



Valhall Viking



**SONS of
NORWAY**

Mission Statement

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

August 2025
Valhall Lodge #6-25
**Meet at La Mesa
Masonic Lodge**
4731 Date Ave.
La Mesa, CA 91942
Serving San Diego, CA



<https://lodgeofvalhall.com>

Founded 1912

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly except in
January and July.

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Ord fra presidenten

Our lodge kicked off the summer with another fun bingo night, ice cream social and the Splendid Spoon Competition for cake! Thanks to the ladies for bringing their delicious entries so we could taste and vote on our favorite. Thelma was the ultimate winner with her apricot spice cake; the recipe is available on page 10 in this newsletter. If you have a copy of the LOV cookbook that was published a few years ago, it's in there too.

Thanks also to our cooks for the quintessential summer dinner of hot dogs, sides and fixins', and to Ellen for being our enthusiastic bingo caller. You bring the fun, girl!

Summer 2025 has been a pretty good one for me. Our long anticipated trip with our two dogs was awesome.

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

We rented a one bedroom cabin at Convict Lake Resort in the Eastern Sierras and had a lovely time hiking, chilling at the resort, and taking a drive to see local attractions. The hubby even caught a delicious trout and cooked it foil-pocket style on our cabin's BBQ grill. We agreed we'd like to travel with the girls again, but maybe somewhere with less of a drive, like Big Bear.

Back in San Diego, we had lunch at the [Green Dragon Tavern and Museum](#) in Carlsbad. The website describes it as an "enhanced replica of the original tavern in Boston, offering modern day amenities such as filtered water, buckshell-free food, complimentary Wi-Fi and large screen LED TV's for catching your favorite team!" I hear that during football season, it's a hang out for New England Patriots fans. The free American colonial history museum has artifacts and engaging displays featuring notables like Ben Franklin and events like the Salem witch trials.

Thanks to Sharmane for organizing our blood drive again. We had to **change the date to August 30** to accommodate the organization's availability. Also thanks to Maury, Steve and Jim for coordinating with the Masonic Lodge folks! I hope we can meet our goal of ten donors, if not more!

I can't wait to connect with everyone at the September lodge social and catch up with your summer happenings.

Stay tuned for news about our upcoming programs. Have you read the [District 6 newsletter](#) with links to videos from the Crossings 200 website? Maybe we can watch together and learn about the first group of Norwegians to immigrate from Norway to the US.

MVH

Myla

Ed Note: The material about Crossings 200 is on Pages 10-12 of the District Six newsletter. There is also some fun stuff about the Crossings on Pages 13-15. Luella Grangaard, International Chair and Past President of District Six witnessed the launch of the modern replica of the Restauration and wrote "The Restauration Sails Away" commentary on Pages 11-12.

Photos of Myla's Trip to Convict Lake



Valhall Lodge, Sons of Norway 2025 Social Calendar

JANUARY	11	DINNER - Officer Installation
FEBRUARY	8	CATERED DINNER
MARCH	8	SALMON DINNER
APRIL	12	CATERED SPRING DINNER
MAY	10	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	21	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/AUGUST		(NO MEETINGS)
SEPTEMBER	13	CATERED HERITAGE
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	8	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	13	JULTREFEST — POT LUCK

Parking



The Masons have reminded us that there is parking in the La Mesa Spring Valley School District lot on Saturdays because they are closed. It is to the right before the Lodge Lot (i.e., on the other side of Date Ave as you drive toward the lodge hall from Allison Ave). It may ease the parking stress a little.

