



# 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.

June-July 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

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

May has been a busy month - so many chances to celebrate Norway's Constitution Day with friends! I was pleased to attend House of Norway's breakfast and Lawn Program on the actual May 17 (some years the breakfast will be on a different day than the lawn program), Friday dinner at Den Norske Fiskeklubben - the speaker was famous running coach [Bob Larsen](#) whose career started in San Diego with his first team, the Jamul Toads, and our lodge's social where Judy, Susan and Janet Weber created a spread of yummy open-face sandwiches. For our program, we watched an episode from youtube series "Life in Norway" [10 Things to know about 17 mai](#) in Oslo. The English presenter shares his discoveries in a pleasant and engaging way, reminding me of broadcaster turned environmentalist, David Attenborough.



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Ord fra presidenten (*continued from Page 1*)

As a get-acquainted activity, we had a prompt for discussion at the tables, then share later with the large group. “Today we celebrate Norway’s Constitution Day. If you could make a museum or special day, what would you dedicate it to?” We learned that we have some history buffs, tree huggers, and Sandra thinks the potato dumpling of her youth is worthy of praise. Elsa doesn’t have fond memories of it; it was food to prevent starvation.

Another wonderful Norway-related event was the spectacular concert of the Hayde Bluegrass Orchestra at what has to be one of the oddest venues ever: a furniture maker’s workshop in the Santa Fe Street Industrial District off the 5 freeway. Affiliate member Lora Lee messaged last month to let us know her cousin’s band would be in our area, so we reserved some tickets. [Here is a link to their Wikipedia page.](#) It includes a link to the Danish movie that inspired them to form.

As I write this message, I am working to complete the sweatshirt converted to a jacket with Hardanger lace that I stitched. Too many design choices and decisions. Hopefully it turns out well enough to enter into the Folk Art Exhibition at the swiftly upcoming District 6 Convention in Fresno, just weeks away. I look forward to seeing Camp Norge, our district’s property in Alta, California and spending time with friends.

I hope to see you at our June 20 Ice Cream Social, Bingo and Splendid Spoon competition. Bring cookies or bars that can be cut into small pieces and sampled by the group. Maybe your entry will win the popular vote!

God sommer til alle!

MVH,

Myla Coleman

President, Valhall Lodge #6-25

# Ice Cream Social and Dessert 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 20, 2026**

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



## MENU

**Hot Dogs and Fixings**  
**Beans, Macaroni Salad, Chips**  
**Ice Cream Sundaes, Brownies, & Cookies**  
**Coffee**  
**Soda and Water available with donation**  
**Please feel free to bring your own wine or beer**

**Cost \$15, Children under 10: \$10**  
**\*\*\* FREE if member in good standing \*\*\***  
**(i.e., dues paid up)**

**\*\*\* PLEASE pre-register by June 17, 2026 \*\*\***

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

**Bring brownies or cookies if you wish to compete in the Splendid Spoon contest.**  
**Bring enough that everybody can sample your entry.**

**On Real Time with Bill Maher on April 10, 2026, oncologist Dr. Ezekiel Emanuel reported that a study in 2014 found that the thing that prevented type 2 diabetes the most was ice cream. Dr. Emanuel is author of “Eat Your Ice Cream”.**

**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>LAPSKAUS DINNER</b>
<b>FEBRUARY</b>	<b>14</b>	<b>DINNER</b>
<b>MARCH</b>	<b>14</b>	<b>SALMON &amp; MEATBALLS DINNER</b>
<b>APRIL</b>	<b>11</b>	<b>CATERED SPRING DINNER</b>
<b>MAY</b>	<b>9</b>	<b>SYTTENDE MAI DINNER Open-faced sandwiches</b>
<b>JUNE</b>	<b>20*</b>	<b>ICE CREAM SOCIAL Hot dogs &amp; Bingo</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>JULETREFEST — POT LUCK</b>

\* Date for June Social is 3rd Saturday instead of 2nd Saturday. Our delegates will be at the District Six Convention on June 13.


