



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.

April 2023
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

April	1:	9:00 AM	LOV Meeting
April	8:	1:30 PM	Lodge Meeting & Social
April	22:	10:00 AM	Corporation Meeting

Ord fra presidenten

Dear Members,

I was so glad that the rainy weather didn't keep people from coming to join us at the March social! They would have missed another great dinner of salmon or meatballs, prepared by our wonderful kitchen crew, led by Judy and Susan, not to mention the fascinating program where six of our members shared their heritage items. It was an interesting variety that included genealogies, carved wood containers, a Norwegian sweater and my favorite: Else's antique metal scale, passed down through generations, which she still uses to measure ingredients to bake Norwegian cookies.. så delig!



Snart er det påske. (It will soon be Easter.) Most Norwegians have time off for Easter vacation lasting from the Friday evening before Palm Sunday through Easter Sunday. Many Norwegians spend that time at their cabins in the mountains and countryside or by the sea. You can read more about Easter in Norway at <https://lodgeofvalhall.com/wp-content/uploads/2019/04/PaskeHoidal.pdf>. Thanks to

Please turn to Page 2

Valhall member Anne Høidal for providing that information. Here's wishing you all *god påske!*

On April 8 we you can join us for our spring dinner. Lodge member Jerry Wergedal has offered to teach us about different types of wood carving and lead a hands-on activity. **Bring the kids!**

Med vennlig hilsen, Myla Coleman
President, Valhall Lodge 06-25



Happy Birthday
Gratulerer Med Dagen!



April Birthdays

5	Kevin DeNino
9	Andy Ueland
17	Norman Magneson
18	Lillian Jansen
20	Kenneth Lindebrekke
22	Doris Anderson
22	Charles Sundry
22	Dean Seiler
24	Jerry Wergedal

Links

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

Facebook: <https://www.facebook.com/valhallsonsofnorway/>

Instagram: <https://www.instagram.com/valhalllodge/>

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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New Instagram Page

Valhall Lodge now has an Instagram Page: <https://www.instagram.com/valhalllodge/>

Thanks go to Valhall Member Robert Becerra for setting up this page.

Spring Dinner

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

Saturday, April 8, 2023

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

MENU

**Ham, Caesar Salad, Scalloped Potatoes
Roasted Carrots, 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 by April 5 *****

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

**Call or Send Reservations to Millie Wright
(619) 760-7446
grandmom2dach@gmail.com**

On April 8 we hope you can join us for our spring dinner. Lodge member Jerry Wergedal has offered to teach us about different types of wood carving and lead a hands-on activity. **Bring the kids!**

Valhall Lodge, Sons of Norway

Planned 2023 Social Calendar

This calendar has been proposed by the Social Director. It is subject to change.

JANUARY	14	INSTALLATION - CATERED
FEBRUARY	11	BEEF LAPSKAUS
MARCH	11	SALMON DINNER
APRIL	8	SPRING DINNER
MAY	13	SYTTENDE MAI DINNER
JUNE	10	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/AUGUST		(NO MEETINGS)
SEPTEMBER	9	WELCOME BACK - CATERED
OCTOBER	21	(KRETSSTEVNE MONTH)
NOVEMBER	11	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	9	JULTREFEST — POT LUCK

Lodge Officers - 2023-2024

Lodge Officers	
President	Myla Coleman
Vice President	VACANT
Counselor	Maury Lee
Secretary	Susan Cody
Assistant Secretary	VACANT
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	VACANT
Cultural Director	VACANT
Marshall	Andy Ueland
Assistant Marshall	VACANT
Historian	Sandra Yeaman
Musician	Susan Cody
Editor	Steve Rawlinson
Assistant Editor	VACANT
Foundation Director	Jim Adams
Publicity Director	Jim Adams
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee	Susan Cody
Trustee	Millie Wright
Trustee	Judy Sawyer

Auditors
Everett Shogren
Sandra Yeaman

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Everett Shogren
Treasurer	Steve Rawlinson
Director	Millie Wright
Director	Judy Sawyer
Director	Myla Coleman

LOV Officers	
President	Millie Wright
Vice President	Susan Cody
Secretary	Myla Coleman
Treasurer	Barbie Lorentz



**SONS of
NORWAY**

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

jdonovaninsure@gmail.com

Lodge Meeting Minutes

March 11, 2023

Meeting called to order at 3:23 p.m. by President Myla Coleman.

