



# 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.*

June-July 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

June 4,	9:00 AM	LOV Meeting at Denny's
June 18,	2:00 PM	Lodge Meeting & Ice Cream Social
July 16,	10:00 AM	Corporation Board Meeting (Virtual Meeting on Zoom)

## Ord fra presidenten

Dear Members,

May was a significant month for Norwegians. May 8 commemorated the liberation of Norway from Nazi Germany rule. May 17 was the day of celebrating the Norwegian Constitution. We had lots of activities on May 17 at Balboa Park arranged by the House of Norway, and the Fish Club had a dinner that evening. The Lodge had a Syttende Mai social on May 21. It was great seeing you at those events.

Hope to see you on June 18 at our Ice Cream Social. It is a great way to welcome in the summer. Do enjoy the summer. San Diego is a great place to have staycations. 😊 Enjoy the August newsletter, and we'll see you again in September.

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





Happy Birthday  
Gratulerer Med Dagen!



### June Birthdays

2 Marit Malarkey  
11 Steve Rawlinson  
11 Colette Burgess  
11 Ellen Spitzer  
11 Sara Adams  
12 Karen Jurasinski  
16 Susan Cody  
20 Oskar Evensen  
23 Alan Svidal  
25 Roberta Balstad  
26 Mary Hinshaw  
29 Raymond Johnsen  
29 Kevin Tuckey

### July Birthdays

8 Mary Stedham  
13 Betty Luther  
15 Edvard Hemmingsen  
15 David Kenstad  
15 Kari Koskinen  
16 LaVonne Coover  
22 Erica Lee  
26 Oddvar Høidal  
30 Maury Lee  
30 Sharmane Estolano

### 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  
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This newsletter is published monthly  
except in January and July.

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## Ice Cream Social

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

**Saturday, June 18, 2022**

**Check-In at 1:30**

**Luncheon at 2:00**

**Meeting to follow**

**The Malt Shop Girls sing  
tunes from the  
'60s and beyond  
after the meeting**

**Ice Cream after the entertainment**



### **MENU**

**Hot Dogs**

**Potato Salad**

**Baked Beans**

**Chips**

**Ice Cream Sundaes**

**Coffee, Tea**



**Soda and Water available for \$1.00  
Please feel free to bring your own wine or beer**

**Cost: \$15 if you register  
\$20 if you don't register  
Registration deadline: June 14, 2022**

**You may pay at the door**

**Call or Send Reservations to Judy Sawyer  
(619) 993-9113**

**[sonjsawyer@gmail.com](mailto:sonjsawyer@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.*

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

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

## Valhall Lodge Board Meeting Minutes

**January 11, 2021**

Meeting called to order shortly after 1900 by President Maury Lee in a Zoom meeting.

Maury announce that Saturday January 16 would be installation of officers. Nancy Madsen, Secretary of District Six, will conduct the installation.

Maury announced that each person in the lodge will receive a postcard reminding that the Lodge is here and soliciting ideas that the Lodge can do.

Millie presented the Treasurer's Report. She refunded the Corporation for an over-payment in the previous year and LOV for funds received from Lille Butikken. The Lodge received a \$200 gift from Sons of Norway which can be used to pay for the printing of the postcards that Maury mentioned or for various other purposes.

Millie presented a proposed budget for 2021 to the board. The board offered a few modifications. The budget will be presented at the next lodge meeting for approval. Millie announced that she is paying \$200 to the District Six Century Club because we did not pay in the previous year. Susan moved to accept the budget as presented; Steve seconded; motion passed.

Myla plans for culture to have discussions in small groups of what Norwegians say at the upcoming lodge meeting. She proposed a drive-up social in March. It would be the Anniversary Dinner. She will get input from Judy. She also suggested hot dogs and lefse in May. Steve proposed that the hot dogs and lefse be eaten in the parking lot outdoors.

Discussion took place about social media. Maury was able to sell some lutefisk because of publicity on the House of Norway Facebook site. Denise said that she does Twitter and Instagram, so that might help us exploit social media.

Steve inquired as to the proper time to mail out the lodge directory. Susan and Maury said February.

Steve inquired if lodge meetings this year would start at 5:30. Maury affirmed that.

Myla will make an invitation for April to send out for the upcoming social.

Meeting adjourned 49 minutes and 30 seconds after it began.

