



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.

May 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

May	4:	9:00 AM	LOV Breakfast Meeting
May	11:	1:30 PM	Lodge Meeting & Social
May	23:		June Newsletter Deadline

Ord fra presidenten

It's here again! Time to polish our buckled shoes, wash and iron the white apron and make sure the bunad or favorite red shirt still fits... so that we can celebrate Syttende Mai!

May 17 is the biggest secular day of the year for Norwegians, the celebration of the adoption of the nation's Constitution. Like Americans celebrating July 4, there will be parades, music and food, delicious food. The lodge will observe the holiday at our social on Saturday, May 11. Details are on Page 3.

The House of Norway is celebrating on Friday, May 17: flag raising near the Hall of Nations at 5:00 PM, followed by a dinner at the Hall of Nations. The Fish Club will join the House of Norway as this is the usual third Friday for their dinner/social. Contact Jeanne Scott (jeannescot@gmail.com)



to receive an evite if you haven't already received one. Details about this celebration are at https://www.houseofnorway.org/_files/ugd/44e3ef_cb482466ce6d4c0abbdcc2a4e7e32779.pdf.

Unlike previous years, there will be no flag raising in the morning and no brunch, so plan on celebrating

Please turn to Page 2

Ord fra presidenten (continued from Page 1)

in the evening of May 17. The House of Norway lawn party has been postponed to October 6 and will celebrate Viking heritage and Leif Erikson Day.

I hope everyone enjoyed our quick Påskekrim program at the April social. We watched a quick overview of Easter traditions in Norway, presented by a blond and perky Latvian. She notes that even the milk carton has a mystery to solve!

<https://www.youtube.com/watch?v=2e6ocyb2eVc>

"The Line" is a short story from Jo Nesbø's book The Jealousy Man. The main character is an immigrant refugee who states at the beginning, "I hate standing in lines." She also hates people who cut in line. She really hates them :-). Let me know if you want to borrow the book.

Once again Judy and Susan served a beautiful dinner. The room was graced by vibrant and fragrant masses of flowers from Sue and Charlie Fouquette who also brought a few potted geraniums to give away to some lucky recipients. Tusen takk!

I hope to greet and chat with many of you at the May events!

Enig og tro til Dovre faller!

Myla Coleman

Valhall Lodge President

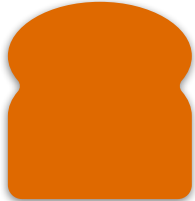
May Birthdays	
4	Dale Roybal
4	Susan Hansen
13	Debra Hausvik
15	Cynthia May
16	William Stedham
20	Kay Wergedal
23	Fay Lorraine Suelzt
25	Mary Conklin
25	Amy Minicilli
28	Alicia Watson



Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com
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 except in January and July.
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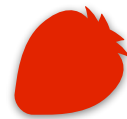
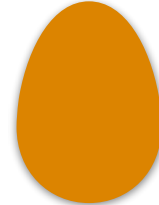
Syttende Mai Dinner

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



Saturday, May 11, 2024

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



MENU

Open Face Sandwiches
Smoked Salmon, Ham Salad, Shrimp
Hard Boiled Eggs, Creamy Dill Cucumbers
Fruit, Potato Salad
Dessert following the meeting
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 8, 2024 *****

When making a Reservation, please include
number of adults and number of children.

Send reservations to Judy Sawyer
sonjsawyer@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

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>

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 Board Meeting Minutes

April 4, 2024

The meeting was called to order at 7:06 pm by President Myla Coleman. Board members present were: Steve Rawlinson, Susan Cody, Jim Adams, Millie Wright, Maury Lee, Myla Coleman, Judy Sawyer, Sandra Yeaman.

The minutes of the January 11 board meeting were printed in the Valhall Viking. Motion to accept as printed carried.

Treasurer's Report: A check has been sent to the District for the delegates to the convention to take place in June. A \$25 donation was made to the Sons of Norway Foundation in memory of Oscar Swenson. Motion to accept the treasurer's report carried.

Cultural committee- Myla reported that there may be a movie in April, and a presentation for May. June will be games and the Splendid Spoon competition.

