



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.

August 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

August 13: Blood drive in the parking lot of the lodge hall

Enjoy your summer!

See you in September!

Ord fra presidenten

Dear Members,

Your Board is hard at work. We met on July 23 and made some significant decisions.

We are planning to reschedule lodge meetings and socials so that they do not conflict with major events put on by the lodge at Vista. We expect to have an announcement about this in next month's newsletter. Future lodge meetings and socials may be taking place on the 2nd or 4th Saturday instead of the 3rd.



We are planning to seek Sons of Norway Foundation money to help spruce up the lodge hall. Of course, we will discuss this with the Masons, and they may help in the financing. We would like to repaint the walls and may do something about the flooring.

We had a vacancy with the office of Secretary, and Emily Morissette graciously volunteered to fill it. She took the minutes of the most recent board meeting, and the board elected her to fill the vacancy.

Aprell Bigler resigned as Corporation Director. She served for many years and did wonderful work. But she has care-giving responsibilities in her family now. We will miss her. We have a candidate to fill the vacancy, and the lodge will elect a replacement at the next lodge meeting. Anybody interested in running should contact Jim Adams. (See Page 13.)

We are looking for volunteers to take on 4 different tasks. Details are on Page 12. We hope to make the lodge more vibrant and attract more members by getting these tasks done. The tasks were identified as a result of a survey that was conducted a year ago. Please contact me if you wish to volunteer for one of these tasks.

There will be a blood drive on August 13. Details and contact information are on Page 13 if you want to volunteer to give blood.

There will be an information meeting about scholarship aid from the Sons of Norway Foundation. Parents and grandparents are invited to attend. The meeting will be on Thursday, September 8, at 6:30 PM at the House of Norway. RSVP to Sandra Yeaman. (See Page 12.)

Have a relaxing August. We look forward to seeing you again in September.

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

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly
except in January and July.

Copyright © 2022 Valhall Lodge #6-25,
Sons of Norway

All Rights Reserved



Happy Birthday
Gratulerer Med Dagen!



August Birthdays

4	Anita Reith
4	Hailey Aamodt
6	Laura Sutton
8	Judy Sawyer
13	Gaute Halvorsen
14	Rhude Thompson
14	Barbie Lorentz
16	Jean Shogren
16	Douglas Swenson
17	Ann-Kevin Mawn
18	Robert Lowen
19	Thomas Bourdage
19	Kristen Stone
20	Christine Tuttle
22	Erling Nyhammer
23	Aprell Waymire Bigler
25	Lynn Lindebekke
28	Jacqueline Adams
28	Lora Lee

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	Emily Morissette
Assistant Secretary	VACANT
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	VACANT
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

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

Forty Years of Membership

Janet L Weber

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

*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

Carol J Amundson

Congratulations!
Valhall Lodge 6-025 ~ Sons of
Norway



VIKING CA FESTIVAL

SEPTEMBER 17TH & 18TH, 2022

NORWAY HALL
CULTURAL CENTER
VISTA, CA 92084

ONLINE TICKET SALES
VISTAVIKINGFESTIVAL.COM

CALIFORNIA'S PREMIERE
VIKING FESTIVAL
AND NORSE HERITAGE EVENT

Valhall Lodge Meeting Minutes

June 18, 2022

Maury reported briefly on the District 6 Convention held in early June in Mesa, AZ. The Lodge received two awards. The Convention went well.

Maury is now the District 6 Zone 6 Director.

Details for how the International Convention will be held have been changed so that it will be held virtually. Representatives from Zone 6 are Nancy Madsen, Maury Lee, and Susan Cody (at large representative).

The alternate International Director for District 6 will be Luella Grangaard, outgoing District 6 president.

Some Lodges in District 6 have closed. A memorial service at the Convention honored the approximately 500 members who have passed away in the past four years.

Myla Coleman will write up an article for the next newsletter about the convention.

Sandra Yeaman reported her impression that Valhall Lodge is among the largest in the District, something that surprised and pleased her.

22 members were in attendance.

Respectfully submitted,
Sandra Yeaman, Historian

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>

Valhall Lodge Board Meeting Minutes

July 23, 2022

1. Introduction

A regular meeting of the Board of Directors of Valhall Lodge, Sons of Norway was held at 3202 Mohican Avenue, San Diego, California, on July 23, 2022, at 11:00 a.m. The meeting was called to order at 11:14 a.m.

2. Chair and Secretary

President Maury Lee acted as Chair; Emily Lynch Morissette acted as interim Secretary of the meeting.

3. Notice

The meeting was held pursuant to electronic notice, given to all directors of the corporation, through both announcements on the <https://lodgeofvalhall.com> website and email from Steve Rawlinson. A copy of the notice is attached hereto.

