



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.

March 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

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

Ord fra presidenten

Dear Members,

What a koselig time we had at the February social! Tusen takk to Susan for stepping in to prepare the beef lapskaus and delightful buttery eplekake at the last minute, due to Judy's sudden illness. Takk to the members who kindly helped prepare and clean up afterward.

Spring is approaching. It's a wonderful time of the year when we get to deal with our allergies flaring up from all that pollen in the air. It's also a good time to make plans for the summer. District Six has plans to operate summer camps for the kids at Camp Norge. Camp Trollfjell is for children aged 8-13, and Camp

Folkhøgskule is for people aged 14-17. (See Flyer on Page 15.) These camps provide excellent instruction on Norwegian culture.

This month we celebrate the Lodge's 111th Anniversary with our traditional salmon dinner. (Flyer on Page 3.) I look forward to seeing you there.

Respektfullt, Myla Coleman, President, Valhall Lodge 06-25





Happy Birthday
Gstulerer Med Dagen!



March Birthdays

- 1 Wilma Springer
- 8 Jenna Hausvik
- 19 Lou Coover

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>

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

Sixty-Five Years of Membership

Audun J S Davik

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

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly
except in January and July.

Copyright © 2022 Valhall Lodge #6-25,
Sons of Norway

All Rights Reserved

Anniversary Salmon Dinner

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

Saturday, March 11, 2023

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

MENU

**Fish Soup
Choice of Salmon or Meatballs
Potatoes, Veggie, Cucumber 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 March 8 *****

**When making a Reservation, please include
number of adults and number of children.
Also specify number of salmon dinners and number of meatball dinners.**

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

Let's celebrate our lodge's anniversary by sharing a bit of our personal history! Please bring one or two artifacts with a Norwegian connection. We'll have a display table set up and devote a few minutes of program time for you to share with the group. Ideas: an antique that you inherited, a handmade project, photos, anything with a great story. We can't wait to see what comes in! This is our 111th Anniversary.

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	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

Philip Hinshaw, RIP 1934-2023

We are sorry to report the passing of Philip Hinshaw. His wife Mary reported that he died of a stroke during the early evening of February 10. Phil was a well-loved member of Valhall Lodge. Phil and Mary toured Norway in 1984 as members of a Scandinavian Geography Tour. In 2005, they became members of the Sons of Norway, Valhall Lodge, as a result of their Scandinavian tour and taste for Norwegian salmon. Lodge members were delighted to have them even though they did not have Norwegian ancestry. Phil was also welcomed into the Fish Club.



Phil was an active member of Valhall Lodge having joined on March 7, 2005. He was one of our current Auditors and had been since 2021. He was our Assistant Marshal in 2012-2013. Moreover, he and wife Mary helped out on several Business and Social committees through the years.

Philip was born in Winchester, IN, on November 14, 1934, and enlisted in the U.S. Navy in 1952. After retiring from the Navy as a Master Chief Electrician in 1971 and graduating from San Diego State University in 1975, he worked in the field of land use development and environmental consulting. Phil and Mary both served in the Navy and met at the San Diego Naval Training Center Electrician's Mate School. Phil was a patriotic American and an active member of the Sons of the American Revolution.

Phil noticed an error in the way your Editor handled the flag when your Editor was Marshall and with marvelous tact explained the proper way to handle the flag. We were always good friends after that. It is heartbreaking to realize that he is no longer with us.

Phil will be buried at sea in a private ceremony. Mary needs time to plan a memorial service and we will provide that information after we receive it. We extend our deepest sympathies to Mary Hinshaw.

Barbara M. Evje, RIP

1934-2023

We are sorry to report the passing of Barbara Evje on January 30. Barbara joined Sons of Norway in 1983 and would have received a 40-year pin and Certificate of Award had she lived to attend one more lodge meeting. She was Lodge Secretary in 1998-2000 and helped out on several Business and Social committees through the years. Barbara was also a member of Ladies of Valhall (LOV) and served as LOV Secretary in 2001, 2003, 2005, and 2006. She also served on the LOV Sunshine Committee.

Barbara was a wonderful person and great friend. Millie Wright said that she had a “killer sense of humor”.

We extend our sympathy to the Evje family.

Arlene LaBree, RIP

1948-2023

We are sorry to report the passing of Arlene LaBree on Wednesday, February 15. Arlene was suffering from kidney disease and was scheduled for dialysis. She went to the hospital on Monday, was put on a ventilator at 7:00 PM on Tuesday, and passed away at 6:00 AM on Wednesday from respiratory issues caused by her bad kidneys. She was 74 years old.

