



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.

February 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

Feb 5, 9:00 AM LOV Meeting at Denny's
Feb 19, 2:00 PM Lodge Meeting & Social

Ord fra presidenten

Dear Members,

We had a great Jultrefest dinner. We were able to get together and have a good time. Unfortunately Omicron forced us to go virtual in January, but we did have a good meeting and heard a wonderful talk from Eric Dregni about what makes Norwegians happy. We have a link to the recording of his talk on the PAST CULTURAL EVENTS page of our website (under the CULTURE tab).

At the present time, we still plan to have an in-

person meeting and social in February. Omicron appears to have peaked in the UK and maybe it will peak soon here.

Respektfullt,

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





Happy Birthday
Gretulerer Med Dagen!



February Birthdays

2	Whitney Brandenburg
3	Anne Høidal
6	Sue Fouquette
6	Mia Aamodt
10	Sven Olsen
10	Don Bigler
16	Jim Adams
19	Kimberly Bardin
21	Erik Nilsen
23	Thomas Howe
25	Linda O'Dell
28	Lewis Johnson
28	Kathleen Wilson

Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

This newsletter is published monthly
except in January and July.

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Links

Our lodge: <https://lodgeofvalhall.com>

District Six Newsletters and Cultural
Newsletters: <https://sofn6.org/newsletters/>

Camp Norge: <https://www.campnorge.org/site/>

District Six: <https://sofn6.org>

House of Norway: <https://www.houseofnorway.org>

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

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) 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.

Norwegian Beef Lapskaus (Stew) Dinner

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

Saturday, February 19, 2022

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

MENU

**Beef Stew, Green Salad,
Bread, Butter, Coffee, 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 *****

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

Steve Rawlinson will speak about Gene Amdahl, an entrepreneur and computer architect whose parents were Norwegian and Swedish immigrants.

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

grandmom2dach@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

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 Possibly catered
MAY	21	SYTTENDE MAI DINNER
JUNE	18	ICE CREAM SOCIAL Hot dogs & Bingo
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

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 Meeting Minutes

January 15, 2022

Maury called the meeting to order at 2 p.m. with 22 members present.

Millie updated the group on the current bank account balances.

She then gave a report on the proposed budget. There was a motion and second to approve the budget.

Discussion then opened and a motion was proposed to amend the budget to make a minor increase to the funds allocated for the Membership Directory. The motion passed.

A second motion was proposed to amend the budget to make a minor increase to the funds allocated for the newsletter. The motion was discussed and the motion passed.

With these changes included, the revised budget was then approved and accepted. Maury thanked Millie for her work creating the budget.

Maury and Susan discussed preparations for the upcoming convention. Maury will forward registration information to the delegates: Susan, Maury, Graciela, Myla and Sandra. They discussed the need to confirm/identify the two alternate delegates (Rick and Marit).

Steve shared information about the convention from a recent district meeting he attended.

There was a discussion about purchasing an ad for the convention booklet and a motion was made to authorize Murray to purchase an ad (likely half-page size). The motion was approved.

Judy gave an overview of plans for social events for the year. She also gave an update on table availability for the socials (six at all times.)

Steve noted that the membership directory and the next newsletter will list the dates for all of the upcoming/planned socials.

Myla gave a report on upcoming cultural events and programs that she and Amelia are working on.

Maury and Steve reported new member efforts. The lodge's goal for last year was to recruit 7 new members, and we exceeded that goal as 14 new members joined the lodge last year. He encouraged everyone to continue reaching out to prospective new members.

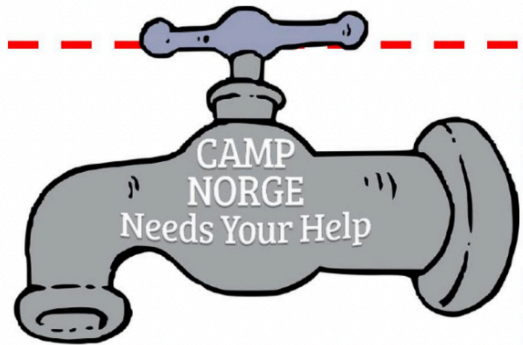
Maury reported there has been a request from Camp Norge to donate funds to help repair the well on the property. A motion was made to donate \$1000 from the Don Lesney Memorial fund toward this effort. After a short discussion the motion was approved.