4. Persons Present; Quorum

The following directors were present:

Present (Yes/No)	Name	Position
Yes	Maury Lee	President
Yes	Myla Coleman	Vice-President, Youth Director
Yes	Susan Cody	Counselor, Publicity Director, Trustee (3 Year)
Yes	Emily Morissette	Interim Secretary
No	Vacant	Assistant Secretary
No	Aprell Bigler	Financial Secretary
Yes (via telephone)	Millie Wright	Treasurer, Trustee (2 Year)
Yes	Judy Sawyer	Social Director, Trustee (1 Year)
No	Graciela Lee	Assistant Social Director
No	Amelia Seeto	Cultural Director
Yes	Andy Ueland	Marshall
No	Janet Weber	Assistant Marshall
Yes	Sandra Yeaman	Historian, Auditor
No	Sven Olsen	Musician
Yes	Steve Rawlinson	Editor, Webmaster
Yes	Jim Adams	Corporation President, Foundation Director
No	Ellen Spitzer	Sports Director

A quorum is the minimum number of people necessary to transact business; the Lodge's quorum is 2/3, or 11 of 17 required officers. 10 of the 17 required directors were present with one vacant office, hence there was a quorum.

Millie Wright was available via telephone. All Directors could hear each other.

5. Call to Order; Quorum

Since there was a quorum of directors present, the Mr. Lee called the meeting to order.

6. Minutes of Previous Meeting

The minutes of the previous meeting of the Board of Directors were approved.

7. Reports

a. President's Report

President Maury Lee stated he was looking at the membership and there were a lot of things that were incorrect. He indicated there are a lot of people who have not paid since 2018, on the report that came from headquarters. Susan indicated that Aprell would send out letters to people. However, Maury stated that they still on the headquarters' rolls.

Susan asked whether our directory was current. Steve stated it was current as of the start of this year. Steve tracks the activity report.

The group discussed increasing membership. Around the 17th of May timeframe, there was a Norwegian flag at someone's house and Maury gave her the newsletter and card. She is a cybersecurity specialist; Maury is hopeful she will join.

Sandra indicated there are a mother and daughter who are Norwegian who have been coming to crafting day, who might also join the Lodge.

Jim asked whether there was something actionable to be done about the membership containing nonactive members. Maury wants to print out the list from headquarters and see who is active and not.

Susan indicated we should talk to someone in membership at headquarters. Jim asked why people thought the names were still there. Susan and Maury indicated there has been a lot of upheaval at headquarters. Judy said she sent the list to Maury during the meeting.

Charmaine, the blood drive coordinator, planned a blood drive for August 13th.

b. Vice President's Report

No report.

c. Publicity Director's Report

No report.

d. Treasurer's Report

Treasurer Millie Wright provided the treasurer's report. There was a reimbursement to Aprell for membership supplies.

e. Secretary's Report

Ms. Lynch Morissette stated she was happy to help in the interim. Jim and Steve motioned and seconded Emily as secretary and Emily was unanimously voted in until the election.

f. Social Director's Report

Judy Sawyer stated the social event in June was good and fun. She indicated that there was a social event set for September 17th, and it is the Lodge's heritage and membership drive then too. Sandra mentioned the Viking festival conflicts with September's date. Judy stated she has enough notice to change the date.

Ms. Sawyer thinks she got Cupid's to cater, but she did not get a confirmation. For the December social event, perhaps everyone could bring an ethnic dessert. Ms. Sawyer was not sure if the Lodge has Cupid's in December. The Ladies of Valhall ("LOV") Christmas party is the 2nd Saturday in December and is until 1 p.m. Susan indicated that date may need to be changed. Maury indicated that December nights is on this year. Judy is going to look at changing the date too.

g. Marshall's Report

No report. However, Millie stated Marshalls need to be there early to do regalia. Jim asked whether the Lodge should do regalia at meetings. Millie mentioned we need song books out.

h. Historian's Report

Historian Sandra Yeaman announced that anyone doing cultural skills presentation usually ends with a report and it should go to the newsletter to be included. Millie has done one on Hardanger embroidery. Ms. Yeaman asked if these reports would be good in the newsletter. Steve indicated that it would be best on the website, and he could advertise the reports the newsletter when the reports are on the website.

Ms. Yeaman wants to get 2020 history done.

i. Corporation President's Report

Jim Adams stated he has spoken with TD Ameritrade regarding how the investments are going and assessing how TD Ameritrade is performing. Aprell has resigned as secretary. Maury asked Millie to do it, and she indicated she might be willing to do it but that someone new might should do it.

j. Foundation Report

Jim Adams is keeping in contact with Emily Stark and letting her know we will be applying for grants. He has put Emily Stark together with Jeanne Scott so the House of Norway can submit again for additional grants. Millie asked whether the grants are for lodges. Jim indicated some can be in the local community. Jim indicated the grants are not a lot of money.

k. Editor's Report

Steve Rawlinson stated that the newsletter will be uploaded to the website a little bit later than usual this month because of the lateness in the month of this board meeting. Mr. Rawlinson will wait up to a few days for the minutes of this meeting and for the President's message. The newsletter is also delayed because there may be items mandated by this board meeting that have to be included in the newsletter. Mr. Rawlinson does ask that everything else get to him no later than July 23 because the 23rd of the month is the normal deadline. Steve needs everything else today so that he can organize the newsletter and get it out more quickly once the meeting minutes, President's message, and mandated items are available. He does hope to send the newsletter to the printer on schedule. That happens after he gets the activity report from Sons of Norway HQ

after the first of the month.