Social Director-April will be the Spring Ham dinner. May will be smorgasbord for Syttende Mai, and June will be the Ice cream social.

Marshall-Andy will not be present in May and June. He will be assisting his brother in his bicycle ride from Canada to Mexico.

Publicity- Jim was advised by Myla that the business cards have been printed. Myla had the cards along with her for distribution.

Corporation-The Corporation will meet on Tuesday to determine donations to various charities and groups.

Foundation-Valhall donated during the recent campaign for the Foundation. \$120,000 was donated nationwide from SON lodges. Announcement of scholarships is pending. Grants have not yet been determined. The National Foundation Director is willing to do a presentation via Zoom in the fall, possibly in September. Camp Norge has announced that there is a need for a large tent for the kid's camps in the summer.

Editor/Webmaster-Steve apologized for not including a "God påske" banner on the home page of the website.

Counselor-Maury suggested that the lodge have more cultural presentations for lodge meetings.

Convention-Maury will be driving to the convention in June and is willing to transport any cookies that lodge members might be making.

Good of the order-Crafting at HON continues every other Monday. Joyce Oen passed away. Carmen Cleary broke her hip and will send the address of her rehab facility.

The next meeting will be July 11 at 7pm via zoom.

The meeting was adjourned at 8:00

Respectfully submitted,

Susan Cody, Secretary

Corporation Meeting Minutes

April 8, 2024

Meeting was called to order at 7:08 PM on Zoom. Present were President James Adams, Vice President Andreas Ueland, Treasurer Steve Rawlinson, Secretary Everett Shogren, Lodge President Myla Coleman, and Directors Judy Sawyer and Millie Wright. There were no absences.

The minutes of the January 8, 2024, meeting were approved as printed in the Valhall Viking.

Treasurer Steve Rawlinson presented an interim Treasurers report. The quarterly report from Sons of Norway for the quarter just ended has not yet been received so a full report is not yet available. Based on preliminary information however it appears that while there were gains, investment returns were slightly lower than the applicable broad financial indexes. No significant changes in fiscal management are planned for the near future.

There was considerable discussion of the charitable contributions. As approved at the last meeting the corporation will recommend to the Lodge Board a sum of \$3000 for charitable contributions. This is a 50% increase over the past year. The recommended breakdown is as follows:

Meals on Wheels, San Diego County	\$300
Camp Norge	\$150
Century Club, District Six	\$150
San Diego Rescue Mission	\$300
Father Joe's Villages	\$300
Mama's Kitchen	\$300
Jacobs & Cushman San Diego Food Bank	\$300
Warrior Foundation, Freedom Station	\$300
Rady Children's Hospital Foundation	\$300
Sons of Norway Foundation	\$600

Negotiations are under way regarding the new contract with the Masons for use of the hall for the next year. President James Adams will be meeting with the Masonic representatives in the near future.

There was continuing discussion of incentives to improve membership and attendance at lodge functions. The last meeting where the meal was free to active members was felt to have been a success and will be repeated at some upcoming functions.

The next Corporation Board meeting will be on October 7, 2024, on Zoom at 7:00 PM. Any Valhall Lodge member may attend the meeting by contacting Steve Rawlinson prior to the meeting.

Respectfully submitted,
Everett Shogren, Secretary

Lodge Meeting Minutes

April 13, 2024

The anthems of USA, Norway and Canada were sung.

The meeting was called to order at 3:01 by President Myla Coleman

Valhall members Rick and Debra Hausvik were visitors from South Dakota. It was very nice to see and visit with them.

The minutes of the March meeting were printed in the Valhall Viking. Motion to accept them as printed was carried.

Treasurers Report- Millie presented the report and a motion was carried to accept the minutes.

Sunshine-A thank you email was received from Jennifer Earl thanking those who attended the service for her mother, Joyce Oen.

Membership-Aprill reported that there are no new members this month. She reminded everyone that membership would make a great gift for someone.

Social Director-Judy thanked everyone for their attendance. She thanked Sue and Charlie Foquette for the beautiful flowers. The next social is in May for Syttende Mai. The date of the June social has been changed to 6/15 due to a conflict with the Masons, and will be the ice cream social, which may be free to members.

