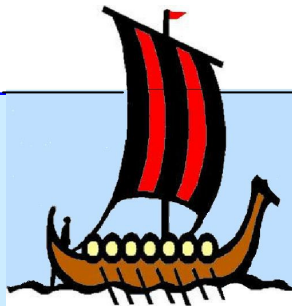


# Valhall



# Viking

March 2009

Phone: 619/469-9779

Number 2

1912—2009



**VALHALL  
LODGE**

Meetings at 7:30 pm  
first Monday of the month  
at the  
**East San Diego  
Masonic Temple  
7849 Tommy Drive  
San Diego, CA  
92119-1799**

[www.lodgeofvalhall.com](http://www.lodgeofvalhall.com)  
[www.sofn.com](http://www.sofn.com)

**Next Business  
Meeting:  
Mar. 2**

**Newsletter  
deadline:  
Feb. 15, 2009**

**March Social  
Anniversary Dinner  
Mar. 21**

## Beskjed Fra Presidenten – Supporting Cultural Events

I hope everyone had an opportunity to attend the piano concert by Knut Erik Jensen on Friday, February 20<sup>th</sup> at Calvary Lutheran Church. He gave a wonderful performance and we are lucky to have such talented Norwegian's perform for us. We must continue to be active participants in our local Norwegian cultural events if we want to keep them coming to the San Diego area. Later this month The Stoughton Dancers will be performing several shows in the San Diego area and we need to support this group as well. Sven Olsen is still looking for a few families to host a couple of the dancers on March 31<sup>st</sup>. Please contact him if you have room in your inn for these wonderful students for one night!

Tusen Takk to the Lutefisk social committee for the wonderful Annual Lutefisk Dinner on Saturday, February 21<sup>st</sup>! I hope the lefse was as good as it has been in the past; Karin Brevig was trying to teach my son how to make it. I hope you ate Karin's and not Chris'!

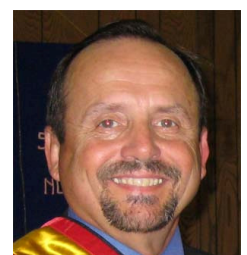
Special recognition to Andreas and Janice Christensen for their Golden Membership Certificates; to Hagbart Larsen for his 50 Year Membership Certificate and to Glenn Jerpseth for his 25 Year Membership Certificate.

The new Board of Directors is continuing to work on the lodge's SMART (Specific, Measurable, Agreed-upon, Realistic and Timely) goals for 2009. The smart goals include such topics as Membership, Cultural activities, Cultural skills, Youth activities, Adopt-a-school, SON Foundation, Scholarships, Increasing financial products/ Insurance participation and Community Outreach/Involvement/Awareness. If you have experience or want to help us with any of these goals, please contact me or any of your board members. It takes the entire lodge to make this program work!

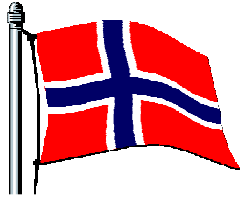
As part of our 2009 SMART goals, we must increase membership and participation in Valhall Lodge. In order to do this we need your participation in lodge events and business meetings to make Valhall a fun and active lodge. We will be sending out a survey form soon, that asks several questions concerning the lodge and how you perceive the schedule of events; dates and times for business meetings and socials; along with various other questions that will help us determine what changes if any may be required. Please help us by completing the survey and sending it back to us so we can obtain information that may assist us in making Valhall a better and more active lodge.

Our next business meeting is on March 2<sup>nd</sup> at 7:30 PM ; Come say hello. I look forward to seeing you there!

Vennlig Hilsen, *Rick Hausvik*



Valhall Lodge No. 6-025 Sons of Norway  
East San Diego Masonic Temple  
7849 Tommy Drive, San Diego, CA 92119



*Valhall's 97<sup>th</sup>  
Anniversary  
Dinner  
March 21, 2009*

*Menu*

**Chicken Cordon Bleu  
Escalloped Potatoes  
Green Beans Almondine  
Choice of 4 Salads  
Choice of two desserts  
Coffee, Tea, Lemonade**

***PROGRAM FOLLOWING DINNER***

**Music after dinner  
Includes dancing and sing alongs**

**Catering provided by  
*Cupid Catering***

**\$15.00 per person**

**Social hour from 5:30 to 6:30 (appetizers will be served)**

**Dinner served at 6:30**

**Program starts at after dinner**

**Reservations needed by **Tuesday, March 17****

**Call**

**Joyce Oen at 858-217-6229**

**Email [JoyceOen@yahoo.com](mailto:JoyceOen@yahoo.com)**

## What's New at Valhall?

Find out in the Valhall Viking newsletter.

This purpose of this newsletter is to:

- Inform you about events, meetings, and classes offered at Valhall
- Inform you of local Norwegian events that are happening around San Diego.
- Provide contact information of Officers and Services
- Bring you stories of interest about Norway or the Norwegian community
- Bring you information about what our Sons of Norway District 6 is doing, and also news from Son's of Norway International
- Bring you up-to-date about what Valhall or its members are doing.

You may not have paid much attention to this, but one of the most important features of the newsletter are/is the **Minutes**. They recount what happened at our meetings and you can learn a lot about what our lodge is doing, planning or changing. Many of the items mentioned in the minutes could be articles, but that would take up more pages in this newsletter. So minutes provide a short overall summary.

You may find something in the minutes you would like to participate in, complain about or offer suggestions about. Don't skip the minutes!

What goes on in the lodge is for all members, not just officers. Your input is valuable to ensuring our lodge becomes all that it can be, Don't be shy about letting our president, secretary or other officers how you think Valhall can improve. Phone numbers and email addresses are in the newsletter or directory.

