



# 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.*

November 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

November. 5:	9:00 AM	LOV Meeting
November 5:	2:00 PM	Corporation Meeting
November 12:	1:00 PM	Lille Butikken
November 12:	2:30 PM	Lodge Meeting & Social

## Lodge Meetings Rescheduled!

Starting last month (September), lodge meetings and socials are taking place on the **SECOND (2nd)** Saturdays of the month (instead of the 3rd). This means that the next lodge meeting and social will take place on **November 12, 2022**.

## Ord fra presidenten

Dear Members,

November is coming and with it are Thanksgiving and Lutefisk! Our social this month will offer Lutefisk or meatballs. We Norwegians love to joke about Lutefisk, but we also actually eat the stuff! The REAL NORWEGIANS can eat Lutefisk while the not-so-authentic ones eat meatballs. (Ed Note: That includes the Editor. His Norwegian grandmother didn't like Lutefisk either.)

The November meeting will have elections of



officers. It has been an honor to serve you as President, and the time has come to let another person have the position. Please give your support to the new President and to the other officers. One way to help is to volunteer to serve as an officer. We have a few positions that do not have a volunteer. Please talk to Nominating Committee Chairman Jim Adams about filling a position. You will have the opportunity to know the inside details of the lodge and have an enhanced chance to influence what happens.

Be sure to make your reservation for the Lutefisk dinner with Judy Sawyer by October 31 if you eat Lutefisk or by November 7 if you eat meatballs. (See Page 3 for details.)

Graciela and I wish for you a wonderful Thanksgiving.

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



Happy Birthday  
Gratulerer Med Dagen!



### November Birthdays

3	Carol Amundson
7	Millie Wright
8	Shirley Ellingboe
12	Carmen Cleary
14	Phil Hinshaw
15	Sandra Yeaman
15	Rebecca Bourdage
15	Frank Burstrom
21	Audun Davik
23	Matthew McMillan
25	Shannon Swenson
26	Todd Gilje
27	Laura Wendling

### 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>

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**SAVE THE DATE and MAKE A RESERVATION****November 12, 2022****Valhall Lodge Annual Lutefisk and Meatball Dinner****Yes we will be cooking Lutefisk again this year...****And selling it so you have some for the Holidays!**

**\*\*\*Please call or email Judy Sawyer with your pre-orders and let her know if you will be having Lutefisk for dinner by October 31, 2022**

**Judy needs time to order the lutefisk from Minnesota****Lille Butikken opens at 1:00****So you can make purchases and Socialize****Dinner served at 2:30 with meeting to follow****MENU****Lutefisk or Meatballs, Potatoes,****Veggies, Bread, Coffee, Dessert****Soda and water available with donation****Please feel free to bring Wine or Beer****Cost \$20.00 if pre-registered by:****Nov 7, 2022 if eating meatballs****Oct 31, 2022 if eating lutefisk****PLEASE PRE-REGISTER****Children and Grandchildren of Valhall  
members free under 12**

**Get ready for the Holidays with  
one-of-a-kind items and Home made Baked goods....**

**When making Reservations please include number of adults and children****CALL OR EMAIL JUDY SAWYER****619-993-9113 / [sonjsawyer@gmail.com](mailto:sonjsawyer@gmail.com)****Lutefisk take home packages 1 ¾ lb \$15.00****(To order please contact Judy by October 31, 2022)**

## 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>10</b>	<b>SOCIAL</b>
<b>OCTOBER</b>		<b>(KRETSSTEVNE MONTH)</b>
<b>NOVEMBER</b>	<b>12</b>	<b>LUTEFISK &amp; MEATBALLS</b> <b>LILLE BUTIKKEN</b>
<b>DECEMBER</b>	<b>10</b>	<b>JULTREFEST</b> <b>Maybe potluck or maybe catered</b>

Hardanger and knitting take place every other Monday (including October 10) 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	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
Director	Millie Wright

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**

**[jdonoaninsure@gmail.com](mailto:jdonoaninsure@gmail.com)**

# Lodge Board Meeting Minutes

## October 8, 2022

### 1. Introduction

A regular meeting of the Board of Directors of Valhall Lodge, Sons of Norway ("SON") was held on Zoom, on October 9, 2022, at 2:00 p.m. The meeting was called to order at 2:15 p.m.

