



# 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.

Dec. 2025 - Jan. 2026  
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

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January and July.

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## Ord fra presidenten

Despite missing out on some Weegie (*i.e., Norwegian*) events this month due to respiratory crud, November was a good month for me. I braved the downpour on November 15 to visit the Statsraad Lehmkuhl, a 110-year-old tall ship piloted by Norwegian navy personnel that is currently on an expedition around the world. Certain legs of their journey are reserved by various organizations but they also offer 4-8 day opportunities for the public to crew and enjoy life at sea!

Judy thanked Else for her talented finger that tested the lutefisk to make sure it was cooked to perfection at our November social! Other lutefisk eaters agreed that this year's batch was particularly good. Thanks to our members who invited guests to join us this year. We also welcomed the Perlman's who used to attend lutefisk dinners in Wisconsin and searched us out for a taste of

Please turn to Page 2



**Ord fra presidenten (continued from Page 1)**

nostalgia now that they live in San Diego. Our optional addition of bacon bits, bacon drippings and melted butter surprised them as it was not offered at any of the multiple dinners they attended.

Thanks to Sandra for being my travel companion to the Southern California Kretsstevne where we had the chance to try our hand at needle-felting of cute little pumpkins, thanks to Judy Immel. Luella shared her memory book of attending the launch of the Restauration replica ship from Stavanger. The Sons of Norway lodges there were hospitable and helpful, hosting her at various homes and venues and assisting as she was temporarily disabled with a broken foot. Teri and Jason Morken gave a virtual tour of Camp Norge with insight to the staff and operations. I look forward to next year's District 6 Convention in Sacramento which will include a day trip up to Camp Norge.

In this season of thankfulness, I am grateful for the members and lodge officers who support us with their time and talents. In the new year, we'll want to approve delegates to send to the Convention. Let me know if you are interested in serving in that role.

Our December social is our annual Jultrefest, organized by the fabulous Ellen and Friends. This is a great time to invite any young'uns who would like to sing and dance around the Christmas tree, receive a stocking filled with treats, do some crafting and maybe meet a special person whose tagline is "HO, HO, HO" ?

Happy Holidays!

Med vennlig hilsen,

Myla Coleman

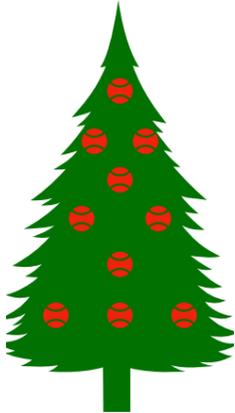
President, Valhall Lodge #6-25

## Sjømannskirken Norwegian Seamen's Church Upcoming Services

These services will be held at House of Norway in Balboa Park:

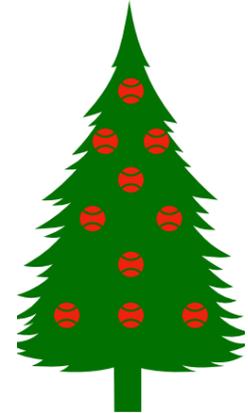
- Saturday, December 20, 2025, 10 AM (norske julesanger)
- Saturday, February 21, 2026, 10 AM (Fastelavn)
- Saturday, April 18, 2026, 10 AM

## 'Tis the Season for a Christmas Party!



*God Jul!*

**Jultrefest Pot Luck**  
**Valhall Lodge, Sons of Norway**  
 Meeting at Masonic Lodge of La Mesa  
 4731 Date Ave.  
 La Mesa, CA 91942  
**Saturday, Dec. 13, 2025**  
**Kid crafts start at 2:00**  
**Dinner at around 2:30**



*God Jul!*

### Pot Luck Suggestions

People with last names starting with A-M bring side dishes (not dessert)  
 People with last names starting with N-Z bring main dishes  
 But anybody who has planned a dish that does not fit the above guidelines  
 should bring the planned dish instead of conforming to the guidelines.

### Dessert

You may bring dessert, but it must be in addition to a main or side course dish as suggested above.

