



# 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.*

December 2023  
January 2024  
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

December	9:	1:30 PM	Lodge Meeting & Social
December	16:	11:30 AM	LOV Christmas Luncheon
January	6:	9:00 AM	LOV Breakfast Meeting
January	11:	7:00 PM	Lodge Board Meeting
January	13:	1:30 PM	Lodge Meeting & Social
January	23:	February Newsletter Deadline	

## Ord fra presidenten

Hei til alle!

The holidays are upon us! I want to express my deep gratitude to all the people who support our lodge so that we can host the wonderful events that celebrate our Norwegian-ness! Yes, I meant to say that 😊. We continue our traditions because of the fabulous group who say yes to committee work, board positions and those who help in smaller ways that truly add up!

A special thanks to Jim Adams for recommending painters for the lodge spruce-up so that we didn't have to do the labor ourselves (eek!) and for coordination with the Masons to complete the work. I love the light blue that makes the white chair rail and trim more noticeable and architecturally interesting.



Here's a recap of a few of the local Norwegian celebrations of the season: House of Norway's December Nights at Balboa Park on December 1 and 2, our lodge's Jultrefest Potluck on December 9 and the Ladies of Valhall Christmas Luncheon on December 16.

Ellen has organized our Jultrefest Potluck/Party for years, and I know the upcoming one will be another blast for kids and adults. See the invitation on Page 3 for details. I look forward to tasting the dessert

Please turn to Page 2.

**Ord fra presidenten (continued from Page 1)**

entries in the Splendid Spoon contest, won by popular vote.

Unfortunately, we were not able to have our lodge meeting last month. There was a great turnout for the lutefisk and meatballs, but people went home before the meeting could start, so we had no quorum to vote on buying a new projector.

We hope that we will have better luck on January 11 when we welcome in the new year. During the meeting, Fay Lorraine Sultz will tell the tale of Vikings bringing Christianity to the Russian people. Details about the January social are on Page 4.

**Wishing everyone a meaningful and joyous holiday season!**

Myla Coleman

President, Valhall Lodge #6-25

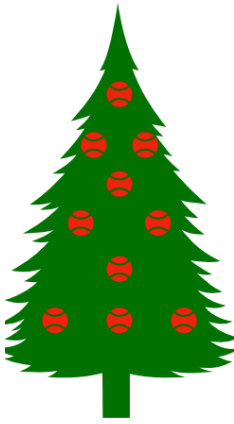


Happy Birthday  
Gratulerer Med Dagen!



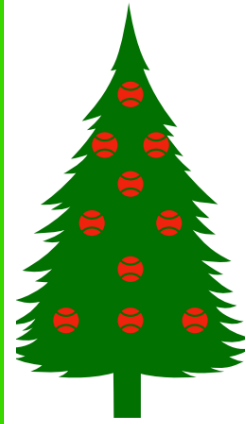
December Birthdays		January Birthdays	
1	Nicklaus Swenson	11	Appel Waters
5	Jan Garzon	11	Tamara Stautland
7	Marlow Myrmo	13	Thelma Johannesen
10	Peggy Gere	16	Helga Moore
10	Jeff Wergeland	17	Bob Bardin
15	Eldbjorg Backous	22	Lucille Wendling
15	Gregory Withee	24	Anders Kenstad
20	Ragnhild Amble	26	Glenn Jerpseth
24	Anne-Lise Mogstad Lunde	27	Carrie Reichert
29	Walker Rockman		

## 'Tis the Season for a Christmas Party!



*God Jul!*

**Jultrefest Pot Luck**  
**Valhall Lodge, Sons of Norway**  
 Meeting at Masonic Lodge of La Mesa  
 4731 Date Ave.  
 La Mesa, CA 91942  
**Saturday, Dec. 9, 2023**  
**Kid crafts start at 2:00**  
**Dinner at around 2:30**



*God Jul!*

### Pot Luck Suggestions

People with last names starting with A-M bring main dishes.  
 People with last names starting with N-Z bring side dishes (not dessert)  
 But anybody who has planned a dish that does not fit the above guidelines  
 should bring the planned dish instead of conforming to the guidelines.

### Dessert

You may bring dessert, but it must be in addition to a main course dish  
 as suggested above.

There will be a **Splendid Spoon** contest. If you participate in the  
 contest, your dessert should be broken down into small pieces. We  
 suggest cookies. Members will sample all the entries and then vote on  
 their favorite. The dessert with the most votes wins the **Splendid  
 Spoon** and may have it until the next **Splendid Spoon** contest is  
 held.



