



# 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.

**March 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](mailto:editor@lodgeofvalhall.com)

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January and July.

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## Ord fra presidenten

Tusen takk to all who joined us for our February lodge dinner and meeting. Cupid's Catering delivered another fine dinner and dessert. My mom made a pretty good meatloaf with mashed potatoes and green beans, and I rate this meal as almost as good as hers. Her score is slightly higher due to her crispy bacon and ketchup topping on the meat.

Our visitors arrived at the perfect time, as everyone finished their meals. With the help of parents, 12th grade Girl Scout Jasmine and her troop mates have added younger girls to their troop, paying forward the kindness that others had shown them when they started. Thank you to the lodge members who purchased cookies and asked thoughtful questions for the girls to practice their public speaking.

Please turn to Page 2



Ord fra presidenten (*continued from Page 1*)

The technology foiled us again as Susan and I struggled to sync my Joik Power Point document to our projectors. I was able to sync my phone with the lodge's Bluetooth speaker so we listened to two joik artists, Mari Boine and Jon Henrik Fjallgren. Steve has posted the link to the presentation on the [CULTURE](#) page of our website. It only has a few pages, but I think it is a good outline of this musical style that began as part of religious ceremonies and is now often blended with modern styles like jazz and rock. If you have the Pandora app I recommend Jon Henrik's station. A keyboard piano is the accompaniment for his songs, so the other featured artists are piano players with the same wistful, romantic sound.

Sandra, Else, Peter and I attended a magical evening of Scandinavian music performed by the [Cabrillo Chamber Orchestra](#) and Swedish soprano Emma Berggren. Included in the program were the obligatory selections from Grieg's Peer Gynt and composers who, like him, found inspiration from local folk music. Emma shared that one of the pieces is a traditional song that she learned growing up in the forest of central Sweden.

I think it's appropriate for me to close this message with words from our Sons of Norway closing ceremony. May peace and harmony prevail within our lodge.

MVH,  
Myla Coleman  
President, Valhall Lodge #6-25



**From left: Lodge President Myla Coleman, Girl Scout Charlie, and Girl Scout Jasmine**

# Anniversary Salmon Dinner

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

**Saturday, March 8, 2025**

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

## MENU

**Fish Soup**  
**Salmon or Meat Balls**  
**Potatoes, Veggie, Cucumber Salad**  
**Bread, Butter, Coffee**  
**Dessert following the meeting**  
**Soda and Water available with donation**  
**Please feel free to bring your own wine or beer**

**Cost \$20, Children under 10: \$10**

**\*\*\* PLEASE pre-register by **March 3, 2025** \*\*\***

**When making a Reservation, please include  
number of adults and number of children,  
and also state whether you want salmon or meatballs.**

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

## Valhall Lodge, Sons of Norway 2025 Social Calendar

<b>JANUARY</b>	<b>11</b>	<b>DINNER - Officer Installation</b>
<b>FEBRUARY</b>	<b>8</b>	<b>CATERED DINNER</b>
<b>MARCH</b>	<b>8</b>	<b>SALMON DINNER</b>
<b>APRIL</b>	<b>12</b>	<b>CATERED SPRING DINNER</b>
<b>MAY</b>	<b>10</b>	<b>SYTTENDE MAI DINNER</b> <b>Open-faced sandwiches</b>
<b>JUNE</b>	<b>14</b>	<b>ICE CREAM SOCIAL</b> <b>Hot dogs &amp; Bingo</b>
<b>JULY/AUGUST</b>		<b>(NO MEETINGS)</b>
<b>SEPTEMBER</b>	<b>13</b>	<b>CATERED HERITAGE</b>
<b>OCTOBER</b>		<b>(KRETSSTEVNE MONTH)</b>
<b>NOVEMBER</b>	<b>8</b>	<b>LUTEFISK &amp; MEATBALLS</b> <b>LILLE BUTIKKEN</b>
<b>DECEMBER</b>	<b>13</b>	<b>JULTREFEST — POT LUCK</b>




# 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  
Grøtulerer Med Dagen!



### March Birthdays

- 2 Hannah Stedham
- 8 Jenna Hausvik
- 19 Lou Coover

## Blood Drive

Save the date:  
**Saturday, August 9, 2025**

More details will be publicized as they become available.



