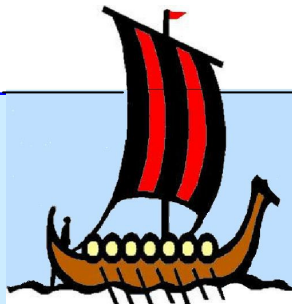


Valhall



Viking

October 2010

Phone: 619/469-9779

Number 9

1912—2010



**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:
Oct. 4**

**Newsletter
deadline:
Oct 15**

**Kretssteve Dinner
Oct 16**

Beskjed Fra Presidenten – SO-CAL KRETSSTEVNE AT PIO PICO

It's time to get your RV ready or brush up on your camping skills in preparation for the SoCal Kretssetevne at Thousand Trails Pio Pico on the weekend of Oct 15 through 17. Just as last year there will be plenty of good food, cultural experiences, vendors, games, socializing and FUN! Please check your Valhall Viking or the Valhall Website for a registration form and details. If you do not wish to stay overnight, please join us during the day for all the events.

The September Meeting was very busy with a short video presentation of the District 6 Convention in Modesto. Tusen Takk to Sven for putting together the pictures from Modesto, providing a nice visualization of the Lodge Meeting and Convention participants and events. We elected a nominating committee to find Valhall members who would like to fill the many Board of Directors positions for 2011. Please step up and accept a nomination for a board position and help Valhall continue to be a best lodge in District Six.

The Charter was draped in memory of Shirley Ann Thomas who passed away on August 1st. She was a long and loyal member of Sons of Norway and our thoughts and prayers go out to her family.

The Saturday Cultural Heritage and Prospective Member Social had a very nice turnout with approximately 10 visitors experiencing the Valhall's friendly and culturally diverse membership. There were cultural displays including two woodcarving exhibits, Norwegian calendars, along with dessert exhibits of Krumkaker, Rosettes (Rosetter), Kranskaker, Sandkaker and a Lefse demonstration. A wonderful meal of Norwegian open faced-sandwiches and salad bar was followed by a short presentation to the prospective new members on the "The Benefits of Sons of Norway Membership" by Pat Kelly, our Financial Benefits Counselor. The movie "The Marshall Plan" explained the reconstruction of Europe after World War II. We had several of the visitors sign up for membership that evening and hope the others will join the lodge at a later date.

Tusen Takk to Ingrid Lindgren and her September Social Committee for the wonderful meal after the Monday meeting and the open faced sandwiches, salads and desserts for the Cultural Heritage and Prospective Member Social on Saturday.

Please help keep Valhall Lodge strong and continuing to grow by becoming an active member and bringing new members to our meetings and socials. If there is anything I can do to help you or answer questions, please do not hesitate to call or email me.

I look forward to seeing you at our next business meeting on October 4th at 7:30 PM and/or the Kressteve on Oct 15-17. Until then!

Hilsen. *Rick Hausvik*

OKTOBERFEST

BRATS AND BEER NIGHT
MONDAY, OCTOBER 4

**COME ON OVER FOR
THE COMBINED BUSINESS
MEETING AND SOCIAL**

We'll be serving brats, sauerkraut, potato salad and green salad, as well as ice cold beer in honor of Oktoberfest.

**There will be dessert and coffee, too!
Come for the meeting, stay for the food!**



Kretsstevne 2010

Kick back and have a family camping weekend with your Valhall friends and meet new friends from other lodges in So. California. This year the weekend will be at Thousand Trails Pio Pico, in Jamul, Ca.

You can pitch a tent, bring your RV, or rent an RV. You can stay for the weekend or just for a day. There will be games for children and adults and lots of good food and fellowship. There will be boutiques, singing, entertainment, bingo and other activities.

Friday night: Hot Lapskaus (Norwegian stew)
Sat. noon Potluck
Sat. night Barbeque Tri Tip with all the trimmings

See you all at Pio Pico in October!

Hilsen Lise Fleming
Kretsstevne registrar
E-mail: lisenorsk@earthlink.net
Phone: (909) 624-2868

There is a registration form in this newsletter on page 10. It is also available on our website:
<http://www.lodgeofvalhall.com>

Directions from San Diego:
From Hwy 805 East, take the Telegraph Canyon Road exit and travel east. Continue straight as Telegraph Canyon Road becomes Otay Lakes Road. Go about 15 miles to Thousand Trails Campground.



