



# 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 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)

This newsletter is published monthly except in  
January and July.

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Norway  
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## Ord fra presidenten

Our guest speaker for our lodge social on February 14 was Helen Westerlund-Davis. When asked if she charges a speaker fee, her response was no fee, just coffee and spreading the word about her people, the indigenous Sami of northern Europe. Well of course there was coffee and the tasty lingonberry-glazed chicken dinner prepared by Chefs Judy and Susan. Accompanied by her daughter Sarah and tech-support husband Derek, she spoke of reaching out in friendship to teach about her people's history, culture and current status in the larger world where myths and misinformation are pretty common. After her presentation, our members had some thoughtful



**Ord fra presidenten (continued from Page 1)**

questions for her. She promised to send her slides to be posted on our website.

The Cultural tab of our website has a short Power Point detailing the Sami musical tradition of Joik. I researched and put it together a while ago.

We welcomed new members Suzanne, grandson Landry (han vil laere norsk) and daughter Monica. They have fond memories of dressing as Vikings and having a blast at the Viking Festival a few years ago.

New member Ginny brought her husband Greg. In the group sweater photo, he's wearing her father's traditional sweater.

Thanks to the members for supporting Girl Scout Emily who marketed her cookies to the group. She described the varieties of cookies offered and explained that her green vest means that she is a Junior Girl Scout. Fun Fact: I'm writing my message to you on February 22, a special day for Girl Scouts and our sister Girl Guides in other parts of the world. Here's a link to information about our World Thinking Day: [https://en.wikipedia.org/wiki/World\\_Thinking\\_Day](https://en.wikipedia.org/wiki/World_Thinking_Day)

Next month is our Heritage Dinner when we celebrate our lodge's founding in March 1912. This year we are 114 years old! Gratulerer med dagen til oss!

And how about Norway's dominating performance at the Winter Olympics?! All those kids born with skis on their feet really dazzled on the ice and snow in Milan in 2026.

MVH,

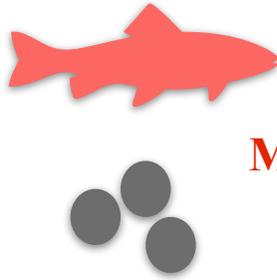
Myla Coleman

President, Valhall Lodge #6-25

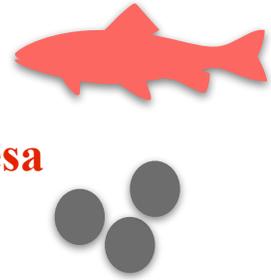
**PS: We need a secretary. See Page 6.** Tusen takk to Carrie Reichert for serving last year, but she cannot continue. Also, **we need a new Corporation Board Director** (also explained on Page 6) Tusen takk to Everett Shogren for serving on the Corporation Board for several years. He, too, cannot continue.

**Editor's Retort:** How about the US Men's and Women's Ice Hockey teams! Yes, we are proud of our Norwegian ancestry and happy that Norway won many medals, but we are Americans and fortunate to be so. USA! USA! USA! 😊

## Anniversary Salmon Dinner



**Dinner and Social  
114<sup>th</sup> Anniversary!  
Valhall Lodge, Sons of Norway  
Meeting at Masonic Lodge of La Mesa  
4731 Date Ave.  
La Mesa, CA 91942**



**Saturday, March 14, 2026**

**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 9, 2026 \*\*\***

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

**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 need a new director for the Corporation Board**

We encourage members to consider serving on the Corporation Board. The job entails attending 3 meetings per year on Zoom and working with other directors to supervise the work of the officers. No special skills or knowledge is required, but sound judgment and the ability to learn by listening at meetings to arcane things about the Corporation would be helpful. Contact Jim Adams or Andy Ueland if you would like to serve.



Happy Birthday  
Gæstulerer Med Dagen!



## March Birthdays

2	Hannah Stedham
8	Jenna Hausvik
16	Janet Michka
19	Lou Coover
28	Gini Gomez

## Two Spring Work Parties at Camp Norge

In preparation for a busy 2026 season and the District Six Convention field trip to Camp Norge, the Recreation Center Board has scheduled **two spring work party weekends** this year—an unusual but important step. Volunteers are invited to help on **Saturday, April 18** and **Saturday, May 30**, as we get the camp ready to welcome members from across District Six.

- Come for one day or both
- No special skills required
- Many hands make light work (and good fellowship!)

## 2026 Valhall Directories

The directories for 2026 have been printed and we have them on hand. The directories were sent to the Editor in bulk; they were not mailed to individuals.

Directories will be distributed to the members at the March lodge meeting. Each household is eligible to receive **ONE COPY**. We did not print enough copies to provide multiple copies per household.

Lodge members can receive a copy by attending the March meeting.

