



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 2021
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

Nov. 6, 9:00 AM LOV Meeting at Denny's
Nov. 20, 12:00 PM Lodge Meeting & Social

Ord fra presidenten

Dear Members,

We had a wonderful Halloween party, and the movie was a lot of fun to watch. We will get together again on November 20 for meatballs. You will be able to preorder lutefisk and take it home.

Be sure to check the FOUNDATION page on our website. If you have children or grandchildren in need of scholarship assistance, now is the time to apply for help. I want to commend Jim Adams for doing a fine job as Foundation Director.



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



Happy Birthday
Grøtulerer Med Dagen!



November Birthdays

- 3 Carol Amundson
- 7 Millie Wright
- 8 Shirley Ellingboe
- 12 Carmen Cleary
- 14 Philip Hinshaw
- 15 Sandra Yeaman
- 15 Rebecca Bourdage
- 15 Frank Burstrom
- 21 Audun Davik
- 23 Matthew McMillan
- 27 Laura Wendling

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>

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly
except in January and July.

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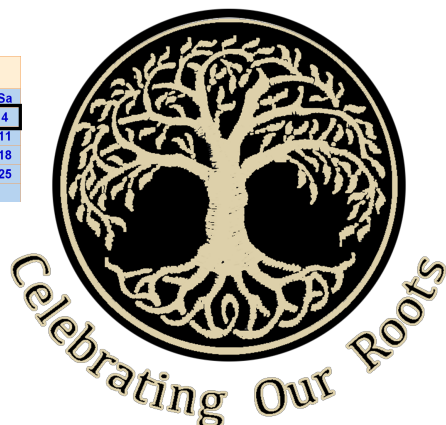


SAVE THE DATE

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

Southern California
Kretsstevne for 2021
has been cancelled.

Meatball Dinner and Lille Butikken

***** Pre Order Lutefisk to take home for the Holidays**

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

Saturday, November 20, 2021

Lille Butikken opens at 1:30

Dinner served at 2:30

Meeting to follow

Dessert after the meeting

MENU

**Meatballs with Gravy, Potatoes, Vegetables,
Bread, Butter, Coffee, Dessert**

Soda and Water available with donation

Please feel free to bring your own wine or beer

Cost \$15 if pre-registered by Nov. 16, 2021

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

\$20 at the Door

Children & Grandchildren of Valhall Members FREE

Come and have fun at our Once-A-Year

World Famous Dinner and

Ladies of Valhall Lille Butikken!

Get ready for the Holidays with

one of a kind items and delicious home made baked goods

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

Call or Send Reservations to Millie Wright

14215 Pecan Park Lane, Space 5A

El Cajon CA 92021

(619) 760-7446

grandmom2dach@gmail.com

***** Lutefisk: Take home packages of 1 3/4 lb for \$15.00**

To order, call Judy Sawyer 619-993-9113 by NOVEMBER 10, 2021

Please pick up on Nov. 20, 2021, between 1:00 and 4:30

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

Corporation Meeting Minutes

September 25, 2021

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 12:01PM.

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

Old Business:

Steve moved to accept the minutes of the last meeting on April 17, 2021 and Judy seconded. Motion passed.

Steve: We have received acknowledgments from 8 of the 10 recipients. We have not heard from Home of Guiding Hands or from Camp Norge Building Fund.

Valhall Lodge voted to accept the recommendations for the 2021 charitable contribution as listed in the April 17, 2021 Corporation minutes.

Election of Directors: We have two directors, Steve Rawlinson and Judy Sawyer, terms will be up in January 2022. Steve and Judy both have said they are both willing to continue on the corporation board. The board will give the names to Valhall's President, Maury Lee, to announce to the membership at the next Valhall meeting.

Standing Rule #4: Investment Policy Review says that we should review our investment policy twice a year, once in the Spring and once in the Fall. Investment Policy: funds to cover next 10 years of expenses are in Cash and the remaining funds are in equities. Our investments in the second quarter are up 6.34%. We beat the Dow Jones and the NYSE, but trailed the NASDAQ and S&P 500. We have a conservative approach and it is serving us well, but we need to keep close eye on the 3rd and 4th quarter. The Board is satisfied with current investment strategy and recommends we continue.

