



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.

May 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

May	6:	9:00 AM	LOV Meeting
May	13:	1:30 PM	Lodge Meeting & Social
May	17:	9:00 AM	Raising of Norwegian flag at Balboa Park

Ord fra presidenten

Dear Members,

May is on its way! We who love Norway are excited to celebrate *Syttende Mai*, the anniversary of the adoption of the Norwegian Constitution in 1814. This national holiday is like our Fourth of July with parades, parties and fireworks. See below for local events. We hope to see you there!

- **May 13** - Valhall Lodge observes *Syttende Mai* with food and fun at our monthly social. (See Page 3.)
- **May 14** - The House of Norway in Balboa Park celebrates Mother's Day and *Syttende Mai* at the annual lawn program. (See Page 13.)
- **May 17** - *Syttende Mai* - Maury Lee will raise the Norwegian flag at 9:00 AM in the courtyard near the Hall of Nations. Following the flag raising House of Norway serves brunch. (See Page 14.)
- **May 7** - The House of Norway joins other international cottages in Balboa Park in participating in the 40th Annual Ethnic Food Fair. (See Page 15.)

Please turn to Page 2.



Ord fra presidenten (continued)

The convivial crowd at our April social enjoyed another great meal prepared by Judy and Susan: ham au jus, scalloped potatoes, Caesar salad and delectable carrots braised with pineapple and brown sugar. Dessert was a delicate and creamy blotkake with berries. Thanks to Sue and Charlie for the masses of cut flowers from their garden that brightened the room with Spring colors and that Susan used to decorate the cake. Thanks, Susan, for the teachable moment about edible flowers and the inventive way you used them.

To quote Lady Bird Johnson. "Where flowers bloom, so does hope".

Wishing you all a hopeful Spring and beyond,

Myla Coleman

Valhall Lodge President



Happy Birthday
Gratulerer Med Dagen!



May Birthdays

4	Dale Roybal
4	Susan Hansen
13	Debra Hausvik
15	Cynthia May
16	William Stedham
20	Kay Wergedal
23	Fay Sueltz
24	Arnette Scherl
25	Mary Conklin
26	Alexander Davis

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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Sons of Norway

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Syttende Mai Dinner

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

Saturday, May 13, 2023

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

MENU

**Open Face Sandwiches
Smoked Salmon, Ham Salad, Shrimp
Hard Boiled Eggs, Creamy Dill Cucumbers
Fruit, Potato Salad
Kransekake
Coffee, Tea
Soda and Water available with donation
Please feel free to bring your own wine or beer**

**Cost \$15, Children under 10: \$10
*** PLEASE pre-register by May 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**

Note: The Corporation will give a report at the end of the meeting. This report will be for **members only**. **Guests will need to leave before the Corporation report.** For this reason, **dessert will be provided before the meeting.**

If you invite a guest, you may want that guest to come in **separate transportation** so that the guest can go on home during the Corporation report.

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 members enjoyed a lovely cream cake at the Lodge Social on April 8, 2023. Lodge member Susan Cody made the cake. The flowers on the cake were edible.

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

Lodge Meeting Minutes

April 8, 2023

Meeting called to order at 3:19 p.m. by President Myla Coleman.

The anthems of USA, Norway and Canada were sung.

Carolyn Necsas, a guest of Mary Hinshaw, was introduced to the members.

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.

Social Director's Report: Judy thanked those attending the social today. She also thanked Linda Rawlinson for the table decorations, Sue Fouquette for the lovely flower arrangements, and Susan Cody for the Bløtkake. Next month's meeting will celebrate Syttende Mai.

Cultural: Amy Boxrud's presentation at the Norwegian Fish Club meeting was recorded and is available on the Fishclub's website.

Jerry Wergedal did a presentation on wood carving and brought many items for display.

Corporation: Funds are being transitioned from TD Ameritrade to a different investment company. There will be a new financial person on the corporation board who will be announced at the next meeting.

Website: There are new postings under the cultural tab.

Publicity: Jim is looking for ways to advertise our socials. Robert Becerra has created a new Facebook page and has set up an Instagram account for the lodge.

Foundation: There is no feedback yet on the grants.

For the good of the order:

- Thank you to Jim Adams for acting as Marshall Pro Tem for today's meeting.
- The Seaman's Church will have a 5 pm service at Ascension Lutheran Church on 4/16. They will also be bringing their Butikken for sales of authentic Norsk food items.
- We still have officer vacancies: Vice President and Cultural Director, plus assistants for Secretary, Social Director, Marshall and Editor.
- Judy has a framed item of antique regalia and another of the original Valhall Board that was left at Ascension Lutheran Church when we moved out. They will be stored in the shed.
- The Charter was draped in memory of Wilma Springer and Olaud Lelevier.

Our next meeting and social will be on May 13.