Cultural-There will be a Påskekrum presentation today. Reading crime novels over Easter is a tradition in Norway. June will be the Splendid Spoon Competition. In September, Amy Tuchenhagen will do a zoom presentation.

Corporation-Steve presented a financial report and a list of the charities recommended for donations. Motion to approve the donations was carried. Steve also gave a report on the finances of the corporation. Pat Becker thanked Steve for his detailed report.

Marshall-Andy will be absent in May and June. Myla asked if there are any volunteers to help with setting up the lodge for our meetings in those months.

Good of the Order-Crafting at HON continues every other Monday. The Norske Fiskeklubben will be having their next dinner on April 19. The House of Norway will be having the Syttende Mai flag raising and dinner the evening of May 17.

April birthdays -Andy Ueland, Jerry Wergedal, and Pat Becker who is celebrating 90 years.

Anniversaries-Lou and LaVonne Coover-60 years.

The next meeting will be May 11. The next Board meeting will be July 11 at 7pm via zoom.

The meeting was adjourned at 3:51

Respectfully submitted,

Susan Cody, Secretary

LOV Meeting Minutes

April 6, 2024

Denny's Restaurant, Navajo Road, 9:00 AM

Hostesses: Thelma and Carrie

The meeting was called to order at 9:05AM by President Susan Cody.

Fourteen members attended.

Guests: Brit Montalbano, Elle Backous' daughter, was a guest.

Minutes of the March Meeting were published in the Lodge newsletter. Myla had one correction in the GOOD OF THE ORDER: Jasmine Araujo is one of 50 girls – rather than 15 – working for the Gold Award. The minutes were approved as published and amended.

Treasurer's Report: Barbie read her report which was approved and accepted.

Sunshine: Get Well cards were sent to Else, Carmen, and the family of Joyce Oen. A call was made to Dale Roybal and agreed that lunch with the members would be very nice. A card will be sent to Helen Johnson.

CULTURAL

Carrie gave us an insightful, excellent presentation: "*Norwegian Stave Churches*". She not only provided a copy of the text to each one of us, but had it printed in big font for easy readability. She also gave us photocopies of a brochure of the same name. Staves are weight-bearing columns, a feature of these Christian medieval houses of worship that are among Norway's national treasures.

OLD BUSINESS

Susan and Barbie gave us a rundown of our bank's CD offerings which led us to increase the amount to be invested from \$15,000 to \$20,000 for a 7-month period. Motion carried.

GOOD OF THE ORDER

Susan is part of the cast of a 40's radio show that will be presented on May 18 and 19 at Richardson Hall in El Cajon. Contact Susan for more information.

There will be an organ concert at _____. Please contact Thelma for more information.

No birthdays or anniversaries.

Drawing: Winners included Ella, Barbie, Tam, Millie, Ragnhild, and Myla

Next Meeting: May 4. Hostesses are Sharmane and Myla.

The meeting adjourned at 10:27AM.

Respectfully submitted,

Solveig Waters-Appel, Secretary

Joyce Oen, RIP, 1939 - 2024

Former member Joyce Oen passed away on March 29, 2024. After a 6-year battle with dementia, she died peacefully while surrounded by her three children. She was married for 44 years until her husband Jerry died in 2009.

Joyce had been a long and faithful member of Sons of Norway and Valhall Lodge having joined in December 2000. Joyce was very active in Valhall and Ladies of Valhall. Joyce was Valhall's Musician for 8 years, Assistant Social Directory for 4 years and Trustee for 3 years. Joyce helped out on many business and social committees as well as the 2008 International Convention held here in San Diego. Joyce was in charge of the Hospitality/Tours. Joyce also was a member of Ladies of Valhall for 15+ years. She was LOV President 2013-2014; Vice President 2012,2015; and Secretary 2008-2009. Long-time members of Valhall Lodge have missed her dearly after she was no longer able to participate in lodge affairs, and they will continue to miss her in the future.

A memorial service was held on April 7 at Incarnation Lutheran Church in Poway. An online memorial and guest book can be found at <https://app.memories.net/memorials/joyce-oen-804592>. Your shared photos, thoughts and memories about Joyce are very much appreciated. Our sympathies go out to Joyce's children and grandchildren.

