



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.

November 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

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

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January and July.

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Ord fra presidenten

Hei vennene mine!

Per the movie, *Thelma and Louise*, "Sometimes all you need is a great friend and a tank of gas." Kudos to Millie for being my travel friend as we drove up to the Southern California Kretsstevne, a wonderful opportunity to share our Norwegian heritage with lodge members from other parts of Southern California. Thanks to the persistence of Nancy Madsen and others, the whole plan came together and we had a lovely time with bingo, a fish fling contest, book club, crafting, videos, great food and more! Nancy contacted the campground to get a date for next year; it will probably be the 4th weekend of October.

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

I look forward to see many old and new friends at our meatball social in November. For you hardcore Norwegians who prefer lutefisk: we have that, too, and we are pleased that we still have you. More people these days are eating meatballs than lutefisk. (Insert Tevje from *Fiddler on The Roof* singing "TRADITION!") (Ed Note: Click on the word *TRADITION* at the left to hear the song on YouTube.)

The Nominating Committee worked hard to find volunteers to run for offices. See page 6 for a list of nominees. We will elect officers at the November meeting. Nominations will be accepted on the floor. You are allowed to nominate yourself — especially if you want to run for an office that has no candidate. 😊

As the season of gratitude is upon us, I want to thank our lodge members and the board and committee members who keep our lodge going. Your dedication is appreciated!

God høst alle sammen* ,

Myla Coleman
Valhall Lodge President

*Google translate says this means, "Happy Fall, y'all"



November Birthdays

7	Millie Wright
8	Shirley Ellingboe
12	Carmen Cleary
15	Sandra Yeaman
15	Rebecca Bourdage
15	Frank Burstrom
21	Audun Davik
23	Matthew McMillan
27	Laura Wendling



SAVE THE DATE and MAKE A RESERVATION

November 9, 2024

Valhall Lodge Annual Lutefisk and Meatball Dinner
We are also selling lutefisk so you have some for the Holidays!

***Please call or email Judy Sawyer with your preorders and let her know whether you will be having Lutefisk or Meatballs for dinner by November 1, 2024.

Lille Butikken opens at 1:00 so you can make purchases and Socialize

Dinner served at 2:30 with meeting to follow

MENU

**Lutefisk or Meatballs, Potatoes,
Veggies, Bread, Coffee, Dessert
Soda and water available with donation
Please feel free to bring Wine or Beer**

Cost \$20.00 if pre-registered by: Nov 1, 2024
PLEASE PRE-REGISTER

Children and Grandchildren of Valhall members free under 12

Get ready for the Holidays with one-of-a-kind items and Homemade Baked goods....

When making Reservations, please include number of adults and children and the choice of each person between lutefisk and meatballs.

CALL OR EMAIL JUDY SAWYER 619-993-9113 / sonjsawyer@gmail.com

Lutefisk take home packages 1 3/4 lb @ \$20.00
(To order take home packages, please contact Judy by October 28, 2024)

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
OCTOBER	19	(KRETSSTEVNE MONTH)
NOVEMBER	9	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	14	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
VACANT

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 Officer Nominees - 2025-2026

Lodge Officers	
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
Asst Social Director	NO NOMINEE
Cultural Director	NO NOMINEE
Marshall	Andy Ueland
Assistant Marshall	NO NOMINEE
Historian	NO NOMINEE
Musician	Susan Cody
Editor	Steve Rawlinson
Assistant Editor	NO NOMINEE
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

Auditor Nominees

Everett Shogren
Sandra Yeaman
Susan Hawkinson

Corporation Director Nominees

Judy Sawyer
Steve Rawlinson

We Need Officers

The Nominating Committee worked hard to recruit candidates for office to serve for the next 2 years. They have obtained candidates for most of the offices, but volunteers are needed to handle a few more offices. **We would love to have a volunteer for Vice President.**

It would also be nice to have volunteers for **Cultural Director** and **Historian**. Vacancies also exist for Assistant Social Director and Assistant Marshall.