# Lodge Officers - 2025-2026

Lodge Officers	
President	Myla Coleman
Vice President	VACANT
Counselor	Maury Lee
Secretary	VACANT
Assistant Secretary	Bree Klusmeyer
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Assistant Treasurer	Steve Rawlinson
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
Jon Simonsen
Susan Hawkinson
VACANT

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Steve Rawlinson
Treasurer	Steve Rawlinson
Director	Millie Wright
Director	Judy Sawyer
Director	Myla Coleman

LOV Officers	
President	Susan Cody
Vice President	Judy Sawyer
Secretary	VACANT
Treasurer	Barbie Lorentz



**SONS of NORWAY**

**JAMES DONOVAN**

**Your Financial Benefits Counselor**

**760-440-9905**

**[idonovaninsure@gmail.com](mailto:idonovaninsure@gmail.com)**

Hei Valhall Members:

**We need a new lodge secretary for 2026.**

We encourage old and new members to become lodge officers. It is very rewarding and a great way to meet many of the members.

Please consider becoming Valhall's lodge Secretary.

If you are interested, please contact, Myla Coleman, President of Valhall Lodge.  
You can email Myla at [mycokapi@yahoo.com](mailto:mycokapi@yahoo.com)

**Secretary:**

As secretary, you are in charge of keeping the important day to day operations of your lodge running smoothly: from the organization of lodge meetings to the ordering of supplies. You are also charged with keeping the records for your lodge accurate, organized and accessible to yourself, members, officers and Sons of Norway Headquarters staff. As secretary, you serve as the primary communicator between your lodge, its officers and members, Sons of Norway Headquarters and outside organizations.

As lodge secretary you have been entrusted with a variety of duties:

- A. Helping to organize and conduct meetings
- B. Recording, reading and distributing minutes
- C. Conducting lodge correspondence
- D. Ordering supplies
- E. Reporting lodge elections results (D63)
- F. Tracking fraternal and community events for the NFCA
- G. Completing Lodge of the Year form (including the NFCA section)
- H. Completing the Family Lodge of the Year form I.

Keeping and preserving secretarial records  
Additional duties may be assigned which would be outlined in your local lodge's bylaws.

We also have openings in August for:

- Lodge Treasurer
- Corporation Board Director
- Sunshine Committee Chairman



Happy Birthday  
Gestulerer 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
16	Teresa Glerup
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 III
22	Erica Lee
26	Oddvar Høidal
30	Maury Lee
30	Sharmane Estolano

# Ladies of Valhall Meeting Minutes

## May 2, 2026

The meeting was called to order at 9:11 by President Susan Cody. Mary Hinshaw was presented with her LOV pin on the attendance of her third meeting. Congratulations, Mary!

The April minutes were approved as printed in the May newsletter.

Barbie is out of the country, hence no Treasurer's report.

Old Business:

Sandra will continue to hold the crafting meeting at her home because of the paid parking issue at Balboa Park. The next meeting will be held on May 3 from 1-3 pm.

The hostess signup sheet was distributed to the membership.

Cultural:

Linda shared that there is no movement on a project for the Bunad book funds at this time.

Good of the Order:

"Troll", a Norwegian monster movie, is on Netflix.

Millie is moving to Minnesota in August.

Books to read: "By the Waters of Minnetonka" by Eric Dragni, and "A frog in the Fjord" by Lorelou Dejardins.

The drawing winners were Else, Jean, Ellen, Tam, Mary, Millie, Sandra, Thelma, and Myla.

Today's hostesses were Linda and Judy. The next meeting will be June 6, and hostesses will be Tam and Thelma. The meeting was adjourned at 10:15.

Respectfully submitted,  
Susan Cody, President



Dear Sons of Norway Members,

We are writing to share an important update about the future of Sons of Norway.

