



Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 July-September 2016

www.sofnrkfd.com

www.facebook.com/sofnrkdValhall5168

Meetings are on the first Tuesday of most months:

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:

Christina Fairchild (815) 624-4478
cfairc56@gmail.com

Financial Secretary:

Cathy Melby (815) 977-1962
gmcmeal51@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
gmcmeal51@gmail.com

Social Director:

Rich Fairchild (815) 624-4478
richard.fairchild.son@gmail.com

Publicity Director:

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

Foundation Director:

Jayne Brod (815) 406-5056
jaynebrod@cs.com

Webmaster:

Chris Anderson (815) 282-8885
aesir.egl@att.net

Sunshine Director:

Nancy Mayfield

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.

Valhall Lodge **Does Not Meet During July & August.** Please feel free to attend one of our events or visit another Sons of Norway lodge event

***** See Things to Do page 3 for more information on the Day Trips**

**Friday, July 29- Navy Pier "Tall Ships" Day Trip Seats are filling up
Cost \$58.00 per person (Paid in Full by July 15)**

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

Sunday August 7 – Music in Ropp Park – 6:00pm- Free family event by Ropp Family Band & guest performers. 204 E Pershing - Stillman Valley, IL Bring a lawn chair. Snacks available.

Saturday, August 13 – "Friends of the Viking Ship " DayTrip

Good Templar Park - 528 East Side Drive - Geneva, Illinois **Cost is \$5.00 per person,** You will need to **provide your own transportation** to this event

Tuesday, September 6 – Lodge Meeting Stockholm Inn

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

Lodge Meeting begins at 6:00 p.m.

Program: Presentation of Sports medals "How Do I Get One?"



Valhall Book Club

Meet the Second Saturday of the month at 10:00am - Stockholm Inn

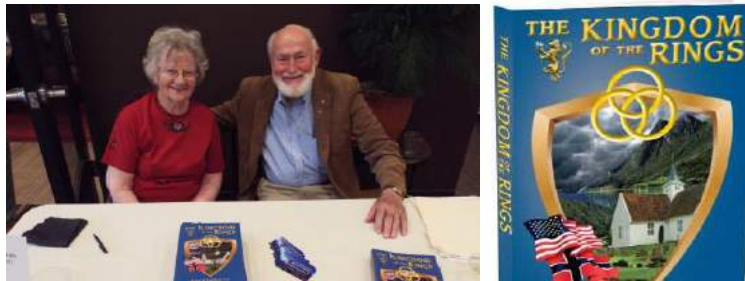
Join us as Rev. Richard Wang leads the discussion and work toward your Unit 2 Literature Cultural pin! Log into the member section of the Sons of Norway website to find the guidelines under Cultural Skills.

For more information contact:

Richard Wang (815)580-1028 jdwang1990@yahoo.com

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

Press Release – The author Duane Lindberg , PHD of “**The Kingdom of the Rings**” attended the District 5 Convention. One copy of this autographed book was donated to each lodge with the purchase of a copy. **Valhall has a copy!** The book is full of history with actual historical settings and events while telling the saga of the three rings, how they made their way from Egypt to Norway and finally to modern day America. If you would like to read this book contact Christina Fairchild Email cfairc56@gmail.com



District 5 cultural skills contest continues!

Winners July – December 2015 Lodge- Polar Star Individual – Jeri Lynn Baker
Winners January – June 2016 Lodge- Vennligfolk

Individual Award was a Tie: **Nancy Mayfield** and Carolyn Johnson

July 1 – December 31, 2016 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. If you have any questions you may contact Esther Charlton, District Cultural Director, at esthersofn@aol.com. Remember to submit your completed cultural skills paperwork soon. We have many skills and now we have to show it.

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 11: Ornamental Wood Carving
- Unit 12: Chip Carving
- Unit 14: Music and Musicians of Norway

Log into the member 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

Sports Medal Program : The Sons of Norway Sports Medal Program rewards you for four different levels of achievement: Bronze, Silver, Gold and Enamel. Here's how to earn your pins: 1. Work through the Sports Medal Program of your choice in a sequence, beginning with the bronze pin. 2. The requirements for each level should be met within 365 days. 3. As you engage in your selected activity, log the time or distance on your record card. 4. Once you achieve a level, you can immediately begin working on the requirements for the next level of the sequence. 5. You must start at zero every time you begin earning points for your next pin. Log into the member section of the Sons of Norway website to find the guidelines.

Members are Currently Working on:

Idrettsmerke (*ee-dretts-merk-eh*)- General Fitness

Sykelmerke (*sick-el-merk-eh*) – Biking

Gangmerke (*gahng-merk-eh*) – Walking

For more information contact: Sports Director Gary Melby (815) 977-1962 email gmcmmreal51@gmail.com

L^ooK^oing for Something To DO?

