



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 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.

Copyright © 2026 Valhall Lodge #6-25, Sons of
Norway
All Rights Reserved

Ord fra presidenten

Who else can't wait for the cool weather of autumn? This hot summer has overstayed its welcome, in my opinion. Also, I look forward to the socializing that comes with the fall and winter seasons and seeing friends at various events.

I hope many can join us at the September Heritage Social. I don't have a plan for a heritage activity yet. Stay tuned for email updates from April.

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

Members of District 6 have a tentative plan for the October Kretsstevne, a fun camping weekend at the KOA in Banning. Members sign up to take responsibility for cooking and other activities. Input and ideas are welcome. As many hands make light work, volunteers are appreciated.

I want to clarify the responsibilities for our Lodge Secretary. Aprell, our wonderful Membership Secretary, keeps updated lodge member rosters including email addresses. She and Steve, our fabulous Newsletter and Website Editor/Corporation Treasurer, manage the email updates regarding lodge activities. The Lodge Secretary takes minutes at lodge and lodge board meetings and processes them into a word doc to be published in the newsletter. There are yearly reports that the lodge secretary compiles and submits electronically to the District with help from the Membership Secretary and the Corporation Treasurer. Please consider stepping up to help with the Lodge Secretary role or one of the other open roles. We would love to have you join the team!

For those of us who enjoy the art of quilting, here is a link to the Visions Museum of Textile Arts in Liberty Station. The hours are limited (closed Su M Tu), but there is no charge for admission, and they curate new shows every few months. Currently there is a juried exhibition of finely crafted pieces from a competition in Japan that includes large, bed-sized quilts and exquisite miniatures that would have had to be created with tweezers and a magnifying glass.

Good wishes to all as the summer comes to an end.

Vi sees snart!

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**

**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

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.

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	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	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!



September Birthdays

2	Janet Weber
3	Else Ottesen
5	Breanna De Nino
7	Glenda Holsbo
12	Graciela Lee
12	Olivia Stedham
16	Everett Shogren
17	Barbara Paulovich
22	Jeanne Teveldahl Scott

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 will be available on their website in the near future.

SON All-Member Meeting

September 14, 2026 – 4:00-5:30 PM PDT

BetterLife CEO Chris Campbell and International Board President Luella Grangaard will provide highlights regarding the partnership transition, governance updates, cultural updates, and information on the Sons of Norway Foundation's "Together We Are The Future" campaign.

Register [here](#) for the meeting.

Due to the large number of people invited, please email questions by Tuesday, September 8, 2026 to fraternal@sofn.com.

Hei Valhall Members:

We need a new lodge secretary for 2026.

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

Please consider becoming Valhall's lodge Secretary.

If you are interested, please contact, Myla Coleman, President of Valhall Lodge.
You can email Myla at mycokapi@yahoo.com

Secretary:

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

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

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

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

We also have openings in August for:

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

From: jadams5144@gmail.com

Dear District Six Leaders and Members,

I would like to share several exciting Foundation updates that will help our lodges encourage more students, families, and communities to benefit from the outstanding opportunities offered through the Sons of Norway Foundation.

Our District Foundation Directors recently met with Foundation leadership to discuss ways we can better communicate these opportunities throughout our districts. The message was clear: **every lodge can play an important role in helping members discover the life-changing scholarships and community grants available through the Foundation.**

Important Dates

Applications for both Foundation Grants and Scholarships open October 1, 2026. All applications are submitted **online only**, and applications cannot be submitted before October 1.

Scholarships

Scholarship applications must be completed and submitted by the student, not by a parent or grandparent. Family members are encouraged to assist and encourage, but the student must complete the application.

Please help identify students in your lodge who may qualify and encourage them to apply.

Scholarship information and online applications: [Sons of Norway Foundation Scholarships](#)

Grants

Foundation grants continue to make a real difference in our lodges and communities. If your lodge receives a Foundation grant, please take a few moments to document your project with photographs and a short story.

These success stories inspire other lodges, recognize the efforts of your volunteers, and help demonstrate the tremendous impact of the Foundation throughout Sons of Norway.

Please send grant project photos and stories to **Amy Tuchenhausen, Foundation Director**: [Foundation Contact Page](#)

Grant information and online applications: [Sons of Norway Foundation Grants](#)

Norwegian Folk School Scholarships

One opportunity that deserves much greater awareness is the Foundation's support for Norwegian Folk Schools. These unique schools offer students the opportunity to live and study in Norway while pursuing interests such as Norwegian language and culture, outdoor adventure, music, photography, art, and many other subjects.

Several members shared how these experiences were truly life changing for their children and grandchildren. Additional information about Folk School scholarships will be available before this year's application cycle begins.

Looking Ahead

October also marks **Foundation Month** and the launch of the **Together We Are the Future** campaign, along with the Foundation's **60 for 60** initiative celebrating sixty years of serving Sons of Norway members.

Please turn to the next page.

Letter from Foundation Director (continued from previous page)

A Call to Action

I encourage every District Six lodge to begin preparing now by:

Identifying students who may qualify for scholarships.

Considering worthwhile community projects that could benefit from a Foundation grant.

