



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.

October 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

Hei til alle!

The Masons are kind and thoughtful landlords who reached out this summer to tell Judy that our storage shed may have been broken into as the door looked crooked. No, it has been settling on its gravel foundation for a while, making it harder and harder to close the door. Thanks to Judy for her time and eagle eye to investigate possible solutions. She noticed a guy working to repair an apartment at her complex; he may do our small project for a fee.

Please turn to Page 3





HM King Harald V

1937 – 2026

Photo credit: Kimm Saatvedt, The Royal Court



Valhall Lodge mourns the passing of His Majesty King Harald V.

The Lodge extends best wishes for a successful and peaceful reign to King Haakon VIII and Queen Mette-Marit.

The Lodge sorrowfully notes the passing of Princess Astrid, Mrs. Ferner (1932-2026), sister of King Harald.

Ord fra presidenten *(continued from Page 1)*

We had a small but collegial group at the September dinner and lodge meeting. Judy brought her family heritage pieces: vests, blouses, belts, beaded chest inserts. I brought my converted sweatshirt jacket with embroidery. It was too hot to wear. I'll save it for cooler weather.

There is no lodge meeting or social in October due to the Southern California Kretsstevne weekend. Does anyone want to go up together on October 10 to the Scandinavian Heritage Fair in Mission Viejo to see demonstrations and buy things? Let me know what you think.

At work we use team building activities to learn about each other and form a strong team. One recent prompt was to share if you are a beach or mountain person. I always have loved forests and when I think beach, it's usually the sandy ones like here in San Diego, so mountains is my preference. After a recent trip to the Central California Coast with hubby and dogs, I realize that I love a cool, rocky, windswept beach, especially with pine trees nearby. Maybe it reminds me of Norway?!

So, are you Team Beach or Team Mountain? Let's discuss at the November Social! See the invitation for the social. It's our annual Lutefisk/Meatball dinner and Lille Butikken, sale of baked goods and Scandi things by our Ladies of Valhall. Apparently there is a local group of Norwegians (not naming names, but it's Den Norske Fiskeklubben) who state in their constitution that the purpose of the club is to eat fish....but not LUTEFISK. So they don't serve it. I have extended a special invitation to them to join us. Don't hesitate to invite your friends too.

MVH, Myla

President, Valhall Lodge #6-25

Ed Note: See flyer for Lutefisk/Meatball Dinner on next page.

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 *****

**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

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 was 3rd Saturday instead of 2nd Saturday.
Our delegates were at the District Six Convention on June 13.

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!



October Birthdays

1	Martin Johnson
5	Linda Rawlinson
5	Linne Hougen
7	Kaarina Koskinen
17	Myla Coleman
19	Elka Adams
22	Jane Chell
23	Rick Hausvik
23	Andrew Samuelson
25	Joe Adams

October Kretsstevne October 23-25, 2026

The Southern California Kretsstevne will again be held at Banning Stagecoach KOA Campground & RV Park. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation. A limited number of on-site bungalows will be available for rent. Bring your own RV or tent. Motels are nearby, as well. Southern California Kretsstevne is a weekend of Norwegian heritage and fellowship. All Sons of Norway members and guests are welcome.

Registration form is available on their website.

Helga Moore, RIP

1936 - 2026

We are sorry to report the passing of Helga Moore. She passed away on July 31 at the age of 90. Helga was a long and faithful Golden Member of Sons of Norway and Valhall Lodge having joined in December 1966. Helga was very active in Valhall Lodge and was Valhall's President, Vice President, Counselor, Corporation Director, and in 2008 she was the Chair of the Biennial International Convention held in San Diego. Myla, our current President, remembers Helga sharing her troll for our Troll Stories activity in 2018. We are going to miss Helga and her friendship. We extend our deepest sympathies to daughter Natalie and the Moore family.

Kaye Wergedal, RIP

1940 - 2026

We are sorry to report the passing of Kaye Wergedal. She was 86 years old. Kaye joined Sons of Norway in 1971 and became a golden member. She was a member of Vestafjell Lodge in Grand Junction, CO, when she was elected Public Relations Officer (PRO) of District Six. While she was PRO, she and husband Jerry visited San Diego on a weekend when Valhall had a lodge social, so we invited them to to the social and they came. Because of medical problems, Kaye was advised to leave the high altitude of Colorado and move somewhere close to sea level. She and Jerry moved to Carlsbad and joined Valhall Lodge. Your Editor had the pleasure of meeting Kaye at the 2016 District Six Convention in Loveland, Colorado. She was very conscientious as PRO. Unfortunately, her health forced her to resign. We extend our deepest sympathies to Jerry, their children, and the rest of their family.

Valhall Lodge Meeting Minutes

September 12, 2026

Meeting called to order at 3:09 PM by President Myla Coleman.

Steve moved and Maury seconded to accept the minutes of the previous meeting as published in the May newsletter. Motion passed.

There was a moment of silence for those lost.

Sandra's writing group donated a speaker. Maury moved and Jim seconded to approve a donation of \$200 to Sandra's writing group. Motion passed.

Jim Adams gave a Foundation report with some important dates. Grant applications and scholarships are open in October 2026. All donations are tax deductible.

Jim Adams was appointed Chairman of the Nominating Committee.

Steve gave a financial report.

Social Director Judy talked about the shed that needs a new foundation. Judy will do some research on hiring a handyman to begin the project.

Maury talked about Southern California October Kretsstevne and encouraged all members to come and represent the lodge in Banning Oct 23-25. Looking for cooks to help with Saturday night's dinner.

Aprill provided the Treasurer's Report.