The anthems of USA, Norway and Canada were sung.

The motion was carried to accept the February minutes as printed in the Valhall Viking.

Treasurer's Report: The motion to accept the report was carried. Millie presented the budget to the membership. The motion to accept was carried.

Editor's and Website Report: Steve stated that Robert Becerra has volunteered to work on the Facebook page, and to develop an Instagram account for the Lodge.

Social Director's Report: Judy thanked those attending the social today. April's dinner will be on 4/8. The menu will be announced at a future date.

Foundation: Requests for grants have been passed on to the appropriate committee. The results should be announced at the end of the month. The foundation is also accepting scholarship requests.

Trustees: No report.

For the good of the order:

- Maury reminded everyone about the kid's camps this summer at Camp Norge. ½ camperships are available either through the foundation or through Valhall. Scholarships are also available.
- Susan will be performing at the Senior Talent Show sponsored by the city of San Diego. The show will be held on March 17 from 10-12:30 at the War Memorial building in Balboa Park. Tickets are \$10.
- We still have officer vacancies: Vice President and Cultural Director, plus assistants for Secretary, Social Director, Marshall and Editor.

Our next meeting and social will be on April 8.

The meeting was adjourned at 3:52.

Respectfully submitted,

Susan Cody, Secretary

Ladies of Valhall Meeting Minutes

March 4, 2023

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Susan and Carrie

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

Sixteen members attended. Lodge member Brenda attended for the second time.

We had a minute of silence in memory of the passing of our dear friend, Arlene LaBree.

Minutes of the February meeting were posted in the February Viking newsletter. Millie asked if anyone wanted them to be read aloud. No one did. Helen MOVED, Anne SECONDED that the minutes be approved as posted. There were no corrections. MOTION PASSED.

Treasurer's Report- Barbie presented report for January. Ellen MOVED, Helen SECONDED that the reports be approved as read.

COMMITTEE REPORTS

Sunshine – Solveig sent a card to Arlene's son. Millie sent Valentine cards to LOV members but didn't have Brenda's address yet. Brenda and Jean brought blank cards for Sunshine chair to use.

Bunad Book Standing Committee – No project yet

Christmas Stockings for lodge Jultrefest – Judy bought 14 stockings at reduced price after Christmas. Else offered to buy some stuffers. Brenda offered to help.

Christmas Party – at Anthony's on December 16. Committee is Judy, Susan, Fay

Lille Butikken – Committee is Myla, Ellen. Barbie offered to sew some

OLD BUSINESS

Hostess Sign-ups for 2023 – all dates are filled

Budget Committee – still needs to meet

NEW BUSINESS

No new business

Please turn to Page 8 for continuation of these minutes.

CULTURAL/PROGRAM

Craft Mondays continue at House of Norway. Next is March 13.

Carrie offered to present re other topics. Jean asked if we can have a presentation re Nordic sweaters.

Presentation by Carrie: She wrote a nice overview of Edvard Munch's history, using it to speak to the group and show photos of his artwork from her book collection. She provided copies to everyone present. Anne commented that she and Oddvar enjoyed visiting the new Munch Museum last year.

Ragnhild and Susan led us in singing "Alle Fugler"

GOOD OF THE ORDER

Viking ship replica "Sleipnir" is due to launch on March 12 in Mission Bay.

Millie will see the Kingston Trio at Poway Performing Arts Center

Susan has upcoming performance at the Senior Talent Show on March 17.

March Birthday – we signed a beautiful, pop-up card (provided by Linda) for Wilma

Happy Anniversary to Myla

Drawing winners: Helen, Thelma, Barbie, Millie, Else, Eldbjorg and Brenda.

Thanks to hostesses Carrie and Susan. Everyone received spring flower candy cups and historic postcards. Carrie brought an assortment of items for the drawing: ceramic cups, teapot, pewter spoon, a book.

Next regular meeting on April 1, 2023 at Denny's at 9AM. Hostesses will be Else and Anne.