Pretty soon there will be a survey going out to members to assess what you think about Valhall. I hope everyone will take the time to fill it out and return it.

Hilsen,

Arlene LaBree,  
Editor

## Lodge Officers for 2009

President	Rick Hausvik	619-579-5447
Vice-President	Duke Johnson	858-459-8818
Counselor	Helga Moore	619-298-0390
Secretary	Amelia Seeto	858-712-6876
Assist. Secretary	Judith Johnson	858-459-8818
Financial Secretary	Aprill Waymire	619-276-3809
Treasurer	Don Lesney	619-465-3686
Social Director	Loreen Cook	619-588-4170
Asst. Soc. Dir.	LaVonne Coover	619-264-9486
Cultural Director	Sven Olsen	760-735-6171
	Joyce Olsen	760-735-6171
	Ingrid Lindgren	858-277-3376
	Lou Coover	619-264-9486
Marshal	Don Balmer	619-466-2179
Asst. Marshal	Ron Thomas	619-749-9967
Greeter	Lou Coover	619-264-9486
Greeter	Raymond Johnsen	858-459-5430
Historian	Jim Wolner	619-692-9584
Librarian	Kay Wolner	619-692-9584
Musician	Joyce Olsen	760-735-6171
	Ragnhild Amble	619-465-7425
Editor	Arlene LaBree	858-271-8709
Circulation Editors	Dean Seiler	858-455-6798
Foundation Director	Charles Gorder	619-287-3559
Publicity Director	Judy Sawyer	619-583-0859
Trustee (1 years)	Chris Hausvik	619-890-5447
Trustee (2 years)	Everett Shogren	619-287-6056
Trustee (3 years)	Ola Brevig	858-756-1167
Youth Director	Ellen Spitzer	619-444-9077
Sports Director	Neal Cook	619-588-4170
Auditors	Allen Johannesen	858-452-1797
	Thelma Johannesen	858-452-1797
	Reg Becker	619-562-4403
Corporation Directors		
	Don Lesney	619-465-3686
	Sigurd Stautland	619-299-9237
	Aprill Waymire	619-276-3809
Corporation Officers		
President	Ola Brevig	858-756-1167
Vice President	Allen Johannesen	858-452-1797
Secretary	Everett Shogren	619-287-6056
Treasurer		



# Congratulerer Med Dagen!



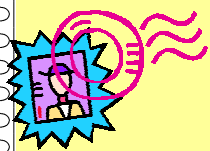
## FEBRUARY BIRTHDAYS

1	Wilma Springer
5	Eldon Andersen
8	Petra McGeary
9	George Luther
9	Manning Merrikan
11	Kristine Davis
14	Rodney Olson
15	Jennalisa Crohn
15	Vernon Lintvedt
16	Karin Brevig
17	John Rem
19	Almon Coover
21	Joyce Oen
23	George Babilot
23	Oswald Gilbertson
25	Barbara Hemmingsen
31	Jackie Seeto

## TUBFRIM

Save stamps for TUBFRIM  
Cut cancelled stamps off envelopes  
leaving  
1/4 to 1/2 inch  
around the edges.

Deliver stamps  
to any lodge meeting.  
Ellie Balmer,  
Tubfrim  
Chairman



## Stoughton Dancers Coming Mar. 31

The Stoughton Norwegian Dancers from Stoughton High School, Stoughton, Wisconsin, will be performing at Our Savior's Lutheran Church in San Diego (North Park) on Tuesday, March 31 at 7:00 PM.

Please put this date on your calendars. More info will be published later. The reason for this message is to ask for your help hosting 2 of these students on the night of March 31. If you have extra space in your home, we need 7 more people to volunteer their home. The students will be delivered to your home after the performance, in the evening of March 31st and picked up the next morning. You only have to furnish a place to sleep and breakfast in the morning. This would be a great opportunity to meet some really neat young people.

If you are willing to help in this endeavor, please call or email Sven Olsen as soon as possible. Contact information is noted below.

The dancers are being sponsored by Valhall Lodge, Sons of Norway, The House of Norway and The Norse Federation (San Diego) as well as Our Savior's Lutheran Church.

Fraternally,  
Sven Olsen  
760-735-6171  
email: [svenio@sbcglobal.net](mailto:svenio@sbcglobal.net)

## Family Membership

FREE membership to individuals, age 16 through 23, who are lineal descendants of a current Sons of Norway member or resides in the same household as a Sons of Norway member. If qualified, these individuals can become member and not pay dues under the "Family Membership" program.

Please sign up an Unge Venner today so he/she can begin enjoying the benefits of this FREE membership and start learning about their Norwegian heritage.

Contact **Aprell Waymire** via email at [aprellw@aol.com](mailto:aprellw@aol.com) for a membership application.

## Heritage Members

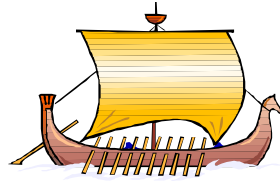
FREE for children age 15 and younger who have a Sons of Norway family member in good standing.

Heritage Members receive the quarterly newsletter "Viking for kids" with lots of fun activities, information on Norway and receive their very own membership card. Viking for kids also includes a Pen Pal Club, brief language lessons, and features such as what's "cool/hot/not" among Norwegian kids.

Please sign a child for Heritage Membership today so he/she can begin enjoying the benefits of this FREE membership and start learning about their Norwegian heritage.