New Business

Rent for the lodge: 4th quarter is due. We are having a lodge social in October this year. Steve's motion: To pay October, November and December for the 4th quarter. Maury seconded. Motion passed.

The 10year Plan: Steve prepares a budget which includes an inflation factor to help forecast what we will need in cash for expenses. The purpose of the budget is to figure out how much money to allocate to each of the buckets. We still need to get all the data from Millie at the end of the year so it would be better to re-work the budget in early 2022.

Everett: Motion to discuss the 10 year plan early next year 2022. Andy seconded. Motion passed.

Everett: Motion to not meet in November. Andy seconded. Motion passed.

Steve: Motion to recommend that the lodge match the Corporation's budget for cultural expenditures. Corporation would pay what is in its budget and lodge would tap its savings to match that. Everett seconded. Motion passed.

Corporation 2022 Regular Meetings to be as follows:

January 22, 2022 at 10AM

April 8, 2022 at 7:30PM

July 16, 2022 at 10AM

October 15, 2022 at 10AM

Action Items:

Zoom meetings will continue.

Aprill will file the Statement of Information in November 2021.

Review 10 year plan with updated data at the January meeting.

Review Cultural budget at our January meeting.

Good of the Order:

Jim recommends that the Corporation encourage the lodge to match the money in the budget for cultural events. Cultural events are the key to grow the lodge. Let's put move money into cultural.

Next Meeting:

The next regular meeting will be on Saturday, January 22, 2022 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 Everett and seconded by Steve. Motion passed. Regular session adjourned at 1:19PM.

Respectfully submitted,
Aprill Bigler, Secretary

Foundation News

Sons of Norway scholarships and grants are a great opportunity for members and nonmembers of all ages. Below you will find information on scholarships and grants. One new item is a scholarship from the 6th District that will be active in 2022. The Foundation Development Director has been invited to speak when she is in town next year. The key is to submit applications for scholarships and grants now.

Scholarships

Autumn is a good time to think about applying for scholarships. Applications for scholarships involving international travel are due on January 15, and other applications are due on March 1. Information about scholarships is available on the Sons of Norway website at <https://www.sofn.com/foundation/scholarships/>. A useful chart for comparing the scholarship opportunities is available at https://www.sofn.com/wp-content/uploads/2021/08/Foundation_Scholarship_Grid_August_2021.pdf. Many Sons of Norway members fail to realize the benefits available from the Foundation. By investigating what is available, you will be at an advantage for receiving some of these benefits.

Grants

Grants are available for empowering youth, supporting Nordic cultural projects throughout our communities, and providing disaster relief to members. Information about grants is available on the Sons of Norway website at <https://www.sofn.com/foundation/grants/>. A useful summary for comparing the grant opportunities is available at https://www.sofn.com/wp-content/uploads/2020/07/Foundation_Grants-Grid_072020.pdf.

Donations

Your support of the Foundation makes scholarships and grants available. Information about giving is available at <https://www.sofn.com/foundation/donate>.

In Recognition
of
Golden Membership
Sons of Norway awards a Certificate of
Appreciation and pin to the following members
for their long and faithful service:

Golden Membership

Anne K Hoidal
Oddvar K Hoidal

Congratulations to you!
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 members for their long and faithful
service:

Fifty Years of Membership

Helen I Johnson
Lewis E Johnson

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

In Recognition
of
Twenty Five Years of Membership,
Sons of Norway awards a Certificate of Appreciation
and pin
to the following member for his long and faithful
service:

Twenty-Five Years of Membership

Maury D Lee

Congratulations!
Valhall Lodge 6-025 ~ Sons of Norway

LOV Meeting Minutes

October 2, 2021

Denny's Restaurant, Fletcher Hills

Hostesses: Amelia and Denise

Thirteen members attended. There were three guests: Carrie, Solveig and Barbie. The meeting was called to order at 9:08 AM by President Millie.