The meeting adjourned at 10:57 AM

Respectfully submitted,

Myla Coleman, Secretary

Ladies of Valhall Notes

March 4, 2023

Next Meeting: April 1, 2023, 9:00 a.m., at Denny's

Hostesses: Else & Anne

We have had a rough start to 2023, losing valued and respected LOV members, Barbara, Arlene, and Wilma. News was also received that a former, long time Lodge and LOV member, Chris Olaud Lelevier has passed away. Even though she was not a current member, we need to remember her. Chris was very prominent in the Norwegian communities including Valhall Lodge, LOV, House of Norway, and the Norwegian Federation. Becky and Tom Bourdage lost their son, Joe, to cancer and Judi Dow lost her brother. Please keep all the families of our departed friends in your thoughts and prayers.

Not all news is sad, Brenda will become an official LOV member at the next meeting she attends and is already interested in becoming involved in committees/projects. LOV has been fortunate to acquire other new members in the past couple of years who are willing to participate on committees, officer positions, cultural presentations etc.: Barbie, Solveig, Carrie, Fay, and Ellen (I hope I haven't forgotten anyone). I am grateful for our new LOV members.

Sunday, I hosted at the House of Norway with Barbie for the early shift (10:30 a.m. to 1:30 p.m.) and who should show up but Arlene LaBree's son Jon, daughter-in-law Becky, and grandson Nickolas (don't know if I spelled his name right). They wanted to show Nickolas where his grandma worked sometimes. We had a very nice visit and Jon and Nickolas took advantage of the Troll photo op, see the attached photo.

I will be ordering cultural pins for Hardanger Embroidery, knitting, and wood carving soon for our Lodge/LOV members who have completed 1, 2, and 3 parts of each cultural skill. Pins can be received one at a time, or as a group. Norwegian Crafting in the Park is a good place to start working on these cultural skills if you are interested. Sandra leads the Hardanger Embroidery group and prepares kits for beginners, and Thelma oversees the knitters and helps solve knitting problems. Lou C. is the wood carving guru and is very helpful. So, come on down to the House of Norway every other Monday for crafting, chatting, and coffee! The next two crafting Mondays are March 27th and April 3rd. Sandra sends our reminders for the meetings and if there are any changes to the schedule.

Med vennling Hilsen,

Millie Wright
President, LOV



Troll photo of Jon and Nicholas LaBree

Valhall Board Meeting Minutes

March 4, 2023

The meeting was called to order at 3:10 p.m. via zoom by President Myla Coleman.

Board members present were Myla Coleman, Steve Rawlinson, Millie Wright, Sandra Yeaman, Susan Cody, Aprell Waymire, and Judy Sawyer.

Absent were Andy Ueland, Jim Adams, Maury Lee, Ellen Spitzer, and Everett Shogren.

Millie presented the proposed budget for 2023. At that time, there were only 5 board members present, so there was no quorum and no vote to approve. The proposed budget will be emailed out to all board members, who will then vote via email to accept or reject the proposed budget. (We were joined later in the meeting by 2 more board members, but the item was not discussed at that time.)

The board needs to vote on accepting the board minutes from the July and October meetings. Those minutes will be sent out to the members for voting.

Steve presented the calendar of events for the lodge. Socials were discussed and approved. Board meetings will be held on the first Saturday of the month at 4:00 p.m. via zoom in May, August, and October. The lodge directory will be going to the printer on March 5.

Publicity-Robert Becerra has offered to work on the Facebook page and to set up an Instagram account for the lodge. Steve will contact him to discuss.

Jerry Wergeland and Lou Coover are interested in doing a presentation on wood carving. Myla will contact them to set up a date for the presentation.

Foundation grants are in progress at headquarters.

The Corporation will present a report to the membership at an upcoming meeting.

The Fish Club will be having a meeting on March 17, and they are inviting members of Valhall and House of Norway to attend. There will be a presentation from a representative from the Norwegian-American Historical Association (NAHA) at St. Olaf College. Website: Naha.stolaf.edu

The meeting was adjourned at 4:31 p.m.

Respectfully submitted,

Susan Cody, Secretary

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

Sixty Years of Membership

Erling J. Nyhammer

*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

Aprill Waymire-Bigler

*Congratulations!
Valhall Lodge 6-025 ~ Sons of Norway*



This is the delicious cake we ate while celebrating our 111th Anniversary with an Anniversary Dinner.



Members brought Norwegian artifacts to our Anniversary Dinner celebration.