Contact **Aprell Waymire** via email at [aprellw@aol.com](mailto:aprellw@aol.com) to receive a heritage membership application

## Ladies of Valhall LOV notes..



**Next month's meeting:** March 7,  
**Hostesses:** Millie Wright and Anita Reith

LOV held their monthly meeting on Saturday, Feb. 7 at Denny's in El Cajon.

Twenty-four members were present, and 3 guests joined us.

Dale Roybal, Ingrid Lindgren, Eldbjorg Backous and Ragnhild Amble enjoyed a tea service at a tearoom located near Old Town, and suggested that we have our Christmas luncheon there this year. The ladies enjoyed the experience, complete with hats and boas, stated that the food was delicious and plentiful, and the cost was very reasonable. A vote among the members approved this suggestion. More information will be forthcoming.

The budget committee will hold a meeting after our March 7th meeting at Denny's. Budget committee members are Millie Wright, Susan Cody, Peggy Gere and Anita Reith.

Vinland lodge will be very happy to have LOV attend their April meeting and luncheon. There will be more information presented in March regarding carpooling, or hiring a bus for transportation, so we would like to have a headcount as to who would like to go. Vinland requests that we bring potluck items to share. Barbara Evje will speak with Denny's about canceling our room reservation for the month of April.

It is with great regret that Arnette Scherl has announced that she will resign as Secretary of LOV. She is having problems with her hands and has difficulty writing. A request for a replacement was met with Joyce Oen volunteering to fill the vacancy.

Thank you Joyce for your wonderful offer. I know that you will do a great job.

LOV receives many requests to provide goodies for cultural events in the San Diego area. We discussed options for providing cookies and other items, possibly on a rotating or volunteer basis by event. We will be working out a policy to best facilitate these many requests.

Happy Birthday and Happy Anniversary were sung to our members, and Jean Shogren and Rosalie Olson distributed valentines for our annual Valentine mailing. A beautiful photo of our LOV members that was taken in January will accompany the valentines. The monthly drawing yielded the following winners:

Jane Halleland, Ingrid Lindgren, Thelma Johansen, Becky Bourdage and Helen Johnson. Thank you to Jean and Rosalie for being our hostesses.

Next month's meeting will be held on March 7, with Millie Wright and Anita Reith being our hostesses.

Susan Cody, LOV President

### SERVICES DIRECTORY

#### Financial Benefits Counselor

Pat Kelly  
(818) 986-7199  
amlives@aol.com

#### Language Instructor

Erling Nyhammer  
(619) 448-4217

#### Telephone Committee

Helen Seiler  
(858) 453-3175

#### Sunshine Committee:

Chairperson, LaVonne Coover  
(619) 264-9486

#### Blood Bank Representative

LaVonne Coover  
(619) 264-9486

#### Video Presentations:

Needed: Volunteer to present videos before business meetings. Contact Pres



## Minutes of the Valhall Lodge Business Meeting February 2, 2009

Meeting began at 7:40 PM.

The Charter was draped in honor of the passing on January 2, 2009 of our Lodge President Jurolf "Jerry" Arthur Oen. Newly installed President Rick Hausvik read a biography of Jerry's life which focused on Jerry's love of his family and Jerry's impact within the volunteer community, in Sons of Norway as well as within the senior population and the genealogy community in San Diego County. Jerry's drive touched many lives and he will be greatly missed by his family, Valhall Lodge, and Sons of Norway. There were no guests or visitors in attendance.

Financial Secretary Aprell Waymire presented the following name for membership: Rolf Lee was recommended by David Lee. His application was approved unanimously.

November Business Meeting Minutes, which were printed in the December 2008 Valhall Viking, were approved unanimously.

**Correspondence** – Secretary Amelia Seeto summarized the following letters received over the past two months: Thank you from Sons of Norway Foundation Director Cindy Olson for Valhall Lodge 6-25's generous donation to the Sons of Norway Foundation.

Thank you from ion executive artistic director, Claudio Raygoza and producing artistic director, Glenn Paris, for the donation to ion's intimate ibsen.theatre company

Letter from District 6 VP Lyle Berge regarding the District Six Membership Committee for July 2008-June 2010 and advising us to consider our Zone Director Nancy Madson as a

member of our Lodge Membership Committee

Sons of Norway's SMART Goal for the biennium – those set by the International Board are:

1. Increase net adult and juvenile membership
  2. Reduce the number of members voluntarily leaving by 10%
- Issue life and annuity certificates to 750 new insurance members.

Those adopted by District 6 are:

1. Increase membership by at least one new member District-wide.
2. 100% of District 6 lodges will have at least one new membership event. This event should include the Financial Benefits Counselor. (The new membership event could be a seminar, dinner, lunch or what the lodges choose. The Home Office will pay up to \$400.00 if at least 10 prospective members attend. An interesting program should be planned explaining the lodge's activities and goals).

Issue life and annuity certificates to 50 new insurance members.

Finally, the 2009 District 6 directories were received; those who indicated a need for a directory please see Secretary Seeto to obtain their directory.

### Committee Reports

**Newsletter & Directory** – Editor Arlene LaBree reported that the March and April calendar on the back page of the February Newsletter indicates upcoming Lutefisk dinners in March and April, but that is incorrect, the Lutefisk dinner is in February, the Anniversary dinner is in March and the April Social Committee will determine the social event in April.

**Sunshine**– Chair LaVonne Coover

reported that Condolences were sent to Joyce Oen and Family. Get Well cards were sent to Mari Rem and Wilma Springer. Thinking of you cards were sent to: Mary Embertson, Ellie Balmer and Helen Seiler.

