



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.

November 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

As I write this message I'm packing for the upcoming Kretsstevne weekend with Sons of Norway members from Southern California. We'll have warm weather, fine food and lots of fun. The current count is 30 or so participants for Saturday and 16 for the whole weekend. Thanks to Nancy for organizing the event with her usual efficiency and kindness.

I look forward to seeing many members and guests at the lodge's upcoming November 8 Lutefisk and Meatball dinner. Judy and crew will serve another great meal, I'm sure. The Ladies of Valhall will sell baked goods and Scandinavian items at the annual Lille Butikken. Come early for the best selection!

Congratulations to our District 6 Foundation Director Jim Adams for his energy and skills in support of the

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

Foundation's mission to preserve Norwegian culture and support education and humanitarian efforts.. I hope many will join us on Nov 3 for an evening with Sons of Norway Foundation Director Amy Tuchenhagen.

We have a few business items to discuss at the Lodge Meeting. Terms for Corporation members Jim Adams and Andy Ueland are expiring. While they are willing to continue for another three year term, we invite any lodge members who are interested to serve in apprenticeship capacity with the ultimate goal of taking a term as Corporation officer at a later date.

My mom was half Norwegian (her father) and half Swedish (her mom). Recently I was curious to learn more about my Swedish family's area of origin. Ånge is in the geographic center of Sweden where North/South and East/West railroads meet. The town's website promotes employment opportunities in a welcoming and environmentally friendly community. Another draw to the area is St. Olav's pilgrimage trail that stretches from Sundsvall on the coast to Trondheim and Nidaros Cathedral in Norway <https://stolavsleden.com> I doubt that my husband would want to move there but a visit would be nice.

Med vennlig hilsen,
Myla Coleman
President, Valhall Lodge #6-25

Crossings and Connections Videos

NAHA is making available to us videos from the conference commemorating 200 years of Norwegian Migration. This conference took place last June at St. Olaf College. It featured historic site tours, film screenings, musical performances and insightful public talks. Watch the videos here: [Crossings and Connections](#)

Lutefisk and Meatballs Dinner

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

Saturday, November 8, 2025

**Check-In at 1:30
Dinner served at 2:00
Meeting to follow
Dessert after the meeting**

MENU

**Choice of Lutefisk or Meatballs (or 50-50)
Potatoes, Veggies, Bread, Coffee, Dessert
Soda & Water available with donation
Please feel free to bring your own wine or beer**

**Cost \$20 if pre-registered by Oct. 28, 2025
*** PLEASE pre-register by *Oct. 28, 2025* *****

**When making a reservation, please include
number of adults and number of children.
Also include whether you are having lutefisk
or meatballs or half & half.**

**Lutefisk take home packages are available
Cost is \$20 for 1³/₄ lb
Please pre-order by Oct. 28, 2025**

**Email reservations to [Judy Sawyer](#)
or call her at (619) 993-9113**

Valhall Lodge, Sons of Norway 2026 Social Calendar

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



November Birthdays

| | |
|----|------------------|
| 7 | Millie Wright |
| 15 | Sandra Yeaman |
| 15 | Rebecca Bourdage |
| 15 | Frank Burstrom |
| 21 | Audun Davik |
| 23 | Matthew McMillan |
| 27 | Laura Wendling |

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

Valhall Corporation Board Meeting Minutes

October 6, 2025

The meeting was called to order on Zoom at 7:16 PM by President Jim Adams. Present were Vice President Andy Ueland, Treasurer Steve Rawlinson, and Directors Myla Coleman, Judy Sawyer, and Millie Wright. There were no absences.

It was moved, seconded and passed to accept minutes of the last Corporation report as printed in the Newsletter.

Steve presented the Treasurer's Report.

Over the past few months, the Lodge has had a strong return on our investments, bettering most of the relevant financial indexes. No significant changes in investment policy are planned at this time.

An increase in expenses is anticipated for the next Convention

Steve has closed the bank checking account as we can write our checks directly against the Bucket 2 brokerage account.

The Treasurer's report was accepted as presented.

The next Corporation Board meeting was tentatively scheduled for 7:00 PM online on February 9, 2026.

Meeting was adjourned at 7:41 PM.

Respectfully submitted, Everett Shogren, Secretary, Valhall Corporation

Valhall Lodge Board Meeting Minutes

October 13, 2025

Steve set up the Zoom invitation and present were Steve, Carrie, Maury, Jim Adams, Sue Hawkinson, Judy and Myla. Eight members were designated a quorum. Seven were present.

