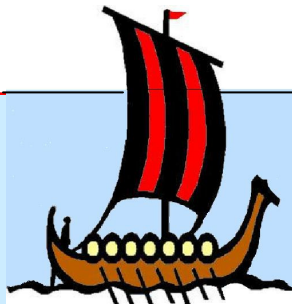


Valhall



Viking

March 2011

Phone: 619/469-9779

Number 2

Voted Best Large Lodge of 2008 and Best Large Lodge Newsletter in 2010 in District 6

1912—2011



**VALHALL
LODGE**

Meetings at 7:00 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 Lodge
Meeting:
Mar. 7 at 7:00pm**

**Newsletter
deadline:**

March 20

**Anniversary Dinner
Mar 19, Saturday**

**Don't forget the Lodge
Meeting starts at 7:00
PM this year instead of
7:30 PM.**

Breskjed Fra Presidenten – 2011 Valhall Lodge Goals!

Every year the lodge must establish goals for the Annual Lodge Achievement Form (formerly the Lodge of the Year Report). These goals must be attainable and conform to District 6 goals. Valhall Lodge goals for 2011 are: 1) Elect 11 new members into membership with the assistance of New Member Events with the Financial Benefits Counselor. 2) Issue Life and/or Annuity product to 1 member. 3) Participate in the Cultural Skills Program. 4) Increase the use of all media avenues to include social media such as Facebook to distribute lodge information. And 5) Increase average attendance at the Monthly Lodge Meetings by 10%.

We will need all members of Valhall to help reach our 2011 goals. Help by bringing new members to the lodge, coming to the monthly Lodge Meetings, purchasing SON Life or Annuity products, participate in the Cultural Skills Program and use the social media avenues to distribute lodge information to our members and nonmembers. With your help we can reach our goals and grow our lodge!

One of the reasons for coming to the monthly Lodge Meetings is our cultural events we present at every meeting. Sven Olsen and Lizzie Ribber have been working hard to provide us with presentations about our Norwegian culture. The February meeting had a short video about the Norwegian's role in the sport of Skiing. Next meeting see how your ancestors played a vital role in making a skiing an Olympic sport.

The Charter was draped in memory of Margret H. Bly, who passed away on January 11, 2010 at the age of 107. Margaret was a life member of Valhall Lodge and had been a member for over 45 years, joining in 1966. Margaret will be deeply missed and we send our deepest sympathy to the Bly family.

As President, one of my favorite duties and honors is to recognize members for their long and faithful service. At our last Lodge Meeting, the following members earned their 10 Year Membership Pins: Ragnhild Amble, Jane C. Chell, Carol Holm, Marvin Holm, Arletta Jurasinski, Joyce Oen, Anita Reith, Dale Roybal, William Stedham, and Marit Vincent. Congratulations to all!

The Annual Lutefisk Dinner was a huge success with about 130 people attending and enjoying lutefisk and meatballs along with all the trimmings. This continues to be one of the lodges best socials. Tusen Takk to Karin Brevig and her committee for another outstanding Lutefisk event!

The Convention Resolutions that were voted on at our last Biannual Lodge Meeting and Convention have been published in this issue of the Valhall Viking. I encourage you to read them so you can understand what your lodge representatives were working on this past convention. If you have any questions, contact me!

Our next lodge meeting is on March 7th at 7 PM. 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

99TH ANNIVERSARY DINNER MARCH 19, 2011

Counting down to the big “100”!!!
Come enjoy an evening of dining
with members and guests!!!

Social hour *with light Appetizers* from 5:30 to 6:30



Dinner at 6:30

Menu by Cupids Catering

Chicken Cordon Bleu
Escalloped Potatoes
Green beans almondine

Garden Salad -- Ambrosia --- Pasta Primavera

French Bread

Anniversary Cake

Iced Tea....Lemonade....Coffee

\$ 15.00 per person



Reservation Deadline Wednesday, March 16, 2011

For Reservations:

Call Patricia Becker at 619-583-1076

Email RPBeckerRealty@aol.com

*In Special Recognition for
Forty Years of Membership,
Sons of Norway Awards
Certificates of Appreciation
to the following members for their long
and faithful service:*

Forty Years of Membership

**Karin M. Brevig
Ola Brevig
M K Omdalen**

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



Lodge Meeting Cultural Event

Don't miss the beginning of the March Lodge Meeting. Our cultural committee has arranged for another episode of "Norwegian Ski History" at the beginning of the membership meeting at 7:00 pm.

