



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 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

As I write this message, I'm getting ready to join about 20 people for District 6 Southern California Kretsstevne in Banning at the KOA campground. I promised to bring my projector and find some fun videos on YouTube and try to show videos and slide shows from other attendees. As we know, the struggle to get technology to cooperate these days is real so I spent some time making sure I could access YouTube and sync to the projector.

Our Editor Steve insists that the deadline for our newsletter is always the 23rd of the month and I often send to him around midnight, or if I have



Please turn to Page 2

Ord fra presidenten *(continued from Page 1)*

been down the rabbit hole of research, it will in the wee hours of the next day. Today, since I need to get on my way up to Banning, I will submit in the middle of the day, quite the achievement for me to send early 😊 *(Ed Note: We plead guilty to being hard-nosed about the monthly newsletter deadline.)*

Elsewhere in this newsletter (*see Page 4*), please read the Valhall Enhancement Plan and consider how you can help us implement it to improve our socials, ease the work carried out by current volunteers and entice more folks to join our lodge. I will make a list of possible videos and other program that would be engaging activities to go along with the wonderful meals that Judy's team provides for us. We need to have a BASH for our 115th Anniversary Social in March.

The storage unit project is complete! Thanks to Judy for hiring the contractor, who was great to work with and to Susan and Sandra for meeting with Judy to decide what items to keep, throw away, or donate. Maury came with his large vehicle to carry stuff away. How nice to have a clean and organized shed. It is money well-spent.

Thanks to Jim Adams for his enthusiastic work as our Nominating Committee and for creating the Enhancement Plan. It's good to have measurable goals and written steps.

See you next month for lutefisk, lefse and levity.

“In the end, only kindness matters.” — Jewel

Med venlig hilsen,

Myla Coleman

President, Valhall Lodge #6-25

Lutefisk and Meatballs Dinner

Lille Butikken

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

Saturday, November 14, 2026

**Lille Butikken starts at 1:00
Check-In at 1:30
Dinner served at 2:00
Meeting after the social**

MENU

**Choice of Lutefisk or Meatballs (or 50-50)
Potatoes, Beets, Cole Slaw, Lefse, Coffee, Dessert
Soda and Water available with donation
Please feel free to bring your own wine or beer**

Cost \$25 if pre-registered by Nov. 3, 2026

***** PLEASE pre-register by November 3, 2026 ***
If you want lutefisk, Judy needs to know BEFORE Oct. 26**

**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 \$25 for 1³/₄ lb

Please pre-order by Nov. 3, 2026

Yes, price has gone up to \$25. Cost to procure has gone up. Inflation rules.

Call or send reservations to Judy Sawyer

(619) 993-9113

sonjsawyer@gmail.com

A Proposal

*This is a proposal that will be discussed and voted upon at the **November Lodge Meeting**. Please read and be prepared to participate in the discussion and voting.*

Valhall Lodge Six Month Enhancement Plan

The purpose of this proposal is to facilitate recruitment. Its broader purpose is to strengthen our socials, make gatherings more enjoyable for current members and guests, and ease the work carried by our regular volunteers. The proposed effort includes:

- Enhancing dinners and Nordic programs, with music before dinner.
- Providing practical help with setup, cleanup, and other event duties.
- Improving invitations, publicity, guest welcome, and personal follow-up.
- Giving interested members manageable opportunities to help, with mentoring for future leadership.
- Reviewing attendance, enjoyment, volunteer workload, and spending each month so we can adjust what we are doing.

The proposal calls for six active months, with a maximum budget of \$6,000 from the Lesney funds.

The proposal also includes giving members of the Board and other active members Valhall Lodge Business Cards to carry and hand out as we share information about our Lodge.

