



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.

September 2025
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

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January and July.

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Ord fra presidenten

2025 is a year of many milestones!. In Balboa Park, the House of Pacific Relations and House of Norway celebrate 90 years with events on September 6 and 7. Our larger community commemorates the first modern group of Norwegian immigrants to cross the ocean on the sloop Restauration, inspiring more to follow them.

I hope many will join us at our September social for a delicious pork roast dinner. Stay tuned for updates on our program and lodge meeting.

I have been reviewing the plethora of resources sent from the [Crossings 200 website](#) and from last June's Crossings and Connections

Please turn to Page 2



Ord fra presidenten *(continued from Page 1)*

Conference .. so much to choose from! One title that caught my attention was “From T-shirts to the Texas Bunad: Expressing Norwegian and American Identity through Dress”. Yes, Americans have had the audacity to create bunader (really festdrakter) with characteristic symbols of their US state. An example is the Texas bunad with bluebonnet flowers, Lone Stars and hashtag that represents the ubiquitous oil rig.

Immigration will be the theme at this year’s annual Southern California Kretsstevne in October. Lots of fun activities including book club, games, great meals are in the planning stage right now. I have always had a good time at this event I recommend it!

Med vennligste hilsen,
Myla Coleman
President, Valhall Lodge #6-25

Crossings and Connections Videos

NAHA is making available to us videos from the conference commemorating 200 years of Norwegian Migration. This conference took place last June at St. Olaf College. It featured historic site tours, film screenings, musical performances and insightful public talks. Watch the videos here: [Crossings and Connections](#)

Welcome Back Catered Heritage Dinner

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

Saturday, September 13, 2025

**Check-In at 1:30
Dinner served at 2:00
Meeting to follow
Dessert after the meeting**

MENU

**Roast Pork Loin
Potatoes & Gravy, Salad
Coffee & Dessert
Soda & Water available with donation
Please feel free to bring your own wine or beer**

Cost \$20

***** PLEASE pre-register by September 8 *****

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

**Email reservations to Judy Sawyer
(619) 993-9113
sonjsawyer@gmail.com**

Valhall Lodge, Sons of Norway 2025 Social Calendar

JANUARY	11	DINNER - Officer Installation
FEBRUARY	8	CATERED DINNER
MARCH	8	SALMON DINNER
APRIL	12	CATERED SPRING DINNER
MAY	10	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	21	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/AUGUST		(NO MEETINGS)
SEPTEMBER	13	CATERED HERITAGE
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	8	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	13	JULTREFEST — POT LUCK

Parking



The Masons have reminded us that there is parking in the La Mesa Spring Valley School District lot on Saturdays because they are closed. It is to the right before the Lodge Lot (i.e., on the other side of Date Ave as you drive toward the lodge hall from Allison Ave). It may ease the parking stress a little.

Lodge Officers - 2025-2026

Lodge Officers	
President	Myla Coleman
Vice President	VACANT
Counselor	Maury Lee
Secretary	Carrie Lail Reichert
Assistant Secretary	Bree Klusmeyer
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
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
Everett Shogren
Susan Hawkinson
Jon Simonsen

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

LOV Officers	
President	Susan Cody
Vice President	Judy Sawyer
Secretary	Carrie Lail Reichert
Treasurer	Barbie Lorentz



SONS of NORWAY

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

idonovaninsure@gmail.com



Happy Birthday
Gæstulerer Med Dagen!



September Birthdays

- | | |
|----|-------------------|
| 2 | Janet Weber |
| 3 | Else Ottesen |
| 5 | Breanna De Nino |
| 7 | Glenda Holsbo |
| 7 | Ann Hougen |
| 12 | Graciela Lee |
| 16 | Everett Shogren |
| 17 | Barbara Paulovich |
| 22 | Jeanne Scott |

Alexander Yeaman, RIP 1946-2025

We are sorry to report the passing of Alexander Yeaman on August 6. He was the husband of long time Valhall member Sandra.

Alex frequently accompanied Sandra to our socials and was a wonderful conversationalist. We remember learning from him that his favorite Scotch was made in Taiwan.

Alex was a cosmopolitan gentleman whose career in management at telecommunications companies took him to various countries around the world in addition to various states in the United States.

A full obituary of Alex is available [here](#). Our deepest sympathies go out to Sandra and the Yeaman family.

Going Paperless (SON Announcement)

Beginning September 1, membership cards will no longer be mailed for annual renewals. Members can print off their card from the website under their profile or save a digital copy to your phone to show proof of membership. For members that belong to a lodge with property, card mailings will stop December 1.

This change is being made due to the ongoing rising costs of postage and the desire of SON to continue to be good stewards of our resources. Members are encouraged to create a profile so that they can access the card and print from their computer.

Ladies of Valhall Meeting Minutes

June 7, 2025

Vice President Judy called the meeting to order at 9:08. There were no guests.

We had a moment of silence to honor our beloved member Ragnhild Amble.

Hostesses were Thelma and Tam, with help from Tam's daughter Sue.

Minutes as printed for May were accepted. Treasurer's report given - pretty much all other same as last time (no details printed by design). Treasurer's report as printed accepted.

