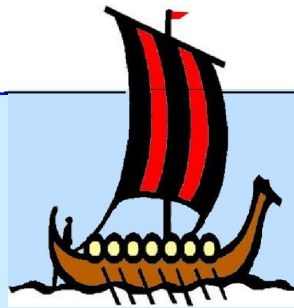


Valhall



Viking

November 2009

Phone: 619/469-9779

Number 9

1912—2009



**VALHALL
LODGE**

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

www.lodgeofvalhall.com
www.sofn.com

**Next Business
Meeting:
Nov. 2**

**Newsletter
deadline:
November 15, 2009**

**November Social
Salmon Dinner
Nov. 21**

.Beskjed Fra Presidenten – We're Looking For A Few Good Men and Women!

It's that time of year for nominating new Valhall Lodge Board Members! Most of the positions are filled for next year, but a few very challenging and rewarding positions are still open. If you have decent writing skills and don't mind riding shotgun on the President to make sure he gets the agenda items correct, the Lodge Secretary position awaits you! Want to get to know most of the members of the lodge? The Social Director makes contact with almost everyone in the lodge to form committees for the social events. If someone would like to try the position but is afraid it would be too much work or time, we may be able to fill it with a committee of several individuals. Let Amelia Seeto or Lou Coover know if you are interested.

I recently returned from a month long trip to Europe to visit my wife and we took a 10 day trip to Bergen, Norway to visit relatives! If you haven't had the opportunity to visit Norway, I encourage to make the trip and take the "Norway in a Nutshell" tour. It was both beautiful and interesting. I now know why Norwegians say that their country is one of the most beautiful I the world.

I returned from my trip in time to attend my first Southern California Kretsstevne at Thousand Trails Pio Pico Oct 16-18, and it was a blast. Valhall Lodge had the largest attendance, but still a small number considering the close location to San Diego. I encourage everyone to come to next years event, it will be an enjoyable weekend. For those who don't like to camp, there are cabins or trailers for rent which are very comfortable. But the real fun is in the social events, activities and food!

The Lodge Satisfaction Survey should almost be completed. If you have not had an opportunity to complete the survey, please contact me or the Vice President, Duke Johnson, to get a copy of the survey. Your input is greatly desired and important to the continued growth and improvement of your lodge. This survey is an opportunity for you to let us know anything and everything you want us to know about your lodge. If you would like to keep your answers confidential, you can complete the survey and drop it in a survey box that will be provided at each business meeting and/or social. If you would like to mail the survey and still be confidential, mail it to the address provided on the survey without a return address.

Remember to keep track of your lodge time and get those numbers in to our Asst Secretary, Judith Johnson. It is never too early to submit your numbers and it will help prevent overloading her at the end of the year. For more information on what information is needed, contact the lodge Secretary, Amelia Seeto or Asst Secretary, Judith Johnson.

I look forward to seeing you at our next business meeting on Nov 2nd. Until then!

Hilsen, Rick Hausvik

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

Annual Salmon Dinner

Saturday November 21, 2009



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



MENU

Fiskesuppe (Fish Soup)
LaskeFilet Eller Bakt Skinke (Salmon Fillet or Baked Ham)
Poteter med Persille (Potatoes with Parsley)
Vegetables
Rye bread
Norsk Agurksalat (Norwegian Cucumber Salad)
Cream Puffs Kaffe eler Te (coffee-tea)

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

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

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

Cut off date for Reservations: November 17, 2009

Make checks payable to: VALHALL LODGE # 6-25

Name _____ Seating time _____ 4:pm _____ 6pm

Guest's names _____

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

Amount Check Enclosed _____

How many for _____ Salmon _____ Baked Ham

Mail this Form and Check to:

Judy Sawyer 5173 Waring Rd, #416 . SD CA 92120

619-583-0859

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

2010 Slate of Officers

Position	Proposed Board
President	Rick Hausvik
Vice President	Duke Johnson
Counselor	Helga Moore
Secretary	
Assistant Secretary	
Financial Secretary	Aprill Waymire
Treasurer	Don Lesney
Social Director	
Co-Cultural Director	Sven Olsen
Co-Cultural Director	Lizzie Riiber
Marshall	Raymond Johnsen
Assistant Marshall	Marvin Wig
Greeter	Lou Coover
Greeter	Don Balmer
Historian	Jim Wolner
Librarian	Kay Wolner
Co-Musician	Ragnhild Amble
Co-Musician	Joyce Olsen
Editor	Arlene LaBree
Circulation Editor	Dean Seiler
Foundation Director	Charles Gorder
Publicity Director	Jean Shogren
Trustee (Year 1)	Judy Sawyer
Trustee (Year 2)	Chris Hausvik
Trustee (Year 3)	Ingrid Lindgren
Youth Director	Ellen Spitzer
Sports Director	Jeff Wergeland
Auditor	Allen Johannesen
Auditor	Thelma Johannesen
Auditor	Sig Stautland



Lodge Officers of 2009

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



Congratulerer Med Dagen!



NOVEMBER BIRTHDAYS

1	Lorraine Hurst
2	Kristine Thrailkill
7	Mildred Wright
8	Ruby Johnson
9	Charles Gorder
10	Graydon Anderson
11	Laurel Litchfield
12	Carmen Cleary
13	Rhonda Brevig
14	Philip Hinshaw
15	Rebecca Bourdage
15	Frank Burstrom
15	Arline Haugen-Hales
16	Merrit Hougen
16	Richard Massa
21	Agnar Eike
23	Matthew McMillan
24	Barbara Saba
24	Helen Sorensen
25	Joyce Olsen
25	Kristen Winterhouse
27	Margaret Bly
27	Carol Loreen Cook
27	Laura Wendling
29	Mary Embertson



*In Recognition of
Ten Years of Membership
Valhall awards Ten-Year Pins
to the following
members for their long and
faithful service:*

Ten Years of Membership

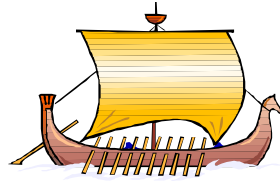
**William Balmer
Rebecca Bourdage
Thomas Bourdage
Barbara Burritt
Frank Burstrom
Diane Carlson
Juanita Griebel
Lillian Jansen
Chris Lelevier
Helen Peterson
Lawrence Peterson
Charles Sundry**

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

Happy Thanksgiving Everyone!



Ladies of Valhall LOV notes..



Next meeting: November 7 at Denny's in Fletcher Hills

Hostesses: Amelia Seeto and Ingrid Lindgren

We had a great turnout for our October meeting. LOV membership pins were presented to LaVonne Coover and Marjorie Kreuzscher.

The bus for the trip to the Seaman's Church in November is rapidly filling. As there are some spaces available, the trip will be presented to the Valhall membership at the meeting on October 5. Susan is collecting payment for the trip.

We are looking forward to another successful Lille Butikken in November. Please bring any items for donation to Ingrid at the next LOV meeting. We have set November 14th as the date to do pricing of the items received. The place and time will be announced at the November LOV meeting.

Anne Hoidal presented information on upcoming programs for Knut Hamsun. She requested, and was granted, a donation towards the expenses of the guests who will be here in San Diego in November. Please see the announcement in the Valhall newsletter for details. Happy Birthday was sung to Kay Pepper.

The raffle was held for some scary witch statuettes, just in time for Halloween. The meeting was adjourned.

Susan Cody, President
Ladies of Valhall

Notice to the December Social Committee:

The December Committee will meet November 2nd before the business meeting @ 7pm at the lodge.

Don't Miss the Lille Butikken! 3p.m. on Saturday, November 21

The Ladies of Valhall *Annual-Lille Butikken* will be on the day of the salmon dinner.

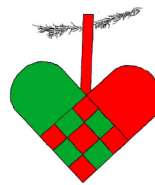


We will have plenty of homemade baked goods for sale, and hopefully lefse and goat cheese.

There will also be some interesting Scandinavian items, plus jewelry, some clothing, and, of course, Christmas items.

"Lille Butikken" will stay open until after the second dinner, but remember, first come, first served, so it is wise to come and browse early.

We will also sell beautiful calendars with the gorgeous Norwegian nature pictures on each page.