Steve indicated he is ok with having the newsletter be a little later as LOV is not meeting this month.

Steve mentioned potentially amending the standing rules to be more flexible for meetings.

I. Webmaster's Report

No report.

8. Adoption of Resolution Related to: Setting the dates for the upcoming year and planning.

Maury, the President, suggested setting dates for the upcoming year and planning.

Maury stated the Lodge needs to change so we are not having the same date of meetings as Norge Hall, which is also the 3rd Saturday. Susan stated we have tried to change in the past but were not able to. Sandra stated it was difficult for Norge Hall to move their date. Millie recommended the 2nd Saturday. Steve stated he had commitments the 2nd Saturdays, unless it was after 1:00 p.m. Judy indicated we could move social meetings to have dinner. Andy asked whether we could move to a weekday. Maury stated we're looking at the 2nd or 4th Saturday of the month. Susan stated the Masons have a church on Sundays using the hall, but the Masons are open to book as they need the money. Judy offered to call Chris, but he isn't in charge of the rentals anymore.

Jim made a motion for Maury to work with the Masons for the 2nd or the 4th Sandra seconded. Andy amended the motion to that if either the 2nd or 4th Saturday is available, the preference would be for the 2nd Saturdays. Jim agreed to the amendment. Judy called and left a message for Beth at the hall. Susan made the point to Steve that social hour starts at 1:30 p.m., so he would have time to make the meeting.

On motion duly made, seconded, and unanimously carried, the following resolution was adopted:

RESOLVED THAT Maury will work with the Masons to move the Directors' meeting to the 2nd or 4th Saturday of the month at the Lodge, with the 2nd Saturday being the preference.

9. Adoption of Resolution Related to: using Foundation money to improve the Lodge Hall.

The board then discussed using Foundation money to improve the Lodge Hall.

The grant is \$1,500.00 and the date to submit is November 1, 2022, stated Jim Adams. Susan and Jim indicated that the grant had to state how to use the funds and the money could be split for self-help painting or a contractor. Maury stated it would be more than \$1,500.00 to pay a contractor to paint the hall. Susan stated she would be willing to be paint. Judy indicated there may be other volunteers. Judy asked whether the building had to be ours to get the grant, and Jim indicated it did not. Sandra asked whether there was a hard and fast monetary limit, and Jim indicated there was of \$1,500.00.

Jim indicated paint is about 2x as much as it was. Judy asked whether the Lodge could use Lodge money. Susan indicated we could apply for multiple grants. Steve stated we should use grant and Masonic money first and then Lodge money. Steve asked whether we had ideas for what should be done other than painting. Judy stated there needed to be a new curtain. Susan stated that the bathrooms needed to be redone. Maury mentioned the linoleum floor. Judy indicated there may be asbestos subfloor. Maury indicated we could put flooring over.

Judy indicated the plants should be taken down and maybe the Lodge should put-up artificial trees. She indicated that new furniture could be found. Andy asked whether anything was needed in the kitchen. Judy stated pots. Susan indicated there was enough cabinet space. Maury mentioned vinyl flooring. Maury indicated that doing the Hall of Nations' flooring was at least \$11,000.00, but that the cost went up \$3,000, due to waiting and shipping costs increasing. Maury indicated it would probably be about \$15,000.00 to redo the hall's flooring.

Emily brought up the storage unit and maybe getting something better and asking for as much as possible through grants. Susan stated we could apply and see what we get. Millie asked a question about making the changes and then having the rent raised so much and having to move. Andy stated we needed to be careful about that.

Steve says we pay \$5.00 more in rent per year. Steve indicated it is a year long contract. Judy said we could extend that year term. Jim stated we should form a small committee and suggest all the things that could be done and report back and that not all the projects should be done as some are capital improvements. He further stated paint would improve the psychological part of going to the hall. Judy stated the paint was the biggest thing and for the price, the Lodge was not going to find anything more reasonable for rent. Jim stated we have looked at other places. Judy stated parking was a big issue at other places.

Emily mentioned capital improvements might be a negotiating point to reduce rent.

Susan brought up talking with the Masons and Judy indicated that the Masons do want the hall fixed up. Judy indicated they would be willing to have us make the improvements. Judy mentioned we might be able to get a contractor's discount on paint.

