



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.

May 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

May 7, 9:00 AM LOV Meeting at Denny's
May 21, 2:00 PM Lodge Meeting & Social

Ord fra presidenten

Dear Members,

We had a great Ham dinner on the day before Easter. Myla showed us a very entertaining movie called "Lutefisk Wars". It was really funny.

We will have lots of activities on May 17. The Norwegian Flag will be raised at Balboa Park at 9:00 AM near the Hall of Nations. The House of Norway will put on a brunch after that. See Page 5 for details. The Fish Club will have a special dinner that night, and the ladies are invited. See Page 4 for details. The Lodge will have a Syttende Mai social the following Saturday, May 21. See Page 3 for details. Hope to see you at these events.

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





Happy Birthday
Gratulerer Med Dagen!



May Birthdays

4	Dale Roybal
4	Susan Hansen
10	Andrea Hales
13	Debra Hausvik
13	Michale Kaine
14	Amelia Seeto
15	Cynthia May
16	Arlene LaBree
16	William Stedham
23	Fay Suelzt
24	Arnette Scherl
25	Mary Conklin
26	Alexander Davis

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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Sons of Norway

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

Forty Years of Membership

James H Adams

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

Syttende Mai Dinner

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

Saturday, May 21, 2022

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

MENU

**Open Face Sandwiches
Smoked Salmon, Ham Salad, Shrimp, Chicken
Deviled Eggs, Creamy Dill Cucumbers
Fruit Salad, Potato Salad
Kransekake
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: May 18, 2022
You may pay at the door**

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

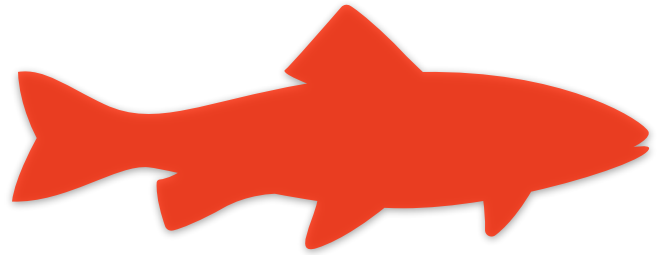
grandmom2dach@gmail.com



Den Norske Fiskeklubben i San Diego

(The Norwegian Fish Club in San Diego)

Syttende Mai Fish Dinner



The Norwegian Fish Club in San Diego will have a special fish dinner on Tuesday, May 17, to honor the anniversary of the Norwegian Constitution. In order to make it special:

- Ladies are invited
- Happy Hour will start at 5:00 PM PDT, and dinner will start at 6:00 PM. (This is an hour later than normal.)
- The dinner will be in a larger room. (This will be the same room we use when we have ladies in attendance.)

Cost of the dinner will be \$35 per person.

Please make your reservation no later than Saturday, May 7. E-mail your reservation to fishklub@yahoo.com. If you do not have a military ID, please provide date of birth and drivers license number of each person in your party.

The dinner will take place at the Bay View Restaurant on the Marine Corps Recruit Depot base. If you are not familiar with MCRD, please indicate that you need a base map in your reservation, and one will be emailed to you.

Please note that the Marines are strict about their requirements for entry to the base, so if you do not have a military ID, you will need to make your reservation by the specified date, and you will also need to provide the required information.

You may view the menu at <https://fiskeklubben.org/wp/menu/>



*Join us to Celebrate
Norway's Constitution Day!
Tuesday, 17. Mai 2022
Flag Raising Ceremony at 9am*

*International Cottages-Balboa Park
at the Grassy Area Near the Hall of Nations*

*Hosted by **Brunch Follows!**
The House of Norway
in the Hall of Nations
2191 Pan American Rd. West
You MUST R.S.V.P by 5/13
Jeanne email: jeannescot@gmail.com
or call/text: (619) 750-1516
Donations Greatly Accepted and appreciated!*