Wilma Springer RIP, 1925-2023

We are sorry to report the passing of Wilma Springer. Wilma joined Sons of Norway in August 1975. She was a member of Ladies of Valhall. She was a helpful lady; she provided the Editor's wife with a Norwegian cookie recipe. We extend our deepest sympathies to Janet Michka, her 24x7 caregiver, and to the Springer family.

Chris Olaus Lelevier RIP

We are sorry to report the passing of Chris Olaus Lelevier. She was a former member of Valhall Lodge and served as Vice President of LOV in 2001. She came to San Diego after having lived in Arizona. She had been active in Nordmannsforbundet (the Norse Federation) and served as president of the Phoenix chapter. In San Diego she joined Valhall, LOV, and HON. She worked with Lizzie Riiber in reviving the San Diego Chapter of Nordmannsforbundet and served as president. She was a major figure in arranging for many special cultural events for the Norwegian community. She made the family ranch in Potrero available for major events featuring visitors from Norway, including speakers and entertainers. Important Norwegian people also sometimes stayed at the ranch, such as former Foreign Minister Thorvald Stoltenberg, father of Jens Stoltenberg, who is Secretary General of NATO and former Prime Minister of Norway. Chris also helped to transfer Roald Amundsen's shotgun, which belonged to a Potrero family, to the Fram Museum in Oslo. We extend our deepest sympathies to the Lelevier family.

We reported the passing of Raymond K. Johnsen in our November 2022 newsletter. Details about his life are available at <https://www.legacy.com/us/obituaries/legacyremembers/raymond-johnsen-obituary?id=38053542>

We extend our sympathies to Tom and Becky Bourdage on the loss of their 48-year-old son to kidney cancer.

Fonts

Recently the Wall Street Journal had an article about fonts. They highlighted the opinions of two people who happened to be married to each other but who had differing opinions about fonts. Both are lawyers. The husband preferred **Times New Roman**, which is the font used in this paragraph. It is a font with serifs. Those are the wings and feet at the endings of the letters. The husband claims that it is an authoritative script and makes sentences appear to be composed by a grown-up. The late Arlene Labree (God rest her soul) told us that more text can be fit into a fixed space using Times New Roman, so that is the font that has been in these newsletters for some time. At the end of each paragraph on this page is a “one capital-eye lower-case-el”. See if you can tell the difference. 11l

The wife in the article likes **Calibri**, which is a sans-serif (i.e., no serifs) font that is in this paragraph. She thinks it is in tune with the 21st Century. Some people think sans-serif fonts are easier to read, but others think the serifs make it easier to read. Arlene was right that this font takes more space than Times New Roman. 11l

Nobody in the article liked Courier. Unlike the fonts in the above paragraphs, this font is a fixed-space font. It looks like the document was prepared on an old-fashioned typewriter. Actually, this paragraph is composed using **Courier New** because Courier is not included in our word processor. 11l

A fancy font that could be used to recognize length of membership is Snell Roundhand. Enlarging it makes it easier to read (or should we say less difficult?).
11l

The Zarfino font gives the look of script writing. 11l

What do you think about these fonts? Email your comments to editor@lodgeofvalhall.com. We welcome feedback about our font choices. (Don't worry. We don't intend ever to use Zarfino except to provide a little humor on this page.) 11l



Preparation of food for Anniversary Dinner. Judy Sawyer's granddaughter Gia is on the left. Going around the table from Gia clockwise are Susan Cody, Judy Sawyer, and Linda Rawlinson.



Anne and Oddvar
Høidal enjoy the
Anniversary Dinner.



From left, Thelma
Johannesen, Barbie
Lorentz, Jim Adams,
and Millie Wright
enjoy the Anniversary
Dinner.

Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,500 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is **May 1, 2023**

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is **April 14, 2023**.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com. These applications are due by March 1, 2023.

Please take advantage of this District Six Member opportunity.

Youth Half Camperships Available for District Six Members for 2023

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. The amount of the half camperships for 2023 is half of the registration cost. The application form is available on the District Six Website. All applications must be received by April 15, 2023. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to morongo2@verizon.net

It is time to sign up for 2023 camp!!!



Photo Credit: krem.no

Påskekjeks / Easter Cookies

These decorative cookies make a cheerful addition to any Easter celebration. You can vary the fillings to suit your taste- this recipe calls for fillings of orange marmalade or hazelnut/chocolate.