### RSVP Information

Email or text Ellen Spitzer  
 Email: [ellenspitzer43@gmail.com](mailto:ellenspitzer43@gmail.com)  
 Text: (619) 933-5409 cell  
 Please RSVP by December 7  
 Need to know number of adults/teens and  
 number of children under 13

**Wearing of  
 bunads is  
 encouraged.**

**Let's be festive!**

# Happy New Year!

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

**Saturday, January 13, 2024**

**Check-In at 1:30  
Dinner served at 2:00  
Meeting to follow**

During the meeting, there will be a presentation about Olga of Kiev (aka St. Olga) by Fay Lorraine Sueltz. Olga was the first ruler of Kievan Rus to convert to Christianity. Her grandson Vladimir made it the state religion. Olga was the wife of Igor, and Igor was the son of Ruric. Ruric was the founder of the Rurik dynasty of Russian czars and grand princes who ruled until 1598.

## **MENU**

**Meat**

**Potato, Vegetable, Salad**

**Rolls and Butter**

**Dessert**

**Coffee, Tea**

**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 January 10 \*\*\***

**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](mailto:grandmom2dach@gmail.com)**

## Valhall Lodge, Sons of Norway

### 2023 Social Calendar

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

### Troll Sculpture Exhibit

The South Coast Botanic Garden at 26300 Crenshaw Blvd., Palos Verdes Estates, CA 90274 has an exhibit of **Thomas Dambo TROLLS: Save the Humans** from now until January 14, 2024. These are folklore-inspired troll sculptures built from reclaimed materials. The tale about them is explained at <https://southcoastbotanicgarden.org/thomas-dambo-trolls-save-the-humans/>.

# 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**

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

# Lodge Meeting Minutes

## November 11, 2023

*There was no meeting. Most people went home after the meal, and by the time the meeting could start there was no longer a quorum.*

Newsletter editor: Steve Rawlinson

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

This newsletter is published monthly  
except in January and July.

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### 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>

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

Carmen C. Cleary

Congratulations!

Valhall Lodge 6-025 ~ Sons of Norway



# LOV Meeting Minutes

## November 4, 2023

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Sandra and Carrie

The meeting was called to order at 9:07 AM by President Millie.

Fifteen members attended. We welcomed two guests: Sue for her second meeting and lodge member Charmaine for her first time.

Minutes of the October meeting were published in the lodge newsletter. Sandra MOVED. Helen SECONDED that the minutes be approved as published. MOTION PASSED.

Treasurer's Report- Barbie read the September report. Sandra MOVED, Judy SECONDED that the reports be approved as read. MOTION PASSED.

### COMMITTEE REPORTS

Sunshine – Millie spoke to Anne, absent due to family illness.

Bunad Book Standing Committee – Will meet in the new year.

Christmas Stockings- Judy brought the stockings for Else and the committee.

Christmas Party – Judy had a sign up sheet for the event. Sandra MOVED that we charge \$25 per person for the luncheon and LOV uses funds to pay the difference to Anthony's. Carrie SECONDED. MOTION PASSED. Susan proposed an amendment that we charge \$20 and LOV pays the difference. MOTION PASSED.

Lille Butikken – Myla passed a signup sheet for volunteers to bring baked goods and sign up for sales table shifts, set up and clean up. Eldbjorg brought donations from Kim Bardin. Judy donated items too. The committee will meet to price items at Myla's house. Myla passed a sign-up sheet to purchase the gjetost that will be available to pick up at the Butikken.

### OLD BUSINESS

Contacting female lodge members – Charmaine came to the meeting, prompted by card from Carrie.

Hostess sign-ups for the new year 2024. Nominating Committee – Millie presented the proposed slate of officers for 2024. Sandra MOVED, Eldbjorg SECONDED that we accept the slate as presented. MOTION PASSED President – Susan, Vice President – Judy, Secretary – Solveig, Treasurer – Barbie. Since Solveig will be in the Secretary role, Eldbjorg will take the Sunshine position.

We presented our server Juan with holiday greetings and monies collected as a thank you for taking great care of us.



**LOV Meeting Minutes, October 7, 2023 (Continued from Page 9)**

Millie asked for volunteers to provide items for the Opportunity Drawing at the November social. Susan will bring a kransekake and Carrie will donate a basket of goodies.