Reservations can be made at

<http://events.constantcontact.com/register/event?llr=78rr97eab&oeidk=ao7ej5f3v9ab8f2ca2b>

International Cottages Lawn

661 Pan American Plaza,
San Diego, CA 92101

Contact Us

www.houseofnorway.org @house_of_Norway_sd
secretary.houseofnorway@hotmail.com

BALBOA PARK'S
HOUSE OF NORWAY

17. MAI INDEPENDENCE DAY FESTIVAL

NORWEGIAN FOOD * CRAFTS *
KIDS ACTIVITIES

**14th
MAY** **FREE ENTRY**
Noon - 3:00

Special Performances:
Hardangerfele (music)
Damekor (singers)

Seaman's Church Gift Shop of
Norwegian Goodies!

International Cottages Lawn
661 Pan American Plaza, San Diego, CA 92101
Contact us on Facebook.com/houseofnorway

Annual Open House & 17. mai Celebration 2022!

House of Norway in
Balboa Park Presents

Saturday, May 14th All Are Invited!

Noon - 3:00

Parade!
Parade of Flags & Folk Costumes!
1:30

Flavors of Norway!
Waffles, Lefse, & More!
Noon - 3:00

Giftshop
San Pedro Seaman's Church Butikken
Noon - 3:00

Activities:

- ✓ Sack Races
- ✓ Egg Run
- ✓ Tug-of-War
- ✓ Hardanger / Knitting / Rosemaling
- ✓ Woodcarving

Possibly
A Viking
Raid!

Stage Program:

- ✓ Pledge & "Song For Norway"
- ✓ Nat'l Anthem
- ✓ 17. mai tale / Proclamation:
- ✓ Damekor (singers)
- ✓ Hardangerfele (music)

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

Valhall Lodge Meeting Minutes

April 16, 2022

Meeting called to order at 1500 by President Maury Lee

Millie Wright-Treasurers report was accepted

Steve Rawlinson-Corporation treasurers report given. Investment planning was reviewed.

Steve Rawlinson-Newsletter Editor's report-Upcoming events are:

- House of Norway lawn program and parade, Sunday May 14.
- Flag Raising at House of Norway at 9:00 am on Tuesday, May 17.
- Fish Club dinner Tuesday evening, May 17. All members are invited. See invitation included in the newsletter.

Judy Sawyer- Social Director-May's social will celebrate Syttende Mai with open-faced sandwiches and other goodies.

Jim Adams- Foundation report. Scholarships are available. Members are encouraged to apply.

A 50-year membership pin and award were presented to Bernt Erik Nilsen.
Congratulations, Erik!

Susan said thank you again for the donation to the Let It Flow fund to repair/replace the well at Camp Norge. Donations amounted to over \$20,000, exceeding the goal of \$15,000. Prep work has begun on the project with completion projected for the second week in May.

Susan announced that because the kid's camps have been cancelled for this summer, there is a lot of availability for reservations over the summer. She encouraged everyone to plan a visit to camp to see this beautiful site.

The meeting was adjourned at 1540.

Respectfully,

Susan M. Cody, Counselor, Valhall Lodge

Valhall Corporation Meeting Minutes

April 9, 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 10:00AM.

Present: President Jim Adams, Treasurer Steve Rawlinson, Secretary Aprell Bigler and Directors Maury Lee and Everett Shogren.

Absent: Vice President Andreas Ueland and Director Judy Sawyer

Old Business:

Steve moved to accept the minutes of the last meeting on January 22, 2022 as published in the March 2022 issue of the Valhall Viking and Maury seconded. Motion passed.

Aprell: The IRS 990N and FTB 199N have been filed.

Jim: Charitable donations – we discussed in the past in reducing the amount.

Steve: We have a budget of \$1000 and should keep with the budget amount of \$1000.

All directors agreed with budget amount of \$1000 and will discuss charitable donations at the Fall meeting on October 15, 2022.