Sons of Norway Valhall Lodge and Canterbury Tours of Rockford have joined together for a day trip to the "Tall Ships" Navy Pier, Chicago

Join Us: **Friday, July 29, 2016**

See the world's largest Viking ship "Draken Harald Harfagen"

Cost \$58.00 per person (Paid in Full by July 15)

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

Meet at the Highcrest Center parking lot. Bus leaves at 8:00am Arrive at Navy Pier 10:00am
Leave Navy Pier at 3:00pm Arrive in Rockford at 5:00pm

CALL Today to Reserve your spot! The first bus is Full ! We have reserved a 2nd 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) phone 815-624-4478 Email: richard.fairchild.son@gmail.com

To see footage of the Draken Harald Hårfagre in action, visit drakenexpeditionamerica.com or follow the ship on facebook at [facebook.com/drakenharaldharfagre](https://www.facebook.com/drakenharaldharfagre)



Valhall Lodge presents its 2nd day trip!

Join us

"Friends of the Viking ship" Tour

Good Templar Park

528 East Side Drive

Geneva, Illinois

See artifacts not normally shown to the public

Date: Saturday, August 13th

Tour Time: 10 am

Cost is \$5.00 per person

**You will need to provide your own
transportation to this event**

Contact Vicki Rudh-Jones ph: 815-282-2374

Email: norwaygirl252@outlook.com

or

Christina Fairchild phone: 815-624-4478

Email: cfairc56@gmail.com

**2016 INTERNATIONAL SONS OF NORWAY CONVENTION,
Tacoma, Washington**

Leadership Conference August 24, 2016

International Conference August 26 - 27, 2016

This year's Sons of Norway biennial convention will be held at Hotel Murano in Tacoma, WA. All members are invited to attend. There will be numerous fieldtrips during the convention for your enjoyment.

Delegates will conduct the business pertinent to the financial side of The Sons of Norway.

Bring your family along to the convention there is plenty to do and see in Tacoma. To register: www.sofn.com/international_convention/

The International Office is using a housing bureau for making lodging reservations. A special convention rate at the hotel is \$139.00 per night. You can call (877) 685-2950 toll free to make your reservation.

KAFFE STUE, 2016

Saturday, July 16, 2016,
9 AM to 1:30 PM
Mt Horeb, Wisconsin



August 7, 2016

Polar Star Lodge and
Cleng Peerson Lodge
are having a
Norwegian Barn Dance
Norwegian Community Building
in Norway, Illinois
Potluck Dinner at 1:30pm
followed by folk dancing
instructions

Contact:
Barb Johnson
(630) 632-2329

SCANDINAVIAN DAY

Sunday, September 11, 2016
10:00 A.M. to 6:00 P.M
ADMISSION: Adults \$10.00
Children 12 & Under, FREE.

FREE PARKING.

Vasa Park
35W217 Route 31
South Elgin, Illinois

Ørkdal Norway Tour

Sons of Norway members and people of the community have been inquiring about the proposed tour to Norway and Ørkdal next June for the re-dedication of the Stave Church from Little Norway. We are still waiting for specific information from the officials there regarding the exact dates, time, etc. Until we receive that information very little can be done to finalize and make a commitment on the itinerary, hotels and dates of travel.

We do know that we are planning on staying and touring Trondheim. We will have stays and city tours in Bergen and in Oslo. We are also planning to take you on the spectacular and breathtaking troll-steigen, cruise the Sognefjord and include many other attractions and features.

We want those who are interested in this tour to know that you haven't been forgotten or neglected. We will post the itinerary and details as soon as we get word from Ørkdal.

In the meantime, tell your friends and family about this exciting tour of Norway and I can be contacted at:

Chuck Morkri (608) 770-4521 nordic@tds.net

ZONE 5 Lodges

Skjold Lodge would like to invite zone 5 lodges to a picnic Sunday, July 17th.

Time: 3:00 pm - 5:30 pm We'll have games and cook hotdogs and brats.

Let Kathy Secora know if you can come and how many.

Skjold Lodge would also like to invite your lodges to meet with them at

Tre Kroner on Saturday, August 20th at 4:00pm

No reservations needed, just show up. We'd love to chat.

For more details: skjoldge.com or email Kathy Secora at ksecora@mc.net

Have you checked out the New District 5 Website? www.sonsofnorway5.com

Christina and Richard Fairchild and Duane Kittleson worked with Dori Fischer and Pat Sternitzky at Wisconsin Ag Connections in Marshfield in redesigning the website. Take some time to review the website, the new feature's, the content and get comfortable with it. There is work to do on it yet so if you hit areas that aren't complete, be patient. If you have suggestions, content or newsletters for the website, please contact our WebMaster Richard Fairchild by emailing: inputd5@sonsofnorway5.com

SONS OF NORWAY
The Friendly Fifth
Wisconsin Illinois Indiana Michigan Ohio Tennessee

District 5

Home About Us - Lodges - Programs - News & Events - District Conventions Benefits - Photo Galleries Links JOIN

Velkommen
Welcome
To the *new* District 5 website

NEWS FLASH
Click here to read the most recent items of interest.

