



Valhall Viking



**SONS of
NORWAY**

Mission Statement

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Scandinavian countries.

March 2024

Valhall Lodge #6-25

Meet at La Mesa Masonic Lodge

4731 Date Ave.

La Mesa, CA 91942

Serving San Diego, CA



<https://lodgeofvalhall.com>

Founded 1912

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

Ord fra presidenten

Little darlin', it's been a long cold lonely winter, sang George Harrison, here comes the sun. Our San Diego winters are nothing compared to the mid-west and northern states, but we do rejoice when the rainy season passes and we can feel that warm sun on our faces again. Thankfully, the most recent rains were not as bad as expected, but some communities are still suffering from the previous floods. Our Corporation asks for input from lodge members RE (i.e., regarding) organizations to support with our annual charitable causes. This will be an agenda topic for a future lodge meeting. Please keep an eye out for worthy groups that we can support.



We also need to elect delegates and alternates for the upcoming District Six Convention in Las Vegas. It should be a fun one, a chance for us to wear our garb and party like a Viking! (I actually don't have garb... maybe I'll have time to find some or make some or if someone has pieces that they want to re-home).

Please turn to Page 2

Ord fra presidenten (*continued from Page 1*)

I hope to see you at our March Social where we will celebrate the Anniversary of our founding. As a thank you, lodge members with current memberships will eat their salmon or meatballs for free!

Skål!

Myla Coleman

Valhall Lodge President



March Birthdays

8 Jenna Hausvik

19 Lou Coover

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly
except in January and July.

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Mission Statement Updated

The mission statement has received a minor change, essentially flipping the order of the components, to place the insurance and financial product statement first. After all, we are a Fraternal Benefit Society/Insurance Company. The new statement appears on Page 1 of this newsletter.

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>

Anniversary Salmon Dinner

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

Saturday, March 9, 2024

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

MENU

Salmon or Meat Balls
Potatoes, Veggie, Cucumber Salad
Bread, Butter, Coffee
Dessert following the meeting
Soda and Water available with donation
Please feel free to bring your own wine or beer

Cost \$20, Children under 10: \$10

***** FREE *** for members in good standing (i.e., dues paid up)**
***** PLEASE pre-register by March 5, 2024 *****

When making a Reservation, please include
number of adults and number of children,
and also state whether you want salmon or meatballs.

Call or send reservations to Millie Wright
(619) 760-7446
grandmom2dach@gmail.com

Valhall Lodge, Sons of Norway

2024 Social Calendar

JANUARY	13	DINNER - Happy New Year!
FEBRUARY	10	CATERED DINNER
MARCH	9	SALMON DINNER
APRIL	13	SPRING (HAM) DINNER
MAY	11	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	15	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/AUGUST		(NO MEETINGS)
SEPTEMBER	14	HERITAGE (CATERED)
OCTOBER	19	(KRETSSTEVNE MONTH)
NOVEMBER	9	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	14	JULTREFEST — POT LUCK

2024 Valhall Directory

The 2024 Edition of the Valhall Directory has been sent to the printer. You should receive it before you receive the hard copy of this newsletter.

The color of the cover of the 2024 Edition is green. The 2023 Edition was pink. We were fortunate that the printer was able to obtain paper that was a different color than pink.

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	Susan Cody
Vice President	Judy Sawyer
Secretary	Solveig Waters-Appel
Treasurer	Barbie Lorentz



**SONS of
NORWAY**

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

idonovaninsure@gmail.com

Lodge Meeting Minutes

February 10, 2024

Prior to the call to order, Jasmine Araujo had a presentation on Emerging Leadership in Girl Scouts. Jasmine has been a Girl Scout since her very early years, and is now a Leader in Training. She talked about Girl Scouts, and the progression of her membership. She also brought a variety of Girl Scout cookies for sale, which was much enjoyed by the lodge membership.

Meeting called to order at 3:40 p.m.

Guests were David and Tordis Moe from Vinland lodge. Another visitor was Jason Kohl, a guest of Mary Hinshaw.

The minutes were motioned and carried to be accepted as printed in the Valhall Viking newsletter. Everett Shogren referred to the minutes of the Valhall Board meeting stating that he is not a board member, and was not absent as the minutes reflected.

Treasurers report was motioned and carried to accept as presented.

Social Director-Judy thanked all in attendance and stated that there are boxed leftovers from the dinner for purchase. The next social will be the salmon dinner on March 9.

Cultural-There will be upcoming programs especially since we now have AV equipment to use.