Please contact Ellen Spitzer, ellenspitzer@cox.net, or Sandra Yeaman, sandrayeaman@gmail.com, or Myla Coleman, president@lodgeofvalhall.com, if you would like to volunteer.

Thanks to all who volunteered to serve and to continue to serve.

Valhall Board Meeting Minutes

October 10, 2024

The meeting was called to order at 7:14 pm via zoom by President, Myla Coleman.

Present: Steve Rawlinson, Myla Coleman, Susan Cody, James Adams, Andy Ueland, Maury Lee.

Absent: Aprel Bigler, Millie Wright, Judy Sawyer, Sandra Yeaman, Ellen Spitzer.

There was no quorum present.

The motion to accept the Minutes of the July 11th meeting as printed carried.

There was no Treasurer's report.

Cultural-Mitch Utterback will be unable to attend the January lodge meeting. His funding for travel and presentations has run out.

The Kretstevne is a go. Nancy Madsen has asked Myla to bring all of the chuckwagon supplies, but Ellen has them and is out of the country. Myla will purchase items for the event.

Social Directory-(Myla) Judy is ordering lutefisk for the November social. Myla is ordering gjetøst. LOV will be having the Lille Butikken.

Editor-(Steve) Steve will need to know if gjetøst will be available so that he can put something in the newsletter about ordering cheese and lutefisk.

Steve only received one comment about the cancellation of sending the newsletter via the mail. He asks that people without email addresses in the directory forward them to Steve so that everyone will receive the newsletter.

Publicity-(Jim) We need to publicize the lutefisk dinner and the Juletefest. Placing ads in the local newspapers has not yielded any results and is costly. We need to make sure that there are Valhall postcards at House of Norway now that we are no longer publishing the newsletter.

Corporation-(Jim) The Corp. meeting was on October 7. The financial status report was disseminated. The account is earning a reasonable return with conservative and more aggressive funds.

Foundation-(Jim) The lodge has submitted a donation to the Foundation and they have acknowledged receipt.

Counselor-(Maury) Maury wishes that more people would be able to attend Kretstevne this year.

Old Business-The nominating committee reported that we still need a Secretary, Vice-President, Cultural Director, Assistant Marshall, and Historian. Carrie Reichert is interested in the Secretary position and Sandra has sent her the job description. Sue Hawkinson will be an auditor.

Good of the Order-Crafting continues at the House of Norway on alternating Mondays. The next meeting is October 21.

The Leif Erickson lawn program at Balboa Park was a lot of fun. Next year, there will be a program in October to celebrate the 200th anniversary of Norwegian immigration.

Anne-Lise Mogstad was wondering if ladies were able to attend every meeting of the Norwegian Fish Club. They are able to attend if they are invited by a Fish Club member.

There is a member of the Fish Club who may be available for a talk about heavy water in Norway during WWII.

The next board meeting is January 16 at 7:00 pm via zoom.

The meeting was adjourned at 7:50 pm

Respectfully submitted,

Susan Cody, Secretary

Valhall Corporation Meeting Minutes

October 7, 2024

The meeting was held via Zoon and was called tor order at 7:00 PM

Present were President James Adams, VP Andreas Ueland, Treasurer Steve Rawlinson, Secretary Everett Shogren, Directors Myla Coleman, Judy Sawyer and Millie Wright.

Old Business:

It was moved, seconded and passed to accept the minutes from the last meeting

This meeting included the Investment Policy review of our investment policy in the Spring and Fall required by our Standing Rules.

An early charitable donation to Sons of Norway Foundation to meet the “Together we are the Future” Campaign was approved.

New Business:

The Hall Rent has been paid for the quarter as scheduled.

The Treasurer along with Financial Secretary is preparing the filing of the required yearly forms with State of California.

The current budget was reviewed.

The Treasurer’s Report was presented by Treasurer Steve Rawlinson.