Sunshine Report-

Sympathy cards were sent to Ragnhild's family.

Solveig's husband fell. Sandra's husband fell again and was in the hospital.

Bookclub for the summer again/

To meet at Myla's house July 5

And at Jean's house Aug 2

First book is The Jealousy Man (short stories)

We did different ways to say Thank You in Norwegian. Discussed the 200 years in America of the first Norwegian immigrants. (Disregarding Leif Erikson and Newfoundland).

Sign up for the social of June 14. Bring a homemade cake for the contest!!

Summer trips- Sue, Milly, Barbie, Else and Eldbjorg

Birthdays and anniversaries were noted.

Sept hostesses - Barbie (for Solveig) and Judy/ no breakfast meeting in July and August.

The raffle ball prizes (a lovely delft blue vase with red carnations were won by Elsa, Barbie, Carrie, Susan, Sue and Myla.

The meeting was called to an end.

Respectfully submitted, Carrie - Secretary

Memo from Foundation Director Jim Adams:

I hope this note finds you well and full of hygge. If not, perhaps this letter—and the exciting news it brings—will help warm you right up.

This past June, Crossings and Connections, our special conference commemorating 200 years of Norwegian migration, took place on the beautiful campus of St. Olaf College. The gathering offered a true smorgasbord of experiences—historic site tours, film screenings, music, and presentations that would have made even your best lefse roll over in excitement.

Thanks to a generous grant from the Sons of Norway Foundation, videos of these engaging sessions are now available on YouTube. Whether you watch on your own or gather at your lodge for a viewing (popcorn optional, krumkake encouraged), these talks are an invitation to explore, learn, and celebrate our heritage in new ways. <https://norwegianamericanhistory.org/conference-videos-now-available/>

The opportunities to support the work of the Sons of Norway Foundation are as plentiful as herring at a julebord. Whether it's donating through the QR code provided, encouraging members to apply for future grants and scholarships, or sharing these inspiring award stories at lodge meetings, every effort makes a difference.

Mark your calendars—the Annual Sons of Norway Foundation Fundraiser Campaign begins on October 1, 2025. This is a perfect opportunity to inspire giving and highlight the life-changing work the Foundation makes possible.

Let's continue building on this success. The Foundation's work ensures that our shared heritage remains vibrant, relevant, and accessible—not just for today's members, but for generations to come.

So, pour yourself a cup of strong coffee, click through the conference videos, and join us in celebrating the incredible impact we've made together. As they say in Norway, mange bekker små gjør en stor å—many small streams make a mighty river.

Warm regards,

Jim

James Adams, Sons of Norway Foundation

You may use the QR code at the right to make a donation.



Thank you for considering a gift to the Foundation



Tusen Takk!

Some members may be interested in watching ICE ROAD RESCUE, a reality show from Norway about big rig wreckers etc. In mixed Norwegian and English with subtitles and translations.

National Geographic channel (70 on Cox). Tuesdays at 11:00 PM

Southern California Kretsstevne Oct 24-26

This year, the Southern California Kretsstevne will be on the **4th** weekend of October (instead of the 3rd). It will take place at Banning Stagecoach KOA Campground & RV Park. Details are on Pages 10 and 11 of this newsletter.

Folk Art and More

It's time to start working on projects for the 2026 Folk Art Exhibition at the biennial District Six Lodge Meeting & **Convention in June, 2026**. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, weaving, painting, etc. or get creative with a digital program.

News Item About Norway

Norway will have an election to fill seats in the Storting (Parliament) on Monday, September 8, 2025. There will also be Sámediggi elections on that date.

Norwegian citizens who wish to vote and need information can get it by clicking [here](#). The information is in Norwegian, so we can only assume that it is what Norwegian voters need. Presumably, eligible voters will be able to understand Norwegian. Contact us if the information is not what we thought it would be. (editor@lodgeofvalhall.com)

Sons of Norway 32nd Annual Weekend Southern California Kretsstevne Friday, Oct. 24 - Sunday, Oct. 26, 2025

SCK Banning Fall Weekend

Join us for the weekend or a day trip for a wonderful blend of Norwegian Heritage and fellowship. 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.



Banning Stagecoach KOA Campground & RV Park
1455 S. San Geronio Avenue, Banning, CA 92220

<http://koa.com/campgrounds/banning-stagecoach> information, only – no reservations

- Enjoy Music, Crafts, Book Club, Camaraderie, Emigration Program/Crossings 200
- Cultural Food, Sat. afternoon Side Trip, Games, Bingo, Silent Auction on Saturday

**** Lodging Options ****

Limited number of Park Models for rent (2 or 3) Pricing is for two nights

Park Model – bedroom and foldout couch	\$240.00
RV space, full hookups	\$105.00
Tent space	\$65.00

Various hotel options in Banning can be found online, if the Park Models are sold out.

