



# 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.

August 2026  
Valhall Lodge #6-25  
Meet at La Mesa  
Masonic Lodge  
4731 Date Ave.  
La Mesa, CA 91942  
Serving San Diego, CA



<https://lodgeofvalhall.com>

Founded 1912

Newsletter editor: Steve Rawlinson  
[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)

This newsletter is published monthly except in  
January and July.

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## Ord fra presidenten

Like many Americans, I have never been interested in the World Cup or professional soccer. But also like many of us, my attention was captured as the US hosted games in various cities, and of course, as Norway's team made their historic run, I had to watch and cheer along with the crowds wearing their flags shirts, doing the Viking Row. It was sad to see the end with Haaland so dispirited but nice to see his good sportsmanship and empathy to others. So, I'm still not really a fan of soccer, but Haaland touched my heart. Maybe I'll try to follow his team, Manchester City. (Yeah, I cared enough to research the difference between Man City and Manchester United).

The June Ice Cream Social was fun, fun, FUN as we had six cookie entries for the Splendid Spoon Contest, a

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Ord fra presidenten (*continued from Page 1*)

showing of our latest video project “Marvelous Mug Stories”, and bingo with prizes donated by Aprell, Millie and Ellen. Thanks for bringing so many that everyone won something and to Bree for being our dulcet-toned caller. Linda generously provided party favors of USA’s 250th Birthday: patriotic felt gnome dolls, commemorative gold coins and three beautiful golden pins to lucky folks who had specially numbered coins: Millie, Valerie and Everett. Sandra gave me the speaker/microphone system that her writers group doesn’t need so we had amplification for the program portion. We can determine the donation amount we want to give them.

I plan to put together a presentation of photos and information about the District Six Convention in Sacramento. For now, I want to thank our delegates who attended with me: Graciela, Judy, James and Alternate Delegate Andy. Our time together was truly fine as we attended productive meeting sessions, interesting presentations, ate delicious meals and rode a chartered bus up to Camp Norge for a day of activities.

The day trip to Camp Norge was a brilliant idea, well-executed. I’m glad I was finally able to see the place I’ve heard so much about. I love that the nearby lodges are actively maintaining it, that there are events like work parties, youth camps, camps for specific skills. I’m happy to help raise funds to continue its operation.

Our lodge received several awards. I was glad to see that Susan Cody was thanked for her efforts in her time on the Camp Norge Board. Also, she was the driver of our submission for a Foundation Grant to purchase tents for the camp. We are proud to have her as part of our lodge.

Our own Jim Adams is the District Six Foundation Director and emailed his report to the district membership on June 16. Thanks for your continued leadership, Jim. *The report is on pages 9-10.*

Finally, I need to thank Millie who has been a rock for Valhall Lodge and Ladies of Valhall in multiple roles over the years. We will miss her as she moves back to live with family in her hometown. Maybe this will be the impetus to have a virtual meeting or two during the year to include our affiliated members outside San Diego.

I hope the summer has been kind to all our members. It’s not over yet! I look forward to seeing you at the September social and hearing about some fabulous adventures.

Med venlig hilsen,

Myla Coleman

President, Valhall Lodge #6-25

## **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 12, 2026**

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

### **MENU**

**Roast Pork Loin  
Potatoes & Gravy, Veggies, Salad  
Coffee & Dessert  
Soda and Water available with donation  
Please feel free to bring your own wine or beer  
  
Cost \$20**

**\*\*\* PLEASE pre-register by September 7, 2026 \*\*\***

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

**Call or send reservations to Judy Sawyer  
(619) 993-9113  
[sonjsawyer@gmail.com](mailto:sonjsawyer@gmail.com)**

**Hope you enjoyed your summer. It's time to  
get back into the groove and resume activities  
that were put aside during the summer. Join  
us and get the lodge running again.**

## Valhall Lodge, Sons of Norway

### 2026 Social Calendar

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

\* Date for June Social was 3rd Saturday instead of 2nd Saturday.  
Our delegates were 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**

**[jdonoaninsure@gmail.com](mailto:jdonoaninsure@gmail.com)**



Happy Birthday  
Gratulerer Med Dagen!



