



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.

September 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

September 2:	9:00 AM	LOV Meeting
September 9:	1:30 PM	Lodge Meeting & Social
September 23:		Newsletter Deadline

Welcome Back!

Ord fra presidenten

Hei til alle!

Happy September! I hope you enjoyed a relaxing and fun summer. This is back-to-school season for all ages and at our lodge, back to learning about Norway!

According to Wikipedia, lifelong learning is the “ongoing, voluntary and self-motivated pursuit of knowledge for either personal or professional reasons.” In our lodge we come together as a community to learn about Norwegian traditions, history and culture through the arts, literature, food and more.

I hope you can join us at our Heritage Social on September 9. Judy Sawyer’s team will provide us with a delicious meal featuring chicken piccata.



Please bring a family heritage item for display and be prepared to share a story about the item. The last time we did this activity we saw some wonderful Norwegian objects with fascinating family history. Alternately you can use one of these Family History Writing Prompts from familytreemagazine.com

Please turn to Page 2

Ord fra presidenten (continued from Page 1)

- 1, Write a thank-you note to an ancestor. Who are you thanking and why?
2. Do you have a favorite quote or family saying from your history? Write the story of how it came to be.
3. Select your favorite family photo and write about the moments just before and/or after the photo was taken. Why was it taken? Was your ancestor happy to be in it?

Have fun with it! Can't wait to see you at the social!

Med vennlig hilsen,

Myla Coleman

President, Valhall Lodge #6-25



September Birthdays

2	Janet Weber
3	Else Ottesen
4	Helen Johnson
5	Breanna De Nino
7	Glenda Holsbo
7	Ann Hougen
7	Emily Morissette
12	Graciela Lee
16	Everett Shogren
17	Barbara Paulovich
18	Dolores Anderson
22	Jeanne Scott

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>

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>

Welcome Back Heritage Dinner

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

Saturday, September 9, 2023

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

MENU

**Chicken Piccata
Potatoes
Salad
Coffee & Dessert
Soda & Water available with donation
Please feel free to bring your own wine or beer**

**Cost \$15, Children under 10: \$10
*** PLEASE pre-register by September 6 *****

**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**

**Bring family heritage items for display!
Also bring stories to tell!**

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
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 Board Meeting Minutes

August 5, 2023

Meeting called to order at 4:05 p.m. via Zoom.

Present: Millie Wright, Steve Rawlinson, Jim Adams, Sandra Yeaman, Ellen Spitzer, Myla Coleman, Maury Lee, Judy Sawyer, Andy Ueland, Susan Cody.

Absent: Aprell Bigler

Motion to accept minutes from Board Meeting 3-4-23 carried.

Treasurer's report-Millie Wright:

Memorials of \$25 sent to District 6 Education Fund for Philip Hinshaw and Arlene LaBree in February, Wilma Springer in March, and Helen Seiler in July. Motion to accept report carried.

Cultural Report-Myla Coleman:

Proposed to have a Splendid Spoon competition again in December during the Potluck dinner when, hopefully, there will be more entries.

For September meeting-for Heritage month, share stories about member's heritage.

Improvement of the lodge-no activity yet. Judy, Maury, and Susan will set up a meeting with the Masons to discuss.

November will be Lutefisk/Meatball dinner and Lille Butikken.

Marshall's Report-Andy Ueland: We have a new flag base.

Publicity Report-Jim Adams:

There was no response from the previous ad placed in the Dispatch. He will be placing an ad for an upcoming dinner-probably the November Lutefisk/Meatball dinner.

Corporation Report-Steve Rawlinson:

Overall, investments are doing well.

Donations to Camp Norge and Century Committee have not been acknowledged. Susan Cody is looking into this.

Foundation Report-Jim Adams:

October is Foundation Month. Jim Adams encouraged all members to donate to the Foundation.

Editor's Report-Steve Rawlinson:

Steve would like to verify the dates for the 2024 meetings.

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Lodge Board Meeting Minutes of 8/5/2023, continued from Page 6

Counselor-Maury Lee:

There will be a district meeting at the end of August.

Information is forthcoming for the So. Cal, Kretsstevne in October.

Good of the Order: Maury reported that his granddaughter enjoyed the Trollfjell Camp in July at Camp Norge.

Meeting adjourned at 5:03.

Valhall 3rd Annual Blood Drive

The 3rd annual blood drive will take place on **September 30, 2023 from 9 AM to 3 PM**. The Blood Mobile will be onsite in the parking lot of the lodge hall.

Please **make an appointment** to donate blood at the registration link:

https://www.mysdbb.org/donor/schedules/drive_schedule/75149

Thanks to Sharmane Estolano for making the arrangements.

