



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 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

This newsletter is published monthly except in
January and July.

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Norway
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Ord fra presidenten

On Sunday March 29, Else kindly drove me and Sandra up to the Seaman's Church in San Pedro for free concert by virtuoso Norwegian pianist Nikita Khyntin. The GPS led us correctly most of the way until it didn't, and we took an interesting detour through the Port of Los Angeles. Not a problem as we arrived safely and early, attended the Lent church service at 11 followed by a delightful buffet brunch, then the concert at 1pm. Oh my goodness, what a powerful and moving performance! He didn't have recordings, but expect to hear more about him in the future. Later in the week, he took Else up on her offer of a place to stay overnight in San Diego - a great kid and excellent houseguest, she said! (See photo on Page 12.)

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

Our Lodge's April social was also engaging as we enjoyed ham dinner provided by Cupid's Catering. Judy introduced us to Gloria who has run the business for many years but doesn't usually deliver to us. It was nice to thank her in person for the many great meals.

In keeping with the tradition of påskekrim, the reading of crime stories during Easter vacation, I shared that Netflix's adaptation of Jo Nesbø's Harry Hole books into a series called Detective Hole is pretty good, if you like that sort of thing, which I do. Here's an excerpt of a review from NPR: "No Nordic detective is any noirer than Harry Hole, the brilliant, boozily self-destructive Oslo cop who's the hero of a series of violent, cleverly-plotted novels by Jo Nesbø". It describes the spectacular failure of another adaptation of one of the novels, The Snowman, into a slick Hollywood vehicle. But this series, based on book five The Devil's Star, brings the whole Harry world to the TV screen, warts and all. I can't wait for Season 2.

Thanks to our lodge board members who were able to meet before the Social to discuss a proposed budget for the year, despite my lame, last-minute invitation. We have a great group of dedicated individuals who support our lodge in many ways. Thanks also to the board members for the attendance to our Zoom meeting on Monday night, hosted by Steve, where we discussed upcoming events and other matters. Thanks to Steve for preparing the minutes from the AI transcript, to Ari for being our Secretary Pro Temp at the lodge meeting and to Ellen for preparing the minutes from the in-person board meeting.

I hope you noticed the invitation forwarded by Aprell from Affiliate Member Lora Lee, about the Hayde Bluegrass Orchestra performing in San Diego on May 10. The venue is Desposito Design Studio on Santa Fe Street in the Morena business district. On their website, they posted other musical events they have hosted and here's what they have to say about the upcoming concert: "Since the inception of the workshop concert series, you have been demanding to see American bluegrass performed by seven beautiful Norwegians. The wait is finally over." It's on Mother's Day. Sandra and I have ordered our tickets. Hopefully more can join us. (*Ed Note: Details about Hayde Bluegrass are on Page 22.*)

Happy Spring!

MVH,

Myla Coleman

President, Valhall Lodge #6-25

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 9, 2026

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

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 \$20, Children under 10: \$15

***** PLEASE pre-register by May 5, 2026 *****

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

Bunads encouraged. Let's be festive!

Call or send reservations to Millie Wright
(619) 760-7446
grandmom2dach@gmail.com

Valhall Lodge, Sons of Norway 2026 Social Calendar

JANUARY	10	LAPSKAUS DINNER
FEBRUARY	14	DINNER
MARCH	14	SALMON & MEATBALLS DINNER
APRIL	11	CATERED SPRING DINNER
MAY	9	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	20*	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/ AUGUST		(NO MEETINGS)
SEPTEMBER	12	CATERED HERITAGE
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	14	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	12	JULETREFEST — POT LUCK

* 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

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

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

We will vote for a new Treasurer at the May 9 lodge meeting. The new Treasurer will take office during the summer, probably in July.



Happy Birthday
Gratulerer Med Dagen!



May Birthdays

- 4 Dale Roybal
- 13 Debra Hausvik
- 15 Cynthia May
- 16 William Stedham
- 20 Kay Wergedal
- 25 Mary Conklin
- 25 Jon Simonsen



President Myla Coleman gives new member Ginni Gomez an award pin.

Valhall Lodge Meeting Minutes

April 11, 2026

President Myla Coleman called the meeting to order at 2:15 PM. Member Ginnie Gomez was welcomed and pinned.

Approval of Minutes: March minutes approved (motion: Jim Adams; second: Susan Cody).

