



Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 January – March 2017

www.sofnrkfd.com

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



Kalender

2016 Lodge Officers

President:
Vicki Rudh-Jones (815) 282-2374

Vice President:
Karin Ropp (815) 645-2492

Secretary / Editor:
Christina Fairchild (815)624-4478

Financial Secretary:
Cathy Melby (815) 977-1962

Treasurer:
Darrell Ropp (815) 645-2492

Cultural Director:
Wendy Higgins (815) 282-3988

Sports Director:
Gary Melby (815) 977-1962

Social Director:
Rich Fairchild (815)624-4478

Foundation Director:
Jayne Brod (815) 406-5056

Webmaster:
Chris Anderson (815) 282-8885

Sunshine Director:
Nancy Mayfield (815) 877-8788

Greeters:
Lee Ann Harp & Harold Palm

Trustee / Auditors
Ray Knutson
Ray Pederson
Richard Fairchild

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.

January - No Lodge Meeting

Saturday, January 28 - Board Meeting – Vicki Rudh-Jones home

Tuesday, February 7th – Lodge Meeting 5:00 pm
Stockholm Inn – Dinner at 5:00pm -Dutch Treat
Program: Video on "Statue of Liberty" Did you know the copper was mined in Norway?

Sunday, March (Mars) 5th Lodge Meeting 2:00 pm – 4:00pm
North Suburban Library – 6340 N. Second St. - Loves Park
5th District Chili Cook-off - Contestants Sign-up at Feb. meeting

Saturday, March (Mars) 18th – Rockford Cultural Heritage Celebration
Midway Village - **Volunteers Needed**

Sunday, April 7th – Lodge Meeting 2:00pm – 4:00pm
North Suburban Library – 6430 N. Second St. - Loves Park



Valhall Lodge Chili Cook-off



Dust off those cookbooks; pull out those recipes....Valhall is taking on the Sons of Norway 5th District Chili Cook-off challenge. We will be having our **first chili cook-off on Sunday, March 5th**. Members can create their famous chili for one and all to enjoy. Bring your chili in a crock pot along with a copy of your recipe. We will judge all chili entries and decide on a winner – either by a panel of judges or by a consensus of the members. The winners will get their names and picture on the District 5 website, a blue ribbon, a certificate and most importantly, "Bragging rights" for the year!

Commercial or purchased chili will be disqualified. There are as many chili recipes out there as there are members in each lodge to choose from. **We will need to know by February 27 how many contestants there will be.** Contact: Christina Fairchild – cfairc56@gmail.com – 815-624-4478 or Vicki Rudh-Jones norwaygirl252@outlook.com – 815-282-2374

As we bid farewell to the old year, let's welcome in the new, with hopeful expectations and an optimistic view. Let's put the past behind us and concentrate instead – on a promise of a future with better times ahead. Let's think of each new morning as starting of the day that we can make rewarding and some very special way. Let's put some laughter in our lives, revive a dream or two. Have faith that if we try enough, there's nothing we can't do. Author unknown

District 5 cultural skills contest changes!

For 2017, there will be a slight change to the contest. The contest will still go on in six month segments, January – June and July-December. Now there will be a winner for each zone. The lodge with the most members who have received cultural pins in the six month period will win for that time period. The contest will end at the end of 2017. It will be re-evaluated during the spring of 2018. Remember you can only be a winner one time, so if you have won before, be a mentor to another member and help them with a cultural skill.

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.



2017 Barnebirkie Cookie Call



Barnebirkie will be held on **Thursday, February 23rd** at 12:30 p.m. in **Hayward, Wisconsin**.

The Sons of Norway Fifth District will be working with the American Birkebeiner Ski Foundation to make the 2017 Barnebirkie another successful event for all the participants and their families. Over 1000 children aged 3 to 13 are expected to participate in this the largest children's ski event.

The Fifth District is asking the Lodges to assist with volunteers and cookie donations. Volunteers will be needed at race registration, the starting line, the finish line, the cookie tent, and wherever they may be needed to assist with this event. If you or other members of your lodge can volunteer it would be greatly appreciated. Information about the Barnebirkie and the Birkebeiner ski events can be found on the internet at www.birkie.com.

If you would like to donate cookies please pack them in sturdy non-returnable containers (shoeboxes, ice cream pails, and coffee cans work well). We ask that you only donate cookies without nuts or peanut butter. Homemade or store bought are always welcome. Also with your donation write on a slip of paper the number of dozen cookies. Our goal is 1000 dozen cookies.

