

1912—2006



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
www.sofn.com

**Next Business
Meeting:
November 6**

**Social:
November 18**

**Newsletter
deadline:
November 15**

Celebrate Your Heritage



Many members put their talents and efforts together for the Heritage Dinner in October. Valhall members had a wonderful time with lots of delicious food, lively fellowship and entertainment.

The socials at Valhall are special events that give us the opportunity to meet and enjoy other members and celebrate our Norwegian heritage. There are other ways to socialize at Valhall that are fun, entertaining and help us learn and share our experiences with Norwegian culture, too. Attend one of the classes available, like rosemaling, woodcarving or genealogy. Participate on one of the social committees. Join the Ladies of Valhall for a monthly meeting. Our business meetings are social events as well, often having a cultural program and always having sandwiches, salads and desserts and friendly conversations after the meeting.

At our October business meeting, the list of nominees for next year's board was read—the committee was able to find someone for every position! The list is available on page 7. If you're not on the board, there are other opportunities to get involved. For example, on page 11 there is a volunteer form for the upcoming 2008 International Convention that Valhall is hosting.

Hope to see you all at the next meeting!

Some upcoming Special Events:

Salmon Dinner & Lille Butikken	Nov. 18
Ladies of Valhall Christmas Luncheon	Dec. 9
Lodge Christmas Party	Dec. 16

Happy Thanksgiving!



Valhall Lodge 6-25 Sons Of Norway
East San Diego Masonic Temple
7849 Tommy Drive SD CA 92119

Annual Salmon Dinner

Saturday November 18, 2006



Two seatings for Dinner – 4pm and 6pm
Bar will be open from 3:30 until closing



MENU

Fiskesuppe (Fish Soup)
LaskeFilet Eller Bakt Skinke (Salmon Fillet or Baked Ham)
Poteter med Persille (Potatoes with Parsley)
Norsk Agurksalat (Norwegian Cucumber Salad)
Is Med Smakaker (Ice Cream and Cookies) Kaffe eler Te (coffee-tea)

**ADULTS- \$17.50 (pre-reservation)
20.00 at the door**

**MEMBERS' CHILDREN/ GRANDCHILDREN 15 AND UNDER- FREE!
FULL TIME STUDENT MEMBERS OF VALHALL UNDER 25-FREE!**

**Ladies of Valhall LILLE BUTIKKEN items for sale in Denton Hall
(Auditorium)- Sale starting from 3:30 pm
Come and enjoy your Norwegian Heritage**

Cut off date for Reservations: November 14, 2006

Make checks payable to: VALHALL LODGE # 6-25

Name _____ Seating time _____ 4:pm _____ 6pm

Guest's names _____

I need reservations for: _____ Adults _____ Children/Student members

Amount Check Enclosed _____

How many for _____ Salmon _____ Baked Ham

Mail this Form and Check to:

Judy Sawyer

5443 Forbes Ave. SD CA 92120

619-583-0859

You may pay at the Door, but PLEASE PHONE RESERVATION AHEAD!

Henrik Ibsen's 100th Anniversary Art Exhibition

One hundred years ago Henrik Ibsen, Norway's foremost playwright passed away. As a playwright, only Shakespeare is performed more often. However, this year, I think, old Henrik is giving William a run for his money. According to a Norwegian source, worldwide there is an opening of an Ibsen play every third day.

The San Diego celebration of the Ibsen Anniversary started out with an elegant Ibsen dinner as part of Norway Festival in April, 2006 at the Mingei International Museum. The Penn Theater offered San Diego's theater public a chance to see their excellent staging of Ibsen's play Little Eyolf in September. In November we all have an opportunity to view 37 artworks related to Ibsen's plays.

San Diego has been very lucky to be offered a traveling exhibition of 21 paintings and 16 graphic prints by leading Norwegian artists who were inspired by Ibsen's ten most important dramas. The Norwegian American Foundation, in collaboration with Art Pro A/S, are responsible for the traveling exhibition, and House of Norway is hosting the exhibition. A thank you to Lizzie Riiber is due for securing the exhibition for San Diego. The San Diego Public Library has graciously offered exhibition space and cooperation.

The opening reception will feature Vice Consul Kim Nesselquist, CEO of the Norwegian American Foundation, who will speak about the artwork on display. Another distinguished guest from Seattle will be Erik Breivik, one of the original founders of the Norwegian American Foundation. Members of the public are cordially invited.

