



Valhall Nyheter

Sons of Norway Lodge # 5-168 July - September 2017

www.sofnrkfd.com
www.facebook.com/sofnrkfdValhall5168
www.sonsofnorway5.com/
www.sofn.com



Kalender

There will not be a lodge meeting in June, July or August.

Valhall Lodge Meetings will resume in September

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.

Saturday, July 1 : Rockford Plate Volunteer Meeting – 9:00am – location TBD

Thursday, July 13th : Midway Village Rockford Plate - 5:00pm – 9pm

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 5 ethnic groups (Jewish, Norwegian, Greek, Laotian & Italian) representing the immigrants of the Rockford area. Guests will be given a secret password to enter the Speak Easy and a passport into the historic village neighborhood. Each of the five homes, will feature a different ethnic group. They will decorate their house and serve a sample size portion of ethnic food to the guests feature ethnic food, music, traditional clothing, educational displays and decorations. There will be photo-ops, a silent auction and much more!

Valhall lodge will be representing the Norwegian immigrants in the *Pepper House*. 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 learn about the Norwegian heritage and culture, coming to America from Norway, etc. They will then exit outside where they will be served a sample plate of Open-faced sandwiches with a side of Apple, Beet & Red Cabbage Salad and a cookie. Our signature drink "Oslopolitan" made with aquavit will be served on the grounds during the event and the glitzy Main St "815 Club" where guests will gather at 8:00 PM for live Dixieland music, dancing, dessert and more.

Many members have volunteered to help serve, demonstrate a cultural skill, woodcarving, rosemal, lucet, 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, etc.

Reservations are required to attend the event : Admisson: \$55.00 per person

RSVP reservation **Deadline: 5:00 PM , June 29, 2017**

Online reservations www.midwayvillage.org/events/the-rockford-plate

July 16th – 29th: Masse Moro Heritage Camp

Saturday, August 26 – Board Meeting – home of Vicki Rudh-Jones- Time TBD

Tuesday – September 5th - Valhall Lodge Meeting- location TBD

Membership Anniversary Pin recognition and awards

Opps, we forgot to send out the questionnaire.

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: Saturday, August 26

Simplified Dues Structure for 2018

Sons of Norway International delegates voted at the 2014 and 2016 International Lodge Meetings to proceed with a simplified dues structure for U.S. members only, effective Jan. 1, 2018.

Work toward implementation is well underway, with updates to member categories, dues information and frequently asked questions to be posted soon in the **Member Resources section** at www.sonsofnorway.com . To learn more, be sure to log in over the coming weeks. Additional information may also be found in the Member Matters section of the August issue of Viking magazine.



Relax with a Norwegian Movie this Summer – at a Hefty Discount

Through a special arrangement with Films of Norway, Sons of Norway members* now have access to a selection of television shows, full length movies, documentaries, cooking shows, children's programming and other content streamed over the Internet – at 25 percent off the regular monthly subscription rate.

All Films of Norway selections are either Norwegian created, produced or star Norwegian actors. Your movie playlist may include the film celebrating the King and Queen's 25-year reign or adaptations of popular mystery writers. Most selections have the option to view with English subtitles. And new films and programs are added regularly. For example, in collaboration with Norwegian broadcaster NRK, all Films of Norway members may now access timely Norwegian news. Log in, sign up, and enjoy some leisurely viewing this summer with Films of Norway!

*This service and discount are not yet available for members in Norway and Canada.

www.sofn.com/films_of_norway/



Recipes

Strawberry Rhubarb Fruit Soup

Recipe from: Karen Drager

Ingredients:

- 3 – 4 cups chopped fresh Rhubarb
- 1 quart fresh or frozen strawberries, sliced
- ½ cup brown sugar
- 1 cup white sugar
- 5-6 cups water
- 1/3 cup tapioca
- 1 TBS lemon juice
- 1 tsp cinnamon

Directions:

Chop rhubarb, thinly. Add to water with cinnamon and sugar. Bring to boil over medium heat, stir occasionally until sugar dissolves and rhubarb becomes soft.

Add strawberries, tapioca and lemon juice. Simmer for 10 – 15 minutes. Stir occasionally. Adjust sugar, cinnamon and lemon juice to taste. Will thicken as it cools.

Add more water if you prefer it more like a soup and not as thick.

