



# Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 April – June 2017

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

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Meetings are on the first Sunday of April & May  
Public is welcome



## Kalender

### 2016 Lodge Officers

President:  
Vicki Rudh-Jones

Vice President:  
Karin Ropp

Secretary / Editor:  
Christina Fairchild

Financial Secretary:  
Cathy Melby

Treasurer:  
Darrell Ropp

Cultural Director:  
Wendy Higgins

Sports Director:  
Gary Melby

Social Director:  
Rich Fairchild

Foundation Director:  
Jayne Brod

Webmaster:  
Chris Anderson

Sunshine Director:  
Nancy Mayfield

Greeters:  
Lee Ann Harp & Harold Palm

Trustee / Auditors  
Ray Pederson  
Richard Fairchild  
Bill Brod

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.

### Sunday, April 2: Lodge Meeting 1:30 PM – 4:00 PM

North Suburban Library - 6340 N 2nd St, Loves Park, IL 61111

Program: Video on Beautiful Western Norway

Light Refreshments will be served

### Friday, April 7<sup>th</sup> & Saturday April 8<sup>th</sup> District Board Meeting – Stoughton

### Saturday, April 22: Board Meeting at home of Vicki Rudh Jones Time to be determined

### Sunday, May 7<sup>th</sup>: Syttende Mai Celebration 2 PM – 4:00 PM

Riverside Community Church - 6816 N 2nd St, Machesney Park, IL 61115

Program “Norway: Fjords, Mountains and Myths” by photographer John Messley

### Friday, June 16<sup>th</sup>: Abba Tribute Band – “ABBA Salute” - Erlander Campus at Swedish Historical Society, Rockford

### Saturday, June 17<sup>th</sup> : Midsommer Celebration and Volvo Car Show – Swedish Historical Society, Rockford

### Thursday, July 13<sup>th</sup> : Midway Village Rockford Plate - 5:00pm – 8pm

#### Volunteers Needed

Valhall lodge is participating in Rockford Plate at the Midway Village in Rockford. The event is one of Midway Village’s biggest fundraisers for the year and expect to have around 200 guests. There are 6 ethnic groups representing the immigrants of the Rockford area.

Valhall lodge was asked to represent the Norwegian immigrants. Each ethnic group will decorate one of the houses (ours will be the Pepper house) and serve a sample size portion of food to the guests. We will have the table set for dinner representing a Norwegian home and dressed in either a 1920 theme outfit or our ethnic clothing. The guests will enter the homes and learn about the Norwegian heritage and culture, coming to America from Norway, etc. They will then exit another door outside where they will be served a sample plate of Norwegian food. Ray Pederson has volunteered to demonstrate chip carving or some type of

woodworking. Andy Johnson, District 5 SON president is trying to arrange his schedule to attend and play his accordian. Other musicians are being pursued. .

We are looking for volunteers to help serve, demonstrate a cultural skill, rosemal, lucet, jewelry making, can speak Norwegian, have knowledge of immigrants traveling to America from Norway (how long it took them to arrive, what they had to go through to travel here, etc.), demonstrate playing KUBB, musicians, dance, etc. We need as many volunteers as possible for this event. Our next meeting with Midway Village is April 28<sup>th</sup>.

Contact: Christina Fairchild (815) 624-4478 email: [cfairc56@charter.net](mailto:cfairc56@charter.net)  
Vicki Rudh-Jones (815) 282-2374 or Lee Ann Harp (909) 806-0825

### Valhall lodge members ... We need your help!

The lodge is grateful for all the wonderful volunteers that carry out our programming and events. Thank You! Like many organizations the same volunteers seem to step up repeatedly. We have several members whose age and health issues prevent them from physically participating, but continue to be great resources and are always willing to share their knowledge.. We love sharing our Norwegian heritage and culture and **volunteering** is a terrific way to give a little back and help with something you are proud of. Increased membership and participation will help our lodge thrive.