Sandra recommended building on projects over the years, rather than trying to do them all at once.

Andy asked about the paint in the kitchen. Judy indicated it is the hard enamel/oil based and it is not gross.

Jim indicated that the flooring could look good for a year or more by being restored. Maury mentioned that they have had people at the House of Norway come and strip and redo floor, but it is only about 500 square feet or so.

Susan indicated she would work on the grants and Judy would interface with the Masons. Judy shared Abe's, the head mason's information with Maury.

Jim stated we might want to ask money for cultural presentations, including a portable stand for projector and speakers.

Emily stated that she thought commercial real estate leases could be longer than 1 year. Steve stated he would pull up the agreement and share it.

Steve recommended having a Zoom meeting after a committee got together and decided what the Lodge wanted to apply for grants for. Both Steve and Sandra have Zoom accounts.

On motion duly made, seconded, and unanimously carried, the following resolution was adopted:

RESOLVED THAT a committee will meet to explore all potential improvements to apply for grants for and report back to the Board.

9. Adoption of Resolution Related to: soliciting volunteers for social media, monthly Norwegian cooking classes, lectures about Norwegian culture, and providing Norwegian language classes.

The Board then discussion soliciting volunteers for social media, monthly Norwegian cooking classes, lectures about Norwegian culture, and providing Norwegian language classes.

Steve was going to put these items in the newsletter and see if anyone wants to help with these things. These ideas came from a survey over a year ago. Susan stated she has been collecting Norwegian trivia and she has about 100 questions. She is going to go through old Viking magazines to get more questions, approximately 350. Steve could then put questions on the website, and the questions could be linked to Facebook.

Susan has been contemplating doing lefse lessons for 6 people, but it depends upon the availability of the lodge. Millie asked whether we could have other dates for cooking lessons. Sandra stated we are doing the meetings and the social at the same time. Steve indicated that there may be 2 days a week that we can use the hall still in the rental agreement.

Jim indicated we could check about who could do a language class. Maury stated someone contacted him about language classes. Millie asked whether we could do a cultural grant for language classes, and we could even do a Zoom meeting. Myla recommended doing language classes via Zoom. Millie recommended doing cooking and language on alternate Mondays.

Jim stated that when we do improvements, we could negotiate additional days. Judy indicated that she thought the lodge was busiest on Fridays and Sundays. Sandra indicated the lodge has things some Mondays too.

On motion duly made, seconded, and unanimously carried, the following resolution was adopted:

RESOLVED THAT Steve will put all four items on the newsletter to see if people will volunteer to perform these tasks.

The next regular meeting of the Board of Directors of Valhall Lodge will be in a quarter, on October 8th at 2:00 p.m. via Zoom hosted by Steve. Further, we are expecting report back from the committee regarding hall improvements, which will be an ad hoc meeting.

There being no further business, the meeting was duly adjourned at 12:37 p.m.

Dated: July 23, 2022

/Emily Lynch Morissette/ [e-signature]

Emily Lynch Morissette

Secretary

Sons of Norway Scholarship Funds

An information meeting will take place on **Thursday, September 8, 2022, at 6:30 PM** at the **House of Norway**. The topic will be how to apply for scholarship funds from Sons of Norway. Parents and grandparents are invited. RSVP to Sandra Yeaman, historian@lodgeofvalhall.com.

We Need Volunteers

Following up from a survey taken last year, we have identified 4 tasks that we think would enhance the lodge if these tasks were done. We need a volunteer for each that has the skill an interest to perform that task. Volunteers should contact Maury Lee (president@lodgeofvalhall.com).

- Give the lodge presence on some social media platforms such as Instagram or Snapchat. (We already have a Facebook page, and we do not wish to use TikTok.) We are looking for somebody who can reach out to young people.
- Provide monthly Norwegian cooking classes.
- Provide help in lecturing about Norwegian culture. We already have 2 ladies doing this, but they could use help from an additional person.
- Provide Norwegian language classes.

Blood Drive - August 13, 2022, 10 AM - 4 PM

Sons of Norway Lodge 2nd Annual Blood Drive
Masonic Lodge of La Mesa 4731 Date Street La Mesa, CA 91942
Schedule Your Appointment Today!

Call 619.400.8251 or visit <https://www.sandiegobloodbank.org/donate>

Walk-ins welcome. Photo ID required. Arrive hydrated!

**** All donors will receive a limited-edition Marvel Thor T-Shirt ****
(While supplies last, sizes subject to availability)

Sons of Norway Blood Drive Representative: Sharmane Estolano
619.850.4923



REALTOR | DRE# 02108233
sharmane@coldwellbanker.com
www.sharmaneestolano.com

Vacancy on the Corporation Board

Aprell Bigler has resigned from the Corporation Board, thereby creating a vacancy. The lodge will need to vote to fill the position at the next lodge meeting. We have identified a candidate to fill the vacancy, but if anybody else wishes to run for the position, please contact Jim Adams.