*** *Submit your favorite recipe for the Valhall Lodge cookbook. You may just see it listed in the next newsletter or Valhall lodge website*



HEAR, YE, HEAR, YE!

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 fundraiser and made available for purchase to lodge members.

We will be accepting recipes until August 31.

Hand Deliver, email or mail your recipes to your cultural director, Wendy Higgins ,
Lee Ann Harp, or Christina Fairchild

Gratulere Med Dagen (Happy Birthday)

Juli: July

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

August: August

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

Setember: 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



LOLO King for something to do? Check out what's happening in the Area

Friday, June 16th: Abba Tribute Band – “ABBA Salute” - Swedish Historical Society Erlander Campus
404 S 3rd St; Rockford, Illinois 61104 – 8:00PM tickets \$20.00

Saturday, June 17th : Midsommer Celebration and Volvo Car Show –
Swedish Historical Society, 404 S 3rd St; Rockford, Illinois 61104

Sunday, June 18th: Midwest's Oldest Midsummer Festival - Celebrating 107 years!
9:00 AM to 4:00PM - Good Templar Park, 528 East Side Drive, Geneva, IL 60134.

A family event that has something for everyone: Arts& Crafts Fair, Scandinavian Food, Maypole celebration, Live Music, Children's Choir, Swedish Day Store & Bakery and more.

Admission: Adults - \$5.00, Children 12 and under Free. *Come dressed in traditional Scandinavian Costume and enter Free.*
More information call: 847-845-2640 www.swedishday.net

Saturday, June 24, 2017 - Nordlyset Lodge 100th Anniversary Celebration
Racine County Club, 2801 Northwestern Ave. Racine, WI Cost \$40.00
Advance, paid reservations are required to hold your spot. To register, send the registration form with your check made out to Nordlyset 5-183 by Friday, June 9 to Diane Palecek, 5747 Sandy Lane, Racine, WI 53406.
For more information contact Diane at 886-5547, nubits2@hotmail.com.

Saturday, July 15, 2017 - Vennelag Lodge Kaffe Stue - Begin serving at 9:00AM
Mt. HorebCommunity Center (MHCC,) - 107 N. Grove Street, Mt Horeb, WI

Saturday, July 22 Cooksville Folk Art Festival Looking for a SAMI Bracelet... check out Creations Inspired by Coastal Norway
11313 N State Road 138, Evansville, Wisconsin 53536

July 27-29, 2017 - Decorah Nordic Fest- 51 Years Strong!

Saturday, July 29, 2017 : Mandt Lodge Bus Trip to Decora Nordic Fest!

Leave Stoughton at 7:00 AM- Returning at 9 PM

The bus trip to Decorah, IA is for Saturday only! Join us for a fun day of celebrating Norwegian heritage, culture and fun! See how Decorah hosts Nordic Fest and bring back ideas that might work in our area!

Watch their website at www.nordicfest.com for schedules and events.

Costs: \$35 for Mandt Lodge members, \$40 for Sons of Norway members (any other lodges) , \$45 for non-members.

The amount includes your bus ride, Nordic Fest button, and snacks/refreshments on bus. The normal “driver” tip will be a free-will offering.

Reservations for the 56 passenger bus are on a first-come, first serve basis and must be paid at the time of reserving a seat. Refunds will not be given unless you can find a substitute for your space. Snacks will be provided.

We will meet in the front parking lot (High school greenhouse and Methodist Church side) of the Stoughton High School, 600 Lincoln Avenue, and will park your cars and load the bus there. We will also pick up at the Park n Ride west of Mt.

Horeb (on Hwy 78) at around 7:30. For more information, contact Darlene Arneson at arnesonfamily5@gmail.com or 608-873-7209

Valhall Lodge 75 Year Member



A lifetime with Valhall

In the year 1925, I was born in the village of Roros, Norway, a copper mining community in South Trondelag Province. This little town is now a United Nations heritage site, which means that the outward appearance of the town cannot be changed. It has an 18th century appearance, dominated by an old church, well known in Norway.

At the age of three, I accompanied my mother as we emigrated to America aboard the Bergensffjord, one of three identical passenger ships. My father met us in Chicago and we took up residence on Parmele Street in Rockford. Before long we were also established as members of Valhall Lodge and the Norwegian-Danish church.