March Lodge Meeting

March 7th at 7 pm

**Refreshments and socializing
to follow meeting**

Lodge Officers of 2011

President	Rick Hausvik	619-579-5447
Vice-President	Susan Cody	619-303-5220
Counselor	Ola Brevig	858-756-1167
Secretary	Monica Johnsen	858-366-2879
Assist. Secretary	Mary Hinshaw	619-448-8858
Financial Secretary	Aprell Waymire-Bigler	619-284-6221
Treasurer	Don Lesney	619-465-3686
Social Committee	Judy Sawyer	619-583-0859
	LaVonne Coover	619-264-9486
Cultural Committee	Sven Olsen	760-735-6171
	Lizzie Riiber	610-523-8822
Marshal	Raymond Johnson	858-459-5430
Asst. Marshal	Matthew Gallwas	858-577-0029
Greeter	Lou Coover	610-264-9486
Greeter	Patricia Becker	619-583-1076
Historian	Mary Hinshaw	619-448-8858
Librarian	Chris Olaug Lelevier	619-478-5746
Co-Musician	Joyce Olsen	760-735-6171
Co-Musician	Ragnhild Amble	619-465-7425
Editor	Arlene LaBree	858-271-8709
Foundation Director	Charles Gorder	619-546-4808
Publicity Director	Everett Shogren	619-287-6056
Trustee (1 year)	Judy Sawyer	619-583-0859
Trustee (2 years)	Chris Hausvik	619-890-5447
Trustee (3 years)	Ingrid Lindgren	858-277-3376
Youth Director	Ellen Spitzer	619-444-9077
Sports Director	Jeff Wergeland	858-755-1898
Auditors	Allen Johannesen	858-452-1797
	Thelma Johannesen	858-452-1797
	Sig Stautland	619-299-9237
Corporation Directors		
	Ola Brevig	858-756-1167
	Don Lesney	619-465-3686
	Don Balmer	619-466-2179
Corporation Officers		
President	Allen Johannesen	858-452-1797
Vice President	Sigurd Stautland	619-299-9237
Secretary	Aprell Waymire-Bigler	619-284-6221
Treasurer	Rick Hausvik	619-579-5447



Gratulerer Med Dagen!



MARCH BIRTHDAYS

1	Wilma Springer
3	Robert Crowe
5	Jennifer Sieger
8	Jenna Hausvik
8	Petra McGeary
11	Kristine Davis
14	Rodney Olson
16	Karin Brevig
17	John Rem
19	Lou Coover
20	Kay Wolner
21	Joyce Oen
23	George Babilot
29	James Hann



News From Valhall's 100th Anniversary Gala Committee

We are proud to announce that the two combined winners selected for our Logo (shown above) are:

- Helen Conklin from Binghamton, New York
- Susan Cody our very own Vice President.

Valhall's 100th Anniversary Gala will be held March 17, 2012, at the Koni Kai Resort on Shelter Island !!

As time progresses, we will need more and more volunteers. Sign up sheets with the Committees listed, will be in the Foyer at both the Lodge Meetings and Socials.

It is our desire to make this a true celebration of our Lodge and many of its accomplishments.. This cannot be done without the help and volunteered talents from our members.

Patricia Becker, Chairman

More about the Logo:

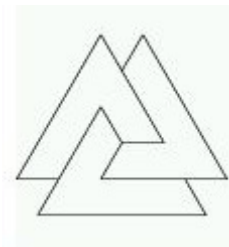
Helen Conklin is the sister of Valhall lodge member Mary Conklin. She is a 26-year member of Sons of Norway, currently a member of lodge 3-000 but a former president of the now disbanded Viking Lodge 3-587.

Helen's suggestion is to use the Viking symbol 'valknut' or 'walknot' in our logo design.

Her research revealed that Valhall is an immense hall in Asgard, the place of afterlife for the Einherjar, those slain in battle--only those who die with a sword in their hand(s). The walls of Valhall are made of spears, the ceiling of shields, the seats of armor.

The valknuter was a form of the Burromean link used by Norse people. The symbol is associated with the Norse god Odin. Scenes on picture stones show fallen warriors traveling to the next world by boat or on horseback where they will join others in Odin's palace 'Valhalla' - the castle of the slain. The Walknot symbol is often placed near these departed heroes.

Below is an illustration showing a 'valknuter'



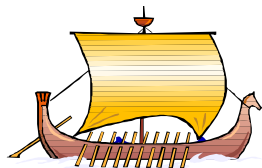
*In Special Recognition for
Twenty- Five Years of
Membership,
Sons of Norway Awards a
Certificate of Appreciation
to the following member for her
long and faithful service:*

**Twenty-Five Years
of Membership**

Katherine Edd

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

LOV Notes for March 2011



Next meeting March 5, 2011.

