



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.

April 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

April 2,	9:00 AM	LOV Meeting at Denny's
April 9,	10:00 AM	Corporation Board Meeting
April 16,	2:00 PM	Lodge Meeting & Social

Ord fra presidenten

Dear Members,

We had a great Anniversary Dinner. It started with a delicious fish soup. Those who chose salmon for the main course had a lovely piece of it. Dessert was an anniversary sheet cake. As always, Judy Sawyer and her team did a great job preparing the food, and Ellen Spitzer cooked up a marvelous fish soup.

After the meeting, we learned about the history of the lodge. Sandra, Myla, and Amelia did a great job preparing the presentation. Sandra did an excellent job with the research.

See you on April 16 when we have our catered Spring Ham Dinner.

Respektfullt,

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





Happy Birthday
Gretulerer Med Dagen!



April Birthdays

5	Kevin DeNino
9	Andy Ueland
14	Heather Bardin
17	Norman Magneson
18	Lillian Jansen
20	Kenneth Lindebrekke
21	Joshua Hoovestol
22	Doris Anderson
22	Charles Sundry
22	Dean Seiler

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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Nordic Spirit Classes Online

The Scandinavian American Cultural and Historical Foundation in Thousand Oaks, California, is offering a series of online classes on the 2nd Friday of the month. On March 11, 2022, at 7:30 PM PDT, they will have a class on the 1000 Year History of Iceland. Go to their webpage (<https://scandinaviancenter.org/nordic-spirit-second-friday/>) to register if you wish to attend. Registration is required. They have a newsletter, and you can sign up on their website to receive it.

Ed. Note: Tusen takk to Pat Lindgren for contributing the article “Norwegian Naming Practices” that appeared in last month’s (March 2022) Valhall Viking.

Spring Ham Dinner

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

Saturday, April 16, 2022

**Check-In at 1:30
Dinner served at 2:00
Meeting to follow
Dessert after the meeting**

MENU

**Ham, Caesar Salad, Scalloped Potatoes
Ambrosia, Green Bean Almandine
Rolls, Butter, Coffee, Tea, Dessert
Soda and Water available with donation
Please feel free to bring your own wine or beer**

Cost: \$20

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

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

We will have a movie following the meeting:

Lutefisk Wars

**Mistaken for someone else, a man who delivers frozen food winds up in the middle
of a feud between two Norwegian crime families.**

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

grandmom2dach@gmail.com

Valhall Lodge, Sons of Norway

Planned 2022 Social Calendar

This calendar has been proposed by the Social Director. It is subject to change. One likely change agent will be COVID.

JANUARY	15	(HELD ON ZOOM)
FEBRUARY	19	BEEF LAPSKAUS
MARCH	19	SALMON DINNER
APRIL	16	SPRING HAM DINNER Movie: "Lutefisk Wars"
MAY	21	SYTTENDE MAI DINNER
JUNE	18	ICE CREAM SOCIAL Hot dogs & Games
JULY/AUGUST		(NO MEETINGS)
SEPTEMBER	17	CATERED SOCIAL
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	19	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	17	JULTREFEST Maybe potluck or maybe catered

Hardanger and knitting take place every other Monday (including February 28) at the House of Norway in Balboa Park between 1 PM and 3 PM.

The Social Committee needs volunteers. The planned socials for 2022 are listed in the table above. If you can volunteer to help, please contact Judy Sawyer and let her know which dates you are available. Judy can be reached at sonjsawyer@gmail.com.

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
Everett Shogren
Sandra Yeaman

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

LOV Meeting Minutes

March 5, 2022

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Judy and Anita

The meeting was called to order at 9:07 AM by President Millie.

Thirteen members attended. Fay received her member pin from Millie.

The minutes of the January meeting were printed in the Valhall Viking newsletter. Mille asked if everyone had a chance to read them, and no one said no. Millie noted that her name was spelled wrong in one paragraph. The minutes passed with one correction.

Treasurer's Report – Amelia presented the report for February. The Treasurer's report was approved as read.