Arlene joined Valhall Lodge on December 1, 1997. In recent times, she was not able to attend meetings, and so we were not able to present her with the 25-year Certificate and Pin that she had earned. She was our lodge Editor and Webmaster from 2003 to 2018 and this Editor's predecessor. She was also lodge Webmaster before the current Webmaster took over. Arlene did a great job in both roles, and your current Editor is in a position to know that. As webmaster, Arlene made masterful use of Cascading Style Sheets so that navigating from any page on the website to any other page was easy and consistent. Arlene also served as Assistant Editor from 2019-2022 and Foundation Director from 2019 to 2020. She helped out on several Business and Social committees through the years. Arlene was a long-time member of Ladies of Valhall (LOV), and she was also a member of House of Norway. To sum up, she was a big part of Norwegian organizations in San Diego.

We extend our sympathy to her son John and daughter-in-law Becky and to the LaBree family.

Lodge Meeting Minutes

February 11, 2023

Meeting called to order at 3:02 p.m. by President Myla Coleman.

The anthems of USA, Norway and Canada were sung. One visitor was present. We welcomed Brenda King-Scoffin who has transferred from the Palm Desert lodge. We also had Jim Donovan as a guest. He is our Financial Benefits Counselor, and he presented information about the policies that Sons of Norway is able to provide.

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

Treasurer's Report: The motion to accept carried. Millie announced that board members of Valhall and LOV met at Wells Fargo to update the signatures to access the banking accounts.

Editor's Report: Steve was absent, and Myla stated that the deadline for including information in the next Valhall Viking is February 23.

Social Director's Report: Judy was absent today, and Susan thanked those attending the social today, and for all of the excellent help that she had preparing the event and meal. March's dinner will be on 3/11. We will be celebrating Valhall's anniversary with a salmon dinner. Myla asked that if anyone has any Norwegian items that they would like to display, there will be a table designated for them.

Foundation: No report

Trustees: Susan stated that she, with the assistance of Ellen and Sandra, went through several of the cupboards in the kitchen and reorganized items and discarded items that were damaged or no longer needed.

Youth-Susan stated that she had filled out the Lodge of the Year forms, and the forms request information about Heritage members, whether there is a group that meets, how many went to camp, etc. We currently have about 23 Heritage members, and the lodge would benefit from forming some sort of group for activities for our youth.

Board meeting dates will be set. The budget needs to be discussed at the Board meeting.

For the good of the order:

- Andy Ueland will not be present at the next meeting. He will be traveling out of the country.
- 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 March 11.

The meeting was adjourned at 3:31.

Respectfully submitted,

Susan Cody, Secretary

Ladies of Valhall Meeting Minutes

February 4, 2023

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Linda and Barbie

The meeting was called to order at 9:11 AM by President Millie.

Eleven members attended. We welcomed new lodge member Brenda who transferred from Solskinn Lodge in Palm Desert.

We had a minute of silence in memory of the passing of our dear friend, Barbara Evje.

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

Treasurer's Report- Barbie presented reports for October, November and December. Ellen MOVED, Susan SECONDED that the reports be approved as read. After today's meeting at Wells Fargo, Barbie will have access to the bank account statements.

COMMITTEE REPORTS

Sunshine – Barbie sent cards to Carrie, Ellen, Judy and Wilma. Millie sent cards to Peggy, Amelia, Judy and Wilma. Solveig offered to take over the Sunshine role.

Bunad Book Standing Committee – Else had a copy of the [Bunad](#) book and sold it to a member of the House of Norway. The committee needs to meet to plan the next project using the book funds.

Christmas Stockings for lodge Jultrefest – Judy bought 14 stockings at reduced price after Christmas. Else offered to buy some stuffers. Still need a firm team for the Christmas Stockings.

Christmas Party – No report

Lille Butikken – Myla had a suggestion to apply small Hardanger embroidery pieces to tote bags. Barbie offered to sew the totes as she is doing a similar project with another group.

OLD BUSINESS

Hostess Sign-ups for 2023 – Need someone to host with Eldbjorg in October. Other months are filled. Thanks to Linda and Barbie who signed up for three months.

Budget Committee – still needs to meet

NEW BUSINESS

No new business

CULTURAL/PROGRAM

Craft Mondays continue at House of Norway

Thelma brought a variety of her beautiful, applique art quilts, recounting how she started doing pieced quilting like her beloved grandmother, then moving to the different challenge of applique.

GOOD OF THE ORDER

Many lodge members and members of House of Norway plan to attend Sven Olsen's memorial today.

Susan has upcoming performances: Senior Talent Show, March 17, 10-12:30. Tickets are \$10.

Anne has a February birthday but wasn't present.

There were no anniversaries.

Thanks to Linda and Barbie for the pretty pink and red Valentine decorations that included soft trucker hats and gift bags with heart-shaped stress balls, candy and fancy iced cookie.