Lodge Officers of 2010

President	Rick Hausvik	619-579-5447
Vice-President	Duke Johnson	858-459-8818
Counselor	Helga Moore	619-298-0390
Secretary	Mary Hinshaw	619-448-8858
Assist. Secretary	Jeanne Scott	619-750-1516
Financial Secretary	Aprell Waymire	619-276-3809
Treasurer	Don Lesney	619-465-3686
Social Committee	Loreen Cook	619-588-4170
	LaVonne Coover	619-264-9486
	Judy Sawyer	619-583-0859
Cultural Committee	Sven Olsen	760-735-6171
	Lizzie Riiber	610-523-8822
Marshal	Raymond Johnsen	858-459-5430
Asst. Marshal	Matthew Gallwas	858-577-0029
Greeter	Lou Coover	610-264-9486
Greeter	Don Balmer	619-466-2179
Historian	Jim Wolner	619-692-9584
Librarian	Kay Wolner	619-692-9584
Co-Musician	Joyce Olsen	760-735-6171
Co-Musician	Ragnhild Amble	619-465-7425
Editor	Arlene LaBree	858-271-8709
Foundation Director	Charles Gorder	619-287-3559
Publicity Director	Jean 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	619-276-3809
Treasurer	Rick Hausvik	619-579-5447



Gratulerer Med Dagen!



OCTOBER BIRTHDAYS

- 10/1 Carol Andersen
- 10/1 Patrick Cleveland
- 10/1 Martin (Duke) Johnson
- 10/1 Elaine Johnson
- 10/2 James Wolner
- 10/6 Mary Jacobsen
- 10/7 David Christopherson
- 10/9 Karen Sykes
- 10/11 Jane Halleland
- 10/11 William Weiss
- 10/15 William (Don) Balmer
- 10/15 Lawrence Peterson
- 10/19 Elka Adams
- 10/19 Pearl Eike
- 10/19 Ken Soberg
- 10/22 Jane Chell
- 10/22 Kay Pepper
- 10/23 Rick Hausvik
- 10/26 Laila Hellan
- 10/27 Michael Stewart
- 10/28 Helen Seiler

Welcome New Members

Dennis Gere
8712 N. Magnolia #79
Santee, CA 92071
619-258-1386
Ramblingman@live.com
Recommended by Peggy Gere

Earl Jepson
10403 Westchester Ave.
San Diego, CA 92126
858-271-8069
Earljepson@earthline.net
Recommended by Sven Olsen

Doug and Jerilynn Hovland
3611 Foxley Drive
Escondido, CA 92027
619-572-6153
Doug@sdfs99.com
Recommended by Judy Sawyer

David Sleipness
7000 Saranac Street, #5
La Mesa, CA 91942
619-261-8424
Rovineye@cox.net
Recommended by Aprell Waymire-Bigler

Mary and Jake's.....New Address

At the end of April, Mary joined her husband Jake Hovland as a resident at the Veteran's Home of Chula Vista. They are both adjusting well to the move. The Veterans Home is a wonderful place with a caring staff, a friendly environment, and the 24/7 care that Jake and Mary now need. The home was very excited to have a married couple that are both Navy Veterans!!

If you would like to send a note to say HI please mail to:

Mary and Jake Hovland
Veterans Home of Chula Vista
700 East Naples Court
Chula Vista, CA 91911

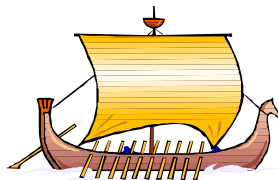
If you would like to drop in and say Hello a good time is around 2 in the afternoon, but you can go anytime. Just stop and sign in at the front desk and they will direct you.

Thank you for all your Friendship and Support.....
Judy Sawyer

Happy Halloween!



LOV notes for September 2010



Next Meeting: October 2nd at 9 am, at Denny's in Fletcher Hills.

Hostesses: Ingrid Lindgren, and Millie Wright.

LOV had it's monthly meeting at Denny's in Fletcher Hills on Saturday, Sept 4. We had about 14 members present, and Chris Lelevier's daughter-in-law, Robin, was a guest.

LOV will be making a large donation to Camp Norge, and we are still awaiting direction on where to send the check. Susan hopes to hear from Penny Knutsen soon.

The Christmas luncheon will be here before we know it. Plans are being made, and an announcement will be forthcoming.

We had a couple of *bunad* books still available. If you would like one, please let one of us know. We received cards from Wilma Springer and Lydia Nyhammer thanking LOV for the flowers that were recently sent to them. We miss them, and wish that they could join us, but health issues have prevented them being with our group.