## August Birthdays

|    |                  |
|----|------------------|
| 4  | Anita Reith      |
| 6  | Laura Sutton     |
| 8  | Judy Sawyer      |
| 10 | Travis Mendoza   |
| 10 | Marisa Mendoza   |
| 13 | Michelle Emblem  |
| 14 | Barbie Lorentz   |
| 14 | Bree Klusmeyer   |
| 16 | Jean Shogren     |
| 17 | Valerie Herzog   |
| 19 | Thomas Bourdage  |
| 20 | Christine Tuttle |
| 22 | Erling Nyhammer  |
| 23 | Aprell Bigler    |
| 25 | Lynn Lindebrekke |
| 28 | Jackie Adams     |
| 28 | Lora Lee         |

## Bernt Eric Nilsen, RIP

**1940 - 2026**

With sorrow, we report the passing of Erik Nilsen. He passed away on June 13 at the age of 86. He died peacefully in his home.

Erik was a long and faithful Golden Member of Sons of Norway and Valhall Lodge having joined in October 1971. Erik was a long-time member of the House of Norway as well. Erik loved his Norwegian heritage and spoke of his many trips back to Norway. When I joined Valhall Lodge, Erik greeted me and made me feel comfortable and welcome in the lodge.

Erik campaigned to stop printing the newsletter. The lodge finally did that, and the change was overdue. Erik was the man who challenged the budget for a number of years. I respect what he advocated about the budget and agree that he was right to advocate to have printing of the newsletter stopped.

We extend our deepest sympathies to the Nilsen family.

— Steve Rawlinson, Editor

Hei Valhall Members:

**We need a new lodge secretary for 2026.**

We encourage old and new members to become lodge officers. It is very rewarding and a great way to meet many of the members.

Please consider becoming Valhall's lodge Secretary.

If you are interested, please contact, Myla Coleman, President of Valhall Lodge.  
You can email Myla at [mycokapi@yahoo.com](mailto:mycokapi@yahoo.com)

**Secretary:**

As secretary, you are in charge of keeping the important day to day operations of your lodge running smoothly: from the organization of lodge meetings to the ordering of supplies. You are also charged with keeping the records for your lodge accurate, organized and accessible to yourself, members, officers and Sons of Norway Headquarters staff. As secretary, you serve as the primary communicator between your lodge, its officers and members, Sons of Norway Headquarters and outside organizations.

As lodge secretary you have been entrusted with a variety of duties:

- A. Helping to organize and conduct meetings
- B. Recording, reading and distributing minutes
- C. Conducting lodge correspondence D. Ordering supplies
- E. Reporting lodge elections results (D63)
- F. Tracking fraternal and community events for the NFCA G. Completing Lodge of the Year form (including the NFCA section)
- H. Completing the Family Lodge of the Year form I.

Keeping and preserving secretarial records  
Additional duties may be assigned which would be outlined in your local lodge's bylaws.

We also have openings in August for:

- Lodge Treasurer
- Corporation Board Director
- Sunshine Committee Chairman
- Vice President

# Ladies of Valhall Meeting Minutes

## June 6, 2026

The meeting was called to order at 9:10 by President Susan Cody. Gini Gomez was presented with her LOV pin on the attendance of her third meeting. Suzanne Werner was here for her second meeting. Jean Shogren's niece, Jane Hansen was visiting from Minnesota. We had a large turnout for this meeting which was great to see.

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

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

### 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 June 15. She announced that once the paid parking in Balboa Park is ended, meetings will be held at House of Norway once again.

### Cultural:

Tammy Ponsler, a clothing designer, is working on a project about clothing designs in Norway. She interviewed Sandra as part of her research.

### Good of the Order:

Judy made a motion that LOV donate \$60 to the Sons of Norway Foundation for the 60<sup>th</sup> anniversary of the Foundation. Sandra seconded the motion and it was approved.

Myla displayed her Hardanger/doily project that she will display at the convention for the Folk Art exhibit.

Judy found pieces of the bunads of her great-grandmother and her grandmother.

Sandra announced that the Daughters of Norway will be having a ScandiFest in Fallbrook on the second Sunday in October.