### 2. Chair and Secretary

President Maury Lee acted as Chair; Emily Lynch Morissette acted as 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
No	Susan Cody	Counselor, Publicity Director, Trustee (3 Year)
Yes	Emily Morissette	Secretary
No	Vacant	Assistant Secretary
No	Aprill Bigler	Financial Secretary
Yes	Millie Wright	Treasurer, Trustee (2 Year)
No	Judy Sawyer	Social Director, Trustee (1 Year)
No	Graciela Lee	Assistant Social Director
No	Amelia Seeto	Cultural Director
No	Andy Ueland	Marshall
No	Janet Weber	Assistant Marshall
No	Sandra Yeaman	Historian, Auditor
No	Sven Olsen	Musician
Yes	Steve Rawlinson	Editor, Webmaster
No	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 two-thirds, or 11 of 17 required officers. Five of the seventeen required directors were present with one vacant office, hence there was not a quorum. However, no motions were made and only reports were given, so the meeting was valid.

All Directors could hear each other.

## 5. Call to Order; Quorum

Mr. Lee called the meeting to order.

## 6. Minutes of Previous Meeting

The minutes of the previous meeting of the Board of Directors were not approved as there was not a quorum; the minutes of the previous meeting will be approved at the next Board meeting.

## 7. Reports

### a. President's Report

President Maury Lee and Steve Rawlinson, Editor and Webmaster, were appreciative of Aprell Bigler sending out a flyer regarding the Annual Lutefisk and Meatball Dinner on November 12, 2022.

They reiterated the following for the November 12, 2022, social:

- Lille Butikken (small shop) starts at 1:00 p.m. There will be beautiful one-of-a-kind items and homemade baked goods!
- Dinner will be served at 2:30 p.m.
  - For lutefisk (either for dinner or additional to take home) order by October 31, 2022
  - For the meatball dinner, order by November 7, 2022.
- RSVP to Judy Sawyer at (619) 993-9113 or at [sonjsawyer@gmail.com](mailto:sonjsawyer@gmail.com)
- Of note: Be sure to bring your kiddos and grandkids under 12—they are free!

The SON needs more child and young adult members. Be sure to invite them to Julrefest on December 10<sup>th</sup> too, and let the Board know if you have ideas for attracting them to come to more events! There are darling gifts planned for the children this year at Julrefest.

The Board was particularly thankful to Ms. Sawyer for ordering the lutefisk from Minnesota for the November social.

### b. Vice President's Report

Vice President Myla Coleman helped lead a discussion of potential members who could apply for positions for the Sons of Norway. One of the best benefits of being SON member is the insurance and members should consider serving to help keep this great benefit!

The Board members work well together and learn so much more about Norway. Members should let a Board member know if they are interested in having even more fun and serving! If a member is worried about the time commitment, it is possible to serve as a co-director on some positions.

There are a variety of positions available, catering to different talents of members. For example, some positions are particularly fun, as they involve planning crafts and toys for the children and Norwegian movies. Talk to a Board member today about how you can enjoyably contribute!

Ms. Coleman and Ms. Wright discussed how there is normally a raffle for the Ladies of Valhall in November. Please think of things you could potentially donate for the raffle, as this is another way you can serve. For example, there has been a turkey donated in the past and a cute Christmas gnome.

**a. Publicity Director's Report**

No report.

**b. Treasurer's Report**

Treasurer Millie Wright provided the treasurer's report. There were memorial and convention expenses, including advertising and transportation.

Ms. Wright reported on the interest and SON dues. She stated that paper products were no longer being charged to a specific social event as they were bought in bulk and the cost was now columned separately as the products were used over several events.

**c. Secretary's Report**

No report.

**d. Social Director's Report**

No report.

**e. Marshall's Report**

No report.

**f. Historian's Report**

No report.

**g. Corporation President's Report**

No report.

**h. Foundation Report**

No report. However, the Directors commend Mr. Adams on planning an amazing Fish Dinner on Friday, October 7, 2022, for the Fish Club. Attendees enjoyed having the fish dinner at the Hall of Nations in Balboa Park. The bartender was excellent. Ms. Sawyer and Ms. Cody's catering was so good, plates were scraped clean.

**i. Editor's Report**

Steve Rawlinson stated that the newsletter will be out by October 31, 2022, but probably not received by then. He is going to try to start mailing it out earlier as agreed upon at another meeting, around the 25<sup>th</sup> of the month. His hard work is commended.