Maury thanked all in attendance for their time and input.

The meeting was adjourned at 3:30 p.m.

Following the meeting there was a presentation by Eric Dregni, author of 'For the Love of Cod' and 'Vikings in the Attic: In Search of Nordic America'.

The recent drought has been very hard on CAMP NORGE.



During this past season, the camp *ran out of water four times*. But there is a solution to the problem! We need to replace the 20-year-old back-up well pump and bring the Camp into the 21st century. *That's where you come in.*

We need \$15,000 to bring the system up to date.

Please donate today → gofundme™

<https://gofund.me/e5da7570>

Or if you prefer, make your check payable to Camp Norge and send to P.O. Box 622, Alta, CA 95701 and put “**Let it Flow**” on the memo line.

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

Click [here](#) to donate online.

February is the final month of this “Let It Flow” fundraising campaign.

Half of the needed funds have been raised, but \$7,500 are still needed.

Valhall Lodge has donated \$1,000.

In addition, LOV has also donated \$1,000.

Individuals who like to spend time at Camp Norge are encouraged to make additional donations.

LOV Meeting Minutes

January 8, 2022

Virtual Meeting on Zoom 10AM

Eighteen people attended including two guests: Fay and Jeanne. Millie has member pins for Barbie and Carrie, to be presented at the next in-person meeting. Millie also has member pins for Fay and Jeanne that they will receive if they attend the February 5, 2022 meeting.

The meeting was called to order at 9:08 AM by President Millie.

The minutes of the November meeting were printed in the Valhall Viking newsletter. Mille asked if everyone had a chance to read them, and no one said no. There was one correction in the November minutes: per Linda, under OLD BUSINESS Christmas Party where it says menu will be same as last year but should be same as 2019. Sandra moved and Amelia seconded to approve the minutes as corrected.

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

COMMITTEE REPORTS

Hostess signups – Members signed up to host future LOV breakfast meetings. Barbara and Barbie reported that they purchased some items that they will pass to future hostesses since we had to move the breakfast meeting to Zoom.

Sunshine – Millie gave Christmas cards to LOV and lodge members who attended the lodge Jultrefest and mailed to those who couldn't attend. Barbie agreed to be our new Sunshine chair.

LOV Bunad Book Standing Committee – Per Sandra, the committee will meet to start planning the next project: a bunad coloring book.

OLD BUSINESS

Christmas Party – There were 22 in attendance at our Christmas luncheon at Anthony's. The room arrangement was more conducive to socializing than at our 2019 luncheon when all the tables were in one big U-shape. Judy thanked Barbara, Else and Linda for the nice program and party favors. Linda presented Sandra with a gift of \$500 in honor of Steve's aunt who just celebrated her 102nd birthday, to be used for cultural program. Sandra will use it for supplies and books for the Hardanger embroidery classes at House of Norway. Sandra is still tweaking the instruction pages she has created and will invite some folks to give input as beta testers.

Lille Butikken - Amelia presented the final financial report. This year's Butikk had a good profit even though our offerings were limited to some donated gently-used Scandinavian items, tote bags, gjetost and baked goods. Sandra, Amelia and Myla met to inventory items not sold in previous years, gathering some items in grab bags and deciding on prices. Thanks to everyone who baked, helped with set-up, working the sales table and clean-up. Thanks to Carrie for bringing antique Norwegian silver that she packaged on a colorful Christmas plate and tied up with a ribbon. Sue F. brought a lovely ceramic pot, hand-thrown by her, with flowers from her garden. For the 2022 sale, Amelia would like to make some appropriate crafts, starting this spring. She welcomes ideas and helping hands to make the items. There were quite a few remaining clamshells of cookies so Maury took them to be sold at the House of Pacific Relations booth at the Taste of December.