Investment return continues to be equal to or better than the benchmarks. No significant change in our investments appears to be required at this time.

The Corporation audit will held when the necessary yearly forms have been received, probably by the middle of February.

Action Items:

It was decided that meetings will continue to be held on Zoom .

The Next Meeting is scheduled for Tuesday, February 11, 2025. Any Valhall Lodge member may attend, Contact Steve Rawlinson for details.

The meeting was adjourned at 8:03 PM.

Respectfully submitted,

Everett Shogren, Secretary

Ladies of Valhall Meeting Minutes

October 5, 2024

The meeting was called to order at 9:07 by President, Susan Cody. 16 members were present.

The motion to accept the minutes as printed in the newsletter carried.

The motion to accept the Treasurer's report carried.

Sunshine committee-Eldbjorg sent cards to Karen, Linda, and Anne.

Old Business: Crafting at House of Norway resumes on Monday, October 7.

The organization of the Lille Butikken will be a collaborative effort of several ladies this year. A signup sheet for duties was passed. Myla will order gjetøst. Millie, Sandra, Myla, and Ellen have items or supplies for the Butikken.

A hostess signup sheet was passed for next year.

The LOV Christmas party will be on December 21. LOV will cover \$25 per person with members paying the remaining \$16. There will be a secret Santa gift exchange with a \$20 limit.

A collection for our server, Juan, was started, and will be presented at the November meeting.

Cultural-Ragnhild reviewed some Norwegian expressions and phrases, such as takk for sist, ha det bra, and the use of jeg elsker det for someone very close to you, or gladde av det for a more casual acquaintance.

Good of the Order-There is a rebate available for anyone who purchased gas between February 20, 2015 and November 10, 2015 in the state of California. To apply for the rebate, go to calgaslitigation.com.

The Kretstevne in October may be cancelled due to low registration.

Birthday celebrants were Linda and Myla.

Drawing winners were Barbie, Susan, Myla, Thelma, and Brit.

Today's hostesses were Carrie and Thelma.

The next meeting will be November 2. Hostesses will be Linda and Sue Hawkinson.

The meeting was adjourned at 10:01.

Respectfully submitted,

Susan Cody, President

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

Fifty Years of Membership

Kevin J. DeNino

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 members for their long and faithful
service:

Forty Years of Membership

Gerald "Jerry" Wergedal
Karen "Kaye" Wergedal

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

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.

Two New Vesterheim Museum Presentation for District Six

District Six has arranged for two additional live Zoom presentations from the Vesterheim Museum. The first on November 12, 2024, and the second sometime in February or March of 2025, the specific date to be set soon.

You may join these Zoom presentations from your home via computer or smart phone, invite a group of friends for a watch party, or organize a watch party at your Lodge. We are limited by the number of connections (computers), not the number of viewers, so watch parties will allow more participants. If you are not able to attend to live presentation, recording will be made available.

Presentation #1

Topic: *Sacred Symbols: The Folk Art of Norway*

Date: November 12, 2024, at 6:00 pm Pacific / 7:00pm Mountain / 8:00 pm Central Time

Speaker: Laurann Gilbertson, Chief Curator

Program Description: Learn about the many symbols that have come down from ancient times and how they were used in Norway in the nineteenth century. Many of the symbols, used on textiles, wood, horn, and other materials, fall into one of the following functions: good luck, fertility, protection, and linking the human and spiritual worlds.

Request Zoom link here: <https://sofn6.org/vesterheim-sacred-symbols/>



Presentation #2

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/>



Lingonberry Cardamom Tart

This tart is as beautiful as it is rich, tart, sweet, spicy, savory and delicious, which will soon make it a family favorite.