Thanks to Aprell for all the work she did for the Corporation for many years. She kept minutes and other records. She filed tax returns for both the Corporation and the Lodge. In 2020, she did major work to deal with a legal problem that hit the Corporation. We are so grateful for all she did, and we will miss her.

Valhall Corporation Meeting Minutes

July 16, 2022

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 10:00 AM.

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

Approval of Minutes:

Steve moved to accept the minutes of the last meeting on April 9, 2022 as written. Judy seconded. Motion passed.

Old Business:

Steve discussed the Treasurer's Report and the situation with the portfolio. The portfolio has tracked its benchmark during the past 6 months while the market was going down, but it underperformed the market during the prior time when the market was going up. Steve will schedule a conference call with a representative at TD Ameritrade to discuss the portfolio performance. Jim and Andy will also attend.

Action item: Steve will call TD Ameritrade and schedule a conference call for Thursday, July 21, after 1:00 and before 3:00 PM.

\$1,000 has been budgeted for charity. The Corporation Board will decide at the next meeting in October what charities should benefit from that allocation. Andy was concerned that the amount budgeted was affordable but eventually was satisfied that it is.

Jim wanted to know what major expenses face the Corporation during the remainder of the year. Most of the expenses will be paid at the end of the year when the Lodge is reimbursed. One significant item will be convention expenses.

There was discussion about moving to a more central location or contributing to sprucing up the lodge hall that we currently rent. Judy pointed out that we could get SON Foundation funds to pay for sprucing up the lodge hall. **Action item: Discuss sprucing up the Lodge Hall at the next Lodge Board meeting on July 23. Maury will put this on the agenda for that meeting.**

New Business:

We have a vacancy because of Aprell Bigler's resignation. We really appreciate all the work that Aprell did over the years, but we understand that she has family needs that interfere with serving. **Action items: (1) Judy will talk to lodge members about joining the Corporation Board; (2) Maury will advertise the vacancy at the next lodge meeting; (3) Steve will advertise the vacancy in the August newsletter.**

Good of the Order:

None

Next Meeting:

The next regular meeting is scheduled for October 15, 2022, at 10:00 AM via internet link. If Southern California Kretssteven (which has not yet been scheduled) conflicts, then arrangements will be made to reschedule. Steve will send an email message containing the ZOOM Meeting ID and Password.

Adjournment:

A motion to adjourn the meeting was made by Maury and seconded by Andy. Motion passed. Regular session adjourned at 10:50 AM.

Respectfully submitted, Steve Rawlinson, Treasurer

Crab Linguine

This recipe serves 4 and is from
<https://seafoodfromnorway.co.uk/>

Ingredients:

300 g crab meat (10.5 oz.)
450 g linguine (1 lb.)
1 red onion
5. cloves of garlic
1.5 chili, mild
3 Tbsp. olive oil
large handful flat-leaf parsley leaves, very finely
chopped
salt and pepper

Directions:

Heat the olive oil in a frying pan and gently sweat the onion for 10 minutes until it is soft and translucent. Add the garlic, and chili if using, and fry for a further minute or two. Remove pan from heat. Add the parsley and crab meat and stir well to mix. Season to taste with a little salt and freshly ground black pepper.

While the onion is softening, cook the pasta until al dente in a large saucepan of salted boiling water. This will take 9-12 minutes. Drain, reserving a couple of tablespoons of cooking water, and toss in the crab sauce. Add a little of the cooking water to loosen it up a little and serve immediately.



Photo Credit: seafoodfromnorway.co.uk

Ladies of Valhall Meeting Minutes

June 4, 2022

Denny's Restaurant, Fletcher Parkway 9:00am **Hostesses:** Tam and Thelma

8 members and 1 guest attended. One more meeting and Ellen will become an LOV member. Myla, Susan and Sandra are attending the District Six Convention.

The meeting was called to order at 9:15 AM by President Millie

Minutes of the May meeting were published in the Lodge newsletter. Millie asked if anyone wanted them to be read aloud. No one did. There were no corrections. The minutes were approved as printed in the Valhall Lodge newsletter..

Treasurer's report—Amelia presented the Treasurer's report for May. The report was approved as read.

COMMITTEE REPORTS

Sunshine - Barbie sent cards to Wilma S. and Barbara E. Millie visited Joyce Oen; they talked about LOV and the Lodge. Joyce would like other LOV members to visit her as well.

Bunad Book Standing Committee - Amelia presented Sandra's report regarding the bunad coloring books and the cost of procuring the coloring books including the wire transfer fee. Sandra sent the receipts to Amelia.

Christmas Party Stockings—Millie purchased 12 pkgs of colored pencils to go along with the bunad coloring books and is looking for kid friendly pencil sharpeners.