Sons of Norway has entered into an agreement to join BetterLife, a member-founded, member-owned organization that shares our values, purpose, and commitment to community. The transaction is subject to regulatory approval and customary closing conditions.

We are excited about the opportunities that this partnership will bring for Sons of Norway.

Sons of Norway will retain our name, history, traditions, lodges, districts, and cultural programs. Members will continue to receive Viking magazine, and you will continue participating in the same local activities and connections that define your membership today. The Sons of Norway Foundation will also continue to serve our members and communities and celebrate Nordic culture.

This partnership provides long-term financial strength to support Sons of Norway for generations to come, while preserving the identity and community life our members value. Over time, members can also expect access to additional financial solutions and member benefits through BetterLife.

We understand this news may raise questions. To help, we have created a page with additional information and answers to frequently asked questions, which will be updated as more details become available.

Visit the Sons of Norway information page: [sofn.com/newpartnership](https://sofn.com/newpartnership).

Thank you for your continued trust and involvement in Sons of Norway.

Sincerely,

Dan Seyfried  
Chief Executive Officer  
Sons of Norway

Dear Friends,

As many of you have now seen, Sons of Norway has announced its planned partnership with BetterLife. Changes of this nature naturally generate questions, discussion, and a certain amount of Scandinavian eyebrow raising. Fortunately, Norwegians have long experience navigating changing seas with calm hands and sturdy ships.

After reviewing the information provided by Sons of Norway leadership and the Foundation, I want to share a positive and reassuring perspective regarding the Sons of Norway Foundation and its future.

The Foundation remains an independent entity with approximately \$12 million in assets and a strong fiscal position. Foundation leadership has clearly stated that its mission, donor commitments, scholarships, grants, and support of Nordic culture will continue uninterrupted. In many ways, this transition may actually strengthen the long term security and sustainability of the organization and the Foundation for future generations.

History reminds us that Viking explorers were practical people. Hundreds of years before Columbus, Norse sailors repaired and reinforced their ships using North American timber discovered during their western voyages. They adapted when necessary, not because the voyage had failed, but because preserving the strength and safety of the ship ensured the crew could continue forward. This transition may be viewed much the same way, a pragmatic effort to preserve long term stability while continuing the mission and traditions that matter most.

The important point for our members, donors, and friends is this: The traditions, culture, programs, and relationships that define Sons of Norway remain in place.

Equally important, the Foundation team and leadership structure supporting our districts and lodges remain unchanged. The Foundation stands ready to continue assisting districts and lodges with proven outreach programs, scholarship opportunities, grants, cultural preservation, and community engagement efforts that strengthen both our membership and our public presence.

For 60 years, the Foundation has supported educational opportunities, cultural preservation, humanitarian grants, and youth programs that have touched countless lives across our districts and lodges. That work continues.

**Please turn to next page**

Letter from James Adams (continued from previous page)

I encourage all District Six leaders, editors, and website coordinators to help communicate the following themes to our members:

- The Foundation remains financially sound and independent
- Scholarships and grants continue
- Our cultural mission continues
- District Six remains fully engaged and supportive
- The Foundation leadership team remains in place
- The future is being approached thoughtfully and responsibly

As Norwegians, we understand that preserving traditions sometimes requires reinforcing the foundation beneath the stave church before the winter storms arrive. Thankfully, our Foundation appears well built for the next chapter.

Thank you for your continued leadership, support, and dedication to our members and communities.

