



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 Nordic countries.

December 2024
January 2025
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

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

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January and July.

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Ord fra presidenten

As I write this message, Thanksgiving is only a few days away. On the day after Thanksgiving, it's my family's tradition to decorate the house with our treasured collection of artificial trees and ornaments. For fragrance we put a fresh pine wreath on the front door and keep a bowl of scented pinecones. What are your family traditions? Let's discuss at our lodge's Juletefest on December 14! Ellen will have lots of fun activities including games, crafts and a special visitor who gives the stockings with a merry HO HO HO. I do enjoy a potluck... can't wait to see what everyone brings! See the invitation on page 3.

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

I hope everyone enjoyed the fellowship, lutefisk and meatballs at our November social. I always eat the fish while it's still warm, combining it with potatoes, gravy, bacon bits and melted butter... yum! Thanks to the kitchen crew, including returning member Jeanette whose family were members years ago. She's Judy's cousin and plans to add her daughter and grandkids ... woohoo! We also welcomed Sharon who has moved recently to San Diego and transferred from a lodge near San Jose. Thelma brought her friend Sam. I enjoyed sitting with Shannon and husband Craig, who comes for the lutefisk in celebration of his childhood family tradition. Are there prospective members that you can invite?

The Ladies of Valhall thank you for shopping at Lille Butikken and buying raffle tickets for the ham basket donated by Linda Rawlinson, the David Anderson pin donated by Anne Hoidal and Christmas basket donated by Britt, Eldbjorg's daughter. Thanks to Maury's granddaughter Amelia for her excellent job reading the winning ticket numbers.

Since this is the last newsletter before the new year, I want to thank the nominating committee for the work in finding a few new volunteers for our lodge board. We will have an installation ceremony at the January meeting. Hope you can join us to start the new year right!

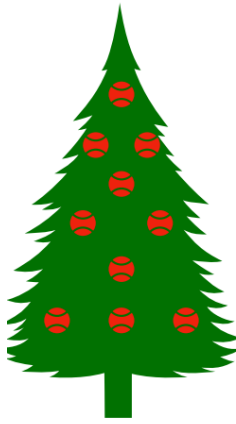
In the spirit of learning I did an Internet search to find out about other countries' holiday traditions. Did you know that during the Christmas season, people in Guatemala serve a hot fruit punch spiced with cinnamon, allspice and cloves? It has dried fruit and is served in cups with spoons to scoop out the fruity goodness. "Ponche de frutas probably has its origin in the similar drink consumed by Persians called 'panch'.....European countries like Spain later adopted this..." I suspect that gløgg and German gluhwein shares the same history.

Here's to a wonderful holiday season and new year as we come together in community with friends and family. We are fortunate to have this organization and those who came before us. On a personal note, thanks to everyone for your support and kindness. I look forward to serving as your president for two more years.

God jul og godt nytt år!

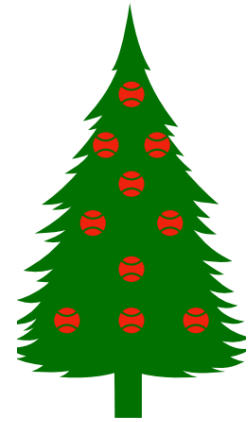
Myla Coleman

'Tis the Season for a Christmas Party!



God Jul!

Jultrefest Pot Luck
Valhall Lodge, Sons of Norway
 Meeting at Masonic Lodge of La Mesa
 4731 Date Ave.
 La Mesa, CA 91942
Saturday, Dec. 14, 2024
Kid crafts start at 2:00
Dinner at around 2:30



God Jul!

Pot Luck Suggestions

People with last names starting with A-M bring main dishes.
 People with last names starting with N-Z bring side dishes (not dessert)
 But anybody who has planned a dish that does not fit the above guidelines
 should bring the planned dish instead of conforming to the guidelines.

Dessert

You may bring dessert, but it must be in addition to a main or side course dish as suggested above.

The Lodge will supply dessert.

RSVP Information

Email or text Ellen Spitzer
 Email: ellenspitzer43@gmail.com
 Text: (619) 933-5409 cell
 Please RSVP by December 12
 Need to know number of adults/teens and
 number of children under 13

**Wearing of
 bunads is
 encouraged.**

Let's be festive!

Happy New Year!

**Dinner and Social
Valhall Lodge, Sons of Norway
Meeting at Masonic Lodge
of La Mesa
4731 Date Ave.
La Mesa, CA 91942
Saturday, January 11, 2025**

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

Officers for 2025-26 will be Installed

MENU

Meat

**Potato, Vegetable, Salad
Rolls and Butter**

Dessert

Coffee, Tea

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 January 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

***Ed Note:** This is a preliminary flyer. The date, time, and location are accurate. It is also true that there will be installation of officers. The menu, cost, and person taking reservations are subject to change. Watch for an update on our website on our **SOCIAL** page following the Jultrefest pot luck (described on Page 3).*

Valhall Lodge, Sons of Norway 2025 Social Calendar

JANUARY	11	DINNER - Officer Installation
FEBRUARY	8	CATERED DINNER
MARCH	8	SALMON DINNER
APRIL	12	SPRING (HAM) DINNER
MAY	10	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	14	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/AUGUST		(NO MEETINGS)
SEPTEMBER	13	HERITAGE
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	8	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	13	JULTREFEST — POT LUCK

Above is a preliminary schedule not yet approved by the board.

