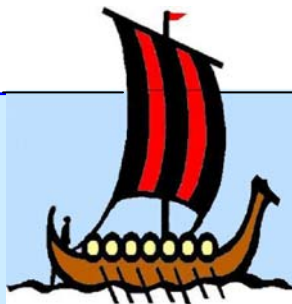


Valhall



Viking

Feb. 2008

Phone: 619/469-9779

Number 1

1912—2008



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:
Feb. 4 2007**

**Social:
Lutefisk Dinner
Feb. 16**

**Newsletter
deadline:
Feb. 15, 2008**

Beskjed fra Presidenten – Godt År 2008

We are off to a fast start in 2008 with our installation of officers in January, following a delicious home style meal prepared by our special committee hosted by Jean and Everett Shogren. Tusen Takk. We were honored to have Janie Kelly, District 6 President, preside over the installation of our officers, along with those from Norge Lodge, Vista, and Vinland Lodge, Temecula. We were pleased to have Jack Thompson from Norge and Steve Nyhuis from Vinland present a few remarks following the installation.

Having this joint installation with the other lodges in our area sets the tone for the better joint cooperation we are experiencing. We have been recently started to share our schedule of events with Norge Lodge and adjustments have been made so events do not conflict with each other. We are looking forward to the opportunity to visit their events and they are invited to visit ours. For example, last year in February their Salmon Dinner occurred on the same day as our Lutefisk dinner. This year, their Salmon Dinner is scheduled for Feb 9, and our Lutefisk Dinner is on Feb. 16. We will provide information in our Newsletter, while they will include our events in theirs. We are expanding our communication with lodges and other Norwegian organizations in the area, so we can minimize the conflicts in scheduling and make all members aware of each others organizations.

Our year 2008 will be an eventful one for conventions, with many opportunities for all to participate. The District Convention, presided over by Janie Kelly, will be held in San Ramon, California, and Valhall will send eight delegates.

When Ms Kelly was here for our installation, she also visited the Marriott Hotel and reviewed some of the preparations being made for the International Convention being held here in San Diego in August. With Valhall as host lodge, all members will have many opportunities to help make this convention a success and one to be remembered. Planning and preparation is well under way, under the very capable guidance of Helga Moore, and Ola and Karin Brevig.

Jurolf



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

ANNUAL LUTEFISK DINNER

Saturday, February 16, 2008



Continuous Serving From 4 PM to 7 PM
Bar opens at 3:30 PM

MENU

Lutefisk and/or Meatballs
Norwegian Boiled Potatoes
Vegetables
Rye Bread and Lefse
Coffee Tea Dessert

Adults: \$20.00 (pre-reservation)

\$22.00 (at the door)

Members children/grandchildren 15 & under—FREE!

Deadline for Reservations: February 13

Mail to:

Sig Stautland 1901 Titus St. San Diego, CA 92110-2145
619-299-9237



Fun and Easy Ways to Help Our Lodge

Help Needed for 2008 International Convention Preparation!

Lou Coover has been working on the voting paddles for the International Convention for the last couple of years.

As the Convention is approaching, he needs your help to finish the product. Lou will teach you anything you need to know, like sanding, painting, etc. We need your help on Tuesday mornings in February from 9:00 a.m.- Noon. at the House of Norway in Balboa Park. This will be a workshop type of setting, so anybody who shows up will be put to work. Lou has put a lot of effort into this already, but at this time he really needs your help. Please call Lou before you come so he can prepare for you. Call Lou at: (619)264-9486

This is a great opportunity to play a part in making the Convention successful!

Thank you in advance,
Helga S. Moore, Chairperson 2008 International Convention

Lefse Making

Help make lefse for our upcoming lutefisk dinner. See article on page 4. Call Karin Brevig for details at 858-755-0444.

District 6 Convention Delegate

Become a delegate and go to the District 6 Convention being held in June. Some details on page 4. Attend the February Business meeting if interested. Call Jerry Oen for more information at 858-549-1530.

Attend Meetings and Socials

Become an active member and attend meetings and socials. Bring a friend or two! Share your heritage.