The following people were heard on the recording of this meeting:

Andy Ueland, Denise Olson, Sandra Yeaman, Steve Rawlinson, Millie Wright, Phil Hinshaw, Maury Lee, Wendy Hovland-Henry, Susan Cody, and Myla Coleman

Respectfully submitted,

Steve Rawlinson, Editor

## Valhall Lodge Board Meeting Minutes

October 13, 2021

Meeting called to order at 19:15 by President Maury Lee in a Zoom meeting.

Millie provided the Treasurer's Report. Aprell sent a report about a new member.

Maury got a 30-year Golden Membership pin for Thelma Johannesen. We need to order a bunch of pins at a time because we pay the same amount for 1 pin or for many pins; they charge by the order, not the quantity ordered.

The District is looking for a Zone Director. Susan was under consideration, but she said she doesn't have the time. Because of the postponement of the District Six Convention, everybody will be going off the District Board at the same time.

Steve asked for a schedule of future meetings so that it could be posted on the web site. Judy was concerned that we can't be sure of what we can do. She wondered if it would be better to have a catered dinner instead of pot luck for Jultrefest. There was general approval for the catered dinner. Jim suggested that the Lodge subsidize the cost of a catered dinner. Third Saturday afternoon of December was suggested. For November, Judy suggested a meatball dinner with lutefisk available to being preordered and picked up. We can plan on an in-person dinner in November with a drive-by as Plan B. Sandra mentioned a need to get the ladies prepared for Lille Butikken. A discussion of Lille Butikken specifics followed. Myla suggested showing a short Norwegian film. The dinner in November would be scheduled for 2:00 PM. Steve got the board to agree to plan for 2:00 meetings on 3rd Saturdays of the month. LOV will work to get necessary information to Steve for the November newsletter.

Judy wanted to know what caterer is used by the House of Norway. Maury suggested checking with House of Sweden.

Maury wondered if the Masons would have a tree for Christmas. The hunch was yes, but ideas were kicked around in case the answer turns out to be no. Judy might be in Pennsylvania in November.

Myla wanted to go to the lodge hall and see if there is internet access and if the projector projected well on the wall. She has a key. Maury will send her contact info with the representative of the Masons.

Jim discussed fellowships and grants from Sons of Norway. He wants members of the Lodge to be aware of them and to be able to apply before the deadlines. He said that there is already information on our website, and Sons of Norway has a Foundation page on their website. Steve said that the ANNOUNCEMENTS page in our website has a link that points to the SON Foundation page, and the November and December newsletters will also point to that page. Susan requested adding detail in the newsletter. Steve wanted information on a recent Valhall grant recipient to highlight that people can get those grants. Sandra suggested seeking a grant for the Hardanger group.

Sandra is developing notebooks that have historical information about the lodge including past newsletters.

Jim reported that an easier way for an American to get into Norway would be to enter a different Schengen country such as France or Germany. A person who wins a scholarship to a university in Norway could consider this.

Jim is looking for sponsors to finance a trip to Norway to drive on the new E39. He would like to drive a new electric car on that road.

Phil had the USS Midway in his background. It was noted that the current day is a birthday of the US Navy. Phil noted that the Navy has 2 birthdays.

Millie moved to adjourn. Judy seconded. Motion carried. Meeting adjourned at 20:15.

Attending the meeting: Jim Adams, Steve Rawlinson, Susan Cody, Judy Sawyer, Myla Coleman, Maury Lee, Sandra Yeaman, Phil Hinshaw, Millie Wright

Respectfully submitted,

Steve Rawlinson, Editor



**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		



Celebrating Our Roots



Sheraton Mesa Hotel  
Mesa, Arizona

# LOV Meeting Minutes

## April 2, 2022

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Sandra and Carrie

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

Fifteen members attended. There were no guests.

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

Treasurer's Report – Amelia read Treasurer's Report for March and the thank you note from House of Ukraine for our donation.

### COMMITTEE REPORTS

Sunshine – Millie reached out to Jason Oen to find out when would be a good time to visit Joyce Oen. She'll drop in and let others know what she finds out. UPDATE: According to Jason any day is fine.

As acting Sunshine Chair for the lodge, Millie will send get well cards to Lou Coover, Emily Morissette and Phil Hinshaw.

Bunad Book Standing Committee – Sandra reported that she, Anne and Else met re how to distribute the coloring books. Denise was not able to attend. Sandra moved that we agree to offer the books at appropriate locations for a donation of \$5. Jean seconded. Sandra will create an index page for the costumes to be printed as a useful addendum. She notes that the printed books are written in Norwegian and there is an online version in English, available to purchase for \$5.99.