The exhibition will run from November 12 till November 20, 2006

Place: San Diego Public Library
820 E. Street, San Diego

Opening reception: Sunday, November 12,
at 5:30 P.M.

Lodge Officers for 2006

President	Glen Hagen	760-798-1193
Vice-President	Jurolf (Jerry) Oen	858-549-1530
Counselor	Helga Moore	619-298-0390
Secretary	Kay Wolner	619-692-9584
Assist. Secretary	James Wolner	619-692-9584
Financial Secretary	Aprill Waymire	619-276-3809
Treasurer	Frank Burstrom	858-673-7283
Social Director	Judy Sawyer	619-583-0859
Assist. Soc. Director	Lorraine Tucker	760-233-5034
Assist. Soc. Director	Ingrid Lindgren	858-277-3376
Cultural Dir.	Karin Brevig	858-755-9444
Asst. Cultural Dir.	Sven Olsen	760-735-6171
Marshal	Richard Hausvik	619-579-5447
Asst. Marshal	Douglas Swenson	858-488-7347
Greeter	Don Balmer	619-466-2179
Greeter	Raymond Johnsen	858-459-5430
Historian	Lorraine Tucker	760-233-5034
Librarian	Elinor Balmer	619-466-2179
Musician	Joyce Olsen	760-735-6171
Editor	Arlene LaBree	858-271-8709
Circulation Editors	Jerry & Joyce Oen	858-549-1530
Foundation Director	Don Lesney	619-465-3686
Publicity Director	Alan Sczepaniak	619-463-6564
Trustee (1 years)	Ola Brevig	858-755-9444
Trustee (2 years)	Ingrid Lindgren	858-277-3376
Trustee (3 years)	Everett Shogren	619-287-6056
Youth Sports Director	Ellen Spitzer	619-444-9077
Auditors	Allen Johannesen	858-452-1797
	Thelma Johannesen	858-452-1797
	Sven Olsen	760-735-6171
Corporation Directors		
	Aprill Waymire	619-276-3809
	Everett Shogren	619-287-6056
	Sigurd Stautland	619-299-9237
Corporation Officers		
President	Ola Brevig	858-755-9444
Vice President	Allen Johannesen	858-452-1797
Secretary	Everett Shogren	619-287-6056
Treasurer	Jurolf (Jerry) Oen	858-549-1530



Gratulerer Med Dagen!



Fodselsdag Hilsen

November Birthdays

1	Lorraine Hurst
2	Kristine Thrailkill
5	Sharlene Hill
7	Ericka Hanken Bolinger
8	Ruby Johnson
9	Charles Gorder
10	Graydon Anderson
11	Laurel Litchfield
12	Carmen Cleary
13	Rhonda Brevig
14	Philip Hinshaw
15	Rebecca Bourdage
15	Frank Burstrom
15	Arline Haugen-Hales
16	Richard Massa
21	Agnar Eike
24	Barbara Saba
25	Helen Sorensen
25	Joyce Olsen
25	Kristen Winterhouse
27	Margaret Bly
27	Laura Wendling
29	Mary Embertson



Happy Anniversary

Jacob & Mary Hovland	11/2
Louis & Virginia Amundson	11/30

Are You Online?

Many Valhall members get the newsletter online now. An e-mail announcement is sent out to let people know the newsletter is available on our web site.

E-mail is also used to advise members of changes of schedules and locations for planned events, to remind members of upcoming events, and to let members know

about things happening in the community that did not make it into the newsletter. If you are not on the e-mail list, you may miss something that is important to you. If you have never sent in your email address, or if it has changed in the past year, please send your new address to valhallnews@san.rr.com



Welcome New Member

Marvin Wig
325 Kempton Street, #660
Spring Valley, CA 91977
(619) 267-7738

Marvin just moved to Spring Valley, he transferred in September to Valhall Lodge from another lodge. His wife's name is Marlys.

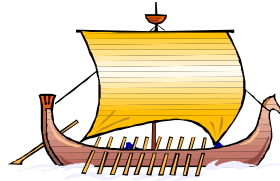
Address Change

Ken and Ada Soberg
1025 Crestwood Hts.
Paris, KY 40361

Long time members Ada and Ken are moving to Kentucky. Ada is already there, Ken will stay in San Diego until their house is sold. They were very active in the lodge and their help and enthusiasm will be greatly missed.