Lodge Officers for 2007

President	Jurolf (Jerry) Oen	858-549-1530
Vice-President	Rick Hausvik	619-579-5447
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	Judy Sawyer	619-583-0859
Asst. Soc. Dir.	LaVonne Coover	619-264-9486
Cultural Director	Sven Olsen	760-735-6171
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	Lorraine Tucker	760-233-5034
Librarian	Lorraine Tucker	760-233-5034
Musician	Joyce Olsen	760-735-6171
Editor	Arlene LaBree	858-271-8709
Circulation Editors	vacant	
Foundation Director	Charles Gorder	619-287-3559
Publicity Director	Mary DeNino	858-271-8884
Trustee (1 years)	Ingrid Lindgren	858-277-3376
Trustee (2 years)	Everett Shogren	619-287-6056
Trustee (3 years)	Ola Brevig	858-755-9444
Youth Director	Ellen Spitzer	619-444-9077
Auditors	Allen Johannesen	858-452-1797
	Thelma Johannesen	858-452-1797
	Sven Olsen	760-735-6171
Corporation Directors		
	Don Lesney	619-465-3686
	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!



February Birthdays

- 2/3 Dagny Benavides
- 2/3 Anne K. Hoidal
- 2/6 Sue Fouquette
- 2/7 AnneMarie Ebeling
- 2/7 Marilyn Rem
- 2/10 Donald Bigler
- 2/10 Sven Olsen
- 2/11 Martha Larsen
- 2/13 Margit Mena
- 2/14 Lizzie Riiber
- 2/15 Virginia Amundsen
- 2/16 James Adams
- 2/18 Karsten Kvitli
- 2/19 Solveig Jorgensen
- 2/21 Bonita Holsbo
- 2/21 Bernt Erik Nilsen
- 2/22 Duane Haugen
- 2/22 Patrick Sutton
- 2/24 Jennifer Knudson
- 2/27 Vicky Cleveland
- 2/28 Lewis Johnson
- 2/29 Walter Springer



February Anniversaries

- Feb. 21 Andreas & Janice Christensen
- Feb. 25 Fred & Lucy Leon
- Feb. 27 Allen & Thelma Johannesen

Making Lefse

The social committee for February is asking for your help in making lefse for our lutefisk dinner.

Please give Karin Brevig a call and let her know if you are able to do it. Any amount will be appreciated. Thanks.

Karin Brevig
858-756-1167

Learn to Rosemal

Informal rosemaling classes meet on the 2nd and 4th Saturdays of the month at the lodge in the room downstairs, from 9am to 1pm. Come visit and learn about rose-maling and have fun learning how to rosemal. Classes are FREE for members and \$5 for non-members. No prior experience necessary. Everyone welcome.

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

Welcome New Members

Lilly Berchem
12510 Oak Knoll Rd., #31
Poway, CA 92064

Philip Kendall Lovas
2626 Flower Field Way
Carlsbad, CA 92010
760-720-1378

Delegates Wanted

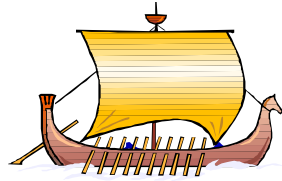
During Valhall Lodge's March Business Meeting (7:30 pm on March 3, 2008) delegates for the District 6 Lodge Meeting/Convention will be elected. Valhall Lodge 6-25 is entitled to eight (8) delegates. The District 6 Lodge Meeting/Convention will be held in San Ramon, California from June 26-29, 2008.

If you are interested in becoming a delegate and attending the convention in June, please be at the February business meeting and have someone nominate you to be a delegate. .



February is Norwegian Sweater Month

Ladies of Valhall LOV notes..



Next meeting: February 2, 2008, 9 a.m. at Denny's Restaurant in Fletcher Hills.

Hostesses: Rosalie Olson and Mary Fry

The meeting was called to order by the president a little after 9 a.m. 14 members were present. There was a different Norwegian function on the same day --- plus the weather was very wet and blustery. That explains the low attendance, but we were very happy to see the 14 that braved the weather, and are hoping for sunny skies and more happy faces next time!

The new board was introduced: Ingrid, still president, Lorraine Tucker, vice president, Joyce Oen, secretary, and Millie Wright, treasurer. We are very grateful to the outgoing officers, Mari Rem, and Barbara Evje, who have served us well as vice president and secretary for the past two years.

Joyce and Millie reported on the "Lille Butikken" and the Christmas luncheon. They were the chairpersons for these events. We thank them from the bottom of our hearts for the many hours of planning and hard work that resulted in two very successful events.