In lieu of flowers, donations can be made to the [American Brain Foundation](#).



This photo was taken at Joyce's Memorial Service.



Joyce's children: Jeff Oen, Jennifer Earl, Jason Oen

Below is the content of an email to Millie Wright from Joyce Oen's daughter, Jennifer Earl. Jennifer also sent to Millie the photo below and the photo of the 3 children on the previous page.

Millie-

Thank you so much for attending our mom's memorial service, and for your lovely card. The sentiments are much appreciated. You were a great friend to Mom, and she always recounted all the laughs and good times you shared on your various ventures.

Please pass our thanks yous on to the other members of the Lodge who came, Judi, April, etc, as we don't have their individual contact info. It really meant a lot for you all to show up and we were touched. I have attached a copy of the service bulletin should you wish to pass it along to anyone from the Lodge who was unable to attend, as well as a picture of the memorial table.

I have attached a photo of the 3 of us - Wendy Hovland dropped by these flowers prior to the service, as she was unable to attend. She was also a great Lodge friend for mom, a neighbor, and her daughter Annika and Sophia always hung out when we were in town.

Please do keep in touch. I am back down in Panama, and you can follow our travels at LaughterJourney.com

Jen





Tam Stautland receives Golden Membership award from Lodge President Myla Coleman.

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.

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 re 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 moorong2@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 Youth→Scholarships/Camperships. Due date is May 1, 2024



Help build the “Hygge Hus” at Camp Norge!

The 2024 fundraising campaign to build the “Hygge Hus” (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge** is in full swing!

Our dream is to build these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.

But we need your help!

We need your support to make the **Hygge Hus** a reality. Let's come together to build the **Hygge Hus** and make **Camp Norge** a haven for all, regardless of age or ability.

Phase one goal is to raise \$50,000 to confirm feasibility and prepare the site.

We've already raised over \$16,000 but we need your generous support.

Make your donation TODAY. Go to our Go Fund Me Campaign → [Click HERE](#) or go to <https://gofund.me/62ff9cf7>

For more information, contact any member of the Camp Norge Board, or Fred Hymans: fred.hymans@gmail.com

Ed. Note: The Lodge voted to have the Corporation donate \$150 to this campaign.

Hello District Six, Sons of Norway Members,

You may or may not be planning to attend the District Six Lodge Meeting and Convention in Las Vegas in June, but we would like to keep you all informed. We are excited to finally have a Viking Vision theme for our convention.

All members have an opportunity to participate in the Folk Art Exhibition. If you are not attending, send your item with your lodge delegate(s), a neighboring lodge delegate, or contact your zone director for possible assistance. Note a new category of 'Viking' anything – but of course, handmade.

There is an opportunity to win an 'Olaf' award for a virtual or digital cultural program. You need not be present to submit a program.

There will be a 'selected' raffle again this convention. Each lodge is asked to contribute an item or basket of items.

Lodges (editors, public relations officers, presidents) are encouraged to submit a package for the Communications Awards.

Cookies (Norwegian or Scandinavian) are again requested. A cookie letter was previously sent out.

Please check out the convention website for Folk Art Forms including the Digital program information, Raffle information, and the Communications Awards forms. In addition, you can find a schedule of events, the cultural and leadership sessions schedules, and information on vendors, and things to do in Las Vegas Saturday night and/or before or after the convention. <https://2024.sofn6.org/>

Fraternally,

Nancy Madson

District Six Secretary,

and the Convention Committee

and the District Six Board of Directors

Trollfjell Folkehøgskule (ages 14-17) - June 30-July 13, 2024**Camp Trollfjell (ages 8-13) - July 14-28, 2024**

[Click here for the flyer.](#)

Register & learn more here: <https://sofn6.org/arv/>

About the Camps:

Sons of Norway District Six Language and Heritage Camps offer participants a unique opportunity to deepen their connection with Scandinavian culture all while having fun in a traditional summer camp setting. Attendees enjoy field games, swimming, and hiking, but unlike other summer camps they also experience unique cultural activities including daily Norwegian lessons, rosemaling, axe throwing, folk dancing, and Scandinavian cooking.