COMMITTEE REPORTS

Sunshine – Barbie sent cards to Sandra, Carrie, Thelma, and Barbara. She'll also send a card to Ragnhild.

LOV Bunad Book Standing Committee – Sandra showed a copy of the coloring book we can purchase from the author in Norway who will send to us for the cost of shipping. Sandra will order 100 books, to be used for a variety of purposes including lodge socials and House of Norway hosting. Cost is \$180.

Committee to research our legal status – Anita presented her report in which she concludes that we are in compliance with state of California's laws. Amelia and Anita will meet to review/discuss LOV's Tax ID and report their findings at next month's LOV meeting.

Myla pared down the collection of LOV records by removing the pages from the multiple, bulky binders: they now fit in one file box in hanging files. Anita has them to research the founding story of Ladies of Valhall. Myla proposes to scan the pages to a digital file for backup in cloud-based storage. Millie offered to help with that.

Christmas Stockings for lodge Jultrefest – Millie will create larger Christmas stockings, **than last year's** stockings.

Christmas Party – no update

OLD BUSINESS

Crafts to sell at Lille Butikken – Susan showed some Hardanger embroidery Christmas ornaments and Judy showed small photo albums with hand-painted covers.

Craft Mondays at House of Norway: Thelma provided a pattern for an easy scarf for beginners and some instructions to make a sample piece to practice different stitches. Thelma and Sandra met at Apricot Yarn in Liberty Station to purchase appropriate items to include in creating the Knitting Kits for those wanting to learn to knit. Hardanger embroidery, crocheting, knitting, and **wood** carving with Lou will continue.

NEW BUSINESS

The House of Ukraine is raising funds to assist those affected by the Russian invasion and have a link on their website for donations. Jean moved and Sandra seconded that we donate \$1000 to their efforts. Judy remarked that it's a good way to show solidarity with our House of Pacific Relations community. The motion passed. Fay suggested an organization called SWIFT which donates directly to provide medical supplies.

San Diego Brain Injury Foundation is hosting their annual walk on the morning of March 19, the same day as our lodge social.

CULTURAL/PROGRAM

Anne will prepare a presentation about a poem in Old Norse from pre-Viking times. She will read the poem in both Old Norse and the English translation.

Myla announced the program of the lodge Anniversary dinner on 3/19 will be a presentation by Lodge Historian Sandra with an overview of Valhall Lodge's 110 years, based on the website info and put into a Power Point by Myla. Our special guests will be the lodge presidents, past and current, or their descendants. Millie passed a sign-up sheet to reserve spots for the dinner.

GOOD OF THE ORDER

Jean showed a lodge directory from 1987 which had a lot of vital information: as well as contact info, a calendar of events, it also included the Standing Rules for operation of the lodge.

Sandra offered a book, *The Nix*, about a Norwegian magical creature who leads people down the wrong path.

Millie is reading Short Stories in Norwegian to help in learning Norwegian.

Amelia noted that membership with NPR has an incentive that could be useful: a link to the language-learning site Babble.

Helen Johnson read an amusing poem about the joys of growing older: "God's Will."

Happy Birthday: Wilma (not present)

Happy anniversary: Myla

Thanks to Judy and Anita for the elegant decorations/drawing prizes: Mardi Gras masks and cutglass vases with a lavender flower. Winners of the drawing were: Helen, Millie, Sandra, Susan, and Anne

Next meeting: April 2 at Denny's at 9AM. Hostesses will be Else, Barbara and Judy

The meeting adjourned at 10:45 AM

Respectfully submitted,

Myla Coleman, Secretary

LOV Notes

March 5, 2022

Next Meeting: April 2, 2022, at Denny's

Hostesses: Else, Barbara, and Judy

LOV "pinned" one more attendee to make her an official LOV Member, congratulations Fay Sueltz, welcome to our LOV family

The Lille Butikken Committee is off to a good start already with the Norwegian Crafters, who meet every other Monday at the House of Norway, making Christmas ornaments in Hardanger Embroidery and wooden, Norwegian themed, hand painted ornaments. Susan is making Hardanger embroidery Christmas ornaments. Judy is artistic and is making hand painted and designed Christmas ornaments. Barbie has a special creation that I think everyone will want (it's a secret for now)!