"Butikken" was somewhat different this year, since we concentrated more on baked goods and Norwegian items rather than masses of all kinds of "stuff". It was amazing to see all the beautiful Norwegian items that were donated, everything from sweaters to jewelry to porcelain. And Joyce had decorated the tables with pretty white tablecloths and small Christmas trees.

It was elegant! And people came to buy. Our income was as good or better than previous years. This is LOV's main fundraiser, so we are happy that it once again was a success, and we hope the shoppers are happy with the bargains.

Everyone had fun at the Christmas luncheon. Before I go further, there is one more person we need to thank, and that is Marlene Lesney. Marlene worked on the skits that were presented at the luncheon for several months, and in spite of being ill and even hospitalized off and on, she finished the scripts in time for us to enjoy them. Our only regret is that Marlene was not able to be there and enjoy it with us. Tusen takk, Marlene! And thank you also to Marlene's friend and neighbor for lending us all the bears!

Joyce Olsen, you deserve a bearhug from the LOV ladies for using so much of your valuable time to teach some of us to sing a few Christmas songs and insisting that we sounded good enough to perform at the luncheon. It was fun!

The food was good, and at the January meeting we decided that we would probably use Mission Valley Resort again for our Christmas luncheon.

Thank you to Kay Pepper for the children's stockings for Valhall's Christmas party, and to Wilma for selling calendars. By the way, Wilma will be selling calendars at the installation of officers at Valhall. She has a few left, so here is your chance to get one of the beautiful calendars with pictures from Norway!

I will end this report with a sad note. LOV has lost a member and a good friend. Carol Stewart passed away before Christmas. We shall keep her in our hearts forever. Sincere condolences to Carol's family.

Let's have a good and peaceful 2008, and let's treat each other with respect and love!

LOV president Ingrid Lindgren.

SERVICES DIRECTORY

Financial Benefits Counselor

Vickie Woodruff
(858) 232-0247

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:

Lorraine Tucker
760-233-5034

Language Club

Erik Nilsen
(858) 292-9417



Minutes of the Valhall Lodge Business Meeting December 3, 2007

The business meeting was preceded by a presentation of Christmas musical selections by the Mannskor under the direction of Joyce Olsen.

The meeting was called to order at 7:40 P.M. by President Jerry Oen.

VISITORS: None

MEMBERSHIP: No new members were presented for membership.

MINUTES: The minutes were approved as printed in the Valhall Viking newsletter.

CORRESPONDENCE: Secretary Kay Wolner read a letter from LaVonne Kerfoot, District 6 Treasurer, thanking the Lodge for the donation to the District 6 Scholarship Fund. The donations were received from Aprell Waymire, Linda M. Nielsen, Arnette M Scherl, Myron and Susan Fleming, Harold and Marlene Valderhaug and Sylvia Jangard Andersen in memory of Vieno Jangard.

Lucille Wendling sent a letter of appreciation for the Sons of Norway pin and certificate of recognition for 40 years of membership.

INITIATION: Amelia Seeto was brought into membership through the welcoming ceremony.

Ten year pins were awarded to Mark and Arlene LaBree and Ellen Spitzer.

A Golden membership certificate was awarded to Marvin Wig.

COMMITTEE REPORTS: **SOCIAL COMMITTEE**

Judy Sawyer reported that 143 attended the Salmon Dinner. She thanked the committee for their par-

ticipation to make this an enjoyable and successful event.

Ellen Spitzer reminded members of the Christmas Party on Dec. 15. There will be entertainment for the children, singing around the Christmas tree and Santa Claus.

CULTURAL COMMITTEE: Sven Olsen called members attention to the cultural programs as indicated on page 10 of the December Valhall Viking.

The Geneology Group will meet December 10 from 11:00 A.M. to 1:00 P.M.. Oddvar Hoidal will present a talk on "The Land They Left- Norway a time of emigration-from Mid 19th Century to the First World War."

PUBLICITY: Jean Shogren reported that the Salmon Dinner event was published in the Reader. She has been submitting items to the Viking Magazine on a regular basis.

NEWSLETTER: No report.

SUNSHINE COMMITTEE: LaVonne sent the following in November.

1. A special birthday card to Margaret Bly who was 104 years old November 27.
2. A special get well/Thinking of You card to Carol Stewart
3. A get well card hand delivered to Lou Coover.

BLOOD BANK: LaVonne Coover thanked everyone who had recently donated to the Blood Bank.

