

Valhall Viking



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. February 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

This newsletter is published monthly except in January and July.

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Ord fra presidenten

Hei vennene mine!

In northern Norway, Sun Day is the celebration on January 21 when the sun is visible above the horizon after the long winter's darkness. Schoolchildren and adults eat a special cream filled bun and are glad to know that summer is on its way.

The officers and committee members of our lodge were installed during a quick ceremony at our January social. Thanks to everyone who attended and to our volunteers who have stepped up to another year of leadership. Thanks to Maury for guiding the group to make their promise and to Ari for being our Impromptu photographer.

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Ord fra presidenten (continued from Page 1)

An important agenda item for our first lodge meeting of the year was to thank our fabulous kitchen team: Judy, Susan, Millie and Ellen. Dere er verdens beste!

February 6 is National Sami Day so I'll try to have a short program at our social with videos and information. Let's listen to some joik and learn about Norway's indigenous people!

We are pleased to welcome into the lodge Thor and Michelle Emblem and their 2 children.

I hope you and yours' are well and safe as the new year begins. Many organizations are supporting recovery efforts from the devastating wildfires. I welcome feedback and input regarding how our group can help support our community and beyond. Jim Adams, our District 6 Foundation Director reminds us that our foundation has grants and financial assistance for those in need.

"Every new beginning comes from some other beginning's end". The rock band Semisonic included this quote from the philosopher Seneca in their song "Closing Time". It's a song that plays in my head, especially when I'm feeling nostalgic for things that are in the past. Then I remember the cyclical nature of life, and I'm excited for what's next.

Godt nytt år!

Myla Coleman President, Valhall Lodge #6-25



At a Crafting Monday session at the House of Norway, Barbie Lorenz and Sandra Yeaman helped each other to tailor bunads that were too big.

Catered Dinner

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

Saturday, February 8, 2025

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

MENU

Meatloaf, Mashed Potatoes & Gravy, Garden Salad,
Green Beans Almandine, Rolls and Butter
Coffee, Dessert
Soda and Water available with donation
Please feel free to bring your own wine or beer

Cost \$20

*** PLEASE pre-register by January 28, 2025 ***

*** We need to know by Jan. 28 how many are coming because this is a catered meal. ***

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

Valhall Lodge, Sons of Norway 2025 Social Calendar

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

Lodge Officers - 2025-2026

| Lodge | Officers |
|----------------------------|----------------------|
| President | Myla Coleman |
| Vice President | VACANT |
| Counselor | Maury Lee |
| Secretary | Carrie Lail 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 | Carrie Lail Reichert |
| Treasurer | Barbie Lorentz |
| | |



JAMES DONOVAN

Your Financial Benefits Counselor 760-440-9905

jdonovaninsure@gmail.com



Happy Birthday Gratulerer Med Dagen!



February Birthdays

- 3 Anne Høidal
- **6** Sue Fouquette
- 10 Donald Bigler
- 16 Jim Adams
- 19 Kimberly Bardin
- 19 Sarah Twamley
- 21 Erik Nilsen
- 21 Rebecca Howe
- 23 Thomas Howe
- 25 Linda O'Dell
- 28 Lewis Johnson

Beware the Toll Road Scam

Recently, we received the following text:

Please pay for FasTrak Lane on December 28, 2024. In order to avoid excessive late fees and potential legal action on the bill, please pay the fee in time. Thank you for your cooperation and wish you a happy holiday.

https://thetollroads.com-3oi2.cfd/us

(Please reply Y, then exit the text message and open it again to activate the link, or copy the link to your Safari browser and

We knew that this was a scam because the URL looked bogus to us. The hyphen and text after that was suspicious. Furthermore, there is a warning against phishing scams on tolls on https://thetollroads.com website. This toll authority does NOT send text messages to non-accountholders.

Norwegian Foreign Minister's View of Trump

Editor Note: The text below is from an online article in the Wall Street Journal that also appeared in the print edition of January 22, 2025, on Page A7. We express neither agreement nor disagreement with Foreign Minister Eide, but we find it interesting that the only government official interviewed for this article is from Norway. Dateline of this article is Davos, Switzerland, where the World Economic Forum is in session.

"We've learned that he goes out maximalist and then he starts negotiating. This wasn't really known to us last time. This is now factored in," Norway's foreign minister, Espen Barth Eide, said during an interview on the sidelines of the annual conference.

He also said he has learned to take Trump seriously but not always literally. "If we run around commenting [on] every Truth Social post, you know, we will have nothing else to do." The minister said he still had questions, such as how Trump would handle Ukraine, U.S. support for the North Atlantic Treaty Organization and even how America would work with the world should there be another global pandemic.

"We will go in and discuss this with the new administration and see," he said.

Valhall Lodge Meeting Minutes January 11, 2025

Myla called the meeting together at 3:05 pm Jan 11, 2025 after a lunch prepared by our loyal member chefs.