Hostesses: Anne Hoidal and Tam Stautland.

It was nice to get together again after the Holidays. We had a good group of ladies at the February meeting, and everyone had LOTS to talk about and catch up on.

I am honored to be president of this group again. Thank you for trusting me to be your leader. Remember, I am a few years older and a lot more forgetful than last time, so you are going to have to be patient with me.

Thanks so much to the outgoing board. Susan, you did an outstanding job for us, and so did the rest of the board. I am happy that LaVonne stays on as secretary, and welcome Anne Hoidal as vice president and Arnette Scherl as treasurer. I am sure that we will have a happy and eventful year ahead of us.

Speaking of events, - the first one is here before we know it! LOV will be 20 years old in April, and that is a big reason to celebrate. Plans are underway, and there is going to be a party at TOWN AND COUNTRY, TIKI ROOM on the Terrace. The date is April 30, from 11:30 - 2:00.

There will be more information on this in the April Valhall Viking.

Some of our ladies had exciting suggestions for fun things to do these coming months. We might go hiking when the wild flowers are blooming, and we might sharpen our brains and write down memories from our past and collect them in a book. There will be more ideas and plans, I am sure. From the beginning, the LOV ladies have always had interesting projects to work on and had fun doing it.

I will repeat Susan's invitation in the last Newsletter to all ladies of Valhall: Come and join us at Denny's on a first Saturday of the month at 9a.m. and see what a nice time we have!

I must not forget to thank our hostesses for February, Joyce Oen and Lorraine Tucker. You really put us in a Valentine's Day mood with all the beautiful red hearts and ALL THE CANDY! Thanks a lot.

Hilsen Ingrid Lindgren,
LOV president.



SERVICES DIRECTORY

Financial Benefits Counselor

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

Language Instructor

Erling Nyhammer
(619) 448-4217

Telephone Chairperson

Lorraine Tucker
(760)-233-5034

Sunshine Committee:

Chairperson, LaVonne Coover
(619) 264-9486

Blood Bank Representative

LaVonne Coover
(619) 264-9486

Tubfrim Chairperson

Susan Cody
(619)-303-5220



Minutes of the Valhall Lodge Meeting February 7, 2011

Program:

A video called “*Skispor fra Fortiden*” of the history of Norwegian ski jumping during the 1930’s through the 1940’s was shown.

The opening songs for the meeting were the National Anthems of the USA, Norway and Canada. Also *Se, Norges Blomstsradal* was sung.

Call to Order:

President Richard Hausvik called the meeting to order at 6:45pm.

Draped in Honor:

The Charter was draped in honor of Margaret Bly who passed away on Tuesday, January 11, 2011.

Awards:

In recognition of Ten-Years of Valhall membership, the following members qualified for their long and faithful service: Ragnhild Amble, Jane C. Chell, Carol M. Holm, Marvin S. Holm, Arletta J. Jurasinski, Joyce A. Oen, Anita O. Reith, Dale K. Roybal, William L. Stedham, and Marit A. Vincent.

The following members were present to receive their pins: Ragnhild Amble, Dale K. Roybal and Susan Cody received on behalf of her mother.

New Members:

Aprill Waymire-Bigler reported that there were transferred members to the Lodge, and they were unanimously approved by the membership. The following are the members: Jostein and Elsa Ottesen, Emily Guinaugh, Dick Setterlund, and Shauna Wright. The Welcoming ceremony will be in March.

Approval of Minutes:

The minutes of January 15, 2011 were approved as printed in the Valhall Viking dated February 2011, Number (1).

Correspondence:

Monica Johnsen received three “Thank You” notes and one letter,

she read; (1) two holiday cards that were sent on behalf of the Lodge to Margaret Bly, (2) LaVonne Coover sent a condolence card to the family of Margaret Bly, (3) a card from Knut and Svea Karlsen for having the Tubfrim Drawing at our Lodge, (4) a letter from Cindy Olson of the Sons of Norway Foundation regarding the generous donation to the Lund Fund of the Sons of Norway Foundation.

Committee Reports:

Social

LaVonne Coover reported that the Annual Lutefisk Dinner will be Saturday, February 19, 2011 from 3:00pm to 7:00pm, the bar opens at 3:30pm.

Karin Brevig introduced her committee members for the Lutefisk dinner.