Please visit "Lille Butikken" and get some of your Christmas shopping out of the way! See you there!
Ingrid Lindgren, Butikk chairperson.

SERVICES DIRECTORY

Financial Benefits Counselor

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

Language Instructor

Erling Nyhammer
(619) 448-4217

Telephone Committee

Helen Seiler
(858) 453-3175

Sunshine Committee:

Chairperson, LaVonne Coover
(619) 264-9486

Blood Bank Representative

LaVonne Coover
(619) 264-9486



Minutes of the Valhall Lodge Business Meeting October 5, 2009

Vice President Duke Johnson called the meeting to order at 7:30 PM.

The Charter was draped in honor of the passing of Valhall member Elinor Balmer; Ellie passed away early Sunday morning, August 23, 2009 after a 6 year battle with cancer.

The following guests and/or visitors were present: Sven Olsen introduced visitors Bjarne and Judy Anthonson from Arizona.

Financial Secretary Aprell

Waymire presented the following names for membership: Matthew Gallwas recommended by Ingrid Lindgren, Robin Lelevier recommended by Chris Lelevier, Kirsten Patalona recommended by Kay Wolner; Carlos Svendsen recommended by Lizzie Riiber, Solveig Waters recommended by Lizzie Riiber, Terri Mydland recommended by Richard Hausvi;, Dale Newhouse transferred into the lodge; and Brice Cook - Family Membership, Recommended by Neal and Loreen Cook. Their applications were approved unanimously. Financial Secretary Waymire noted the majority of the above new members are as a result of our Heritage/New Member Social in September; she recommends Valhall have a Heritage/New Member Event Social annually.

The September Business Meeting Minutes, as printed in the October Valhall Viking were approved unanimously.

Committee Reports

Social Director Loreen Cook reported that tonight's dinner would be Oktoberfest fare of brats, beer, and apple crisp. Ingrid Lindgren thanked all the members whose efforts went into making the September Heritage/New Member Social

such a great success: all the sandwich makers, those that coordinated the displays, those that brought items to display, and those that demonstrated. It was busy, busy, busy in the kitchen, yet it ran smoothly. She heard many happy children and much hearty conversation.

Cultural Committee Chair Sven Olsen reported: the Southern California Kretsstevne will be held the third weekend of October, the 16 – 18 at Pio Pico Campground in Jamul. The Kretsstevne is open to all Sons of Norway members and their guests, so bring the kids and grandkids. Saturday night dinner will be our October Social and it will be Valhall's responsibility to serve the tri tip dinner prepared by Palm Desert's Solskinn Lodge.

A series of three events commemorating the works of Norwegian Nobel Prize winner Knut Hamsun is planned for San Diego. See the article on page 9 for details. **Historian** Jim Wolner reported that Lorraine, Helga and he have nearly completed the documentation of the 2008 International Convention that Valhall hosted. On Librarian Kay Wolner's behalf, Jim reported that the library is open and it contains a lot of great books that members can check out.

Newsletter Editor Arlene LaBree reported that the post office will no longer accept mailings will staples. There was some discussion regarding eliminating the Newsletter mass mailings. Discussion was tabled until the Board Meeting later in October; this issue must be resolved prior to the distribution of the November Valhall Viking Newsletter.

Foundation Director Charles Gorder reported that the Sons of Norway Foundation is in good shape and

continues to accept tax deductible donations. In addition, on Saturday, October 17 Moores Cancer Center is holding the 16th Annual Bruce Gorder UCSD 5K Walk for Melanoma in honor of Charles' son who passed away from melanoma. Charles has pledged \$25,000 in matching funds. You can register online as an individual or form a team; participants receive a t-shirt and there will be free melanoma screenings by dermatologists.

Publicity Director Judy Sawyer reported that she has begun advertising for the Salmon Dinner. She was very impressed with the Heritage Dinner.

Sunshine Committee and Blood Bank Chair LaVonne Coover reported that Get Well cards were sent to Mala Gilbertson and Dagny Benavides. A Thinking of You card was sent to Mary Embertson. Condolence cards were sent to Arlene Haugen-Hales and also Reg and Pat Becker. She informed the membership that if it has been eight weeks or more since you donated blood, then it's time to visit the San Diego Blood Bank nearest you. Be sure to donate before the vampire strikes on October 31st. Thank you all who have recently donated.