CORPORATION: Ola Brevig announced that the Corporation will meet February 4th at 6:30 P.M. prior

to the business meeting. The purpose of the meeting is to elect officers.

INTERNATIONAL CONVENTION: Helga Moore reported that everyone is on schedule for the convention. Helga and Ola were interviewed by the Viking Magazine. The article should appear in the January issue.

UNFINISHED BUSINESS: Ola Brevig nominated Ingrid Lindgren to continue on as Trustee. Motion accepted.

FINANCIAL REPORT: Aprell Waymire and Don Lesney gave their respective reports.

GOOD OF THE ORDER: Ola Brevig visited with Gisle Meling, Pastor of the Norwegian Seaman's Church in San Pedro. Pastor Meling plans to attend the Fish Club in March. He will be presiding at the Calvary Lutheran Church in Del Mar and would like the Mannskor to perform.

Marshall Rick Hausvik reported that the closets have been cleaned and organized. Anyone wishing to store anything in the closets must contact the Marshall.

The next meeting will be the installation of officers, January 19, 2008.

Fifty members were in attendance.

President Jerry Oen adjourned the meeting.

Kay Wolner, Secretary

Minutes of Valhall Lodge Board Meeting November 13, 2007



President Jerry Oen opened meeting at 7:12 P.M.

TREASURER'S REPORT:

Treasurer Don Lesney reported that financial condition is excellent; the books are in auditable condition.

Discussion was held on bar profits and the pricing for socials. It was agreed that a year-end summary was necessary.

CORPORATION:

Ola Brevig reported that the Corporation is financially sound.

A suggestion was made that the Corporation contribute \$150 for cleaning services for the Socials. Ola Brevig made motion on behalf of Corporation but motion was subsequently withdrawn after member discussion.

SOCIAL:

Judy Sawyer reported:

- One hundred twenty three signed up for Salmon Dinner
- December event is well organized
- Everett and Jean Shogren are organizing the January event.
- Review was conducted on next years Social chairpersons.

Rick Hausvik is new membership chairman

Karin Brevig reported on plans for Lutefisk Dinner in February

Arlene LaBree reminded Board that there would be no Newsletter in January

SUNSHINE:

No report.

LIBRARIAN:

Lorraine Tucker reported that Library is fully stocked with books.

Ola Brevig announced that an inventory is scheduled for the following Monday at 9:00 A.M.

Rick Hausvik reported that storage room has been reorganized. Inventory needs to be taken and items due for disposal need to be identified. Helga Moore gave report on International Convention plans; progress is being made in all areas.

Adjourned at 9:00 P.M.

In attendance:

1. Don Lesney
2. Judy Sawyer
3. Joyce Oen
4. Jerry Oen
5. Ingrid Lindgren
6. Rick Hausvik
7. Karin Brevig
8. Ola Brevig
9. Helga Moore
10. Arlene LaBree
11. Lorraine Tucker
12. Amelia Seeto
13. Kay Wolner
14. Jim Wolner
15. Raymond Johnsen

Prepared by Jim Wolner

Foundation Notes

ATTENTION: Members of Valhall Lodge

Valhall Lodge has received a letter from the Sons of Norway Foundation which requests donations from each of us.

The Lodge officers and Corporation Board members support this request.

Make your check payable to the Sons of Norway Foundation, and mail it to:

Sons of Norway Foundation
1455 West Lake Street
Minneapolis, MN 55408-2666

Donations are tax deductible. If you have any questions, please call the Foundation Director, Cindy Olson, at 1-800-945-8851 or Charles Gorder at 619-287-3559.

Thank you,
Charles Gorder,
Foundation Director, Valhall Lodge





Minutes of the Valhall Lodge Meetings December 3, 2007

Minutes for the Installation

VALHALL LODGE 6-25
INSTALLATION OF OFFICERS 2008
Business and Social Meeting
January 19, 2008

President Jurolf Oen called the meeting to order at 7:40.

Participating lodges were Norge, Vinland and Valhall Lodge.

Opening Ceremony

President Jurolf Oen introduced Janie Kelly, District 6 President to preside over the installation ceremony.

All officers were installed in their respective positions.

Remarks concerning their own lodges were made by Jurolf Oen, Valhall Lodge; Jack Thompson, Norge Lodge and Steven Nyhuis, Vinland Lodge. Meeting adjourned at 8:40.