Valhall Lodge, Sons of Norway

2027 Social Calendar

JANUARY	9	OFFICER INSTALLATION LAPSKAUS DINNER
FEBRUARY	13	CATERED DINNER
MARCH	13	SALMON DINNER
APRIL	10	SPRING DINNER
MAY	8	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	12	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/ AUGUST		(NO MEETINGS)
SEPTEMBER	11	CATERED HERITAGE
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	13	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	11	JULETREFEST — POT LUCK

Dear Valhall Members,

Valhall Lodge has been sustained by members who were willing to lend a hand, share what they knew, and occasionally say yes before they had time to think of a good Norwegian excuse. I hope our current officers will continue serving, and I also hope other members will consider moving into one of the following positions:

- **Vice President:** Support the President and help guide lodge activities. No crown, throne, or knowledge of royal protocol is required.
- **Lodge Secretary:** Record meeting minutes and prepare required reports. The minutes do not need to become a Viking saga.
- **Lodge Treasurer:** Maintain financial records and provide reports. You will not be expected to guard a chest of Viking silver.
- **Corporation Board Director:** Help oversee lodge property, accounts, and long term responsibilities. Fortunately, no longship maintenance is involved.

You do not need previous leadership experience. Experienced members will be available to coach you, explain the duties, share records and procedures, and help you become comfortable in the role. You will not be handed a binder, pointed toward the fjord, and told to find your own way home.

If you have been sitting on the fence, this is a good time to climb down on the Valhall side. Serving as an officer is a practical way to meet more members, learn how the lodge works, contribute your ideas, and help sustain Valhall for the members who will follow us.

Please contact me if you are interested in continuing in your present position, moving into one of these roles, or simply learning more. A conversation does not obligate you to accept a position. It may, however, reveal that the job is more manageable and more enjoyable than you expected.

Valhall has never needed perfect Vikings, only dependable members willing to pull an oar together. I hope several of you will consider joining the officer team.

Best regards,
Jim

James Adams, Chairman, Nominating Committee
Cell: 619-417-6300

Ed Note: You will see the full list of current vacancies on the next page. Being retired is not an excuse. You still have talents that God gave you. Your humble servant is 81 and currently holding 4 positions for Valhall and additional positions at other organizations. All of these positions are non-paying volunteer positions. Nonetheless, the work is rewarding and keeps me healthy.

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	VACANT
Assistant Treasurer	<i>Deleted Position</i>
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	Judy Sawyer
Trustee	VACANT

Auditors
Jon Simonsen
Susan Hawkinson
VACANT

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

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

jdonovaninsure@gmail.com



Happy Birthday
Gratulerer Med Dagen!



November Birthdays

4	Deja Correia
7	Millie Wright
15	Sandra Yeaman
15	Rebecca Bourdage
15	Frank Burstrom
21	Audun Davik
23	Matthew McMillan
27	Laura Wendling
27	Gaffel Hippolyte

*In Recognition
of
Five Years of Membership,
Valhall awards a Five-Year Pin to
the following member for his long
and faithful service:*

Five Years of Membership

Kevin Tuckey

Congratulations!
Valhall Lodge 6-025
Sons of Norway

Valhall Corporation Special Meeting Minutes

October 6, 2026

Meeting on Zoom called to order at 8:07 PM by President Jim Adams. Present were Jim Adams, President; Steve Rawlinson, Secretary and Treasurer; Myla Coleman, Director; and Judy Sawyer, Director. Also present was Maury Lee.

On the agenda was a determination of whether the Corporation should pay for the repair of the shed foundation. Article III of the Articles of Incorporation was displayed and Steve expressed the opinion that the Corporation bore responsibility to pay for this work. Myla moved to approve having the Corporation pay for the work. Judy seconded. Motion passed.

The next regular Corporation meeting will take place on November 2, 2026, at 7:00 PM on Zoom.

Meeting Adjourned at 8:11 PM.