Standing Rule #4: Investment Policy Review says that we should review our investment policy twice a year, once in the Spring and once in the Fall. Investment Policy: funds to cover next 10 years of expenses are in cash and the remaining funds are in equities.

Steve prepared an Investment Policy Review and presented it to the directors.

Treasurers Report: The treasurer's report, 1st quarter of 2022, was reviewed and discussed. Everett moved to accept the treasurer's report and seconded by Maury. Motion passed.

New Business

The election of Corporation Officers for 2022 was held and the results are as follows:

President:	James Adams
Vice President:	Andreas Ueland
Treasurer:	Steve Rawlinson
Secretary:	Aprell Bigler

Rent for the lodge: Steve mailed the 2nd Quarter of 2022 rent check.

Action Items:

Zoom meetings will continue.

Discuss charitable donations at the Fall meeting on October 15, 2022.

Steve will give the corporation treasurer's report at the next Valhall meeting.

Good of the Order: None**Next Meeting:**

The next regular meeting will be on Saturday, July 16, 2022 at 10:00 AM via internet link. Steve will send an email message containing the ZOOM Meeting ID and Password.

Adjournment:

A motion to adjourn the meeting was made by Maury and seconded by Steve. Motion passed. Regular session adjourned at 10:23AM.

Respectfully submitted,
Aprell Bigler, Secretary



**SONS of
NORWAY**

SAVE THE DATE

District Six 2022 Convention

June 2022 

Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	8	1	2	4
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: Else, Barbara and Judy

The meeting was called to order at 9:08 AM by President Millie. Carrie received her LOV pin.

Ten members attended. Lodge member Ellen attended for the first time.

Minutes of the March meeting were printed in the Valhall Viking newsletter and Millie printed a few hard copies. Sandra had 2 corrections: In the discussion of donating to House of Ukraine, it says "Fay suggested an organization called SWIFT which donates directly to provide medical supplies". That last statement is not accurate. SWIFT is not an organization facilitating donations for medical supplies. Per Wikipedia, it's a "society providing services related to the execution of financial transactions and payments between banks worldwide". Sandra moved to strike that sentence as it's not accurate and not relevant to the motion that carried.

As it appears in the Valhall Viking: "Sandra offered a book, The Nix, about a Norwegian magical creature who leads people down the wrong path". She recommends changing to "Sandra offered a book, The Nix, which includes this Norwegian magical creature who leads people down the wrong path as a recurring motif in the novel."

Sandra moved and Anita seconded that the minutes be approved as corrected. The motion passed.

Treasurer's Report – In Amelia's absence, Millie read the Treasurer's Report and shared thank you cards from House of Ukraine for our donation and a thank you for our donation from the Century Club at Camp Norge for our donation to the Let it Flow project.

COMMITTEE REPORTS

Sunshine – Barbie missed the meeting. Barbara E said she called Joyce Oen who said she would like visitors.

Bunad Book Standing Committee – Sandra reported that the coloring books arrived and the author is okay if we want to sell them to recoup our shipping cost. The committee will meet to go over our options of distributing them.

Committee to research our legal status – Anita thanked Amelia for her research in determining that we are in compliance with the state of California for our non-profit status, but that the board should research why we don't have a tax ID number and make a decision with legal help. Anita went through the box of secretary records and pulled out the minutes and History of LOV written by Lorraine Tucker. She suggests that the minutes should include a note if no action is taken on a suggested action.

Lille Butikken – No report

Christmas Stockings for lodge Jultrefest – Millie looking for fabric.

Christmas Party – no update

OLD BUSINESS

Crafts for sale at Lille Butikken- Susan is making Hardanger embroidery ornaments. Judy is drawing and painting on wooden ornaments.

Craft Mondays at House of Norway: All ladies are invited to come to socialize. Crafting is not required but fun! Sandra and Thelma put together beginner knitting kits, available to purchase for \$18. Meetings will be every other Monday.

