



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.

May 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

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January and July.

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Ord fra presidenten

At my house, I know it's Spring when the hubby is in gardening mode, planting sunflower seeds and seedling tomatoes, zucchini and basil. It's the hopeful start to a new season of growth, despite the challenges of pesky rats and insects who also enjoy the garden's bounty. Our dogs aren't helpful either, nibbling on tender leaves and laying on the soft, moist planting beds, crushing the soil and plants.

We had some mind-bending fun at the March social, celebrating like Norwegians do at Easter, reading crime stories and trying to solve mysteries. One Minute Mysteries are very short puzzle scenarios, fun to figure out using the twenty-question method. Here's one: There is a pipe, a carrot and a pile of pebbles in the middle

Please turn to Page 2



Ord fra presidenten *(continued from Page 1)*

of a field. Why? *See the answer at the farther down on this page.

District 6 Secretary Nancy Madsen was our special surprise guest, and enjoyed the ham dinner provided by Cupid's Catering. Tusen takk, Nancy, for making the drive from Palm Desert and for speaking about Camp Norge, the district's beautiful property in Alta, CA. After our meeting she went to the fabulous Fess and Friends accordion ensemble concert in Point Loma. I'm sorry to have missed it.

Thanks to board members for thoughtful input on adding member year pins to commemorate milestones. I also want to thank Aprell for keeping track of member records so that we can have a nice way to say thanks to those who continue year after year. She also coordinates with Steve to generate rosters of current members' information and emails reminders, link to the newsletter, etc. She has served the lodge as our Financial Secretary since forever! Is there a pin for that?

May will be a full month, as Norwegian groups celebrate Syttende mai! I look forward to seeing many lodge members and others at the multitude of events. Have you polished your solje, yet?

Gratulerer med dagen,

Myla

*It's the remains of a melted snowman.

Erratum

In last month's Ord, there was commentary about the Villa Montezuma and a link was provided that was intended to show a tour of the Villa. However, the link turned out to lead to a tour of the Whaley House. That was an error.

The correct link for Villa Montezuma is <https://youtu.be/-E-xL2kzvyQ>. This tour is accompanied by beautiful music, and the Villa is indeed glorious to look at. Stay tuned to the end to get the answer to the most frequently asked question about the Villa. 😊

Syttende Mai Dinner

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

Saturday, May 10, 2025

**Check-In at 1:30
Dinner served at 2:00
Meeting to follow (Valhall Lodge members only)**

MENU

**Open Face Sandwiches
Smoked Salmon, Roast Beef, Shrimp
Hard Boiled Eggs, Cucumber Salad
Fruit, Potato Salad
Bløtkake (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 May 6, 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**

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

jdonovaninsure@gmail.com



Happy Birthday
Gratulerer Med Dagen!



May Birthdays

4	Dale Roybal
13	Debra Hausvik
15	Cynthia May
16	William Stedham
20	Kay Wergedal
23	Fay Lorraine Suelzt
25	Mary Conklin
25	Jon Simonsen
25	Amy Minicilli

Blood Drive

Save the date:

Saturday, August 9, 2025

More details will be publicized as they become available.

Carmen Cleary RIP, Nov. 12, 1935 - April 5, 2025

We are sorry to report the passing of Carmen C. Cleary. Valhall received notification from Carmen's stepdaughter that she passed away on April 5, 2025. Carmen was a long and faithful of Sons of Norway and Valhall Lodge having joined in November 1998. She was 89 years old. Carmen was our Rosemaling instructor for years and she always had cultural activities relating to Rosemaling. She was also a long-time member of Ladies of Valhall. Our heartfelt and deepest sympathy to her family and friends.

If you would like to send a sympathy card, please send to Carmen's Stepdaughter, Sigurd.

In Care of Sigurd
855 Waterloo Ave,
El Cajon, CA 92019-3402

Valhall Lodge Meeting Minutes

April 12, 2025

After a catered Easter dinner by Cupid's Caterers of Ham, scalloped potatoes, salad, ambrosia (w pineapple upside down cake to follow the business meeting) the meeting of SON 6-25 was called to order by President Myla Coleman at 3:10 pm on April 12, 2025.