Christmas Stockings for the lodge Jultrefest – Millie thanked several people who pitched in to add goodies and fun activities: Carrie, Linda, Denise.

NEW BUSINESS

2022 Budget Committee will meet and present proposed budget at our February meeting: Amelia, Sandra, Linda

Camp Norge ambassador Susan proposed that LOV donate \$1000 to the "Let it Flow Campaign" to replace aging water pump at Camp Norge. Sandra seconded. After some discussion, the motion passed. Discussion of where the money should come from led to discussion of researching the legal status of LOV and finding the original articles of our non-profit status. Anita proposed and Sandra seconded that president Millie should appoint a committee to research our legal status, i.e. incorporation for our financial benefit. The motion passed. The committee will be Anita and Sandra.

CULTURAL/PROGRAM

Several of our members have signed up for Vesterheim's free virtual program on January 16; Innovators and Inventors: An Innovator Abroad with Rick Steves.

Sandra reported that the books donated to House of Norway by author Britt Karin Larsen are young adult novels about the finnskulken people from southeast Norway, close to the border with Sweden. Since they are in Norwegian, Else has taken three of them and will try to read them to create an outline.

January 17 at 1:00pm - Hardanger embroidery meeting at House of Norway.

GOOD OF THE ORDER

We wished happy birthday to members with birthdays in December and January: Peggy, Eldbjorg, Ragnhild, Barbara, Tam, Thelma, Carrie, Denise, and happy anniversary to Dale and Ted.

Next meeting: February 5, 2022 in person at Denny's at 9AM, or 10 AM if we decide on Zoom meeting. If we can do in-person, hostesses will be Susan and Linda.

The meeting adjourned at 11:32 AM

Respectfully submitted,

Myla Coleman, Secretary

LOV Notes

December 2021

Next Meeting: January 8, 2021, at Denny's

Hostesses: Barbara and Barbie

LOV celebrated the Christmas season with a luncheon at Anthony's Fish Grotto, La Mesa. That was a welcome change after missing our annual celebration in 2020. Judy, Linda, Else, and Barbara did an outstanding job procuring the venue and providing the handcrafted decorations, song sheets, candies, Christmas cards with an ornament as well as a story read by Judy, "Trouble With Trolls."

The delicious lunch was followed by a Crazy Santa gift exchange; this is always a fun, funny, and a little sad if a gift you really liked was "stolen" from you. Anne had gifts stolen from her two or three times before she had one to keep.

Overall, the 2021 LOV Christmas celebration at Anthony's was a huge success and a great way to end the year. Tusen takk Judy, Linda, Else, and Barbara for making this a special occasion.

God jul og godt nytt år,

Millie Wright
President, LOV

LOV Notes

January 2022

Ha det 2021, velkommen 2022.

Well, wouldn't you know it, the LOV January meeting had to be changed to from an in-person meeting at Denny's to a Zoom meeting. I understand members' genuine concerns about the continuing virus situation; but I was so looking forward to seeing everyone in person. At least Zoom lets us stay connected and we had a good turnout.

Tusen takk Barbie for volunteering to take over the Sunshine duties for LOV. I have cards that Sandra gave me, and I will get stamps for you. We will all help you get comfortable with this position.

The 2022 Budget Committee consists of Amelia, Sandra, and Linda, and will hopefully have a new budget to present at the February 5th LOV meeting.

I imagine the February 5, 2022, LOV meeting will be via Zoom again. If by chance we can meet in-person at Denny's, an email will be sent to all members and Susan and Linda will be the hostesses.

Stay safe and healthy.

Med vennling Hilsen,
Millie Wright
President, LOV

Cultural Notes

January 2022

This January, the COVID rollercoaster gave us another jolt as infection rates climbed and the CDC recommended limiting indoor gatherings. Hearing from members that they weren't comfortable meeting in person, we decided to move our January lodge social online.