Else, Sandra, Barbie, Judy, and Mary presented their mugs and told a brief story about them.

It is Millie's last attendance at LOV before she moves to Minnesota and was presented with a beautiful quilt by Thelma. A group photo of the group was taken.

**Birthdays:** Happy birthday was sung to Susan, Ellen, Karen, Sue, and Mary.

**Happy Anniversary** was sung to Jean.

**The drawing winners** were Susan, Solveig, Sandra, Jean, Eldbjorg, Gini, Ellen, and Else.

**Today's hostesses** were Thelma and Tam. The next meeting will be Sept. 5, and hostesses will be Myla and Gini. The meeting was adjourned at 10:32.

Respectfully submitted,  
Susan Cody, President

Dear District Six Members,

Thank you to everyone who attended and supported the District Six Convention in Sacramento. The convention was exceptionally well organized, with excellent facilities, engaging activities, and a welcoming atmosphere that allowed delegates and members to efficiently conduct District Six business while enjoying fellowship with friends from across the district.

Special thanks go to the District Six Board of Directors, the members of Roald Amundsen Lodge 48, Bjørnstjerne Bjørnson Lodge 14, and the Board of the Recreation Center for their outstanding work in planning and hosting a memorable convention. Their efforts created an environment that was both productive and welcoming and contributed greatly to the success of the event.

Congratulations to Lis Barca on her reelection as District Six President. We look forward to her continued leadership and service to our members and lodges.

I am pleased to report that approximately \$2,600 was contributed to the Sons of Norway Foundation through Foundation activities and donations received during the 60 & 60 Anniversary Campaign. On behalf of the Foundation, thank you to our lodges, District leaders, Zone Directors, members, and friends for your generosity and commitment to this important work.

Amy Tuchenhausen, Director of the Sons of Norway Foundation, provided a comprehensive update on the many ways the Foundation is making a positive difference. Her presentation highlighted scholarships, grants, camperships, Helping Hands assistance, and other programs that strengthen our lodges, support our communities, and provide assistance to members and families in need. These accomplishments are made possible through the generosity of our members and the careful stewardship of a dedicated, transparent, and remarkably lean Foundation staff in Minnesota.

Convention attendees also received important updates regarding the successful merger of Sons of Norway's insurance operations with BetterLife. International Chair Luella Grangaard and Connie O'Brien, Vice President of Fraternal Operations and Foundation Development, were instrumental in explaining the details of the transition and addressing member questions. Their thoughtful presentations helped reduce concerns and demonstrated the careful planning that has gone into ensuring the long-term financial strength and stability of our organization.

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**Letter from Foundation Director (continued from Page 10)**

I would also like to recognize Nancy Madson, Teri Morken, our Zone Directors, lodge leaders, and the many volunteers who contribute countless hours in support of District Six and the Foundation. Their dedication continues to make a lasting impact throughout our district.

As we celebrate the Foundation's first sixty years, it is important to remember that the Foundation's next sixty years will be shaped by the actions we take today. I encourage every lodge to begin planning fall fundraisers, explore grant opportunities that can strengthen local programs, and actively share scholarship information with young people and their families. The Foundation offers outstanding opportunities, but students must know about them early enough to prepare strong applications and take advantage of the many scholarships available.

Together, we are preserving our heritage, strengthening our communities, and creating opportunities for future generations.

Thank you again for your generosity, leadership, and commitment to the future of the Sons of Norway Foundation.

Tusen takk,

Jim  
District Six Foundation Director  
Sons of Norway Foundation  
**James Adams**  
**Cell: 619-417-6300**

In Recognition  
of  
Fifty Years of Membership,  
Sons of Norway awards a Certificate of Appreciation  
and Pin  
to the following member for her long and faithful  
service:

Fifty Years of Membership

Laura M. Wendling

Congratulations!  
Valhall Lodge 6-025 ~ Sons of Norway





Ari Klusmeyer receives the splendid spoon from President Myla Coleman for winning the baking contest during the Ice Cream Social.





**LOV President Susan Cody (R) gives an LOV pin to Gini Gomez, who is the most recent member to join LOV.**



Millie Wright (L) receives farewell gift from Thelma Johannesen. We wish Millie God speed.