Next Board meeting will be held Tuesday, January 22, 7:00 P.M. at the Valhall Lodge.

Kay Wolner
Secretary

Minutes of Special Board Meeting

January 22, 2008 special board meeting of Valhall Sons of Norway Inc.

The meeting was held at the Masonic temple after the board meeting of Valhall Lodge. Valhall Corporation President Ola Brevig called the meeting to order 8:58 P.M.

Present were President Ola Brevig, Vice President Allen Johannesen, Secretary Everett Shogren, Treasurer and Lodge President Jurolf Oen and Directors Aprell Waymire and Don Lesney. Director Sigurd Stautland was absent.

The purpose of the meeting was to elect corporation officers for 2008.

Election of officers for 2008 was conducted and the following officers were elected:

President	Ola Brevig
Vice President	Allen Johannesen
Secretary	Everett Shogren
Treasurer	Jurolf Oen

The meeting was adjourned at 9:00 P.M.

Respectfully submitted
Everett Shogren, Secretary

Morsdag in Norway
(mother's day)

February 10th

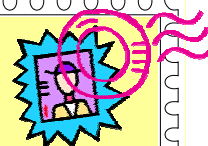


TUBFRIM

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





IN MEMORIUM

**CAROL L. STEWART
1944-2008**

Carol Stewart, of San Diego, passed away, on December 21, 2007 at the age of 63.

She was an active member of Sons of Norway Valhall Lodge since April of 1992, and she was also active in the Ladies of Valhall. She belonged to the House of Scotland and the North County Scotts and the Stewart Society of Edinburg.

She is survived by her husband Don Stewart, who is also a Valhall member, and her son Mike and daughter Holly. She is also survived by two brothers, Jerry Lerud of San Diego and Jim Lerud of Indiana.

Our sincere condolences to her many friends and family.

District Six News

About Birger Hansen

On January 11, Birger Hansen passed away at the age of 96. Birger was a past District 6 Director and past president and officer of Ulabrand Lodge 23 of San Pedro, California.

Birger was also a member of practically all Norwegian organizations in Southern California, and in the words of Paal Berg, Past President of SCAN (Scandinavian Center at Nansen Field), he was a “giant in the Norwegian and Scadinavian community in San Pedro and Southern California.”

Birger was also honored with the St. Olav medal by the King of Norway some years back for his dedication to the Norwegians and everything that concerned Norway. He was also a veteran of the “Krigseilere”(sailors of the WWII war Norwegian merchant marine).

Eric Herem,
Zone 5 Director,
District 6

Upcoming Events in San Diego

St. Olav’s Choir: Feb. 9th

St. Olav’s Choir in Concert will be performing in San Diego on February .. The concert will be held at the Copley Symphony Hall at 2:30 on February 9th, 2008. Tickets will range from \$25 to \$35 and are available from the Box Office by calling (619) 235-0804. Discounts are available for students and for groups of twelve or more.

Edvard Greig concert: Apr. 25-27th

Greig’s *Peer Gynt Suite* will be performed April 25, 26 and 27th at Copley Symphony Hall. It is a new arrangement by conductor Jahja Ling and with the San Diego Master Chorale. The shows on April 25th and 26th start at 8:00 pm, the show on April 27th starts at 2:00 pm. Tickets are available at the box office at (619) 235-0804.

Scandinavian Festival

California Lutheran University in Thousand Oaks will have a Scandinavian Festival April 19-20 from 10 am til 5 pm.

It offers lots of fun, Scandinavian food and activities for all ages on the beautiful campus. Culture displays from Norway, Sweden, Denmark, Finland, Iceland will be there. Enjoy the folk dancing and music, hear the national anthems and learn from the drama, demonstrations lectures and exhibits. Thake part in the crafts and games, and savor the delicious food.

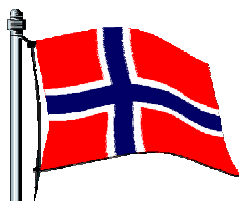
To learn more, log onto
www.callutheran.edu/scancenter



Valhall Cultural Classes

Norwegian Genealogy

February 14, 2008



In the last few months, we have been studying the emigration of our ancestors from Norway and their Immigration in North America. On January 10, Oddvar Hoidal presented the history and conditions in Norway during the period of mass emigration -- from the Mid 19th Century to the First World War.