Corporation-Jim introduced the directors-Myla, Judy, Millie, Steve-Treasurer, Andy-Vice President, Jim-President, and Everett-Secretary.

Foundation-The application period for scholarships ended January 15. Donations to the foundation continue throughout the year. Myla is continuing to work on business cards and postcards for the lodge for distribution to prospective members.

Editor-The directories are coming out soon. Steve noted that the February newsletter contained the wrong date for the LOV minutes. He apologized for the error. Valhall newsletters will now have a QR code on them for people to scan and use to visit the Valhall website. Steve is working on some "bugs" in the system, and there may be interruptions in the functionality of the website later this month.

Counselor-Maury reminded the membership that the convention will be held in Las Vegas from 6/20-6/24. Valhall will be able to send 5 delegates. Nominations will begin soon. On February 25 and 27, there will be leadership and membership seminars presented by District 6. One must be registered to be able to receive the zoom link.

Nominations were accepted for delegates to the convention in Las Vegas in June. Those nominated were Susan, Judy, Graciela and Ari Klusmeyer, a new member. Millie was nominated as alternate. One more alternate is needed, and the question will be presented at the March meeting.

Millie presented the budget for 2024. Jim made a motion to accept, Sandra seconded. After discussion, the motion carried.

Good of the Order:

Judy brought photos that her mother had taken over her years of membership. Judy invites anyone to take any photos that they wish.

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**Lodge Meeting Minutes of February 10, 2024
(continued from Page 6)**

Steve wished everyone Happy Valentines Day

Jim stated that this month's Fish club dinner will include book reports from members.

The meeting was adjourned at 4:38. The next meeting will be Saturday, March 9.

Respectfully submitted,

Susan Cody, Secretary

In Recognition
of

Golden Membership

Sons of Norway awards a Certificate of Appreciation
and pin to the following member for her long and
faithful service:

Golden Membership

Tamara Stautland

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

In Recognition
of

Twenty-Five Years of Membership,
Sons of Norway awards a Certificate of Appreciation
and pin
to the following member for his long and faithful
service:

Twenty-Five Years of Membership

Frank H. Burstrom

Congratulations!
Valhall Lodge 6-025 ~ Sons of Norway

In Recognition
of

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

Forty Years of Membership

Glenn S. Jerpseth

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

LOV Meeting Minutes

February 3, 2024

Denny's Restaurant, Fletcher Hills 9:00AM

Hostesses: Eldbjorg and Linda (in addition to signing in, each of us was asked to select a necklace)

The meeting was called to order at 9:03AM by President Susan Cody.

Nineteen members attended.

Linda announced that she was providing breakfast this morning which consisted of two sliced of French toast stuffed with cream cheese, and choice of vanilla, chocolate or strawberry ice cream, in line with the theme of the book *Ice Cream for Breakfast* that some of us might win later. She also told us a story about the origin of waffles.

Minutes of the January meeting were published in the Lodge newsletter. Sandra MOVED, Linda SECONDED that the minutes be approved as published, MOTION PASSED.

Treasurer's Report – Barbie read the December 2023 report and presented the proposed 2024 budget. Sandra MOVED, Judy SECONDED that the reports be approved as read. MOTION PASSED.

COMMITTEE REPORTS

Cultural – Book Club members have not met – Sandra was ill.

Myla had special request for a speaker familiar with Girl Scout leadership and is following up.

Ragnhild presented her research on what is happening to the Norwegian language: New Norsk or Bokmål? Bokmål came from the Danish, and then Nynorsk was developed which has become more popular.

Susan gave us a lesson in Norwegian - deftly using a white board - so we could learn and sing "Jo Mere Vi Er Sammen".

GOOD OF THE ORDER

Millie is happy to pass on the presidency to Susan.

Amelia would like to stay on as an inactive member as she has health issues and is unable to join us.

We sang Happy Birthday to Anne.

Thanks to Linda for the novel theme and its accouterment. Winners of the drawing were Brenda, Susan, Millie, Sue, and Jean. Those who chose the blue pendant got The Book: Sandra, Barbie, Anne, and Solveig.

Next meeting is March 2 at Denny's. Hostesses will be Else and Millie.

The meeting adjourned at 10:29AM.

Respectfully submitted,

Solveig Waters-Appel, Secretary



Lodge President Myla Coleman and Emerging Leader Girl Scout Jasmine



Emerging Leader Girl Scout Jasmine tells the lodge what being in Girl Scouts has done for her.