**GOOD OF THE ORDER**

Thelma noted that the La Jolla Presbyterian Church Choir will perform on December 10.

Millie passed a signup sheet to RSVP for the lodge dinner on November 11.

Crafting Mondays continue. Next date November 6

We sang happy birthday to November and December birthdays: Millie, Sandra, Eldbjorg, and not present: Ragnhild, Carmen and Peggy.

There were two anniversaries to celebrate with song: Sandra and Alex, Solveig and Bruce.

Thanks to Carrie for donating beautiful plates to hold tasty gingerbread men baked by Sandra. Winners of the drawing were: Charmaine, Eldbjorg, Thelma, Millie, Solveig, Tam

Next meeting is our Christmas party at Anthony's on December 16.

Next regular meeting is on January 6 at Denny's at 9AM. Hostesses will be Judy and Millie

The meeting adjourned at 10:43 AM.

Respectfully submitted,

Myla Coleman, Secretary

**LOV Notes — November 4, 2023**

Next Meeting: January 6, 2024, 9:00 a.m., at Denny's

Hostesses: Judy and Millie

There was a nice turnout for the last LOV meeting in 2023. In January I will hand over the Presidential responsibilities to Susan Cody. Susan held this position in the past, just before I was elected President I think, so she knows the ropes! Barbie will still be Treasurer. New to the Board are Judy, VP and Solveig, Secretary. Tusen takk Ladies for volunteering for these positions. I'm taking my bell with me, however, Susan said she has a bell of her own!!!

Our next LOV get together is on December 16<sup>th</sup> at Anthony's in La mesa to end the 2023 LOV season. Several Ladies signed up for this event at the November LOV meeting and hopefully, more Ladies will join us. Please contact Judy Sawyer if you plan on attending.

Every year seems to fly by faster than the last. It's hard to believe the Holiday Season is upon us. Wishing everyone a HAPPY THANKSGIVING; but being thankful isn't only reserved for one day. However, it is a special day to enjoy fellowship with family and friends.

Gledelig Høsttakkefest (Happy Thanksgiving)

Med vennling Hilsen,

Millie Wright  
President, LOV

## Sandkaker (Sandbakkels)

### Ingredients:

3/4 cup + 2 Tbsp. butter  
1 cup + 1 1/2 Tbsp. flour  
7 Tbsp. or about 1/2 cup almonds,  
blanched and ground  
1 egg  
7 Tbsp. sugar



### Instructions:

Mix butter and flour until crumbly. Add ground almonds, egg, and sugar. Work ingredients together with your hands. Let dough rest for an hour in the refrigerator.

Press into greased sandkake/sandbakkell forms. Bake at 350°F /175°C for 10-15 minutes. Let cookies cool slightly before you remove them from the forms.

Excerpted from December 1999 Viking Magazine “*Velkommen til Bords.*” Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

[https://www.sofn.com/norwegian\\_culture/recipe\\_box/baked\\_goods\\_breads\\_and\\_desserts/sandkaker/](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/sandkaker/)



Mark the Date for the District Six Lodge Meeting and Convention!

June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV

Hosted by Vegas Viking Lodge # 152 and the District Six Board

### Folk Art and More

It's time to start working on projects for the 2024 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2024. New this year, is a 'Viking' category to go along with the Viking Vision logo/ theme. An 'Olaf' award will again be presented to a favorite digital/ electronic program. So, start (or keep going) on your knitting, stitching, carving, painting, etc. or get creative with a digital program and/or the Viking theme.

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

## **DATED MATERIAL**

*Please Deliver Promptly*

*Valhall Viking*

**DECEMBER 2023 - JANUARY 2024**

## **CALENDAR**

<b>December</b>	<b>9:</b>	<b>Lodge Meeting &amp; Social</b>
<b>December</b>	<b>16:</b>	<b>LOV Christmas Luncheon</b>
<b>January</b>	<b>6:</b>	<b>Ladies of Valhall</b>
<b>January</b>	<b>11:</b>	<b>Lodge Board Meeting</b>
<b>January</b>	<b>13:</b>	<b>Lodge Meeting &amp; Social</b>
<b>January</b>	<b>23:</b>	<b>Newsletter Deadline</b>

Next newsletter is the  
February issue

Deadline for the  
February Valhall Viking  
is January 23, 2024

E-Mail articles to  
Steve Rawlinson at:

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