Lille Butikken—Jean Shogren donated a beautiful Fish Cork screw and Fish Bottle opener from Norway. Amilia announced the committee will meet during the summer.

OLD BUSINESS

Crafts, to be sold at the Lille Butikken, are continuing to be made at the House of Norway. The next Norwegian Crafting event at the HON is on June 6th from 1:00-3:00pm.

Syttende Mai

May 14 - HON Lawn Program: LOV and Valhall Lodge members displayed crafts made at the Norwegian Crafting events at the HON.

May 17 - Flag Raising: There was a good turnout for the Flag Raising; a delicious brunch followed the flag raising.

May 17 - Fish Club: Ladies were invited to the Fish Club meeting and dinner in celebration of Syttende Mai. LOV was well represented.

May 21 - Valhall Lodge Social: Delicious Open Faced Sandwiches, and more, were served. The Mannskor provided entertainment and Myla presented a slideshow of past Syttende Mai Memories.

NEW BUSINESS

Nominating Committee—Millie indicated the need for a committee to present LOV Board candidates for 2023. Although, those attending the meeting indicated they like the Board as is; this does not take into consideration whether the current Board members want to retain their positions. This will be brought up again at the September 3rd LOV Meeting.

CULTURAL/PROGRAM

Due to our small group at the June meeting, Ragnhild will have her music presentation in September. In lieu of singing, Ragnhild handed out copies of the songs *Blaveispike* and *Fader Jacob* and read the words of the songs to us. We will sing these songs in September when LOV reconvenes. Thelma indicated the songs are available on YouTube so we can listen to the melodies and practice the songs during the summer break.

GOOD OF THE ORDER

We sang Happy Birthday to members with birthdays in:

June: Ellen (soon to be a member - Present) , Karen (absent) Susan (Absent, Convention Delegate)

July: LaVonne (Absent) and August: Anita (Absent), Judy (Present), Barbie (Present), Jean (Absent)

Millie is going to Minnesota; Amelia may go to the Philippines. Ragnhild is going to see the new *Top Gun* movie.

Thelma announced a Program she will be singing in at The La Jolla Presbyterian Church on June 26, 2022 at 4:00pm. The title is “Requiem For the Living” by Dan Forrest. She will be joined by a large choir including a number of professional singers.

Winners of the drawing for the beautiful, large, blue & white mugs with succulent plants (provided by hostesses Thelma and Tam) were Amelia, Barbie, Elbjorg, Judy, Millie, and Ragnhild.

Next Meeting September 3, at Denny’s at 9:00 AM. Hostesses will be Elbjorg and Ragnhild. Meeting adjourned at 10:40pm

Everyone enjoy July and August, we will have a lot to share in September.

Respectfully submitted,
Judy Sawyer, Secretary pro tem

LOV Notes

June 2022

Next Meeting: September 3, 2022, at Denny's

Hostesses: Ragnhild and Eldbjorg

The June LOV meeting attendance was lower than usual due to three of our members attending the 2022 District Six Convention in Arizona as Valhall Lodge Delegates, others on vacation, and, just maybe, we've gotten dependent on receiving email meeting reminders from Sandra that we forgot about it. However, it's not hard to remember LOV meeting dates since they are the first Saturday of each month, except July and August when we don't meet, and December when the date may be different for our Christmas luncheon. Hopefully, we will have a big turnout in September; we have a lot to discuss and there may be a lot of "Good for the Order" stories.

Hostesses, Tam and Thelma provided beautiful, blue and white, 16-ounce mugs containing a large succulent plant in each of them. Almost all those in attendance received one. The winners of the door prizes were Amelia, Barbie, Eldbjorg, Judy, Millie, and Ragnhild.

Don't forget to look up the following songs on YouTube to learn the words and tunes; we will be singing them at the September meeting: **BLÅVEISPIKE** and **Fader Jacob**, led by Ragnhild.

Enjoy the summer wherever you are, right here in San Diego or at your travelling destinations.

I would like all the Ladies and members of Valhall Lodge to join us every other Monday (next meeting is June 20, 2022) to participate in Norwegian crafting, or to just stop by to chat. Check your email for any updates from Sandra.

Come craft with us – earn Norwegian cultural skill pins

Stay safe and healthy.

Med vennling Hilsen,

Millie Wright
President, LOV

District Six Convention Report, June 2-6, 2022

by Myla Coleman and Sandra Yeaman

What an honor and privilege to represent Valhall Lodge at the long- anticipated District 6 Convention in Mesa, Arizona. This event should have happened in 2020 but of course the pandemic prevented an in-person event. Thanks to the persistence of the committee and district leadership, they welcomed over 100 delegates from 37 lodges from California, Arizona, Nevada and Colorado.