Respectfully submitted,

Steve Rawlinson, Secretary

Valhall Lodge Board Meeting Minutes

October 6, 2026

Meeting on Zoom called to order at 7:10 PM by President Myla Coleman. Present were Myla Coleman, President; Aprell Bigler, Financial Secretary and Acting Treasurer; Maury Lee, Counselor; Judy Sawyer, Social Director; Jim Adams, Foundation Director; Steve Rawlinson, Editor and Webmaster; Sandra Yeaman, Historian; and Susan Cody, Musician.

Steve moved and Jim seconded to accept the minutes of the previous board meeting (April 20, 2026) as published in the (May 2026) newsletter. Motion passed.

Aprell presented the Treasurer's Report.

Susan moved to accept the bid from Dean Freeman Construction to repair the foundation under the shed for \$3280. Steve seconded. Motion passed. The work is scheduled for October 14-15. Judy will clarify with Dean Freeman details about termite protection, pressure-treated lumber, and whether the ramp will be reattached. The Corporation will decide in a following meeting whether the Corporation will pay for this instead of the Lodge.

Judy will contact Johan about storing shed items temporarily inside the lodge. She will work with Sandra and Maury on Monday, October 12, to sort and remove items. Maury will provide his truck to haul removed items away.

Jim disclosed progress that the Nominating Committee is making. Mary Hinshaw has volunteered to serve as Secretary. There is a potential candidate for Treasurer.

Jim proposed a six-month lodge renewal program to enhance dinners and attract new members. This proposal will be presented to the full membership at the next lodge meeting.

Meeting adjourned at 8:06 PM

Respectfully submitted,

Steve Rawlinson, Editor

Ladies of Valhall Meeting Minutes

October 3, 2026

The meeting was called to order at 9:13 by President Susan Cody.

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

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

Old Business:

- Sandra announced that crafting meetings are on hiatus for the month of October. The next meeting will be held on November 11 at 1pm at her home.
- The nominating committee announced the new slate of officers as follows:
President-Judy Sawyer, Vice-President- Susan Cody, Treasurer-Barbie Lorentz, Secretary-Gini Gomez. Thank you to the nominating committee.
- Lille Butikken - Carrie has donated items for the sale and Myla has plenty of supplies.

Cultural: Leif Erikson day will be celebrated on October 11 at House of Norway in Balboa Park. The Seaman's church will hold a service in Balboa Park on October 17.

Good of the Order: Sandra Yeaman attended Helga Moore's funeral service.

Susan has been cast in a stage reading of a play and one of the performances is on November 14, so she will be unable to attend the Lille Butikken and Lutefisk dinner. She will really miss her lutefisk this year!

Birthdays: Linda and Myla

The drawing winners were Ellen, Else, Tam, Sandra, Myla, Susan, and Barbie

Today's hostesses were Eldbjorg and Sue. The next meeting will be Nov. 7, and hostesses will be Mary and Ellen

The meeting was adjourned at 10:13.

Respectfully submitted,

Susan Cody, President



Repair of the shed foundation took place in the middle of October. Upper left photo shows how bad the situation was. The other photos show contents inside the shed. Thanks to Judy Sawyer, Susan Cody, and Sandra Yeaman for identifying junk, and thanks to Maury Lee for hauling it away.



The next 8 pages have material relating to the Sons of Norway Foundation. The Together We Are the Future campaign begins on October 1. The Foundation has already raised \$94,753 toward this year's goal of \$250,000. District Six has always contributed generously.

The 8 pages that follow contain the following items:

- The Foundation flyer, including ways members and lodges may give (2 pages)
- Guidelines for the Conrad and Agnes Christianson Scholarship Fund (2 pages)
- Guidelines for the Agerter-Herbranson Family Scholarship Fund (2 pages)
- A list of Foundation grant recipients, which may provide ideas for possible lodge projects (2 pages)

The Foundation's 60th Anniversary video also provides an excellent short introduction to its work: https://youtu.be/7s_Hhnq5KP0

Foundation grant applications open October 1 and are due December 15. Scholarship applications open October 1 are due January 15 and must be completed and submitted online **by the student**. The September/October Viking magazine will also include the list of this year's scholarship recipients.