**j. Webmaster's Report**

Mr. Rawlinson has updated the social page on the webpage with the flyer and November social information. This is another wonderful way for members to keep abreast of what is going on with

with the Lodge. The Directors were appreciative to Mr. Rawlinson.

The next regular meeting of the Board of Directors of Valhall Lodge will be in a quarter and posted on the Lodge's calendar.

There being no further business, the meeting was duly adjourned at 2:48 p.m.

Dated: October 9, 2022

/Emily Lynch Morissette/ [e-signature]

Emily Lynch Morissette

Secretary

## Upcoming Officer Elections

We need to continue our more than 100 year tradition of people stepping up to serve the Lodge as officers.

- Jim Adams is chairman of the Nomination Committee. His cell phone is 619-417-6300. He wants to hear from you.
- The Nomination Committee is accepting candidates to serve as officers starting in 2023.
- If you are happy with your current position and want to continue, please let the Nomination Committee know that.
- If you want to take a break from your current office and serve in a different role, please let the Nomination Committee know that.
- If you are new to Sons of Norway or are interested in a position about which you don't feel you know enough, you can read about the offices and their responsibilities at [https://www.sofn.com/member\\_resources/lodge\\_leadership\\_resources/administrative\\_resources/leadership\\_roles\\_guidelines/](https://www.sofn.com/member_resources/lodge_leadership_resources/administrative_resources/leadership_roles_guidelines/). You will need to log in to [sofn.com](https://www.sofn.com) first in order to access this information.
- Those of you who received an e-mail from Aprell on 9/14/2022 at 11:36 AM will find an attachment in her e-mail that describes the officer positions and their duties.
- Contact Jim if you have questions.

## Scholarship Information

Early Autumn is an excellent time to look into scholarships from the Sons of Norway Foundation. Information is available online:

- [https://sofn.com/wp-content/uploads/2022/09/Foundation\\_Scholarship\\_Grid\\_2022.pdf](https://sofn.com/wp-content/uploads/2022/09/Foundation_Scholarship_Grid_2022.pdf) is a grid list of available scholarships.
- <https://www.sofn.com/foundation/scholarships/> has information on applying.

Application forms were attached in an email sent to members by our Financial Secretary Aprell on September 13 at 12:23 PM PDT. **Take a look at them and be prepared to apply as soon as possible!**

## We Need Volunteers

Following up from a survey taken last year, we have identified 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](mailto: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.

## Donate to the Sons of Norway Foundation

In October we celebrate the Sons of Norway Foundation.

- Last year the Foundation distributed over \$147,000 in awards to scholarships, disaster relief, community programs, and cultural exchange opportunities.
- Donations to the Foundation are tax deductible. You can send these donations in the name of a loved one.
- If you make a donation to the Foundation between October 1 and the end of the year, Sons of Norway Leadership will match it up to \$50,000.
- You can donate funds for room or furnishings in the new headquarters. A plaque will be affixed with the name of the donor to the room or furnishing.
- You may use the link below to make your donation:

<https://www.sofn.com/foundation/donate/> has a button that says "Donate Now" which will take you to [https://crm.bloomerang.co/HostedDonation?ApiKey=pub\\_e8ed4675-debd-11e7-94a1-0a7fa948a058&WidgetId=21180416](https://crm.bloomerang.co/HostedDonation?ApiKey=pub_e8ed4675-debd-11e7-94a1-0a7fa948a058&WidgetId=21180416)



## Raymond K. Johnsen RIP, 1929-2022

We are sorry to report that Raymond K. Johnsen passed away on October 4. He was 93 years old. Raymond was a long and faithful member of Sons of Norway and Valhall Lodge and Golden Member having joined in March of 1975. He was active in Valhall Lodge and was our Greeter and Trustee for several years as well as our Marshal back in 2010. Raymond also helped out on several different Committees for our Business Meetings and Socials. We will miss him dearly. Our Heartfelt and Deepest Sympathy goes out to Gloria, Raymond's wife, and to the Johnsen family.

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

Fifty Years of Membership

Ann L. Hougen

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 her long and faithful service:

Twenty-Five Years of Membership

Ellen J. Spitzer

Congratulations!  
Valhall Lodge 6-025 ~ Sons of Norway

# LOV Meeting Minutes

## September 1, 2022

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Eldbjorg and Ragnhild

The meeting was called to order at 9:10 AM by President Millie.

Fourteen members attended. Solveig was presented with her LOV pin as this was her third meeting.