Youth Director Ellen Spitzer reported that there will be lots of fun stuff for the kids at the Southern California Kretsstevne.

Corporation President Ola Brevig reported that there was a Corporation meeting at 6:45 PM here in the meeting room; there is no financial report because the Corporation Treasurer is out of town. There was a presentation made to the Corporation Board on the Hamsun weekend in San Diego and a request for a



Minutes of the Valhall Lodge Business Meeting October 5, 2009

contribution to the monies already donated by LOV and the House of Norway. The Corporation voted unanimously to recommend that \$500 be donated to the Norse Federation Knut Hamsun Commemoration Weekend.

Unfinished Business

Nominating Committee – Secretary Seeto, a member of the Nominating Committee, thanked fellow committee members Lizzie Riiber and Lou Coover, as well as volunteer Aprell Waymire and advised the membership of the following proposed slate of officers for 2010. The slate has three empty slots: Secretary, Assistant Secretary, and Social Director.

New Business

Corporation President Ola Brevig motioned on behalf of the Corporation that the Corporation donate \$500 to the Norse Federation for the Knut Hamsun Event. The motion passed unanimously.

Financial Reports

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

Remarks for the Good of the Order

Sig Stautland is in receipt of the names and e-mail addresses of Norwegian students attending Jacobs School of Engineering at UCSD. Vice President Johnson, House of Norway President Eugenie King and Sig, as contact for the Norwegian Fish Club (www.fiskklubben.org), are preparing an e-mail for the students who are enrolled for the 2009-2010 school year, containing contact information of the Norwegian organizations in the San Diego area so the young Norwegians can partake of some Norwegian heritage while they

are in San Diego and we can enjoy their fellowship as well.

If you have not completed a Valhall Satisfaction Survey yet, there are blank surveys at the table in the lobby and the Completed Survey Box is there as well. If you do not have the opportunity to complete a survey this evening, there is still about a week to let the Board know what you want your lodge to do, present, teach and serve. Complete the survey that was e-mailed to you, was included in last month's Valhall Viking Newsletter or can be found at www.lodgeofvalhall.com on the left hand side of the home page, but do it soon because the results will be compiled and analyzed and the results discussed at October's Board Meeting. Thank you.

Ladies of Valhall President Susan Cody informed the membership of a bus trip that LOV has planned to the Seaman's Church bazaar on Friday, November 20 in San Pedro. There are about 20 spaces for Lodge members at the cost of \$20 per person. The bus will leave the lodge parking lot at 9:00 AM and make a second stop at North County Fair on the Via Rancho Parkway side of Sears at 9:30 AM. Please contact Susan Cody to sign up.

Erik Nilsen suggested that the printed Valhall Viking Newsletter not be mailed to all members since it is available in color online. Since the Newsletter is going to start costing more, perhaps we should allow members to opt out of the mailings. The topic was tabled until the October Board Meeting.

Bjarne Anthonsen said that he and Judy have been away from Southern California for nine years and he is amazed to see and enjoyed the officers wearing regalia and he loves it

that there is a podium and the beautiful ceremony.

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

The next Social is the Kretsstevne Tri-tip dinner in Jamul at Pio Pico Campground. The next Board meeting will be Oct. 27, 2009 at 7:00 PM

The meeting adjourned at 8:22 PM.

Members present: 45

Respectfully submitted,
Amelia Seeto
Secretary, 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



Valhall Corporation Minutes

Minutes of the October 5, 2009 Board meetings of Valhall Sons of Norway Inc.

The regular October meeting of the Valhall Sons of Norway Inc. Board prior to the October 2009 business meeting of Valhall Lodge No. 6-025.

It was called to order by President Ola Brevig at 6:45 P.M.

Present were: President Ola Brevig, Vice President Allen Johannesen, Secretary Everett Shogren, Directors, Don Lesney and Sigurd Stautland and Aprell Waymire, Lodge President Rich Hausvik was absent.