Minutes of the September meeting were read aloud. Sandra moved, Barbara seconded that the minutes be approved as read. Millie asked that the phrase about Denise purchasing "candy and other perishables" be changed to read "candy, perishables, etc." The motion passed as corrected.

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

Millie welcomed our guests, inviting them to introduce themselves to the group.

COMMITTEE REPORTS

Sunshine – Denise has been sending uplifting group emails and mailing birthday cards. Denise had surgery for cataracts and her vision is improved. Helen donated blank birthday cards for Sunshine. Per Sven, Joyce Olsen's in-person memorial is October 16.

LOV Bunad Book Standing Committee – Sandra read chair Anita's report about the Celebration of Us luncheon on August 7. It included comments from each committee member. Per Anne's suggestion to collect our stories of our ancestors, Sandra will share one next month. Sandra passed a list of ideas on how to use the funds and everyone had a chance to check next to each idea so that the committee has an idea of what we want to do.

OLD BUSINESS

Christmas Party – set for December 11, Judy will connect with Anthony's on the menu which will probably be the same as last year.

Lille Butikken –the committee will meet to decide items for sale: Gently used Scandinavian items, canvas totebags with the logo from tshirt from previous year. We will take pre- orders for baked goods and gjetost like we did last year. Sandra will send out an email to see what the ladies are willing to bake. Millie purchased socks and other supplies to make cute mop head gnomes for sale. Barbie offered to make some at the Hardanger group meetings.

Christmas Stockings – Denise has ideas for fun stocking stuffer items, including an orange, her family tradition.

Nominating Committee- Amelia reported on behalf of herself and Denise that the current board members agreed to continue in the same roles for next year. Millie then asked three times for nominations from the floor. As there were none, we will vote for the slate as presented at the November meeting.

Hostess signups – Members signed up to host future LOV breakfast meetings. Calendar change for January LOV breakfast: first Saturday is New Year's Day so Millie asked Denny's if we can do January 8 instead. Start time of 10 AM was available and the group present agreed that time will work for us.

CULTURAL/PROGRAM

Anne and Ragnhild were not able to join us today.

Amelia invited everyone to come to the fun October Halloween social on October 23. Prizes for most creative and the scariest. She reported that the speaker for the January lodge social will be author Eric Dregni. Look for an announcement in the lodge newsletter.

GOOD OF THE ORDER

Jean brought photo albums of Ladies of Valhall past events. I was intrigued by a photo of Dale wearing a dress she created for a 2006 Stitchery Guild exhibition. Inspired by Ibsen's Lady of the Sea, it was made of soft flowy fabric in deep ocean blues and greens.

Dale was excited to report that she completed a task that had been years in the making, uniting a descendant with letters written in 1909-1923 by her ancestor.

Susan will perform with her music group Joanie and the Genies and the Malt Shop Girls on December 3 at 2pm for the Oasis Center.

Sandra gave the financial report for the August Celebration of us. There are copies of the bunad books and we may offer them at the Lille Butikken.

Denise is the stage manager for the Coronado Playhouse's "Love, Life and What I Wore" and she noted that there is a traveling experience of the Sistine Chapel.

Sandra said that the Seaman's Church in San Pedro is offering weekly Norwegian language classes.

We sang happy birthday to members with birthdays in October: Linda (not present) and Myla (present). There were no anniversaries.

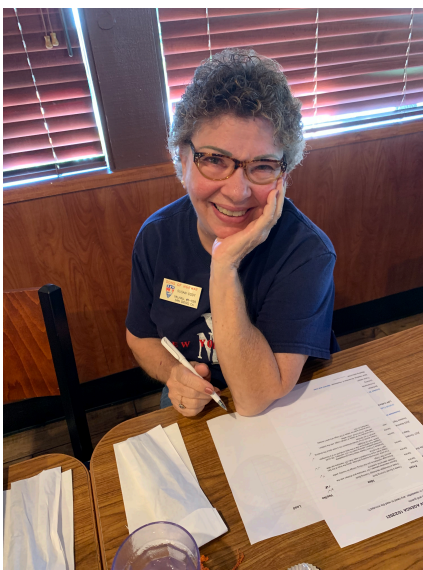
Thanks to Amelia and Denise for the fun Halloween decorations. Denise had Halloween goodies for our whole group; did you know she loves Halloween and cosplay?