We want to send Millie off to the frozen Midwest with our love and warmest wishes. Thelma gifted her with an exquisitely pieced and quilted queen-sized blanket. Because Millie loves Christmas, Myla gave her a Christmas lap blanket.





**Jim Adams, District Six Foundation Director and Valhall Lodge member, presents donation box to the foundation. Accepting the gift is SON Foundation Director Amy Tuchenhausen. The gift was provided by LOV.**





**Judy Sawyer at District Six Convention along with two other Judys from San Jose and Eureka**

**District Six Foundation Director Jim Adams (also a Valhall member) escorts District President Lis Barca to Installation.**







**Zone 6 Director Maury Lee (also a Valhall member) presents Merit Awards to Valhall, Solskinn, and Vegas Vikings lodges.**



**District Six President Lis Barca presents to Valhall Lodge President Myla Coleman the International Family Lodge 2022 Award.**





Valhall Lodge delegates and alternate at the District Six Convention enjoy a lapskaus luncheon.

*Ed Note: Nice hats being worn by Jim and Andy!*

The **Camp Oldfjell 2026 Course Catalog** has arrived, and we're excited to invite you to another memorable session of learning, fellowship, and Norwegian culture at Camp Norge!

To view the catalog, use this link: [sofn6.org/camp-oldfjell/](https://sofn6.org/camp-oldfjell/)

Camp Oldfjell's full session runs from Saturday, September 19 through Tuesday, September 22 for \$250.00. The weekend only session is also available for \$150.00..

Returning this year are many of our most popular classes, along with exciting new opportunities, including Beginning Norwegian Folk Dancing, Scandinavian Advent Crafts, and two days of hands-on herbal workshops. Whether you're returning to Camp Oldfjell or joining us for the first time, there's something for everyone.

**Registration opens July 1, 2026, and continues through September 7.** Everyone attending Camp Oldfjell must complete a registration form, even if you are staying off-site or attending for only part of the event. Registration allows us to assign housing, plan meals, and ensure we are prepared for everyone attending. Simply visit the Camp Oldfjell webpage above to view the catalog and complete your registration.

Last year, our indoor cabins and rooms sold out in just four days, so don't wait too long to register. If on-site accommodations are full, don't worry—there are still plenty of ways to stay at Camp Oldfjell! Tent and RV sites at Camp Norge are available at no additional cost. Bring your own camping gear, have an RV delivered to camp, or join our Viking Village. We'll have tents set up and ready for you, along with a cot. If you'd like a few extra comforts, feel free to bring an air mattress, sleeping pad, or other camping gear to make your stay your own. If you prefer off-site accommodations, the catalog also includes information on nearby hotels, motels, and RV rental options, which may be reserved independently.

**What to Bring:** To make your stay comfortable, please remember to bring your own linens or sleeping bag, pillow, towels, toiletries, and a flashlight. Camp Norge can be quite dark after sunset, so a flashlight will come in handy for evening activities and walking between buildings.

Camp Oldfjell includes four days of classes, delicious meals (beginning with dinner on Friday, September 18, and continuing through breakfast on Wednesday, September 23), evening activities, and plenty of opportunities to connect with fellow members in the beautiful Sierra Nevada.

We hope you'll join us this September for another unforgettable Camp Oldfjell!

Craig Dill  
District Six Cultural Director  
[culturaldirector@sofn6.org](mailto:culturaldirector@sofn6.org)

Teri Morken  
District Six Public Relations Officer  
[pro@sofn6.org](mailto:pro@sofn6.org)

## Norway's Copper Lady Liberty

One of America's most famous symbols may have a Norwegian beginning.