The minutes of the regular board meeting held on May 4, 2009 were read and approved.

As the Treasurer Rick Hausvik was not present there was no treasurer's report. All indications however are that the financial position continues to improve. It was again the opinion of the Corporation board to not change our investment strategy at this time.

Director Sigurd Stautland made a presentation on the upcoming visit of the granddaughter of Nobel Prize winning Norwegian author Knut Hamsun.

She, along with others, will be giving presentations on him in San Diego in November. Director Stautland made a motion that the Corporation support this effort with a donation of \$500. The motion was seconded by Everett Shogren and, after discussion, the motion was passed. As this requires approval of the Lodge membership the motion was later presented during the business meeting and was approved.

The meeting was adjourned at 7:05 PM.

The next regular meeting of the Valhall Sons of Norway Inc. board will be on February 1, 2010 at 6:30 PM, prior to the February lodge business meeting.

Everett Shogren

Dear Fellow Lodge Members,

We are still in need of a few members to be willing to serve in some very important positions on the 2010 Board of Valhall Lodge.

One position that is near and dear to my heart is the position of Secretary; I regret that I have to physically leave the Lodge at this time, but I will remain a member and participate as much as possible from afar (I plan on working for Arlene on the Newsletter). This is an important position that facilitates the communication of information from meetings to the members; our lodge needs a secretary; while the position is vital to the lodge, it is a straightforward position: write down what happens during 14 meetings (10 Business Meetings and four Board Meetings) throughout the year and then prepare it for the Newsletter and e-mail it to the Newsletter Editor. I have created templates for all the Meeting Minutes and everyone in the Lodge is very helpful. We also need an Assistant Secretary; Judith has been priceless: she did enormous amounts of work on the Lodge of the Year report, stepped up at the Board Meeting I was not able to attend, prepared the Lodge Survey and worked side by side with me on the Survey Analysis.

Finally, we NEED a Social Director, Loreen Cook has been an awesome Social Director (thank you so much Loreen), but she needs to cut back on her volunteer efforts at this time and while we are sad that she will no longer be serving on the Board, we are grateful that she served for a year in this crucial position and that she and her family will remain active members in Valhall Lodge. Some of you may be under the impression that the Social Director is in charge of all our socials, but that is not the case. The Social Director at Valhall Lodge is primarily in charge of assigning Chairs and lodge members for each month's Social Committee (January is already taken care of) as well as ensuring that the Lodge is supplied with everything necessary for the Business Meeting Dinner and the Social (can you say "shopping?"); I know Judy Sawyer (our Social Director through 2008) and Loreen will both just be a phone call away to answer any questions and assist with any concerns or problems that might arise.

Please call someone on the Nominating Committee to discuss or volunteer! Amelia Seeto at 858-222-2312, Lou Coover at 619-264-9486, Lizzie Rüber at 619-523-8822, Aprell Waymire at 619-276-3809. And, check out the October Meeting Minutes for the names of your fellow members that have volunteered to serve next year.

Amelia Seeto

Knut Hamsun Commemoration November 12-14, 2009

To mark the sesquicentennial for the birth of the Norwegian Nobel Prize winner in literature, Knut Hamsun, his granddaughter, Regine Hamsun, herself a well known painter, and Professor Arne Lunde in the Scandinavian Department at UCLA, who is a Hamsun expert, will be our guests in San Diego. They are scheduled to participate in the following three programs.

Thursday, Nov.12, UCSD, Hall TBA, 6:00 p.m.

Regine Hamsun will address an audience of students, faculty and guests. In her presentation she will share her father's, Tore Hamsun's, memories of the great author. Her lecture is based on a manuscript by her father, who was himself a well known author and artist.

Professor Arne Lunde will then introduce the film, **The Telegraphist**, which is based on Hamsun's novel **Sværmere (Dreamers)**. After the movie there will be a round table discussion which includes key UCSD faculty members, with Professor Lunde and Professor Kaare Strom, Professor of Political Science from UCSD on the panel. A reception will follow. Attendance by members of the Norwegian community is encouraged.

Friday, November 13, The Norwegian Fish Club in San Diego, The Marine Corps Recruit Depot (MCRD). Social hour 6:00 p.m, dinner 7 p.m. Please use the main gate, and have picture identification ready.