Myla called the board meeting to order at 7:07 pm.

The last board meeting minutes were published in the May newsletter. They were approved and accepted.

The new raised toilet paid for at the last meeting was installed at the Masonic Lodge meeting place ladies' bathroom.

A meeting with Amy Olson Tuchenhagen, Director of the Sons of Norway Foundation, will be at the HON on Monday, Nov 3 at 6:00. Refreshments will be provided by the Ladies of Valhall with Judy Sawyer looking into waffles with red jam, and possibly Norwegian cheese. The meeting will be questions and answers with the community and fellowship.

Nancy Madson will be at the Kretsstevne. Myla and Sandra have a room at the Hampton Inn nearby to campground. About 20 have signed up so far.

The Corporation Met Oct 6, approved the minutes and reported a 7.2% return on investment- in line with the S&P 500 ROI. Checks from the foundation to Camp Norge and The Foundation have cleared. Foundation Director Amy acknowledged the check in a very timely manner.

President and Vice President of the Corporation - James Adams and Andy Ueland are willing to serve another year as directors of the Corporation. Others may volunteer to run- we will vote on directors at the next lodge meeting.

We discussed program ideal for the cultural segment of the next meeting.

Ideas were: Viking Ship Museum, the new Munch Museum, the ship Restauration, Ancient Ships of the Vikings- a Frank Steensnæs presentation. We can show videos from You Tube on equipment SON owns. Helen Davis told Maury she could present on Sami culture. Additional ideas were: The new Combined Ship Museum, the Outdoor Folk Museum in Oslo, and Stabbur designs and uses.

Viking music was presented in Leif Ericson Day. Thelma sang the Norwegian Anthem at flag raising. The Viking Festival used 7 of the WW cases of lefse that HON ordered. Packs were sold also for \$10 for a pack of 6. HON paid \$118 per case. A case has 24 packs of 6 in a pack.

Various items discussed at the meeting-Gjetost is available often at Frasier Farms. Also at Venissimo in North Park (in the past).

RC Allen went to see the Restauration Landing.

The Fish Club: Dinner will be ribs and cakes (not fish!)

April can send out an RSVP about the HON meeting with Amy Tuchenhagen.

Meeting closed at 7:57-our thanks to Myla and Steve.

Respectfully Submitted, Carrie Reichert, Secretary

Ladies of Valhall Meeting Minutes

October 4, 2025

The meeting was called to order by President Susan Cody at 9:05.

The minutes were approved as printed in the October Valhall newsletter.

The treasurer's report was approved as presented.

Sunshine report: Eldbjorg sent a birthday card to Helen Johnson, a get well card to Solveig and Linda, and a sympathy card to Helen Johnson's family after her death.

Lille Butikken: sign-up sheets were passed for duties at the Lille Butikken for setup, tasks, and provision of baked goods. Please have any items for donation at the hall at 11am for pricing and display.

Christmas luncheon: Judy presented the menu for the luncheon. She made a motion that the members pay \$25 and LOV will subsidize the remaining \$19. Please be sure to sign up with Judy as the room has a capacity of 20 people. There will also be a Secret Santa with a gift limit of \$20.

Christmas party: Ellen will again provide the children's stockings. If anyone has any items to include, let Ellen know.

Good of the Order:

- There is a program called "Royal Rebels" on Netflix that shows the life and marriage of Norwegian Princess Martha Louise.
- There is a program on Netflix and Prime video entitled "Vikings: the True Story."
- Crossings videos have one about the Bunad tradition in Texas.

Happy Birthday was sung to Linda and Myla.

Linda provided the beautiful fall popup flower cards and endangered species bracelets. Winners were: Myla, Janet, Millie, Else, Thelma, Judy, Brit and Susan.

Today's hostesses were Carrie and Linda.

The next meeting will be November 1. Hostesses will be Sue and Janet.

The meeting was adjourned at 9:52.

Respectfully submitted,
Carrie Leil Reichart, Secretary, and Susan Cody, President

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.

You're Invited!

Meet the Director of the Sons of Norway Foundation

Amy Olson Tuchenhagen

Monday, November 3, 2025 — 6:00 PM

House of Norway (HON), Balboa Park — San Diego, CA

All members of San Diego's Norwegian community are warmly invited to welcome Amy Tuchenhagen, Director of the Sons of Norway Foundation. Join us for a friendly meet-and-share about Foundation grants, scholarships, and ways our local lodges and clubs can partner for impact.