If you would like to make a **monetary contribution with a check it should be made out to "Sons of Norway - Fifth District", identified as "Barnebirkie"**, and send to: Machaela Decker, Fifth District Sports and Recreation Director,

If you need to transport your cookies to Hayward please contact Vicki Rudh- Jones at 815-282-237 to arrange for a pick-up or drop-off



21st Annual Kumla Dinner

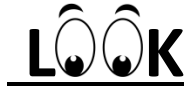
April 1st

St John's Lutheran Church – Creston, IL

Seating: Noon, 4:30pm, 6:00pm

\$14 Adult ~ \$6 ages 12 and under - Reserve your ticket by calling: Dorothy (815) 384-5325

<http://www.stjohns.worthyofpraise.org/events.html>



Mt Horeb Sons of Norway 2017 Norway Tour
 Sept. 6-18, 2017

Join Sons of Norway Vennelag Lodge on this special tour to attend the re-dedication “re-birth” of the Norway House which had been in “Little Norway” in Blue Mounds, WI until it closed in 2012.

Tour costs: SON Member \$4745 per person Dbl occupancy \$573 single supplement

Regular Tour price \$4995 per Dbl Occupancy - \$573 single supplement

Contact Cheryl Wille-Schesser, Vennelag lodge president at rogrcher@mibtynet or 608-219-4464

Warm Up Your February with Norwegian Baked Goods

You may not have realized it, but **February marks “National Bake for Family Fun Month,”**

A perfect opportunity to try great recipes with your loved ones. Of course, Norway has a strong tradition of baking, giving you more than enough recipes to fill the month. From sweet to savory, Sons of Norway’s Recipe Box is a great resource to help you plan your month of baking.

Located in the members section of the Sons of Norway website, the Recipe Box offers many of the Norwegian classics; recipes for Fyrstekake, Berlinerkranser and Bløtkake are all at your fingertips. Don’t forget: baking isn’t reserved for desserts, either. You’ll also find recipes for meals like Nøkkelost Quiche or Pumpkin Waffles with Lingonberry sauce.

Keep in mind that many of the recipes found in the members section also qualify for the Sons of Norway Cultural Skills cooking unit. That means while you’re exploring traditional Norwegian baked goods you could be earning your way to a medal!

February also happens to be National Heart Month, making it an opportune time to kick start a heart healthy diet. Norwegian baked goods tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like the traditional lefse (go easy on the butter!) or Almond Start. A good rule of thumb, though, is to remember enjoying these dishes in moderation will go a long way to keeping your heart healthy.

To access the members section you’ll need an account with a username and password. If you need an account, be sure to have your username and an email address handy. If you have questions about creating an account, contact Sherry at fraternal@sofn.com

Ref. Jan-Feb Sons of Norway Newsletter Archives

Lutefisk Dinner
 Event Date: February 11th, 2017
 Location: Norway Lutheran Church
 Contact: 262-895-2281
Additional Information:
 Norway Lutheran Church
 6321 Heg Park Rd
 Wind Lake (town of Norway), WI 53185
Details:
 Near Milwaukee. The oldest Norwegian Lutheran church in North America.
 Seating at 11:30 am, 1:30pm & 4:00 pm
Reservations Only.
 Call Joanne Jacobson (262) 534-6867 or
 Donna Hanson (262) 534-3862 as soon as possible
TICKETS GO ON SALE JANUARY 2, 2017
(Tickets sell out quickly)

Valhall lodge has many good cooks. We are looking for your favorite Norwegian recipes to help us create a Valhall Lodge cookbook. The cookbooks will be used as a lodge fundraiser. Templates available at you lodge meetings. We will be accepting recipes until August 31. Hand Deliver, email or mail your recipes to:
 Valhall Cultural Director
 Wendy Higgins – wendylou@jahiggins.com
 Or
 Christina Fairchild - cfairc56@gmail.com



Recipes

Pumpkin Waffles with Lingonberry Cream Sauce

Ingredients for the Waffles

- ¾ Cup Pumpkin Puree
- ½ Cup Whole Wheat Flour
- ½ Cup All Purpose Flour
- 2½ Tsp. baking Powder
- ½ Tsp Baking Soda
- ¼ Tsp Salt
- ¼ Tsp Ground Cinnamon
- ¼ Tsp Ground Nutmeg or Freshly Grated Nutmeg
- ⅛ Tsp Ground Cloves
- 1 Egg, Separated
- ¼ Cup Milk
- ¼ Cup Egnog (If you cannot find eggnog you can substitute an equivalent amount of heavy cream combined with 1 Tsp and ¾ Tsp rum extract)
- ⅛ Cup Brown Sugar
- ⅛ Cup Melted Butter

For the Lingonberry Cream

- ¼ Cup Lingonberry Puree
- ¼ Cup Granulated Sugar
- ⅛ Cup Cream

Directions

For the Waffles Mix together the Baking Powder, Baking Soda, Salt, Spices and Flour. Once you have this well blended set the mixture aside.