## Daylight Savings Time March 8

Set your clocks forward before going to bed on March 7. Spring forward! Enjoy getting out of the sack an hour early on March 8! Happy DST!

## Valhall Lodge Meeting Minutes

February 14, 2026

President Myla Coleman declared that the meeting would be brief and informal.

The meeting followed a presentation by Helen Davis about the Sami people.

Andy Ueland announced that the Corporation needs a volunteer to serve as a new Director to fill a vacancy created by the resignation of Everett Shogren. Andy expressed thanks for Everett's service.

Steve Rawlinson announced that 2026 Valhall Directories would be distributed at the March lodge meeting.

Sunshine- Millie sent get well cards to Eldbjorg and Everett and condolences to Aprell on the passing of her uncle.

Judy connected with Johan of the Masons and confirmed that we can move the June Ice Cream Social to June 20 since the District Convention falls on the weekend of June 13.

Maury suggested doing a welcome package for new members. Myla announced that Aprell is already taking care of this. Myla also gives new members printed canvas tote bags that say, "Valhall Lodge".

Next meeting will be on March 14, 2026.

Respectfully submitted,

Myla Coleman, President, and Steve Rawlinson, Editor  
Valhall Lodge #6-25

# Valhall Corporation Meeting Minutes

## February 9, 2026 on Zoom

Meeting Called to order at 7:15 PM.

Present were Vice President Andy Ueland, Treasurer Steve Rawlinson, Director Millie Wright, Director Judy Sawyer, and Director Myla Coleman. Absent were President Jim Adams and Secretary Everett Shogren.

Motion to approve the minutes of October 6, 2025 passed.

Jim Adams was elected President; Andy Ueland was elected Vice President; Steve Rawlinson was elected Treasurer; Steve Rawlinson was elected Secretary.

Steve presented the Treasurer's Report for the 4th Quarter of 2025. He said that he will reformat future reports to make them easier to audit.

Steve presented his proposal for the 10-year forecast. Andy moved to accept the forecast. Millie and Judy simultaneously seconded. Motion passed.

There was no additional old business.

There was no new business.

The next meeting will be on May 7, 2026, at 7 PM. Steve will put that into the lodge's Google Calendar.

Meeting adjourned at 8:18 PM.

Respectfully submitted,  
Steve Rawlinson, Secretary



**CAMP**  
Trollfjell & Folkehøgskule

**NORWEGIAN LANGUAGE  
& HERITAGE KIDS CAMPS**

**REGISTRATION  
JAN 1 - MAY 31**

 Camp Norge in Alta, CA



**EARLY BIRD DISCOUNT**  
*Register by April 1st*

**Trollfjell Folkehøgskule**  
• June 28-July 11 (ages 14-17)

**Camp Trollfjell**  
• July 12-25 (ages 8-13)

 <https://sofn6.org/arv/camp-trollfjell/>

 **Trollfjell**

# Ladies of Valhall Meeting Minutes

## February 7, 2026

The meeting was called to order at 9:13 by President Susan Cody. Gini Gomez, a new Valhall member, was present.

The January minutes were approved as printed in the February newsletter.

The Treasurer's report was approved as presented by Treasurer Barbie Lorentz.

Old Business:

Sandra will continue to hold the crafting meeting at her home both because of the paid parking issue at Balboa Park and her recent surgery which is limiting her activity. The meeting will be on Feb. 9 from 1-3 pm.

The hostess signup sheet was distributed to the membership.

New Business:

Linda was not present to speak about the possible use of Bunad book funds. It is unclear if she has spoken with Anne Høidal about moving forward with the idea.

Cultural:

There will be a guest speaker at the February Valhall meeting. Elizabeth Westerland-Davis will speak about her Sami culture. Nikita Khnykin will be in concert at the Seaman's Church in San Pedro on March 29. The Seaman's Church will be in Balboa Park on February 21 for a service and their "store". Myla spoke about a book that she has read- "The Sixteen Trees of the Somme".

Good of the Order:

Sandra showed us the "Melt the Ice" hat that she knit. Barbie showed us a beautiful bag that she had purchased at Vesterheim Museum on a recent visit. Sue spoke about going to dinner at C-Level restaurant on Harbor Island and that she kept warm in her Norsk sweater.

The drawing winners were Ellen, Myla, Thelma, Barbie, Tam, Sandra, and Sue.

Today's hostesses were Judy and Susan. The next meeting will be March 7, and hostesses will be Else and Ellen. The meeting was adjourned at 10:02.

Respectfully submitted, Susan Cody, President



Members show off their Nordic sweaters



Helen Westerlund-Davis (dark blue dress), who gave a talk on Sami culture, confers with various lodge members. To her right is her husband Derek, who provided technical support for her presentation.