The Hardanger Embroidery group has grown from two members to a full house of crafters, most of them Valhall Lodge members. Thelma, an accomplished knitter, has agreed to assist anyone who would like to learn this skill. Thelma and Sandra created knitting kits that can be purchased to start you off. If Thelma cannot make the meetings, Sandra is almost always at the House of Norway on craft days to help with knitting (at least she can get you started) and Hardanger embroidery; she says there is no mistake that cannot be fixed!!! Hardanger embroidery kits for beginners are available for purchase.

Lou Coover has been joining our crafting group to teach us wood carving, so if you don't want to do needle work you can learn wood carving. Lou is very patient and helpful. On the downside, Lou will be absent from the crafting group for awhile so he and LaVonne can go spoil their grandbabies. I've only had two wood carving sessions and will be happy when Lou is back with us.

Come craft with us – earn Norwegian cultural skill pins

Stay safe and healthy.

Med vennling Hilsen,

Millie Wright
President, LOV

Cultural Notes

April, 2022

Thanks to those who joined us on March 19, 2022 for our Anniversary Dinner and Program! The committee, Judy, Sandra, Amelia and Myla were delighted to be able to mark this significant milestone in person... 110 years! We enjoyed social time and the delicious salmon dinner prepared by Social Director Judy and her wonderful kitchen crew, then a quick business meeting and Sandra's presentation of our lodge's history, followed by recognition of our current lodge president Maury and past presidents or their descendants.

Lodge Historian Sandra did a wonderful job leading our exploration of the first 110 years of Valhall Lodge. Our website has her timeline based on previous Historian Lorraine Tucker's very detailed narrative of the lodge history from its beginning on March 24, 1912 to 2005. Sandra has added more information about significant events from 2006 to the present.

I created the Power Point with information and photos from the website timeline and Presidential Gallery. I also found some fun facts about life in San Diego in 1912 from <https://sandiegohistory.org/archives/biographysubject/timeline/1900-1929/>. Thanks, Sandra for the collaboration to create an interesting overview of our past.

The committee reached out to invite past presidents or their family members. In attendance were Erhling Nyhammer, Jim Adams, Tam Stautland on behalf of Sig, Pat Becker on behalf of Reginald, Janet Weber on behalf of her father Robert Kurz, Susan Cody, and Maury Lee. The following were not able to attend but will be mailed their Certificate of Appreciation: Sven Olsen, Helga Moore, Joyce Oen on behalf of Jerry, Glenn Jerpseth, Rick Hausvik.

Judy worked with a talented and affordable florist in Allied Gardens to provide lovely centerpieces for the tables and corsages and boutonnieres for our honorees. Contact her if you need his information.

The centerpieces went home with our honored guests and a certificate which reads: Certificate of Appreciation, In recognition of leadership and service to the lodge in the role of President, Sons of Norway – Valhall Lodge, on the occasion of our 110th Anniversary - March 24, 2022.

Thanks to Pat Becker for wrapping up our proceedings with her recognition of any members present who helped with the Lodge's 100th Anniversary Celebration in 2012, chaired by her and Reg.

Myla Coleman

Valhall Lodge Vice President

UPCOMING EVENTS

April 19 Social, Dinner and a movie "Lutefisk Wars"

May 21 Syttennde Mai Celebration

June 18 Ice Cream Social, Hot Dogs and Games



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

Editor's Note: We received this letter from the District Six Vice President on February 8.

February 8, 2022

Greetings to all associated with the District Six Language and Heritage Camps;

Managing the District Six Language and Heritage Camps, a.k.a. Camp Trollfjell and Trollfjell Folkehøgskule has become more and more difficult each year. The greatest challenge is finding qualified staff. Other issues, such as new state laws requiring special training for camp counselors and teachers, managing COVID protocols, and the busy summer schedules of today's children and youth not allowing a two-week activity are also factors.