Registration Fee: \$1,000 - one of the most affordable summer camps around! Many other comparable camps charge \$2,500+. Most youth qualify for half camperships through their local lodges or through the district. Talk to your local lodge to learn more or feel free to reach out to us for assistance. Can't make 2 weeks work? Ask us about our 1 week camp options.

Contact us: camp.director@sofn6.org

Location:

Camps are held at Camp Norge, a beautiful 50 acre facility in Alta, California nestled in the Sierra Nevada Mountains. Just 1 hour from both Sacramento and Reno, located right off of I-80. Coming from out of the area? We provide pick-up at local airports and train/bus stations.

Counselors & Counselors in Training (CIT's) Wanted:

This is a great leadership opportunity for youth and young adults over the age of 16 and also a great way to build your resume. Counselors must be 18+ and receive paid stipends. Spend your summer in the mountains playing games and helping youth connect with their heritage!

Apply here: <https://sofn6.org/arv/counselor-application-camp-trollfjell/>

Teachers & Support Staff Wanted:

We are seeking Norwegian language, rosemaling, folk dancing, craft, and sports teachers. Paid and volunteer positions are available. Teachers teach for 1-2 hours per day 6 days per week, 1-4 week openings available. Support staff provide help in the kitchen or with other tasks. If you're interested email us at: camp.director@sofn6.org.



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.

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.

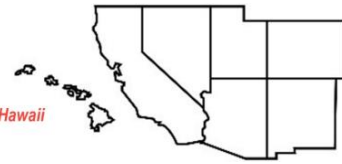
Anyone may attend the convention culture and heritage day and even if you aren't a delegate you can attend the District Six Lodge meeting. On Friday June 21, 2024 there will be the webinar by Nancy Marie Brown, author of the "Real Valkyrie", history of the Vikings by Jaan Calderon, experts on Viking 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.



MEMORIAL DAY

At Camp Norge

Join us for a fun & relaxing weekend!

MAY 24-27

Swimming | Hiking | Campfire | Axe Throwing | Pickle Ball

STAY

Choose from: Main House, Dorms, or Cabins - or bring your RV or Tent
Call 530-389-2508 to reserve your spot

DETAILS

Come for the day or the whole weekend!
Tons of fun activities to choose from for all skills and abilities.
Meals provided or on your own.
Open to all Sons of Norway & Young Scandinavian Club members and their families & friends

REGISTER FOR MEALS

campnorge.org/site/memorial-day
Deadline to register for meals 5/16/24



Blandaball – Mixed Dumplings

A traditional dish from Møre.

Recipe source: [Recipe Reminiscing](#) and [Oppskrift.klikk.no](#)

4 servings

Main ingredients:

2.2 lbs / 1 kg fish fillets
(preferably pollock, haddock or sole)
2 lbs / 900 g raw potatoes
1 large onion
1 Tbsp. salt
1/2 tsp. Pepper
about. 2 Tbsp. coarse barley
about. 2 Tbsp. Flour
fried bacon crumbles

Typical sides:

bacon – either crumbled as topping,
or served in strips
boiled rutabaga
boiled carrots
boiled potatoes

**Directions:**

Cut the clean fish fillet into pieces. Peel and cut potatoes and onions into pieces.

Shred fish, potatoes and onions in a meat grinder or food processor on coarse setting. Stir salt, pepper and flour into the mixture.

Form the mixture into round balls, and if desired, use your finger to make a hole and press pieces of bacon into the center of each ball.

Place the balls in simmering lightly salted water or fish stock, and let them simmer for 20-30 minutes. After 20 minutes, divide a ball in two to see if it is cooked through. Serve blandaball hot with sides of fried bacon and turnips, rutabaga, carrot and/or potatoes.

Leftovers can be pan-fried in slices or frozen.

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CALENDAR

May 4: Ladies of Valhall
May 11: Lodge Meeting & Social
May 23: Newsletter Deadline

Next newsletter is the
June/July issue

Deadline for the
June/July Valhall Viking
is May 23, 2024

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