Community Outreach

There is nothing more darling than a sweet little Daisy or Brownie Girl Scout at her cookie booth. If you see a teenager Girl Scout in her tan vest, please pay attention because she has big goals and needs your support as much as the little one. Huge thanks to the lodge members at our February social who listened, asked questions and supported the cookie program of our presenter, Emerging Leader Girl Scout Jasmine. She is one of a group of 30 are chosen to represent Girl Scouts and to participate in a special leadership program that includes public speaking and networking with female leaders.

<https://www.sdgirlscouts.org/en/discover/our-council/things-to-do/for-girls/emerging-leaders.html>

The Girl Scout cookie program is ongoing in San Diego/Imperial Counties through March 10. Here is a link to information about the Five Skills they learn and the Cookie Finder page where you can search by zip code for troops who are selling.

<https://www.sdgirlscouts.org/en/cookies.html>

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, 2024. This scholarship can only be granted two times to recipients. Applicants are reviewed by a District Committee.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Villages. The deadline for this scholarship is May 1, 2024.

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.

Please take advantage of this District Six Member opportunity.

Campership Opportunities

District Six provides half camperships for our two District youth camps, Camp Trollfjell Language and Heritage and Trollfjell Folkehøgskule. These camperships provide half of the camp fees. An application must be completed and submitted. The information is on the District Six website under

Norwegian Language Camp

Concordia Language Villages will have a Norwegian Adult Weekend April 25-28, 2024 at Bemidji, Minnesota. The cost will be \$640, and people aged 18-99 are eligible to attend. A discount of \$50 is available for students with a valid college Student ID and for seniors over the age of 65. Registration closes March 28, 2024.

Details for signing up are at <https://www.ultracamp.com/info/sessiondetail.aspx?idCamp=1308&campCode=CLI&idSession=418030>.

Details about Concordia Language Villages and about the location of the language camp are at <https://www.concordialanguagevillages.org/sessions?program=Adult+Overnight&language=Norwegian>.

Erik Brakstad is the director for this course. erikb@hevanet.com (503) 449-0818 He is highly recommended by Elka Adams. She has had a language course from him previously in 1989.

Camp Ambassadors Wanted

Are you passionate about Camp Norge? We need YOU! The Recreation Center Board is looking for enthusiastic people to serve as camp ambassadors. You will spread the word about our beloved Camp Norge and share your experiences there with your fellow lodge members. You know your lodge best as well as how your members get their information (newsletter, website, social media, in-person gatherings, etc.) You will work with the Rec. Board's Century Committee to share information and updates on everything happening at camp. We're looking for ambassadors throughout District Six so that all of our members know about our Gem in the Sierra.

Contact Kristen Hunsbedt at kristenhunsbedt@gmail.com or 408-828-3503.

Erratum

The February 2024 newsletter had minutes of the LOV meeting of January 6, 2024. The heading incorrectly stated the date as February 3, 2024. Minutes for the LOV meeting of February 3, 2024, are in this newsletter. The editor regrets the error.



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

June 20-24, 2024, Tuscan 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.

The Real Valkyrie: The Hidden History of Viking Warrior Women: Speaker Nancy Marie Brown at the District Six Convention

The 2024 District Six Convention will offer a heritage and culture day. Nancy Marie Brown will present a webinar at the convention on one of her latest books, "The Real Valkyrie: The Hidden History of Viking Warrior Women." This book is based on archeology of the Birka grave Bj581, which was originally thought to be a male warrior grave. However in 2017, DNA revealed that this Viking warrior of high status was actually a woman. The author uses science, history and sagas to weave a story of who this Viking woman might have been and what her story could have been. Brown challenges the reader to think of women during Viking times based on the history and the evidence in the science versus nineteenth-century Victorian biases. Brown quotes in her acknowledgements, Ulrich Raulff in "Farewell to the Horse" (Liveright, 2018), "History is written in the indicative mood, but lived and remembered in the optative—the grammatical mood of wishful thinking. That is why historical myths are so tenacious. It's as though the truth, even when it's there for everyone to see, is powerless—it can't lay a finger on the all-powerful myth". The "Real Valkyrie" is my attempt to lay a powerful myth to rest: The myth that Viking women stayed at home, keys on their belts, while Viking men, carrying swords, raided and traded from North America to Byzantium, Baghdad and beyond.

Anyone may attend the convention culture and heritage day and even if you aren't a delegate you can attend the District Six Lodge meeting. On Friday June 21, 2024 there will be the webinar by Nancy Marie Brown, author of the "Real Valkyrie", history of the Vikings by Jaan Calderon, experts on Viking textiles and clothing, Norwegian architecture, the Sons of Norway cultural literature program, with a Viking focus and more. Consider attending these special events. There will be a nominal fee for attendees.