Ladies of Valhall LOV notes...



Next meeting: November 4, 2006, 9 a.m. at Denny's Restaurant in Fletcher Hills.

Hostesses: Anne Hoidal and Mari Rem.

The meeting was called to order at 9:10 at Denny's Restaurant. 23 members were present (nice, big crowd again), and we had one guest, LaVonne Coover. We hope you will honor us with your presence again, LaVonne, and eventually be a member of LOV. At the same time, I will encourage every female in Valhall Lodge to attend one of our LOV meetings. We are a very friendly group of ladies that enjoy doing fun things together, try to preserve our heritage, and help Valhall Lodge in any way we can. So come on over and see if you might want to join us!

Back to the October meeting. Secretary's and treasurer's reports were read and approved, and under committee reports it was decided that we will meet at House of Norway on Oct. 25, 12 noon to price items for Lille Butikken. It is unbelievable that we have reached "that" time of the year again. It does not seem long since we packed up the leftovers from last years "Butikken". I know we'll have a good one again. Mary Fry, the chairperson, has worked long and hard to make sure that it is. We appreciate your efforts, Mary. A signup list for baked goods was passed around, and it looks like we will have lots of Norwegian type Christmas cookies and other baked goods for sale, so for you that do not want to bake for Christmas - here is your chance to serve your family and guests real Norwegian Goodies, and help LOV at the same time!

We will also sell goat cheese and lefse, and we'll raffle off a basket full of Scandinavian food and also a basket filled with lotions and beauty products. Sound good?

Since the ladies have been working so hard on various projects we are giving ourselves a "day off" in October. Tam Stautland has arranged for us to go to Summer Past Farms in Flinn Springs on the 19th of Oct. We will be given a tour of the various shops there, probably do some Christmas shopping, and take time to sit down for a cup of coffee and a muffin before we head for home again. Thank you, Tam, for arranging this for us. I think it will be a welcome change from the hustle of everyday life.

As you know, we had thoughts of going to the Seaman's Church in San Pedro again in November, but gave up on

the idea for this year, since there was a question of whether their kitchen would be finished before the Holiday bazaar. As it turns out they believe everything will be ready in time, but it is too late for us to plan a bus tour up there at this point.

Christmas shopping was mentioned earlier, and I must remember to tell you that the calendars are in, and they will be for sale at the November lodge meeting, and of course, at the Lille Butikken.

Please pay attention to information about the Christmas luncheon somewhere else in this newsletter, and consider joining the LOV ladies for good food and an interesting program on this occasion.

"Feel better soon" wishes to Marlene and to Peg, and "Speedy recovery" to Peggy Gere, who had knee replacement recently. Carol, we missed you at the last meeting. Come back soon!

LOV President Ingrid Lindgren.

*LOV Christmas Luncheon—
December 9th
See page 13 for details*



Sons of Norway Mission Statement

The mission of Sons of Norway is to promote, preserve, and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries while growing soundly as a fraternal benefit society and offering maximum benefits to its members.

Sons of Norways misjon er å fremme, ivareta og på lang sikt verne om norske og andre nordiske kulturtradisjoner, samtidig som organisasjonen får vokse og utvikle seg som en broderskapsforening med maksimal hjelp og støtte til alle medlemmer.



Minutes of the Valhall Lodge Business Meeting October 2, 2006

President Glen Hagen called the meeting to order at 7:32 pm.

President Hagen announced that Bob Miller, Ellen Holk and Everett Shogren would serve as substitute officials.

MEMBERSHIP:

Aprill Waymire reported that there were no current applications for membership.

MINUTES:

Minutes were presented as published in the Valhall *Viking* newsletter and accepted without correction.

CORRESPONDENCE:

No correspondence was received during the past month.

CORPORATION REPORT:

Ola Brevig gave an update on Corporation matters. He presented a very positive summary of recent activities. He announced that Valhall Lodge has been an honorary member of Vesterheim.

COMMITTEE REPORTS:

Social Committee

Ingrid Lundgren reported on the "Heritage Dinner" to be held on Saturday, October 21.

