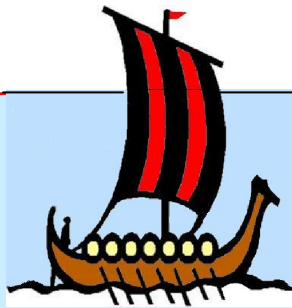


Valhall



Viking

May 2011

Phone: 619/469-9779

Number 4

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:
May 2 at 7:00pm**

**Newsletter
deadline:
May 20**

**Social
May 21, Saturday**

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

Breskjed Fra Presidenten – Help Us Reach Our Goals!

If you have not been to one of our Lodge Meetings lately, you will be in for a pleasant surprise! The Lodge Meetings take place a half an hour earlier, so there is more time for the social pleasantries we have following every Lodge Meeting and still get home at a decent hour. The business portion of the meeting is kept to a minimum and lasts no longer than 20 minutes. Prior to every Lodge Meeting, we try to have some type of cultural event or information for the lodge members. Due to the outstanding participation of our lodge members in the medals programs, recruiting and longevity in the lodge, I am often provided an opportunity to present some type of award to one of our members or join the lodge in Welcoming new members.

If you remember from the Valhall SMART Goals published in the March Valhall Viking Newsletter, one of our goals is to increase the monthly attendance at the Lodge Meetings by 10%. I need your help to accomplish this goal. Please come to one of the Lodge Meetings prior to our Summer break In July and August.

Tusen Takk to Judy Sawyer and her helpers, who put together a delicious and fun filled April BBQ and White Elephant social. They had a good crowd for the afternoon event with Hamburgers, Hot Dogs, Beans, Cole Slaw, Potato Salad, Corn-on-the-cob, Fruit and last but not least Apple Pie Ala Mode. It was truly a delicious BBQ. Many members enjoyed the prizes from the Bingo and White Elephant gift exchange.

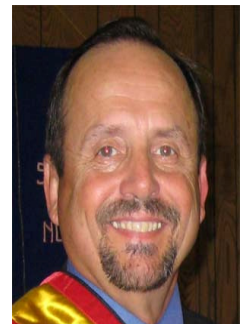
I had the distinct pleasure of being a member of the District Six Scholarship Selection Committee this year and recently completed reviewing the applicants for this year's scholarships. All of the applicants were very deserving, but only nine applications qualified for the Selection Committee Review. If you have a child or grandchild that is currently attending a four year college or university, I encourage you to have them apply for the scholarship next year.

Only two Lodge Meetings remain until the Summer Break, so please plan on attending one these meetings and bring a friend, neighbor or relative.

Our next business meeting is on May 2nd at 7:00 PM. I look forward to seeing you there!

Vennlig Hilsen.

Rick Hausvik



SYTTENDE MAI

A DAY TO CELEBRATE WITH VALHALL LODGE
SONS OF NORWAY # 6-25

SATURDAY MAY 21, 2011

MENU

Poached Salmon, Meatballs w Gravy
Fish Balls w Shrimp White Sauce
Green Salad, Cole Slaw, Cucumber Salad, Fruit
Red Potatoes, Eggs, Cold Cuts, Breads
Cream Cake and Coffee

SOCIAL HOUR 5:00 pm

DINNER 6:00 pm

Program following Dinner

Adults \$18.00

Reservations made after May 18

\$20.00 at the Door

**Children and Grandchildren of Valhall Members 12 and
under FREE**

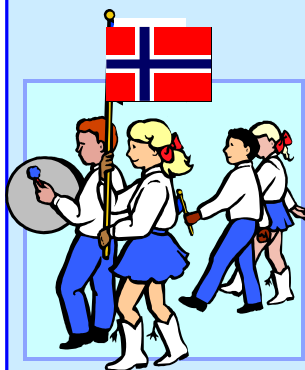
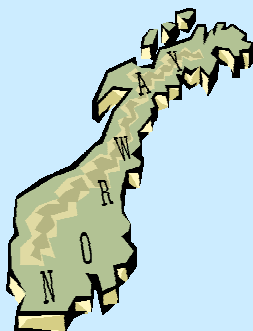
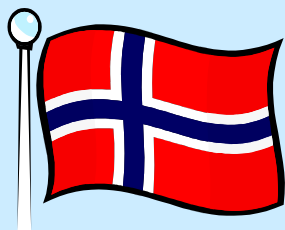
Students who are MEMBERS OF Valhall Under 25 FREE