District Six Foundation Director and Valhall member Jim Adams would be grateful to hear what would be most helpful to our lodge. Are there questions, materials, or examples that would make it easier to promote scholarships, grants, or Foundation giving? Please feel free to reply with your suggestions, even if the lodge is still deciding how it may participate.

Together, Jim believes that District Six can help more students, strengthen more lodges, and finish the year with meaningful support for the Foundation.

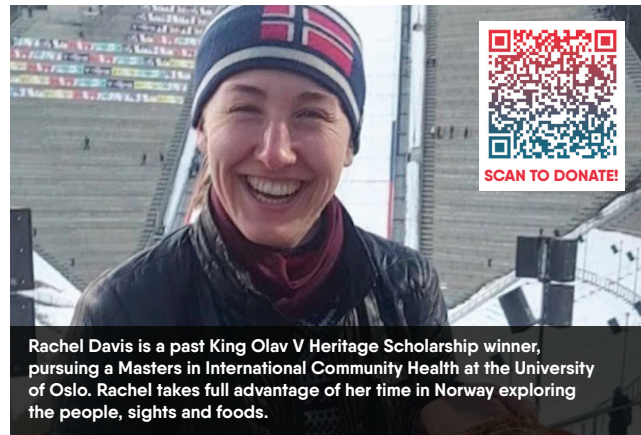


Mission: To celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

A donation to the Sons of Norway Foundation, a 501(c)(3) organization (Tax ID# 41-6054126), is a contribution to the positive impact we make through community, youth, educational, and cultural projects.

TOTAL COMMUNITY IMPACT

	2024-2025	2025-2026
Camperships	\$15,684	\$15,000
Grants	\$118,651	\$121,720
Scholarships	\$146,820	\$148,188
Total	\$281,155	\$284,908



Sons of Norway Foundation Core Values:

- ➔ Building Nordic culture and heritage for the future
- ➔ Committing to life-long learning and service
- ➔ Demonstrating compassion for our members in need
- ➔ Sustaining the link to contemporary Norway
- ➔ Fostering a community of generosity

SCHOLARSHIPS

Our Sons of Norway Foundation scholarships help students pursuing their education journey. A wide range of opportunities, this is a chance for people to reach for their goals and deepen their connection to cultural exchanges.

The Foundation offers 18 endowed scholarships that offer awards from \$1,500 to 100% of tuition. Most of our scholarships are for one year, but the Bernt Anker Scholarship offers assistance for up to four years.

- ➔ Scholarships for Undergraduate, Graduate, Technical and Vocational levels
- ➔ Scholarships for Folk High School and Oslo International Summer School experiences
- ➔ Opportunities for Sons of Norway members and non-members
- ➔ Applications are all online and open October 15 for the following academic year

2025-2026 Scholarship Cycle	
Scholarship Applications	225
Scholarships Awarded	38
Scholarship \$ Awarded	\$134,500

GRANTS

Grants are an opportunity for lodges, members, districts and even others with Nordic interests to strengthen their communities in many ways.

Why Apply?

- Support your lodge's mission with meaningful programming
- Celebrating Nordic culture and heritage
- Make a lasting impact in your local community

2025-2026 Grant Cycle	
Grant Applications	75
Grants Awarded	61
Grant \$ Requested	\$226,955
Grant \$ Awarded	\$104,420

Grant Name	Purpose	Max Award \$
Community Partnership	Projects that promote and preserve culture and heritage of Norway	Up to \$5,000
Helping Hands to Children	Supports lodge member activities in local schools or venues	Up to \$1,500
Lodge Culture & Heritage	Projects that promote and preserve culture and heritage of Norway	Up to \$1,500
Lodge Vitality	Give lodges a boost in their operating budget for membership, programming, maintenance, etc.	Up to \$1,500
Helping Hands to Members - Medical	Assist members experiencing severe financial hardship due to illness or injury	Up to \$5,000
Helping Hands to Members - Disaster	Assist members whose home was significantly damaged and unlivable following a disaster	Up to \$5,000