The board will meet in January and finalize this schedule.

Lodge Officers - 2025-2026

Lodge Officers	
President	Myla Coleman
Vice President	VACANT
Counselor	Maury Lee
Secretary	Carrie Reichert
Assistant Secretary	Bree Klusmeyer
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
Susan Hawkinson
Jon Simonsen

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



Happy Birthday
Gstulerer Med Dagen!



December Birthdays

5	Eldbjorg Backous
5	Jan Garzon
7	Marlow Myrmo
10	Peggy Gere
15	Gregory Withee
20	Ragnhild Amble
24	Anne-Lise Mogstad

January Birthdays

11	Solveig Waters Appel
11	Tam Stautland
13	Thelma Johannesen
16	Helga Moore
17	Bob Bardin
22	Lucille Wendling
24	Anders Kenstad
26	Glenn Jerpseth
27	Carrie Reichert

Valhall Lodge Meeting Minutes

November 9, 2024

Myla called the crowd to attention at 2:45 to announce that dinner would be served soon- Lutefisk or meatballs- (with Lefse, bread, butter, jam- and beets and potatoes). Our Annual traditional Norwegian Lutefisk dinner!

We welcomed guests and sang Happy Birthday and Happy Anniversary to members. We also sang "Down by the Riverside." The Lilli butiken was winding down a very successful sale (all profit since all items were donated) so we drew for the three raffle items.

Lou C. Was the first winner and selected the wine basket.

Linda R. Was the second winner and selected the David Anderson midnight sun pin.

Thelma J. Was the third winner and got the Ham basket with accessories and storage/ carry basket.

Dinner was ready at 3:05.

At 3:45 Myla called the business meeting to order and presented the slate of officers for next year as read by Sandra Y. -list is on Page 8. Many officers are extending their terms and continuing for the next year offering much continuity.

The list was offered, seconded and approved by unanimous show of hands. There were no other nominees from the floor after three requests by Myla (" going once, going twice.....")

The wonderfully short business meeting was called to an end at 3:50 by Myla.

The proposed officers to be installed at the January meeting are on the next page.

Respectfully submitted,

Carrie Reichert, Acting Secretary

List of Nominees

President	Myla Coleman
Vice President	No Nominee
Counselor	Maury Lee
Secretary	Carrie Reichert
Assistant Secretary	Bree Klusmeyer
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Assistant Social Director	No Nominee
Cultural Director	No Nominee
Marshall	Andy Ueland
Assistant Marshall	No Nominee
Historian	Sandra Yeaman
Musician	Susan Cody
Editor	Steve Rawlinson
Assistant Editor	No Nominee
Foundation Director	Jim Adams
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee	Susan Cody
Trustee	Millie Wright
Trustee	Judy Sawyer
Auditor	Everett Shogren
Auditor	Susan Hawkinson
Auditor	Jon Simonsen
Corporation Director	Judy Sawyer
Corporation Director	Steve Rawlinson

Ladies of Valhall Meeting Minutes

November 2, 2024

The meeting was called to order at 9:08 by President Susan Cody. It was good to see so many members present. Linda Rawlinson's sister, Diana, was our guest today.

The minutes were approved as amended. There is a correction to the cost of the LOV Christmas luncheon. The members will pay \$25, and LOV will cover the remaining \$16.

Motion to accept the Treasurer's Report as presented was carried.

Old Business:

Crafting in the park continues this Monday. There will be a discussion about upcoming meetings over the holiday season.

A signup sheet was passed for duties at the Lille Butikken. Eldbjorg and Brit will put together a basket of goodies for the raffle. Tam has donated a pin to be included in the raffle, and Linda will be providing a ham to go along with other delicacies in an additional basket.

The signup sheet for hostess duties for 2025 was also circulated. Additionally, the signup sheet for the LOV Christmas luncheon was passed.

We also presented our server, Juan, with his annual Christmas bonus.

Cultural-

Ragnhild gave a presentation of the history, and distributed photos of, the Royal Family. It was a very interesting talk.

Solveig will be working on organizing a Grieg concert to be held at a future date. Sandra states that her church may be able to hold the event.

Millie and Myla attended the Southern California Kretsstevne in Banning, CA.

Good of the Order:

Susan asked if anyone had been affected by the fire in Mission Valley a few days before.

Sandra will have her books for sale at the Lille Butikken. She has written about her experiences while overseas for her job.

Faye has an entry in the San Diego Watercolor Society's art show at Liberty Station. Myla's husband also has an entry which has won an award.

Happy Birthday was sung to Millie and Sandra.

Winners of the drawing were: Susan, Barbie, Solveig, Carrie, Sandra, Millie, and _____.