Maury installed the new officers (see page 5 for full roster) for a two year term.

Newly joined lodge members were Michelle and Thor Emblem from Escondido who also have two college age children. Both have Norwegian roots.

The Treasurer's report was presented and accepted. (Not detailed here on purpose.)

Minutes accepted from October and November.

Feb 8 will be a catered dinner by Cupid's Caterers.

Colorful wooden spoons were presented to our chefs and meal planners- Millie, Judy, Susan and Ellen.

Jim spoke of the Foundation and its charity goal of \$150,000 for our district was met for 2024. Applications for scholarships are open with deadlines that vary.

Maury represents the District for us. The 2026 convention will be four days long in Sacramento.

The board meeting will be Jan 16 (on zoom) to discuss the plans for the next year. In July there is a commemorative of the first Norwegians to emigrate who came in 1825 called "The Crossings"

A Norwegian Navy ship is coming in November to San Diego and activities are planned.

The Fargo area is becoming a center for making and preserving Hardanger fiddles.

Send in any changes to the directory to Steve Rawlinson as a new one is being printed for 2025.

Crafting in the Park will take place Monday the 13 and the 27th with Hardanger embroidery, knitting, woodworking and Bunad fitting- 1 pm at House of Norway.



Meeting was adjourned at 3:47 pm

Respectfully submitted,

Carrie Lail Reichert, Secretary, Valhall Lodge #6-25

Valhall Lodge Board Meeting Minutes

January 16, 2025

We had 9 members present which Jon Simonsen investigated and said 8 formed a quorum based on our number of board members. Members who were not present had prior commitments voiced to Steve or were sick.

Those 9 attending by zoom were Steve, Carrie (in Steve's office and in zoom on her phone- for half the meeting), Myla, Millie, Sandra, Sue H., Maury, Jim Adams, Jon Simonsen.

Myla called the meeting to order at 7:05 pm.

Minutes of the October quarterly board meeting were published in the newsletter and sent by email. They were accepted and approved as written.

Much of the meeting was on the budget based on the 2024 budget with the expense of paper publishing and mailing the newsletter removed. Small increases in other expenses brought the budget back to about what it was in 2024.

The budget was moved and accepted for 2025.

It is the 200th anniversary of the founding of the Sons of Norway organization.

This is deemed Founders' Day. This year we will be celebrating the 200th year of "The Crossings"- Norwegians coming to Minnesota.

A brownie troop will again visit us to sell their cookies-

HON- will have an ethnic food fair May 3.

May 10 will be a breakfast

June will be an ice cream social and cake contest.

We will try and reinstate Bingo at one meeting.

Oct- Leif Ericsson Day

Nov- honoring the Crossings and a visit by a Norwegian Navy ship.

Dec- Christmas party

March or April- a movie

Millie will send District President Lis Barca a get well card.

There are 2 available programs from the District in Feb and in Fall (but these are charged for programs).

We discussed business cards and/ or postcards to be kept or supplied at HON noting all the Norwegian organizations- us, the Fish Club and the Vista lodge (and festival) with QR codes sending people to websites.

Meeting was closed at 8:33

Respectfully submitted Carrie Lail Reichert, Secretary, Valhall Lodge #6-25

Ladies of Valhall Meeting Minutes January 4, 2025

The meeting was called to order at 9:04 by President, Susan Cody.

The minutes of the November meeting were approved as printed in the Valhall Viking.

The Treasurer's report was approved.

Sunshine committee: Thinking-of-you cards were sent to Carmen, Helen, Anita, Dale, and Faye.

New Business:

Susan announced the need for a new Secretary, as Solveig has resigned her position. We will miss having her seated at the head table.

Old Business:

Crafting at House of Norway resumes on January 13th.

Susan passed around the hostess signup sheet for 2025.

Cultural:

Ragnhild lead us in singing Jo, mere vi er sammen.

Good of the Order:

Susan told about her Christmas celebration with siblings and nephews in Washington State.

Carrie spent the holidays with relatives near Glacier National Park.

Sandra still has books for sale.

Barbie found her LOV pin, which was on her sweater that she wore last winter.

Jon Holmerud made LOV name tags for all of the ladies. Thank you to Jon!

Linda has extra Angel trinkets from the Christmas party. Thank you to Linda for planning such a great Christmas party.

Myla got a Mickey Mouse collage puzzle for Christmas and has found it a very difficult puzzle to complete.

Birthdays in December were Eldbjorg and Ragnhild. January birthdays are Tam, Carrie, Solveig, and Thelma. Happy Birthday was sung to all.

January anniversaries are Linda and Solveig. Happy Anniversary was sung.

Winners of the drawing were: Myla, Susan, Millie, Brit, Linda, and Tam. Hostesses were Ellen and Judy.