We will be sending out a questionnaire to all the members concerning volunteers and declining membership.. Please take the time to fill out this questionnaire and return ASAP. Results from the questionnaire will be discussed at the next board meeting and reported in the next newsletter.

**Next Board Meeting:** 22 April 2017



## Area Syttende Mai Celebrations



### Stoughton, Wisconsin - 2017 Syttende Mai Festival

May 19<sup>th</sup> – 21<sup>st</sup>

Youth Parade, Saturday May 20 – Starts at 1:15pm – East from Monroe St to Mandt Park  
Norwegian Parade, Sunday May 21 – Starts at 1:30pm – West from Mandt Park to Stoughton Plaza  
For more information: <http://stoughtonwi.com/syttendemai/>

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### Westby, Wisconsin – 49<sup>th</sup> Annual Syttende Mai Celebration

May 19<sup>th</sup> - 21<sup>st</sup>

For more information: <http://westbysyttendemai.com/Homephp>

**Park Ridge, IL Syttende Mai Parade - Norway Day Parade**  
Sunday, May 21<sup>st</sup>

Pre-parade festivities in Hodges Park begin at 12:00PM and include activities for children, vendors, and refreshments. Parade starts at 1:00PM.

Contact Barb Kronborg-Mogil (847) 712-3170

**Cleng Peerson Lodge – Norsk Museum Norwegian Breakfast and Open House**

Saturday, June 3

Breakfast from 7am – 10am

Museum open until 5PM

Contact: Rob Borchsenius - (815) 712-3170 –email: [kborchsenius65@hotmail.com](mailto:kborchsenius65@hotmail.com).

**SAVE THE DATE**  
MIDWAY VILLAGE MUSEUM'S GALA  
THE ROCKFORD PLATE  
THURSDAY, JULY 13, 2017 • 5:30 PM-9 PM

The 2nd Annual Rockford Plate Gala will transport guests to Rockford during the roaring 1920s! Guests will give the secret password to enter the Speak Easy and into the historic village neighborhood who have opened their doors for this special night. In each of the five homes, a different Rockford ethnic group will feature fabulous food, music, traditional clothing, educational displays, decorations, photo ops, and much more! Guests are then invited to enter the glitzy 1920s Club for the glamorous Main Street Celebration where all guests will gather for live Dixieland music, dancing, dessert, and more!

**GALA SPONSORS**  
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Norway Temperance Association

Join us for one meeting of the NORWAY TEMPERANCE ASSOCIATION.  
Dinner includes Broasted Chicken and Pasta!  
Advance sales only! NO tickets to be sold at door!

**DINNER THEATER**  
Wed. April 12th  
Doors Open at 6:00 p.m.  
Norway Community Building  
Norway, IL  
3676 E. 2603rd Rd. Sheridan (Norway)

**\$35**  
Per person

Only 150 tickets will be sold, advance sales only and \$35 each. **For advance tickets, call Rob Borchsenius at (815) 712-3170** or visit our website at [www.norskmuseum.org](http://www.norskmuseum.org)



**Midwestern Kubb Tournament**

May 6, 2017

Ingersoll Park, Rockford, IL

[www.kubbunited.com/rockford/#register](http://www.kubbunited.com/rockford/#register)

## Lillestrøm Bicycle Hotel

A new bicycle hotel has opened in Lillestrøm, Norway, as part of a project commissioned by Norwegian National Railways. Finding a natural home in Norway's "best cycling city," the hotel was constructed to further encourage commuting around the city on two wheels.

For a small monthly fee, the Lillestrøm Bicycle Hotel allows cyclers to store bicycles indoors while they're out of town or at work, providing a safe location and convenient storage option. With the hotel's practical location right next to the train station, it also offers commuters an incentive to choose commuting by bicycle and train over driving.

Bicycle hotels are not a new concept in Norway – there are several across the country – but this hotel is the nation's largest yet, with nearly 5,000 square feet (465 square meters) of storage. The Lillestrøm Bicycle Hotel can house 400 bikes at a time, a feat that took some inventive engineering to accomplish. The architects looked for interesting ways to maximize the space in the compact urban location by constructing multi-level storage racks to accommodate as many bicycles as possible.