Cultural

Sven Olsen reported that February 13th, at 7:00pm there will be a Swedish film called *Simple Simon* at the Hall of Nations in Balboa Park. At the March Lodge meeting there will be another part shown of the video on the history of Norwegian skiing.

Historian:

Jean Shogren reported that she displayed posterboards of pictures of the Lodge members to enjoy and said she will keep the posterboards updated.

Publicity:

Everett Shogren is in the process of publicizing the Lutefisk dinner. He also pointed out that there is information about Ola Brevig in the February Valhall Viking Newsletter under member profile.

Sunshine and Blood Bank:

She reminded the members that the Bloodbank is always looking for donations. You can call them to get the hours of the Bloodbank, they are not open on Mondays. They appreciate your donations.

Sports:

The Sport Director job is vacant. If you know anyone send the names to Richard Hausvik or Monica Johnsen.

Foundation:

Charles Gorder reported that Pat Kelly, Sons of Norway’s Financial Benefits Counselor, will give a Complimentary Financial Review regarding transferring your IRA’s to Sons of Norway to manage.

The Sons of Norway Foundation is still seeking to increase their Board of Governors. A member from Sons of Norway is planning on making an application.

Trustees:

Don Balmer will be replacing Ingrid Lindgren as one of the trustees.

Auditors:

Allen Johannesen reported that in the next couple of weeks they want to schedule all the audits at the same time.

Corporation:

The board met and they elected their officers, they are as follows: President Allen Johannesen, Sigurd Stautland will be Vice-President, Rick Hausvik will be Treasurer, Aprill Waymire-Bigler will be Secretary. Rick Hausvik, Treasurer of the the Corporation reviewed the portfolio and profits were made at the end of the year.

Officer Reports:

Membership Secretary Aprill Waymire-Bigler, and Treasurer, Don Lesney, presented their respective reports. The Membership Secretary reported the income to date and the Treasurer presented the current financial status to the membership. Both reports were approved as presented.

Unfinished Business:

The membership was reminded to give their Community and Fraternal Hours to Mary Hinshaw or Monica

Minutes of the Lodge Meeting, cont. February 7, 2011



Johnsen.

Pat Becker reported that Susan Cody and Helen Conklin were the winners of the Logo/Letterhead Design, each will receive \$25.00.

Valhall Lodge will have the 100th Anniversary Gala at the Kona Kai on March 17, 2012.

New Business:

Allen Johannesen made the motion to make a donation to the following: Camp Norge - \$1,000.00, Sons of Norway Foundation- \$500.00, Mannskor - \$500.00, Mama's Kitchen - \$500.00, Home of the Guiding Hands - \$500.00, Vesterheim Museum - \$125.00. The motion was seconded by Ola Brevig and was unanimously approved.

Remarks for the Good of the Order:

LaVonne Coover remarked that the Bloodbank Moto is "We Can Make a Difference"

Next Lodge Meeting:

The next lodge meeting will be Monday, March 7, 2011 at 7:00pm.

The next board meeting will be Thursday, April 21, 2011 at 6:30pm.

The meeting adjourned at 8:30pm.

Total members present 36.

The Closing Song was *Home, Home on the Range*.

Respectfully submitted by:
Monica Johnsen, Secretary
Valhall Lodge 6-25



Visit Valhall Lodge on Facebook

**<http://www.facebook.com>
Search for Valhall Lodge**

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.

Minutes of the Board Meeting

January 18, 2011

Call to Order: President Richard Hausvik called the meeting to order at 6:50pm. There were 18 members present.

Meeting Minutes: The minutes of October 12, 2010 were approved as printed in the **Valhall Viking** December 2010 issue, Number 10.

Officer Reports: President Hausvik thanked outgoing officers for their services. He stated that the goal for the 2011 year is to increase membership. In addition, he will do the following: (1) coordinate with the other two lodges Norge and Vinland concerning rotating the Installation and Dinner since we will only be installing every other year, (2) coordinate with other lodges to minimize conflicts in any scheduled activities, (3) install officers that were not installed at the January 15, 2011 installation meeting, and (4) research the possibility of monetary assistance for cultural events.

Membership Report: The Membership Committee consists of Susan Cody, Chairwoman, Aprell Waymire-Bigler and Richard Hausvik. More members will be added to the committee.

Aprell Waymire-Bigler reported that there are 303 active members, in Valhall Lodge, of those 290 are adults and 13 are children. There are 51 Heritage members and 26 Family Memberships for 2010.

Aprell reported that 10-year pins will be given in February to qualified recipients.

Aprell also reported that the next Welcoming Ceremony will be scheduled for March 2010.