SEND RESERVATIONS TO Judy Sawyer

5173 Waring Rd. # 416 San Diego, CA 92120
(619) 583-0859 or email jperidot48@hotmail.com

Deadline May 18, 2011

Note: If you need to call Judy after 8:00am on May 21,
call 619-993-9113





Pass the Piggy Program

Valhall Lodge has been given a Piggy to take care and feed.

The piggy will come to our lodge meetings with hopes that members will feed it often and generously with money to help the Sons of Norway Foundation.

Did you know that 51% of Sons of Norway lodges gave to the Sons of Norway Foundation in 2007?

Did you know that 95% of your donations go directly to fund our Sons of Norway Foundation scholarships and grants?

Did you know that your donations are tax-deductible?

Proceeds from the piggy will benefit the Sons of Norway Foundation



**May Lodge Meeting
May 2nd 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	Jean Shogren	619-287-6056
Librarian	Lorraine Tucker	760-233-5034
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!



MAY BIRTHDAYS

- 1 Edward Schaffroth
- 4 Susan Hansen
- 4 Dale Roybal
- 6 John Steen
- 7 Louis Amundson
- 13 Debra Hausvik
- 14 Amelia Seeto
- 15 Cynthia May
- 16 Arlene LaBree
- 16 William Stedham
- 22 Mary K Olson-Weir
- 24 Centes Wheeler
- 25 Mary Conklin
- 25 Arnette Scherl
- 29 Marvin Holm
- 30 Magnhild Gilbertson
- 31 Rhona Gorder



Congratulations to Dale Roybal

Dale Roybal received a Sons of Norway Cultural Award for her project in Genealogy. Cultural Director Sven Olsen gave her the award at the April Lodge meeting.



Dale Roybal and Sven Olsen

Congratulations to Marit Vincent

Valhall member Marit Vincent received her 10 year membership pin from Lodge President Rick Hausvik at the April Lodge meeting.



Marit Vincent and Rick Hausvik

**Visit Valhall Lodge on
Facebook**

<http://www.facebook.com>

Search for Valhall Lodge

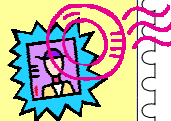
*In
Special Recognition of
Twenty- Five Years of Membership,*

*Sons of Norway Awards a
Certificate of Appreciation
to the following member for his long and
faithful service:*

**Twenty-Five Years
of Membership**

Jacob N. Hovland

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

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

Blood Bank Announcement

The San Diego Blood Bank needs you.

Being a Blood Bank donor is a great way to serve Valhall lodge and our community at large. Your donation can make a difference in someone's life.

Make an appointment or just walk in to any San Diego Blood Bank donation center. Visit SanDiegoBlood-Bank.org or call their toll free number, 1-800-469-7322, that's 1-800-4MY-SDBB.

A big THANK YOU to our loyal , long time, donors and to new donors.

LaVonne Coover
Blood Bank Committee

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 April 7, 2011

Program:

A video called "Skiing in Norway" about the Olympics in Oslo of 1952 was shown.

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

Call to Order:

President Richard Hausvik called the meeting to order at 7:45 pm.



Awards:

In recognition of Ten-Years of Valhall membership, the following member qualified for her long and faithful service and was present to receive her pin: Marit Vincent. Sven Olsen, Cultural Director, presented a pin to Dale Roybal for her documentation project of her family genealogy from Norway.

Approval of Minutes:

The minutes of March 7, 2011 were approved as printed in the Valhall Viking dated April 2011, Number (3).