Sharing Foundation information in lodge newsletters, meetings, and social media.

Encouraging grant recipients to submit photos and stories that showcase the impact of their projects.

Working together, we can ensure that more District Six members benefit from these remarkable opportunities than ever before.

Thank you for everything you do to strengthen your lodge, support our members, and advance the mission of the Sons of Norway Foundation.

Best regards,

Jim

James Adams
District Six Foundation Director
Sons of Norway

Cell: 619-417-6300

Rosemaling Retreat at Camp Norge September 25-27, 2026

The Fall Rosemaling Retreat is coming up at Camp Norge on September 25-27, 2026.

The retreat is open to all skill levels. You are encouraged to join to learn more about the beautiful art of rosemaling. Lodging is available at Camp Norge.

The [Registration Form](#) and [details about this event](#) are online. Click on the links in this paragraph to access them.

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/

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

Teri Morken
District Six Public Relations Officer
pro@sofn6.org

Lingonberry Glazed Venison Meatloaf

Serves 6 to 8

For the meatloaf:

14 ounces (400 g) minced venison, moose, or elk
14 ounces (400 g) minced beef
1 medium onion, finely chopped
1 large egg, at room temperature, beaten
1 cup (large handful) old bread broken into small pieces or breadcrumbs
2 1/2 tsp. salt
1 tsp. black pepper
1 tsp. ground nutmeg
1 tsp. dried thyme
1 cup (240 ml) milk

For the lingonberry glaze:

1 cup (125 g) lingonberries, *or chopped cranberries*
3/4 cup (115 g) brown sugar, loosely packed
1/2 cup (120 ml) apple cider vinegar

Instructions:

Preheat the oven to 350°F (180°C). Butter a 23 x 13 x 6 cm (9x5x3") loaf pan.

In a large bowl, using your hands, thoroughly combine the venison, beef, onion, egg, bread, salt, pepper, nutmeg, thyme and milk. Set aside.

For the glaze, in a small heavy-bottomed saucepan, bring the lingonberries, brown sugar and apple cider to a simmer over medium-high heat, stirring often. Cook for 10 minutes or until the sugar has dissolved and the mixture has thickened and been reduced by half. Pour half of the glaze in the bottom of loaf tin. Gently press the meatloaf mixture on top to form an even shape. Pour the remaining glaze over the meatloaf. Bake for 50 to 60 minutes or until the meat is thoroughly cooked through.

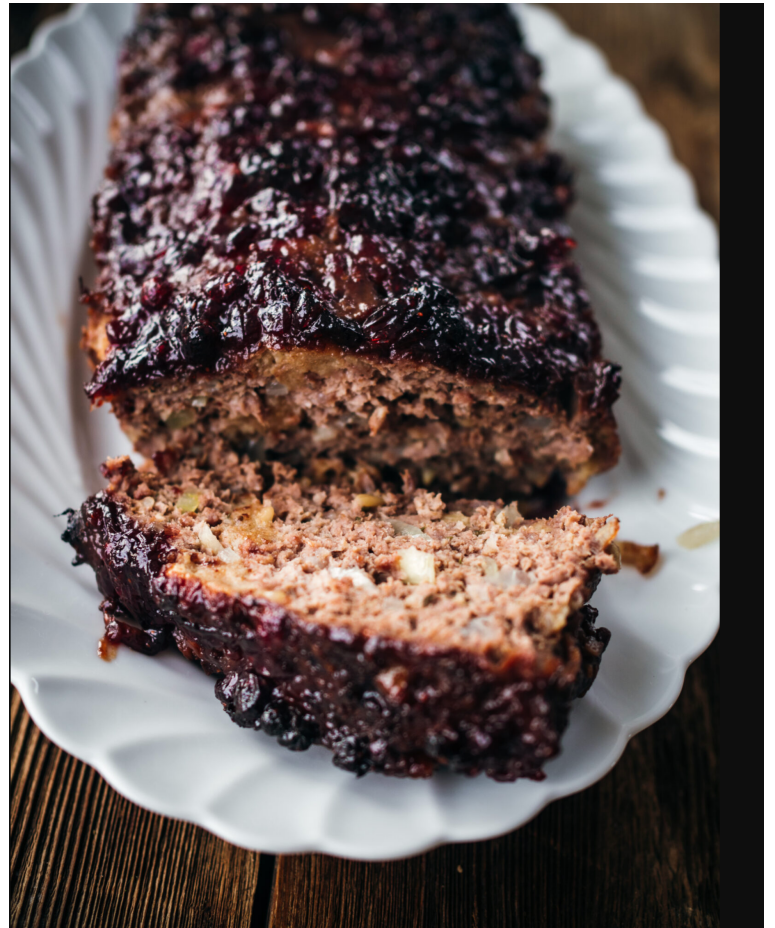
Serve with the extra juices from the pan, potatoes, and your favorite vegetables.

Source:

<https://northwildkitchen.com/lingonberry-glazed-venison-meatloaf/>

Image Credit:

Nevada Berg, North Wild Kitchen





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

SEPTEMBER 2026

CALENDAR

September 5: 9:00 AM LOV Meeting
September 12: 2:00 PM Lodge 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, 2026

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com