Ingrid Lindgren is chairing the Lille Butikken again this year. If you have any questions, or items that you would like to donate to the butikken, please let Ingrid know.

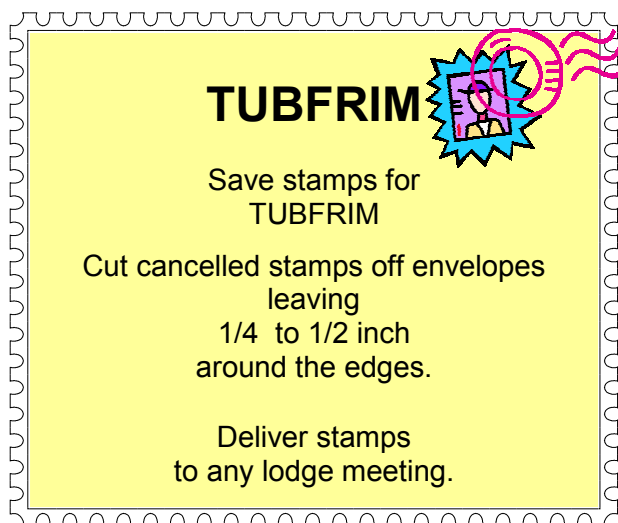
The nomination committee was selected. The members are Anne Hoidal, LaVonne Coover and Lizzie Riiber. They will be presenting the slate of nominees for the 2011 Board in October.

Happy Birthday was sung to Helen Johnson, Lorraine Tucker, Lydia Nyhammer and Marjorie Kreusher.

The drawing gifts this month were beautiful snapdragon plants in a variety of gorgeous colors.

The next meeting will be October 2. Hostesses will be Ingrid Lindgren, and Millie Wright.

Respectfully submitted,
Susan Cody,
LOV President



SERVICES DIRECTORY

Financial Benefits Counselor

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

Language Instructor

Erling Nyhammer
(619) 448-4217

Telephone Committee

Sunshine Committee:

Chairperson, LaVonne Coover
(619) 264-9486

Blood Bank Representative

LaVonne Coover
(619) 264-9486



Minutes of the Valhall Lodge Business Meeting September 6, 2010

Prior to the meeting, Sven Olsen presented a Power Point program regarding the District Six Biennial Convention in Modesto, California. The presentation was enjoyed by all present. The opening songs were the National Anthems of the USA, Norway and Canada, followed by the Norwegian song *De naere ting*.

Call to Order:

President Richard Hausvik called the meeting to order at 7:45 PM. There were 31 members present and no guests or visitors.

Draped in Honor

Shirley Ann Thomas passed away on August 4, 2010 at age 78. President Hausvik read a tribute to Shirley Ann.

New Members:

Aprill Waymire reported that three new members joined on-line. They are Andrea Hales, James A. Hann, and James W. Hollarn. All new members were approved unanimously by the membership. The welcoming ceremony will occur at a later date.

Approval of Minutes:

There was no meeting in August.

Correspondence:

Mary Hinshaw reported that no correspondence had been received since the last business meeting.

COMMITTEE REPORTS

Social and Cultural

Plans are in place for the Cultural Heritage and Membership Social on September 18, 2010. There will be food and a movie on the Marshall Plan. Everyone is encouraged to bring a prospective member.

Sven Olsen reported that anyone wishing to attend Kretsstevne at Thousand Trails, Pio Pico, Jamul, California from October 15-17 2010 should send in reservations. Reservation forms are printed in the Val-

hall Viking, August 2010 issue. Patricia Becker reported that two new members were added to the Centennial Anniversary Committee: Sven Olsen, Program Chair and Everett Shogren, Sound and Effects.

Historian and Librarian

Jean Shogren reported that she learned at the District Six Convention that various individuals would be profiled in the Viking Magazine. In the August issue, Oddvar Hoidal was profiled. This is a wonderful way to become acquainted with people in the Sons of Norway organization.

President Hausvik reported that he has a number of awards and a plaque that he received at the Convention. He will present these items to the library for historical preservation.

Newsletter

Valhall Lodge received the award for Best Large Lodge Newsletter in District Six. Congratulations to Arlene LaBree and all who contribute to the publication of the newsletter.

Publicity

Jean Shogren reported that she has placed notices in various publications, including The Reader, inviting people to bring a friend to the Cultural Heritage Social dinner.