Like us on Facebook
Like share 18 people like this. Be the first of your friends.

What Have Your Lodge Members been up to?



April 23 - Rockford's Cultural Heritage Celebration

We would like to thank everyone who came out or stopped by our booth at Midway Village. We now have two new members!

Lodge members Gary & Cathy Melby, Richard & Christina Fairchild and Ray Knutson attended the **100 yr anniversary of Solvang Lodge in Westby, Wisconsin on April 23**



June 18 Midsummer Fest – To everyone who volunteered, donated items for our fundraiser, or showed your support by stopping by the booth: Thank you! We could not have done it without your support. We made \$146.00 in the fundraiser sale and possibly a few new recruits.



District 5 Convention June 22-26 in Marshfield, Wisconsin



2016 District Board of Directors

L-R Back Row: International Director Jon Grinde, Esther Carlton, Joy Bashara, Dave Hermundson, Ron Iverson, Tom Boudreau, Cheryl Wille-Schlesser, Michaela Decker. Lucy Ghastin, International Treasurer Ray Knutson L-R Front Row: Darlen Arneson, Kathy Secora, Andy Johnson, Mike Palecek, Christina Fairchild

President Andy Johnson, Past President Owen Christianson, International Treasurer Ray Knutson

District 5 Webmaster: Richard Fairchild

Valhall Delegates: Vicki Rudh-Jones, Ray & Arlene Pederson Alternates: Lee Ann Harp, Richard Fairchild & Karen Drager



A "Viking Feast" was served for dinner Thursday. Our evening continued with Owen Christianson and his wife Elspeth dressed in Viking outfits presenting a program on the Viking longhouse they had built and are donating it to UWGreenbay. The longhouse will be disassembled and transported via semi to UWGB and then rebuilt and will hopefully be completed by 2018. The evening ended with everyone gathering outside for an interesting story on the Norwegian Saga.



Recipes

Lingonberry Bars

From The Norwegian Kitchen

by Kjell E. Innli

- Scant 2 cups of flour
- 2/3 cup sugar
- 1 tbsp baking powder
- Scant 2/3 cup unsalted butter
- 1 egg
- 3/4 cup lingonberry preserves

Topping:

- 2/3 cup oatmeal
- 3 tbsp butter
- 1/2 cup sugar
- 1/2 tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender. Add the egg and mix well. Spread into a greased 8x12" pan. Spread the preserves over the batter. Combine all ingredients for the topping and sprinkle over the batter. Bake 25-30 minutes, until golden. Cool in the pan

Reference: July-August 2016 Sons of Norway Newsletter Archive



Save used stamps and expired or used phone cards for Tubfrim to help handicapped children and youth in Norway. Cut about 1/2 inch around each stamp. Bring your stamps to any meeting.



Gratulere Med Dagen

July

Susan Brocker	7-6
Patty Klawitter	7-22
Sandy Carter	7-23
Dorothy Anderson	7-25

August

Sally Knutson	8-2
Margaret Van Dan	8-2
Jacqueline Jewell	8-3
Richard Wang	8-3
Katherine Ropp	8-19
Timothy Ropp	8-23
Adam Knutson	8-23

September

Anders Dahlgren	9-3
Evelyn Langsholt	9-5
Madeleine Worden	9-13
Harold Palm	9-18
Rolf Stang	9-19
Linda Petersen	9-20
Kristofer Garmager	9-21
Irene Christopherson	9-30

Velkomeen New Members: Bill Brod and Pat Seddon

Dis og Dat...



Congratulations! To Chris Anderson on the birth of his new great grandchild.



Nancy Mayfield continues to do well in her recovery at her daughter's in Colorado.



Karen Bandi
June 16, 1943- May 2, 2016

Valhall has lost another long time member. Karen D. Bandi passed away May 2, 2016. Karen was a 52 year member of Sons of Norway. Karen will be remembered for her love of life and caring for family members. She loved her many travels to Green County for polka fests, Cheese Days in Monroe, and the many events with Sons of Norway. Karen is survived by her husband, Robert and son, Alexander Bandi Karen will be missed by many.



Our search for a new place to hold our meetings is progressing as members have suggested several facilities. 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.



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 temporary Sunshine Person: Vicki Rudh-Jones or Christina Fairchild

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 15th 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

E-mail cfairc56@gmail.com If you have an e-mail address; please let us know what it is.