Correspondence:

Monica Johnsen reported no new correspondence.

Committee Reports:

Social:

La Vonne Coover reported that members can donate something new or old as a white elephant item for the Day-time Barbeque and White Elephant Bingo Social on April 16th.

Anne Hoidal reported that the Ladies of Valhall 20th Anniversary on April 30th at the Town and Country Resort Convention will be held behind the lobby out by the garden. There will be free parking and Joyce and Sven Olsen will entertain. Aprell Waymire-Bigler will send out a corrected flyer with new information.

Cultural:

Sven Olsen reported that the Lodge will have an activity for the 17th of May.

Currently plans are beginning for the Kretsstevne Social.

Historian:

Jean Shogren reported that she displayed posterboards of more pictures of the Lodge members to enjoy.

Publicity:

Everett Shogren will continue to send pictures and articles to the various publications as well as to the Valhall Viking.

Sunshine and Blood Bank:

La Vonne Coover reported that a Thinking of You card was sent to Marlys and Marvin Wig and two Get Well cards were sent to Sig Stautland and Arlene LaBree.

La Vonne reminded the members that being a San Diego Blood Bank donor is a great way to make a difference in someone's life. Schedule your appointment on line by visiting sandiegobloodbank.org or call their Toll free # 1-800-4MYSDBB (1-800-469-7322). Thank you to our loyal donors.

Youth:

Ellen Spitzer reported that she put medals out for member viewing at the foyer.

Sports:

The Sport Director job is vacant. If you know anyone send the names to Richard Hausvik or Monica Johnsen. James Wolner reported he would organize outdoor activities for the members for exercise purposes in order for the lodge to get credit. He suggested walking, strolling, and hiking as some ideas.

Foundation:

Charles Gorder reported that he is accepting contributions to the Foundation.

Trustees:

Richard Hausvik reported that the

inventory is complete; however, he would like to verify his information with Ingrid Lingren's information.

Officer Reports:

Treasurer Don Lesney, presented the report for the Financial Secretary, Aprell Waymire-Bigler, and he also presented his report. The income to date and the current financial status was reported to the membership. Both reports were approved as presented.

Unfinished Business:

Patricia Becker reported she needs help to print the Logo for the 100th Anniversary Gala Dinner. Richard Hausvik reported he is trying to get in contact with Duke Johnson to get a status report of his application submitted for the Board of Governors for the Sons of Norway Foundation.

New Business:

Richard Hausvik will commence at the May Lodge meeting the "Pass the Piggy" donation program. Richard Hausvik reminded everyone to complete the Sons of Norway Satisfaction Survey on-line, it takes about ten minutes to complete.

The Sons of Norway Viking Resource is also available on the Sons of Norway **website** for viewing.

Next Lodge Meeting:

The next lodge meeting will be Monday, May 2, 2011 at 7:00pm. The next board meeting will be Thursday, April 21, 2011 at 6:30pm. The meeting adjourned at 8:15pm. Total members present 42.

The Closing Song was Beautiful Dreamer.

*Respectfully Submitted,
Monica Johnsen,
Valhall Lodge Secretary*



**WALTER FRANK SPRINGER
FEBRUARY 1924–FEBRUARY 2011**

It is with great sadness that I share with you the passing of Walter Frank Springer. Frank passed away on Saturday, February 5, 2011. He was 86 years old. Frank was born in San Francisco February 29, 1924, joined the U.S. Navy at age 17 and retired as a Se. Chief Radioman after 23 years. Frank spent much of his military time on submarines. He then worked as an Air Traffic Controller for 20 years.

He was a long and faithful member of Sons of Norway Valhall Lodge having joined in 1975 and was a Golden Member. Frank is survived by his wife, Wilma, one step sister, and several cousins. He will be buried with his father at Golden Gate National Cemetery, San Bruno. Frank will be missed. Our Deepest Sympathy goes out to Wilma Springer and his family and friends.