In February, our focus will shift to the Immigration in America. On February 14, Ola Brevig will start this discussion with a lecture on The Norwegian Immigration and the Norwegian Language in the United States.

The Norwegian Genealogy Group of San Diego will continue to meet on the second 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 1:00 p.m. Each meeting includes a class or presentation on some aspect of Norwegian Genealogy, History, or Culture followed by individual family history sharing, story telling or problem solving.

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 Jerry Oen at jurolf@aol.com, or call 858 549 1530.

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 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.



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



Sons of Norway Mission Statement

..The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

'Tis the Season For Lutefisk

By Tiffany Clark

By definition, *Lutefisk* is dried codfish that has been soaked in water and lye solution before cooking, Norwegian, from *lute* (to wash in lye solution), plus *fisk* (for fish). For hundreds of thousands of Norwegian-Americans, *Lutefisk* isn't just an entrée, it's a bite of history and a piece of the past that is enjoyed around Christmas time.

Though its reputation is nothing short of notorious, perhaps due to the somewhat exaggerated stories of distinctive odor and jelly-like texture, *Lutefisk* remains loved by more than would be expected. And in fact, those that have been served perfectly cooked *Lutefisk* would say that it does not have a strong odor, and it is not jellyfish, but should rather be compared to a perfectly cooked halibut.

In 2005, **Olsen Fish Co.** and **Mike's Fish and Seafood**, both out of Minnesota, sold a combined half million pounds of lutefisk. **New Day Fish Company**, based out of Port Townsend, Washington, produces 40,000-50,000 pounds of *lutefisk* each year. Though it originated in Norway, *lutefisk* is actually more popular in the United States than anywhere else in the world.

Between late October and the end of January, *Lutefisk* is served with pride and pleasure at hundreds of dinners, festivals, and celebrations around the country. It should be plated with boiled potatoes, creamed peas, and served with bacon bits and the sauce from cooking the bacon. Other combinations that you will not find at restaurants in Oslo, are butter or white sauce, or mustard sauce.

In its own way, *lutefisk* has become a legend. It is not for everyone, and many Norwegians actually don't like it—especially if they come from the coast, and are used to fresh fish. Those that like *Lutefisk* would tell you that if you don't like it, it is because you never had good lutefisk.

From the *Grapevine*, Lodge 6-159, Temecula



Lutefisk hanging out to dry in northern Norway.

Lutefisk

The Norwegian Arctic species of the cod spends its life in the feeding grounds of the Barents Sea. At maturity (6 to 7 years) the spawning cod return to Norway. From January through April are the time huge catches are taken from the Norwegian coast. Lutefisk is then cleaned and dried. Lutefisk must lie in strong lye solution made from birch ashes for 2 days and 2 nights, it is then rinsed in fresh water for 24 hours before it is cooked and eaten.

If you are among the ones who consider lutefisk second-class food, we have a surprise for you! According to the Institute of Nutrition in Bergen, lutefisk is actually more nutritious than any other fish. This is due to the fact that treating the fish with lye breaks down the protein chains and during soaking amino acids of high quality are created.

It is said that half the Norwegians who immigrated to America came in order to escape the hated Lutefisk, and the other half came to spread the gospel of Lutefisk's wonderfulness.

Valentine

Every February Americans set aside one day, Valentine's Day, to excel in hearts, roses, and sentiment. But few have given our Valentine a more unusual token of our love than the city of Omaha gave to its own special sweetheart: Norwegian figure-skater, Sonja Henie.

When she opened her ice show in Omaha on Valentine's Day in 1941, she was presented with an 80-pound heart sculpted of blue-green ice. The local press agent who took the initiative to the city's unusual Valentine gift, promised that Omaha would keep Sonja Henie's heart until she returned.

She never came back—but her Valentine heart remains, somewhat shrunken, in the Omaha Cold Storage Terminal, where visitors may view the city's tribute to a fine athlete and artist. Come to think of it, Omaha probably is the American city with the biggest Norwegian heart!

Wolf population stable again

Researchers have found traces of 40-50 wolves in Norwegian territory during the winter of 2006-2007, and the population in the region appears stable. Half of the animals traced did not stray outside of Norway, while the other half roamed to areas in Sweden, according to the status report from research project Skandulv.

The conclusion drawn are that there were at least 136 and at most 169 wolves in Norway, Sweden and Finland during the winter season, with measurements taken from Oct. 1, 2006 to Feb. 28, 2007.