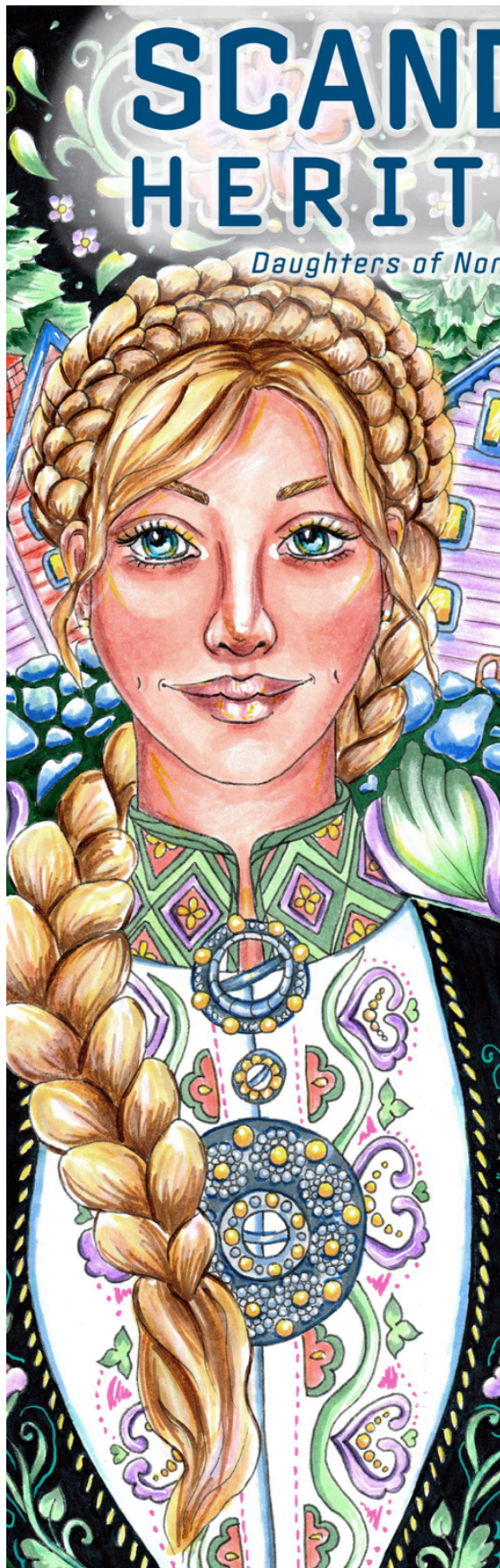
The copper skin of the Statue of Liberty is widely believed to have come from the Visnes Copper Mine in Karmøy, Norway. The mine opened in 1865 and became one of Norway's most important copper sources. During the years when the statue was being built in France, Visnes was active, productive, and connected to European copper markets.

For many years, the story was a local tradition. Then, in the 1980s, Bell Laboratories compared trace elements from the Statue of Liberty's copper with copper from Visnes. The chemical match was close enough that researchers concluded Visnes was highly likely to be the source.

Today, Visnes proudly celebrates this connection. The Visnes Mining Museum tells the story, and a small replica of the Statue of Liberty stands there as a reminder that a piece of Norway may be standing tall in New York Harbor.

It is a wonderful Norwegian-American story: copper from a rocky island in western Norway becoming part of a global symbol of freedom. Not bad for a little mine on Karmøy. Skål to that.





# SCANDINAVIAN HERITAGE FAIR

*Daughters of Norway Turid Jespersen Lodge #44*

**Date:** October 10, 2026

**Time:** 11am – 3pm

**Place:** Norman P. Murray Center  
24932 Veterans Way  
Mission Viejo, CA 92692

## **Preparation of Traditional Foods:**

*Aebleskiver  
Krumkake  
Lefse and  
Norwegian Waffles*

## **Displays of:**

*Bunads  
Knitted Sweaters  
99th Infantry  
Battalion (Separate)*

## **Demonstrations of:**

*Rosemaling  
Spinning  
Weaving  
Wood Carvers  
Wood Burners*

**FOR SALE**  
(SOME VENDORS ARE CASH ONLY)  
Kransekake, Soups,  
Riskrem,  
Open-faced Sandwiches,  
Scandinavian Desserts

## **Also featuring products from:**

*Norrdesign T-Shirts  
Joan Johnson Watercolor Cards  
and Many More Scandinavian Vendors*



**ADMISSION IS FREE!**

## Valhall Viking

AUGUST 2026

### CALENDAR

**No meetings in August. Happy vacation!**

**August 23: September 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  
September issue

Deadline for the  
September Valhall Viking  
is August 23, 2026

E-Mail articles to  
Steve Rawlinson at:

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