**The Lodge will supply dessert.**

### RSVP Information

Email or text Ellen Spitzer  
 Email: [ellenspitzer43@gmail.com](mailto:ellenspitzer43@gmail.com)  
 Text: (619) 933-5409 cell  
 Please RSVP by December 11  
 Need to know number of adults/teens and  
 number of children under 13

**Wearing of  
 bunads is  
 encouraged.**

**Let's be festive!**

# Happy New Year!

**Dinner and Social**  
**Valhall Lodge, Sons of Norway**  
**Meeting at Masonic Lodge**  
**of La Mesa**  
**4731 Date Ave.**  
**La Mesa, CA 91942**  
**Saturday, January 10, 2026**

**Check-In at 1:30**  
**Dinner served at 2:00**  
**Meeting to follow**

## MENU

**Lapskaus Beef Stew**  
**Rolls and Butter**  
**Dessert**  
**Coffee, Tea**

**Soda and Water available with donation**  
**Please feel free to bring your own wine or beer**

**Cost \$20, Children under 10: \$10**  
**\*FREE\* for members in good standing**  
**\*\*\* PLEASE pre-register by January 6 \*\*\***

**When making a Reservation, please include**  
**number of adults and number of children.**

**Call or send reservations to Millie Wright**  
**(619) 760-7446**  
**[grandmom2dach@gmail.com](mailto:grandmom2dach@gmail.com)**

## Valhall Lodge, Sons of Norway 2026 Social Calendar

<b>JANUARY</b>	<b>10</b>	<b>DINNER - Happy New Year</b>
<b>FEBRUARY</b>	<b>14</b>	<b>DINNER</b>
<b>MARCH</b>	<b>14</b>	<b>SALMON DINNER</b>
<b>APRIL</b>	<b>11</b>	<b>CATERED SPRING DINNER</b>
<b>MAY</b>	<b>9</b>	<b>SYTTENDE MAI DINNER</b>
<b>JUNE</b>	<b>13</b>	<b>ICE CREAM SOCIAL</b>
<b>JULY/AUGUST</b>		<b>(NO MEETINGS)</b>
<b>SEPTEMBER</b>	<b>12</b>	<b>CATERED HERITAGE</b>
<b>OCTOBER</b>		<b>(KRETSSTEVNE MONTH)</b>
<b>NOVEMBER</b>	<b>14</b>	<b>LUTEFISK &amp; MEATBALLS LILLE BUTIKKEN</b>
<b>DECEMBER</b>	<b>12</b>	<b>JULTREFEST — POT LUCK</b>

## 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](mailto:idonovaninsure@gmail.com)



Happy Birthday  
Gratulerer Med Dagen!



**December Birthdays**

5	Eldbjorg Backous
5	Jan Garzon
7	Marlow Myrmo
10	Peggy Gere
15	Gregory Withee
24	Anne-Lise Mogstad

**January Birthdays**

11	Solveig Waters-Appel
11	Tam Stautland
13	Thelma Johannesen
16	Helga Moore
17	Bob Bardin
19	Thor Emblem
22	Lucille Wendling
22	Monica Johnsen
24	Anders Kenstad
26	Glenn Jerpseth
27	Carrie Reichert

## Valhall Lodge Meeting Minutes

November 8, 2025

After our annual November Lutefisk and meatball dinner ( orchestrated by Judy Sawyer and her crew) and our successful Lille Butikken, we had a brief business meeting called to order by President Myla Coleman at 4:07 pm.

We celebrated Lucille Wendling's 104th birthday- and she was using neither a walker nor a cane! And had her wits about her! We should all have such good Nordic genes in our pool! We had several guests: Travis ( and his dog- outside), Don Houston on behalf of his wife Carol, (Norwegian heritage grandparents from ND) , the Perlman's from Wisconsin.

Judy thanked her crew- Susan, Millie and Ellen.

For the December pot luck bring a side dish of a vegetable or salad, or a main dish. Dessert will be provided. Ellen is in charge.

Nominations for two members of the Corporation Board were opened. Jim Adams and Andy Ueland volunteered to continue serving. Nobody else was nominated. Steve moved and Millie seconded to re-elect Jim Adams and Andy Ueland to the Corporation Board. Motion passed unanimously.

Jim Adams talked about the meeting with the Sons of Norway Foundation Director at the House of Norway.