Present was Nancy Madson of Palm Desert, District 6 Secretary.

Due to a conflict with the building we will change the date of the June meeting to: JUNE 21, 3rd SATURDAY for that month only. All were in favor of it. It will be an ice cream social.

The HON event will be on the actual Saturday May 17- from parade, flag raising, lawn program and early dinner at the Hall of Nations \$40. Reservations required for the dinner/only 100 spots.

Anita Keith responded for getting her 25 year pin. Monica Johnsen reinstated her membership. We currently have 138 members. March minutes were approved.

Jackie Adams (wife of Jim Adams, also of the Fish Club) is requesting cards to be sent to her mother for her 100th birthday July 25. She is hoping for 100 Cards for her 100th. Let's get behind this and support Jacqueline and find cards to shower her mother up to this day. Send

To: Grace Cooper
C/o Redmond Heights Assisted
Living
7950 Willow Rd NE
Redmond, WA 98052

Hoping for 100 cards by her 100th birthday.

District Six Secretary Nancy Madson presented info on Camp Norge about the lodges and the camping facilities. Become a Century Club member for a mere \$100 and half goes to Camp Norge. At the District Convention there is a Folk Art exhibition- so get your Hardanger and Rosemaling ready for display.

The foundation gave out 25 scholarships totaling \$30,000.

We need more SON cards printed for the HON.

April birthdays included Ari Klusmeyer, Andy Ueland, and Lillian Jansen. For anniversaries we had Lou and LaVonne Coover- 61 years.

Myla did some fun, humorous " minute mysteries" for each table to do before dessert of catered pineapple upside down cake.

Myla called the business meeting to a close at 3:30. The goal is to have shorter business meetings. The Treasurer's report is not detailed here on purpose.

Respectfully submitted, Carrie Reichert, Secretary

Ladies of Valhall Meeting Minutes

April 5, 2025

LOV Vice President Judy Sawyer called the meeting to order at 9:09 am. Guest was Elborg's daughter Brit Montelbano.

Minutes printed in the April Valhall Viking were approved as published.

Barbie presented the treasurer's report, but the balances are not reported here by design.

We passed the audit. We donated \$250 to Vesterheim museum (yearly donation).

Sunshine committee sent cards to Sandra (for her husband Alex), Ragnhild (who would appreciate calls from members), and Susan (surgery on her knee).

Milly and Else were the hostesses and made the favors. The succulent favors were won by Myla, Sue, Carrie, Barbie, Ellen and Eldbjorg.

Sandra and Myla will do May.

Judy adjourned the meeting at 10:32.

Myla and Barbie won big giant head planters at the April LOV meeting. Myla says that they were amused. On the right is a photo of Myla with her head planter.



Valhall Lodge Board Meeting Minutes

April 17, 2025 (2nd Quarter)

Brief Board Meeting Minutes- quorum present of Steve Rawlinson (meeting organizer for Zoom), Carrie Reichert, Jon Simonsen, Sue Hawkinson, Jim Adams, Andy Ueland, Myla Coleman, Aprell Bigler, Judy Sawyer, Millie Wright.

Meeting got started at 7:15 with Judy not present at the beginning.

We discussed the recent earthquake.

First item was a request by Judy that the toilet in the Lodge's Ladies' bathroom be replaced by a high boy one. We have \$500 in the budget for "equipment" so the cost of the toilet can be taken from that budget line. Judy checked and at Home Depot the item is under \$300. Steve proposed we buy it and have the Masons install it. Ultimately this was proposed and passed. Judy will coordinate and meet delivery people at Home Depot or at the Lodge for access.

Equipment purchase also included possibility of a new coffee pot but the current Kuerig system of individual cups will be retained for the Lodge meetings.

There is also a coffee maker in the shed.

Board Meeting minutes of Jan 6 were approved and passed.

Aprell reported we have 138 active paid members - who join through the national Sons of Norway and get reported to us via their zip code.

