



# Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168

April - June 2016

Lodge Website [www.sofnrkfd.com](http://www.sofnrkfd.com)

Lodge Facebook Page [www.facebook.com/sofnrkfdValhall5168](http://www.facebook.com/sofnrkfdValhall5168)

Meetings are held on the first Tuesday of the month:

Stockholm Inn in Rockford, IL

Dinner portion will be "Dutch Treat"

Public is welcome



## Kalender

### 2016 Lodge Officers

**President:**

Vicki Rudh-Jones (815) 282-2374  
vrjpt@hotmail.com

**Vice President:**

Karin Ropp (815) 645-2492  
bunnyropp@gmail.com

**Secretary / Editor:**

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cfairc56@gmail.com

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Cathy Melby (815) 977-1962  
gmcmmreal51@gmail.com

**Treasurer:**

Darrell Ropp (815) 645-2492  
ropp\_sv@yahoo.com

**Cultural Director:**

Wendy Higgins (815) 282-3988  
wendylou@jahiggins.com

**Sports Director:**

Gary Melby (815) 977-1962  
gmcmmreal51@gmail.com

**Social Director:**

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richard.fairchild.son@gmail.com

**Publicity Director:**

Karen Drager (815) 979-5583  
Karendrager@frontier.com

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jaynebrod@cs.com

**Webmaster:**

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aesir.egl@att.net

**Sunshine:**

Nancy Mayfield (815) 877-8788  
nmayfield@yahoo.com

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries and provide quality insurance and financial products to our members.

### Tuesday, April 5 – Lodge Meeting - Stockholm Inn

Dinner at 5:00 p.m. Dutch Treat Order from menu

Lodge Meeting begins at 5:30 p.m.

Program: **Genealogy 101 – Guest speaker Marsha Hosfeld** is the past president of the Winnebago Boone County Genealogical Society. She will give a PowerPoint presentation

### Sat. April 9 - Valhall Book Club – Meet at 10:00am - Stockholm Inn

### Sat. April 23- Rockford's Cultural Heritage Celebration

10:00am – 4:00pm Midway Village

Volunteers needed to help at our booth (check out 'What's Happening' section for more information) Contact Vicki Rudh- Jones (815) 282-2374 or Wendy Higgins (815) 282-3988

### Tuesday, May 3 – Valhall Lodge Meeting & Book Club - Stockholm Inn

Dinner at 5:00 p.m. Dutch Treat Order from menu

Lodge Meeting begins at 5:30 p.m.

**Program: Guest Speaker Tom Asp - Hjemkomst Viking Ship Program** - In 1971, Robert Asp developed a dream- to build and sail a Viking ship to Norway. The dream started with cutting white oak trees and construction took place in Hawley, MN. Construction was completed in 1980 and in 1982, that ship "Hjemkomst" was sailed from Duluth, MN to Oslo, Norway. Tom Asp, son of the builder, will present the story of constructing and sailing the ship. Tom was also a crew member. Tom holds a B.S. Electrical Engineering from North Dakota State University and an M.B.A. from the University of St. Thomas.

### Tuesday, June 7 – Lodge Meeting & Book Club - Stockholm Inn

Dinner at 5:00 p.m. Dutch Treat Order from menu

Lodge Meeting begins at 6:00 p.m.

Organizational meeting for Midsummer Fest, Tall Ships (Chicago), Viking Ship in Geneva, Lodge picnic ( No Program scheduled)

### Saturday, June 18 – SHS Midsummer Fest - Swedish Historical Society

404 S. 3rd Street - Rockford, IL 61104

Valhall Lodge is looking for volunteers to help at our booth

### Wed. June 22 – Sat. June 25 District 5 Convention – Marshfield, WI

## Who will win the District 5 cultural skills contest?

**Will it be Valhall lodge?** From January 1 - May 31, the lodge with the most members who have received cultural pins will receive a prize. If several people all get the same number of pins a name will be drawn from this group of people. All awards will be presented at the 2016 District 5 Convention on June 25. The awards will be a one-time prize. **Contact: Wendy Higgins (Lodge Cultural Director) at 815-282-3988** to set up a day and time to bring your completed and organized Cultural Skills paperwork, photos and manila envelopes for her to review and sign.