Reports:

- Treasurer - Millie Wright
 - Budget approved (motion: Sandra Yeaman; second: Maury Lee).
 - Financial report approved (motion: Steve Rawlinson; second: Mary Hinshaw).
- Social Director: Judy Sawyer -Next social on May 9.
- Webmaster/ Editor: Steve Rawlinson- Reminder to pick up 2026 directories.

New Business:

- Corporate Donation of \$100 to Camp Norge approved (motion: Steve Rawlinson; second: April Bigler)
- New Sound System- Jim Adams thanked Sandra Yeaman for the microphone/sound system donation;
- District Convention- Maury Lee reviewed the District Convention in Sacramento (June 11–14).
 - Andy Ueland nominated as alternate delegate (motion: Sandra Yeaman; second: Jim Adams)

Good of the Order:

- Susan Cody submitted a \$1,500 Camp Norge grant for beds and Tent.
- Name tags available for order.
Sunshine Committee- Millie Wright Cards sent and support extended to members in need. (Pat Becker and Everett Shogren)
- Birthdays acknowledged,

Adjournment: The meeting adjourned at 3:39 PM.

Respectfully submitted, Ari Klusmeyer

Valhall Lodge Special Budget Board Meeting Minutes

April 11, 2026

Meeting called to order at 1:03 PM by President Myla Coleman. Board Members present were Myla Coleman, Maury Lee, Millie Wright, Steve Rawlinson, Judy Sawyer, Susan Cody, Sandra Yeaman, Andy Ueland, Susan Hawkinson, Ellen Spitzer, and Aprell Bigler.

Millie Wright explained proposed budget and what each page entailed. Board members had discussions for each line item. Board members present discussed proposed budgeted expenses and proposed budgeted income, including but not exclusive to web design, directories, convention costs and reimbursements, memorials, and miscellaneous items. Total amounts were told and changes were updated as needed. Sandra Yeaman made a motion to accept the budget with updated changes. Susan Cody seconded the motion. Motion passed unanimously.

Meeting adjourned at 1:46 PM.

Respectfully submitted,

Ellen Spitzer

*In Recognition
of
Five Years of Membership,
Valhall awards a Five-Year Pins to the
following members for their long and
faithful service:*

Five Years of Membership(2025)

*Barbie Lorentz
David H. Kenstad
Anders Kenstad
Karen Jurasinski
Carrie Lail L. Reichert*

Congratulations!
Valhall Lodge 6-025 ~ Sons of Norway

Valhall Lodge Board Meeting Minutes

April 20, 2026

Meeting called to order on Zoom by President Myla Coleman at 19:05. Attending were President Myla Coleman, Treasurer Millie Wright, Financial Secretary Aprell Bigler, Counselor Maury Lee, Social Director Judy Sawyer, Marshall Andy Ueland, Foundation Director James Adams, Historian Sandra Yeaman, Editor Steve Rawlinson, Auditor Jon Simonsen, and Auditor Sue Hawkinson. The quorum of at least seven members was achieved.

Jon moved to accept the January 10, 2026, Board Meeting Minutes as published in the February 2026 newsletter. Millie seconded. Motion passed.

A discussion took place regarding the problem of Corporation Officers receiving quarterly financial statements for the Corporation's SON Deposit Account. One suggestion was to close the account. **Agreement was reached to wait until after the District Convention in hopes that something could be worked out at the convention with representatives from SON HQ.**

Aprell reported that there are no new members. She confirmed that she had forwarded delegate forms to District Secretary Nancy Madson.

Judy reported on the May 9 Social. She hopes to have at least 35 attenders. The social will feature sandwiches. **Jim will contact Ron Griffin and his wife Beverly to see if they will be available to play the accordions.** Cost estimated to be \$100 plus meals. **If they can perform, Jim will let Steve know to disclose it in the newsletter. Steve will update the SOCIAL page on the website after this meeting.**

There will be Bingo and a Splendid Spoon contest at the Ice Cream Social in June. The entries for the Splendid Spoon will be brownies and/or cookies. The event will be comped.

Discussion followed about procuring a microphone and PA system for the lodge. **Jon moved to buy the equipment from Sandra's Guild if available. If not available, Jon would buy equipment from Amazon and try it out with the option to return it if it is not suitable. James seconded. Motion passed. Sandra will find out if the Guild equipment is available for sale.** Millie reported that \$500 is budgeted for equipment purchase. Jon believes he can procure the equipment for less than that.