Fortunately our speaker, author Eric Dregni, was able to join us virtually from the Coronado Library, where he was promoting his book about visiting roadside attractions in all 50 states. He has written several books about travel in Italy and, interestingly, about the joys of various modes of transport from the Zamboni to Vespa scooters.

Of course our lodge group was interested in his most recent book "For the Love of Cod", a sequel to his first book "In Cod We Trust". The first book described living in Trondheim for a year, having earned a grant to explore the land of his father's ancestors. He and pregnant wife Katy found that the Norwegian government would pay the medical expenses for their baby as well as help them with living expenses so Eric could take classes at the nearby university, research life in Norway and write about he learned. For the second book, Eric wanted to give his 15 year old son the chance to visit Norway, meeting family and traveling the country, as his father had done for him. Of course, typical teenager Eilif wasn't always eager to join his dad in visiting historic sites or reminiscing about what happened when he was a baby, but they had a memorable time together trying to find out why Norwegians always rate highly on the yearly Happiness Scale.

On Sunday, some of our members attended his book signing at Scooters West on Pacific Highway. I'm glad that Sandra and I got to meet him in person. We agreed that he seemed familiar, definitely a friend we hadn't yet met. His traveling companion was his 11- year-old daughter Astrid, very cute in her embroidered satin cowboy shirt. This was their first visit to Southern California so they had to spend as much time as possible at the beach and make sure to see the world famous San Diego Zoo.

I purchased both of his "cod" books and will be happy to loan out to interested parties. They are insightful looks at a country that has figured out how to provide a good life for all its people.

Myla Coleman

Valhall Lodge Vice President

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

Cynthia L May

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

Douglas V Swenson

Congratulations!
Valhall Lodge 6-025 ~ Sons of Norway



Ladies of Valhall have a fabulous Christmas luncheon.

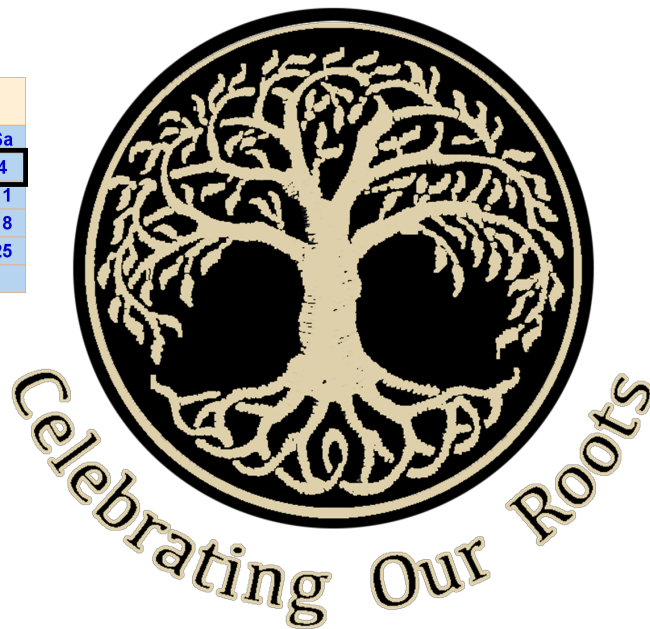


**SONS of
NORWAY**

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



Ellen Spitzer makes waffles for dessert at Lodge Christmas Social.



Dancing around the Christmas Tree



Joe, Jackie, and Jim Adams



Judy Sawyer and Sven Olsen



Millie Wright checks people in.



Linda and Steve Rawlinson; Diana Carranza



Graciela Lee, Erica Rios, Amelia and Annalexxy

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Valhall Viking

FEBRUARY 2022

CALENDAR **February**

Feb. 5 **LOV Meeting**
Feb. 19 **Lodge Board Meeting**
Feb. 23 **Newsletter Deadline**

Next newsletter is the
March issue

Deadline for the
March Valhall Viking
is February 23, 2022

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com