Over the past several years, I have heard several ideas about how we could re-imagine our summer program. Some of these suggestions include making it a Family Camp, reducing each session to a single week, and combining the two programs together so the total time is just two weeks, not four weeks. These, and other ideas have both pros and cons.

To give us time to evaluate and plan the future of our Language and Heritage Camp(s), **we are going to suspend our program this summer.** Between now and the summer of 2023, we will seek input from members of District, current and past campers, counselors, and staff.

Any comments or ideas are welcome, please email me at vicepresident@sofn6.org.

Regards,

Bruce Fihe

Vice President, District Six

Executive Director, Language and Heritage Camps

Thank you from CAMP NORGE.



Thanks to YOU our “Let It Flow” fundraising campaign was a big success! As of March 15th, with donations received and pledged, we did it!

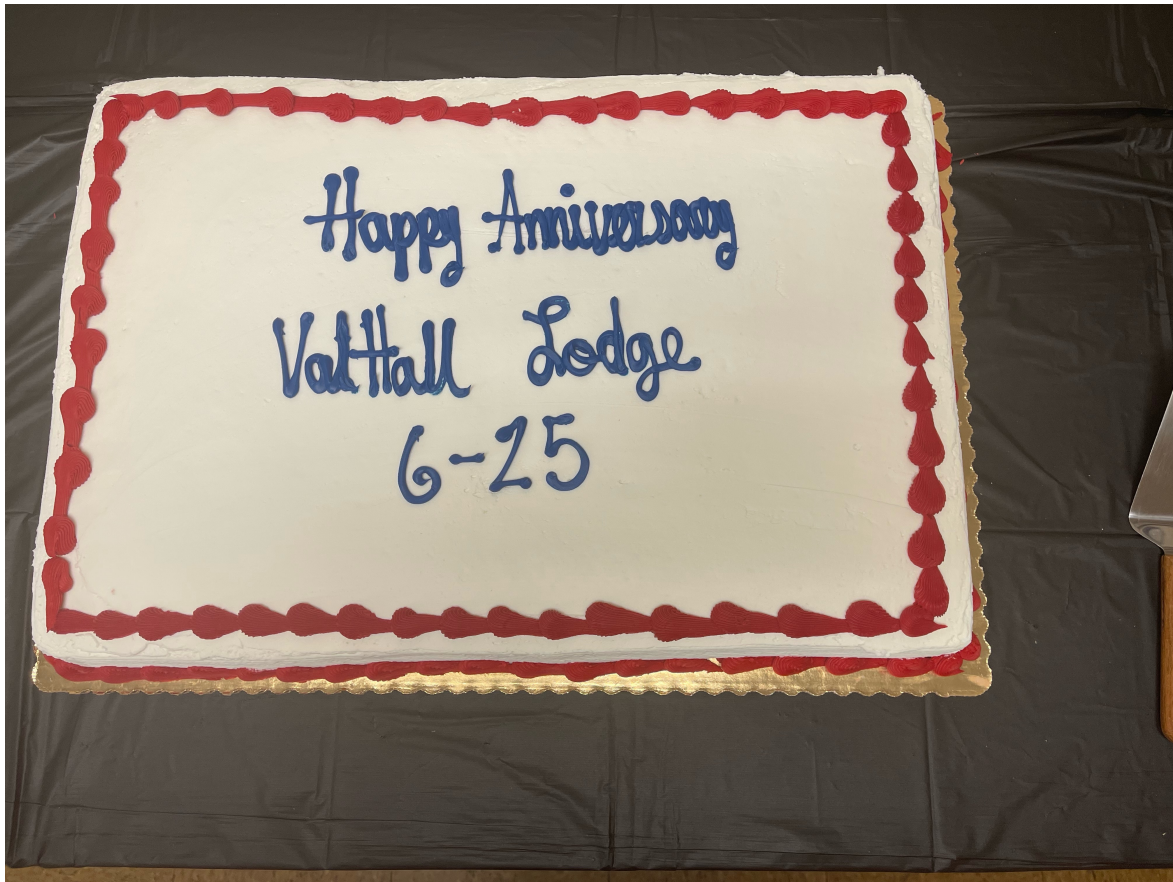
We exceeded our goal!