Next meeting: at Denny's 9AM. Hostesses will be Sandra and Else.

The meeting adjourned at 11:04 AM

Respectfully submitted,

Myla Coleman, Secretary



**LOV Fun
October 2, 2021**

Left: Susan Cody

**Right: Dale Roybal and Tam
Stautland**



LOV Fun, October 2, 2021



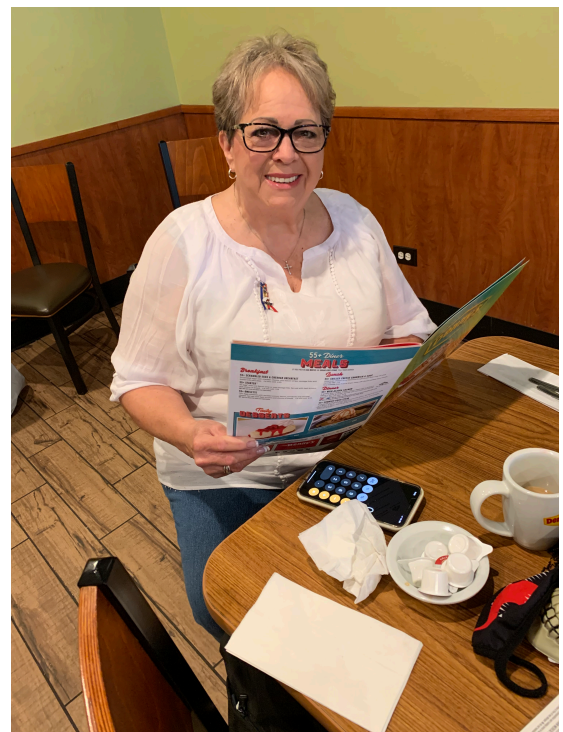
Tam Stautland and Thelma Johannesen



Amelia Seeto and Denise Olson



**Standing: Myla Coleman
Seated: Solveig Waters Appel and
Barbie Lorentz**



Judy Sawyer

Cultural Notes

October 2021

Halloween Social October 23

It wasn't just Hocus Pocus... it was hot dogs, popcorn, candy, a matinee showing of the 1993 movie Hocus Pocus... and a lot of fun!!

Susan won the vote for Scariest Costume with her Day of the Dead white skeleton face, paper flower headdress and black tulle skirt. Denise won Most Creative for her iridescent and silver Nordic faerie costume. As you can see from the photos, there were many wonderful costumes. I would give Most Inventive to Sandra for her lemur costume. Who else would make a striped tail of paper mache?

Thanks to Judy, Millie, Susan, Gia and Joey for the festive room set up and the food prep and service. Thanks to Denise for the extra decorative items and for taking photos. Thanks to my Whitney for doing geek duty and helping me figure out how to sync the speaker with the projector. I am pretty proud that I figured out most of the setup with my phone but that final step eluded me. I will shop for and purchase a louder speaker. My little one was cranked up as loud as it would go.

What a great idea to do a u-shape for the tables, Judy, so that everyone could see the movie after lunch. It had the feel of a Viking feast too... very appropriate!

Myla Coleman
Vice President, Valhall Lodge #6-25



Eric Dregni, author of For the Love of Cod, will talk about the search for Norwegian “happiness” at our lodge meeting and social on **Saturday, January 15, 2022**. 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.