The meeting was adjourned at 3:38.

Respectfully submitted,

Susan Cody, Secretary

Valhall Corporation Meeting Minutes

April 22, 2023

The meeting was held on Zoom and was called to order at 10:05 A.M. Present was President Jim Adams, Vice president Andy Ueland, Treasurer Steve Rawlinson, Secretary Everett Shogren, Lodge President Myla Coleman and Director Judy Sawyer. Director Millie Wright was absent due to illness.

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

The report of the committee three formed to recommend where to move our equity presented. This move is necessary because TD Ameritrade will no longer be able to manage it later this year.

Members of the committee were Myla Coleman, Andy Ueland, and Steve Rawlinson. They investigated programs from: Charles Schwab, Fidelity Investors and JP Morgan.

The Committee recommends Schwab Managed Portfolios. These funds will be invested in various index ETFs that have equities in their portfolios.

The recommendation was discussed at length and accepted.

Treasurer Steve Rawlinson presented the quarterly treasurer's report. The first quarter of 2023 showed a net gain on our investments. The corporation funds are held in three "buckets" depending on anticipated need for funds, i.e., long term, shorter term and current operational needs. Some of the short term funds will be moved from Sons of Norway lodge Deposits to local financial institutions for higher return and easier access.

After discussion the Treasurers report was accepted as presented.

The yearly report from the corporation to the lodge membership will be Presented at the May 13 Lodge Business meeting.

Subject to change the final Valhall Corporation meeting for 2023 is scheduled to be held on October 21. The meetings will be at 10:00 A.M. on Zoom. All Valhall lodge members are welcome to attend and observe.

The meeting was adjourned at 11:20 A.M.

Everett Shogren, Secretary

Ladies of Valhall Meeting Minutes

April 1, 2023

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Anne and Else

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

Fifteen members attended.

We had a minute of silence in memory of the passing of Wilma and Olaud.

Minutes of the March meeting were read aloud as the version in the newsletter was not correct. Sandra MOVED Linda SECONDED that the minutes be approved as read. There were no corrections.

MOTION PASSED.

Treasurer's Report- Barbie presented the report for February. Sandra MOVED, Linda SECONDED that the reports be approved as read. MOTION PASSED.

COMMITTEE REPORTS

Budget Committee – Barbie presented the budget for 2023. Sandra MOVED Susan SECONDED that the Budget be approved. There was some discussion. MOTION PASSED.

Sunshine – Millie sent sympathy cards to Janet and Wilma's family. She sent a card to Olaud's family. Millie suggested that we collect money to pay for Janet's lodge membership. Linda offered to pay for her membership for the next 5 years. Millie received a text from Brenda that her husband is in the hospital. Solveig will send a get-well card to Brenda and Ragnhild. Per Thelma, Tam had hip replacement surgery and is home now. Solveig will send a get-well card.

Bunad Book Standing Committee – Sandra asked for help but her capacity is limited. Carrie and Linda will help.

Christmas Stockings for lodge Jultrefest – no update Christmas Party – no update

Lille Butikken – Sandra received donations of items from Wilma's and is storing them at her house. Myla and Barbie are working on creating tote bags with stitched decorations.

OLD BUSINESS

Crafting Mondays continue at House of Norway The number of people attending has increased. Thelma will invite Mary H to come with her.

Wells Fargo required Millie and Barbie to come in to sign another form for the bank account. Hostess Sign-ups for 2023 – all dates are filled.

NEW BUSINESS

It's been a while since we reached out to women members of the lodge to invite them to our meetings. Sandra will generate a list and Carrie will mail out cards.

CULTURAL/PROGRAM

Anne has a trove of documents and photos in binders and boxes from the creation of the bunad book. She proposed that a group come to her house to sort and put together the story of the people who came together to support the project. Linda suggested there could be two: one about the making of the book and another featuring the artifact photos and descriptions in a story tentatively titled "Treasures of the Past". **Please turn to Page 9.**

LOV Minutes of April 1, 2023 (continued)

Anne suggested Myla, Millie & Carrie be included in the Bunad Standing Committee for this project. Carrie offered a storage area at her house if we need it. Sandra offered to write a grant proposal for funding.

Else will research "How to care for Norwegian sweaters". Janet Coulon, HON, may be a good resource.

Myla gave a quick overview of the guest speaker at the Fish Club's March dinner: Amy Boxrud from the Norwegian American Historical Archive. She recorded the presentation and sent it to Steve to for the Fish Club to post on their website.

GOOD OF THE ORDER

No birthdays or anniversaries in April

Drawing winners brought home cuttings of orange clivia flowers from Anne's garden in a clear glass vase: Linda, Sandra, Helen, Susan, Eldbjorg, Millie, Solveig

Thanks to hostesses Else and Anne for the authentic Norwegian brown bag snacks of little oranges, Kvik Lunsj chocolate bars with an Easter twist of jellybeans.