These photos were taken at the Social on February 8, 2025.



# Valhall Lodge Meeting Minutes

## February 8, 2025

Myla called the meeting to order at 3:20 pm after a catered dinner of Norwegian winter comfort food/ Meatloaf, and a presentation and sale of Girl Scout cookies.

Lou and LaVonne Coover got their Golden Membership pins.

Meeting minutes of the January minutes were accepted.

The Treasurer's report was read and presented and passed. Not detailed here on purpose.

The 2025 Budget was passed out and debated. It was accepted and passed after a long discussion of various lines in the proposed budget.

We will have two more catered dinners in 2025. (Saving strain in our cooking/ serving staff.)

We will co-ordinate with House of Norway celebrations of the 200th anniversary of " The Crossings " and the 90th anniversary of the founding of the House of Norway ( 1935- just five years before Hitler invaded Norway.)

The directory will be printed and mailed to members.

Jim Adams had requested a campership for his grandson. There is a form online to request that.

The District is putting on seminars. The District president has been ill.

In April there is a celebration at Cal Lutheran University.

Sunshine committee: Millie Wright sent get well cards to various members. If you know of someone who needs a card, let Millie know.

A ten year pin was presented to Myla Coleman.

Crafting in the park led by Sandra Yeaman is Monday at 1:30. ( Alternate Mondays)

Next meeting March 8. Business Meeting adjourned at 4:15.

For the cultural presentation for the meeting-

Joik music was a played by Myla who researched it and played examples of this Sami music. It sounds a lot like Native American music with drums and rhythm, and the words are hissing sounds.

Respectfully submitted,

Carrie Lail Reichert, Secretary, Valhall Lodge #6-25

# Valhall SON Corporation Meeting Minutes

## February 11, 2025

Meeting called to order on Zoom at 7:16 PM by President Jim Adams. Attending were President Jim Adams, Treasurer Steve Rawlinson, and Directors Myla Coleman, Judy Sawyer, and Millie Wright. Absent were Vice President Andy Ueland and Secretary Everett Shogren.

Steve presented the Treasurer's Report. He expressed the opinion that Don Lesney money in the Lodge needs to be directed toward keeping the Lodge operations funded for as long as possible. He expressed the opinion that once the Lodge runs out of money, the Corporation will have to step in and fund Lodge operations. He did not believe that this arrangement would be sustained beyond the end of the current century. He advised against charitable contributions beyond \$1K for the SON Foundation and Camp Norge. A motion was made to budget \$1,000 for contributions to the SON Foundation and Camp Norge with the manner of dividing between the charities to be decided by the Lodge. The motion was seconded and passed unanimously.

Steve displayed a chart that showed that the S&P 500 index had gotten ahead of GDP and that a correction is likely to happen at any time in the near future. He also displayed a chart showing inflation accelerating after World War II. The latter chart indicated that inflation has become a permanent feature of our economy.

Steve reviewed the 4th Quarter 2024 financial report. He then presented a proposed 10-year budget. He assumed that inflation would be 4% in the current year and then go up to 5% for a couple of years and then gradually drop to 2%. Myla was concerned that current government policy would be more inflationary than that and a consensus was reached for 5% in the current year and 6% in each year thereafter. The budget was adjusted accordingly. The revised budget showed a need to transfer \$47,000 from Bucket 3 to Bucket 2. Steve moved to make the transfer. Myla seconded. Motion passed unanimously.

Steve moved to close the bank checking account and write checks against the Bucket 2 brokerage account. Motion was seconded and passed unanimously.