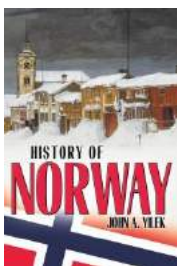
### Valhall Book Club

Join us as Rev. Richard Wang leads the discussion and work toward a Unit 2 Literature Cultural pin! Log into the member section of the Sons of Norway website to find the guidelines under Cultural Skills.

**For more information contact:**

Richard Wang (815)580-1028 [jdwang1990@yahoo.com](mailto:jdwang1990@yahoo.com) or Wendy Higgins (815) 282-3988 [wendylou@jahiggins.com](mailto:wendylou@jahiggins.com)

**Book Club Meeting Dates:** Saturday, April 9 – Stockholm Inn - 10:00am  
Tuesday, May 3 – Stockholm Inn - 5:00pm  
Tuesday, June 7 – Stockholm Inn – 5:00pm



## Press Release: History of Norway

Minnesota author John A. Yilek has written a new book called *History of Norway*, which clearly describes Norway's history from the Stone Age to the present day. The book is the first comprehensive history of Norway by an American author in almost 70 years, and it is filled with stories of Vikings, the Sami, kings and queens, farmers and fishermen, the Black Death, the Hanseatic merchants, the Reformation, Norwegian independence, emigration from Norway to America, polar explorers, World War II in Norway, and much more.

It is available in paperback or eBook at bookstores, Scandinavian gift shops, and online booksellers. The author teaches Norwegian history in the Mindekirken Norwegian Language & Culture Program in Minneapolis.

John Yilek will be giving a free presentation at the new Norwegian Heritage Center (Livsreise) in Stoughton, Wisconsin, at 11 a.m. on Saturday, April 23. He will present "Leaving Norway for the New World", a discussion of the conditions in 19th century Norway that caused hundreds of thousands of Norwegians to leave their homeland for a new life in America. The presentation will be followed by a book signing at Nordic Nook in Stoughton.

### Cultural Skills Members are Currently Working on:

- Unit 1: Traditional Norwegian Cooking
- Unit 2: Literature
- Unit 3: Collecting Norwegian and North American Stamps
- Unit 5: Genealogy
- Unit 6: Knitting
- Unit 9: Figure Carving
- Unit 11: Ornamental Wood Carving
- Unit 12: Chip Carving
- Unit 14: Music and Musicians of Norway

Log into the member resource section of the Sons of Norway website to find the guidelines for Cultural Skills. For more information contact: Cultural Director, Wendy Higgins (815) 282-3988 [wendylou@jahiggins.com](mailto:wendylou@jahiggins.com)

### Sports Medals Members are Currently Working on

- Gangmerke (Walking)
- Sykkelmerke (Cycling)
- Idrettsmerke (Sports & Fitness)

Log into the member resource section of the Sons of Norway website to find the guidelines for Sports Medals. Contact our Sports Director: Gary Melby (815) 977-1962 - [gmcmreal51@gmail.com](mailto:gmcmreal51@gmail.com)

### How do I say that in Norwegian?

Many thousand thanks.  
Mange tusen takk.  
(mong-eh too'sen tuck)

## What's Happening in the Neighborhood?



Midway Village Museum  
Rockford  
HISTORY MUSEUM

### ROCKFORD'S CULTURAL HERITAGE CELEBRATION

SATURDAY, APRIL 23, 2016  
10 a.m. - 4 p.m.

Midway Village Museum • 6799 Guilford Road, Rockford, IL 61107

CULTURAL GROUP DISPLAYS  
LECTURES  
ETHNIC MUSIC & PERFORMANCES  
PANEL DISCUSSIONS  
FAMILY CRAFTS  
ETHNIC FOOD SAMPLES  
"MANY FACES, ONE COMMUNITY" EXHIBIT  
HISTORIC ROCKFORD IN PICTURES

TICKETS: \$7 adults, \$5 children (3-17 years old).  
\$5 CLR members and RVC students/faculty/staff with ID (at the door),  
museum members are free

Tickets can be purchased in the museum's gift shop, online between April 1-20, or by calling (815) 397-9112.  
Tickets can also be purchased at the door the day of the event. For more information, contact Kristin Hosker  
(Midway Village) at (815) 397-9112 or Tammy Lewis at RVC Center for Learning in Retirement (815) 921-3933.

