



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.

February 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

February	4:	9:00 AM	LOV Meeting
February	11:	1:30 PM	Lodge Meeting & Social

Ord fra presidenten

Dear Members,

Greetings! This is my first message to you as Lodge President. I am so looking forward to this year and hope that the Lodge can grow. I want there to be opportunities for you to get together, have fun, and achieve great things.

We have several officer vacancies (see page 5) and tasks that we have identified that would help the Lodge grow (see page 10). We encourage members to volunteer to help out. But if you are not comfortable doing that, we still hope that you can come to our lodge meetings and socials. We want to see more of you at our meetings.

We are a Norwegian organization, and I want to foster education about Norwegian culture and history. We have a great social committee headed by Judy Sawyer that knows how to prepare Norwegian food. I hope to find a Cultural Director who can develop presentations about Norwegian culture, people, and history. Most of all, I want to see you at our meetings, and I want you to have a great time when you come.

Respektfullt,

Myla Coleman, President, Valhall Lodge 06-25





Happy Birthday
Gratulerer Med Dagen!



February Birthdays

- 3 Anne Høidal
- 6 Sue Fouquette
- 10 Don Bigler
- 16 Jim Adams
- 19 Kimberly Bardin
- 21 Erik Nilsen
- 23 Thomas Howe
- 25 Linda O'Dell
- 28 Lewis Johnson

Sven Olsen

We reported the sad passing of Sven Olsen in the previous newsletter, but Celebration of Life information was not available at the time.

There will be a Celebration of Life for Sven on Saturday, February 4th at 2 PM, at Emmanuel Faith Community Church, 639 E. 17th Avenue, in Escondido.

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly
except in January and July.

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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>

Norwegian Beef Lapskaus (Stew) Dinner

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

Saturday, February 11, 2023

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

MENU

**Beef Stew, Green Salad,
Bread, Butter, 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 Feb. 8 *****

**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**

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 - CATERED
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 (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer

Auditors
Phil Hinshaw
Everett Shogren
Sandra Yeaman

Corporation Officers	
Director	James Adams
Director	Andreas Ueland
Director	Everett Shogren
Director	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

Lodge Meeting Minutes

January 14, 2023

Meeting called to order at 3:19 p.m. by President Maury Lee.

The anthems of USA, Norway and Canada were sung. There were no visitors at today's meeting.

Installation Ceremony was performed. Rick Hausvik was the installation officer. Officers installed as follows: President- Myla Coleman, Counselor- Maury Lee, Secretary- Susan Cody, Financial Secretary- Aprell Bigler, Membership Secretary- Aprell Bigler, Treasurer- Millie Wright, Social Director- Judy Sawyer, Marshall- Andy Ueland, Historian- Sandra Yeaman, Musician- Susan Cody, Publicity- Jim Adams, Newsletter Editor- Steve Rawlinson, Foundation Director- Jim Adams, Youth Director- Myla Coleman, Webmaster- Steve Rawlinson. Trustees- Susan Cody. Millie Wright. Judy Sawyer. Auditors- Sandra Yeaman, Everett Shogren. Congratulations to the new Valhall Board.

Our new President, Myla Coleman, took over the meeting.

Motion carried to accept minutes of the November meeting as printed in the Valhall Viking.

Treasurer's Report: Motion carried to accept. Millie announced that board members of Valhall and LOV will be going to Wells Fargo to update the signatures to access the banking accounts.

Secretary's Report: Susan needs reporting from Valhall members regarding hours of volunteering, participation, etc. in Valhall activities for the past year. Please submit your information to Susan via her email secretary@lodgeofvalhall.com.

Editor's Report: The deadline for including information in the next Valhall Viking is January 23.

Social Director's Report: Judy thanked those attending the social today. February's dinner will be on 2/11 and Lapskaus will be served.

Historian: Sandra brought in books and albums of past documents and photographs of lodge events.

Foundation: Motion carried to send a \$25 donation to the Foundation in memory of Bob Sather, District 6 president, who died recently.

Membership: Aprell reported that Valhall has 140 members currently.

Trustees: Susan and Judy did an inspection of the shed, cleaned out some items that were water damaged, and performed an inventory. Inventory of items inside the kitchen area will be performed soon.

Board meeting dates will be set.

For the good of the order: Susan had taken the speaker system home and brought in a wireless microphone to help increase the sound system for meetings. She was also able to set up a Bluetooth system for music during the socials. Once the Sons of Norway grants are approved, more equipment will be purchased,

Maury gave the lodge and shed keys to Myla.

The meeting was adjourned at 3:58.

Ladies of Valhall Meeting Minutes

January 7, 2023

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Linda and Barbie

The meeting was called to order at 9:05 AM by President Millie.

Thirteen members attended.

Millie introduced our new Treasurer Barbie and led us in a brief installation ceremony by passing her bell so we could ring in the new year and our officers.

Treasurer's Report for November – New treasurer Barbie will have reports next month after Amelia passes on the Treasurer materials

Minutes of the November meeting were read aloud by Secretary Myla. Sandra MOVED, Susan SECONDED that the reports be approved as read There were no corrections. MOTION PASSED.