Cultural Committee

No report was presented

Publicity

Alan Sczepaniak gave a report on upcoming Norwegian videos to be presented on business meeting evenings. He also summarized his

efforts to supply Erling Nyhammer with topical articles for his Norwegian language classes.

Blood Bank

LaVonne Coover reported that during the second quarter (April through June), eight blood donations were credited to Valhall Lodge.

Sunshine Committee

LaVonne Coover read a thank you note from Lucille and Aubrey Wendling for wedding anniversary card received from the Lodge.

UNFINISHED BUSINESS:

Helga Moore reported on the progress being made by the 2008 International Convention committee. She reports that things are going well.

NEW BUSINESS:

Sigurd Stautland presented list of new officers. The complete list will be printed in the Valhall Viking.

FINANCIAL REPORT:

Financial Secretary, April Waymire and substitute Treasurer Everett Shogren, presented their reports.

GOOD OF THE ORDER:

No items were presented.

Meeting adjourned at 8:10pm.

Kay Wolner, Secretary

Heritage Dinner

Many members put their talents and efforts together for the Heritage Dinner in October. Valhall members had a wonderful time with lots of delicious food, lively fellowship and entertainment.

The social committee did a great job of preparing and serving the food under the leadership of Ingrid Lindgren. About 100 pork loin dinners were served to members and guests. The tables were festively decorated with flowers in clay pots that were painted with rosemaling from different areas in Norway, painted by Lillian Jensen and Carmen Cleary.

After dinner, we heard an interesting and informative lecture by Honorary Norwegian Consul Oswald Gilbertsen about the oil industry in Norway. He told us about the history and growth of the industry and tremendous effects it has had on Norway and Norway's position in the world.

We were also treated to a lively piano concert by Joyce Olsen and Ragnhild Amble, followed by the beautiful singing of Thelma Johannesen, who sang three songs for us.

The next social is our Annual Salmon Dinner—a favorite of many! There are two sittings for this dinner to ensure there will be room for all who want to attend. The Lille Butikken will be held at this social. Don't miss it!

Nominees for Valhall Lodge Officers 2007

President:	Jurolf Oen
Vice-President:	Allen Johannesen
Counselor:	Helga Moore
Secretary:	Kay Wolmer
Assist. Secretary:	James Wolmer
Financial Secretary:	Aprell Waymire
Treasurer:	Don Lesney
Social Director:	Judy Sawyer
Cultural Directors:	Karin Brevig Sven Olsen
Marshals:	Richard Hausvik Douglas Swenson
Greeters:	Don Balmer Ray Johnsen
Historian:	Lorraine Tucker
Librarian:	Lorraine Tucker
Musician:	Joyce Olsen
Editor:	Arlene LaBree
Circulation Editor:	Bonita Holsbo
Foundation Director:	Charles Gorder
Publicity Director:	Oswald Gilbertson
Trustee:	Ola Brevig
Youth Director:	Ellen Spitzer
Sports Director:	Alan Sczepaniak
Corporation Directors:	Don Lesney Sigurd Stautland
Auditors:	Allen Johannesen, Thelma Johannesen Sven Olsen

Corporation Minutes for October

Minutes of the October 2, 2006 Board meeting of Valhall Sons of Norway Inc.

The meeting was held at the Masonic temple prior to the October 2006 business meeting of Valhall Lodge. Valhall Corporation President Ola Brevig called the meeting to order 6:36 P.M.

Present were: President Ola Brevig, Vice President Allen Johannesen, Secretary Everett Shogren, Treasurer Jurolf Oen and Directors Sigurd Stautland , Aprell Waymire, and Lodge President/Director Glen Hagen. There were no absences.

The reading of the minutes of the previous board meeting were read and approved.

Treasurer Oen presented the treasurer's report. Since the last report, our investments have performed well and the assets of the Corporation have continued to increase in value. No changes to the investment portfolio were recommended. The treasurers report was approved. President Brevig will present this information to the lodge in the semi-annual report during the October lodge meeting.