Jim expressed a concern that the portfolio was not generating an optimal return. Steve claimed that the advisory fee impaired performance. Steve has followed an ETF that invests aggressively but advised against switching to it at the current time because the market is due for a correction. Jim suggested a diverse collection of mutual funds and ETFs that the board selects without having to pay a management fee. Steve said such a procedure would have to be well documented to be suitable for the Corporation. This idea was put under investigation.

The next meeting was not scheduled.

Meeting was adjourned at 8:14 PM.

Respectfully submitted,  
Steve Rawlinson, Treasurer, Valhall Corporation



# Ladies of Valhall Meeting Minutes

## February 1, 2025

The meeting was called to order at 9:11 by President, Susan Cody.

There was one visitor present, Sylvia Lang, who saw the LOV plaque in the lobby of the restaurant and decided to pay us a visit. She was previously a Sons of Norway member, she is distantly related to Tam, and she is from the same hometown as Sandra, who knew a lot of the same people as Sylvia. We were so happy to have her there and talk about her experiences.

The minutes of the January meeting were approved as printed in the Valhall Viking.

The Treasurer's report was approved.

Sunshine committee: Thinking-of-you cards were sent to Tam and Ellen. She also called Millie. Anita Reith sent a card to the LOV ladies.

### **Old Business:**

Carrie has volunteered to be our new Secretary, replacing Solveig who has stepped down.

### **Good of the Order:**

Sandra spoke about working on a bunad at House of Norway during the Monday craft sessions, we told Sylvia about the upcoming lodge dinner, Barbie displayed a book that she printed about her latest trip from Bergen to Montreal, Anne spoke about last summer's trip to Norway and how everyone caught so much fish that there was no more space to store/freeze it.

Happy Birthday was sung to Anne, Happy Anniversary to Thelma.

Winners of the drawing were: Solveig, Thelma, Sue, Jean, Myla, Tam, Barbie, Else, and Susan.

Our next meeting will be March 1. The meeting was adjourned at 10:32.

Respectfully submitted,

Susan Cody, President, LOV



Lodge President Myla Coleman (R) receives 10-Year Pin from District Six Zone 6 Director and Lodge Counselor Maury Lee (L).

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

Ten Years of Membership

*Myla Coleman*

Congratulations!  
Valhall Lodge 6-025 ~ Sons of  
Norway



**From left: Membership Secretary Aprell Bigler, President Myla Coleman, Lou Coover, LaVonne Coover.**

**With Aprell looking on, Myla presents Golden Membership Awards to Lou and LaVonne Coover.**

In Recognition  
of  
Golden Membership  
Sons of Norway awards a Certificate of  
Appreciation and pin to the following members for  
their long and faithful service:

**Golden Membership**

Almon L Coover  
LaVonne H Coover

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

In Recognition  
of  
Forty Years of Membership,  
Sons of Norway awards a Certificate of  
Appreciation and Pin  
to the following member for her long and faithful  
service:

**Forty Years of Membership**

Mary B Stedham

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

In Recognition  
of  
Twenty-Five Years of Membership,  
Sons of Norway awards a Certificate of  
Appreciation and pin  
to the following member for her long and faithful  
service:

**Twenty-Five Years of Membership**

Ragnhild Amble

Congratulations!  
Valhall Lodge 6-025 ~ Sons of Norway

In Recognition  
of  
Twenty-Five Years of Membership,  
Sons of Norway awards a Certificate of  
Appreciation and pin  
to the following member for her long and faithful  
service:

**Twenty-Five Years of Membership**

Anita O Reith

Congratulations!  
Valhall Lodge 6-025 ~ Sons of Norway

In Recognition  
of  
Twenty-Five Years of Membership,  
Sons of Norway awards a Certificate of  
Appreciation and pin  
to the following member for his long and faithful  
service:

**Twenty-Five Years of Membership**

William L Stedham

Congratulations!  
Valhall Lodge 6-025 ~ Sons of Norway



# 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.

Camp Trollfjell is for children ages 8 to 13 and will run from July 13 through July 26, 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](mailto:camp.director@sofn6.org)