Jim moved to approve a \$60 donation to the Sons of Norway Foundation for a 60th anniversary convention event. Judy seconded. Motion passed. Millie will write the check and the Corporation will reimburse at the end of the year.

Millie announced that in August she will need to resign as Treasurer, Corporation Board Member, and Sunshine Committee Chairman. **Steve will advertise these openings in the next newsletter.**

Myla thanked the board members for all the work they do and for how well they work together.

Jon moved to adjourn. Steve seconded. Motion passed. Meeting adjourned at 20:15

Respectfully submitted, Steve Rawlinson, Editor.

Ladies of Valhall Meeting Minutes

April 4, 2026

The meeting was called to order at 9:19 by President Susan Cody. Mary Hinshaw and Gini Gomez were present for their second meeting. Suzanne Werner, a new Valhall member, was also present and all were welcomed. The March minutes were approved as printed in the April 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 because of the paid parking issue at Balboa Park. The next meeting will be held on Apr. 5 from 1-3 pm.

The hostess signup sheet was distributed to the membership.

Cultural:

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.

Sandra, Myla, and Else spoke about the piano concert at the Sjømannkirke in San Pedro. They had a very nice time and the music was wonderful.

Good of the Order:

There was a discussion about bunads from areas of Norway and the new members were told about the bunad book that LOV published several years ago.

Myla and Judy will be delegates at the District Convention in Sacramento this year.

A luncheon to meet up with Dale Roybal was discussed. Date to be determined. Barbie will be going to Japan and Hong Kong, and Gini will be going to Spain and Morocco.

The drawing winners were Susan, Mary, Tam, Suzanne, Judy, Myla, Today's hostesses were Sandra and Millie. The next meeting will be May 2, and hostesses will be Linda and Judy. The meeting was adjourned at 10:12.

Respectfully submitted,
Susan Cody, President



From left: Lodge President Myla Coleman, Sandra Yeaman, virtuoso Norwegian Pianist Nikita Khyntin, and Else Ottesen. Myla, Sandra, and Else attended a free concert at the Seaman’s Church in San Pedro. Details about the concert are in Myla’s Ord on Page 1.

Message from the District Six Foundation Director:

Dear Lodge Presidents, Vice Presidents, and Zone Directors,

I am pleased to share a recent District Six Foundation article highlighting the success of our 2024–2026 campaign and the momentum building across our district.

As we celebrate the 60th anniversary of the Sons of Norway Foundation, District Six has much to be proud of. Thanks to your leadership, we have seen increased participation and meaningful contributions that directly support more grants and scholarships. Notably, 60 grants were awarded this year alongside a rise in scholarship applications—a testament to the direct impact of your efforts on our communities.

To carry this momentum into the District Six Convention, we are introducing a simple initiative: The 60 for 60 Convention Challenge.

Each lodge is invited to contribute \$60 in honor of the Foundation's 60 years of impact. Please consider appointing a dependable delegate to bring your lodge's check and present it during the Foundation Coffee Hour at the convention. We are looking for someone capable of safeguarding the contribution, even when faced with the distraction of strong coffee and Norwegian pastries. *Ed Note: The Valhall Board approved a \$60 donation at the Board Meeting of April 20, 2026.*

This small gesture will create a powerful, unified moment of support across District Six. Thank you for your continued leadership and dedication to the Foundation.

If you have any questions or need additional information to share with your members, please feel free to reach out.

With appreciation,

Jim Adams
District Six Foundation Director
Sons of Norway

James Adams

Cell: 619-417-6300

Please see statement on next 2 pages.

District Six Celebrates Strong Foundation Support and a Milestone Year

As we mark the 60th Anniversary of the Sons of Norway Foundation, District Six has every reason to celebrate. The 2024–2026 campaign has not only met expectations, it has exceeded them, reflecting the generosity, creativity, and commitment of our members, lodges, and leadership.

District Six leadership set the tone early with a meaningful contribution of \$5,000 to the current campaign, directed into our District Six Educational Fund within the Foundation. This visible support helped energize participation across the district and underscored a shared belief in the Foundation's mission.

Just as important has been the strong participation from lodges throughout District Six. A growing number of lodges contributed to the campaign, with many increasing their giving year over year. Behind those numbers are individuals who found new and innovative ways to support the Foundation, from themed events and raffles to personal outreach and storytelling that brought the Foundation's mission to life.