Next regular meeting on May 6, 2023 at Denny's at 9AM. Hostesses will be Judy and Solveig

The meeting adjourned at 11:18 AM

Respectfully submitted, Myla Coleman, Secretary

LOV Notes April 1, 2023

Next Meeting: May 6, 2023, 9:00 a.m., at Denny's

Hostesses: Judy & Solveig

Welcome to spring in San Diego . . . enjoy the nice, warm days as well as the rainy/drizzly days, we do need the rain!

It's hard to believe the first quarter of 2023 is past, spring has sprung, and summer is right around the corner. That means our Lille Butikken committee needs to start preparing for the sales at the Lodge in November. Our Norwegian Crafters in the Park provided beautiful painted and Hardanger embroidery ornaments for the Butikken last year, and hopefully, we will have additional ornaments etc. created by LOV members this year. Myla and Barbie are already working on canvas bags with Hardanger embroidery and/or other designs on them. We all need to pitch in where we can, whether we are seasoned LOV members or have just recently joined. Soon we will be encouraging our bakers to donate their incredible baked goods: cookies, breads, lefse, etc. for this event. It's not too early to start thinking about this. After all, we only have two more meetings (May & June) before closing for the summer months of July and August. That gives us September and October to really get in gear; the time does go by fast.

Ladies of Valhall are the best members anyone could ask for, and they haven't let us down yet.

UPDATE: The cultural pins I ordered were charged to Valhall Lodge, not LOV.

Med vennling Hilsen,

Millie Wright

President, LOV

Corrected 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 a report for January. Ellen MOVED, Helen SECONDED that the reports be approved as read.

COMMITTEE REPORTS

Sunshine – Solveig & Millie sent sympathy cards to Arlene's son, Jon; a thinning of you card to Sandra, and she sent Valentine cards to LOV members but didn't have Brenda's address yet. Millie also called Amelia. Judy contacted Millie to let us know that her surgery went well and she is home. Brenda brought a box of greeting cards for LOV and Lodge Sunshine ladies to use.

Bunad Book Standing Committee – No project yet

Christmas Stockings for lodge Jultrefest – Volunteers: Judy for stockings; Else for stocking stuffers. Ellen and Brenda will help if needed.

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

Lille Butikken – Committee is Myla, Ellen, and possibly Brenda. Barbie offered to supply material to Myla

to make/design canvas bags for sale.

OLD BUSINESS

Hostess Sign-ups for 2023 – all dates are filled

Budget Committee – still needs to meet

NEW BUSINESS

No new business

CULTURAL/PROGRAM

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

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.

Carrie offered to present other Norwegian topics at future LOV meetings. Jean asked if we can have a presentation regarding Nordic sweaters.

Ragnhild and Susan led us in singing "Alle Fugler"

Please turn to Page 11.

Corrected LOV Minutes of March 4, 2023 (continued)**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/saucers/silver spoons, teapot, pewter spoon, a book, and a Hardanger Bunad figurine.

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



Woodcarvings provided by lodge member Jerry Wergedal were on display at the Lodge Social on April 8, 2023.



Cultural Notes

May 2023

Tusen takk to Jerry Wergedal and Lou Coover for bringing their fascinating woodcarvings to share with us at the April social.

What a variety of objects: plates, boxes, bottle stoppers, trivets and figures of people and animals! The fantastically detailed fish statue was also painted in minute detail and shimmered like a real fish under water.

He described the different techniques, saying that his favorite is chip carving because he can finish many projects quickly. He gave props to Lou for his talent in the more challenging relief carving in projects like decoy ducks and floral panels.

Some of the projects featured different ways of adding pigment. Kolrosing is scribing shapes on a flat surface and rubbing pigment like coffee grounds to make the design more visible.

Jerry spoke of how the craft brought the chance to collaborate with family; his wife is a talented painter who finished the work he had started. His favorite object was one created by his daughter. He also noted that anyone who wants to earn Cultural awards can download the requirements in the member resources at sofn.com

Let us know if Jerry and Lou inspired you to learn how to carve; we'd love you see your works and/or works in progress.

Myla Coleman



Woodcarvings were on display at the Lodge Social on April 8, 2023.

Balboa
Park

House of Norway
Sunday, May 14th, 2023



Come to our Annual Lawn Program at the International Cottages

661 Pan American Rd. West

From **Noon - 3:00p**

* **Parade** starts at 1:45p

* **Entertainment** 2p

Craft Exhibits

Activities for the Kids

Try a Taste of Ethnic Food!

Norwegian Goods for Sale,
rummage sale and more!

Thanks to

*The Norwegian Seaman's Church
&*

The House of Norway Volunteers!