Rock Valley College  
CENTER FOR LEARNING IN RETIREMENT



### Syttende Mai Parade - Park Ridge, IL

Date: Sunday, May 15th-15th 2016

Parade Time: 1 pm Start

Location: Talcott & Cumberland Park Ridge 60068

Come out and celebrate Norway's Constitution Day. Pre-parade festivities in Hodges Park beginning at 12:00 PM will include magicians and balloon art for children, crafts, traditional Norwegian refreshments, and entertainment.



## District 5 Convention June 22-26

Sons of Norway District 5 Board is hosting the 2016 Convention at Hotel Marshfield in Marshfield, WI. From June 22-26. Hotel Marshfield is located at 2700 S Central Ave. Marshfield, WI 54449.

Come as a delegate or an attendee. There will be activities, classes and presentations available for everyone.

Contact: Vicki Rudh- Jones (815) 282-2374 or Christina Fairchild (815) 624-4478 for more information

**Sons of Norway Valhall Lodge and Canterbury Tours** of Rockford  
have joined together for a day trip;  
“Tall Ships” Navy Pier, Chicago



See the world's largest Viking ship “**Draken Harald Harfagen**”

Join Us: Friday, July 29, 2016

**Cost \$55.00 per person (Paid in Full by July 25)**

(includes transportation and entry wristband for early boarding of the ships)

The 32 crew member of the 115 ft longship will re-create the historical route the Vikings explored 1000 years ago. The ship will sail from her homeport in Haugesund, Norway to Iceland, Greenland and visit ports in the United States and Canada. The ship will dock at the Navy Pier during the Tall Ships Exhibition. More information to follow

**Reserve your spot on the bus!**

**Canterbury Books & Tours**

Highcrest Center 1662 n Alpine Rd. Rockford, I 61107 Phone: 815-398-1454

Email: Janet - canterburytours@comcast.net

or

Richard Fairchild (social director) richard.fairchild.son@gmail.com



### **Celebrating your Heritage as a Family**

Is your family looking for a way to spend quality time together that celebrates your Norwegian heritage? You're in luck: there are several options available for you from Sons of Norway. Whether you want to get the family dancing or are interested in Sámi culture, there is nearly something for every family get together. Let's look at some of the ways you can turn family time this spring into Norsk family time!

**An excellent place to begin with is the Family Matters section of Viking magazine.** What makes this resource so great are the suggested activities available for kids of all ages. Take the most recent Family Matters edition, the Celebrating Sámi from the February Viking. In it you'll find sample activities for kids from preschool all the way to teenagers. It also provides resources to take learning beyond the pages of the magazine and onto the internet and into books that will add depth to understanding the Sámi or one of the other topics. These include exploring genealogy, folk dancing, chip carving and more.

Speaking of folk dancing, **did you know that Sons of Norway has a cultural skills program specifically designed for children?** Through the youth Cultural Skills Program, your kids or grandkids can explore figure carving, knitting or one of the other Norwegian crafts. Best of all, they'll receive a pin from Sons of Norway Headquarters as a reward for their hard work. The youth cultural skills are also a great opportunity for kids to segue into many of the adult Cultural Skills programs, potentially kicking off a lifelong interest in their Norwegian roots.

The last option for family programming is the **Sports Medal Program.**

We all know that Norwegians are renowned for their love of the outdoors and springtime provides ample opportunities to explore the outdoors. Whether it's skiing or walking in your neck of the woods, the

Sports Medal Program gives your family the chance to earn medals for getting outside and kick starting a healthy lifestyle.