Committee to research our legal status – After more discussion whether a Tax ID number is necessary, Amelia gave more details of the research that she did from 2012 -2015. Points were made that we don't generate enough income or sales tax to need a Tax ID. Also we are not selling items, we ask for donations to keep our activities going. Sandra moved that we stop pursuing this action. Judy seconded. The motion passed.

Lille Butikken – No report

Christmas Stockings for lodge Jultrefest – Millie ordered oversized felt stockings online that are nicely made, cute and affordable. Proposed items to be stuffed: the Bunad coloring book, little oranges, boxes of cookies or candies. Anyone is welcome to donate or be reimbursed for items.

Christmas Party – no update

### OLD BUSINESS

Crafting- Ladies continue to make crafts to be sold at Lille Butikken. Sandra showed a proposed flyer to invite others to Crafting Mondays. She'll add photos of the crafters in action and have printed copies to hand out at future events.

## NEW BUSINESS

Members are encouraged to attend and support four local events in celebration of Syttende Mai: the House of Norway Lawn Program on Saturday May 14, the Breakfast and Flag Raising at Hall of Nations on Tuesday May 17, the Fish Club dinner and social on Tuesday May 17 and the Valhall Lodge Social on Saturday May 21.

## CULTURAL/PROGRAM

Carrie brought Norwegian artifacts collected by her and her husband who felt strong ties to his mother's Norwegian roots, less so to his father's Finnish ancestry. An interesting collection with some items that were passed down from family members and some purchased by Carrie on her travels.

Anne presented an Old Norsk poem that she introduced as a "lesson in Viking manners." Here are a few of the recommendations for a better society: "A guest will be seated in front of the fire, offered clothes, water and towels." "Support your friends and your friends' friends." "Get up early or lose out." "A mind full of sense is helpful. Beer takes away your sense, not helpful." "A man dies, his reputation lives on." "Don't trust women." Hmmm, not so sure of that last one.

## GOOD OF THE ORDER

Millie took RSVPs for Valhall Lodge's May Social and Myla gave an overview of the program: Syttende Mai Memories, a presentation of lodge members' submissions and photos from the Lodge's collection.

We sang happy birthday to Dale & Amelia (present), and Arlene, Fay and Arnette. There were no May anniversaries.

Dale thanked LOV, Valhall Lodge and the House of Norway for supporting the humanitarian efforts in Ukraine. She has personal ties in Ukraine who didn't communicate for a worrisome time but now are rebuilding their lives in Dubai.

Thanks to our hostesses. Carrie's donation of ornate silver spoons inspired Sandra to find generous- sized soup bowls decorated in Norwegian flag colors, completing the gift with a package of soup mix. Winners were Judy, Helen, Barbie, Myla and Eldebjorg

Next meeting: June 4 at Denny's at 9AM Hostesses will be Thelma and Tam. We'll need a Secretary Pro-Tem as Myla, Sandra and Susan will be at the District 6 Convention in Phoenix.

The meeting adjourned at 11:01 AM

Respectfully submitted,

Myla Coleman, Secretary



## LOV Notes

### May 7, 2022

Next Meeting: June 4, 2022, at Denny's  
Hostesses: Thelma and Tam

Finally, I stopped by Sunrise Living to visit with Joyce Oen after taking care of babies and toddlers at North Coast Church at the San Marcos/Escondido location (that always brightens up my day). I visited with Joyce for over an hour and, like always, laughter and hugs filled the time.



I would like to schedule a visit to Joyce with other LOV members. Masks must be worn, and forms filled out. You must be fully vaccinated; they did not ask for proof.

Joyce has a big sitting room and a separate bedroom and bath. She is on the 4th floor in Room 406. There wasn't any activity going-on on her floor that I could see.

Thank you, Jean for bring in the Friends and Memories board you created for the 25<sup>th</sup> anniversary. Myla has graciously volunteered to take the board and possibly scan the pictures to preserve them on the website.

This month we enjoyed two cultural presentations: 1) Carrie, your Norwegian artifact collection was wonderful, thank you for sharing your pieces and telling us about them. 2) Anne, thankfully you were feeling well enough to join us this month and give us a taste of an Old Norsk Poem and how it relates to us today . . . your English translation helped us understand that. Anne was hoping Ragnhild could have provided appropriate music to go along with the poem, but Ragnhild was unable to make it to the meeting. We missed you Ragnhild. Next month Ragnhild will have a musical presentation for us if all goes well.