Regine Hamsun and Professor Arne Lunde will be the guests of the Norwegian Fish Club. A presentation by Regine Hamsun about her grandfather, Knut Hamsun, will provide personal and intimate glimpses of the Nobel Prize winning author's life. A discussion will follow.

Due to limited space, reservations for the lecture and the dinner are on a first come basis. Cost is \$30.00. For reservations, please contact Jon Holmerud (619) 470-8745, e-mail: holmerud@cox.net

Saturday, November 14, Hall of Nations, House of Pacific Relations, Balboa Park.

3:00 p.m. The movie **Hamsun**, directed by Jan Troell and based on Torkild Hansen's biography of Knut Hamsun, will be shown.

6:00 pm. A light meal will be served. Wine available. Donations suggested.

6:45 pm. Professor Lunde will give a power point presentation, related to the film.

7:45 pm. Regine Hamsun will introduce the movie **Hunger**, based on the novel by Knut Hamsun by the same name. The movie lasts approximately 1 hour.

All programs are free and open to the public, and members of the Norwegian community are especially invited to attend.

For more information call Lizzie Riiber, (619) 523-8822, or Anne Kløvnes Høidal, (619) 286-8641.

Christmas is Coming!

Spruce up your tree with a limited edition Sons of Norway Christmas ornament!

For the first time ever, Sons of Norway is offering a limited-edition Christmas ornament to help you celebrate your Norwegian heritage this holiday season. Proudly displaying the Sons of Norway logo and colorful Telemark Rosemaling design, the ornament will display your Nordic pride as well as be a cherished, colorful addition to your Christmas tree this year.

About the Design

The ornament is styled with a Telemark Rosemaling design. Noted for its transparent and lyrical style, Telemark's use of organic shapes and scrolls create a dynamic feeling of movement, which carries the eye rhythmically through the design. Also, its color palettes have historically consisted of earth tones, mostly due to rural painters access to inorganic native elements. This year's ornament design preserves these styles and continues the traditions of Norway's earliest artisans. Remember, this year's ornament is a special offer and quantities are limited.

If you'd like to order an ornament for yourself or for someone special, contact Sons of Norway at (800) 945-8851. The cost is \$14.99 + tax and shipping per ornament.

Valhall Cultural Classes

Woodcarving

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

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

Rosemaling Classes

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

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

Norwegian Genealogy

Next meeting November 12, 2009

Research your Norwegian Genealogy with us..

We meet at the Family History Center, 4195 Camino Del Rio South, from 11:00 a.m. to 1:00 p.m.

Everyone interested in Norwegian genealogy and history are welcome to attend our meetings. For more information or to be added to our mailing list, please contact Dale Roybal at tdroybal7@aol.com or call 858 278 7521.

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

The Blade King

Anyone who watches competitive figure skating has heard of the “axel” jump. Many figure skaters say it is the hardest of the six major jumps they perform. Few spectators know that the jump is named after the Norwegian skater who invented it, Axel Paulsen (1855—1938).

Paulsen learned to skate as a boy in Christiania (now Oslo). As young men, he and his brother gave skating exhibitions throughout Norway and in other countries. By 1880, Paulsen had become a top speed skater. He set an unofficial record that year and in 1895, he beat Dutch champion Rinde Van der Zee on the frozen harbor of Kristiansand. In front of 30,000 spectators, Paulsen was named Speed Skating Champion of the World.

Paulsen's equipment and awards are now housed in the Norwegian Skating Museum in Oslo.

Fra SON publication

Norway Number #1

Once again Norway has been rated as the best country in the world to live in on the United Nations Development Index, ranked as having the best quality of life. Australia is listed second and third on the list is Iceland.

All the Nordic countries can be found in the top twenty on the list:

Norway	1st
Iceland	3rd
Sweden	7th
Finland	12th
Denmark	16th

The United Nations ranks 182 nations based on life expectancy, literacy, school enrollment, and gross national product per inhabitant. The statistics for this year's report is based on statistics dating from 2007.

The United States is listed as 13th.