Treasurer Report: Don Lesney presented the financial report for 2010,

and reported that expenses were in line with the budget.

Cultural Report: Lizzie Riiber reported that the Cultural Committee will be meeting to discuss cultural events, i.e. inviting the Choir from Lapland. In addition having a movie night and inviting other lodges to watch Norwegian films with English subtitles.

Newsletter/Website Report: Arlene LaBree reported that having Phoenix Direct mail services handle the mass mailings is very helpful in getting the Valhall Viking Bulletin to the members. Arlene will place a notice in the Valhall Viking for a Webmaster Assistant to keep the websites current. She will also put into the Valhall Viking header, the awards the lodge has won the past couple of years: Best Large Lodge 2008 and Best Large Lodge Newsletter 2009.

Auditors Report: The Audit Committee is preparing to develop an audit schedule.

Youth Report: Ellen Spitzer reported that she would like to encourage youth to improve cultural skills through Scandinavian dancing and participation in sport activities with a goal of receiving medals.

Foundation Report: The Sons of Norway Foundation is seeking to increase its Board of Governors by 6 individuals. The term will be for either 2 or 3 years, beginning in October 2011. The applications are due February 25, 2011. Anyone interested can contact Monica Johnsen for more information.

Publicity Report: Everett Shogren needs advance notice about events in order to get publicity information out to the public and in sufficient time to

Arlene LaBree for publication in the Valhall Viking. Letting the public know of scheduled events ahead of time will add to increasing lodge membership.

Corporation Report: The Corporation will have its first meeting on February 7, 2011.

Old Business: Richard Hausvik received the Minutes Book for the Sons of Norway International Convention 2010, Coeur D'Alene, Idaho, from August 29-September 1, 2010. Richard Hausvik will write a synopsis of the minutes which will be published in the Valhall Viking. He will place the minutes book and 2 DVD's in the library for membership use.

New Business: There were several items discussed (1) Susan Cody agreed to be Tubfrim Chairwoman, (2) the 2011 Board will meet on Thursdays, (3) the entries for the Logo Design for the 100th Anniversary of Valhall Lodge must be in no later than January 31, 2011, a \$50 award will be given to the design selected, and (4) The Song Book Committee is creating a song book, and a sample song was shown by Lizzie Riiber. Jeanne Scott has been added to the committee to assist with printing and publishing, in order to have it completed before the Centennial Dinner in 2012.

The 2011 primary goal for Valhall Lodge is to increase membership, review By-Laws and Standing Rules. The ways to increase membership discussed were (1) social networking sites, like Facebook and LinkedIn, (2) Jobs Fairs, (3) an event similar to The Viking Fest at Norge Lodge, and (4) participating in December Nights at Balboa Park.

Board Minutes, Continued

Members Present: The following members were present at the Valhall Board Meeting.

- Monica Johnsen
- Mary Hinshaw
- Arlene LaBree
- Don Lesney
- Allen Johannesen
- Ola Brevig
- Patricia Becker
- Everett Shogren
- Jean Shogren
- Raymond Johnsen
- Lizzie Riiber
- Susan Cody
- Richard Hausvik
- Ellen Spitzer
- Aprell Waymire-Bigler
- Martin (Duke) Johnson
- Jeanne Scott
- Karin Brevig

Ola Brevig motioned to adjourn the meeting which was seconded by Susan Cody. The meeting adjourned at 9:15pm. The next board meeting will be Thursday, April 21, 2011 at 6:30pm.

Respectfully submitted,
Monica Johnsen
Secretary



Living Your Norwegian Heritage

Camp Trollfjell

Language & Heritage Youth Camp
@ Camp Norge in Alta, California

www.CampNorge.com
(link to Camp Trollfjell for
Camper & Counselor
Applications)

Registrar: Sharee Frost
sharee@theunion.net
530-478-0980



Camp is July 10-24, 2011

\$750/child

Ages 8-13 (at the time camp begins)

Scholarships are available—check with your local lodge

Daily Activities Include:



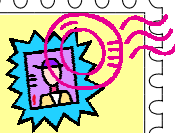
- Rosemaling
- Viking History
- Crafts
- Folk Dancing
- Language Lessons
- Foods of Norway
- Building Lasting Friendships

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 or
To Susan Cody,
Tubfrim Chairperson



Happy St
Patrick's
Day!
March 17

Social Committee IS YOUR NAME IN THIS LIST?