**Blood Bank** – Chair LaVonne Coover reported that donating blood to the San Diego Blood Bank is one way to contribute to the community on behalf of Valhall Lodge. She encouraged members to consider being a donor. To make an appointment by phone at 1-800-4MY SDBB or online at [www.sandiegobloodbank.org](http://www.sandiegobloodbank.org). Walk ins are also welcome. Be sure you let them know you are donating for Sons of Norway Valhall and ask for a receipt. The receipt may be used for a non-catered social. Many thanks to our member who have donated to the blood bank. Be sure to report your time spent traveling to and from the blood bank as well as your time at the blood bank to Assistant Secretary Judith Johnson as community service.

**Cultural** – Committee Chair Sven Olsen shared the following upcoming musical events that the Norwegian community is sponsoring in 2009:

- February 20 - Pianist Knut Erik Jensen's "Norsk Romantikk" concert at Calvary Lutheran Church
- March 22 - San Diego Mannskor, Singing Ladies of Valhall and Soprano Thelma Johannesen 2:00 PM at Veteran's War Memorial in Balboa Park
- March 31– Stoughton Norwegian Dancers 6:00 PM dinner, 7:00 PM performance at Our Savior's Lutheran Church
- June 26 – SKRUK at St. Mark's United Methodist Church

*Continued on next page*



## Minutes of the Valhall Lodge Board Meeting February 2, 2009

**Youth** – Ellen Spitzer reported that the kids at the Christmas party had a lot of fun with the arts and crafts that were provided and that Kay Pepper from LOV provided all the children's goodie bags; the children sang beautifully and enjoyed Santa's visit and everyone, including the children had fun singing and dancing around the Christmas tree.

**Social** – Director Loreen Cook thanked January's Social Committee Chairs Everett and Jean Shogren for a great dinner; the Shogrens thanked their committee members. There will be a sign up sheet going around for the Lutefisk Dinner; please indicate how many will be attending and how many will have lutefisk and how many will have meatballs. Ellen Spitzer thanked the December Social Committee, Sven and Joyce Olsen and LOV for all their efforts at the Christmas Party. Ellen also informed the lodge that a reported from the San Diego Union Tribune will be at our Lutefisk Dinner to sample the lutefisk and write an article for the paper.

**Historian** – Jim Wolner reported that he met with last year's Historian Lorraine Tucker to clarify the responsibilities of the position.

**Librarian** – Kay Wolner met with last year's Librarian Lorraine Tucker and the keys to the Library have been passed on to Kay, the new librarian.

**Publicity** – Judy Sawyer reported that she distributed announcements to about a dozen churches about both our Lutefisk Dinner and the Knut Erik Jensen Piano Concert as well as posted them on the Sons of

Norway Website.

**Corporation** – Ola Brevig reported that the Corporation met before the Lodge Business Meeting and elected the following officers: Ola Brevig, President; Allen Johannesen, Vice President; Everett Shogren, Secretary; Rick Hausvik, Treasurer; Directors: Don Lesney, Sigurd Stautland and Aprell Waymire.

**Auditors** – Allen Johannesen reported that as soon as the Corporation is settled auditing of the 2008 books of the Lodge, LOV, and the Corporation will begin.

### Unfinished Business

Get your hours to Judith Johnson ([jjstyle@hotmail.com](mailto:jjstyle@hotmail.com)) or write them down and hand them to her tonight or tell her and she will write it down, or give her a call with them. Remember to include the hours that you spent preparing for and working at the Convention. Any questions about what qualifies as Volunteer hours or Fraternal Hours? The report is due to District by March 1, so Judith needs to get it to Rick by February 21 so he can review it and we can correct any errors or omissions.

### New Business

**Approval of 2009 Budget** – Treasurer Don Lesney distributed the proposed Board recommended 2009 budget. There was discussion regarding bar donations as well as expenses for convention delegates. A vote was taken and the budget was approved.

The Board recommended a donation to Sons of Norway Foundation from International Convention proceeds. The recommendation was approved.

### Financial Reports

Financial Secretary Aprell Waymire and Treasurer Don Lesney read their respective reports.

### For the Good of the Order

Need food donations and participation at the Knut Erik Jensen concert.

Aprell Waymire has several printed copies of the Hours Worksheet that was emailed to assist members in calculating their 2008 community service and fraternal volunteer hours.

The next Social is our Lutefisk Dinner on Saturday, February 21. The bar opens at 3:30 PM; dinner will be served continuously between 4:00 and 7:00 PM

The next Business meeting will be March 2, 2009 at 7:30 PM.

**Adjournment** – Vice President Rick Hausvik and Counselor Helga Moore

The meeting adjourned at 8:30 PM.

Members present: 47

Respectfully submitted,  
Amelia Seeto, Secretary



### Sons of Norway Mission Statement

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

## Installation of Officers Meeting Minutes January 17, 2009 at Valhall Lodge

Norge Lodge #60  
Valhall Lodge #25  
Vinland Lodge #159

Call to Order - Vice President Rick Hausvik, Valhall Lodge, called the meeting to order at 7:50 PM.

Valhall Lodge **Old Business** -  
Nominating Committee Chair

Amelia Seeto submitted the names of Duke Johnson for Vice President and Helga Moore for Counselor. Vice President Hausvik opened the floor for additional nominations. There were none and Valhall members present voted to accept the nominations of Duke Johnson as Vice President and Helga Moore as Counselor.

**Installation of 2009 Officers** - Vice President Rick Hausvik introduced Janie Kelly, District 6 President to preside over the installation ceremony. All officers present from Norge, Valhall and Vinland lodges were installed in their respective positions by District 6 President Janie Kelly. Remarks concerning their own lodges were made by newly installed Presidents Rick Hausvik of Valhall Lodge, Bob & Bonnie Gjerde of Norge Lodge and Jack Anderson of Vinland Lodge.