**CHARLOTTE NIELSEN
SEPTEMBER 1914– MARCH 2011**

It is with great sadness that I share with you the passing of Charlotte Nielsen. Charlotte was born in Missouri on September 13, 1914 and raised in Nebraska. Charlotte passed away on March 20, 2011. She was 96 years old.

Charlotte moved to San Diego when she was 21, and met and married Norwegian Sverre Falck Nielsen. Charlotte and her husband started and successfully ran their own construction business starting in 1945. Nielsen Construction made their mark in San Diego, notably with Seaworld and the UCSD Library. They had five children and also leave behind eleven grandchildren.

Charlotte was a long and faith member of Sons of Norway Valhall Lodge having joined in 1968 and was a Life Member. . Our Deepest Sympathy goes out to Charlotte's family and many friends

Family Membership

A great way to introduce young adults to Sons of Norway is to sign them up as free Family Members.

The Family Membership program waives dues for:

- Individuals aged 16 through 23 years old (Unge Venner) who live with a current member (do not have to be related).
- Individuals aged 16 through 23 years old (Unge Venner) who are directly descended from a current member as a child, grandchild or great grandchild (do not have to be living in the same household).
- Family Member Unge Venner (dues waived) can vote, hold office, serve on committees and be delegates to the district and international conventions. They do not, however, receive their own copy of the Viking. A subscription Viking is available for \$6.00 a year. This payment (check payable to: Sons of Norway) can be included with their membership application, if one is completed, or can be sent separately with a note of explanation.

Signing up Unge Venner aged recruits for Family Membership is easy:

Contact Aprell Waymire-Bigler,
Your Membership Secretary



Sons of Norway Mission Statement

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

Christian Frederik: King for a Day...

...or a few months in any case. Every May, Norwegians around the world celebrate Syttende Mai, the anniversary of the signing of the Norwegian Constitution on May 17th, 1814. Of the many colorful characters that helped shape Norway's constitution, one of the lesser-known is a Danish prince who became an unlikely advocate for Norwegian independence. Christian Frederik (1786-1848) was a member of the Danish line of royal succession and a cousin of the Danish King Frederik VI. In 1813, Christian Frederik was appointed governor of Norway. He was also given the mission of traveling around the country to strengthen the bonds between Denmark and Norway, and by so doing counter Swedish plans to conquer the country.

On January 17th, 1814 Christian Frederik received news of the Treaty of Kiel; Denmark had lost Norway to Sweden. He was ordered to turn over the Norwegian defenses and return to Denmark. But the Danish governor refused to follow the order. Instead, he positioned himself in the lead for the Norwegian resistance to the unjust treaty.

Originally Christian Frederik intended to proclaim himself king of Norway based on his right of inheritance, but he was eventually convinced that the Norwegian people must choose their own king. He then called for a constitutional assembly in Eidsvoll. While the representatives were being chosen, he led the country as regent, in tandem with a governing council. The Eidsvoll assembly decided that Norway would remain a monarchy, and May 17th, 1814 Christian Frederik was unanimously elected king of Norway.

The Swedish Crown Prince Carl Johan refused to accept Norway's independence. On July 29th, his soldiers invaded Norway. The Swedish army quickly defeated the Norwegian resistance, and Norway was forced to ask for a cease fire. At the Convention of Moss in August, Christian Frederik agreed to turn over his authority to the cabinet and leave the country. Norway then entered into a personal union with Sweden that would last until 1905. Christian Frederik later became the king of Denmark, ruling there from 1839 until his death in 1848.

Fra SON newsletter files

Celebrating Norwegian Constitution Day



The **Norwegian Constitution Day** is the *Nasjonaldagen* (National Day) of Norway. It is more commonly known as the Syttende Mai (May 17th). It celebrates the signing of the Norwegian Constitution signed on May 17th, 1814.