In the same period the year before there were between 141 and 160 wolves in the region, leading to the conclusion that the population is "stable or in extremely limited growth".

- from *aftenposten.no*



Lodge Name Badges

All members are encouraged to purchase and wear name badges so that we can get to know you and you can get to know everyone else.

Order your name badge directly from **Awards of Tahoe**. These are the same hard white plastic name badges with the lodge name in white and the Sons of Norway shield in red, white & blue that many members already have. Your name and Valhall #6-025 will be in blue.

The cost for the badge is \$ 8.50 (includes tax and shipping).

To obtain your name badge send this form and a check for \$8.50 to the address shown below. Make the check payable to "**Awards of Tahoe**".

AWARDS OF TAHOE
3053 HARRISON AVE., #206
SOUTH LAKE TAHOE, CA 96150

**Please send a Sons of Norway
name tag for:**

(Please Print Name)
Valhall Lodge No. 25
San Diego, CA

Enclosed is my check for \$8.50 (includes tax and shipping) payable to **Awards of Tahoe**. Please send the name tag to this address:

Social Committees

FEBRUARY 2008

Business Meeting & Lutefisk Dinner Social

Chair: Karin & Ola Brevig

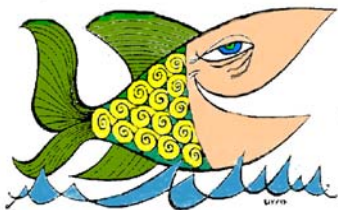
Don & Ellie Balmer
Kennet & Rhonda Brevig
Pat & Vicky Cleveland
Mary Conklin
Mary DeNino
Shirley Helsel
Martha Larsen
Dustin Lasher
Eldon & Carol Anderson
Linda Mabin
Norman Magneson
Dale Roybal
Dean Seiler
Sigurd & Tam Stautland
Douglas Swenson
Centes Wheeler
Kay & James Wolner
James & Helen Seiler
Philip Lovas

MARCH 2008

Business Meeting & Anniversary Dinner

Chair: Ragnhild Amble

Phil & Mary Hinshaw
Jennifer Knudson
Fred & Lucy Leon
Mari & John Rem
Reg & Pat Becker
Annika Schaffroth
Ed & Gale Schaffroth
Lorraine Tucker
Lillian Jansen
Marianne Halversen
Christine Tuttle



Love That Lutefisk

From Everett Shogren

I ran across this in winter 2007 issue of the Scandinavian Press in an article called "treats" by Kirk and Tracey Thomas.

Lutefisk Pudding

2 cups flaked lutefisk**
½ cup rice
1 tsp salt
1 cup water
1 cup milk
2 eggs
1 tbsp butter

Cook rice in salted water until done. Mix with butter and lutefisk. Beat the eggs and add milk. Pour over rice mixture. Bake in buttered dish at 350f for 30-45 minutes.

** to prepare the lutefisk thaw completely in cold water. Place on a burner in a kettle of cold water. Turn burner to high. Just before the water starts boiling turn the down to medium-low and simmer for 8-10 minutes.

Thanks Everett

Lutefisk time again.

If you want to have lutefisk to put in your own refrigerator you must order it before the dinner on February 16, 2008. Let me know how much you need. It must be picked up no later than the 16th at the hall. The price will be **\$7-per pound**.

Give me a call 858-756-1167 or e mail obrevig1@mac.com before **12th of Feb**. Hope to see you at the dinner. Thank you, Karin Brevig.



Valhall celebrates member Margaret Bly's 104th birthday. at the lodge Christmas party.

Valhall Viking
FEBRUARY 2008

CALENDAR

Woodcarving meets every Tuesday
See page 10 for details on classes

February

- 2 Sat Ladies of Valhall meeting
- 4 Mon Business Meeting
- 4 Mon Corporation Meeting
- 9 Sat Rosemaling
- 14 Thu Genealogy
- 16 Sat Lutefisk Dinner
- 23 Sat Rosemaling

March

- 1 Sat Ladies of Valhall
- 3 Sat Business Meeting
- 8 Sat Rosemaling
- 13 Thu Genealogy
- 15 Sat Anniversary Dinner
- 22 Sat Rosemaling

Next newsletter is the
February issue.
Deadline for the
March
Valhall Viking is
February 15

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