The next meeting will be January 4, 2025. Hostesses will be Ellen and Judy.

The meeting was adjourned at 11:02.

Respectfully submitted,
Susan Cody, President

Grants and Scholarships

Applications will open October 1 for both Sons of Norway Foundation grants and scholarships. This is a great time for your lodge to think about potential projects and for the students to think about paying those tuition bills! **Deadline for grants remains 12/31.** Deadlines for scholarships vary, so please check the description for each fund, but they are generally early 2025. The applications do take some time to complete, so be sure to allow ample time. Grants are issued spring 2025 and scholarships are issued summer 2025 for the 2025-26 academic year. Questions can be directed to foundation@sofn.com.

Scholarship information is available by clicking the link. Click [here](#) for a useful chart comparing the scholarship opportunities.

Grant information is available by clicking the link. Click [here](#) for a useful chart comparing the grant opportunities.



**SONS of
NORWAY
FOUNDATION**

Thank you for considering a
gift to the Foundation



Tusen Takk!

Together We Are the Future

The Sons of Norway Foundation is holding the Together We are the Future campaign from October 1 to January 15. Your donation will fund grants and scholarships.

We encourage you to provide lodge information with your donation. Donations made during this campaign will provide publicity credit to the lodge. Tusen takk!

You may use the QR code on the left to make your donation, or you may click on the link above.

Vesterheim Museum Presentation for District Six

The first of two presentations took place on November 12, 2024. The second one will take place in February or March 2025. Watch for a follow-up announcement.

Details that are known at this time:

Topic: *In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States.*

Date: February or March 2025 – watch for announcement.

Speaker: Jennifer Kovarik, Collection Manager

Program Description: Between 1825 and 1980, nearly one million Norwegians left for new lives in America. Consider the reasons for leaving, what they brought, and where they settled. Explore the immigrant experience through stories associated with artifacts in Vesterheim's collection.



Request Zoom link here: <https://sofn6.org/vesterheim-trunks-hands-hearts/>



At the Ice Cream Social last June, we invited the Masons to join us. Wor. Master Johan graciously gave us a tour of their meeting room upstairs and put top hats on Maury Lee's grandchildren and let them sit in the chairs of honor.

Almond Star Cookies

Ingredients:

For the Cookies

2 sticks unsalted butter, softened
1 cup whole blanched almonds
1/2 cup sugar
2 cups flour
1/4 tsp. salt
1 tsp. almond extract

To Decorate (optional)

Powdered sugar for dusting
Various colors of sanding sugar
Luster pearl deco dots
Frosting for piping designs



Recipe

Step 1

Puree 1/2 cup of the whole blanched almonds in food processor and set aside. Coarsely chop the remaining 1/2 cup of almonds and reserve for later.

Step 2

In a large mixing bowl, whisk the flour and salt together and set aside.

Step 3

Cream the butter with an electric mixer. Add the pureed almonds and sugar. Blend together until well-combined, and remember to scrape down the sides of the bowl occasionally. Add almond extract and mix until well combined. Next, add the flour mixture and beat until just incorporated.

Step 4

Prepare a lightly floured surface and pour out the dough, dividing it in half. Shape each half of the dough into a disc and wrap it in plastic wrap. Refrigerate the discs for at least an hour.

Step 5

While dough is resting, line cookie sheets with parchment paper.

Step 6

After dough has rested, preheat oven to 325°. (Use an in-oven thermometer to make sure that the temperature of your oven is accurate. Most ovens are 10-25° off of the temperature shown.)

Step 7

Lightly flour your work surface and roll out one disc of dough until it is about 1/4" thick. Cut out shapes using various star cookie cutters. Sprinkle with the coarsely chopped almonds.

Please turn to Page 13

*Almond Star Cookies Recipe (Continued from Page 12)***Step 8**

Place the cut cookies onto cookie sheets lined with parchment paper and bake for 15-20 minutes. Keep an eye on your first sheet of cookies. You will know they are done when the edges start to turn golden brown. You now know how long each batch should take and can set your timer with no guess work.

Step 9

Place your cookies on a wire rack to cool.

Step 10

Once your cookies have cooled, dust them with powdered sugar or with sanding sugar if you want more color. Another great option are luster pearl deco dots.

Makes about 4 dozen cookies. *(Note: These cookies can be stored in airtight containers for about a week.)*



Jerry and Kaye Wergedal receive awards for 40 years of membership.

Valhall Viking

DECEMBER 2024 - JANUARY 2025

CALENDAR

- December 14: 2:00 PM Social (Jultrefest)**
- December 21: 11:30 AM LOV Luncheon**
- January 4: 9:00 AM LOV Breakfast Meeting**
- January 11: 2:00 PM Installation Meeting
& Social**
- January 16: 7:00 PM Lodge Board Meeting**
- January 23: February Newsletter Deadline**

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>

Next newsletter is the February issue

Deadline for the February Valhall Viking is January 23, 2024

E-Mail articles to Steve Rawlinson at:

editor@lodgeofvalhall.com