The day is celebrated in all over Norway with grand parades featuring all the children from each school and class in Norway. The parade consists of children who march with their school mates and teachers, arranged by in order by schools and classes. Often school bands and march in the parades too. The children carry and wave flags and many also make a lot of noise shouting "Hurra!", singing, blowing whistles and shaking rattles.

Following the children may be other groups (such as sports teams, clubs, etc) marching in the parade. There may be other local bands as well.

Along the parade route, the streets are lined with parents and neighbors, and it seems the whole town is watching or participating. Many people wear the national costume (bunads) or dress up, rain or shine. The parade does not get canceled due to weather! In addition to flags, people typically wear red, white and blue ribbons. Flags are flying from every apartment and every house you see—a strong sense of pride and patriotism is very evident. The parades will last for hours and the celebrating will continue after the parades. There are speeches and other entertainment before and after the parade, and much socializing with friends and families.

The parade in Oslo is the biggest in the country, and attracts many spectators as well. The parade goes past the Royal Palace, and members of the royal family wave to the paraders from a palace balcony. While the parades are mainly children, in Oslo the The Royal Guard performs on the main street of the capital city, Oslo. The Guard displays their drill and musical skills and is a popular part of the Oslo celebrations.

Celebrating Syttende Mai in San Diego

May 15 at International Cottages
Spend Sunday, May 15 celebrating Syttende Mai at the House of Pacific Relations International Cottages in Balboa Park.



Starting at Noon, the House of Norway will be selling waffles and hot dogs in buns or lompe. The Children's Parade will begin at approximately 1:30 PM followed by the lawn program around 2:00 PM. Children (of all ages) are welcomed and encouraged to join the parade, marching behind the flags of the United States of America and Norway, wearing their bunads or festdrakt and carrying mini flags!

The lawn program will feature Norwegian music, dance and traditional costumes. Hope you are able to join us! The House of Norway is open to visitors every Sunday from Noon to 4:00 PM and lawn programs sponsored by the various Houses begin at 2:00 PM from March through October. The lompe will be prepared on Tuesday, May 10 at the House of Norway; call Dale Roybal at 858-278-7521 for more information and to sign up to join in the fun of lompe making.

May 17 Flag raising at Balboa Park - The Norwegian flag will be raised in (Balboa Park at Sefton Plaza (located near the Park's west entrance on Laurel Avenue) on Syttende Mai (17th of May) at 9:00 AM. There will be a get-together at the House of Norway immediately following the flag raising; at about 9:30 AM continental breakfast will be served. We did this last year and it was super nice.

May 21 Syttende Mai celebration at Valhall Lodge. See page 2 for details.

Midsommer Madness Recruitment Contest

Just because the summer is a slower time for Valhall Lodge doesn't mean recruitment needs to slow down!

Each member recruited between May 1 and August 31, automatically enters the recruiter (Valhall Member) into the 2011 Norwegian Experience contest.):)

For every three new members recruited between May 1 and August 31, the recruiter will receive a special 2011 Sons of Norway mug.

For every 13 members recruited between May 1 and August 31 the recruiter will receive a pound of fresh roasted coffee.

Call to Action: All Valhall Members to recruit at least one new member this summer.

Viking E-Post

An Exciting New Member Benefit.

At the end of March the first monthly Viking E-post was sent out as a new benefit for Sons of Norway members.

This new e-mail newsletter contained stories about the Norwegian film industry, lodge programs, the updated and expanded Sports Medal program and the 2011 Presidential Tour of Norway, as well as a favorite lefse recipe. In the future, the Viking E-Post will highlight other topics of interest and programs available to members.

If you didn't receive the Viking E-post and want to, please update your e-mail address online in the members' section of www.sonsofnorway.com or by contacting Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or fraternal@sofn.com.



Slow Cooked Beans

These yummy beans were served at the barbecue at the Valhall April Social, and I had lots of requests for the recipe. This is the recipe for the beans that Nancy Madsen, our Zone Director, brings to the Kretsstevne each year. Thank you to Nancy for such a great recipe!