Best regards,

Jim

James Adams  
District Six Foundation Director

*Editor's Note: Sons of Norway has a 3-legged stool:*

- *Fraternal*
- *Foundational*
- *Financial*

*It is our impression that the fraternal and foundational legs are not changing but the financial leg is going to transition to management by BetterLife. We don't know the details. Stay tuned, and we will eventually find out.*

# Sons of Norway District Six Convention June 11 – 14, 2026



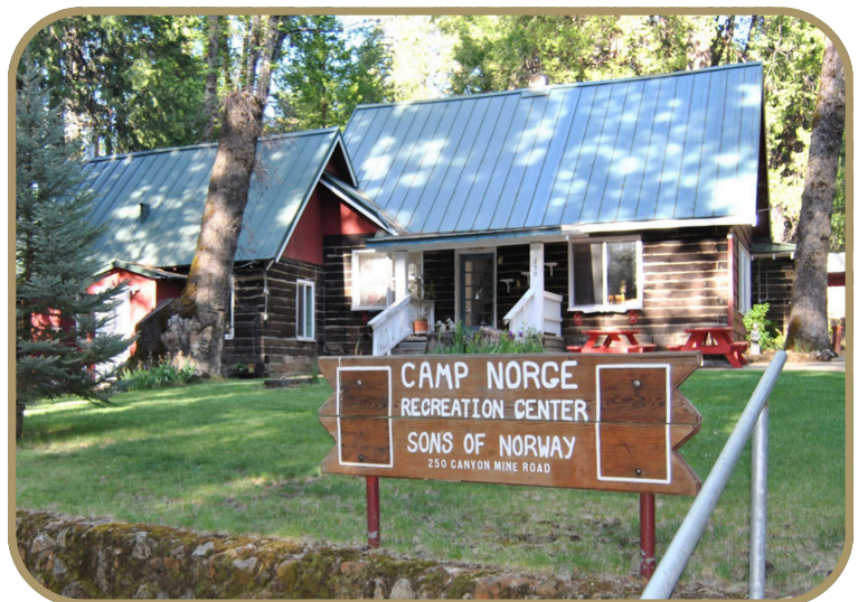
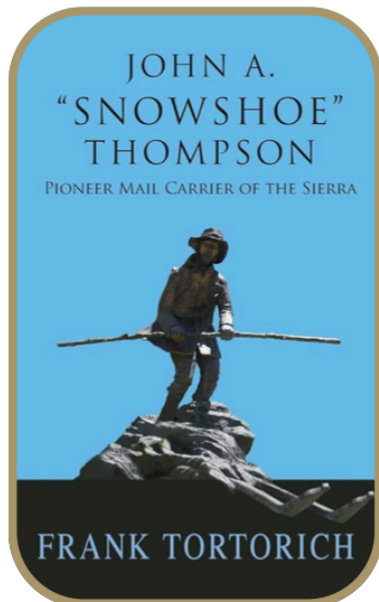
The 2026 Convention kicks off with a  
**Friday outing to Camp Norge!**

🌲 Tour the grounds and reconnect with District Six friends. 🌲

🌲 Enjoy lunch prepared by our very own Kirby Aasen. 🌲

🌲 Author Frank Tortorich presents his program: 🌲

**John A. “Snowshoe” Thompson,  
Pioneer Mail Carrier of the Sierra.**



**Camp Norge is conveniently located just one hour by bus from  
the DoubleTree by Hilton in Sacramento.**

 [hilton.com](https://www.hilton.com)



[campnorge.org](https://www.campnorge.org)

 [2026.sofn6.org](https://2026.sofn6.org)



**Sons of Norway**  
**District Six Convention 2026**  
 June 11-14 | DoubleTree in Sacramento, CA

# 2026 Folk Art Exhibition

We invite our members to showcase what they have created in our expanded Norwegian Folk Art Exhibition. Whether you are an expert or a beginner, we welcome the opportunity to admire your work.

Entries must be made by the entrant and may not have been exhibited at a previous District Six Folk Art Exhibition. More than two items per person may be accepted if space allows.