Combine the pumpkin puree, milk, eggnog, pumpkin puree, brown sugar and butter. Add in the flour mixture and fold until well blended. In a separate bowl whip the egg whites until they hold stiff peaks and gently mix this into the waffle batter. Your batter should be nice and thick, yet airy. Spray your waffle iron with a floured non-stick spray and preheat. Cook until waffles are nicely browned.

For the Filling: In a saucepan over medium heat combine the sugar and lingonberries. When the sauce starts to simmer whisk in the cream slowly. Keep warm until you are ready to serve.

Serve the waffles with the cream sauce.

Ref: Jan - Feb Sons of Norway Newsletter archives

Gratulere Med Dagen

Jan: Januar

Greg Ragan 1/3, Patricia Farney 1/9,
Gunvor Bohmeyer 1/12, Jayne Ragan 1/13,
Christina Fairchild 1/15, Richard Fairchild 1/16,
Arlene Pederson 1/16, Marie Andreassen 1/17,
Wenke Hansen 1/18, Loyce Herrmann 1/20,
John Johnson 1/27

Feb: Februar

Phyllis Brynteson 2/14, Nancy Mayfield 2/16,
Richard Pederson 2/17, Richard Brynteson 2/18,
Vicki Rudh-Jones 2/19, Carolyn Singel 2/20,
Beth Johnson 2/24

Mar: Mars

Lillian Reinerstsen 3/3, Wanda Berke 3/6,
Gunvor Dalland 3/8, Joyne Brod 3/10,
Barb Palm 3/10, William Cutler 3/14,
Karen Drager 3/15, Michael Jones 3/15,
Richard Jewell 3/20, Ruth Lindgren 3/24,
George Hagen 3/25, Ray Pederson 3/26



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.



November Annual Meeting

On Sunday, Nov 6th, 2016, Valhall lodge members and guests met at Riverside Community Church in Machesney Park, IL. for the annual lodge dinner and meeting. We enjoyed a traditional Norwegian dinner provided by Rosebud Catering. Following dinner everyone was given an Ole and Lena fortune cookie and took turns introducing themselves to our guests and reading their fortune out loud. Ray Pederson, Clarian Wistar, Patricia Seddon, Lee Ann Harp, Richard and Christina Fairchild participated in a game show skit of "Who Wants to be Norwegian". Nancy Mayfield displayed woodcarvings and information to complete her cultural skills pin. Sports director Gary Melby presented Richard Fairchild with his Bronze Walking pin. The evening ended with a short business meeting and approval of the 2017 budget. Photos courtesy of Patti Klawitter & Christina Fairchild



When Ole's plane landed safely, he disgustedly exclaimed, "There goes the twenty-five bucks I paid for flight insurance!"





Juletre fest 2016



Photos courtesy of:
Patti Klawitter, Serena LaPonsie



Celebrate Founders' Day

January 16 marks Founders' Day – the day in 1895 when 18 Norwegian immigrants came together to establish a mutual assistance organization that has grown into the largest Norwegian cultural organization in the world.

Driven to find a solution to financial hardships that many Norwegian-American families faced due to the onset of the economic depression, the founders naturally looked to Norway for ideas. Borrowing from an assistance plan in Trondheim, where for a weekly fee families could receive “free” medical care, the founders cultivated an organization that would provide assistance in times of financial crisis as well as celebrate the customs and traditions of Norway.

Eleven of the original 18 members were elected to serve as officers and Sons of Norway grew rapidly, incorporating in 1898. By the end of 1900 there were 12 lodges in Minnesota, and the Sons of Norway concept traveled with Norwegian immigrants across the Upper Midwest. Today, there are nearly 380 lodges with 53,000 members across the U.S., Canada and Norway. Founders' Day is an opportunity to celebrate your membership and recognize the contributions and foresight of the 18 founders. Take this day to share with friends, family members and other acquaintances all of the great things that Sons of Norway and your local lodge do for you and your community. Get people motivated to learn more about Sons of Norway this Founders' Day by inviting prospective members to a lodge event or your next lodge meeting. Ref. Jan-Feb Sons of Norway Newsletter Archives

2017 Recruitment Challenge

Are you up for a challenge? For the next year, your lodge is pitted against other lodges from across Sons of Norway to attract and enroll as many new members as possible. Now in its third year, the 2017 Recruitment Challenge will put your lodge's skills to the test and it's up to you to help out.