Lodge Officers - 2025-2026

Lodge Officers	
President	Myla Coleman
Vice President	VACANT
Counselor	Maury Lee
Secretary	Carrie Lail Reichert
Assistant Secretary	Bree Klusmeyer
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	VACANT
Cultural Director	VACANT
Marshall	Andy Ueland
Assistant Marshall	VACANT
Historian	Sandra Yeaman
Musician	Susan Cody
Editor	Steve Rawlinson
Assistant Editor	VACANT
Foundation Director	Jim Adams
Publicity Director	Jim Adams
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee	Susan Cody
Trustee	Millie Wright
Trustee	Judy Sawyer

Auditors
Everett Shogren
Susan Hawkinson
Jon Simonsen

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Everett Shogren
Treasurer	Steve Rawlinson
Director	Millie Wright
Director	Judy Sawyer
Director	Myla Coleman

LOV Officers	
President	Susan Cody
Vice President	Judy Sawyer
Secretary	Carrie Lail Reichert
Treasurer	Barbie Lorentz



SONS of NORWAY

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

idonovaninsure@gmail.com



Happy Birthday
Gestulerer Med Dagen!



August Birthdays

4	Anita Reith
8	Judy Sawyer
13	Michelle Emblem
13	Gaute Halvorsen
14	Rhude Thompson
14	Barbie Lorentz
14	Bree Klusmeyer
16	Jean Shogren
17	Ann-Kevin Mawn
17	Valerie Herzog
19	Thomas Bourdage
20	Christine Tuttle
22	Erling Nyhammer
23	Aprell Bigler
25	Lynn Lindebrekke
28	Jacqueline Adams
30	Matthew Stivland

Catered Heritage Dinner Social

Saturday, September 13,
2025

Details will be specified in
the September Newsletter.

Memo from Foundation Director Jim Adams:

As the echoes of clinking glasses and heartfelt “skåls” from this year’s successful fundraiser fade, it’s the perfect time to spotlight the fantastic grants and scholarships offered by the Sons of Norway Foundation. After all, what’s better than investing in a strong Norwegian heritage, vibrant communities, and ambitious students?

Grants Galore: Applications open annually on **October 1**. Mark your calendars!

- **Community Partnership Grant:** Support events and programs that bring people together.
- **Lodge Heritage and Culture Grant:** Preserve and promote Norwegian traditions.
- **Lodge Vitality Grant:** Enhance lodge facilities and member engagement.
- **Helping Hands to Children Grant:** Aid programs benefiting children in your community.
- **Helping Hands to Members – Disaster Relief Grants:** Assist members affected by natural disasters.
- **Helping Hands to Members – Medical Relief Grants:** Provide support for members facing significant medical expenses.

Note: While some grants have specific deadlines, others are accepted on a rolling basis. Please check the [Sons of Norway Foundation Grants page](#) for detailed information.

Scholarship Smorgasbord: Applications open annually on **October 1**. Deadlines vary, so please check each scholarship's specific requirements.

- **Astrid G. Cates Vocational School Scholarship**
- **Bernt Anker Scholarship**
- **Dan and Betty Rude Scholarship**
- **District Four Scholarship**
- **District Six Scholarship**
- **Elaine Nelson Scholarship**
- **King Olav V Norwegian-American Heritage Scholarship**
- **Myrtle Beinhauer Scholarship**
- **Nancy Lorraine Jensen Memorial Scholarship**
- **Nordkap Lodge 3-215 Scholarship**
- **Orel & Marie Winjum Memorial Scholarship**

Please turn to Page 7

Memo from Foundation Director Jim Adams (*continued from Page 6*)

- **The Sissel and Roger Espeland Memorial Scholarship**
- **Helen Tronvold Folk High School Scholarship**
- **Douglas Warne – Rolf & Wenche Eng Scholarship**
- **Lund Fund Scholarship**
- **Oslo International Summer School Scholarships**

For a comprehensive overview, visit the [Sons of Norway Foundation Scholarships page](#).

As you continue to lead with purpose and passion, remember that each grant and scholarship we promote and encourage helps keep our culture alive and thriving, like a hearty pot of lutefisk simmering on a winter's day.

Thank you for your ongoing support and for all you do to strengthen the Super Six District! Let's keep the momentum going by sharing these opportunities far and wide.