Helen Westerlund-Davis (R) and her daughter Sarah

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



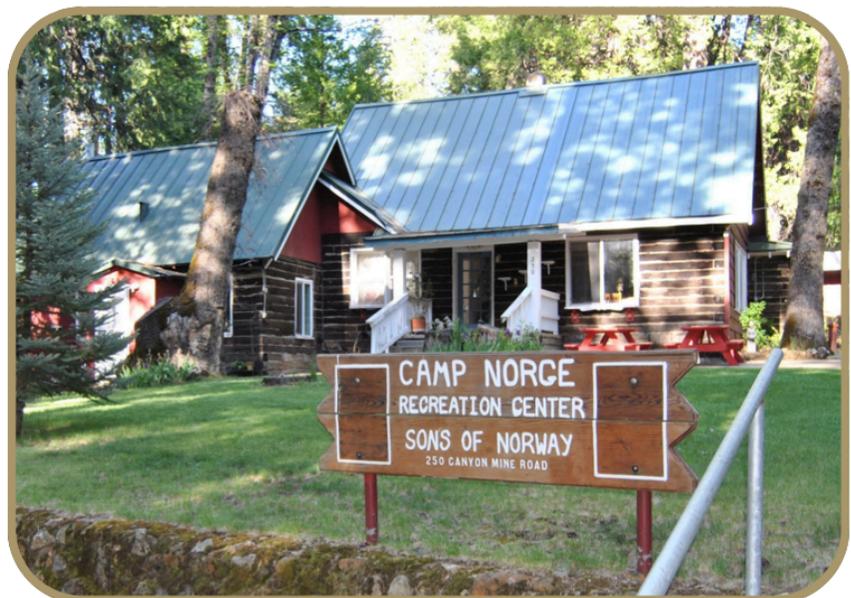
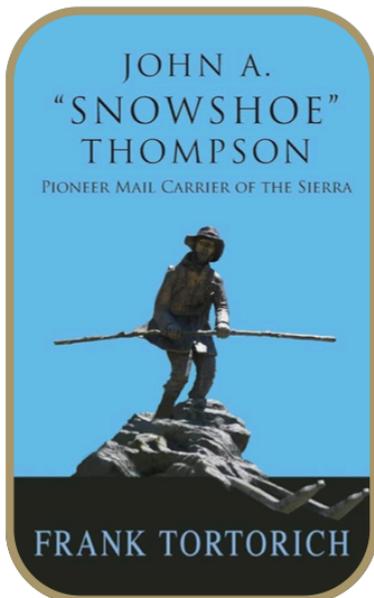
The 2026 Convention kicks off with a  
**Friday outing to Camp Norge!**

🌲 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.





# Spring Work Parties

*Help us prepare for a busy 2026 season! Along with our wonderful annual events, Camp Norge will host delegates from the District Six Convention. To get the camp ready, the Recreation Center Board is expanding our traditional spring cleanup into two separate work party weekends.*

Saturday, April 18th | Saturday, May 30th  
9am – 5pm

Come for one day or both - projects for all ages & abilities.

*Helpers can stay the night at camp for free! Breakfast, lunch & dinner provided.*

*Bring gloves, tools, paint supplies, and cleaning supplies.*

Please RSVP — Email Fred at [fred.hymans@campnorge.org](mailto:fred.hymans@campnorge.org)



# VELKOMMEN TIL GUDSTJENESTE

Sjømannskirken / The Norwegian Seamen's Church will lead service on  
**SATURDAY, FEBRUARY 21, 2026**  
**AT 10:00 AM**  
HOUSE OF NORWAY, BALBOA PARK

Pastors Margit and Ole Martin will lead *gudstjeneste* on this first week of Lent (*fastetiden*).  
After service, we invite everyone to stay for 'kirkekaffe'.



Mark your calendar for upcoming service:  
**April 18, 2026 – 10 AM**

Sjømannskirken / The Norwegian Seamen's Church

**Editor's Note:** *We received this too late to put into the February newsletter, but we are including it in this newsletter to advertise that there will be an additional service on April 18, 2026.*

# Penny's Rosemaling Spring Retreat

## Save the Date!!!

At Camp Norge April 25-26, 2026

Looking forward to seeing you at camp.

Be the first in the know—Join our email list

**Email:** [PennysRosemalingSeminar@gmail.com](mailto:PennysRosemalingSeminar@gmail.com)



## Homemade Cardamom Granola with Almonds

Easy and delicious homemade granola recipe featuring oats, cardamom, and sliced almonds.

### Ingredients:

- 4 cups old-fashioned rolled oats
- 1 cup sliced almonds
- 1/2 cup raw pepitas (pumpkin seeds)
- 1 tsp. ground cinnamon
- 1 tsp. ground cardamom
- 1/2 tsp. ground ginger
- 1 tsp. fine salt
- 1/2 cup canola oil
- 1/2 cup real maple syrup
- 1 tsp. vanilla extract
- 1/2 tsp. almond extract



### Instructions:

Preheat oven to 450°F / 175°C. Line a baking sheet with parchment paper and set aside.