FUNDRAISING

Your gift to the Sons of Norway Foundation supports the grants and scholarships mentioned here and benefits the communities we live in. **There are many different ways to support this work:**

- Online donations at: sofn.com/foundation/donate/
- Mail a check to: **1455 W. Lake St., Minneapolis, MN 55408**
- Stock or Mutual Fund donations
- IRA distributions (Qualified Charitable Distributions)
- Gifts of life insurance
- District and lodge fundraisers
- Workplace giving programs for current and retired employees
- Estate gifts – a chance to create a legacy
- Lodges may consider creating a fund to honor their lodge community
- Consider making your gift recurring

\$60 FOR 60 CAMPAIGN

A special anniversary campaign to celebrate the Foundation's 60th anniversary during the district convention season.

Look for this badge at convention and scan the QR code to make a gift!



**SONS of
NORWAY
FOUNDATION**

Celebrating **60 Years**
1966-2026

**\$60
FOR
60!**



Celebrate **60 YEARS** of the
Sons of Norway Foundation
with a **\$60 GIFT** today!

Scan QR code to give today!



TOGETHER WE ARE THE FUTURE CAMPAIGN

This campaign kicks off with Foundation Month in October and wraps up January 15 with year end gifts that celebrate the mission. It's an exciting time to conclude the fundraising goal!



Conrad & Agnes Christianson Norwegian Folk School Scholarship Fund

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Overview

This non-endowed scholarship was established by Candace Christianson and Christopher Conley in honor of Candace's parents, Conrad and Agnes Christianson. Conrad and Agnes grew up in Norwegian immigrant families and passed on many Norwegian traditions to their three daughters. Agnes was also a Sons of Norway member for many years.

The scholarship is open to high school graduates who wish to enroll in a Norwegian Folk High School. Preference will be given to individuals who are members of Sons of Norway or a child or grandchild of a Sons of Norway member with membership being in existence for at least one year. Recipients must demonstrate academic accomplishment, dedication, and promise in the field of study.

Award Amount

One scholarship of up to **\$3,000** will be awarded for the 2027-28 academic year.

Eligibility

- **Deadline** – Submission of the completed application and all required elements by **January 15th**
- **Country of Study** – Norway
- **Age** – Candidates must be 18-24
- **College Credit Needed** – None required
- **Proof of Enrollment** – Required
- **Level of Study** – A Norwegian folk high school
- **Field of Study** – Any folk high school field of study offered
- **Membership Requirement** – Preference will be given to applicants who are current members of Sons of Norway or children or grandchildren of a current member with membership in effect at least one calendar year prior to application
- **Length of Award** – Up to 1 year
- **Applicant Citizenship** – United States

*Note – The Sons of Norway Foundation does not provide financial assistance for current or previous academic years, room & board, travel, etc.

Criteria

- A short autobiography of up to 150 words.
- An essay up to 500 words addressing each of the following key points:
 - » Describe how this scholarship will help you further your career goals.
 - » Share why you have chosen your area of study or training and what you hope to achieve in your future career.

- » Explain any involvement in volunteer, school and/or community activities and what that involvement has taught you.
- » Describe your involvement in Sons of Norway and how it has shaped who you are today.
- 2 letters of recommendation that addresses the applicant's character and abilities.

Application Process

Applications are only accepted via our online portal at www.sofn.com/foundation/scholarships/

Award Selection

Final selection of the scholarship winners will be made by a scholarship committee appointed by the Sons of Norway Foundation. Scoring is dependent on the use of complete sentences, proper grammar, inclusion of information outlined in the essay requirements listed above and financial need.

Candidates may only receive two Sons of Norway scholarships in a five-year period.