What to expect:

- Brief remarks from the Foundation Director
- Q&A and conversation with the community
- Light hospitality and fellowship

Velkommen! This is an open community gathering — invite friends and family who appreciate Norwegian heritage

Please RSVP by October 27, 2025 to:

James Adams, President — Den Norske Fiskeklubben

Email: jadams5144@gmail.com

Creamy Baked Barley Risotto with Mushrooms

A vegetarian comfort food perfect for a winter's day. It's both healthy and easy, since most of it is made in the oven.

While risotto is often associated with Italian cuisine, swapping rice for barley—a Nordic staple — gives the recipe a fresh twist.



Ingredients

For the Risotto:

- 4 cups chicken or vegetable broth
- 1 cup water
- 1 Tbsp. extra-virgin olive oil
- 1 onion finely chopped
- 2 garlic cloves minced
- 2 tsp. chopped fresh thyme
- 1 1/2 cups **pearl** barley
- 1/2 cup dry white wine
- 3/4 cup shredded parmesan cheese
- 2 Tbsp. unsalted butter
- Chopped fresh parsley or chives for serving
- Coarse salt and freshly ground pepper

For the Mushrooms:

- 2 Tbsp. extra-virgin olive oil
- 2 10-ounce packages cremini mushrooms (about 4 cups) cleaned and sliced
- 2 garlic cloves, minced
- 1 Tbsp. soy sauce
- Coarse salt and freshly ground pepper

Instructions:

Preheat the oven to 375 degrees. Heat the olive oil over medium heat in a large saucepan or Dutch oven with a tight-fitting lid. Add onion and sauté until soft and translucent, about 3-5 minutes. Add garlic and thyme and cook for one more minute.

Add barley, 3 cups of the broth and 1 cup of water. Bring to a simmer and then cover the pot and remove from the heat. Transfer the pot to the oven and bake until the barley is tender, about an hour.

Meanwhile, cook the mushrooms: Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the sliced mushrooms. Cook, stirring frequently, until the mushrooms are tender and browned, about 10 minutes. Remove from the heat and add the soy sauce, scraping up any brown bits that have accumulated on the bottom of the skillet. Season to taste with salt and pepper and set aside.

Remove the pot from the oven and transfer to the stove top. Turn the heat to medium-low. Add the wine and remaining cup of broth. Stir constantly until the ingredients are incorporated and the mixture is creamy, about 3 minutes. Remove from the heat and stir in the butter and parmesan. Season to taste with salt and pepper. Gently fold in mushroom mixture, including any accumulated juices. Top with chopped fresh parsley or chives if desired and serve immediately.

Notes:

- You must use PEARL BARLEY for making risotto (also sometimes called medium barley). Hulled barley or a quick barley will not work in this recipe.
- You can use either chicken broth or vegetable broth.
- Any variety of mushroom will work in this recipe. The recipe calls for cremini mushrooms as they are easy to find and have good flavor.
- Just a splash of soy sauce added to the mushrooms at the end of cooking time brings a big umami boost to this dish.

Source for recipe on Page 11: <https://true-north-kitchen.com/creamy-baked-barley-risotto-with-mushrooms/> Thanks to True North Kitchen for the photo.

Additional Articles

Home Enclosed in Greenhouse

Margit-Kristine Solibakke Klev designed a home set inside a greenhouse for her family. The greenhouse provides warmth and an environment for growing vegetables. She built the greenhouse first and tested its ability to withstand winter weather. The greenhouse is a very large structure, and a 2-story house fits inside. Details and photos are at <https://mypositiveoutlooks.com/woman-encloses-home-in-huge-greenhouse/>.

Princess Ingrid Alexandra in Sydney

Her Royal Highness, Princess Ingrid Alexandra, is working toward a bachelor's degree in social sciences at the University of Sydney. Princess Ingrid Alexandra is second in line to the Norwegian Throne after her father, Crown Prince Haakon. Details of this story, including photos, are at <https://www.kongehuset.no/nyhet.html?tid=232493&sek=26939>. The princess requests that her privacy be respected while she is pursuing her studies. She is a full-time student and is living in student accommodation on campus.

Valhall Viking

NOVEMBER 2025

CALENDAR

- November 1: 9:00 AM LOV Breakfast Meeting**
- November 8: 2:00 PM Lodge Meeting & Social**
- November 23: December 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
December issue

Deadline for the
December Valhall Viking
is November 23, 2025

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com