This year, that impact is clearly visible. The Foundation awarded 60 grants in 2026, supporting cultural programs, community initiatives, and outreach that benefits students, families, lodges, and individuals in need. At the same time, scholarship activity continues to grow, with increasing numbers of applicants and awards supporting both domestic and international study. As this article goes to print, scholarship recipients are being notified, each one representing an investment in the future of our communities and our shared heritage.

Awareness of the Foundation's life changing work continues to expand. More members now see how every dollar becomes opportunity, whether through education, cultural preservation, or direct community support. Engagement is rising, applications are growing, and the impact is reaching further than ever before.

In true Norwegian fashion, we might say, "Many small streams make a mighty river." District Six has proven that point.

THE 60 FOR 60 CONVENTION CHALLENGE

To honor the Foundation's 60th Anniversary, we invite every District Six lodge to

Please turn to next page.

District Six Foundation Message (continued from previous page)

take part in a shared and visible show of support at the District Six Convention:


Each lodge is encouraged to bring and donate \$60 to the Foundation in honor of 60 years of impact.

Each lodge may wish to designate a trusted delegate to carry the \$60 check to the Convention. Preferably someone responsible, reliable, and not easily distracted by lefse, lutefisk, or the coffee table. Said delegate will have the honor of presenting it at the Foundation Coffee Hour, where both the coffee and the generosity tend to be strong.

Together, these contributions will create a powerful moment at the Convention, one that reflects our shared values and our commitment to the future.

As we look ahead to June, let us celebrate what we have accomplished and step forward together to build what comes next.


With gratitude to every member, every lodge, and every leader who has contributed, thank you. Your support is changing lives and ensuring that the legacy of the Sons of Norway Foundation continues for generations to come.



CAMP
Trollfjell & Folkehøgskule

**NORWEGIAN LANGUAGE
& HERITAGE KIDS CAMPS**

**REGISTRATION
JAN 1 - MAY 31**



EARLY BIRD DISCOUNT
Register by April 1st

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

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

📍 Camp Norge in Alta, CA 🌐 <https://sofn6.org/arv/camp-trollfjell/> 📘 Trollfjell

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



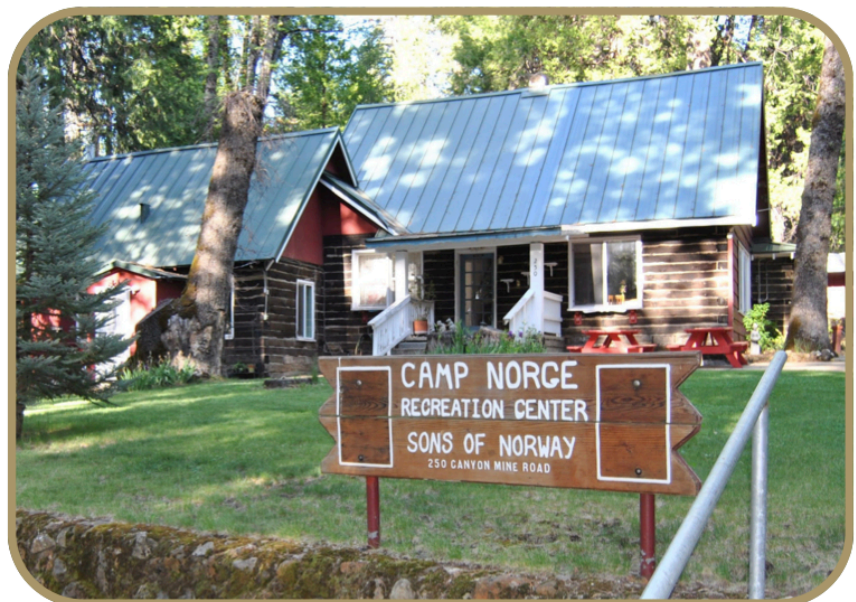
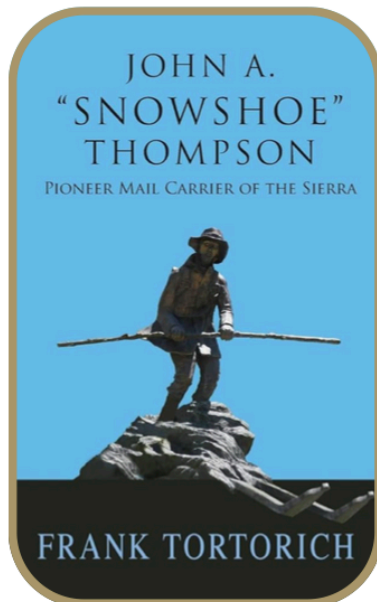
The 2026 Convention kicks off with a
Friday outing to Camp Norge!