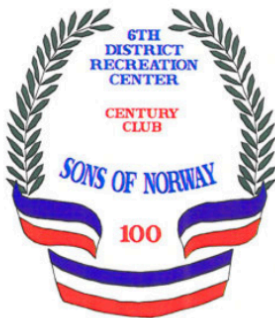
NEWS RELEASE

Century Club Update

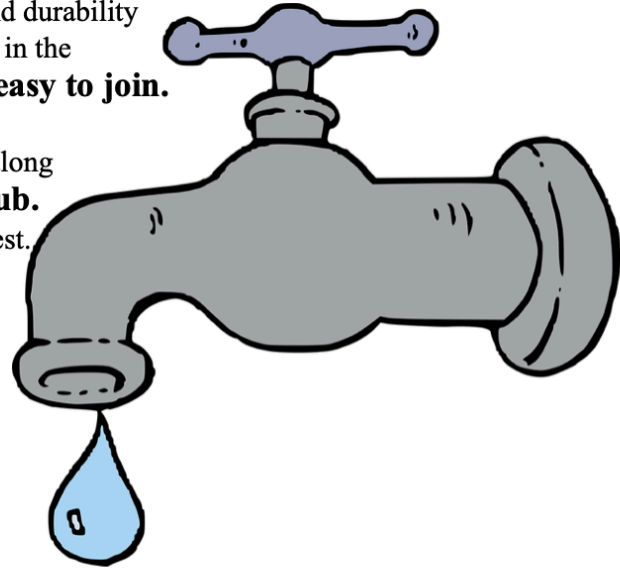
The **Century Club** was created to help make sure squeaky floors and leaky faucets are fixed up at Camp Norge. It is easy to help, and membership costs **less than 30 cents a day!** Your support is vital to maintaining the beauty and durability of our “*Gem in the Sierras.*” Annual membership in the **Century Club** is only \$100 per year. **And it’s easy to join.**

Just send us your name and contact information along with a **check made out to the Century Club.**

We’ll take care of the rest.



Century Club
c/o Camp Norge
P.O. Box 622
Alta, CA 95701



For more information about the Century Club, contact Fred Hymans

fred.hymans@campnorge.org or (916) 333-2086.



Sandra Yeaman (left) receives cultural pin from Cultural Director Amelia Seeto (right) while Pres. Maury Lee looks on.

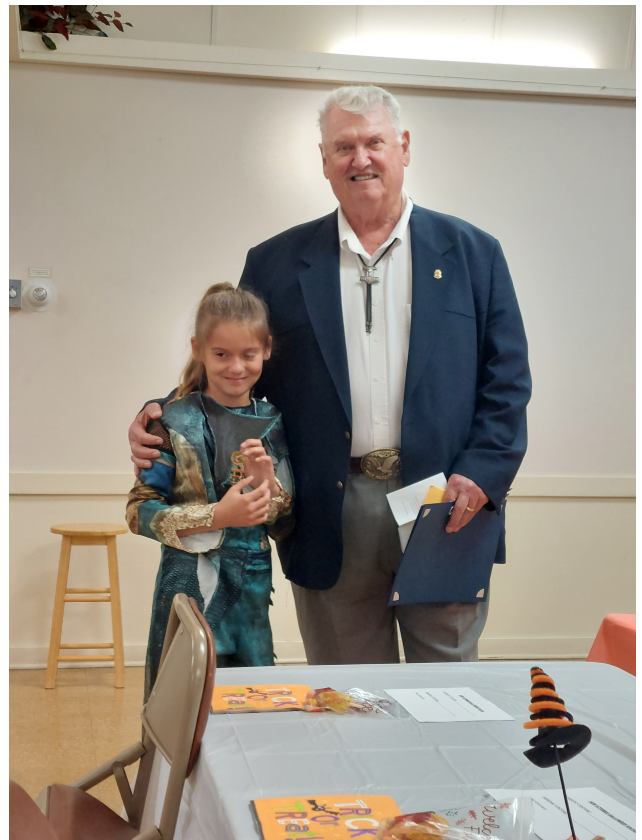


Thelma Johannesen receives cultural pin from President Maury Lee.

October 23, 2021 Halloween Social

Right: Annalexy Rios receives cultural pin from her grandfather, President Maury Lee.

Below: Tables were arranged so that everybody could see the movie *Hocus Pocus*.





People in costume at October 23, 2021, social. Two photographs of the same people.

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Stephen Rawlinson, Editor
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Valhall Viking

NOVEMBER 2021

CALENDAR **November**

Nov. 6 **LOV Meeting**
Nov. 20 **Lodge Meeting & Social**
Nov. 23 **Newsletter Deadline**

Next newsletter is the
December issue

Deadline for the
December Valhall Viking
is November 23, 2021

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com