If you're interested in any of these programs you can **learn more by visiting the Members Section of the Sons of Norway website** or by contacting Joe Eggers, Membership Coordinator at [membership@sofn.com](mailto:membership@sofn.com)

Reference: Mar-Apr 2015 Sons of Norway Newsletter Archive

# January Meeting

## Newly Elected Lodge Officers



Top Left: Karin Ropp, Darrell Ropp, Christina Fairchild, Gary Melby  
Top Right: Lee Ann Harp, Nancy Mayfield, Karin Ropp  
Bottom Left, Richard Fairchild, Wendy Higgins, Jayne Brod, Gary Melby  
Bottom Right: Gary Melby, Vicki Rudh-Jones



Barb Palm received her pins for completing Cultural Skills Unit 6 Knitting Level 1, 2 & 3

## 25 Yr. Members:



Marie Andreason



Greg Ragan

# February Meeting

## Speakers from Blackhawk Woodcarvers – Bob Hallstrom & John Skagg





# Recipes

## Norwegian Baked Cheesecake with Brunost-Pecan Caramel

Adapted from nordicnibbler.com

### **Crust:**

- 2- 2/3 cup graham crackers
- 1/3 cup unsalted butter

### **Filling:**

- 1-1/3 cup skjørost cheese (or cottage cheese)
- 2 cups Snøfrisk cheese (or cream cheese)
- 1-1/8 cup caster sugar
- 3 large eggs
- 1tbsp lemon juice
- 1tsp lemon zest
- ¾ cup sour cream

### **Topping:**

- ¾ cup sugar
- 2¾ tbsp. water
- ¾ cup double cream (or heavy cream)
- 1¾ oz. brunost, sliced
- pecans, roughly chopped

Preheat oven to 170°C (325°F).

Crush crackers with a rolling pin or a food processor. Pour into a bowl and add melted butter. Mix well. Line the bottom of a 9inch diameter spring form cake tin with baking paper (not necessary if using a nonstick tin) and pour in crumb mixture. Press the crumbs down firmly to create a level base. Bake for ten minutes and let cool on a rack.

Put cheeses and sugar in a bowl and blend with an electric mixer until fluffy. Add one egg at a time to filling, mixing as you go. Add lemon juice, zest and sour cream and mix briefly. Use tin foil to wrap the bottom and sides of tin and place in a baking tray filled with 3/4-1 inch of water.

Pour the filling on top of the cake base. Place in 300°F oven and bake for 70 minutes. Turn off the oven and open door slightly, allowing cake to sit in oven for another 30 minutes. Cake should have a slight jiggle at center but be set on sides. Chill in fridge.

### **Topping:**

Heat sugar and water in a pan, over medium heat. Once sugar dissolves, stop stirring and continue heating until mixture turns an amber color. Take off heat so the sugar doesn't get too dark and add the cream and brunost. Stir well. Pour into a measuring cup and place in fridge to cool completely. Cake is best served when chilled for 4-5 hours. Top with poured caramel and chopped pecans.

Reference: Mar-Apr 2015 Sons of Norway Newsletter Archive



## Gratulere Med Dagen

### **April**

Wayne Erickson- 4/21

### **May**

Berit Ryberg 5/3  
 Karin Ropp 5/10  
 Lisa Rove-Williams 5/10  
 Jacob Calhoun – 5/12  
 Keaton Ragan -5/18  
 Marlene Winkie 5/18  
 Chris Anderson - 5/22  
 Lee Ann Harp- 5/22  
 Dr. Jeffrey Higgins – 5/31

### **June**

Clairan Wistar 6/5  
 Melvin Haugen -6/12  
 Norma Linderoth -6/12  
 Ray Knutson – 6/13  
 Theresa Norwood -6/14  
 Karen Bandi - 6/16  
 Gerald Bocker MD - 6/25



## Send a little Sunshine

**Nancy Mayfield** is recovering from surgery. She fell last week and broke her hip. Nancy is currently staying at Saint Anne's Rehab 4405 Highcrest Rd. Rockford, IL 61107.

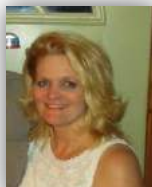
During Nancy's recovery send all sunshine information to Vicki Rudh-Jones (815) 282-2374



We are sad to say, OPAL B. CUTLER, passed away Friday, January 1, 2016. Opal was a Golden member of Valhall Lodge having joined in 1985 she was very involved in the Sons of Norway and the Daughters of Valhall, where she served as president and on the executive board. Our hearts go out to her husband of 68 years, William K. Cutler; daughters, Jacqueline E. (Richard) Jewell and Janet S. (Terry) Carter all of Rockford, IL during this difficult time.