In an effort to maximize the functionality of the building in a way that would also benefit those living in the area, the roof of the hotel offers a publicly-accessible green space with benches that provide visitors stunning views of Lillestrøm.

Currently there are also bicycle hotels in Norway's cities of Drammen, Gulsbogen, Sandefjord, Moss and Asker – more will surely appear across the country as the popularity of the concept rises. Start riding!

Cycling can be a positive step toward a healthy lifestyle – a step that should be rewarded. **Through the Sons of Norway Sports Medal program, you and your fellow lodge members can earn pins for the mileage you bike.** Reach out to our lodge sports director: Gary Melby at [gmcmmreal51@gmail.com](mailto:gmcmmreal51@gmail.com) or Sons of Norway Headquarters at [sportsmedals@sofn.com](mailto:sportsmedals@sofn.com) for more information.



## Tubfrim Winner Announced

Friday, Jan. 13, 2017, was a lucky day for Vennskap 1-554 in Canby, MN. Drawn from over 1000 other cards, the lodge was the winner of the Tubfrim drawing to give away an airline ticket to Norway, worth up to \$1,000. With each card representing one pound of collected stamps, Sons of Norway sent at least 1,084 pounds of stamps to Tubfrim in 2016. Vennskap contributed 21 pounds to that total. This past year, 70 lodges participated in the program, clipping 1,626,000 stamps.

For over 30 years, Sons of Norway members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors.

Originally, the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, the proceeds from the resale of stamps now helps to improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30 percent of all stamps collected.

**Would you like to receive a paperless copy of your newsletter?** Contact your newsletter editor at [cfairc56@gmail.com](mailto:cfairc56@gmail.com) with Newsletter in the subject line





Recipes

### Kvikklunnsj with Apples and Mascarpone Cream

Adapted from newscancook.com

Kvikklunnsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikklunnsj has become a favorite of Norwegians during eastertime family hikes and cross-country ski trips to the mountains.

- 3 apples, peeled and coarsley chopped
- 2 lemons
- 2 tbs. icing sugar (powdered sugar)
- 1 tsp. cardamom
- ¾ cup mascarpone cheese
- 2 tbs. icing sugar (powdered sugar)
- 4 Kit Kat™ bars (Kvikklunnsj), coarsley chopped

Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsley chopped chocolate bars in a glass or a bowl and enjoy.

Ref: March-April Sons of Norway Nesletter archives

## Gratulere Med Dagen

### April :: april

Wayne Erickson- 4/21

### May :: mai

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

### June :: juni

Clairan Wistar 6/5  
 Melvin Haugen - 6/12  
 Norma Linderoth - 6/12  
 Ray Knutson - 6/13  
 Theresa Norwood - 6/14  
 William Brod 6-19  
 Gerald Brocker MD - 6/25



John Messley. JFM Photography World Traveler

### May 7<sup>th</sup> - Valhall Lodge Program

#### “Fjords of Norway”

A photographic essay looking at the beauty of the sea and the mountain landscapes of Norway including a video and photos of three fjords – Sognefjord, Trondheimsfjord, and Geirangerfjord ( A UNESCO World Heritage site.) Included will be the ports of a May 2015, 14- day Voyage of the Midnight Sun cruise covering Flam, Alesund, Tromso, Honningsvag, Molde and Bergen, Norway

## *March District 5 Chili Cook-Off*

Valhall Lodge members met Sunday, March 5 at the North Suburban Library in Loves Park, IL for the first annual Sons of Norway District 5 Chili- Cook-Off.

Thirteen members and three guests were in attendance. Contestants were Vicki Rudh-Jones, Christina Fairhild, Karin Ropp and Arlene Pederson. Arlene Pederson and Karin Ropp tied first place for peoples choice and will share bragging rights for the next year. Arlene Pederson also won hottest chili. They were each presented with a certificate. Karin's received a wooden spatula hand carved by Ray Pederson. It was suggested that we have a men only contestants next year.