A board meeting was scheduled for Oct. 19. The Corporation will meet on Nov. 2.

There were birthday and anniversary shoutouts.

Next meeting will be November 14, 2026.

Meeting adjourned at 3:43 PM

Respectfully submitted,

Bree Klusmeyer, Assistant Secretary

Ladies of Valhall Meeting Minutes

September 5, 2026

The meeting was called to order at 9:09 by President Susan Cody.

The June minutes were approved as printed in the August newsletter.

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

Old Business:

Sandra will continue to hold the crafting meeting at her home. The next meeting will be held on September 7 at 1pm.

New business:

- Nominating committee-Judy and Sandra have volunteered to canvas members for nominations for the upcoming election.
- Lille Butikken - Myla still has some items for the sale. Sandra also has some items to donate. Gini asked about when and where to deliver items for sale.

Cultural: We had a moment of silence for the death of King Harald. Congratulations also extended to King Haakon.

Good of the Order:

- Judy brought in pieces of bunads that were crafted and worn by her great-grandmother and grandmother.
- Gini brought in mementos of the Norwegian soccer teams participation in the FIFA games.
- Myla mentioned that golfer Viktor Hovland was also competing in New York during the Norsk FIFA games.
- Thelma has a new grandson-Magnus.
- Else announced that the Norwegian Seaman's Church will be at House of Norway on October 18 at 10am.

Birthdays: August birthdays-Barbie, Judy, and Jean. September birthday-Else.

Happy Anniversary was sung to Sue.

The drawing winners were Sue, Tam, Thelma, Eldbjorg, and Barbie.

Today's hostesses were Myla and Gini. The next meeting will be Oct. 3, and hostesses will be Eldbjorg and Sue.

The meeting was adjourned at 10:38.

Respectfully submitted,

Susan Cody, President



At the Social on September 12, 2026, Corporation Treasurer Steve Rawlinson explains the shirt he received that morning from the Editor of the Stock Trader's Almanac. The prediction on the shirt is that the NASDAQ will reach 74000. On September 11, the NASDAQ closed at 26333.04. Steve received the shirt when he attended an AAIL meeting in San Diego on the morning of September 12.



Ladies of Valhall do RØ RØ RØ. Additional photos of the September 5, 2026, LOV meeting are at <https://drive.google.com/drive/folders/1Jj3zR5phoRtUsUR3kbELHhltP6-wPgvyz?usp=sharing>



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.

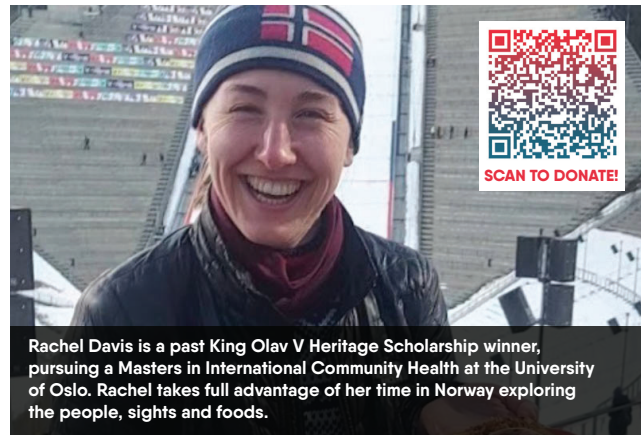


Mission: To celebrate Nordic culture and heritage through scholarships and grants to our members and communities.

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

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

Scan QR code to give today!

**\$60
FOR
60!**





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.
- 2 letters of recommendation that addresses the applicant's character and abilities.

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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**



Cookies with Chunks of Brunost

Ingredients

1 egg
1 egg yolk
2 1/4 cups (270 grams) flour
1 tsp baking powder
1/2 tsp. salt
3/4 cup (170 grams) butter
1/2 cup (100 grams) brown sugar
3/4 cup (150 g) white sugar
2 tsp. vanilla extract
150 g TINE Gudbrandsdalen brown cheese
(cut into chocolate-chip-sized chunks)



How to make:

Mix the salt, flour and baking powder in a bowl. Melt the butter in a saucepan. Add both quantities of sugar and stir until any lumps are dissolved. Stir in the egg, egg yolk and vanilla extract. Pour this mixture over the dry ingredients and stir until you have a smooth dough. Stir in the brunost chunks. Chill dough in refrigerator for half an hour to an hour.

Divide the dough into 20 equal pieces. Roll each one into a ball and flatten slightly. They will spread somewhat during cooking, so be sure to leave space between them.

Bake at 165°C / 325°F for about 15-20 minutes.

Makes 20

Time to make: 40 minutes *Ed Note: We don't think so. 30-60 minutes to chill the dough and then 15-20 minutes to bake plus mixing the ingredients and dividing and rolling the dough seems to us to add up to more than 40 minutes. We may know how to edit newsletters, but we don't know how to cook. That means we would take a lot longer than you experienced cooks, but even you won't get this done in 40 minutes.*

Source: <https://www.tinebrunost.com/recipes/cookies-with-chunks-of-brunost>

***Article photo for download:**

<https://www.pexels.com/photo/freshly-baked-chocolate-chip-cookies-on-cooling-rack-38445326/>

Valhall Viking

OCTOBER 2026

CALENDAR

October 3:	9:00 AM	LOV Meeting
October 19:	7:00 PM	Lodge Board Meeting
October 23-25:		Kretsstevene
October 23:		November 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 November issue

Deadline for the November Valhall Viking is October 23, 2026

E-Mail articles to Steve Rawlinson at:

editor@lodgeofvalhall.com