🌲 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



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.





We received this flyer from [House of Norway](#). Flag raising will be at Balboa Park near the Hall of Nations, and Brunch will be in the Hall of Nations.





**MEMORIAL
DAY
WEEKEND
CAMP-OUT**

Join us for a fun & relaxing weekend!

MAY 22-25, 2026

STAY

Choose from: Main Lodge, Dorms, Cabins or bring your RV or tent.

Make reservations at: campnorge.org/site/reservations/

DETAILS

Come for the day or the whole weekend!

Tons of fun activities to choose from for all skills and abilities.

Meals provided or on your own.

Open to all Sons of Norway and Young Scandinavian Club members and their family and friends.

REGISTER FOR MEALS

campnorge.org/site/memorial-day-meal-registration/

Deadline to register for meals 5/14/26



Spring Work Party #2

Help us continue getting Camp Norge ready for an exciting 2026 season! With the District Six Convention just around the corner, there's still plenty to do.

Join us for another productive and fun day at camp:

Saturday, May 30 | 9am – 5pm

Stay the night at camp for free!

Breakfast, lunch, and dinner provided.

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

Projects available for all ages and abilities.

Please RSVP — Email Fred at fred.hymans@campnorge.org

2026 SPRING TOUR

HAYDE



04/25	Merlefest Wilkesboro, NC
04/26	Merlefest Wilkesboro, NC
05/06	Ashkenaz Community Center Berkeley, CA
05/07	Brannan Center Calistoga, CA
05/08	Parkfield Bluegrass Festival Parkfield, CA
05/09	Parkfield Bluegrass Festival Parkfield, CA
05/10	Desposito Designs San Diego, CA

 haydebluegrassorchestra

 haydebluegrass

 haydebluegrassorchestra

 hayde.no

Desposito Designs

Doors 6:30

5111 Santa Fe St., Suite J

Show 7:30

San Diego, CA 92109

Tickets \$25

Tickets: <https://www.despositodesigns.com/hayde-bluegrass-orchestra-05102026>

This is a Norwegian Bluegrass group. Lora Lee's 3rd cousin Emil Brattested plays the dobro.

Homemade Prim

You can ready-made prim, a spreadable brown cheese, when in Norway - or make it yourself at home with brunost. This delicious caramel-like topping will appeal to the tastebuds, especially to little kids.

Ingredients

- 250 g / 8.8 oz TINE® Gudbrandsdalsost, geitost or other type of brown cheese
- 2 dl / 6.75 liquid oz. skim buttermilk
- 1 dl / 3.4 liquid oz. whipping cream
- 1 tsp. sugar



Directions

1. Cut the brown cheese into pieces and place in a saucepan with the buttermilk, cream, and sugar.
2. Stir until the brown cheese is melted and then simmer over low heat for 30 minutes.
3. Cool by placing the saucepan in a bath of cold water and stirring so that the prim does not become grainy during cooling.

Hint

You can store the prim in airtight jars for several weeks in the refrigerator. A fun, edible gift to give to the person who has everything. Serve with bread, crackers, or lefse. Enjoy!

Photo Source

<https://www.sofn.com/wp-content/uploads/2026/04/Prim.jpg>

Hi Lodge Presidents, Secretaries, and Editors,

I'm passing this information along as requested by Sons of Norway Headquarters and approved by District President Lis Barca.

It would be an amazing opportunity for a family to host a Norwegian exchange student and to share that experience with a local lodge and the district.

Please pass this information to your lodge members.

Nancy Madson

District Six Secretary

Hello,

My name is Heather and I'm a local exchange student coordinator in the Sacramento area working with CETUSA, a J-1 student exchange nonprofit organization.

I'm currently looking for host families for exchange students. We currently have two students from Norway looking for host families. I was hoping you might be open to sharing this opportunity with your network. Students arrive in August.