### **Are You Using Your Sons of Norway Benefits?**

In addition to offering many ways to celebrate Norwegian culture, your Sons of Norway membership gives you access to many outstanding discounts. Whether you're looking to save money around town or around the world, Sons of Norway can help keep some of that money in your wallet.

#### **1. Perkspot**

As a member, you have dozens of exciting discounts available to you daily through Perkspot. What is it? Perkspot is a service that collects deals from leading retailers from around the country and puts them all at your fingertips. For example, Sons of Norway members are eligible for a 15 percent discount on TurboTax products on Perkspot – just in time for tax season!

#### **2. Cost Saving Travel Discounts**

Is a trip to Norway in your future? As a member, you're eligible for a five percent discount on packages through our friends at Borton Overseas and five percent off flights through Icelandair. Even if you're not traveling abroad, discounts on hotels such as Best Western or Carlson Hotels, or on car rentals through Avis will help offset the cost of travel this spring.

#### **3. Free Financial Review**

You probably already know that Sons of Norway offers superb financial products, but how much do you know about them? As a member, you're eligible for a free financial review with your lodge Financial Benefits Counselor to determine which financial products will provide you peace of mind and a sound financial future.

To see a complete list of the benefits of being a Sons of Norway member, log on to [sonsofnorway.com/member\\_benefits](http://sonsofnorway.com/member_benefits).



## HEAR, YE, HEAR, YE!

Two new scholarships have been made available through the Sons of Norway Foundation. The due dates are **April 10, 2017**. Go to the Sons of Norway website: [www.sofn.com](http://www.sofn.com) and select Foundation. A dropdown menu will appear. The names of the new scholarships are: the Bernt Anker Scholarship and the Orel and Marie Winjum Memorial Scholarship. Restrictions apply. Lykke Til Alle sammen!

## 2017 Recruitment Challenge (#Growingto2020)

Are you up for a challenge? It's time to kick-off Sons of Norway's 2017 member recruitment campaign. A new recruitment goal is one of the 2017 strategic goals recently adopted by the International Board:

<b>Attain</b>	375 new insurance members
<b>Achieve</b>	\$5.5 million in total life insurance premiums
<b>Accomplish</b>	\$20 million in total annuity premiums
<b>Acquire</b>	3,500 new members
<b>Arrive at</b>	\$200,000 Foundation funds raised

The goal is to acquire 3,500 new members during the recruitment campaign, all the goals tie together to ensure a strong future for Sons of Norway. In a nutshell, we are all in this together, including Financial Benefits Counselors who play an important part in attaining all of the above goals. To meet this goal targets are 10% of a lodge's membership. What does this mean for Valhall? **Valhall lodge will need to recruit 9 new members.**

The slogan for this year's challenge, **#Growingto2020**, is designed to invite a question about Sons of Norway. (2020 refers to Sons of Norway's 125th Anniversary year), answer questions and ultimately invite the inquirer to a lodge meeting to learn more about membership. Generally, these.

### Prizes for Top Recruiting Lodges

This year's campaign is an enhancement of the Founder's Award program. Lodges meeting their 2017 10% recruitment goals are encouraged to hold an event to showcase their recruitment efforts and will receive in 2018:

- \* \$200 cash card the lodge may use toward its celebration
- \* Exclusive access to a new program for lodge members
- \* Newly designed Sons of Norway banner
- \* Certificate of honor
- \* Recruiter recognition pin

Watch for more 2017 Recruitment Challenge updates and tips throughout the year. In the meantime, you can find a copy of the complete rules online at [www.sonsofnorway.com/challenge](http://www.sonsofnorway.com/challenge) or contact Eivind J. Heiberg- Chief Executive Officer-Sons of Norway at [ceo@sofn.com](mailto:ceo@sofn.com)



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 –

**Sunshine Person: Nancy Mayfield - 815-877-8788**

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.

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