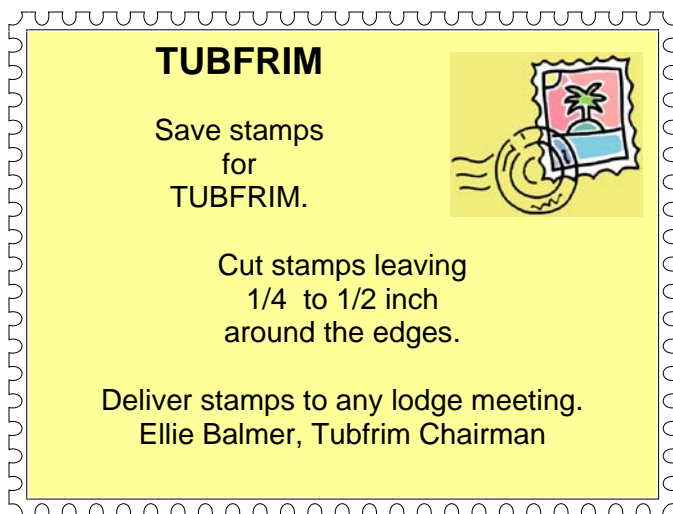
President Brevig reported that the \$500 donation to the Home of the Guiding Hands had not yet been delivered as the organization has changed their name. Vice President Allen Johannesen will determine who the donation should be delivered to.

Previously approval had been given for a loan of \$500 to the Norwegian Mannskor. Sigurd Stautland reported that the Mannskor had not asked for the funds as the group did not feel they had the resources to insure repayment. President Brevig moved to recommend to the Lodge that instead of a loan a donation of \$500 should be given. The motion was seconded and passed.

President Brevig reported that because of our donations to the Vesterheim museum in Decorah, Iowa Valhall was now a corporate member and he was holding 4 tickets to the museum that may be used by any Valhall member who goes there.

The meeting was adjourned at 6:53 PM.

Respectfully submitted
Everett Shogren, Secretary



Språk og kultur —

Language and Culture

Who? What? Where?

Norway, a country with a population the size of Minnesota, has two official languages and over 80 officially recognized dialects. This can make things confusing for students of the Norwegian language, who often find that no one they know speaks quite the same language they have studied at school.

American students of Norwegian are typically trained in *bokmål*, the written form of Norwegian that is based on Danish. In their classes they learn to ask questions starting with *hvem*, *hva* and *hvor* – who, what and where, respectively. In Norway's many dialects, even these basic words can vary greatly. Here's a brief overview of how these words vary across Norway.

Typisk Norsk. Petter Schjerven, et al. Dinamo Forlag: Oslo, 2005

Who	What	Where	
Hvem	Hva	Hvor	District in Norway
kem	ka	kor	Hordaland
køm	kæ	kær	Dovre, Oppland
kvæ	ko	kor	Valle, Aust-Agder
kven	kå	kår	Lista, Vest-Agder
kimm	ka	kor	Haugesund, Rogaland
kenn	ke	kest	Leikanger, Sogn og Fjordane
kvæn	hott	hori	Vinje, Telemark
håkkje	kå	kår	Ringebu, Oppland
håkke	hå	å	Nannestad, Akerhus
håkken	hå	hår	Nord-Odal, Hedmark
vemm	hå	hårre	Birkenes, Aust-Agder
håkken	hått	hårre	Hjartdal, Telemark
høkke	hø	Hø(henn)	Nore I Numedal, Buskerud
ekken	høtt	hørre	Aremark, Østfold



Don't miss it!

November 18
Starts at 3:30 pm

Holiday shop at the
Ladies of Valhall

Annual Lille Butikken

Our ladies have been very busy creating
Norwegian-inspired craft items.
Fresh baked Norwegian cookies and breads
will also be available.

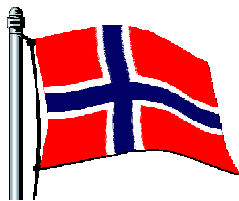
*The Lille Butikken will be held at the Lodge
on the evening of the Salmon Dinner.*



Valhall Cultural Classes

Genealogy

The Norwegian Genealogy Group will continue to meet on the last Thursday of every month except for July and December at the Family History Center, 4195 Camino Del Rio South from 11:00 a.m. to 01:00 p.m. Each meeting will include a class or presentation on some aspect of Norwegian Genealogy, followed by individual family history sharing or problem solving.



At our October 26 meeting Arlene LaBree presents a subject that we all experience whenever we are researching our family history - that is the Norwegian Naming Practices and why they may change from generation to generation. Naming Conventions include both given names and surnames, including patronymic, farm names, occupation or more permanent names from other sources.