Millie gave the Treasurer's report- balances not listed here. SD Credit Union is merging w Cal Coast so the new name will be the more far ranging " Cal Coast Credit Union."

Millie to send a check for the remaining payment for Christmas backdrops to Kimberly.

Foundation/ Corporation news: time is now to apply for scholarships to the camps.

Cupid's will cater again in September. In June there will be a "Splendid Spoon" Cake / Scandinavian dessert social.

Nancy Madsen, District 6, is available to present a program on Hardanger embroidery if we engage her.

The Century Club donates to Camp Norge.

The Auditor's Report was sent to the District by March 15. It goes to HQ of Sons of Norway in MN and Myla has to sign D-17 form online.

We had a discussion about adding a 5 year pin and a 20 year pin - we already have 10 year pins and 25 year pins. We voted yes to adding 5 and 20 year pins (Steve opposed). These are seen as incentives to new members, as bridges to the ten and 25 year pins.

Myla will order more business cards to have for the HON for visitors to pick up. Aprell will order more Norway placemats before the next social event.

Meeting was ended at 8:16.

Respectfully submitted, Carrie Reichert, Secretary



Join us to Celebrate Norway's Constitution Day! Saturday, 17. Mai 2025



***Meet behind the Cottage at 1:45p to join the parade!**
***Flag raising at 2p then our annual lawn program**



**661 Pan American Road West
International Cottages, Balboa Park**

Dinner Follows at 4p at The Hall of Nations



2191 Pan American Rd. West

You MUST R.S.V.P by 5/10

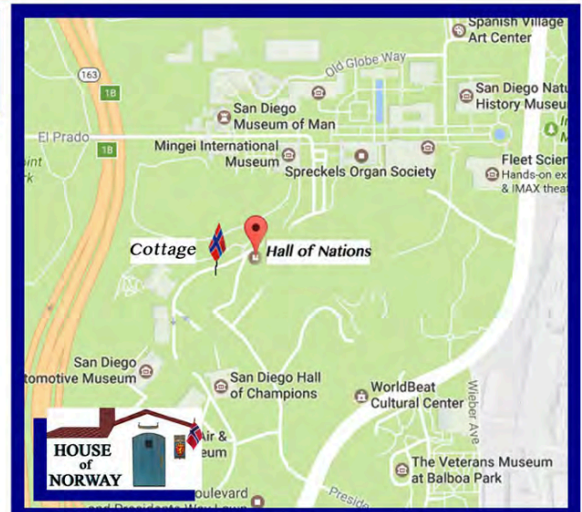
****The Hall is limited to 100 guests ****
Reserve your seat now-

\$40 for Adults (12 and over)

(For credit/debit card payment)

<https://www.houseofnorway.org/form/m/326750>

To pay thru Venmo go to: [houseofnorway.org](https://www.houseofnorway.org)



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. More information will be provided when it becomes available.

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.

Memorial Day at Camp Norge will be May 24-26, 2025.

NEW THIS YEAR!

We are excited to announce that we now offer online booking!

Book your stay - <https://www.campnorge.org/site/reservations/>

Book you meals - <https://www.campnorge.org/site/memorial-day/>

We are also excited to announce a special event that will take place during Memorial Day Weekend - **Camp Trollfjell Reunion!** Camp Trollfjell has over a 60 year history, any campers who have ever participated in Camp Trollfjell or Folkehogskule are welcome to attend this special celebration commemorating the 10-year anniversary of Folkehogskule! A Camp Reunion event will be held from 4-6pm on Saturday, May 24th. Reunion attendees are welcome to stay the whole weekend. All ages welcome!

[Click here](#) for Memorial Weekend flyer.

[Click here](#) for Camp Trollfjell Reunion flyer.

Sosekjøtt & Spring Mashed Potatoes

As winter fades into spring, temperatures start to rise, and outdoor activity increases, try this delicious, hearty dish that is sure to fill you up.