March 2011

**Lodge Meeting and
Anniversary Dinner**

Chair: Joyce Oen

Ragnhild Amble
Reg & Pat Becker
Phil & Mary Hinshaw
Raymond Johnsen
Monica Johnsen
Mari & John Rem
Ed & Gail Schaffroth
Christine Tuttle
Lucy Leon
Millie Wright

Camp Trollfjell Scholarship

The deadline for applying to the Southland Past Presidents' Club (SPPC) for half scholarships to Camp Trollfjell (Language and Heritage Camp at Camp Norge) for the summer of 2011-July is April 1 2011.

Applicants must be a child or grandchild of a Sons of Norway member from District 6, Zone 5 or 6. Applicants must be between the ages of 8 to 13 and have already applied to Camp Trollfjell following their application process. The application information is in the site / www.campnorge.com. If accepted at Camp Trollfjell, the up front fee will be refunded to the applicant's parent or grandparent. Transportation is at the expense of the applicant. The applicant cannot be the recipient of any other scholarship to Camp Trollfjell for the year 2011.

Applications must be on post card only, stating the applicant's name, age and birthdate, the reason for wanting to attend camp, and his or her telephone number including area code. The post card must be post-marked no later than April 1, 2011.

The post card is to be mailed to Carolyn Peterson, SPPC Secretary, 1428 Ellsworth Circle, Thousand Oaks, CA 91360. Winners will be determined by lottery (drawing) on April 9 at Peer Gynt Hall, at the SPPC Spring meeting on that date.



Fish for a Prince

The Norwegian Kitchen
by Astrid Karlsen Scott

- 1 ½ lb boneless and skinless cod or halibut fillet
- 2 cups fish stock
- 1 ½ tbs. butter
- 2 ½ tbs. flour
- 1 egg yolk
- ½ cup whipping cream
- salt
- about 1 tbs. lemon juice or sherry
- ½ cup peeled cooked shrimp or lobster
- 8 asparagus spears, cooked
- 1 tbs. chopped parsley

Cut the fish into 4 serving pieces. Poach in fish stock 8-10 minutes. Transfer the fish to a deep serving platter and keep warm.

Melt the butter and stir in flour. Gradually whisk in the stock. Simmer until thickened.

Beat the egg yolk into the cream and whisk into the sauce.

Garnish with shrimp and asparagus. Sprinkle with parsley.

Valhall in the Spotlight

There are three pictures of Valhall members in the March issue of Viking Magazine, page 33.

In this issue, our November social committee, the wood-carving class led by Lou Coover and a member profile featuring Valhall member Lewis Johnson appear on the District 6 page of this Sons of Norway national magazine.

New Valhall Membership Directory Arriving Soon!



The 2011 Valhall Membership Directory was sent to the printer last weekend and should be arriving to your mailboxes soon.

Please check that your names, addresses are correct. Let Arlene (LaBree) know if there are any errors.

Your addresses and email information are only printed in this directory. It is only distributed to Valhall members. They are not on the website or Facebook, and new members addresses or change of complete addresses will not be in the newsletters.

Extra directories are available for Lodge officers if needed to help them with their duties at Valhall. If you need another directory or need to replace the current one, please let Arlene LaBree know via email or phone. valhallnews@san.rr.com or 858-217-8709.

The directory contains more than members' information. There is a yearly calendar, social committee listing by month, Service listing, and list of current Board and officers of Valhall. There is a separate listing of LOV members with their phone numbers.

When is a Viking Not a Viking?

The name "Vikings" is a convenient term used when discussing the Scandinavian people of a certain era. These tribes did not think of themselves as "Vikings," nor were they called "Vikings" by their neighbors.

To the Anglo-Saxons they were known as Danes, the Franks called them Normanni (Northmen), the Germans referred to them as Ashmen, the Irish as Gaill (Foreigners), the Spanish Arabs as Majus (Heathens), and the Slavs and Byzantine Greeks as Rus.

The Scandinavians identified themselves as people of a certain region, for example, "Men of the Uplands." As national identities began to take shape, they saw themselves as "Northmen," later as Norwegians, Swedes, and Danes. Each group went its own way, the Danes sailed the western seas, as did the Norwegians, while the Swedes went east. The word "Viking" is of obscure origin, and may have originally meant "Creek-Men."

The Norwegian Language Council Registers New Words in 2010

With a relatively small population and a large English language influence, preserving and promoting the Norwegian language is a state priority for Norway. Språkrådet, the Norwegian Language Council, is the regulatory body of the Ministry of Culture that works to encourage the proper use of the Norwegian language, both bokmål and nynorsk, in every aspect of Norwegian society, to ensure the language's use in the future and making sure it never takes a backseat to English.