Minutes of the June 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 – None

### COMMITTEE REPORTS

Sunshine – Barbie sent a card to Wilma. Millie spoke to Wilma's caregiver Janet who reported that Wilma is at home with hospice. She's hanging in and appreciates cards.

Bunad Book Standing Committee – Sandra reported the 57 coloring books were given out for \$5 donation each. Sandra has notified other lodges of Valentina's site for free upload of her book. Another lodge may want to take the rest of the hard copies. Sandra will offer them at the Viking Festival. We need to decide whether the collected funds should go to the Bunad Book fund or to LOV's checking.

Christmas Stockings for lodge Jultrefest – Millie continues to work on stocking stuffers. Trying to find other themed coloring pages like Viking or trolls.

Christmas Party – date changed from 12/10 to 12/17 because the lodge changed socials from third Saturday to the second Saturday. Judy contacted Anthony's to confirm availability on 12/17.

Lille Butikken – Per Millie, Amelia must step down as chair but will stay on the Committee with Sandra and Myla. Carrie and Jean will also be committee members and Barbie will help with preparation but can't attend the November social. At the November meeting, we'll have sign-ups to bring baked goods. Judy will ask the Masonic Temple to have extra tables for the butikk. Crafting continues.

### OLD BUSINESS

Crafting- Ladies continue to make crafts to be sold at Lille Butikken.

Board Election Committee: Judy, Barbie, and Carrie will provide a slate of officers to be presented at the October meeting.

## NEW BUSINESS

House of Norway's date for their holiday party conflicts with the date of our January breakfast on 1/7/2023. After some discussion, we determined to keep our commitment at Denny's for our usual first Saturday breakfast meeting.

Millie suggests that we pay for a lodge membership for Janet as she has been an honorary member of LOV.

## CULTURAL/PROGRAM

Ragnhild and Susan led us in singing Fader Jakob and Blåveispiken. Det var veldig morsomt. We want to include opportunities to practice speaking and listening to Norwegian at our meetings, even if it's just inserting a phrase or two during the course of the meeting.

For the September social, Myla will show videos sent by Sons of Norway national.

## GOOD OF THE ORDER

Millie provided a reservation signup list for the September lodge dinner.

Susan will attend Camp Oldfjell at Camp Norge.

Myla shared lessons learned about the type of fabric used for Hardanger embroidery and thanked Sandra for her work in setting up the kits to learn this traditional craft.

Craft Mondays at the House of Norway are well attended, maybe even a little crowded as all of the seating at the table, the sofa grouping and folding chairs are occupied. Thelma suggested we could spill out on to the patio if necessary. Don't worry, we will make room for anyone who shows up.

Sandra received a box of donated yarn and will offer to anyone who wants to knit. Her current challenge is figuring out the brioche stitch which gives warm double thickness and different colors on each side.

Happy Birthday to Helen, celebrating 91 years! Millie will call Else, not present, to wish her HBD.

There were no anniversaries.

Thanks to our hostesses for the beautiful, scented candles in crystal jars. Winners of the drawing were Carrie, Solveig, Tam, Sandra, Barbie, Judy and Millie.

Next meeting: October 1 at Denny's at 9AM Hostesses will be Barbie and Judy

The meeting adjourned at 10:56 AM

Respectfully submitted,

Myla Coleman, Secretary

# LOV Meeting Minutes

October 1, 2022

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Barbie and Judy

The meeting was called to order at 9:04 AM by President Millie.

Fourteen members attended. Ellen was presented with her LOV pin as this was her third meeting. There was one guest: Gia, Judy's granddaughter.

Minutes of the September meeting were not yet produced as Myla was sick with COVID.

Treasurer's Report – sent by Amelia, read by Millie. Sandra MOVED, Judy SECONDED that the report be approved as read. There were no corrections. MOTION PASSED.

## COMMITTEE REPORTS

Sunshine –. Barbie sent cards to Wilma, Amelia, Linda, Myla, Anne. Millie sent condolences to Judy re the passing of her aunt Betty Luther. Per Millie's newsletter article, it would be nice for all of our members to reach out to members who cannot or have not been able to attend LOV meetings as well as each other with phone calls and cards.

Bunad Book Standing Committee – The bunad coloring books are all sold thanks to those who took them to the Viking Festival. Sandra emailed Valentina to let her know they were all "homed". The next Bunad book activity will probably be using a prompt book like "*Burn After Reading*" so that our members can record their stories.