Scholarship Notification and Payment

Notification of an award will be made by phone or email within 14 weeks of the application deadline.

Scholarship funding is made payable to the institution listed on the application and mailed to the scholarship recipient. If awarded, the recipient will be required to complete information including his or her student ID number for the institution and a current mailing address.

Recipient Requirements

Scholarship recipients are asked to grant permission to use their photo and name in *Viking* magazine, the Foundation's annual report and other scholarship promotional materials. They are also expected to give a presentation at their Sons of Norway lodge or one close to them to explain how this scholarship is helping them achieve their educational dreams. We will provide you with a form for a lodge officer to sign after your presentation.

Revision Policy

The Sons of Norway Foundation reserves the right to modify requirements. All participants are encouraged to check the Foundation website, www.sofn.com/foundation/scholarships/ for the most current information.

Questions

Questions may be directed to the Foundation at scholarship@sofn.com.

Thank you for your interest in applying for a Sons of Norway Foundation scholarship.



Agerter-Herbranson Family Scholarship Endowment Fund

Our Mission

The mission of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

Overview

This scholarship is endowed through the generosity of Mark and Regina Agerter. Mark has been a member of Sons of Norway since 1970. The Agerters' involvement increased substantially in 2000 when they began serving in leadership roles at the local and district levels. Eventually Mark went on to Sons of Norway International Board of Directors leadership positions as well. Howard and Fanny Herbranson, Mark's maternal grandparents, who were Sons of Norway members for many years, served as officers at the local and district levels. Howard also served as an international director for several years. The Herbransons were instrumental in getting Mark to attend the International Summer School in Oslo. This was a seminal event in Mark's life, and that inspired them to start this fund to help give others access to similar experiences. Donations by Sons of Norway lodges, members and friends also fund this scholarship opportunity.

Award Amount

One scholarship of up to **\$2,000** will be awarded, or two scholarships of up to **\$1,000** will be awarded.

Eligibility

- **Deadline** – Submission of the completed application and all required elements due by **January 15th**
- **Country of Study** – Norway
- **Age** – Candidates must be 18+
- **College Credit Needed** – One full year
- **Proof of Enrollment** – Required
- **Level of Study** – Oslo International Summer School, a Norwegian folk high school or Norwegian undergraduate institution
- **Field of Study** – Any
- **Membership Requirement** – Applicants who are current members of Sons of Norway or children or grandchildren of a current member with membership in effect at least one calendar year prior to application
- **Length of Award** – Up to 1 year
- **Applicant Citizenship** – United States

*Note – The Sons of Norway Foundation does not provide financial assistance for current or previous academic years, room & board, travel, etc.

Criteria

- A short autobiography of up to 150 words.
- An essay up to 500 words addressing each of the following key points:
 - » Describe how this scholarship will help you further your career goals.
 - » Share why you have chosen your area of study or training and what you hope to achieve in your future career.

- » Explain any involvement in volunteer, school and/or community activities and what that involvement has taught you.
- » Describe your involvement in Sons of Norway and how it has shaped who you are today.
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Recipient Requirements

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Revision Policy

The Sons of Norway Foundation reserves the right to modify requirements. All participants are encouraged to check the Foundation website, www.sofn.com/foundation/scholarships/ for the most current information.

Questions

Questions may be directed to the Foundation at scholarship@sofn.com.

Thank you for your interest in applying for a Sons of Norway Foundation scholarship.