Beverly Capone  
1828 Oxford St  
Rockford, IL 61103-4823



Patty Hendrickson-Klawitter  
1743 Johnson St  
Beloit, WI 53511-2857

So far I have lived my entire life painfully shy and blending into the background. It's time for me to break out of my shell and show the world who I really am. My New Year's resolution for 2016 was to step outside my comfort zones and start to do some of the things fear has always stopped me from doing.

I heard about the Sons of Norway after joining The Beloit Genealogy Club. I have been researching my family history for about ten years now, my search has led me to Norway, and I feel I have hit a few road blocks and was hoping this group could help me remove a few of those bricks to continue on my path and to help me fill in a few more branches on my family tree.

The main reasons for joining The Sons of Norway is to learn more about my Heritage, to learn rosemaling, Norwegian cooking and to hopefully learn to speak enough Norwegian to get by when I actually visit Norway. I have been saving for this trip and am excited to say I have reached the halfway mark money wise for my July or August 2017 goal. This will be the trip of a Lifetime.

Some of my interests are Writing, Art, Sketching, and my newest hobby is Photography. I have always liked taking hundreds of pictures everywhere I go, but I recently bought a nice camera and am very excited about learning all it is capable of.

Very Excited about my first Sons of Norway meeting in April.



## PRIVACY STATEMENT

A Lodge Directory is being planned to be issued by the end of April and will contain the member's (heritage and Juvenile) name, address, telephone number, spouse, and e-mail. If you do not want your information given to other members, please contact Christina Fairchild or Vicki Rudh-Jones by April 15, and ask that she exclude your information from the directory.



Save used stamps and expired or used phone cards for Tubfrim to help handicapped children and youth in Norway. Cut about ½ inch around each stamp. Bring your stamps to any meeting.

### Tubfrim Winner Announced

Thursday, January 14, 2016 was a lucky day for Vegas Viking Lodge 6-152. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 1,331 other cards. Vegas Vikings contributed 220 pounds .

Valhall Lodge is looking to relocate their monthly lodge meetings. Do you have suggestion? Are you happy with the day and time? We are exploring this idea also. What would you like to see changed? Call, email or send a letter to your lodge president or board member with your suggestions. The board would love to hear from you.



### Fra Vice Presidenten-

As your new vice-president, I am also membership chairman, and am pleased that Iolyn Beers and Jayne Brod have joined me as our membership committee. We'll be letting you know of our plans to grow our membership. For sure, we all can be ambassadors for Valhall Lodge, letting all of our Norwegian friends know the benefits of Sons of Norway membership. And, of course, we are an equal opportunity lodge: anyone with an interest in Norwegian culture is welcome.

If you have grandchildren be sure to enroll them in a free membership:

Heritage Members: age 0 - 15 and Unge Venner (Young Friends) age 16 - 23.

Those in the second category may receive Viking magazine for only \$6.00 a year. Enrollment forms are available at lodge meetings.

Karin Ropp





Sons of Norway Rockford  
Valhall Lodge 5-168

Christina Fairchild-Editor  
417 W Warren St  
Rockton, IL 61072

If you know of a member that is ill at home, in the hospital, lost a family member, fell on some hard times, needs some encouragement or passed away –

**Notify our Sunshine Person: Nancy Mayfield (815) 877-8788 [nmayfield@yahoo.com](mailto:nmayfield@yahoo.com)**

**Board Meetings: Meet in the home of Vicki Rudh-Jones on the 4th Saturday of the month.**

The Valhall Lodge Newsletter is published every three months. Submit items of interest you would like to post in our newsletter to the Editor by the 15<sup>th</sup> of the month. When you attend a Norwegian event that would be of interest to your fellow lodge members, please add your editor's name & address to their mailing list. Also, please notify the editor of a member passing so they may be acknowledged in our newsletter.

**Editor: Christina Fairchild 417 W Warren St. Rockton, IL. 61072** Phone (815) 624-4478

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