



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 to celebrate our relationship with other Nordic countries.

June-July 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.

Copyright © 2025 Valhall Lodge #6-25, Sons of
Norway
All Rights Reserved

Ord fra presidenten

For us who celebrate Norwegian Constitution Day in Southern California, the weather determines what we wear. If we're lucky it will be cool or even rainy and we can rock the full bunad, high collar and all. I'm pleased to report that the weather cooperated for House of Norway's lawn program and dinner on May 17. Regrettably, the same was not true for our Valhall Lodge dinner on May 10; it was hot, hot, HOT. We were fine though and enjoyed the delightful assortment of finger sandwiches and summer salads, served by our fabulous cooks!

Inspiration for the May social cultural program came from the book I won at the recent Fish Club dinner. In the late 1980s, notable

Please turn to Page 2



Ord fra presidenten *(continued from Page 1)*

Norwegian Thor Heyerdahl decided to retrace his famous voyages across oceans using materials and techniques that early humans used - balsa wood and reeds. A journalist and film crew documented his travels and created a fascinating TV series called The Kon Tiki Man. [Episode 1](#) is on YouTube. Also here's a link to YouTube channel [Highlight History](#) and episode called Thor and the Kon Tiki.

Our June social is changed from the second Saturday to the third Saturday due to the city of La Mesa Flag Day event. Join us summer fun: hot dogs, ice cream, cake and bingo with prizes! Maybe you'll win the Splendid Spoon popular vote with your fabulous homemade cake!

Our lodge takes a break during summer, so we'll welcome you to the next social on September 13. Nancy with District 6 has offered to present a heritage program on Hardanger embroidery.

Here's wishing everyone a great summer! May you find your own epic adventure and come home safely, like Thor.

Hilsen,

Myla

Blood Drive

Save the date:

Saturday, August 9, 2025

Ice Cream Social and Cake Contest

Ice Cream Social
Valhall Lodge, Sons of Norway
Meeting at Masonic Lodge of La Mesa
4731 Date Ave.
La Mesa, CA 91942



Saturday, June 21, 2025

Check-In at 1:30
Dinner served at 2:00
Social only; no meeting



MENU

Hot Dogs and Fixings
Baked Beans, Salads, Chips
Ice Cream Sundaes and Cake for Dessert
Coffee
Soda and Water available with donation
Please feel free to bring your own wine or beer

Cost \$15, Children under 10: \$10

***** PLEASE pre-register by June 18, 2025 *****

**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

Please bring a white elephant item for BINGO prizes if you can.
This is optional.

Do you have a killer recipe? Compete to get the popular vote and win the **Splendid Spoon!!!** Bring a cake big enough for the group to taste and pick their favorite. Samples of the cake will be put into small individual cups.

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

Ice Cream Social in June Rescheduled

The Ice Cream Social has been pushed back one week to **June 21, 2025**. The lodge hall will be in use the week before in connection with the Flag Day Celebration by the City of La Mesa.



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
Gratulerer Med Dagen!



June Birthdays

11 Steve Rawlinson

11 Susan Hawkinson

11 Ellen Spitzer

11 Sara Adams

12 Karen Jurasinski

15 Gavin Renteria

16 Susan Cody

25 Roberta Balstad

26 Mary Hinshaw

29 Kevin Tuckey

July Birthdays

1 Cameron Spitzer

8 Mary Stedham

15 David Kenstad

15 Kari Koskinen

16 LaVonne Coover

21 Thor Emblem

22 Erica Lee

26 Oddvar Høidal

30 Maury Lee

30 Sharmane Estolano

Ragnhild Amble RIP, Dec. 20, 1929 - May 10, 2025

We are sorry to report the passing of Ragnhild Amble. Ragnhild had been a long and faithful member of Sons of Norway and Valhall Lodge, having joined in March 2000. Ragnhild was active in Valhall and Ladies of Valhall. Ragnhild was Valhall's Musician and Co-Musician for several years. She was also Valhall's Secretary for a period of time. Moreover, Ragnhild was a long-time member of Ladies of Valhall and served as LOV President at one time. Ragnhild was an outstanding piano player. She even made beautiful music on an out-of-tune piano that we were forced to use at one meeting.

If you would like to send a sympathy card, below is the address:

In Care of Ragnhild Amble's Family
7018 Rock Manor Drive1
San Diego, CA 92119-2940

Valhall Lodge Meeting Minutes

May 10, 2025

The meeting was called to order at 3:31 by President, Myla Coleman. The national anthems were sung.

New member, Andrew White, was in attendance. He was born in St. Paul, MN, and grew up in Adams, MN. In his youth, his family moved to California, then Seattle, and then to San Diego. His grandparents are from Norway. The board members introduced themselves to our new member. Welcome, Andrew.

Also attending was Valhall member, Karen Jurasinski, who is staying with her sister Susan during her convalescence from knee surgery.

Motion to accept the minutes from the April meeting as printed was carried.