The Fish Club dinner is Friday Nov 21 at 6:30 at the Hall of Nations, Balboa Park. Reservations should be in by Nov 12.

The Lille Butikken was a success- leftover food goodies will go to the House of Norway for their open house.

On Thursday the 100 year old sailing and research ship from Bergen will be down by the Maritime Museum. A tour on the vessel is \$125 (1/2 of which will be paid by HON). This is an Oceans Innovation and Sustainability vessel. Sponsored by Norway. Myla called the meeting closed at 4:40. We kept it short!

Respectfully Submitted, Carrie Lail Reichert, Secretary

## Ladies of Valhall Meeting Minutes

November 1, 2025

President Susan Cody called the meeting to order at 9:09 am.

Minutes from last month were accepted.

Treasurer's Report had few changes and was accepted.

Sunshine Report- no cards were sent out. Solveig has an eye problem and will get a card from Eldbjorg.

Old Business: Crafting in the Park will be this Monday, then a break for all of December. For Jan 12, Sandra has reserved a room at the El Cajon Library for the sessions- since pay parking may be started by January.

For the Lille Butikken- bring your donations and your baked goods for the sale. The Lefse has been ordered. Gjetost was ordered for a House of Norway event but not for the Lille Butikken.

The Holiday Party is at Anthony's in La Mesa at 11:30 on Saturday Dec 20. Members pay \$25 of the \$45 cost and the balance is paid by the LOV treasury. The gift exchange is limited to \$20 items.

The Norwegian tall ship will be at the Maritime Museum location Nov 15.

Today's hostesses were Sue and Janet.

The prizes were won by Judy, Sandra, Carrie, Anna and Elsa.

Judy and Carrie will host the meeting in January.

No meeting at Denny's in December due to the Christmas lunch.

Business Meeting called to an end at 10:17

Respectfully submitted, Carrie Leil Reichart, Secretary

## Memo from Foundation Director Jim Adams:

I hope this note finds you well and full of hygge. If not, perhaps this letter—and the exciting news it brings—will help warm you right up.

This past June, Crossings and Connections, our special conference commemorating 200 years of Norwegian migration, took place on the beautiful campus of St. Olaf College. The gathering offered a true smorgasbord of experiences—historic site tours, film screenings, music, and presentations that would have made even your best lefse roll over in excitement.

Thanks to a generous grant from the Sons of Norway Foundation, videos of these engaging sessions are now available on YouTube. Whether you watch on your own or gather at your lodge for a viewing (popcorn optional, krumkake encouraged), these talks are an invitation to explore, learn, and celebrate our heritage in new ways. <https://norwegianamericanhistory.org/conference-videos-now-available/>

The opportunities to support the work of the Sons of Norway Foundation are as plentiful as herring at a julebord. Whether it's donating through the QR code provided, encouraging members to apply for future grants and scholarships, or sharing these inspiring award stories at lodge meetings, every effort makes a difference.

Mark your calendars—the Annual Sons of Norway Foundation Fundraiser Campaign begins on October 1, 2025. This is a perfect opportunity to inspire giving and highlight the life-changing work the Foundation makes possible.

Let's continue building on this success. The Foundation's work ensures that our shared heritage remains vibrant, relevant, and accessible—not just for today's members, but for generations to come.

So, pour yourself a cup of strong coffee, click through the conference videos, and join us in celebrating the incredible impact we've made together. As they say in Norway, mange bekker små gjør en stor å—many small streams make a mighty river.

Warm regards,

*Jim*

James Adams, Sons of Norway Foundation

You may use the QR code at the right to make a donation.



Thank you for considering a gift to the Foundation



**Tusen Takk!**

## 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.



Lucille Wendling will have her 105th birthday in January 2026.

## Mom parsons' cranberries

Ingredients	
1 1/2 cup	Sugar
3/4 cup	Water
3	Whole cloves
3	Whole allspice
2	Cinnamon sticks; (3" each)
12 ounces	Fresh cranberries
	Grated zest of 1 orange

### Directions

Bring sugar, water, cloves, allspice and cinnamon sticks to boil in 4-quart saucepan. Cook, stirring, until syrup is clear, about 3 minutes. Add cranberries and cook just until they begin to pop, about 5 minutes. Remove from heat, add grated orange zest and cool. Refrigerate at least 3 days before using. Recipe from the mother of Russ Parsons, Times Staff Writer.