The dough is a shortcrust pastry with almond flour. The dough needs to be completely cold before rolling out. Chill overnight, or an hour in the fridge works well. Test a little bit of the dough rather than rolling out a big piece that ends up sticky.

You can find egg-shaped cookie cutters online or in stores, or if you want to make these without buying anything, you can cut an egg template out of a cereal box and cut around it.

Please turn to Page 17 for recipe.

Recipe for Påskekjeks / Easter Cookies

Please see photo on Page 16.

Ingredients:

Dough:

200 g butter or margarine
150 g all-purpose flour
100 g ground almonds
70 g powdered sugar
1 egg yolk (or substitute with 2 Tablespoons of water.)

Fillings:

75 g chocolate hazelnut spread like Nutella or Nugatti
75 g melted milk chocolate
Orange marmalade
Powdered sugar for sprinkling

Instructions:

1. Put all dough ingredients into a bowl, mix with your hands until the dough forms.
2. Wrap dough and refrigerate for an hour.
3. Roll out the dough on a floured surface to approx. 2-3 mm (1/8 inch) thickness.
4. Cut out 10 cm / 4-inch egg shapes and place on a baking sheet.

Bottom cookies will be full egg-shapes.

Use a smaller round cutter (2.5 cm/1 inch diameter) to cut out a “yolk” into **half** of the cookies- these will be the top cookies.

5. Bake in the middle of the oven at 200°C (400°F) for 10 minutes.
6. Remove from oven and cool on cooling rack.
7. Making the fillings:

Heat orange marmalade in the microwave or in a saucepan.

Spread marmalade on one of the bottom cookies.

Place the part of the cookie with the cutout on top and then fill the “yolk” with marmalade filling.

Sift powdered sugar on top.

Take a spoon dipped in water to bring shine to the "yolk."

Melt the chocolate and mix with nougat spread.

Spread chocolate mixture on one of the bottom cookies.

Place the part of the biscuit with the cutout on top and then fill the “yolk” with nut/chocolate filling.

Top with a chocolate mini-egg or three.

These cookies have a long shelf life when stored at room temperature.

Source: Krem.no

join OUR VOLUNTEER TEAM!

Do you love to cook? Share your skills and cook for Trollfjell Folkehøgskule!

Trollfjell Folkehøgskule relies on our volunteers. Our nurse, instructors, Camp Directors, registrar, and cooks volunteer their services. For 2023 our long-standing cook, Kirby Aasen, will only be able to cook for Camp Trollfjell. We need your assistance providing food for the students and staff at Trollfjell Folkehøgskule.



TROLLFJELL FOLKEHØGSKULE

**Volunteer
to cook from
June 25th
to July 8th**



SIGN UP
or send an email to:
Camp Director

Sign up at <https://www.signupgenius.com/go/10c0c4aa8ab2ba5f4c25-help/>
or mail to camp.director@sofn6.org



DISCOVER CAMP NORGE

Looking for a fun summer getaway?

Known as the "Gem of the Sierras," Camp Norge is the best kept secret for District 6 Sons of Norway Members.

The 50 acre camp is located right off of I-80 just 60 minutes from both Sacramento and Lake Tahoe.

House, Dorms & Cabins
\$25/person

RV Sites
\$30/RV

Tent Sites
\$20/tent

Swimming pool & horseshoe pit onsite. Plus nearby hiking & fishing.

Two halls that can seat up to 100, with commercial kitchens.

A great place for weddings, retreats & family reunions!

BOOK YOUR STAY TODAY!

Call 530-389-2508

www.campnorge.org

Have a Relaxing Memorial Day Weekend at Camp Norge

May 26-29

<https://www.campnorge.org/site/memorial-day/> for details

<https://www.campnorge.org/site/memorial-day-meal-registration/> to register for meals
(530) 389-2508 to reserve your spot; no reservation necessary if tent camping

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Stephen Rawlinson, Editor
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San Diego, CA 92117-6250

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Please Deliver Promptly

Valhall Viking

APRIL 2023

CALENDAR

April	1:	LOV Meeting
April	8:	Lodge Meeting & Social
April	22:	Corporation Meeting
April	23:	Newsletter Deadline

Next newsletter is the
May issue

Deadline for the
May Valhall Viking
is April 23, 2023

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com