Southern California Kretsstevne Friday Oct. 20 - Sunday Oct. 22, 2023

Southern California Kretsstevne will be held this year on the weekend of October 20-22, 2023 at the Banning Stagecoach KOA Campground & RV Park. Registration form is expected to be available in August at the District Six website: <https://sofn6.org/southern-california/>



Photos on this page were taken at the 2023 Camp Trollfjell at Camp Norge. One of the children attending this camp was Maury Lee's granddaughter.



Helen Seiler RIP, 1928-2023

We are sorry to report the passing of Helen Seiler. She was 94 years old. According to Dean, her son, she died peacefully at home on July 25 at 10:20 PM. She had kidney failure and spent time at Thornton UCSD, but eventually she returned home and was placed on Hospice care. Dean also reported on July 19, "We know things can suddenly make a turn for the worst, at any given time, but one thing is sure, Helen Seiler is a fighter. And she is not showing any signs of this at the current time. Her improvement since being released from the hospital last Thursday/Friday is extraordinary. She is now able to do, with a little bit of pain, which seems to be waning, exercise to get her blood flowing. Her upper body strength is almost back to normal. Her wit and humor are returning. Was a tough path for a while, but the road seems to be smoothing out."

Helen joined Sons of Norway in 2001. She, and her son Dean, and her late husband James spent many years helping out with the Business meeting and Lutefisk dinners. Helen would make homemade meatballs for the dinner. Folks loved her meatballs. We will miss her dearly. Our heartfelt sympathy goes out to Dean and the Seiler family.

The Seiler family requests any donations be sent to Moores Cancer Center, OR Sulpizio Cardiovascular Center in Helen Seiler's name.

These two locations sustained Helen's life for 14 years.

Arnette M. Scherl RIP, 1930-2023

We are sorry to report the passing of Arnette Scherl. She passed away on August 5 in her sleep. She was a long and faithful member of Sons of Norway and of Valhall Lodge, having joined on June 4, 2007. She was active in Ladies of Valhall and loved being part of LOV. She also enjoyed attending the lodge socials where she could visit with friends and eat good food, especially salmon. She especially liked the cultural part of the socials.

Arnette was also a member of House of Norway. She loved her Norwegian heritage as well as her Swedish heritage. Her father was Norwegian, and her mother was Swedish.

Aprill Bigler was a first cousin once removed of Arnette. Aprill's mother and uncle were Arnette's first cousins. They all grew up together. Aprill wrote a beautiful narrative about Arnette that was emailed to the Valhall members.

We extend our sincere condolences to Arnette's granddaughter Shawna and to Aprill for their loss.

Cultural Notes

August 2023

Our LOV book club selection for our August meeting was the second in a series of books by Swedish author Fredrik Backman. *Us Against You* is the follow up to *Beartown*, an agonizing story of the series of events leading up to the rape of a high school girl by the town's star hockey player and how the town was divided by who to believe. There is a third book, *Winners*.

From the cover sleeve: "Here is a declaration of love for all the big and small, bright and dark stories that give form and color to our communities. With intense compassion and insight, (the author) reveals how loyalty, friendship, and kindness can carry a town through its most challenging days".

Sandra had notes and prompts for our discussion, noted the omniscient view of the narrator, the well-developed cast of characters, the use of literary devices like repetition, and foreshadowing. Themes of secrecy, family, truth and de-humanization of those who are not with "us" make this an important, if heart-wrenching novel. It reminds me of the larger world where we seem to be at odds all the time and not able to communicate to prevent catastrophic failure.

Thanks to Jean for hosting us at her cozy home and to Sandra for the delicious cake made with her backyard rhubarb. I brought Einstein Brothers bagels and shmear.

We agreed that it's nice to have a reason to get together during the summer when we break from regular meetings. We discussed ideas to get others to join us: planning the book selection and dates well in advance of the summer and meeting at a restaurant to accommodate others who are interested in Nordic culture.

Happy Reading!

Myla Coleman

President Valhall Lodge



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.

VISTA VIKING FESTIVAL

Sept 16th & 17th



Please volunteer and share the joy of lefse and the House of Norway with the Viking community!

We need cashiers and (2) lefse preparers each day.
Saturday 10:00 am - 8:00 pm
Sunday 10:00 am - 6:00 pm

You receive free entry, gas reimbursement, free parking, food tickets, and a wild experience!



Volunteers Requested for Viking Festival!

Lefse volunteer:

https://docs.google.com/spreadsheets/d/15r9A9zuPUDHLmwRjoa1_O2Zk9WcPYfCh/edit#gid=182216946

Viking Festival volunteer:

<https://www.signupgenius.com/go/20f0d44a9ad22a4fe3-vista29#/>

This year the festival is at the Antique Gas & Steam Engine Museum (<https://www.agsem.com>) in Vista where there is easy parking.