Christmas Stockings for lodge Jultrefest –. Millie found Viking coloring books and Sandra and Carrie provided a cute craft set for the stockings.

Christmas Party – Our party will be at Anthony's on 12/17 for members and children 12 or older. We need to decide if LOV will subsidize the cost after Anthony's gives us a firm price.

Lille Butikken – We discussed timing of the social and Butikken: it will start at 1:00 pm and dinner will start at 2:30 pm.

Sandra MOVED that we purchase 12 girl costumes from associate member. Lora Lee who has closed her Scandinavian shop in Wisconsin; Linda seconded the motion. Discussion followed re: the retail price of the costumes which are not bunads. Lora would offer them to us at deep discounted price. Linda offered to underwrite the cost. Do we want to take them or offer to publish a link for her? It would be most helpful to her to send them all at once. Also the expense of shipping is less if they are all sent at once. MOTION DID NOT PASS.

Myla passed a sign-up sheet for members to bring baked goods to be sold at the Lille Butikken.

**OLD BUSINESS**

Board Election Committee – Barbie presented the slate of officers for the 2023 year: President: Millie, Vice President: Susan, Secretary: Myla, Treasurer: Barbie. Millie asked three times for nominations from the floor. As there were none, the slate of officers was accepted. The slate of officers will be voted on in November..

Crafting- Ladies continue to make crafts to be sold at Lille Butikken.

**NEW BUSINESS**

Hostess Sign-ups for 2023 – Millie passed a list for members to sign up to host for one of our monthly breakfasts.

Christmas bonus donations were collected for our favorite server at Denny's. A card and the proceeds will be presented at the November LOV meeting.

**CULTURAL/PROGRAM**

Carrie shared her experiences at the Viking Festival and some crafting ideas she gathered.

**GOOD OF THE ORDER**

Carrie sent a Bunad Coloring Book to her mom's 95-year-old friend who lives in DC and loves to celebrate her Norwegian heritage. She lives by herself and still drives, living the good life.

We sang Happy Birthday to Linda and Myla who are celebrating their birthdays this month.

There were no anniversaries.

Thanks to our hostesses, Barbie and Judy with help from Gia, for the whimsical Halloween decorations and candies. The prizes were black and orange towels with clever sayings like, "My house is scarier than yours'!" Winners were: Gia, Carrie, Ellen, Jean, Millie, Solveig and Linda.

Next meeting: November 5 at Denny's at 9AM. Hostesses will be Linda and Sandra.

The meeting adjourned at 10:25 AM.

Respectfully submitted,

Myla Coleman, Secretary

# LOV Notes

## October 1, 2022

Next Meeting: November 5, 2022, at Denny's

Hostesses: Sandra and Linda

The October LOV meeting was well attended, although we do hope that member attendance continues to grow along with guests. LOV welcomed Judy's granddaughter, Gia to our October meeting and hope that she will be able to join us again. Ellen Spitzer received her LOV pin this month and is now a member of LOV.

Please continue to keep in touch with our LOV members; the holiday seasons are fast approaching which are especially good times to let our members know we do think of them. You can find the list of LOV members who have been unable to attend our meetings in the September LOV Notes.

Although the Board Election Committee presented a slate of officers for 2023, the final vote will take place next month.

Valhall Lodge and LOV were well represented at the Southern California Kretsstevne the weekend of October 14, 15, & 16: Maury, Graciela, Millie, Susan, Myla, Ellen, Judy and her grandchildren – Gia and Joey.

LOV/Valhall Lodge members were asked to provide and cook:

- Saturday morning breakfast: Vaffler & toppings, breakfast sausage, fruit, juices, and milk - Ellen & Millie
- Saturday lunch: Chips - Millie
- Saturday Dinner: Pork tenderloin and scalloped potatoes and salad – Susan & Judy
- Sunday breakfast: Juices and milk - Millie
- Ellen has held the title of *Wagon Master* which used to entail quite a bit more responsibility, but she still provided Norwegian Vaffler batter and irons, serving ware, flatware, plates, plastic glasses, napkins, tongs, oil spray, plastic wrap, paper towels, baggies, coffee, coffee cups, sugar, creamers, and grilling supplies.

Thank your Maury for authorizing reimbursement from Valhall Lodge for the food/supplies purchased by Valhall Lodge members for the SCK.

I rode with Ellen, and we had her vehicle stuffed with all the supplies etc.