2026 is the Sons of Norway Foundation's 60th anniversary and we're proud to award **60 grants totaling over \$100,000 for the 2025-26 cycle**. There are grants for all ages to enjoy Nordic heritage and culture in our communities, just as our mission promises. ***Congratulations to our award winners!***

Community Partnership Grant – Total Funding Support: \$62,170

- **Mitch Utterback** | Honoring Operation Rype: The United States' Only Combat Operation Conducted in Norway During World War II
- **Desiah Melby & Eric Bestul** | Echoes of Norway: Reviving Hardanger Fiddle Traditions Through Music and Education
- **Historical and Cultural Society of Clay County** | Preserving Hardanger Fiddle Building with Apprentices
- **With Snowshoe Thompson 6-78** | Norwegian and Swedish Heritage Museum Initiative – Preserving the Nordic Story
- **Skillcraft Institute** | Building Community Through Woodworking and the Sløyd Experience
- **Silen Wellington** | Land & Longing: New Music on Norwegian Heritage
- **Tine May Fatland Kvalvagnes** | The Dole Horse: a Living Tradition of Norwegian Heritage
- **Concordia Language Villages** | Increasing Cultural Authenticity at Skogfjorden, the Norwegian Language Village
- **Hardanger Fiddle Association of America** | Valdrespringar Dance Course for Hardanger Fiddlers, Norwegian Folk Dancers and Community Members
- **Society for the Advancement of Scandinavian Study** | SASS 2026: Brooklyn
- **Oda Voltersvik** | Modern Interpretations of an Iconic Master: Edvard Grieg Works Performed by Oda Voltersvik
- **Jennifer Fergesen** | Polarlit: The Svalbard Literary Magazine
- **iEARN** | Living Norway: Virtual Cultural Connections for Youth
- **Nordic Culture Clubs** | The History and Culture of Bunads
- **University of Wisconsin Green Bay** | The Midwest Viking-era Festival Artist in Residence Program Project Narrative
- **Shannon Sadler** | Grieg & Ibsen: A Peer Gynt 4-Hands Multimedia Experience
- **Community Building Partners dba: Jacklin Arts & Cultural Center** | Norwegian Cultural Workshop Series: "The Art of Rosemaling"
- **District Six Language & Heritage Camps** | Norwegian Language Instruction from Native Teachers
- **Camp Norge (District 6)** | Upgrade and Rehabilitate Camp Norge's RV and Tent Camping Spaces to Appeal to New Visitors
- **Canadian Chamber Orchestra** | GriegFest
- **Giants of the Earth Heritage Center** | Skinnfell Stamps Lending Library
- **Joseph Grodahl** | Sangerfest 2026
- **Ski for Light** | Program Support for 2026

Lodge Culture & Heritage Grant – Total Funding Support: \$16,690

- **Bemidji Lodge 1-500** | Syttende Mai Celebration, Hardanger Fiddles with Bud Larsen
- **Stavanger Lodge 1-538** | Pioneer Women in Southwest Minnesota, 1880-1915
- **NOR-WIN Lodge 1-505** | Stoughton Norwegian Dancers come to Winona Minnesota!
- **Norsota Lodge 1-602** | Celebrating Constitution Day and Norwegian American Women
- **Terje Viken Lodge 1-017** | Two Harbors Community Scandinavian Music/Dance Weekend
- **Nortonna Lodge 1-638** | Rosemaling Workshop
- **Harald Haarfager Lodge 2-011** | Local Kids Camp
- **Poulsbo Lodge 2-044** | Valkarie Boat Rental

- **Bernt Balchen Lodge 2-046** | Enhancement of Bernt Balchen Lodge Library Collection
- **Kringen Lodge 4-025** | Kolrosing Class Tools and Supplies
- **Henrik Ibsen Lodge 4-565** | Bestemor Norge to Come to the Henrik Ibsen lodge
- **Gyda-Varden 4-021** | Craft Cafe; Learn to Knit Selbuvotter/Selbu Mittens
- **Sverdrup Lodge, 4-107** | Motivational Speaker
- **Edvard Grieg Lodge 5-657** | Norwegian Concert
- **Freya Lodge 6-062** | Scandinavian Cultural Presenters and Musicians
- **Varden Lodge Sons of Norway 7-19** | Norwegian Meatball Dinner