Our goal was \$15,000 and we are expected to hit \$18,500 if all pledged donations come in!

And we'll need every penny due to inflation. Next, we are calling our contractors and getting ready to start work on the new well pump and storage system **thanks to you!**

Questions? Contact Fred Hymans at (916) 412-3797 or fred.hymans@campnorge.org

Members of Valhall Lodge should be proud of the part they played in achieving this goal. Valhall Lodge contributed \$1,000, and the Ladies of Valhall contributed an additional \$1,000. Many thanks to individual members who added to these contributions.



Our
Anniversary
cake



Each table had a floral arrangement like the one above.



From left: Treasurer Millie Wright, President Maury Lee, Vice President Myla Coleman



Above: Historian Sandra Yeaman gave a wonderful presentation about Valhall Lodge's 110 year history.



Above right: Vice President Myla Coleman wearing a lovely bunad. Right: Close-up of the pattern in Myla's bunad.



2020 and 2021 Recruitment Awards

*Sons of Norway awards a Certificate of Recruitment
to the following members for recruiting
at least one new member:*

*Solveig Waters Appel - 2020
Arletta Jurasinski- 2020
David Murguia- 2020*

*Myla Coleman - 2021
Ellen Spitzer - 2021*

Tusen takk
Valhall Lodge 6-025 ~ Sons of Norway

2022 Recruitment



The 2022 Recruitment Campaign is underway! Many new members tell us they are eager to learn more about their family history and connect to their Nordic roots. Membership helps them better understand who they are today, by learning about family members who came before. Please invite those with an interest in family history to join us! Log in at [sofn.com](https://www.sofn.com) to learn more about the 2022 Recruitment Campaign.

More information at [https://www.sofn.com/member_resources/
lodge_leadership_resources/sons-of-norway-2022-member-recruitment-campaign/](https://www.sofn.com/member_resources/lodge_leadership_resources/sons-of-norway-2022-member-recruitment-campaign/)

Homemade Kvikk Lunsj (Quick Lunch) Bars



Make your own hiking snacks for springtime outings. This recipe from meny.no shows you how to make crispy-sweet Kvikk Lunsj-like cookies in your waffle iron.

Makes about 15. Prep time: 40-60 min

Ingredients

- 100 grams butter, softened (7 Tbsp., or 1 stick minus 1 Tbsp.)
- 125 grams powdered sugar (1 cup)
- 1 tsp. vanilla sugar (or substitute 1/4 cup powdered sugar plus 1 tsp. vanilla extract)
- 2 eggs
- 350 grams all-purpose flour (2 3/4 cups)
- 1 tsp. baking powder
- 400 grams chocolate (14 oz.)

Directions

Step 1

Mix butter, powdered sugar and vanilla sugar until smooth. Add eggs one at a time and beat on high.

Step 2

In a separate bowl, mix dry ingredients (flour and baking powder), then add to the butter mixture. Stir with mixer until dough forms.

Step 3

Pre-heat waffle iron to high. Form the dough into a square and bake each square on the iron for 1-2 minutes.

Step 4

Immediately after removing from iron, cut the cookie into rectangle-shaped bars while it is still soft.

Step 5

Melt the chocolate and dip bars in the chocolate. Let cool on waxed paper or cooling rack.

Step 6

When the chocolate has solidified, they are ready to eat, or toss in your backpack for the next adventure!

Step 7

Enjoy!

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Please Deliver Promptly

Valhall Viking

APRIL 2022

CALENDAR **April**

April 2 LOV Meeting
April 9 Corporation Board Meeting
April 16 Lodge Meeting & Social
April 23 Newsletter Deadline

Next newsletter is the
May issue

Deadline for the
May Valhall Viking
is April 23, 2022

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com