In case you think all we did was eat, you're wrong! Myla and Ellen kept the three children and the adults busy playing silly games; Halloween games and activities for the kids; bingo and crafts. Myla showed us how to weave little discs or baskets with clothesline and yarn and Nancy Madson taught us how to make the woven heart baskets. We all managed to make the "easy" pattern; however, the advanced pattern was another matter. Gia, Joey, and Nola had fun making the crafts too. Susan led us in a Sing-along Saturday evening with Norwegian songs. Song books were provided by Susan as well as the music.

Some of us walked away with items from the Silent Auction. I came away with the novel: *OLEANNA, A novel of Norway in 1905* by Julie K. Rose. I will be happy to share this book with LOV/Lodge members when I finish reading it.

Myla gave a presentation of the online cooking class she took and Terje Berger gave a Genealogy presentation. He has done extensive research on his family and shared his knowledge.

The weekend went by all too fast. We had fun and enjoyed meeting members from other Lodges. The next SCK is scheduled for the third weekend in October 2023. Mark your 2023 calendars for this fun event, and plan to attend.



**LOV Notes (continued)**

*I would like all the Ladies and members of Valhall Lodge to join us every other Monday (next meeting is September 26, 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*

Med vennling Hilsen,  
Millie Wright  
President, LOV

## Norwegian Potato Dumplings (Raspeball)

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.



Photo Credit: FoodNorway; foodnorway.com

**Ingredients:**

- 2 1/4 lb. shredded raw potatoes
- Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
- 1 1/4 cup barley flour
- 2 tsp. salt

**Directions:**

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.
2. Add the barley flour and 1 teaspoon of the salt and mix.
3. Put on large saucepan of water to boil and add 1 teaspoon salt.
4. Form a round ball by using a tablespoon and your hand.
5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.
6. Serve the dumplings immediately.

Source: <https://www.foodnorway.com/norwegian-potato-dumplings-raspeball/>

## Cultural Notes

### October 2022

I was sad to miss out on our September social and hosting at the House of Norway. I understand I was not the only one that illness kept from attending.

So it was sweet to be “frisk igjen” to attend the October LOV meeting, the Rawlinson’s 50<sup>th</sup> anniversary celebration and the District 6 Kretsstevne in Banning.

I’m sure there will be photos and an article in the district newsletter. In the meantime, I’ll share a few thoughts about this fun weekend that relied on contributions from many who stepped up to help.

The KOA campground has cabins they call “Park Models”, actually single-wide manufactured homes with a covered porch. Thanks to Ellen and Millie for letting me set up my three-person tent on the porch. My new folding cot was luxurious. One of the rating comments on the REI website was that it’s a good guest bed. Not lightweight for backpacking but very comfortable.

The food was great, of course, from the homemade lefse-wrapped hot dog lunch to Nancy’s egg casseroles on Sunday morning. Ellen always makes a good waffle. Susan was unhappy that her Saturday night roast was a little charred but I thought it was delicious, especially considering that she had to change the method of cooking from propane barbeque to charcoal.

I had fun leading team-building games and challenges. I know my Norwegian peeps enjoy some silliness, and we were silly, egg racing, learning secret handshakes and finding our herds by making animal noises. A nice wrap-up is called Postcards: a prompt to think of a photo-worthy moment during our time together that you would like to send to someone not in attendance. There were some very touching responses and remembrance of lodge members who used to join in but can’t anymore.

The weekend is a fund-raiser for Camp Norge, thanks to donations of silent auction items and other activities. I always think I don’t need anything but I bid on and won a beautiful red ladies vest that is way too small for me, but will be a great display piece to keep my pins on. (See photo on next page.)

Thankfully the rain held off until Saturday night and the porch sheltered my tent so I was dry and warm in my flannel pjs and sleeping bag. I had a lovely time and encourage everyone to try to come next year. There was a wrap-up meeting on Sunday morning RE ideas for next year. Prices will go up a bit but it will still be an affordable and fun get-away with Norwegian friends.

Myla Coleman

Valhall Lodge Vice President





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**NOVEMBER 2022**

**CALENDAR**

**November 5: LOV Meeting**  
**November 5: Corporation Meeting**  
**November 12: Lodge Board Meeting**  
**November 23: Newsletter Deadline**

Next newsletter is the  
December-January issue

Deadline for the  
December Valhall Viking  
is November 23, 2022

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