Next regular meeting on March 4, 2023 at Denny's at 9AM. Hostesses will be Sandra and Susan

The meeting adjourned at 10:40 AM

Respectfully submitted,

Myla Coleman, Secretary

Ladies of Valhall Notes

February 4, 2023

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

Hostesses: Sandra and Susan

Attendance was slightly less for the February meeting partly due to a conflicting HON event, but I am grateful for the members who showed up to the LOV meeting. However, we did have a guest, Brenda King-Scoffin – only two more meetings and she will be an official LOV member.

I spoke with Janet and she indicated that Wilma has pneumonia, so please Keep Wilma and Janet in your thoughts and prayers. Solveig is LOV's new Sunshine Lady, please contact her regarding any cards, calls, or emails to be sent to any Ladies who are ill, need a little Thinking of You, Hi how are you, sympathy, etc. Barbie L. has done a wonderful job in this capacity after Barbara E. resigned from the position. (Barbara has since passed away and is missed by all the Ladies.)

Tusen takk to all the Ladies who have volunteered to be on committees so far:

Budget Committee – Barbie, Sandra, and Linda

Sunshine - Solveig

The Bunad Book Standing Committee – Sandra, Anne, Anita, and Else - All the Bunad Coloring Books were sold. The committee will meet to discuss other options.

Christmas Party – Judy, Susan, and Fay – Judy has already procured LOV's Christmas Luncheon date, 12/16/2023, at Anthony's.

Christmas Stockings – Although we do not have an official member/committee for the 2023 Christmas stockings, Judy bought stockings at Walmart after Christmas and Else has volunteered to find items for the stockings.

Lille Butikken – Need volunteers.

Cultural Committee – Solveig and Myla, however, all members can participate:

Thelma's applique/quilt cultural presentation at the February meeting was impressive, and in March Carrie will have a presentation on Edvard Munch (I think).

Several members of LOV and Valhall Lodge attended the memorial service for Sven Olsen on February 4th at 2:00pm in Escondido.

The day before the Valhall Lodge February social, Lodge member Phil Hinshaw passed away. He was one of the auditors for LOV, Valhall Lodge, and Valhall Corporation. Phil's absence was felt at the Lodge audit that was held before the Lapskaus social.

Our condolences go out to the families of Barbara, Sven, and Phil. It is so sad to say our last goodbyes to such loved and respected members of LOV and the Lodge

May you Rest In Peace Barbara Evje, Sven Olsen, and Phil Hinshaw

Med vennling Hilsen,

Millie Wright

President, LOV

Valhall Corporation Meeting Minutes

January 28, 2023

The meeting was held on Zoom and was called to order at 3.00 PM Present were President Jim Adams, Vice president Andreas Ueland, Treasurer Steve Rawlinson, Secretary Everett Shogren, Lodge President Myla Coleman and Directors Millie Wright and Judy Sawyer. This meeting had been originally scheduled for January 21 but was postponed due the illness of the Treasurer.

It was moved, seconded and passed to accept the minutes of the previous meeting as printed in the Valhall Viking.

The issue of charitable donations for 2022 was discussed and the Corporations recommendations will be presented to the Valhall Lodge board at their next meeting for approval by the lodge membership.

Treasurer Steve Rawlinson presented the quarterly treasurers report. The report had been furnished to the Corporation Directors and Lodge president in advance of the meeting. This was in accordance with standing rule 44 that requires a review of investments in the Spring and Fall of each year.

During 2022 the corporation's investment values were reduced somewhat as was expected, but the losses were less than the losses that most of the financial indexes incurred.

Our investment strategy or using "buckets" to hold different types of assets and the 10 year plan for managing income and expenses was again discussed at length.

There was discussion of the change in the firm that provides investment management for us. Our current investment management firm has been sold to another firm. Therefore it will be necessary to transfer our account in the coming months. The virtues of several firms was again discussed at length.

A committee of Steve Rawlinson, Andreas Ueland and Myla Coleman will investigate possible replacement firms,

Subject to change, additional Valhall Corporation meetings in 2023 will be held on April 22 and October 21. It was decided to continue to hold meetings at 10:00 AM on Zoom. All Valhall lodge members are welcome to attend and observe.

Various year end required forms and reports are being prepared. Everett Shogren will begin the process of preparing for the annual audit. The meeting was adjourned at 4:11 PM

Everett Shogren, Secretary



Susan Cody assists Thelma Johannesen in displaying items in Thelma's cultural presentation at the February 4, 2023, LOV meeting.

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!!!



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



Registration has started!

Valhall Viking
Published Monthly by
SONS OF NORWAY
(Valhall Lodge) 6-25

Stephen Rawlinson, Editor
3202 Mohican Ave.
San Diego, CA 92117-6250

NON PROFIT ORG.
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT No. 906

DATED MATERIAL

Please Deliver Promptly

Valhall Viking

MARCH 2023

CALENDAR

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

Next newsletter is the
April issue

Deadline for the
April Valhall Viking
is March 23, 2023

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com