COMMITTEE REPORTS

Sunshine – Millie asked if anyone is interested in taking over this role. No one stepped up so Barbie said she will continue. Else and Millie visited Joyce Oen at her new location, giving her one of the Christmas stockings.

Bunad Book Standing Committee – Sandra reported that the committee needs to meet.

Christmas Stockings for lodge Jultrefest –. Need volunteer

Christmas Party – Judy reported that the 2022 Christmas Luncheon at Anthony's was well-attended. We had fun socializing, playing the gift exchange, discussing the Christmas song picture puzzles and eating. She has reserved 12/16/2023 for this year's party.

Lille Butikken – Myla was able to fulfill requests for gjetost after the November social and delivered them at the December social and LOV Christmas Party. She'll deposit funds collected to be added to the Butikken profit for 2022. Amelia supported the Butikken by bringing the till money and depositing the funds after the sale.

OLD BUSINESS

Crafting-. Millie thanks all those who provided beautiful hand- crafted items for the Butikken: Judy painted small wooden ornaments, Susan embroidered ornaments with tiny Hardanger stiches, Karen machine-embroidered Norwegian flag mug rugs.

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

NEW BUSINESS

Budget Committee: Barbie, Linda and Sandra will meet to work on budget proposal for 2023.

Bank account signers update: Millie has an appointment for us to meet at Wells Fargo on 2/4, at 11:00 a.m., after the LOV meeting.

CULTURAL/PROGRAM

Craft Mondays continue at House of Norway on January 16.

Anne, Ragnhild, Myla and Sandra have provided program in the past and will continue when possible. We need support from members to provide program for the lodge and for our LOV meetings. Thelma will show some of her quilt projects at the February meeting. Carrie wants to research Edvard Munch and share with the group at the March meeting.

GOOD OF THE ORDER

Thelma let us know that La Jolla Presbyterian Church Christmas choir program is on YouTube.

We sang Happy Birthday to December birthdays: Eldbjorg, Ragnhild and Peggy (who is moving to Washington state). January birthdays: Barbara E., Tam, Solveig, Thelma, Carrie

Thanks to Barbie and Linda for the pretty snowflake cookie, hot chocolate, and mug door prizes, winners were: Susan, Millie, Elldbjorg, Solveig, Thelma, Helen, Judy, and Tam. Thank you Linda and Barbie.

Next regular meeting on February 4, 2023 at Denny's at 9AM.

The meeting adjourned at 10:37 AM

Respectfully submitted,

Myla Coleman, Secretary

Ladies of Valhall Notes

January 7, 2023

Next Meeting: February 4 , 2023, 9:00 a.m., at Denny's

Hostesses: Linda and Barbie

Welcome back Ladies, we had a decent attendance to our first LOV meeting of the year, even though the weather was a bit nasty. I understand why some of our Ladies could not make it to the meeting. The attendance was close to what we have seen in the past year though. Hopefully more of our Ladies will be able to attend future monthly meetings.

A lot has been accomplished during this first LOV meeting.

- The 2023 LOV officers were “officially” acknowledged by the ringing of the President's bell by all the attendees!!!
- Closing reports were made by the 2022 Committee Members.
- Requests for Committee Volunteers; we don't want to wait til the last minute for volunteers.
- Budget Committee was formed consisting of Barbie, Sandra, and Linda.
- Hostess Sign Ups for 2023 are almost complete – Still need a second volunteer for October.

A meeting has been scheduled at Wells Fargo on February 4th, at 11:00 a.m., after the LOV meeting. Both LOV and Valhall Lodge Officers are to attend this meeting.

I hope you have been enjoying this rainy weather; I love it as long as I don't have to drive in it!!!! Fiinally, there is water flowing in the creek by me. I love the sound, unfortunately, it won't last long once the rain stops.

Stay safe and healthy.

Med vennling Hilsen,

Millie Wright
President, LOV

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

Forty Years of Membership

Barbara M Evje

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

*In Recognition of
Ten Years of Membership,
Valhall awards a Ten-Year Pin to the
following
member for her long and faithful
service:*

Ten Years of Membership

Sharmane Estolano

Congratulations!
Valhall Lodge 6-025 ~ Sons of
Norway

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 Myla Coleman (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.



**REGISTER
STARTING
FEB. 1ST**

SONS OF NORWAY CAMP TROLLFJELL & FOLKHØGSKULE AT CAMP NORGE



**FOLKHØGSKULE
JUNE 25-JULY 8
AGES 14-17**

Family Transition Weekend
July 7 - 9
Come with your family!

**TROLLFJELL
JULY 9 - 21
AGES 8-13**



CAMP NORGE | ALTA, CA

Norwegian Language | Folk Dancing | Rosemaling
Cooking | Hiking | Games & Sports | And a Lot More...

For more info:
Website: sofn6.org/arv/
Facebook: Trollfjell
Instagram: trollfjellsofn



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Stephen Rawlinson, Editor
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Please Deliver Promptly

Valhall Viking

FEBRUARY 2023

CALENDAR

February 4: LOV Meeting
February 11: Lodge Meeting & Social
February 23: Newsletter Deadline

Next newsletter is the
March issue

Deadline for the
March Valhall Viking
is February 23, 2023

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com