**Presentation of Gifts** - President Hausvik presented flower and candle arrangements to the Installing Musician Ellen Holk and to the Installing Marshalls Ola and Karin Brevig. President Hausvik next presented District President Janie Kelly with an autographed copy of "Visions: A Norwegian Immigration Story" by Sons of Norway Valhall Lodge member Oswald Gilbertson.

### Adjournment of Meeting

The next Valhall Board Meeting will be a combined meeting of the former and newly installed board members on Tuesday, January 20, 2009 at 7:00 PM at Valhall Lodge.

The next Valhall Business Meeting will be Monday, February 2, 2009 at 7:30 PM at Valhall Lodge.

The next Valhall Social will be Saturday, February 21, 2009.

The next Norge Business Meeting and Social will be Saturday, February 14, 2009 – Business Meeting at 3:00 PM, Social Hour at 5:00 PM, Dinner at 6:00 PM, the Ole and Lena Love Story featuring the Uff Da Players at 7:00 PM.

Valhall Lodge President Rick Hausvik adjourned the meeting at 8:35 PM. 80 members present.  
Respectfully submitted, Amelia Seeto, Secretary



Janie Kelly

## Scandinavian Folk Dancing

What better way to explore your heritage than thru folk dancing?

Learn old-time regional, pattern and turning dances from Sweden, Norway and Denmark at the Folk Dance Center in San Diego. They teach Schottis, Polka, Waltz, Hambo, and Poska!

Beginners and experienced dancers are welcome, and you can bring a partner or come alone. Classes meet on Wednesday evenings September through May, and cost only \$8.00 per lesson.

Find out more about it at their website:

Www.folkdancecenter.org or give them a call at Dave (619)491-0264 or Jo (619) 286-0355

## Record Numbers Lose Their Licenses

2008 earned a dubious record. Numbers from the police show that 6,137 individuals lost their driver's license last year. That's an increase of 12.5% from 2007. Never before have so many lost their license in a single year.

"It's very troubling that license-revocation is still increasing," said police official Odd Reidar Humlegård to TV2. "It's especially serious when you consider the enormous danger reckless drivers pose to themselves and other motorists. In the course of the last five years we have seen a dramatic increase of 68% in the number of revocations" said Humlegård.

5,277 of the motorists lost their license because of speeding. The rest were due to driving under the influence or for other dangerous driving. But even though the number of revocations is record-high, that doesn't mean that Norwegians are driving worse than they were before. "The increase is due to the focus we have made on shutting down the worst drivers," said Humlegård.

*Adapted from:*

*<http://pub.tv2.no/nettavisen/innenriks/article2494712.ece>*



# Memorial Day Weekend

## May 23, 24, 25, 2009

### Camp Norge, Alta, California



The Recreation Center Board welcomes you to Camp Norge for a three-day camping experience at your own recreation center on Memorial Day Weekend. If you do not have a tent or RV, call the Manager (530) 389-2508 for a room.

We have planned the following activities for your weekend:

**Saturday**

Breakfast  
Lunch  
Craft Fair in the Meadow  
Explore area on your own or just relax  
Dinner  
Bingo

**Sunday**

Breakfast  
Lunch  
Horseshoes & other games  
Raffle drawing  
Dinner

**Monday**

Breakfast

PRE-REGISTRATION OF YOUR MEALS IS NECESSARY TO ALLOW US TO PURCHASE THE CORRECT AMOUNT OF FOOD.

Registration Deadline: May 15, 2009. (Make check payable to Camp Norge)

Mail this form and check to Dale Baker, 9352 Castlemont Circle, Orangevale, CA 95662

#### MEMORIAL DAY WEEKEND

Name: \_\_\_\_\_ Lodge \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Meals you wish to purchase:

Saturday Breakfast – Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Saturday Lunch Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Saturday Dinner Adults \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Sunday Breakfast Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Sunday Lunch Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

**Sunday dinner is potluck. Please bring a dish to share and your own place settings**

Monday Breakfast Adults \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

If you wish to register for all the meals, you get a discount. Send a check for \$33 for each adult and \$16.50 for each child 12 years and under.

# Valhall Cultural Classes

## Woodcarving

The woodcarving group meets on every Tuesday of the month, from 9am to Noon. The class is being held at the *House of Norway* in Balboa Park. Everyone is welcome to join the group and enjoy conversation and carving.

Call Lou Coover before coming for time verification and more information at 619-264-9486.

## Rosemaling Classes

Informal *rosemaling* classes meet on the 2nd and 4th Saturdays of the month. Call Carmen for location information. Come visit and learn about rosemaling and have fun learning how to *rosemal*. Classes are free for SON members, \$5 for non-members. No prior experience necessary. Everyone is welcome.

Contact instructor Carmen Cleary for more information at 619-442-0064.

## Norwegian Classes

If you would like to learn how to speak Norwegian—classes are taught by instructor Erling Nyhammer. Classes are held at Our Savior's Lutheran Church in North Park.

For more information, call Erling Nyhammer at 619-448-4217 or email at [Enyhammer@cox.net](mailto:Enyhammer@cox.net) Valhall's

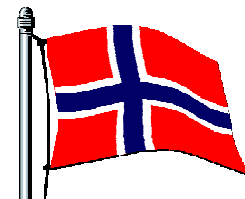
## Valhall's New Cultural Committee Needs Members

At the November 8, 2009 Board Meeting a Cultural Committee was established. The Charter Committee members are Sven Olsen, Joyce Olsen, Ingrid Lindgren, and Lou Coover. If you want your two cents heard when it comes to programs at our socials and meetings, now is your chance! Give Sven a call at 760-735-6171 and let him know...there's always room for one more.

