picture of Myla making an orange pomander ball is on Page 15.*

## Message from District Six Secretary.

The District Six Secretary, Nancy Madson, is requesting that lodge members verify their contact information on the Sons of Norway website, [www.sofn.com](http://www.sofn.com).

Have you moved in the last year? Did you eliminate a land line, change your email address? This is particularly important for lodge officers. The 2022 District Directory & Resource is based on information in the Headquarters’ data base. Lodges will be electing new officers shortly, and up-to-date information is desired.



Oddvar and Anne Høidal receive Golden Membership awards from Pres. Maury Lee



Lille Butikken table



**SONS of  
NORWAY**

**SAVE THE DATE**

# District Six 2022 Convention

June 2022 						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Sheraton Mesa Hotel  
Mesa, Arizona

## Purchase your 2021 Sons of Norway Christmas Ornament Today!



Show your Norwegian pride this holiday season by adding the 2021 Sons of Norway commemorative ornament to your Christmas traditions.

With its Gudbrandsdal-style design, this elegant ornament will be a treasured addition to your holiday décor.

Packaged in a gold-stamped gift box containing a Christmas greeting from Sons of Norway and an informative description of the Gudbrandsdal style of rosemaling, this ornament is a unique gift for someone who enjoys their Norwegian heritage as much as you do.

This limited edition ornament is bound to sell out quickly, so order yours now! This special keepsake is only \$22 plus tax, shipping and handling.

Place your order on the Sons of Norway website:

<https://sofn.logoshop.com/ProductDetails/?productId=552437458&imageId=42936566&tab=Tile&ProdSetIds=109764&referrerPage=ProductResults&refPgId=524278776&referrerModule=PRDREB>





**Myla Coleman creates an orange pomander ball while Barbara Evje looks on. Orange pomander balls are explained on Page 12.**



**Vice President Myla Coleman presents 25-year Award to President Maury Lee.**

**Valhall Viking**  
**Published Monthly by**  
**SONS OF NORWAY**  
**(Valhall Lodge) 6-25**

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**3202 Mohican Ave.**  
**San Diego, CA 92117-6250**

## **DATED MATERIAL**

*Please Deliver Promptly*

## **Valhall Viking**

**DECEMBER 2021 - JANUARY 2022**

### **CALENDAR**

**December - January**

<b>Dec. 11</b>	<b>LOV Christmas Luncheon</b>
<b>Dec. 18</b>	<b>Lodge Meeting &amp; Jultrefest</b>
<b>Jan. 8</b>	<b>LOV Meeting</b>
<b>Jan 8</b>	<b>Lodge Board Meeting</b>
<b>Jan. 15</b>	<b>Lodge Meeting &amp; Social</b>
<b>Jan. 22</b>	<b>Corporation Virtual Meeting</b>
<b>Jan. 23</b>	<b>Newsletter Deadline</b>

Next newsletter is the  
February issue

Deadline for the  
February Valhall Viking  
is January 23, 2022

E-Mail articles to  
Steve Rawlinson at:

[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)