Aprill presented 20-year membership pins to Mary Hinshaw and Sandra Yeaman. Aprill reported that we currently have 133 members in our lodge.

Motion to accept the treasurer's report was carried.

Judy reported that the June ice cream social will be held on the third weekend of June, 6/21, because of the flag day celebration that the Masonic Lodge will be sponsoring on our usual weekend. In June, there will also be a splendid spoon competition with members bringing cake entries for judging. There will also be white elephant bingo at the social.

Steve announced that he will be turning 80 next month and will entertain any and all volunteers to take over as editor and webmaster.

As treasurer of the Valhall Corporation, Steve presented the detailed report on the finances of the Corporation. He reported that expenses are outrunning income, and that in 10 years or so, we will be in financial straits. There is a need to decrease our donations to charities, and to be spending wisely.

Jim thanked the lodge for donations to the Foundation. He also spoke about the many grants that are available to members. Applications for those grants need to be initiated now because the deadline for submission is October 1. In addition, the lodge gets credit from headquarters for tax deductible donations made between October and January.

Good of the Order-The new toilet has been purchased and installed in the ladies restroom at the lodge. The total cost to Valhall was \$192.30 and was installed by a Masonic lodge member who is a plumber.

The charter was draped in memory of, and a moment of silence, for Carmen Cleary, and for Ragnhild Amble who just died this morning.

The next lodge meeting and social will be June 21. The meeting was adjourned at 4:24.

Respectfully submitted,

Susan Cody, Secretary Pro-Tem

Ladies of Valhall Meeting Minutes

May 3, 2025

President Susan called the meeting to order at 9:10 am.

Minutes of April 5 meeting were approved as printed in the newsletter.

Barbie gave the Treasurer's report. Balances intentionally not reported here. Report was approved.

Barbie is back from a "Viking" (of course!) cruise on the Danube. Saw "The iron Gate".

Millie, Sandra, Ellen and Eldbjorg had to miss the meeting. Sandra was to hostess with Myla- but she supplied the items she was assigned/ like strawberries- and Judy stepped in to help with the huge strawberries Romanov we were presented.

We don't meet July and August.

In Sept we will start collecting for Juan's Christmas bonus.

Lille Butikken will be handled by everyone with all trying to contribute something Norwegian themed or Christmas themed. Or something good to eat to sell.

Syttende Mai will be celebrated on May 17 at Balboa Park/ House of Norway - sign up for the dinner as only 100 reservations are available. 2pm Thelma sings the Norwegian National Anthem at flag raising. Dinner is at 4. Check in 3:30.

Susan reviewed pronunciation of Syttende Mai. She related that when she first joined SON, she was mispronouncing the word, and no one corrected her. She also reviewed saying "Gratulerer med dagen"-Congratulations for the day, to those you see on that day.

We sang "Jo mere vi er sammen" to the familiar tune of "Have you ever seen a lassie go this way and that way."

Winners of the lovely IKEA vases with roses, carnations, and pussy willows were Susan, Linda, Barbie, Carrie, Jean, Thelma, and Tam. Thanks Myla and Sandra.

June hostesses will be Thelma and Tam.

Meeting adjourned at 10:17.

Respectfully submitted, Carrie Reichert, Secretary

Valhall Corporation Meeting Minutes

April 28, 2025 (2nd Quarter)

The meeting was held via Zoon and was called to order by President James Adams at 7:00 PM

Present were President James Adams, Vice President Andreas Ueland, Treasurer Steve Rawlinson, Secretary Everett Shogren, Lodge President Myla Coleman and directors Judy Sawyer and Millie Wright.

Old Business:

It was moved, seconded and passed to accept the minutes from the meeting of February 11, 2025

Treasurer Steve Rawlinson will present the annual Corporation report to the membership at the at the May 10, 2025 Lodge meeting. The report will show the the current financial status, keeping the presentation focused and concise

Treasurer's Report

The Treasurer's Report was presented by Treasurer Steve Rawlinson.

Steve presented the Treasurers report, discussing the stock market's performance and the impact of inflation. He also shared a new slide from a recent presentation, emphasizing the consistent upward trend in the stock market over the past 97 years. Steve then presented the budget for the current year, highlighting the inflation factor and the adjustments made to different buckets. He also discussed the financial performance of Bucket 3, which has underperformed. The main action item from the meeting was to address the performance of Bucket 3 and explore ways to improve its return.

Steve discussed the management of fixed income investments, including the use of a cash management account, money market fund, and treasury notes.

The board discussed the potential of managing a limited portion financial investments themselves, rather than relying on a professional manager. However, concerns were raised about the potential risks and liabilities involved. Steve presented a proposal for a new system, but the team decided not to proceed with it. Instead, they agreed to ask the lodge members for their ideas on managing the finances.

Toilet Troubles

Judy will coordinate with Mason representatives to select and purchase a chair-height toilet with round bowl from Home Depot for the women's bathroom before the next social on May 10th The current fixture is too low for many people.