*Join us to Celebrate
Norway's Constitution Day!
Wednesday, 17. mai 2023
Flag Raising Ceremony at 9am*

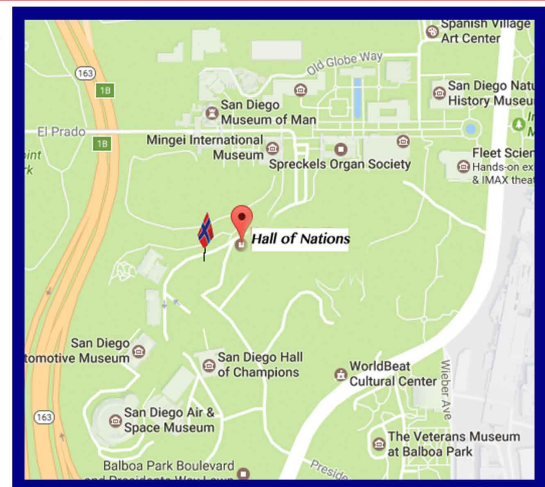
*International Cottages-Balboa Park
at the Grassy Area Near the Hall of Nations*

*Brunch Follows! Hosted by
The House of Norway
in the Hall of Nations
2191 Pan American Rd. West*

*PLEASE **R.S.V.P** by 5/12 at:*

<http://evite.me/VZTWV3HFSF>

*\$25 Donation for guests 13 and over
will be greatly appreciated!*



Our Spring Social on April 8, 2023,
had a delicious cream cake to
celebrate the occasion.



House of Pacific Relations presents its

40th Annual Ethnic Food Fair

International Cottages in Balboa Park

Explore the culinary treats of
different cultures
and enjoy performances
in native costumes



Scan for more
information

Sunday, May 7th, 2023

11:00am-7:00pm



FREE entry to event/Nonprofit fee per dish
<https://www.sdhpr.org/events-food.html>

We have heard on good authority that the House of Norway will have some amazing homemade authentic Norwegian food!

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

Almond Bars

Spruce up your *Syttende Mai* party with these delicious bars. Great for sharing and enjoying a “taste of Norway”. Recipe is by Noelle Rulseh from <https://www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/>

Ingredients

Bars:

1/2 cup butter, softened
1 cup sugar
1 egg
1/2 tsp. almond extract
1 3/4 cups flour
2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. milk
1/2 cup sliced almonds

Glaze:

2 cups powdered sugar
1/2 cup milk
1/2 tsp. almond extract



Photo Credit: Noelle Rulseh

Directions:

Preheat oven to 325° F / 165°C.

Line baking sheets with silpat pads or parchment paper.

In a mixing bowl, cream together the softened butter and sugar.

Add the egg and almond extract and beat until mixture is fluffy.

Add the flour, baking powder and salt until you have a soft dough.

Divide the dough into four parts.

Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.

Brush the tops with the milk and sprinkle on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned.

While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.

Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.

Drizzle glaze over diagonal sections.

Shrimp Canapés

Shrimp Canapés are popular in Norway in the summer time. Details about them and the source for this recipe are at <http://globaltableadventure.com/recipe/norwegian-summer-shrimp-party-shrimp-canapes/> (website of Global Table Adventure).

Serves 4

Ingredients:

16 slices bread

1/2 cup mayo

1/4 cup butter, softened

1 small jar capers

1 lemon, sliced in half moons

4 large sprigs fresh dill

20 boiled, cold shrimp, preferably still in the shell or head on



Method:

Boil the shrimp. Mine were jumbo and took 7-8 minutes. (Small shrimp will only need 3-4 minutes). Shock in ice water to keep them from overcooking. Drain.

Lay out all ingredients in a DIY spread. Instead of using traditional white bread, I used slices of soft wheat bread cut into dainty circles with cutters. I loaded my canapés up with the salty capers, a splash of lemon juice and a sprig of dill. It was fun assembling each sandwich.

While it's not required, feel free to cut bread into small rounds to up the "cute factor."

Be sure to provide plenty of napkins, sparkling water, and enough smiles to light up the room.

Enjoy!

Ed. Note: The SON Newsletter Service provided this recipe and the recipe on Page 18. The recipe on Page 18 was recommended for May and this recipe was recommended for June. **All the news that fits we print!** We have to print multiples of 4 pages, and so we needed to fill this page. We don't know at this time if there would be room for this recipe in the June newsletter. So enjoy your shrimp canapés even if it is May.

Valhall Viking
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Please Deliver Promptly

Valhall Viking

MAY 2023

CALENDAR

May	6:	LOV Meeting
May	13:	Lodge Meeting & Social
May	23:	Newsletter Deadline

Next newsletter is the
June-July issue

Deadline for the
June-July Valhall Viking
is May 23, 2023

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com