Youth Director

Ellen Spitzer encouraged everyone to bring children to Kretsstevne. There will be lots of activities for children. Camp Norge tickets will also be available.

Foundation Director

Charles Gorder reported that the 2010 tax year will come to a close in a few months and anyone wishing to make a donation to the foundation can do so by contacting him. There may be a tax advantage to contributing money to the Foundation.

President Hausvik reported that he became a committee member of the (John

Lund Fund at the District Six Convention. The Lund Fund dispenses scholarship money to qualified recipients.

Corporation

Allen Johannesen reported that the Corporation will meet on October 4, 2010 at 6:30 PM prior to the Valhall Lodge Business Meeting.

Officer Reports

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

President Hausvik remarked that information on the District Six Biennial Convention in Modesto, California and the Sons of Norway Biennial International Convention in Coeur d'Alene, Idaho will be reported in the Viking Magazine.

UNFINISHED BUSINESS

There was no unfinished business.

NEW BUSINESS

The following five people were selected as members of the Nominating Committee: Sven Olsen, Karin Brevig, Mary Hinshaw, Aprill Waymire-Bigler, and Patricia Becker.

REMARKS FOR THE GOOD OF THE ORDER

President Hausvik reminded everyone of the importance of increasing membership. If the death rate is greater than the new member rate it could result in serious consequences for the organization in both workers and income.

Charles Gorder reported on the 17th Annual Bruce Gorder UCSD 5K Walk for Melanoma on September 11, 2010. He had brochures regarding this worthy cause.

Continued. on next page»»»

Minutes of Valhall Corporation Board Meeting September 6, 2010



NEXT BUSINESS MEETING:

The next Business Meeting will be Monday, October 4, 2010 at 7:30 PM.
The next Board meeting will be Wednesday, October 26, 2010 at 7:00 PM.

Adjournment:

The meeting adjourned at 7:30 PM.
Following the meeting, the Norwegian song *Pål sine høner* was sung.

Respectfully submitted,
Mary Hinshaw
Secretary, Valhall Lodge 6-25



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.



**Visit Valhall Lodge
on Facebook**

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

The delegates of the District 6 Convention in Modesto from Valhall Lodge -
Judy Sawyer, Sven Olsen, Karin Brevig, Ola Brevig, Susan Cody, Rick Hausvik, Joyce Olsen, and Lizzie Riiber. They are proudly displaying the Lodge of the Year, 2008 award! This picture is also on our Facebook page.

Leif Erikson

Almost five hundred years before Columbus ships landed in the New World, Leif Erikson and his crew of Vikings became the first Europeans to reach North America.

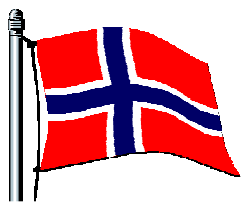
Leif Erikson Day is an American observance of the Vikings early visit, and occurs every year on October 9th. In 1964 Congress authorized and requested the President to create the observance through an annual proclamation. Lyndon Johnson and each President since have done so.

October 9 is not a special day in Leif Erikson's life, but was the date chosen because the ship Restauration, coming from Stavanger, Norway, arrived in New York Harbor on October 9, 1825 as the start of the first organized immigration from Norway to the United States. (from Wikipedia)



Visits to Norway

Oslo-See it All!



There is so much to see and do in Oslo, and each adventure deserves its own article. When our travels brought us to Oslo, someone told us about a great deal Oslo offers.

Going to museums and attractions can cost a lot. Just getting there may cause problems with transportation costs or parking.

To help visitors enjoy the city, Oslo offers something called the **Oslo Pass**. This pass gives you free admission to over 30 museums and free public transportation! You can hop on any bus, local train, ferry or tram by showing your pass. You can show your pass to get into museums, its so convenient and cheaper than if you were paying separately for everything.

If you are driving, the Pass is good for free parking. There are other discounts available at attractions and restaurants with the Pass, but for us just being able to walk into the museums or hop on a bus made it worthwhile.

Several level of Passes are available. You can get a 24 hour pass, a 48 hour pass or a 72 hour pass. There are discount prices for kids 4-15 and for seniors (age 67). The timing on the Pass doesn't start until the first time you use it. If you want to learn more about it, there are some sites on the internet that go into more detail. <http://www.visitoslo.com>.