The next Corporation Board meeting was scheduled for October 6, 2025 at 7:00 PM on Zoom. Any lodge member is invited to attend. Contact Steve Rawlinson for details.

The meeting was adjourned at 8:03 PM.

Everett Shogren

Corporation Secretary

*In Recognition
of
Twenty Years of Membership,
Valhall awards a Twenty-Year Pin
to the following
member for her long and faithful
service:*

Twenty Years of Membership

Sandra Yeaman

Congratulations!
Valhall Lodge 6-025 ~ Sons of
Norway

*In Recognition
of
Twenty Years of Membership,
Valhall awards a Twenty-Year Pin
to the following
member for her long and faithful
service:*

Twenty Years of Membership

Mary Hinshaw

Congratulations!
Valhall Lodge 6-025 ~ Sons of
Norway

Erratum

The minutes of April 12, 2025, as reported in the May 2025 newsletter stated that “Anita Keith” responded for getting her 25-year pin. The person who responded was Anita Reith.

The Editor regrets the error.

Volunteer Opportunity

The Editor of this newsletter and Webmaster of our website will turn 80 this month. This would be an appropriate time for a younger person to step up and take over these responsibilities. Please contact the Editor (Steve Rawlinson): editor@lodgeofvalhall.com if you are interested in this opportunity to be a lodge leader.

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**
- **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

Camp Norge News

Registrations are now being accepted for the Summer 2025 sessions of the District Six Language Camps, also known as Trollfjell Folkehøgskule and Camp Trollfjell.

Trollfjell Folkehøgskule is for youth ages 14 to 17 and will run from June 29 through July 12, 2025. Registration deadline is June 15, 2025.

Camp Trollfjell is for children ages 8 to 13 and will run from July 13 through July 26, 2025. Registration deadline is June 15, 2025.

These programs take place at our beautiful Camp Norge in Alta, California (<https://www.campnorge.org/site/>).

You can find more information and register on our website here: <https://sofn6.org/arv/>

Jason Morken & Rebekah Strand
Camp Directors
Sons of Norway District Six Language and Heritage Camps
camp.director@sofn6.org

Valhall Lodge Blood Drive Aug 9, 2025

Valhall Lodge has scheduled a blood drive for Saturday, August 9, 2025.

Camp Oldfjell Sept. 20-23, 2025

Camp Oldfjell 2025 will take place September 20-23, 2025. Details are at <https://sofn6.org/camp-oldfjell/>.

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.

Barb Johnson's Lapskaus Soup

Barb Johnson is a Sons of Norway member of Polar Star Lodge #5-472 in Aurora, IL. She recently won a friendly competition in a soup cook-off at her lodge.

Ingredients:

- 1.5 pounds of chuck roast
- 3/4 pound carrots
- one celery root
- 3/4 cut rutabagas
- 1 small leek
- 1 small onion
- 2 large parsnips
- 3 cups broth
- Salt and pepper
- (Potatoes)

Ed note: Potatoes were not on the list of the supplied recipe, but they are mentioned below.



How to make:

Use boiled or baked meat, fresh, salted or a mixture. Cut meat into even pieces and set aside. Wash and peel carrots, celery root and rutabagas, and dice. In soup pot, bring broth to a boil and add vegetables. Cook 15 minutes. Peel and dice potatoes. Cut leeks lengthwise and wash thoroughly and slice, add peeled sliced onion and potatoes to pot. Cook until almost tender. Add meat and leftover gravy. Salt and pepper to taste. Meat, vegetables and potatoes should be tender but not mushy. Stir while cooking.

Photo credit: <https://www.sofn.com/wp-content/uploads/2022/11/Lapskaus1.jpg>

Noctourism

According to Booking.com, “noctourism” – short for nocturnal tourism – is on the rise. Nocturnal tourism is the concept of planning a holiday around experiences that occur after the sun goes down. Booking.com is so confident in “noctourism” that they predict it will be among 2025’s most sought-after travel experiences. It provides a whole new world of opportunity that the regular tourist likely has not partaken in.

The trend is already evident with the Northern Lights in Norway. Searches for places in Tromsø, Norway, doubled in the months leading up to the end of October 2024, compared with the same timeframe the year prior. People are excited about the chance to see the Northern Lights and are flocking to Norway to make their dreams a reality. Norway is just one example of the gems for noctourism; there are a plethora of places around the world that hold intriguing stories after dark, just waiting to be heard.

See photo on next page.



This photo goes with the Noctourism article on the previous page.

Photo credit:
www.pexels.com

Valhall Viking

JUNE-JULY 2025

CALENDAR

June	7:	9:00 AM	LOV Breakfast Meeting
June	21:	2:00 PM	Ice Cream Social
July	23:	August 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 August issue

Deadline for the August Valhall Viking is July 23, 2025

E-Mail articles to Steve Rawlinson at:

editor@lodgeofvalhall.com