At the November 30 meeting, a presentation will be made by Jack Thompson of Norge Lodge on the use of Mail Lists and Newsgroups in our Scandinavian family history search.

We will not be meeting in December, but in January, we will be starting a series of programs which focus on Emigration from Norway, Immigration and Scandinavian settlements in this country, and finding our immigrant ancestors. We will also be discussing the methods of documenting our family trees, including submittals for the Sons of Norway Norwegian Skills Program.

For more information, call Jerry Oen at 858 549 1530, or to be placed on our Norwegian Genealogy email list, please send an email to Jurolf@aol.com.

Regards,
Jurolf "Jerry" Oen
858 549 1530

Rosemaling Classes

Informal *rosemaling* classes meet on the 2nd and 4th Saturdays of the month at the lodge in the room downstairs, from 9am to 1. Come visit and learn about rosemaling and have fun learning how to *rose-mal*. 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.

Woodcarving

The woodcarving group meets on the 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 for more information at 619-264-9486.

SERVICES DIRECTORY

Insurance Representative

Bob Miller
(619) 252-3493

Language Instructor

Erling Nyhammer
(619) 448-4217

Telephone Committee

Chairperson, Open

Sunshine Committee:

Chairperson, LaVonne Coover
(619) 264-9486

Blood Bank Representative

LaVonne Coover
(619) 264-9486

Video Presentations:

Alan Sczepaniak
(619)463-6564

Language Club

Erik Nilsen
(858) 292-9417

Henrik Ibsen

100th Anniversary Art Exhibition

The Norwegian American Foundation, in collaboration with Art Pro A/S, are responsible for the traveling exhibition, and House of Norway is hosting the exhibition.

The traveling exhibition has 21 paintings and 16 graphic prints by leading Norwegian artists who were inspired by Ibsen's ten most important dramas.

Exhibition runs Nov. 12—Nov. 20

Opening Reception: Nov. 12 at 5:30 pm

**San Diego Public Library
820 E. Street, San Diego 92102**

Språk og kultur —

Podcasts

One of the hardest things about learning a new language is getting exposure to it. Hearing native speakers using natural language is key to building fluent listening skills. NRK, the Norwegian state broadcasting service, has a new, free tool that students of the Norwegian language will want to check out – podcasts.

A podcast is simply a radio show saved to a digital audio file that can be downloaded from the internet. Podcasts differ from traditional net radio in that you can download and save a podcast, burn it to a CD or even listen to it on an mp3 player like an iPod.

NRK offers several of their programs for free at www.nrk.no/podkast. Some of our favorites are *Filmpolitiet*, a weekly review of new movies, *Norgesglasset*, a variety show focusing loosely on Norwegian culture and *Språkteigen*, a half hour program on Norwegian language starring linguistic celebrity Sylfest Lomheim. You can also find a variety of other news and entertainment programs.

Despite the name, you don't need an iPod to listen to a podcast. All you need is a computer, a good internet connection and an audio program like iTunes, which is available for free for both Macintosh and PC from www.apple.com/itunes.

The easiest way to subscribe to NRK podcasts is to open up www.nrk.no/podkast in your internet browser and copy the link of the show you want to listen to. Then switch over to iTunes, go the menu called "Advanced" and choose "Subscribe to podcast." Just paste the link into the window that comes up, hit "OK" and your computer will automatically download the latest edition of that show.

Fra SON Newsletter files

INTERNATIONAL CONVENTION COMMITTEE PARTICIPATION

MEMBERSHIP SURVEY

NAME _____

ADDRESS _____

HOME PHONE _____ E-MAIL ADDRESS _____

COMMITTEE CHOICES

Indicate first, second, or third choice following three committees on which you most like (or are most qualified) to serve:

_____ REGISTRATION

_____ DECORATION/ENTERTAINMENT

_____ PUBLICITY

_____ CONVENTION BOOKLET PROGRAM

_____ FINANCE

_____ TRANSPORTATION

_____ PUBLICITY/ADVERTISING

_____ GUEST HOSPITALITY/TOURS

_____ VENDOR SALES

_____ FOLK ART/CRAFT EXHIBITS

YOUR EXPERIENCE AND TALENTS

Can you operate a computer? _____

Do you play a musical instrument? _____ if so, what? _____

Public Relations? _____ Writing _____

Artistic Design? _____ Advertising or Lay-out _____

Planned Entertainment? _____ Decorating? _____

Flower Arranging? _____ Meal Planning _____

Any phase of convention planning? _____

Have you attended any Convention? _____ if so, when? _____

Dear member, if you want to help with the preparation for International Convention in August 2008, please fill out this survey form and give it to Helga Moore, Karin Brevig, or Ola Brevig.