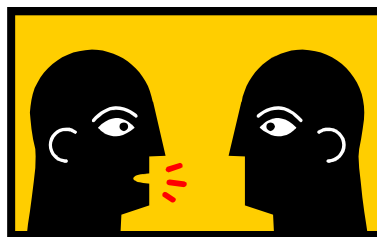
One of Språkrådet's many jobs is approving new additions to the Norwegian language. Every year they register, or introduce, new words. The selected words registered by Språkrådet often portray new trends or a phenomenon in Norwegian culture, current events, business or science. Sigfrid Tvitekkja, functioning director of the Norwegian Language Council, explained to *Aftenposten*, "New words can be a historical document. When new words are registered a type of profile is created of that year."

The past year's new words are a perfect example as they reflect Norway's 2010 experience. For example framsnakking (talking positively about someone behind their back) reflects a change in Norwegian culture as they tired of the concept of baksnakking (talking negatively about someone behind their back).

Where askefast ("ash-stranded") was created after the eruption of Eyjafjallajökull, Iceland's volcano, which left many Norwegian travelers stranded.

The new word apper ("apps" – downloadable applications for smart phones) shows the success of smart phones and the Norwegianization of the phenomenon.

The creation of new words makes Norwegian a unique and lively language with endless opportunities for expansion, giving Språkrådet a challenging task.



Sons of Norway

Convention Resolutions

The following is a list of resolutions voted on at the Biannual Lodge Meeting and Convention

- Golden Members will pay 50% of Int'l dues and 100% (instead of 50%) of District dues. Local lodge portion as per lodge by-laws. **Passed**
- Change lodge membership growth formula to exclude deaths and transfers. **Defeated**
- Review Int'l Convention host instructions, research services of a convention planning group to assist with hotel bid, and appoint committee to clarify and/or restructure costs between home office, host committee and delegates. **Passed**
- Any future change in the Mission Statement will only be made by the International Board (not the Int'l Lodge/Convention) **Defeated**
- Annual financial report is to be sent to headquarters only (cease sending to the District) **Passed**
- Added a time frame of 7 days notice to calling of a Special Meeting. **Passed**
- Wording change to specify that additional elected lodge Board of Directors' members be specified in lodge by-laws. Refers to adding Counselor to the Board of Directors. This gives more flexibility to lodges. **Passed**
- Revised Dispute Resolution to include specific time frames and to make some clarifications. **Passed**
- Free Family membership (Unge Venner Members, lineal descendent of member or resides in same household as member) will not lose that membership status if member status is changed (member dies, dues not paid) **Passed**
- International dues will be established by the International Lodge (convention delegates). **Defeated**
- International Lodge will solely pay for delegate package for Int'l conventions. Substitute resolution for International Board and Headquarters to research and make a recommendation at 2012 International Lodge Meeting (convention). **Passed**

- International Board to develop an Installation Ceremony where all local lodge officers may be installed at the same time. **Defeated**

Convention Awards

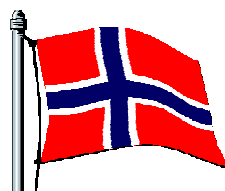
Small Lodge of the year 2008 0 Snowshoe Thompson 6-78, Yuba City, CA

Large Lodge of the Year 2008 - Hudson Valley 3-432, Kingston, NY

Small Lodge of the Year 2009 - Valkyrien 5-053, Woodville, WI

Large Lodge of the Year 2009 - Leif Erikson 1-32, Vinning, MN

Norway Rated Top Country



For the second year in a row Norway has come out on top of the United Nations Human Development Index's Best Country to Live In rating.

Rounding out the other top countries are Australia (2nd), New Zealand (3rd) and the United States (4th). Canada also ranked among the top 10 countries with a ranking of 8th.

The ranking, an alternative to traditional development measurement tools, includes data on health and education as well as income and economic growth to create a Human Development Index (HDI) for each country.

Over the past 30 years Norway's HDI has consistently increased by .6% annually, placing Norway 1st out of 169 countries with comparable data. Norway's fellow Nordic countries also fared well in the index with Sweden ranking 9th, Finland 16th, Iceland 17th and Denmark 19th.

To learn more about the rankings and the Human Development Index, visit www.hdr.undp.org/en/

**FIFTY THIRD
ROSEMALING SEMINAR AT CAMP NORGE
APRIL 30/MAY 1, 2011**

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, Sandra Cole, and Mardella Ivers:

We will be painting on 8 inch bowls. Julie Anne is teaching an Os design on a black background. Julie Anne says this a fun pattern, with all the bright flowers. Sandra is teaching a traditional Rogaland style on a storm blue background, A little painting experience might be helpful for this project. Mardella Ivers will teach the beginner's class using a Vest Agder style on a black/green background. No scrolls, just overlay and lots of tear drops. Look on the Camp Norge Website for pictures of all three projects: www.Campnorge.com.