If you don't want to be on the committee, but you have an idea, give one of the committee members a call and tell them your suggestions.

## Norwegian Genealogy

Next meeting March 12, 2009—  
Thursday



We will continue to meet on the second Thursday of each month (except July and December) at the Family History Center, 4195 Camino Del Rio South, from 11:00 a.m. to 1:00 p.m. I have agreed to send out the monthly Valhall Viking and email reminders.

Next meeting March 12, 2009--Thursday at the Family History Center, 4195 Camino Del Rio South from 11:00 a.m. to 1:00 p.m. This month we will discuss useful strategies to get past "brick walls" in your research. Also there will be an opportunity to preview the Legacy Genealogy computer program.

Everyone interested in Norwegian genealogy and history is welcome to attend our meetings. For more information or to be added to our mailing list, please contact Dale Roybal at [droybal7@aol.com](mailto:droybal7@aol.com) or call 858-278-7521.

## Heritage Service

The Church Board and staff at the Norwegian Seamen's Church in San Pedro would like to cordially invite all your members to a Heritage Service held at the Seamen's Church on April 26th at 11.00am.

We will try to celebrate it as it might have been celebrated in the late 1800s when perhaps many of your ancestors came to this country. I have been in contact with people in Norway who will be able to help me recreate the liturgy and the hymns. We will also encourage everyone who participates to try to dress as they did at that time in order to make this service even more authentic. The Church Board will also like to serve lunch afterwards; that will, of course, be food from that period. We are planning on serving "Trøndersodd" or Norwegian Stew, lefse and rømme-grøt for \$10 per person.

Please let us know if you want to join us. Thanks  
310 832 6800 [sanpedro@sjomannskirken.no](mailto:sanpedro@sjomannskirken.no)

## Sons of Norway Spring Musical Events

### **San Diego Mannskor with Soprano Thelma Johannesen**

**Sunday, March 22, 2009**

2:00 PM

Veterans Museum and Memorial Center

2115 Park Blvd.

San Diego, CA 92101



\*\*\*\*\*

### **Stoughton Norwegian Dancers 2009 Spring Tour**

**Tuesday, March 31, 2009**

Our Savior Lutheran Church

4011 Ohio St

San Diego, CA 92104

6:00 PM Student Dinner

7:00 PM Program followed by refreshments

The Stoughton Norwegian Dancers is a group made up of Stoughton High School students who perform various, authentic Scandinavian dances. The group began in 1953, performing for their home community at Syttende Mai. Today, they share their talents all across the United States, entertaining young and old and leaving all with a warm appreciation for their Norwegian heritage. Don't miss this group on their return to San Diego.

In addition to needing your support at their performance(s), the students will require housing for one night and breakfast the following morning. Please contact Sven Olsen to volunteer your home if you have room for a minimum of two students.

\*\*\*\*\*

*Back By Popular Demand!*

### **SKRUK choir from Aalesund, Norway**

**June 26, 2009**

will be giving a concert in San Diego.

Time: to be determined

St. Mark's United Methodist Church

3502 Clairemont Dr

San Diego, CA 92117





## Minutes of the Valhall Lodge Board Meeting January 20, 2009

January 20, 2009 7:00 PM  
Meeting of 2008 and 2009 Board  
Members

**President** Rick Hausvik called the meeting to order at 7:15 PM.

2009 board members need to determine Valhall Lodge's SMART (Specific, Measurable, Agreed-upon, Realistic, Timely) goals for 2009. International and District 6 SMART goals were reviewed.

November Board Meeting Minutes which were printed in the December 2008 Valhall Viking were approved.

**Secretary** Amelia Seeto reported that two thank you letters were received, one from Sons of Norway Foundation and one from the ion theatre; an email from genealogist Loren Prather with the LDS church regarding the Norway Project, which is extracting data from the *bygdeboks* that the **Family History Library** in Salt LakeCity, Utah purchased and combining it with censuses data and entering the information into a database.

**Secretary** Seeto reported that Assistant Secretary Judith Johnson is working on the Lodge of the Year Report, but needs the May and August 2008 Viking Magazines to ensure the report is complete, as well as volunteer hours, both fraternal and community service on behalf of Valhall Lodge from all members. Secretary Seeto is preparing a worksheet to assist members in calculating their hours. Secretary Seeto has calculated the collective number of hours that Valhall members spent in Board and Business meetings, including travel time. Members need to calculate time spent, including travel time, at the convention, in committee meetings, at socials, and at cultural events

among other things.

Secretary Seeto reported on behalf of Financial Secretary Waymire that a Welcoming Ceremony is planned for the March 2009 Business Meeting. Welcoming Packets have been re-worked to include a lot more information on things like Norge Lodge, Sports and Cultural Medal Programs as well as a window cling and/or a bumper sticker and a Lodge Directory. The greatest expense in preparing the Welcoming Packets will be printing the reformatted version of the Sons of Norway Etiquette Brochure since the ones the lodge has are in poor condition.

**Treasurer** Don Lesney distributed 2009 proposed budget. The proposed budget was discussed, in particular membership supplies, charitable contributions and expenses for convention delegates. The proposed budget was amended. Motion was made and carried to recommend the amended budget to the membership at the February business meeting.

**Corporation President** Ola Brevig reported that the Corporation's 2008 books need to be closed; there is a delay do to the illness and passing of Corporation Treasurer Jerry Oen.

**Auditor** Allen Johannesen reported that the books of the Lodge, the Corporation and the LOV will be audited after the 2008 books of all three organizations have been closed and readied for audit. As of today, the Lodge is ready, the Corporation is not and the status of the LOV is unknown.