Author: Barrett Bridenhagen of [Dirty Laundry Kitchen](#)

Prep time: 1 day, 1 hour 30 minutes

Cook time: 1 hour 25 minutes

Ingredients:

- 1 1/2 cups or about 5 oz. fresh cranberries
- 1/2 cup plus 1/3 cup granulated sugar, plus more for sprinkling
- 1 Tbsp. water
- 1 egg white
- 8 oz. lingonberry jam
- 10 Tbsp. unsalted butter room temperature
- 3 large eggs
- 1/2 tsp. pure vanilla extract
- 6 oz. or about 1 1/4 cups slivered almonds
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 1/4 tsp. salt
- Pâte Sucrée (Sweet Crust) Ingredients
- 1 1/4 cups all-purpose flour
- 4 1/2 tsp. granulated sugar
- 1/4 tsp. salt
- 1 stick cold unsalted butter, cut into small pieces
- 1 large egg yolk
- 2 Tbsp. ice water



Notes

It's easy to spread this recipe out over a couple of days. Make a day ahead if you like. Store on the counter, wrapped. Serve warm or at room temperature.

Article photo for download:

<https://www.dropbox.com/scl/fi/vqp84dgys03vc9dfn4vx4/tart.jpg?rlkey=584y417avii3y3j5kmufqzle9&st=lgb4ih56&d|e0>

Please turn to Page 14 for instructions.

*Instructions for making Lingonberry Cardamom Tart, continued from Page 13***Instructions:**

1. To start, make the pâte sucrée crust.
2. Pulse flour, sugar, and salt in a food processor until combined.
3. Add butter, and process until mixture resembles coarse meal, about 10 seconds, or use a pastry blender or two knives to combine.
4. Lightly beat egg yolk with ice water.
5. With processor running, add yolk mixture in a slow, steady stream through the feed tube and process until dough just holds together (no longer than 30 seconds).
6. Turn out onto a work surface and shape into a disc.
7. Wrap in plastic and refrigerate for at least 1 hour (or up to 2 days).
8. Put fresh cranberries, 1/3 cup sugar, and the water into a saucepan over medium heat and cook.
9. Stir to dissolve sugar, until cranberries have just softened. 3-5 minutes.
10. Remove from heat and cool completely.
11. On a lightly floured work surface, roll out pâte sucrée dough to a 12-inch circle, 1/8 to 1/4 inch thick.
12. Transfer to an 8-by-2-inch springform pan, pressing crust into bottom and up sides. Trim excess flush with rim. Refrigerate 30 minutes.
13. Preheat oven to 350° F. Prick tart crust all over with a fork.
14. Line dough with a round of parchment paper and fill with pie weights (or dried beans).
15. Bake 10 minutes.
16. Beat egg white.
17. Remove weights and parchment and brush crust lightly with egg. Return to oven and bake until pale golden (25 minutes). Reserve remaining egg white.
18. Let crust cool in pan on a wire rack for 10 minutes.
19. Raise oven temperature to 375° F.
20. Spread jam over bottom of tart crust.
21. Beat butter and remaining 1/2 cup sugar with a mixer on medium-high speed until pale and fluffy (3 minutes).
22. Add eggs, 1 at a time, beating well in between. Beat in vanilla.
23. Reduce speed to medium. Slowly add ground almonds, cinnamon, and salt and beat until just combined.
24. Spread mixture over jam-covered crust.
25. Bake tart until filling is set and has darkened slightly (45+ minutes. If top darkens too quickly, cover loosely with foil).
26. Remove tart from oven, brush top with remaining egg white and sprinkle with sugar. Return to oven and bake for 5 minutes more.
27. Let cool on a wire rack for 15 minutes.
28. To serve, remove from pan and top with **candied cranberries**. Slice. Add a dollop of crème fraîche to bring it to the next level. And who wouldn't want to do that?

Valhall Viking

OCTOBER 2024

CALENDAR

- November 2: 9:00 AM Ladies of Valhall**
- November 9: 1:00 PM Lille Butikken**
- November 9: 2:00 PM Lodge Meeting & Social**
- November 23: December 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 December issue

Deadline for the December Valhall Viking is November 23, 2024

E-Mail articles to Steve Rawlinson at: editor@lodgeofvalhall.com