Lodge Vitality Grant – Total Funding Support: \$11,500

- **Scandia Lodge 1-680** | Community Performance by Monroe Crossing
- **SOLGLIMT 1-547** | From Our Roots and Customs
- **Poulsbo Lodge 2-044** | Window Replacement
- **Helgeland Lodge 2-30** | Furnace Repairs / Replacement
- **Kringen Lodge 4-025** | Ballroom Sound System Replacement
- **Gyda-Varden 4-021** | Lodge Air Conditioning Update
- **Normanden Lodge 4-424** | Fair Flooring and Fridge
- **Heim Lodge 4-178** | Restoration of Room
- **Nordahl Grieg 6-052** | Hall Floor Fundraiser
- **Steinfjell Lodge, 6-114** | Cards to Community Members

Helping Hands to Children Grant – Total Funding Support: \$13,060

- **Viking Lodge 7-081** | Adopt a School to Assist Hjorth Road Elementary
- **Norsota Lodge, 1-602** | Bring The Kids – Hands On Experiences, Nordic Style
- **Vesterdalen Lodge 2-131** | Vesterdalen Lodge Supports a Little League Baseball Team
- **Sonja Lodge 2-038** | Sponsor a Local Elementary Age Soccer Team
- **Normanden 4-424** | Missoula Back to School Project
- **Gyda-Varden 4-021** | Story Time at the Lodge
- **Mollargutten 4-478** | Together We Will Keep Technology a Priority
- **Sons of Norway District Five Lodge** | Bridging the Atlantic: Enhancing Cultural Immersion at Masse Moro through Authentic Instruction
- **Valhall Lodge 6-025** | Tents for Kid's Camps
- **Solheim Lodge 6-069** | Nordic Youth Folk Dance Outreach Program
- **Vegas Vikings 6-152** | Vegas Vikings Speakers Bureau

**Total grant awards by the Sons of Norway Foundation
for the 2025-2026 Cycle: \$103,420**



SJØMANNSKIRKEN
i Los Angeles
Norwegian Church Abroad

**Velkommen til
gudstjeneste**
at House of Norway

The Norwegian Seamen's Church
in Los Angeles comes to House of Norway
for a cozy and traditional church service.

- Pastors Margit and Ole Martin,
and Jay on piano
- Kirkekaffe after service
- Norwegian goods mobile store
- Brunost and other Norwegian favorites

HØSTENS DATOER

LØRDAG	LØRDAG
Oktober 17	December 19
10:00 AM	10:00 AM

Velkommen!

Ed Note: By the time you read this, the October 17 service will be over, but it is not too late for you to plan to attend on December 19. This flyer was provided to us by the House of Norway.

Cardamom Ring Cake

Ingredients

For the Cake:

3 packets active dry yeast
3/4 cup tepid milk
3 eggs (1 for brushing the cake)
4 cups all-purpose flour
3 1/2 Tbsp. sugar
1/2 Tbsp. salt
1 Tbsp. cardamom
11 Tbsp. butter

For the Filling:

9 Tbsp. butter
4 1/2 Tbsp. sugar
4 Tbsp. raisins
4 Tbsp. candied citron, chopped
4 Tbsp. almonds, chopped



Photo source:

https://www.sofn.com/wp-content/uploads/2018/11/cardamom_ring.jpg

Instructions:

Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Sift together the flour, sugar, salt and cardamom. Once well-combined, cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Prepare your filling while the dough is rising. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool place.

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6" x 34" long ribbon.

Spread filling all over the dough. Sprinkle with raisins, chopped candied citron, and chopped almonds for extra taste, if desired.

Roll up dough starting on the long side and form into a twist on a baking sheet. Cover and let rise again. After rising, brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400° - 450°F / 200° C - 230°C).

Valhall Viking

NOVEMBER 2026

CALENDAR

November 2:	7:00 PM	Corporation Meeting
November 7:	9:00 AM	LOV Meeting
November 14:	2:00 PM	Lodge Meeting & Social
November 23:		December Newsletter

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, 2026

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com