Slow Cooked Beans

4-15 ounce cans great northern beans, rinsed and drained

4-15 ounce cans black beans, rinsed and drained

2-15 ounce cans butter beans, rinsed and drained

2 ¼ cups barbecue sauce

2 ¼ cups salsa

¾ cup brown sugar

½ to 1 teaspoon hot pepper sauce

In a 5 quart slow cooker, gently combine all ingredients. Cover and cook on low for 2 hours or until heated through. Then enjoy!!

Submitted by
Susan Cody



Social Committees

May

Business Meeting and Syttende Mai Dinner

Chair: Judy Sawyer

Pat & Vicky Cleveland

Barbara Evje

Susan & Chuck Hansen

Dr. Robert Leger

Chris Lelevier

Robin Lelevier

Don Lesney

Austin & Janette Moore

Barbara & Ken Paulovich

Kay Ann Pepper

June

Combined Business & Ice Cream Social

Chair: Lizzie Riiber

Lou & Lavonne Coover

Janet Erickson

Ellen Holk

Kjell Holmes

Alan & Thelma Johannesen

Ken & Lynn Lindebrekke

June Scott

Host Family Requested

Letter to Valhall members:

You probably don't remember me, but I visited Sons of Norway a few times when I first came to San Diego around 10 years ago. Since then I had 2 kids work full time, so there's unfortunately no time anymore. My good friend is Ragnhild Amble

The son of an old friend of mine from Norway has been selected to come to the US as an exchange student next school year, and asked me if I knew of any potential host families in the San Diego area.

Would any of the Valhall members be interested?

The student in question is a very upstanding young man who wants to be a lawyer and loves playing basketball. If anyone is interested, I will of course connect them directly to the family in Norway.

Thank you so much!

Best regards, Gry Viola Impelluso

gryviola@cox.net



CELEBRATE MEMORIAL DAY

May 28, 29, 30, 2011

AT CAMP NORGE



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

We will have food service for you for the weekend (*see attached menu*) served from the new Heritage Hall. The swimming pool will be open. The horseshoe pit is available. There will be a Craft Fair on Saturday afternoon, and meadow games on Sunday afternoon. Explore the area on your own or just relax and enjoy the beauty of nature. This is a great opportunity to really get to know your fellow lodge members.

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

Registration Deadline: May 20, 2011. (Make check payable to **Camp Norge**)
Mail this form & check to: Alex Scheflo, 2926 Pacific Ave., Stockton, CA 95204

 -
 MEMORIAL DAY WEEKEND 2011

Name: _____ Lodge: _____

Address _____ City _____ State ___ Zip _____

Telephone _____ Email _____

Meals you wish to purchase:

Saturday Breakfast Adult(s) _____ x \$4.00 \$ _____	Children _____ x \$2.00 \$ _____
Saturday Lunch Adult(s) _____ x \$5.00 \$ _____	Children _____ x \$2.50 \$ _____
Saturday Dinner Adult(s) _____ x \$10.00 \$ _____	Children _____ x \$5.00 \$ _____
Sunday Breakfast Adult(s) _____ x \$4.00 \$ _____	Children _____ x \$2.00 \$ _____
Sunday Lunch Adult(s) _____ x \$5.00 \$ _____	Children _____ x \$2.50 \$ _____
Sunday Dinner Adult(s) _____ x \$10.00 \$ _____	Children _____ x \$5.00 \$ _____
Monday Breakfast Adult(s) _____ x \$4.00 \$ _____	Children _____ x \$2.00 \$ _____

The schedule and menu for the weekend is available on our website at
Lodgeofvalhall.com



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

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

NON PROFIT ORG.
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT No. 960

DATED MATERIAL

Please Deliver Promptly

Valhall Viking
MAY 2011

CALENDAR

May
2 Mon Lodge Meeting
2 Mon Corp Meeting
7 Sat Ladies of Valhall
21 Sat Syttende Mai Norsk Buffet



Next newsletter is the
June/July issue.

Deadline for the
June/July
Valhall Viking May 20

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