An amazing amount of work went into preparation of the District Lodge meeting, enrichment sessions, dinners, celebrations, sing-alongs, a moving memorial ceremony, cultural displays, vendors and fun fundraisers: Casino Night, a raffle of donated items and the Duck Pluck. Everyone was encouraged to post on social media so there were lots of great photos on Facebook.

As delegates, we attended the Lodge Meeting on Friday night, Saturday and Sunday, voting on resolutions and financial reports, crucial and important pieces of business. The new board of directors was elected and installed at the dinner on Sunday night.

Myla attended the Music Cultural Skills workshop and will write an article for a future Valhall newsletter. There were some other interesting presentations: "Generational Differences" by President Luella and a gentleman from the Postal History Foundation in Tucson accepted the postage stamps that had been collected for the now-canceled Tubfrim program.

Our submissions for the first ever Olaf Award, "Headline: Amerika Feber" and the "LOV Poetry Slam", were part of a small field; a total of five short films were submitted. The well-deserved winner "Halvar's Radio" was a touching story of a man who, like many immigrants, faced ruin and tragedy because he lacked the skills and knowledge to run a profitable farm.

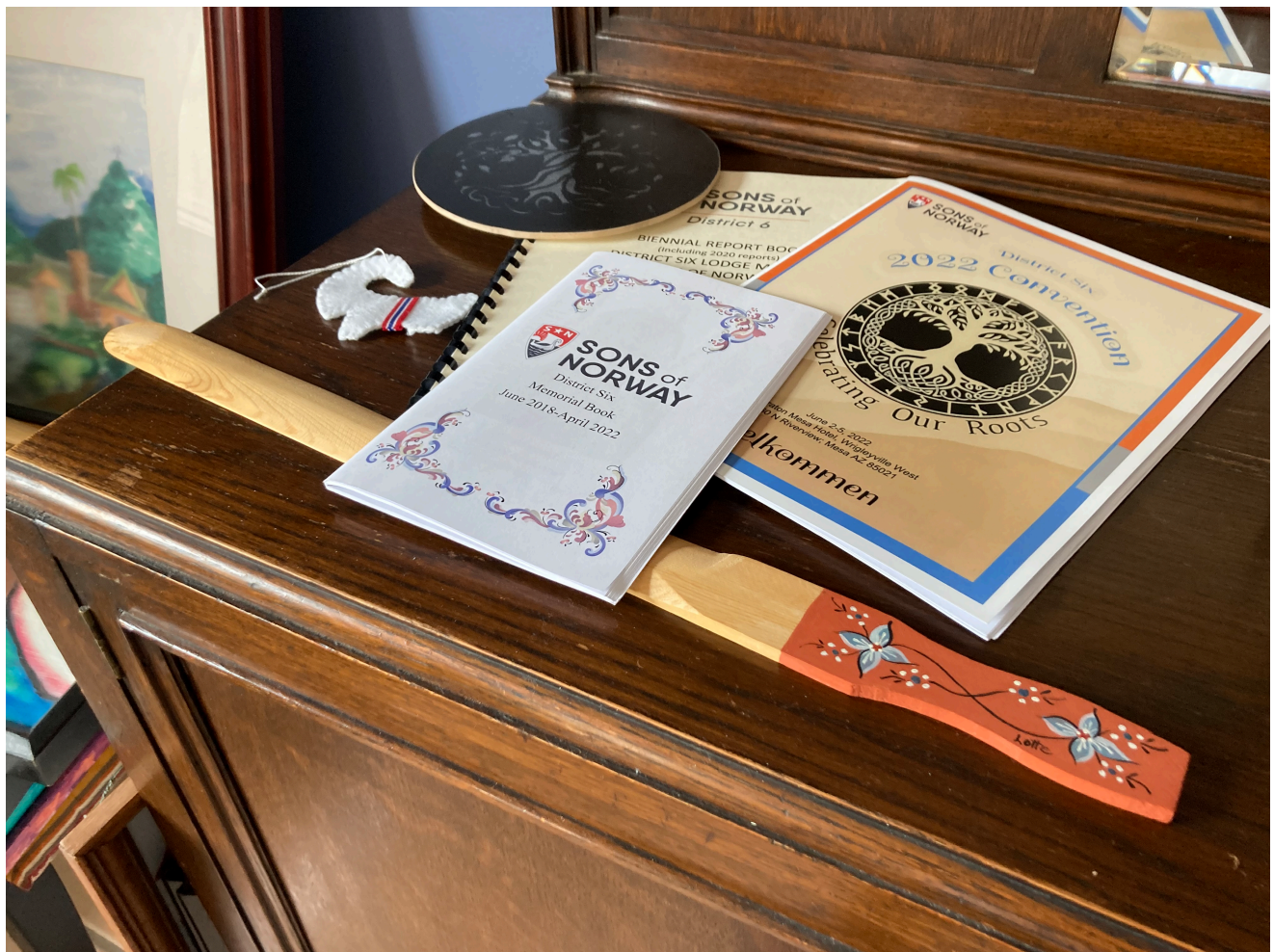
Thanks to the lodge members for sponsoring our attendance to this inspiring event. We came home with hard copies of the Biennial Report Book, a colorful souvenir booklet and a Memorial Book of deceased members. We also were gifted some lovely handmade mementos: a rosemaled turning stick for lefse, a felt goat ornament and a dramatic black voting paddle with a silver metallic stencil of the "Celebrating our Roots" logo.