Recipe source: <https://northwildkitchen.com/sosekjott-spring-mashed-potatoes/>

(Serves 4-6)

Ingredients

For the Sosekjøtt:

- 2.2 pounds (1 kg) chuck steak or shoulder steak (hørygg/bog)
- 3 Tbsp. butter, for frying
- 1 large onion, cut into thin wedges
- 6 Tbsp. butter
- 5 Tbsp. flour
- 4 cups (1 liter) beef stock
- 1 bay leaf
- Salt and pepper

For the Spring Mashed Potatoes:

- 1 1/2 pounds (about 700 g) starchy potatoes, peeled and cut in half
- 3 Tbsp. lightly salted butter
- 1 cup (240 ml) milk
- Salt and pepper, to taste
- 1 cup (150 g) green peas
- 1 bunch dill, chopped
- 2 spring onions, chopped

Directions:

To make the stew, start by cutting the meat into large chunks, about 1 1/2 inches (4 cm). Season well with salt and pepper.

In a large, heavy-bottomed pot or dutch oven, heat 1 tablespoon of butter over medium-high heat, until hot and bubbling. Brown the meat in 3 batches (to avoid overcrowding), turning with tongs, for about 3-5 minutes per batch; add one tablespoon more butter with each batch (adding more if necessary). Transfer the meat to a large plate and set aside.

In the same pot, add the 6 tablespoons of butter and melt over medium-high heat. Add in the flour, whisking to combine. Cook for about 5 minutes or until the mixture has turned dark brown, whisking often to ensure it doesn't begin to burn. The darker the color, the darker the stew will be. Slowly pour in the beef stock, whisking until blended.

Add in the browned meat, onion wedges, and bay leaf. Bring to a simmer. Lower the heat and cover with a lid, cooking for 2 hours until the meat is tender. Remove the lid, return the stew to a gentle simmer, and cook for 30 minutes more until thickened slightly. Remove from the heat.

While the stew is cooking for the remaining 30 minutes, prepare the spring mashed potatoes. In a large pot, cover the potatoes with cold salted water and bring to a boil. Lower the heat and simmer for 15 minutes or until the potatoes are barely tender when pierced with a knife. Drain the potatoes and return them to the pot. Add the 3 tablespoons butter, along with the milk, and mash until creamy. Season with salt and pepper. Gently stir in the green peas, dill, and spring onions.

Serve the spring mashed potatoes immediately with the warm sosekjøtt.

Photo credit: North Wild Kitchen



Syttende Mai

Syttende Mai, Norway's national holiday, is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. If there isn't a parade in your town, there are plenty of ways to have your own 17th of May celebration. Here are some elements that make for a festive get-together:

Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your party food, or if that's not possible, decorate with flag toothpicks and buy red, white and blue napkins.

Attire

Typical dress for all ages is a [*bunad*](#), or national folk costume, but don't stress if you don't have one; people without costumes can dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, [*Ja, Vi Elsker Dette Landet*](#) is a favorite, along with [*Norge I Rødt, Hvitt og Blått*](#). Look on YouTube for playlists of Norwegian music, traditional or modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is congratulating one another on Norway's independence, expressed by saying "Gratulerer med dagen!" (Congratulations today!) or "Hurra for Syttende Mai!" (Hooray for the 17th of May!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some people will buy food along the parade route, or eat at home.

Brunch before the parade is popular, with a cold buffet that may include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day there will be coffee and *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kranssekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. The beauty of the *koldtbord* (smorgasbord) is that everything can be made in advance, regardless of the time of day. Combine any of your favorite Norwegian foods and encourage your guests to try new things!

Activities

If there's no parade for you to walk in, at some point, get outside or at least get moving. Once you've stuffed yourself on party food, go for a hike, play lawn games, or dance! Hurra for Syttende Mai!

Valhall Viking

MAY 2025

CALENDAR

May	3:	9:00 AM	LOV Breakfast Meeting
May	10:	2:00 PM	Meeting & Social
May	23:	June-July 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
June-July issue

Deadline for the
June-July Valhall Viking
is May 23, 2025

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com