I've attached a flyer about CETUSA as well the student profile overviews.

Warm regards,

Heather Christensen

Local Coordinator

206-265-2420

hchristensen206@gmail.com

cetusa.org

Fostering Global Engagement and Understanding Through Cultural Exchanges

Next 2 pages have flyers relating to CETUSA.

Become A **CETUSA** HOST FAMILY



- Host families provide a room (can be shared), meals when not in school, some transportation for school activities, and a loving/welcoming environment.
- Host families become eligible for a tax deduction.
- Learn more about another country, culture, language, and world perspective.
- Students have their own medical insurance and a minimum of \$250 a month in spending money.
- Students are between the ages of 14-18. They come from Europe, Asia, Australia, and South America.
- Students are excited to be a member of their host family and participate in everyday activities.



www.cetusa.org

Council for Educational Travel USA

888.238.8721

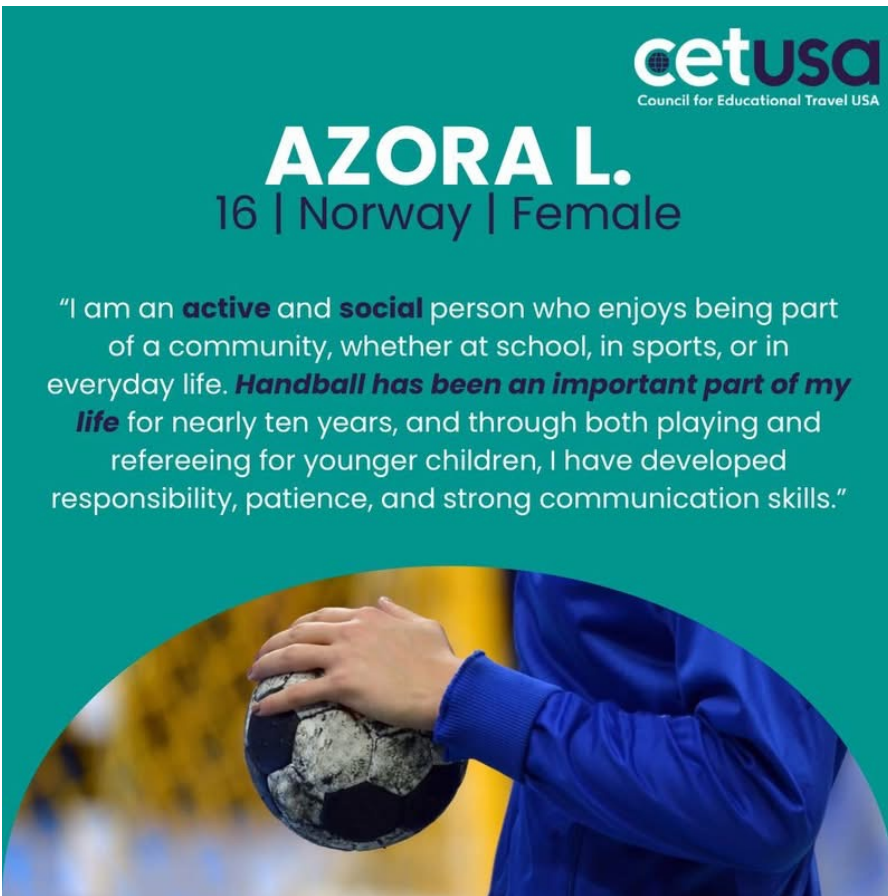


ALEXANDER

17 | Norway | Male

“People describe me as **thoughtful, easy-going,** and **friendly,** and I always try to be **kind** and **helpful** to those around me. My favorite hobbies are playing *basketball* and *soccer, gaming, skiing,* and *working out.*”

California Area Choice



AZORA L.

16 | Norway | Female

“I am an **active** and **social** person who enjoys being part of a community, whether at school, in sports, or in everyday life. **Handball has been an important part of my life** for nearly ten years, and through both playing and refereeing for younger children, I have developed responsibility, patience, and strong communication skills.”

Valhall Viking

MAY 2026

CALENDAR

- May 2: 9:00 AM LOV Breakfast Meeting**
- May 7: 7:00 PM Corporation Meeting**
- May 9: 2:00 PM Meeting & Social**
- May 23: June 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, 2026

E-Mail articles to Steve Rawlinson at:

editor@lodgeofvalhall.com