***Once again, I would like all the Ladies and members of Valhall Lodge to join us every other Monday (next meeting is May 23, 2022) from 1:00 - 3:00 pm at the House of Norway to participate in Norwegian crafting, or to just stop by to chat.***

## *Come craft with us – earn Norwegian cultural skill pins*

Stay safe and healthy.

Med vennling Hilsen,

Millie Wright  
President, LOV

## Cultural Notes

### May 2022

#### Syttende Mai Memories – Program for the Valhall Lodge Social on May 21, 2022

Putting together the slide show for Valhall's 110<sup>th</sup> Anniversary inspired me to do the same with our members' recollections of Syttende Mai, using documents from the website and member input.

In response to my request for submissions from members, Judy sent a black and white photo of a group of 20 people in their bunads, the roof of House of Norway visible in the background. She didn't know the date (I think the hairstyles look like from the 1930's) but could pick out some family members. She described her experience of Syttende Mai: nothing from childhood but fond memories as an adult at the House of Norway where her daughter and grandkids marched in the parade and at the Lodge, helping to fix the smorgasbord in celebration of the day.

Eldbjorg's family was active in the lodge in the 70's. She had a copy of the program from the Syttende Mai celebration in 1974, the year after the lodge dedicated their new location at 43<sup>rd</sup> and University as Norway Hall. There are some familiar names on the program: Erling had roles as song leader, actor and accompanist for the dancers, who included Aprell Waymire and Eldbjorg's girl Brit, also named Little Miss Valhall. Helga Moore and Eldbjorg supported the cast.

Ella trusted me to scan some of her photos from the 70's, mostly of the House of Norway celebration: girls in miniskirt bunads with knee socks, the barnetog or Children's Parade circled the lawn in front of the House, led by older boys who marched with flags of the US and Norway.

The rest of the presentation was more recent events since 2015, some where I helped with cultural program, a fun walk down Memory Lane for me. As I researched, I was grateful for the people who worked to compile this wonderful record on our website and in our photo drive: our current Editor Steve, our Editor Emeritus Arlene, current Historian Sandra and Jean, our past Historian who is still eager to photograph the various happenings with our group. When I said thanks, she replied that she loves to chat and meet people so it's fun for her.

I plan to add more to the slide show and welcome more submissions, if you want to pass them along to me. I think it would be fun to show the slides on a loop during meetings as a conversation starter.

Hilsen,

Myla Coleman

Valhall Lodge Vice President

#### UPCOMING EVENTS

June 18 Ice Cream Social, Hot Dogs and Games Entertainment by Susan's group, Junie and the Malt Shop Girls, who will delight us with 60's music.

September 17 or 10\* Kids' Day with animal encounters.

\*Norge Lodge's Viking Festival is September 17-18 so we are considering changing our usual 3<sup>rd</sup> Saturday to the 2<sup>nd</sup> so we don't compete with the festival.





**Sandra Yeaman teaches Hardanger embroidery at the House of Norway on Craft Day, alternate Mondays.**



**From left: Judi Dow, Millie Wright and Arlene Labree receive Nordic knitting instruction at House of Norway.**



**The Mannskor sang at the Lodge's Syttende Mai social.**





**Vice President Myla Coleman presents flowers to Arlene Labree for long time service as Newsletter Editor and to Jean Shogren for long time service as Historian.**



**Doug Swenson receives 25-year pin and certificate from President Maury Lee.**



**Jim Adams receives 40-year pin and certificate from President Maury Lee.**



**The Fish Club had a wonderful turnout for their Syttende Mai dinner, which took place on May 17.**



**Celebration of Syttende Mai took place on the morning of May 17 at Balboa Park. Thanks to the House of Norway for arranging this.**

**Left: Maury Lee raises the Norwegian Flag at Balboa Park.**

**Right: The Norwegian Flag flies at Balboa Park.**







The Lodge Syttende Mai social featured open-face sandwiches.

VISTA

# 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 Viking**  
**Published Monthly by**  
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**(Valhall Lodge) 6-25**

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

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**Valhall Viking**

**JUNE-JULY 2022**

**CALENDAR**      **June-July**

<b>June 4</b>	<b>LOV Meeting</b>
<b>June 18</b>	<b>Lodge Meeting &amp; Social</b>
<b>July 16</b>	<b>Corporation Board Meeting</b>
<b>July 23</b>	<b>Newsletter Deadline</b>

Next newsletter is the  
August issue

Deadline for the  
August Valhall Viking  
is July 23, 2022

E-Mail articles to  
Steve Rawlinson at:

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