The following categories have been featured at previous conventions:

- Rosemaling
- Chip carving
- Weaving
- Hardanger
- Knitting
- Norweave
- Diamantsom
- Digital/Virtual Cultural Program (eligible for the OLAF AWARD)
- Figure carving including spoon carving. - Acanthus Carving or Relief Carving
- Bentwood/tine box or other woodworking
- Crocheting
- Tatting
- Other media w/Norwegian theme: Photography, Painting, Felting, Kolrosing
- Other traditional Needlework

The Traditional Norwegian Folk Art Exhibit is a meaningful and cherished part of our conventions. This year, we are proud to also highlight submissions from participants of Camp Oldfjell, our adult folk art program held at Camp Norge. If you have taken a class or refined your craft there, we encourage you to share your work.

Let's not forget our youth. Young people up to age 18 are invited to display their work as well. Many are learning and creating through our Language and Heritage Camps at Camp Norge, as well as through lodge programs. Lodges are encouraged to coordinate with their delegate to arrange transportation of their lodge's entries.

All entrants will receive a "Tusen Takk" certificate. A "People's Choice" ribbon will be awarded in both the Adult and Youth divisions based on convention attendees' votes.

Note: Folk Art entries may be offered for sale during the exhibition. Items for sale must include a listed price on the entry label.

Visit the website for Folk Art Exhibition Guidelines, for entry information, and forms.

We look forward to seeing your creativity on display in Sacramento.



# Lemon-Flecked Norwegian Sunshine Cake

## *Solskinnskake*

*For the cake:*

6 eggs, separated  
1 tsp. cream of tartar  
1/8 tsp. salt  
1 1/4 cup sugar  
Grated zest of 1 lemon  
2 tsp. lemon juice  
1 cup cake flour, sifted

*For the icing:*

1 1/4 cups powdered sugar, sifted  
2 Tbsp. whipping cream  
2 Tbsp. lemon juice  
Grated lemon zest for garnish, optional



Preheat oven to 350°F. Lightly grease a 9-inch springform pan. Beat the egg whites in a large bowl for a minute or so until frothy. Add the cream of tartar and salt and continue to beat until stiff. Add the sugar, then beat until stiff again.

In a small bowl, beat the egg yolks. Add the whites, lemon zest, and lemon juice and carefully fold in. Fold in the flour just until incorporated, then pour the batter into the prepared pan. Bake for 40 minutes, or until a toothpick inserted in the middle comes out clean. Set on a wire rack to cool, then run a knife along the perimeter and remove from the pan.

While the cake cools, make the icing. In a medium bowl, whisk the powdered sugar with the cream and lemon juice until smooth. Spread the icing on the cake and serve. Garnish with a little more lemon zest, for color, if you'd like.

Serves 8

Photo credit: Daytona Danielsen



# SCANDINAVIAN HERITAGE FAIR

*Daughters of Norway Turid Jespersen Lodge #44*

**Date:** October 10, 2026  
**Time:** 11am – 3pm  
**Place:** Norman P. Murray Center  
 24932 Veterans Way  
 Mission Viejo, CA 92692

**Preparation of  
 Traditional Foods:**

*Aebleskiver  
 Krumkake  
 Lefse and  
 Norwegian Waffles*

**Displays of:**

*Bunads  
 Knitted Sweaters  
 99th Infantry  
 Battalion (Separate)*

**Demonstrations of:**

*Rosemaling  
 Spinning  
 Weaving  
 Wood Carvers  
 Wood Burners*

**FOR SALE**  
 (SOME VENDORS ARE CASH ONLY)  
 Kransekake, Soups,  
 Riskrem,  
 Open-faced Sandwiches,  
 Scandinavian Desserts

**Also featuring products from:**

*Norrdesign T-Shirts  
 Joan Johnson Watercolor Cards  
 and Many More Scandinavian Vendors*



**ADMISSION IS FREE!**

# Valhall Viking

## JUNE-JULY 2026

### CALENDAR

- June 6: 9:00 AM LOV Breakfast Meeting**
- June 20: 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, 2026

E-Mail articles to Steve Rawlinson at:

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