Our next meeting will be February 1. Hostesses will be Anne, Eldbjorg, and Brit. The meeting was adjourned at 10:03

Respectfully submitted,

Susan Cody, President, LOV



Tree Dance at Jultrefest, December 14, 2024.

Click on link below to see dancing and hear music:

https://drive.google.com/ file/d/ 1fJb7I7kGX5J1daPTpjAI Zy01uBJ2Q4b7/view? usp=sharing





Top left: Steve Rawlinson stands in front of beautiful faux doors. Top right and bottom left show how faux the doors were. Bottom right: We had a visit from Santa Claus. These photos were taken at the 2024 Jultrefest.





Maury Lee, left, District Six Zone 6 Director and Lodge Counselor, administers oath of office to 2025-2026 Lodge Officers. From left, Marshall Andy Ueland, Treasurer and Trustee Millie Wright, President and Youth Director Myla Coleman, Musician and Trustee Susan Cody, Social Director and Trustee Judy Sawyer, Auditor Jon Simonsen, Editor and Webmaster Steve Rawlinson, Historian Sandra Yeaman, Sports Director Ellen Spitzer, Auditor Susan Hawkinson, Secretary Carrie Lail Reichert, Foundation Director and Publicity Director Jim Adams



President Myla Coleman awards splendid spoons to the kitchen staff: Millie Wright, Susan Cody, Judy Sawyer, and Ellen Spitzer. From left: Myla, Millie, Susan, Judy, Ellen.



Lodge Officers — Front: Carrie Lail Reichert, Susan Cody, Myla Coleman, Millie Wright, Judy Sawyer. Back: Maury Lee, Jim Adams, Steve Rawlinson, Andy Ueland, Jon Simonsen, Sandra Yeaman, Susan Hawkinson, Ellen Spitzer.

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.

<u>Scholarship information</u> is available by clicking the link. Click <u>here</u> for a useful chart comparing the scholarship opportunities.

<u>Grant information</u> is available by clicking the link. Click <u>here</u> for a useful chart comparing the grant opportunities.



Thank you for considering a gift to the Foundation



Tusen Takk!

Together We Are the Future

The Sons of Norway Foundation is holding the <u>Together We are the Future</u> 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.

The wildfires remind us that the Foundation has grants and financial assistance for those in need.

Camp Norge News

Registrations are now being accepted for the Summer 2025 sessions of the District Six Language Camps, also known as Trollfjell Folkehøgskule and Camp Trollfjell.

Trollfjell Folkehøgskule is for youth ages 14 to 17 and will run from June 29 through July 12, 2025.

Camp Trollfjell is for children ages 8 to 13 and will run from July 13 through July 26, 2025.

These programs take place at our beautiful Camp Norge in Alta, California (https://www.campnorge.org/site/).

You can find more information and register on our website here: https://sofn6.org/arv/

Jason Morken & Rebekah Strand
Camp Directors
Sons of Norway District Six Language and Heritage Camps
camp.director@sofn6.org

Vesterheim Museum Presentation for District Six

The first of two presentations took place on November 12, 2024. The second one will take place on Wednesday, February 26, 2025, at 6:00 PM PST

Details that are known at this time:

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

Date: February 26, 2025

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/

Soft Oatmeal Chocolate Chip Cookies

Ingredients:

- 160 g (1 and 1/3 sticks) butter at room temperature
- 200 g (1 cup) granulated sugar
- 150 g (heaping 3/4 cup) brown sugar
- 360 g (3 cups) flour
- 2 tsp. baking powder
- 1 tsp. vanilla sugar
- 1/2 1 tsp. ground cinnamon
- 3 eggs
- 350 g (or 1 3/4 cup) chocolate chips or chopped dark or milk chocolate
- 100 g (or 1 cup) oatmeal



Directions:

- 1. Mix together the sugar and butter in a food processor. Add the flour, baking powder, vanilla sugar and cinnamon and mix it together to a crumbly mass.
- 2. Add eggs and chocolate. Work the dough together quickly.
- 3. Form the dough into a thick sausage shape using baking paper. Let it rest in the fridge or freezer.
- 4. Cut the dough into 1 cm thick slices and bake at 180 °C (or 350°F) for 10–15 minutes.

Recipe Source: https://www.nrk.no/mat/store-myke-sjokoladekjeks-1.6914054

Once you have made the dough, you can keep it in the freezer and take it out when you want soft cookies.

Valhall Viking

FEBRUARY 2025

CALENDAR

February 1: 9:00 AM LOV Breakfast Meeting

February 8: 2:00 PM Meeting & Social

February 11: 7:00 PM Corporation Meeting

February 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 March issue

Deadline for the March Valhall Viking is February 23, 2024

E-Mail articles to Steve Rawlinson at:

editor@lodgeofvalhall.com