With a warm Tusen Takk for all the great work you are doing!

Jim

James Adams

District Six Foundation Director

Cell: (619) 417-6300



Sons of Norway
Saturday, August 30, 2025
9:30 AM to 3:00 PM

Masonic Lodge of La Mesa

4731 Date Avenue
La Mesa, CA 91942

Book an Appointment to Save Lives Today!

Visit sandiegobloodbank.org/donate,
call (619) 400-8251 or scan QR code

Walk-ins Welcome



Photo ID
required



Arrive
hydrated



San Diego
Blood Bank



SAVING LIVES ACROSS SOUTHERN CALIFORNIA SINCE 1950

**While sizes and supplies last. Donors must be at least 17 years old, weigh 110 pounds, and be in general good health to donate.*

Direct link to schedule: https://www.mysdbb.org/donor/schedules/drive_schedule/86296

Some members may be interested in watching ICE ROAD RESCUE, a reality show from Norway about big rig wreckers etc. In mixed Norwegian and English with subtitles and translations.

National Geographic channel (70 on Cox). Tuesdays at 11:00 PM

Valhall Lodge Blood Drive Aug 30, 2025

Valhall Lodge has scheduled a blood drive for Saturday, August 30, 2025. Flyer is on Page 8. We have a goal of 10 donations and encourage an early sign up. People unable to donate can ask someone to donate on their behalf in their name. Direct link to schedule is https://www.mysdbb.org/donor/schedules/drive_schedule/86296

Southern California Kretsstevne Oct 24-26

This year, the Southern California Kretsstevne will be on the **4th** weekend of October (instead of the 3rd). It will take place at Banning Stagecoach KOA Campground & RV Park. Details are at <https://sofn6.org/southern-california/>.

Folk Art and More

It's time to start working on projects for the 2026 Folk Art Exhibition at the biennial District Six Lodge Meeting & **Convention in June, 2026**. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, weaving, painting, etc. or get creative with a digital program.

Thelma Johannesen's Apricot Cake

Thelma Johannesen's award-winning apricot cake won the Splendid Spoon in the Valhall Lodge 2025 Ice Cream Social. (See photo on upper left corner of Page 12.)

Ingredients for the Cake:

- 1 c. butter or margarine, softened
- 2 c. granulated sugar
- 5 eggs
- 1/2 c. apricot jam
- 1/2 c. sour cream
- 1 tsp. Vanilla extract
- 2 c. all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 c. sweetened shredded coconut
- 1 c. pecans, finely chopped
- 1 (8 oz.) pkg. dried apricots, finely chopped

Ingredients for the Glaze:

- 1/2 c. apricot jam
- 2 tbsp apricot nectar

How to make:

Preheat oven to 350 degrees.

For cake: cream butter and sugar in a large bowl until fluffy. Add eggs, one at a time, beating well after each addition. Stir in next 3 ingredients. In a medium bowl, sift together next 3 ingredients. Stir dry ingredients into creamed mixture. Fold in remaining ingredients. Pour batter into a greased and floured 10-inch tube pan. Bake 45 to 55 minutes or until a toothpick inserted into center comes out clean.

Cool in pan 10 minutes; turn onto a wire rack to cool completely.

For glaze: Combine jam and nectar in a small saucepan over medium heat; stir until well blended. Pour evenly over top of cake. Store in an airtight container.

Yield: about 20 servings.

Photo of Thelma Johannesen receiving the Splendid Spoon from Lodge President Myla is on Page 12.

Kirkenes Residents Worried About Russian Spies

During World War II, the Soviet Union and Norway were allies while the Germans occupied Norway. The Red Army eventually drove the Germans out of Finnmark and liberated Kirkenes. The grateful Norwegians celebrated the Soviets as heroes. Russians were allowed to dock their ships in Kirkenes as part of cooperation in the fishing industry. But now the Russians are using that privilege to send spies into Kirkenes on “fishing boats”. Norwegians watch Russians get off their boats and take pictures of the area.