NEW BUSINESS

None

CULTURAL/PROGRAM

Per Anita's suggestion, the group took turns reading paragraphs from Lorraine's history of Ladies of Valhall, a fun and interesting activity for us all.

Sandra will scan the report so we have a digital copy and it will be posted on the lodge website.

GOOD OF THE ORDER

Millie took RSVPs for the April lodge social and Myla gave an overview of the program which will honor our lodge presidents.

Millie encouraged everyone to attend the Craft Mondays at House of Norway. She is learning wood carving from Lou.

Arlene said she joined the lodge to learn how to do rosemaling so offering craft experiences is a good draw for new members.

Per Ellen, the Scandinavian Festival in Thousand Oaks will happen June 4-5. It's worth the drive, she says.

There were no April birthdays or anniversaries.

Thanks to Else, Barbara and Judy for the festive and spring-y Easter decorations. Winners of the Easter baskets were: Ellen, Susan, Anita, Arlene, Sandra, Carrie and Millie

Next meeting: May 7 at Denny's at 9AM Hostesses will be Sandra and Carrie

The meeting adjourned at 10:52 AM

Respectfully submitted,

Myla Coleman, Secretary

Message from Vice President Myla Coleman

Syttende Mai Memories
Program for May 21, 2022

Your Valhall Lodge Cultural Program team wants to continue collecting the history of the lodge and its members!

We ask members for submission of a photo and a paragraph describing a favorite Syttende Mai memory: did you grow up celebrating Norway's Constitution Day in your hometown? Were you part of an organization like House of Norway or Valhall Lodge or somewhere else? Did you travel to Norway and see the event there? We want to know!

I'll add the items to a Power Point so that we can show at the lodge's Syttende Mai social on May 21, later saving to the lodge website. During the presentation, we'll invite you to come up and say a few words about your submission.

Please save as PDF to your Google Drive or DropBox and send a link to Myla at vicepresident@lodgeofvalhall.com

Deadline for submission is Friday May 13, 2022

Cultural Notes

May 2022

Oh boy, our folks had a nice time at our April ham dinner and movie, ya betcha! No casserole but the ambrosia salad and scalloped potatoes reminded me of homestyle potluck in the land of our ancestors, Minnesota.

Thanks to Carrie for loaning us her DVD of the award-winning comedy, “Lutefisk Wars” so that we could be entertained after the lovely catered meal served up by Judy, Susan and Millie. I did an Internet search to see if there were digital versions but didn’t find any so I was glad to have the disc.

Thanks also to Judy for giving me the Dell laptop that I’ve been trying to get in shape for a while. I was able to sync the movie player and my speaker at home but not at the lodge. Thank goodness for Susan’s quick thinking to use the mic and speaker to amplify the sound.

Per the description on the cover, “Troubles escalate in a small North Dakota town when an unexpected visitor knocks on the door of aspiring chef, Karl Larsen. Before the stranger can deliver an important message, he dies face first in a three-bean hot dish. Soon Karl and the entire town are embroiled in the middle of two Norwegian mafia families feuding over an ancient recipe for a traditional Scandinavian dish called lutefisk.”

If you haven’t seen it, you must beg, borrow or steal a copy... or maybe Carrie will loan it out again, in exchange for a steaming cup of kaffe.

Hilsen,

Myla Coleman

Valhall Lodge Vice President

UPCOMING EVENTS

May 21 Social and dinner - Syttende Mai Memories

June 18 Ice Cream Social, Hot Dogs and Games

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DATED MATERIAL

Please Deliver Promptly

Valhall Viking

MAY 2022

CALENDAR

April

May 7 LOV Meeting
May 21 Lodge Meeting & Social
May 23 Newsletter Deadline

Next newsletter is the
June-July issue

Deadline for the
June-July Valhall Viking
is May 23, 2022

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com