**Social Director** Loreen Cook and Former Social Director Judy Sawyer reported on the success of the November Salmon Dinner and increased

attendance at both the December Christmas Party as well as the January's Installation Dinner. Regarding plans for upcoming socials: Social Directory Cook is seeking a chair for February's Lutefisk dinner; Karin Brevig will cook the lutefisk as usual. The Beckers will probably host March's Anniversary Dinner. During convention years, April's Social is hosted by the convention delegates; this is not a convention year so April's Social may be a Membership dinner or perhaps the LOV will host the social.

**Cultural Committee Representative** Lizzie Riiber reported the following upcoming cultural events: Knut Eric Jensen piano concert in February; San Diego Mannskor with Soprano Thelma Johannesen at the Veterans War Memorial and Stoughton Norwegian Dancers in March; and SKRUK in June.

Vice President Duke Johnson was provided with the Membership Recruitment and Retention kit from Sons of Norway.

**Newsletter Editor** Arlene LaBree reported that February's Valhall Viking will be coming out shortly. Work is still being done on the 2009 Directory and the inclusive calendar. Fees for [www.lodgeofvalhall.com](http://www.lodgeofvalhall.com) website were just paid.

**Circulation Editor** Dean Seiler reported that he was in receipt of a check from Treasurer Lesney which he believed would cover a year's worth of postage.

**Former Publicity Director** Jean Shogren has submitted photographs to District Publicity Director Wendy Winkleman and provided Publicity Director Judy Sawyer with District 6 contact information. Publicity Direc-

tor Sawyer reported that she had obtained and distributed flyers for the Lutefisk Dinner as well as posted the event on the Sons of Norway Events list. She has also been provided with contact information for the Community Calendars on both Cox and Time Warner Cable and she will be submitting social events to the Community Calendars.

**Youth Director** Ellen Spitzer reported that the Christmas Party was a success; the children received gift bags that Kay Pepper from LOV provided and there were a number of activities for the kids as well as singing and dancing around the Christmas Tree for both kids and adults. In November there was only one child there to participate in the activity; same with the Easter Egg hunt – only one child was there, but in 2007 there were 30 children that participated in the Easter Egg Hunt. There will be a children's activity of decorating paper fish at our Lutefisk Dinner.

**Historian** Jim Wolner and **Librarian** Kay Wolner will meet with former Historian and Librarian Lorraine Tucker to become familiar with their new responsibilities and to receive the keys.

**Telephone Tree Chair** Helen Seiler inquired about who initiates the Telephone Tree. This was discussed and it was decided that the President of Valhall Lodge initiates the Telephone Tree; however any member that learns of important information regarding lodge members should contact the Telephone Tree Chair who will contact the President for further direction.

**Trustee** Chris Hausvik reported that he received copies of the previous Inventory sheets and he will create new Inventory sheets and coordinate the upcoming inventory with Trustee Ingrid Lindgren and Trustee Everett Shogren. There is a broken microphone in the

**Foundation Director** Charles Gorder informed the Board that donations to the Sons of Norway Foundation are tax deductible.

**Unfinished Business** - International Convention Chair Helga Moore distributed copies of the International Convention Balance Sheet and reported that the International Committee will have their final meeting on the upcoming Saturday. There is a discrepancy that International Convention Treasurer Rick Hausvik will identify when he receives all the bank statements. The lodge has been repaid for the initial International Convention start-up fund and the Lodge made money by hosting the convention. A motion was made and passed to donate an additional sum to the Sons of Norway Foundation from the proceeds of the convention.

**New Business** - Board Member Helen Seiler announced that the upcoming Knut Eric Jensen piano concert event will require publicity, attendance and cookies or cheese and crackers from the Norwegian community.

Meeting adjourned at 9:15 PM.  
Respectfully submitted,  
Amelia Seeto, Secretary

Members in Attendance:

1. Amelia Seeto
2. Arlene LaBree
3. Chuck Gorder
4. Don Lesney
5. Helen Seiler
6. Dean Seiler
7. Don Balmer
8. Helga Moore
9. Duke Johnson
10. Rick Hausvik
11. Ola Brevig
12. Karin Brevig
13. Al Johannesen
14. Judy Sawyer
15. Jean Shogren

16. Everett Shogren
17. Lizzie Riiber
18. Reg Backer
19. Chris Hausvik
20. Loreen Cook
21. Ellen Spitzer

## New Source of Energy in Norway

Plans are being made to make 250 windmills at sea in northern Norway. The total costs of the project could be up to 2.5 billion EUR, reports the Barents Observer.

The planned windmill park outside the coast of northern Norway will produce two percent of Norway's total energy production. That's four times the size of one of Norway's largest hydro power plants in Alta. The park will also be able to use wave energy.

"Our goal is to be Norway's top company on wind energy technology," says Oddbjorn Schei in Troms Kraft to Norwegian newspaper Nordlys.

The windmill park will occupy a large area at sea and some of the mills will reach up to 110 meters above sea level.

*Norway.com 2/6/09*



**FORTY NINTH  
ROSEMALING SEMINAR AT CAMP NORGE  
April 25/26, 2009**

It is time to make your reservations for the adult (18 years and over) spring Rosemaling Seminar at Camp Norge. We will have three classes. The teachers are Julie Anne Droivold, Kay White, and Cheryl Seath. We will be using the firehouse for classes.

We will be painting on a beautiful ten inch clock. Julie Anne is teaching a Hallingdahl pattern with a red/orange background. . Kay is teaching a Valdres style on a greenish/blue background with red trim. Cheryl Seath will be teaching the beginner's class using a Telemark Red Embroidery (with gold accents) on a black background. Look on the Camp Norge Website for pictures of all three projects: [www.Campnorge.com](http://www.Campnorge.com).