European intelligence officials are concerned that Kirkenes is a laboratory for Russia to wage hybrid warfare; this includes espionage and sabotage attacks. These are operations that are called “grey-zone” because they blur the traditional lines between war and peace. Last March, Arctic Military Leaders met in Kirkenes to discuss counteracting grey-zone operations by Russia. Representatives came from the 7 Western Arctic countries plus France, the UK, Germany, and the Netherlands.

Kirkenes is one of the last ports in Western Europe where Russian ships are allowed to dock. In May, the European Union adopted a new package of sanctions that could ban Russian ships from the port of Kirkenes.

Residents in Kirkenes no longer consider the Russians to be friends. The Norwegians are bracing themselves in case they are invaded. Watching the war in Ukraine arouses their concerns. Mayor Mæland of Kirkenes says, “Norway supports Ukraine. End of discussion.”

Sources:

[High North News](#)

[The Wall Street Journal](#)

[NZZ](#)

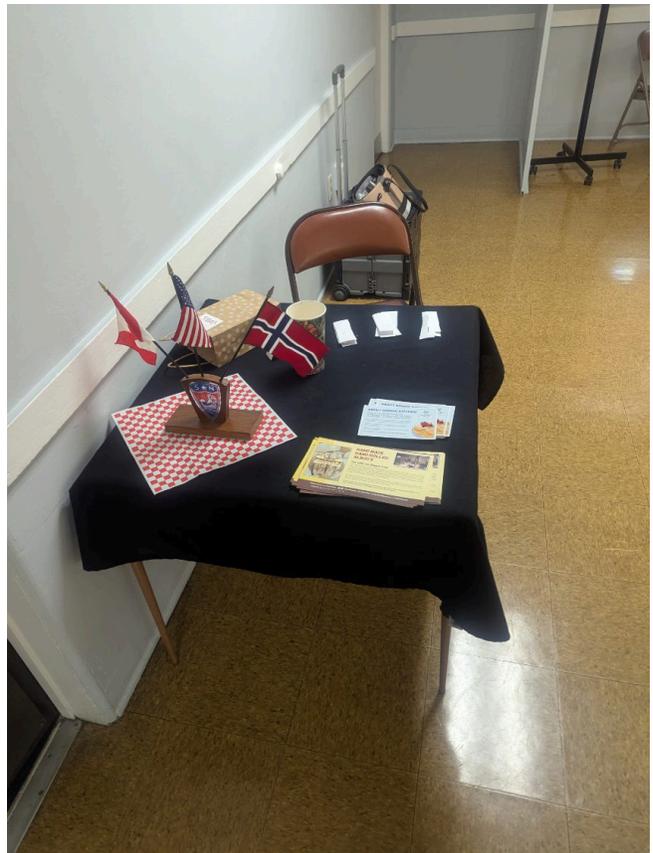
Ed Note: We don't know if the above links will still work when this edition of the newsletter is published.

Photos from the Ice Cream Social June 21, 2025











Valhall Viking

AUGUST 2025

CALENDAR

- August 23: September Newsletter Deadline**
- August 30: Blood Drive**

Links

Our lodge: <https://lodgeofvalhall.com>
 Facebook: <https://www.facebook.com/valhallsonsofnorway/>
 Instagram: <https://www.instagram.com/valhalllodge/>
 District Six Newsletters and Cultural Newsletters: <https://sofn6.org/newsletters/>
 Camp Norge: <https://www.campnorge.org/site/>
 District Six: <https://sofn6.org>
 House of Norway: <https://www.houseofnorway.org>
 International: <https://www.sofn.com>

Next newsletter is the September issue

Deadline for the September Valhall Viking is August 23, 2025

E-Mail articles to Steve Rawlinson at:

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