**SONS of
NORWAY**

District Six

California, Utah, Nevada, Arizona, Colorado, New Mexico, and Hawaii



From the District Six Bylaws, Article V, paragraph 12: *Every lodge within the district shall be entitled to two delegates for the lodge and one for every fifty members or major fraction thereof, based on the last semi-annual (membership) report prior to the election.*

2024 District Six Convention at Tuscany Suites Hotel and Casino, Las Vegas, Nevada June 21 – 23
Thursday, June 20 – evening Board and Committee meetings
Friday, June 21 – Viking Cultural Presentations and Workshops, Vendors, and Viking Style Dinner & Viking Costume Fashion Show!
Saturday, June 22 – Leadership Workshops, Memorial Service, Opening Ceremony, District Lodge Meeting, Vendors, Folk Art Exhibition
Sunday, June 23– District Lodge Meeting, Recreation Center Meeting, Folk Art Exhibition, evening President's Reception, Installation of New Officers, Banquet and Awards
Monday, June 24 – morning meeting of the newly elected District Board of Directors, including outgoing board

Delegates are required to be in attendance for the entire Saturday and Sunday District Lodge Meeting sessions. Come early for the fun Viking Cultural Sessions on Friday and the Viking style dinner and Viking Costume fashion show. Remember, any lodge member may attend as a guest. Check out the Convention website often as information is added periodically - 2024.sofn6.org

Costs are a key concern for delegates and lodges. Now might be the time to start a discussion about special fundraising to assist in sending delegates to the Convention. The delegate package is \$325 (\$275 if received and paid by April 15); guest package is \$285. Room costs at the Tuscany Suites Hotel and Casino are \$79 for Thursday and Sunday nights and \$179 for Friday and Saturday nights - plus 13.38% occupancy tax, roughly \$146.26 per night average if attending four nights. The hotel rooms are large suites; sharing is encouraged. The \$79/night rate applies to pre/post reservations based on availability. Assistance with finding a roommate will be available – note such request on your online registration. Use the Sons of Norway hotel reservation code or link when it becomes available. The \$39/day resort fee is waived for our group with this code or link.

If you are running for a district office or otherwise planning on assisting in convention activities, you should notify your lodge so that you can be elected as a delegate. Attending a District Convention is fun and educational: you learn more about Sons of Norway; you are updated and informed about the state of District Six; you meet folks from other lodges; you gain insight from cultural sessions and leadership sessions; you help chart the course of our organization; and of course, you enjoy seeing wonderful entries in the Folk-Art Exhibition and the electronic program submissions. Delegates come back enthused with new ideas to help lodges grow and thrive. The convention includes more heritage and culture, but be assured, there's business to attend to as well. This convention will be full of fun, heritage, and culture as well as the business of our future. We hope to see you there.

SCANDINAVIAN HERITAGE FAIR

Daughters of Norway Turid Jespersen Lodge #44

Date: April 20, 2024

Time: 11am – 3pm

Place: Norman P. Murray Center
24932 Veterans Way
Mission Viejo, CA 92692

Preparation of Traditional Foods:

*Aebleskiver
Krumkake
Lefse and
Norwegian Waffles*

Displays of:

*Bunads
Knitted Sweaters
99th Infantry
Battalion (Separate)*

Demonstrations of:

*Genealogy
Rosemaling
Spinning
Weaving
Wood Carvers
Wood Burners*

FOR SALE (CASH ONLY)

*Kransekake, Soups,
Rømmegrøt,
Open-faced Sandwiches,
Scandinavian Desserts*

Also featuring products from:

*Norrdesign T-Shirts
Norwegian Seamens Church
Karlsson's Scandinavian Designs
Joan Johnson Watercolor Cards*



ADMISSION IS FREE!





Help build the “Hygge Hus” at Camp Norge!

The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the “Hygge Hus” (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. **Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around.

But we need your help!

Our vision includes constructing the **Hygge Hus** in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun.

But here's where you come in! We're seeking your generous support to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

Watch for more news about the Build the Hygge Hus Campaign.

Contact any member of the Camp Norge Board, or Fred Hymans: fred.hymans@gmail.com

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Please Deliver Promptly

Valhall Viking

MARCH 2024

CALENDAR

March 2: Ladies of Valhall
March 9: Lodge Meeting & Social
March 23: Newsletter Deadline

Next newsletter is the
April issue

Deadline for the
April Valhall Viking
is March 23, 2024

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com