Please make your room reservation with me. You will pay for your room when you arrive at Camp. It is not included in your class fee. Bring your current membership card. Members pay \$15 per night; guests pay \$20 for dorms, plus 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$20 per night for up to four people per RV. Guests pay \$25 per night for RV's. We have electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$18 for non members. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. As soon as the supply lists are available from the teachers, I will send them as I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. *I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form.*

The cost of the seminar will be \$80 for registration which includes the class and wood piece all base coated and ready to go, the fire hall rent and clean up, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 5th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to April 5 if there is someone on the waiting list who wants your space. It is difficult for people on the waiting list to take your place if they do not have at least three weeks to make their plans. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$80 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be in your supply list letter.

My e-mail address is [pennyjknudsen@sbcglobal.net](mailto:pennyjknudsen@sbcglobal.net). My phone number is (916) 941-6433. Please complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail,

**Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762**

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APRIL 25/26, 2009 ROSEMALING SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ I need a room reservation: Yes\_\_\_\_ No \_\_\_\_\_

Address \_\_\_\_\_ e-mail address \_\_\_\_\_ I want to room with: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Name of Lodge \_\_\_\_\_

Class I want is: Julie Anne \_\_\_\_\_ Cheryl \_\_\_\_\_ Kay \_\_\_\_\_ I am bringing my RV \_\_\_\_\_

I am enclosing \$80 for registration fee for food and class. I am bringing my tent \_\_\_\_\_

My spouse and/or family will be eating with us and I enclose \$30 for each \_\_\_\_\_

## Learn More About Norway On-line

There's no end to the information you can find on the internet. In fact, there's so much out there, sometimes it's hard to focus in on just what you need. Here are a few valuable online resources for finding information about or from Norway.



### [www.google.no](http://www.google.no)

This is the Norwegian version of the well-known internet search engine Google.com. Google.no gives you a few options for narrowing your search. Just check the box next to "Dokumenter på norsk" to search for websites in Norwegian only. Check "sider fra Norge" to search websites based in Norway. Otherwise, the default setting, "Nettet" searches the entire internet exactly as Google.com does.

### [www.gulesider.no](http://www.gulesider.no)

Gulesider is a Norwegian phone directory. Click "English" in the lower right corner for a complete English-language interface. You can use it to find phone numbers for businesses and private individuals in Norway, and also search for cities, towns and even farms by choosing the map option.

### [www.wikipedia.org](http://www.wikipedia.org) and [www.no.wikepedia.org](http://www.no.wikepedia.org)

Wikipedia is a massive online, user-edited encyclopedia in dozens of languages. Both the English and Norwegian versions of Wikipedia contain extensive information about Norwegian geography, history, language and culture. Because anyone can edit or write for Wikipedia, you need to be careful sometimes about how you use the information you find there. Still, Wikipedia can be very useful for finding basic facts or background information.

## From a Norwegian farm to your plate

### ...dairy farming in Nord-Trøndelag

When Jon Trøite wakes up to work his typical Norwegian cattle farm, he is not alone. He steps out for a day's work along with around 61,000 other Norwegian farmers, as one of Tine's dairy farmers and also as a member of Norges Bondelag (Norwegian Farmers Union). Tine and Norges Bondelag have been a source of organizational influence and support to Norwegian farming.

Tine, which was founded in 1928, is now Norway's largest dairy product cooperative. The company's main goal, of course, is to sell quality milk to consumers at a low cost and to provide members with good technological benefits and advances. One of the most popular and famous Norwegian exports to the United States is Tine's Jarlsberg cheese. Jarlsberg is a firm white cheese with a nutty flavor that gets its name from the Vestfold area in eastern Norway.

It was a great shock for Trøite when he realized that his dairy farm is part of an international success such as Jarlsberg, and he (along with the other dairy farmers in the region of Nord-Trøndelag) is proud to be an integral part of a product which has helped to define Norway in the American market.

*Adapted from a Norway.com story by Marit Barkve*

### Valhall's 2009 Membership Directory

The 2009 Directory has been mailed out to members and you should already have received it. If you didn't, please let me know and I will see that you get one. If you are a member of the board and need extra copies, please see me at the meeting. I will have some available.

Please check out the information in the directory that applies to you and let me know if it is not correct. I will print a correction in the next newsletter.

Thanks,  
Arlene LaBree, Editor  
[valhallnews@san.rr.com](mailto:valhallnews@san.rr.com)

## **Valhall Viking**

**Published Monthly by  
SONS OF NORWAY  
(Valhall Lodge) 25**

**Arlene LaBree, Editor  
11128 Blythe Road  
San Diego, CA 92126-1103**

**Circulation Editor  
Dean Seiler**

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## **Valhall Viking** **MARCH 2009**

### **CALENDAR**

#### **MARCH**

2 Mon Business Meeting  
7 Sat LOV  
9 Tue Woodcarving  
12 Thu Genealogy  
14 Sat Rosmailing  
21 Sat Social—Anniversary Dinner  
28 Sat Rosmaling

#### **APRIL**

4 Sat LOV  
6 Mon Business Meeting  
9 Thu Genealogy Group  
11 Sat Rosemaling  
18 Sat Social  
21 Tue Board Meeting  
25 Sat Rosemaling

Next newsletter is the  
April issue.

Deadline for the  
**April**  
Valhall Viking is  
**March 15**

E-Mail articles to:  
[valhallnews@san.rr.com](mailto:valhallnews@san.rr.com)