The Nobel Peace Prize

The Nobel Prize is awarded for excellence in the fields of physics, chemistry, medicine, literature and for promoting peace. The science and literature awards recipients are chosen by Sweden and awarded by the Swedish king.

The responsibility for selecting a Nobel Peace Prize winner each October was given to the Norwegian Parliament—the Storting, by Alfred Nobel, who instigated the prize. The prize will be awarded December 10, which is the anniversary of Nobel's death in 1896.

The Norwegian Storting appoints a special Nobel Prize committee, and the five members of the committee do not have to be members of the Storting. The chairman of the Nobel committee awards the prize in Oslo. The Norwegian king is always present.

The Nobel Committee selects a winner based solely on the recipient's merits as a promoter of peace. On several occasions, the committee has not been able to select any of the nominees. The prize money goes back to the main fund. Some years the prize has been divided between two individuals or organiza-

tions. During the two world wars, no awards were given out. This year will be the 119th Nobel Peace Prize awarded.

Out of 168 individuals and 23 organizations, the winner was chosen. The Norwegian Nobel Committee has announced the Nobel Peace Prize 2006 to be shared between professor Mohammad Yunus and the Grameen Bank for their fight against poverty through the use of Microcredit. Ole Danbo Mjoes, the committee chairman, said the prize is awarded for their work to create economic and social development. Lasting peace cannot be created without large groups of people finding a way to break out of poverty. Microcredit is such a way.

Professor Yunus started the Grameen Bank in 1983 in Bangladesh. The system has spread to 140 countries, and around 6 million people have been helped through the bank. For thirty years the bank has granted loans to the poor, helping them rise out of poverty. Many of the loans have been granted to women. It is a model system for banks and is being copied all over the world.

from SON and The Norway Post

Editor's Note

The newsletter can now be seen in color on your computer! Visit our website www.lodgeofvalhall.com. You can also e-mail me at valhallnews@san.rr.com, and I will e-mail you the newsletter.

The next newsletter deadline for submitting articles for our December issue is **November 15**. **There will not be a January issue!** You are welcome to submit articles to the newsletter! Stories, short jokes, pictures—help make this newsletter interesting!
Thanks!

Arlene LaBree
Valhallnews@san.rr.com



Just for Fun

Ole and Lena

Ole hadn't been feeling well, but he hated to go to the doctor. To get him to go, Lena decided to take him.

After the doctor examined Ole, he took Lena aside and said to her "I'm afraid Ole has a very serious illness. In fact, it might be fatal. There are two things that you can do that might save his life. First, you will have to fix him three home cooked meals every day for the rest of his life. And second, you must make love to him every day without fail!"

Lena thought about it for a moment, and said "Okay, let me tell Ole".

Then she went to Ole and said, "Guess what Ole—you're going to die!"

Fra *The Grapevine*, Vinland Lodge



Ladies of Valhall



Cordially invite all ladies to their
Annual Christmas Luncheon featuring

Fashions from the Lillehammer Olympics And the Saga Behind Inga-låmi

Our honored guest will be Diane Carlson
fashion designer and supporter of Inga-låmi events

Saturday December 9, 2006 Registration 11:30am Seating 12 noon

Trattoria Firenze, 4421 Genesee Avenue, San Diego, California 92117

LOV members \$25.00 Guests \$27.00

Advance reservations with remittance required before December 1, 2006

Menu Choices

Appetizers

Minestrone Soup

Classical Italian Vegetable Soup, Served with Fresh Basil Pesto

OR

Antipasti Salad

Wedged Iceberg & Romaine Lettuce, Served with Italian Cold Cuts, Mozzarella Cheese,
Olives, Onions, & Creamy House Dressing

Main Dish

Rosemary Grilled London Broil, Creamy Asparagus Risotto, Radicchio, Balsamic Demi Glaze

OR

Grilled Atlantic Salmon, Roasted Spinach Gnocchi in a Creamy White Wine & Sun Dried Tomato Sauce

Dessert

Apple Crostata with Vanilla Ice Cream

OR

Lemon Ricotta Cheese Cake with Citrus & Mint Salad

For further information contact

Dale Roybal 858 278-7521 or Anne Kløvnes Høidal 619 286 8641

Please make checks payable to LOV and mail to:

Eldbjørg Backous, 4005 Donna Ave, San Diego CA 92115-6841

—————Please send this section with your remittance—————

I plan to attend luncheon and there will be a total number of ____ people in my party.