Combine oats, almonds, pepitas, cinnamon, ginger and salt in a large bowl. Stir well, ensuring that the salt and spices are evenly distributed throughout the mixture.

Add oil, syrup, and extracts. Using a rubber spatula, stir well to combine.

Transfer granola to prepared pan. Pat down with a rubber spatula to distribute the mixture in an even layer. Bake for 15 minutes.

Remove granola from the oven and stir with a metal spatula to redistribute on the baking sheet. Firmly press down on the mixture using the back of your spatula, creating an even and tight layer of granola. Bake for an additional 12-15 minutes or until granola is toasty and golden brown.

Remove from the oven and allow to cool completely on the baking sheet.

Use a spatula to transfer the granola to glass containers for storage (or freezer bags, if freezing). Granola keeps for about two weeks at room temperature or several months in the freezer.

### Notes:

Let the granola cool completely before removing from the pan. If the granola is still warm when you package it, you run the risk of soggy granola.

Freeze for long-term storage. For longer storage, freeze in Ziploc freezer bags.

**Recipe Source: True North Kitchen** <https://true-north-kitchen.com/nordic-morning-granola/>

### Photo Source:

<https://true-north-kitchen.com/wp-content/uploads/2022/03/homemade-cardamom-granola-with-almonds-1.jpg>

## New Forest Finn Museum in Grue

The Norwegian Forest Finn Museum of southeastern Norway hosted its opening ceremony in October 2025. The ethnic group is a minority in southeastern Norway, with the name skogfinnene—Forest Finns—referring to the descendants of Finns who first immigrated to Sweden in the 16th century and then migrated to Norway in the 1640s.

The museum has been 25 years in the making and was a joint effort by four institutions of cultural preservation. Opening events featured tours, speeches and the typical Forest Finnish dish motti, roasted oat porridge served with fried pork, pork fat and lingonberries.

Her Majesty Queen Sonja opened the new building that lies in Finnskogen (The Finnish Forest). Along with the leader of Young Forest Finns, Marikken Bruvold, she cut a rope covered with birch bark.

The Queen called Forest Finn culture part of Norway's history, which needs to be preserved and said that the museum "is like a cathedral, with pillars that give the impression that you are out in the forest."

The Norwegian Forest Finnish Museum is located in Svullrya in Grue municipality within Innlandet County.

## King Harald Opens Sámi Parliament

The 10th Sámi Parliament, held October 15, 2025, in Karasjok, Norway was opened by a special guest. The King of Norway, His Majesty King Harald, was present to perform the ceremonial opening. Also in attendance was His Royal Highness Crown Prince Haakon.

There was an extensive crowd gathered to see the King and Crown Prince enter the Sámi Parliament. Many students from Troms also traveled to the event to see the King and other Sámi institutions.

In his speech, the King spoke of the reconciliation work that is going on with the Sámi people. He highlighted the importance of feeling proud of one's origins and encouraged all to add to the public conversation.

The Sámi Parliament functions as a central voice for the interests of Sámi people with the Norwegian government and the Storting. It was established to help safeguard the traditions, culture and language of Sámi people. The Parliament's elections event occurs every four years and is where they vote on representatives. Silje Karine Muotka, President of the Sámi Parliament, felt very grateful for the King's presence and knows it means so much to the entire Sámi population.



Greetings,

It's almost Fair time in San Diego! Our competition entry material is online and ready for entries! **[SDFAIR.com/entry](https://www.sdfair.com/entry)**

We welcome all crafters to enter the Home Arts and Hobbies exhibit.

Collections, costumes, quilts, weaving, baking, knitting, etc. if you can craft it, we want to showcase it.

Our theme this year is Once upon a Fair.... This includes Storytelling, books, literature and fairy tales.

In addition to our exhibit, we are having 1 day contests like a literary costume contest and altered books. For the birthday of the USA, we are having a quilt block contest. Entries will be either red, white and blue, or Echoes of Heritage. Our country is a melting pot and we want to honor our ancestors.

If you have a craft you would like to share, volunteer to spend a day with fairgoers doing a make and take. We provide a table and an audience, you provide a fun and amazing craft.

Please reach out with any questions and thank you.

***Editor's Note:*** *The fair runs from June 10 to July 5. It will be closed on Mondays and Tuesdays. Details are on their [website](#).*

# Valhall Viking

## MARCH 2026

### CALENDAR

- March 7: 9:00 AM LOV Breakfast Meeting**
- March 14: 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, 2026

E-Mail articles to Steve Rawlinson at:

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