So. California Kretsstevne Report

(kookoo, kookoo, koo koo koo koo koo)

On October 16, 17 and 18 Sons of Norway Members from all over Southern California descended upon Thousand Trails' Pio Pico Campground in Jamul for three days of food, fun, and fellowship without phones and computers. On Friday night we all gathered at the Activity Center for lapskaus prepared by Solbakken Lodge and renewed friendships developed over 19 years of Southern California Kretsstevnes. The couple that traveled the farthest was Thora and David Stupin from Washington State.

Before lunch on Saturday, Elka and Joe Adams could be found swimming and splashing in the pool. Saturday lunch was a potluck. I think the favorite was the lefse with Gjetost, but, hey, I could be wrong. Lunch was followed by games, games and more games. There were two horse races, our fearless leader President Rick Hausvik was one of the race horses in the first race of the horses that had "been around the track;" the second race featured Cameron Spitzer and Joe Adams; both were exciting!! Lefse toss was won by Valhall's Chris Hausvik and the lutefisk toss utilized wet sponges in lieu of our precious lutefisk (wouldn't want to waste a single piece of that!).

Saturday's dinner was tri-tip expertly grilled by Zone 5 Director Nancy Madson's husband Rex (thanks again, Rex), accompanied by carrot salad and baked beans prepared by Solskinn Lodge members and dessert was Scandinavian almond cake prepared by Nancy Madson. Valhall members all pitched in and served the wonderful and plentiful meal.

After dinner, prizes were awarded to the winners of the afternoon's games and we had a Sing-a-Long with Joyce Olsen at the piano! The Sing-a-Long was punctuated with drawings for both the Raffle Ticket cash awards and the Door Prizes. All three cash prizes were won by Solbakken members, but Valhall made up for it during the Door Prize Drawings with prizes won by Elka Adams, LaVonne Coover, Lou Coover, Joyce Olsen and Sven Olsen.

On Sunday morning there was one last gathering where next year's committee was elected and plans commenced for another great Southern California Kretsstevne in 2010!



Norwegian Name Days

In Norwegian culture, a person's name day is a day of the year that according to an almanac is dedicated to their first name. The tradition of celebrating a name day comes from the early Christian church, evidently to reduce the significance of celebrating birthdays, which was considered a heathen practice. The original name days were taken from a list of Catholic saints and martyrs from the Middle Ages.

Even though the religious basis for saints' days fell away after the Reformation, the practice was retained in folk tradition. From about the middle of the 18th century until early in the 1900s these name days were published in almanacs. By 1912 both the names and the traditions surrounding them had died out in Norway.

Name days had little meaning in Norway during the 1900s, while growing in popularity in Sweden. This generated a certain amount of attention in the Norwegian media during the 1980s, and in 1988 a new calendar was published that included name days.

For every date in the year except January 1st, February 29th and December 25th, two names were chosen, based on statistics for names from the period 1900-1982. About 125 of the names from the old name day calendar were reintroduced on the same dates as before. A few names were assigned to dates connected to historical figures with the name. Examples of this are Snorre, which was assigned to September 23rd, the birth date of Icelandic saga scholar Snorre Sturlason, and Håkon and Maud, which were both assigned to June 21st, the date of the coronation of King Håkon VII and Queen Maud in 1906.

Today the tradition is well-known in Norway. You can look up your own name day at http://www.nordicnames.de/wiki/Norwegian_Name_Days

Editor's Note: If you bought a Norway, Visions and Verse of Vikingland calendar from the Ladies of Valhall, the name days are on each day.

Valhall Viking

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Valhall Viking NOVEMBER 2009

CALENDAR

NOVEMBER

2 Mon Business Meeting
7 Sat Ladies of Valhall
12 Thur Genealogy Group
14 Sat Rosemaling
21 Sat Annual Salmon Dinner & LilleButikken
28 Sat Rosemaling

DECEMBER

5 Sat No LOV meeting
7 Mon Business Meeting
10 The` No Genealogy meeting
12 Sat Rosemaling
21 Sat Christmas Party

No newsletter in January

Next newsletter is the
December issue.

Deadline for the
December
Valhall Viking is
November 15

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