Please make your room reservation with me. I develop the list of who is in which room. 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 \$16.20 per night; guests pay \$21.60 for dorms, which includes 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. No occupancy tax on RV's or tents.

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.* I use Microsoft Word running on an XP program and all attachments will be attached from that program.

The cost of the seminar will be \$82 for registration which includes the class and wood piece all base coated and ready to go, hall rent and clean up, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 20th. Registration fees (less cancellation fee) can be refunded if you have to cancel up to April 20th 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, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$82 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. 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. 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, to:

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

APRIL 30/MAY 1, 2011 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 _____ Sandra _____ Mardella _____ I am bringing my RV _____
I am enclosing \$82 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 \$32 for each _____

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:

Norway Donates to UNICEF

In late 2010, Norway forged a two-year agreement to donate NOK 1 billion to UNICEF's education and girls' rights initiatives. The agreement comes as one of many instances when Norway has played an important role in supporting UNICEF's educational development efforts in poor countries.

Norwegian Minister of Environment and International Development Erik Solheim says, "More children than ever before now have the opportunity to go to school. However, we must remember that a great deal remains to be done before we can say that we are satisfied. All children must have the opportunity to go to school, including those that are most vulnerable. We must also seek to further improve the quality of schools."

Solheim also points out that in situations of crisis and conflict, like the earthquake in Haiti, schools do much more than provide a place of learning. "After a disaster, schools can often be a safe haven for children. Here they can find protection, support, and not least health care and food," says Solheim.

Norway is the second largest donor to UNICEF, providing a total of NOK 1.3 billion a year.
Adapted from NRK



Valhall Calendar for 2011

<p>JANUARY</p> <p>15 Installation Ceremony & Dinner 5:30pm 18 Board Meeting 6:30pm 20 Newsletter Deadline</p>	<p>JULY</p> <p>No LOV No Lodge Meeting 21 Board Meeting 6:30pm</p>
<p>FEBRUARY</p> <p>5 Ladies of Valhall Meeting 9:00am 7 Lodge Meeting 7:00pm 7 Corporation Meeting 19 Lutefisk/Meatball Dinner 4:00pm</p>	<p>AUGUST</p> <p>6 Ladies of Valhall Meeting 9am No Lodge Meeting</p>
<p>MARCH</p> <p>5 Ladies of Valhall Meeting 9am 7 Lodge Meeting 7:00pm 19 Anniversary Dinner 5:30</p>	<p>SEPTEMBER</p> <p>3 Ladies of Valhall Meeting 9am 5 Lodge Meeting 7:00pm 17 Heritage Dinner 5:30pm</p>
<p>APRIL</p> <p>TBD Ladies of Valhall Anniversary 4 Lodge Meeting 7:00pm 16 Social 5:30pm 21 Board Meeting 6:30pm</p>	<p>OCTOBER</p> <p>1 Ladies of Valhall Meeting 9am 3 Lodge Meeting 7:00pm 3 Corporation Meeting 13 Board Meeting 6:30pm 14, 15 & 16 Kretsstevne Weekend</p>
<p>MAY</p> <p>2 Lodge Meeting 7:00pm 2 Corporation Meeting 7 Ladies of Valhall Meeting 9am 21 Syttende Mai Social 5:30pm</p>	<p>NOVEMBER</p> <p>5 Ladies of Valhall Meeting 9am 7 Lodge Meeting 7:00pm 19 LOV's Lille Butikken 3:30pm 19 Salmon Dinner 5:30pm</p>
<p>JUNE</p> <p>4 Ladies of Valhall Meeting 9am 6 Lodge Meeting & Ice Cream Social 7:00pm</p>	<p>DECEMBER</p> <p>5 Lodge Meeting 7:00pm TBD Ladies of Valhall Christmas Luncheon 17 Valhall Christmas Party 5:30pm</p>

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Arlene LaBree, Editor
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Valhall Viking
MARCH 2011

CALENDAR

March

5 Sat Ladies of Valhall
7 Mon Lodge Meeting
19 Sat Social

April

TBD Ladies of Valhall, Anniversary
4 Mon Lodge Meeting
16 Sat Social
21 Thur Board Meeting



Next newsletter is the
April issue.

Deadline for the
April
Valhall Viking March 20

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