Please complete the registration form below and mail with your check made out to:
Southern California Kretsstevne. Mail by October 14 to:



Nancy Madson, SCK Registrar
28351 Via Las Palmas
Thousand Palms, CA 92276

Call Nancy for camp lodging
prior to sending check for lodging
(760) 238-8819 or e-mail: norsknm@gmail.com

----- cut here and mail -----

Name(s) _____ **Lodge** _____

Children's names and ages _____

Phone () _____ **E-mail** _____

Fri. Night Pulled Pork Dinner	_____ Adults @ \$10.00 each	_____ Children under 12 Free	\$ _____
Sat. Vaffler and more Breakfast	_____ Adults @ \$7.00 each	_____ Children under 12 Free	\$ _____
Sat. Hot Dog in Lefse Lunch	_____ Adults @ \$10.00 each	_____ Children under 12 Free	\$ _____
Sat. Night Meatball/gjetost sauce	_____ Adults @ \$13.00 each	_____ Children under 12 Free	\$ _____
Sun. Scandinavian Breakfast	_____ Adults @ \$7.00 each	_____ Children under 12 Free	\$ _____
SCK Registration Fee	_____ Adults @ 5.00 each	_____ Children under 12 Free	\$ _____

or

Full Meal Package, incl. Fee _____ **Adults @ \$50.00 each** _____ **Children under 12** \$ _____

Lodging: Use pricing from above - Circle one: Park Model RV space tent space \$ _____

TOTAL AMOUNT, check written out to: Southern California Kretsstevne \$ _____

All proceeds support Camp Norge.

SoCal Kretsstevne Announcement

October 24-26 2025

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. Activities may include heritage craft/art activities, a silent auction, a side trip, a cultural food demonstration, games, and music and singing. Join us for fun and fellowship. The registration form is on the previous page of this newsletter.

Emigration Themed Reading List

Norwegian Emigration: Between Rocks and Hard Places

by Ann Urness Gesme

Traditions, custom, and conditions in Norway during the 1800s; emigration from Norway; and the immigrant community in America.

On the Way to the Melting Pot/Paa veien til smeltepotten

By Waldemar Ager, translated by Harry T. Cleven

In contrast to those 'wonderful life' stories of Norwegian immigrants to the Upper Midwest, this novel draws sharp distinctions between Old World heritage and the quest for American enterprise (\$\$) with sharp satire, lively dialogue, and vivid characterization.

Sons of the Old Country

By Waldemar Ager, translated by Trygve M. Ager

This is a novel about early Norwegian immigrants in Wisconsin before and during the Civil War. Coming to America for varied reasons, the immigrants struggle to form a community. Their assimilation is hastened by the Civil War.

The Boat of Longing

By O.E. Rølvaag

This is Rølvaag's favorite novel and the only one set in urban America. Nils Vaag, a young Norwegian immigrant, leaves the life of a fisherman, to live and work in an American city. He lives in a boarding house called 'Babel' for the many languages spoken by the residents.

The Emigrants: Book 1

By Vilhelm Moberg

Book 1 introduces the emigrants fleeing religious persecution, poverty, and social oppression in Sweden. Another emigrant leaves to escape an unsavory past, and another emigrant deserts his shrewish wife. They all suffer the long trip to America on a sailing vessel.

There are many other books, both fiction and non-fiction, about Norwegian/Scandinavian emigration to America.

Viking Festival at Vista Needs Volunteers

Viking Festival is just around the corner so volunteer sign up is now in full swing.

The signup links are below -- we are using a new system that does require verification of your email address.

If you have questions or problems signing up, please send an email to our volunteer coordinator Melissa Porter at volunteers@vistavikingfestival.com.

Dates: Sat. Sept. 20 and Sun. Sept 21, 2025

Place: AGSEM (Same as last 2 years -- 2040 N. Santa fe Dr, Vista CA)

Parking: Limited behind the gate on-site parking before 9:30am and Vista High with a shuttle)

Entrance & Parking: Free in exchange for one Volunteer shift.

PLEASE NOTE -- Volunteer shifts are different this year -- Each signup may have different reporting times.

For example, Food/Bar tickets volunteer shift starts at 9:15 AM and front gate starts at 9am and others begin at 9:30 AM.

All shifts are 3 hour shifts with a 30 minute overlap between shifts to allow for smooth transition between shifts.

If you volunteer for two shifts in a day, we will give you \$16 in food/bar/activity tickets as in the past.

Feel free to forward this email to others who might be interested in volunteering.

Thank You -- Vista Viking Festival.

https://vistavikingfestival.ivolunteer.com/vvf2025_sat

https://vistavikingfestival.ivolunteer.com/vvf_2025_sunday

Salmon Loaf

by Marylee Hagen



INGREDIENTS

1 6 oz. can skinless boneless pink salmon
1/2 cup crushed multi-grain Club crackers
1/2 cup milk
1 egg
1 Tbsp. lemon juice
1/4 tsp. parsley and thyme
Lemon pepper to taste

DIRECTIONS

Mix together all ingredients.
Put in greased small Pyrex or ovenproof bakeware dish.
Bake about 45 minutes at 350 degrees.

Valhall Viking

SEPTEMBER 2025

CALENDAR

- September 6: 9:00 AM LOV Breakfast Meeting
- September 13: 2:00 PM Meeting & Social
- September 23: October 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
October issue

Deadline for the
October Valhall Viking
is September 23, 2025

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com