Judy Sawyer obtained this recipe from [astray.com](http://astray.com). She used it for the Fish Club at the dinner of November 21, 2025.

### Bonding

A question came up recently about whether insurance companies are bonded. They are not. Bonding applies to individuals handling money directly, not to insurance companies.

Life insurance companies, including Sons of Norway, are protected through strict state insurance regulation, which is a much stronger system than bonding. As a fraternal benefit society, Sons of Norway is required to:

- Maintain substantial financial reserves to protect members
- Undergo regular oversight and audits by state insurance departments
- File detailed public financial reports
- Participate in State Life & Health Insurance Guaranty Associations, which act somewhat like FDIC coverage for banks (with coverage limits depending on your state)

The official financial statements and the state guaranty association summary are available through Sons of Norway. Thanks to Jim Adams for researching this.



From left: Christine Tuttle, Sandra Yeaman, Millie Wright, Nancy Madson, Amy Tuchenhagen, Else Ottesen, Maury Lee.

On November 3, 2025, several members of Valhall Lodge met at the House of Norway to learn about the Sons of Norway Foundation from Foundation Director Amy Tuchenhagen. Also attending were District Six Secretary Nancy Madson and International Director and former District Six President Luella Grangaard.



Did you know that one of the benefits of membership in Sons of Norway is the mission-supporting work of the Sons of Norway Foundation for our members, lodges and communities? *What does that look like?*

A scholarship to a member's grandchild to study abroad in Norway for a semester

A grant for a lodge to make an improvement to a lodge building or meeting room

Funding to help children learn to plant, grow and tend a garden, with cooking lessons to enjoy their harvest

A grant to record a Nordic-themed event that can be shared with lodges for future programming

Helping Hands to Members grants to support our members in times of need

All members, all lodges and all districts can participate in the good work of the Foundation all year long. To learn more, visit [sofn.com](http://sofn.com) and click on the Foundation tab.



**From left: Christine Tuttle, Maury Lee, Andy Ueland.  
The person in front with the bald spot is your editor.**



**Judy Sawyer, Luella Grangaard, and  
Amy Tuchenhagen.**



**Luella Grangaard and Steve Rawlinson**

Additional photos can be viewed at

[https://drive.google.com/drive/folders/11EOw32kp86m1aXY\\_NPg-ePvnKKkz8Bol](https://drive.google.com/drive/folders/11EOw32kp86m1aXY_NPg-ePvnKKkz8Bol)

Thanks to Jim Adams for taking these photos.

## Tesla Shareholders Approve Elon Musk's \$1 Trillion Pay Package

More than 75% of the votes cast at the Tesla (TSLA) Annual Meeting were in favor of the pay package for Elon Musk. Among the shareholders voting in favor were Charles Schwab Corporation. Among those opposed were CALPERS and Norges Bank Investment Management. Norges Bank voted on behalf of the Norwegian Sovereign Wealth Fund.

*We would have voted in favor of the pay package if we had owned Tesla stock on the applicable date of record for the annual meeting. Nevertheless, we do not criticize Norges Bank for voting against because they appear to have used reasoning based upon investment principles to reach their decision.*

*We did criticize the sovereign fund management in the October newsletter for divesting Caterpillar (CAT) stock because they did not approve of Caterpillar equipment being sold to Israel for use in Gaza. We believe that managers of OPM (Other Peoples Money) should not apply political beliefs or personal moral values to financial decisions involving OPM. They should be able to justify their decisions based on what they believe will maximize shareholder value. We think they can justify their decision regarding Tesla even though our analysis is different.*

# Valhall Viking

## DECEMBER 2025 - JANUARY 2026

### CALENDAR

- December 13: 2:00 PM Jultrefest Social**
- December 20: LOV Luncheon**
- January 3: 9:00 AM LOV Breakfast Meeting**
- January 10: 2:00 PM Lodge Meeting & Social**
- January 23: February Newsletter Deadline**

### 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 February issue

Deadline for the February Valhall Viking is January 23, 2026

E-Mail articles to Steve Rawlinson at:

[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)