Our coffee breaks were "verdens beste" with huge piles of home- baked cookies provided by the local lodges, even the most labor intensive of all: rosettes. When I commented on how much work it must have been to deep fry all of those cookies, the guy shrugged and said he sets up on his driveway and cranks them out in no time at all. How Norwegian is that?

Sandra's Takeaways:

- Since December 2021, Viking magazine has displayed a new design, intended to be modern and forward looking. The new design also includes changes to the interior where more emphasis on Norway of today and forward-looking articles and focus. The former District pages with photos of past events have been replaced with photos labeled Members in Action. The goal is to shift photos in this section from highlighting past event to focusing on future events.
- Sons of Norway encourages volunteering through presentation of Merit Awards. Our lodge received at least one such award, but since the convention covered four years, we really should have received more of them. When the call for your report of the hours you spent volunteering for the Lodge or other Norwegian organizations, don't ignore it. Total up your hours so we can be considered for Merit Awards in the future.

- The District presented a number of Communication Awards, but Valhall Lodge did not receive one in spite of our having accomplished all the requirements. We have a website. Our newsletter editor provides stellar issues. And we have a Facebook page. When the call for nominations for Communication Awards come, let's be sure to acknowledge the fine work of our webmaster, newsletter editor, and Facebook manager, Steve Rawlinson.
- Sons of Norway Foundation offers a number of grants and scholarships, but it requires work ahead of the nomination period to be ready to apply. Specifically, grants are available in three categories: Lodge Vitality, Heritage and Culture, and Community Partnership. Scholarships are available to children and grandchildren of Sons of Norway members. Watch for an announcement of an informational meeting in September for parents and grandparents of high school-aged children in the early stages of planning for their higher education.
- Humanitarian grants are always available for emergencies and can be applied for at any time.



Convention souvenirs belonging to Myla Coleman or Sandra Yeaman

Many thanks to Myla and Sandra for writing up their experience at the Convention and sharing it with the lodge members. We sent them to the Convention, and it was nice of them to share their experience and thoughts with us. -Ed.



Newly elected Zone Directors of District Six. Valhall Lodge President Maury Lee (3rd from right) is the new Zone 6 Director.



Valhall Lodge delegates to the District Six Convention included VP Myla Coleman (left) and Historian Sandra Yeaman (right). Here they get into the Norwegian spirit wearing bunads.



Valhall Lodge delegates Sandra Yeaman (left) and Susan Cody (right) display their submissions for the District Norwegian arts competition.



Valhall Lodge Delegation to District Six Convention of June, 2022. From left: Assistant Social Director Graciela Lee, Historian Sandra Yeaman, President Maury Lee, Counselor Susan Cody, Vice President Myla Coleman



Maury Lee takes the oath of office as Zone 6 Director.

CAMP OLDFJELL

September 17 to 20, 2022

Registration is open from 7/1 to 9/1/2022.
Classes fill up quickly, so be sure to register early!

**Full
Session
(Sat-Tue)
\$100
Half
Session
(Sat-Sun)
\$50**



**Open to
everyone
over 18.**

**Join us
for fun,
fellowship
and new
skills!**

COURSE CATALOG

Classes fill
up quickly! Click
HERE on July 1st
to register.

Camp Oldfjell will follow the
recommended guidelines for Covid-
19 as determined by the CDC, State
of California, and Placer County.
For updated information click [HERE](#).



Camp Oldfjell is held in mid-
September of each year at Sons of
Norway's District Six Recreation
Center, Camp Norge. Camp Norge,
250 Canyon Mine Rd, Alta, CA 95701.

Details about **Camp Oldfjell**: <https://sofn6.org/camp-oldfjell/>

Details about **Northern California Kretsstevne**:
<https://sofn6.org/wp-content/uploads/2022/06/Flyer-2022-corrected.pdf>

When this newsletter went to press, the **Southern California Kretsstevne** had not been scheduled. Watch for updates:
<https://sofn6.org/southern-california/>

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

Stephen Rawlinson, Editor
3202 Mohican Ave.
San Diego, CA 92117-6250

NON PROFIT ORG.
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT No. 906

DATED MATERIAL

Please Deliver Promptly

Valhall Viking

AUGUST 2022

CALENDAR **August**

August 13: Blood drive

Enjoy your summer!

See you in September!

Next newsletter is the
September issue

Deadline for the
September Valhall Viking
is August 23, 2022

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com