Some of the sights to see in Oslo:
The Royal Palace and changing of the guard
The Folk Museum***this is a must see
Kon-Tiki Museum
Viking Museum
Vigeland's Park (sculptures)
Fram Museum
Maritime Museum
The new Opera House
Holmenkollen
Restaurants on the wharf and the list goes on.....
Enjoy your trip! God tur! Next month: Telemark

Sons of Norway Foundation

Every year the month of October marks a change in season; the days become shorter and leaves fall from their trees, but at Sons of Norway the month of October is special for a different reason. October is Foundation month. A month to focus on the many great works that our Foundation, and by extension, our members, have made possible.

The generous contributions made to our Lodge Partnership Grants and General Heritage and Culture Grants are evident in our communities through activities such as rosemaling workshops, folk dance instruction and genealogy clinics. In just 2009, over \$18,000 in Lodge Partnership Grants and Culture and Heritage Grants were awarded to various lodges.

Not only are our grants supporting lodges and culture, we're also supporting youth activities through Helping Hands to Children Grants, Adopt A School and the Barnas Norsk Klubb. In just 2009, over \$6700 in grant funds were awarded.

Also not to be forgotten are the generous donations to our scholarship funds, which help offset the costs of post-high-school education for 25 students annually. Be sure to take a peek at this year's exceptional scholarship recipients in the November issue of *Viking* or online at sonsofnorway.com/foundation.



In The House

In the following word search puzzle, find Norwegian words for places that could be in your house.

K A V I N D U
 R J N O J U E
 T A E R O S D
 A G U L V T R
 K B D A L U Ø
 K J Ø K K E N
 E T R A P P R

STUE	Living room
TAK	Roof, ceiling
KJØKKEN	Kitchen
KJELLER	Basement, cellar
TRAPP	Stairs
GULV	Floor
VINDU	Window
DØR	Door



Bergen Rumballs

from The Norwegian Kitchen

Serves 4

Pastry:

- 3 ½ tbs. sugar
- 2 dl (¾ cup) flour
- 75 g (2 ⅔ ounces, ⅓ cup) margarine

Cream Puffs:

- 1 ½ dl (⅔ cup) water
- 3 tbs. margarine
- 1 ¼ dl (½ cup) flour
- 2 eggs
-

Pastry:

Combine sugar and flour and cut in the margarine. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour. Preheat the oven to 210 degrees C (425 degrees F).

Cream Puffs:

Bring water and margarine to a boil. Add the flour and stir until the mixture forms a ball. Remove from the heat. Cool slightly, then beat in the eggs, one at a time. The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.

Roll out the pastry. Cut out round cookies with a 6-7 cm (2 ½") cutter. Drape them over the balls and press carefully against the baking sheet. Bake until golden, 25-30 minutes.

Filling:

Whisk together eggs, sugar, cornstarch, and milk in a saucepan. Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally. Stir in rum. Whip the cream and fold into the rum cream. Puncture the balls. Fill a pastry tube with rum cream and pipe the mixture into the balls. Top each with a cherry.

Immigrants to Norway

Polish immigrants constitute the largest group of immigrants in Norway, more than Swedish and Pakistanis combined. There is currently an exhibit of Polish culture at Maihaugen Museum in Lillehammer.

The immigrants interviewed for the TV-program Østnytt on NRK all spoke fluent Norwegian. There is a great emphasis on teaching the immigrants and their children the Norwegian language in order for them to integrate into society, both at work and school, with greater ease.

Reindeer Don't Fly

For centuries the Sami have seasonally driven reindeer between grassy feeding grounds on the coast to the lichen-rich tundra in the interior. Unlike the tiny wild population to the south, the 250,000 northern reindeer are semi-domesticated, and raised principally for the sale of their meat. The income helps support about 3,000 herders, nowadays a small fraction of Norway's Sami population of 50,000.

No longer can herds travel as easily as they used to. Holiday cabins, oil and gas complexes, military ranges, windmill farms and power lines have fragmented the migration corridors. To adapt, the Sami are shifting grazing areas and using boats as well as trucks to maneuver herds. With the loss of pastureland, some worry that the culture's long dependence on reindeer will slowly vanish. National Geographic, November 2009.

Visit Valhall Lodge on Facebook

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

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:

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

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

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Valhall Viking
OCTOBER 2010

CALENDAR

October

2 Sat Ladies of Valhall
4 Mon Business Meeting
15,16,17th—Kretsstevne Weekend
26 Tue Board Meeting

November

1 Mon Business Meeting—Election of Officers
6 Sat Ladies of Valhall
20 Sat Social—Salmon Dinner

Next newsletter is the
November issue.

Deadline for the
November
Valhall Viking Oct 15

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