Vista Viking Festival, Sept. 16-17, 2023

Fun for Kids Crafts & Fish Tossing



Cute Kids in Bunads



Meet Norwegian Families

Many Live Exhibits



Great People Watching



2 Stages of Live Music



Plenty of Shopping

Learn, See, & Taste...



Weapons Range



Rosemaling



Leather Crafts



Shipbuilders



Norwegian Goodies!

Two Live Vesterheim Museum Presentations, for District Six Members

I'm happy to let you know that the District Six Board is making two Live Vesterheim Museum presentations available to District Six members via Zoom, in September and October. Each presentation is under an hour, followed by a short Q & A. Below are the dates, times, and program description. The maximum number of devices we can have logged into each presentation is 100; so if you are able to watch with others, more of us can participate. We are allowed to record the presentation, so we will also be able to make it available to lodges and members. We'd like your feedback, so we know if you'd be interested in further programs, You'll receive a brief survey after the presentation. The links to sign up are in the description below to sign up. You will receive a Zoom link a few days before the presentation, and again on the day.

Presentation #1: The Power of Silver: Traditional Norwegian Jewelry

Date: Tuesday, September 19 (8 PM CDT, 7 PM MDT, 6 PM PDT)

Speaker: Laurann Gilbertson, Vesterheim Chief Curator

Program Description: For centuries, Norwegians have treasured the beauty of silver. Silver showed the prosperity of a family, and, according to folk belief, could cure sickness in humans and livestock, improve crops, and protect against storms and evil spirits. Brooches were more than simple shirt fasteners. This program describes different styles of silver brooches, jewelry, and the beliefs surrounding this powerful metal. Sign up here: <https://sofn6.org/vesterheim-the-power-of-silver/>

Presentation #2: The Norwegian 'Mayflower': The Voyage of the Restauration

Date: Tuesday, October 10 (8 PM CDT, 7 PM MDT, 6 PM PDT)

Speaker: Dale Goodman, Former Vesterheim Trustee

Program Description: In the period beginning in 1825 and for about 100 years following, nearly 40% of the population of Norway – more than 800,000 Norwegians – immigrated to the United States. Most of those immigrants came for “economic opportunity,” but the first immigrants – known as the Sloopers of 1825 – came for religious freedom. The voyage was three years in the planning by an alliance of Quakers and Haugean Lutherans. Beginning on July 4th, 1825, a 54-foot sloop named Restaurasjonen (The Restauration) took 52 passengers on a 98-day journey from Stavanger, Norway to New York City. This presentation follows the story from its roots (in the Napoleonic Wars), through the voyage itself, the reception in New York City, and finally to the first Norwegian settlement in the United States in Kendall, New York. Sign up here: <https://sofn6.org/vesterheim-the-norwegian-mayflower/>



Vesterheim, the National Norwegian-American Museum and Folk Art School, welcomes people of all ages and backgrounds to engage in the conversation of the American immigrant journey through the lens of the Norwegian-American experience, and to participate in the continual evolution of traditional folk art as it meets new influences. Vesterheim offers innovative and interactive exhibits, classes, and programs, both at the dynamic campus and park in scenic Decorah, Iowa, and online at vesterheim.org and Vesterheim social media.

Judy Purrington, District Six Cultural Director, Sons of Norway
JudyPurrington@aol.com 408-799-3262 (cell/text)



Sleep Education in Schools

In a recent youth study in Agder county, Norway, it was evident that there is a strong connection between mental health and sleep. Of the girls in the study who slept 6 hours or less, 44% had a high level of mental health problems and the boys' percentage was at 21%. The percentages were reduced significantly with just one additional hour of sleep.

Because sleep seems to be a root of mental health and stress among youth, psychologist Anne-Kristin Imenes believes that teaching about sleep should be part of the school curriculum. It is more important than what is currently being taught. *(Editor's Remark: Its importance relative to what is currently being taught depends upon what is currently being taught.)* Education on sleep has been attempted in some areas in Norway already, mostly online.

Imenes is hoping to analyze the data of the survey, talk with student councils at schools, and come up with ideas to combat poor sleep habits. The hope is that sleep awareness spreads to more people and that youth develop the tools they need.

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Valhall Viking

AUGUST 2023

CALENDAR

September 2: Ladies of Valhall
September 9: Lodge Social
September 23: Newsletter Deadline

Next newsletter is the
September issue

Deadline for the
September Valhall Viking
is August 23, 2023

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com