You may be wondering how just one person can make a difference in a year-long contest. It's simple. Here are three ways you can help lead your lodge to glory:

1. First, it's important to remember that retaining current members is just as important as recruiting new members for your lodge. Keep that in mind if you notice someone has been absent for an extended period of time. Sometimes a friendly phone call or email is a great reminder that everyone in the lodge is important.
2. The second tip is to always be recruiting! There's a reason for everyone to join Sons of Norway. Do you know someone who loves cooking? The cooking unit of the Cultural Skills Program might be just the right incentive to encourage someone to join. Do you know someone who loves traveling? Sons of Norway's partnerships with car rental companies, hotels and Borton Overseas can more than offset the cost of membership. It's a good idea to familiarize yourself with some of the benefits of membership on the Sons of Norway website at www.sonsofnorway.com
3. The third tip follows up from the second. Try and keep a new member form handy. You never know when you'll come across someone who is interested in their genealogy or an upcoming lutefisk dinner. Let's face it: people sometimes forget. Having a membership form on hand is a great way to help someone join right away rather than hoping they'll remember later on.

4. Finally, include your lodge Financial Benefits Counselor in your recruitment plans. Don't forget: outstanding financial products are the bedrock of Sons of Norway and provide invaluable support for the organization and lodges. Sons of Norway's financial products are a major incentive for members to join lodges, so your Financial Benefits Counselor could be your secret weapon!

What does your lodge get if it wins? \$250! That's right - the top scoring small and large lodges in each district will get \$250 to spend on whatever they see fit! The top overall large and small lodges will also appear in an issue of Viking in 2018.

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.

Ref. Jan-Feb Sons of Norway Newsletter Archives



Ord fra presidenten,

The Social Committee is hard at work planning our 2017 activities. The theme for lodge programs will be "Travel Norway", also the January 2017 Viking magazine theme. February will focus on the physical geography of Norway, eg. where are the major cities located? We will point out on a map of Norway where the mountains, fjords, glaciers and lakes are. This will prep you for our experienced travelers to give audio visual presentations. There are multiple opportunities to inform the public about our Norwegian heritage through Midway Village ethnic events, one in March and another in July.

Get ready to be an active participant in our many varied programs and events lined up for this year.

Vicki Rudh-Jones – Valhall President



Would you like to receive a paperless copy of your newsletter? Contact your newsletter editor at cfairc56@gmail.com with Newsletter in the subject line



In Memory of

Raymond P. Knutson

June 13, 1936 - January 20, 2017

Raymond P. Knutson, 80, of Davis Junction passed away Friday January 20, 2017 at his residence with family by his side.

Raymond was born on June 13, 1936 in Dunn County, WI the son of Harry and Ruth (Peterson) Knutson. He married Sally A. Junck on February 28, 1959. Raymond was of the Lutheran faith. He belonged to the Plumbers & Pipefitters Local 23 for over 50 years and then became a Building Inspector for Loves Park for 9 years. Raymond taught apprentices the trade at Local 23 for many years. He was a member of the Ellida Lodge where he was Chief for 30 years, he was also a member of the Lithuanian Club, was a lifetime member of the 3 L Club, Harmony Sportsman's Club, Association of Clubs. He was Past President, Treasurer and board member of the Sons of Norway and Grand Chief of the IOV where he served 22 years on the council. Raymond is survived by his wife Sally; daughter Vickie Knutson; son Steven Robert Knutson; 3 grandsons, 1 granddaughter and 5 great-grandchildren; brother Harlen (Lorna) Knutson; sisters Inez Satter, Sandra (Thomas) Werner and Victoria (Stanley) Cronk; several nieces and nephews.

Raymond was preceded in death by his parents; brothers Oris, Wesley, Gaylon, Delmer and Richard; sister's Marion and Lorraine Knutson.

A service to celebrate Raymond's life will be 11:00 am on Thursday January 26, 2017 at Sunset Funeral Home 8800 N. Alpine Road in Machesney Park. Visitation will be from 10:00 am until time of service on Thursday at the funeral home. Entombment will be at Sunset Memorial Gardens

Ref: Sunset Funeral Home - Jan 23, 2017

Sons of Norway Valhall Lodge will deeply miss the presence of Ray. He was generous with his time, knowledge and lighthearted Norwegian jokes. He served as our lodge Treasurer, District 5 President, Vice President, Treasurer, Director and ultimately the International Director and Treasurer. One of his more recent offerings was to let the lodge use his "Viking Ship" at the Midtown Ethnic Heritage Parades then the 2016 Midsummer Festival which was enjoyed by several thousand community members.

We send condolences to the Knutson family, especially his wife Sally who served alongside Ray. Vicki Rudh-Jones, Valhall Lodge President

Our deepest sympathy to Sally and her family as well as Valhall Lodge. I think I am in the same position as many in sharing that Ray was a mentor to many and a dedicated Sons of Norway member and member of numerous other organizations. He was a tireless worker, an honest, fun loving and generous man who loved his heritage, his family, and the organizations that he served. I think he loved all of us too in a very special way- I will certainly miss him and am so appreciative of the help he has given me the past 25+ years I've known him. We sure had a lot of fun together over the years at so many Sons of Norway events. We have truly lost a great resource for our District and a friend to so many. Fraternaly, Darlene Arneson, District 5 Secretary



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 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.