I am enclosing a check for the amount of \$ _____

Meal Preferences Soup or Salad, Beef or Fish, Crostata or Cheese Cake

My Name _____

Guest _____

Guest _____

Guest _____



A Little in English...

Father's Day, second Sunday in November

Father's Day is a day of honor for fathers, a parallel to Mother's Day on the second Sunday in February. It is celebrated in Norway on the second Sunday in November, often by the father in the family receiving a little present.

It's an American "invention" that first hit the Nordic countries and Norway after World War 2. It is marked mostly by the commercial world which advertises for gifts for dad, ties, socks and underwear.



Litt på norsk...

Farsdag. Andre søndag i november

Farsdagen er en hedersdag for fedre, en parallell til morsdagen andre søndag i februar. Den feires i Norge den 2. søndagen i november, ofte ved at far i familien får en liten presang.

Farsdag er en amerikansk "oppfinnelse" som først slo gjennom i Norden og Norge etter 2. verdenskrig. Den markeres mest av handelsnæringen som reklamerer for gaver til far, slips, sokker og undertøy.

Social Committees

NOVEMBER

Business Meeting and Salmon Dinner

Chair: Judy Sawyer
Assistant: Karin Johannesen
Elka Adams—soup chef
Don Amundson
Becky & Tom Bourdage
Richard & Thelma Hankins
Richard & Debra Hausvik
Raymond Johnson
Robert Leholm
Larry Nelson
Denae O'Brien
Jerry & Joyce Oen
Larry & Helen Peterson
Ellen Spitzer—soup chef
Charles Sundry
Kay & James Wolner

DECEMBER

Business Meeting and Christmas Party

Chair: Ellen Spitzer
Jackie, Jim & Sara Adams
Kirsten Anderson
Helen Andrewson
Kim & Bob Bardin
Don Bigler
Frank Burstrom
Aprell Waymire
Maury, Graciela & Erica Lee
Ken & Lynn Lindebrekke
Marit Malarkey
Laura Sutton
Travis Elsner-Young



November 2006



SØNDAG	MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG
			1	2	3	4 LOV Meeting 9 am at Denny's
5	6 Business Meet- ing at 7:30 pm	7 Woodworking At House of Norway	8	9	10	11 Rosemaling 9am-1pm At Lodge
12 Opening of the Ibsen Art at the San Diego Library	13	14 Board Meeting at 7 pm Woodworking At House of Norway	15	16	17	18 Salmon Dinner 6 pm at Lodge
19	20 Last day of Ibsen Art Exhibit	21 Woodworking At House of Norway	22	23 THANKS- GIVING DAY 	24	25 Rosemaling 9am-1pm At Lodge
26	27	28 Woodworking At House of Norway	29	30 Genealogy Meeting		



1



2



3



41



5

Some of our members—
Can you name all the members
in these picture? They are
some of our officers for 2006
and will be continuing in 2007.

1. Jurolf Oen
2. Lorraine Tucker
3. Glen Hagen
4. Ellen Spitzer and Joyce Olsen
5. Aprell Waymire

Valhall Viking
NOVEMBER 2006

Kommende Atraksjoner
COMING ATTRACTIONS

NOVEMBER

- 4 Sat LOV Meeting
- 6 Mon Business Meeting
- 11 Sat Rosemaling
- 18 Sat Annual Salmon Dinner and Lille Butikken
- 25 Sat- No Cultural Events
- 30 Thur Genealogy
- Tuesdays—Woodcarving

December

- 1 Sat NO LOV meeting
- 4 Mon Business Meeting
- 9 Sat LOV Christmas Luncheon
- 9 Sat Rosemaling
- 16 Sat Christmas Party
- No Genealogy meeting



Next Deadline for the
December
Valhall Viking is
November 15

E-Mail articles to:
valhallnews@san.rr.com