## Half Camperships

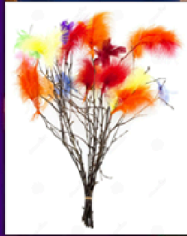
The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. There are a limited amount of camperships. Do not assume that your child will automatically receive one. Also the child must be a heritage or family member of Sons of Norway. The amount of the half camperships is half of the registration cost. The application form is available on the District Six Website. All applications must be received by May 1, 2025. Please send the applications to District Six Campership Committee c/o Lis Barca, 403 Decanter Circle, Windsor, CA 65492-6664 or e-mail, [president@sofn6.org](mailto:president@sofn6.org).

**It is time to sign up for 2025 camp!!!**



# FAMILY FUN FASTELAVN WEEKEND

**Children's crafts!**



661 Pan American Rd. West, Balboa Park

**SATURDAY & SUNDAY**

**MARCH 1st & 2nd**

**11:00am - 4:00pm**

Join us to celebrate Fastelavn!  
We'll be following Norwegian  
tradition by decorating birch  
branches as a sign of spring.  
*Children welcome!*

**AS  
ALWAYS**  
*Waffles will be served!*

**LOCATION**   
THE HOUSE OF NORWAY

For More Information  
[www.HouseOfNorway.org](http://www.HouseOfNorway.org) 

## Norwegian Potato Stew (Lapskaus)

Serves 6

15 minutes prep time

30 minutes cook time

### Ingredients:

2 turnips, peeled and chopped

3 lbs. russet potatoes,

peeled and chopped

2 carrots, peeled and chopped

1 stalk celery, chopped

1 onion, diced

8 oz. ham steak, cubed

2 Tbsp. salted butter

1 quart chicken broth

2 bay leaves

1 Tbsp. fresh parsley, minced

Kosher salt and freshly

cracked black pepper, to taste



Photo Credit: Dom Ruane, 12tomatoes.com

### Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.
2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.
3. Enjoy!

Source: <https://12tomatoes.com/norwegian-potato-stew/>

## How Oslo Got Its Name

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.

## Norwegian Ceramics Honored in Brussels

A January art and design event Ceramic Brussels in Belgium recently showcased the work of Norwegian ceramic artists. The multi-day event is the first international modern art fair to focus on ceramics, and included over 60 galleries, museums and ceramic artists.

ceramic  
brussels

Oslo nonprofit Norwegian Crafts was on-site to promote contemporary Norwegian ceramic works and innovation brought to the world by Norwegian artists. In tandem with Ceramic Brussels, they curated five Norwegian galleries to highlight: RAM Galleri, QB Gallery, KIOSKEN, Format, and SKOG Art Space.

This year's expo was the first to focus on a single country, offering a look at the Norwegian ceramic scene in a cultural dialog with artists from other countries. Rounding out the exhibition were collections out of art and design galleries from Belgium, Denmark and the US. Norwegian Crafts' presence at Ceramic Brussels portrays a vibrant spectrum of modern and traditional ceramics through "works of prominent and emerging Norwegian artists," as mentioned by the organizers.

**Source:**

<https://www.stirpad.com/news/stir-news/norwegian-crafts-honours-nordic-ceramic-artistry-at-ceramic-brussels-second-edition>

**Article photo:**

[https://www.brussels.be/sites/default/files/styles/agenda\\_detail\\_image/public/agendaimages/ceramic\\_2.jpg?itok=5iu7A\\_dZ](https://www.brussels.be/sites/default/files/styles/agenda_detail_image/public/agendaimages/ceramic_2.jpg?itok=5iu7A_dZ)



# Valhall Viking

## MARCH 2025

### CALENDAR

- March 1: 9:00 AM LOV Breakfast Meeting**
- March 8: 2:00 PM Meeting & Social**
- March 23: April 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 April issue

Deadline for the April Valhall Viking is March 23, 2025

E-Mail articles to Steve Rawlinson at:

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