My parents immersed themselves in the activities of the Lodge frequently taking me with them. Meetings were held and Tegner Hall on Fourth Avenue, a big wooden building with a large meeting room where we had dinner, danced around the Christmas tree and presented plays by Ibsen. Later, the Lodge bought property on the Kishwaukee River, and put up a rustic building of our own. On hot Sundays we went there for picnics. The men gathered around a wooden stand and cooled off with icy beer. My buddy, Reidar Gundhus, and I consumed ice cream and pop with money that we got from our mellow fathers. This place, that we called "the land" was taken from us, presumably to become a National Guard airbase, which never actually materialized. My father, who was also involved in the Harmony Singing Society, worked hard on behalf of Valhall, and eventually was elected National President of the Lodge and its approximately 25,000 members.

As we all do, I grew up, and served during the Great War, returned, went to college, and became a teacher in a western suburb of Chicago, but I retained my membership with the Lodge. During those years I belonged to the Chicago codfish club. Is there anything better than boiled torsk with potatoes and melted butter? We met regularly in the corners of the Chicago Norway club, a more professional organization.

Upon retirement, my wife and I moved back to Rockford. She was of Swedish ancestry, and grew up in the same general neighborhood - Broadway, 11th St., 7th Street, and Illinois Central tracks. Almost immediately we threw ourselves back into the activities of the lodge. In order to have a house of our own for our meetings and dinners we moved into a former church in the Machesney Park area, and furnished it very nicely to give it a Norse atmosphere. I had the privilege of being speaker or master of ceremonies on various occasions. One of the most enjoyable experiences for us was the reading group. This had been established by Rev. Wang, who served as our manager whenever his busy life permitted. Our readers, including Margaret Dahlgren, Clare Almquist, Herman and Marge Johnson, Jeanne Koplak, Iolyn Beers, and other devoted members of the Lodge.

Our years in this beloved little slice of Norway came to an end, but the Lodge itself, the people both old and new, who are the heart and soul of our fraternity, continue to embrace the Norwegian and American ideals that we have cherished for over 100 years.

Kris Garmanger

Welcome New Members



David Olafsen
20048 Free Church Rd
Caledonia, IL 61011
Phone: 815-389-2728



Mike Lunde
10347 Geneva Dr
Roscoe, IL 61073
Phone: 815-985-9522



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. Before you finalize your summer activities, check out even more exclusive member discounts at www.sofn.com/member_benefits/member_discounts

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. Sons of Norway provides members a one-stop discount shopping experience with PerkSpot. Need a Father's Day gift? Access Edible Arrangements or the Columbia Sportswear store websites to find just the right item for Dad. Moving your student to or from college? Rent a moving van with Penske. Ready to ramp up your exercise routine? Discover deep discounts at Diamondback Bicycles. Sign up to get these discounts and more at Sons of Norway's online PerkSpot portal at sonsofnorway.perkspot.com/login

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.
Ref. Sons of Norway Newsletter Archives

SAVE THE DATE:

NEW MEMBER RECRUITMENT BREAKFAST - Saturday, OctOBER 7, 2017
9:00 to 11:00 a.m.
at Stockholm Inn.

Plan now to invite your Norwegian friends and relatives to a free breakfast, where they will learn about the joys and benefits of membership in Sons of Norway. Valhall members also eat free if they bring a guest!

We are doing this as part of Valhall Lodge's response to the SON Recruitment Challenge given this year.

For more information contact the Membership Committee:

Karin Ropp, Iolyn Beers, Jayne Brod, or Greg Ragan, financial counselor benefits

Tubfrim History and information

Postmaster Ditlef Frantzen in Nesbyen established TUBFRIM in 1928. The aim was to collect and sell used stamps and use the proceeds to aid the eradication of tuberculosis among Norwegian children. The first profit was made in 1929 and amounted to NOK 1.500,-. Profits varied in the following years from NOK 8.000,- in 1940 to NOK 25.000,- in 1947. TUBFRIM has made good progress since from then and profits in 1970 were NOK 150.000,- growing to NOK 650.000,- in 2009.

TUBFRIM is owned by the Norwegian Health Association (Nasjonalforeningen for folkehelsen). Today the profits are used to help handicapped children and youth in Norway, and to finance the efforts to eradicate tuberculosis.

Used postage stamps and telephone cards are not to be thrown in the waste basket, but should be **Given to a Sons of Norway members/lodges**

Please, never throw away canceled stamps and phone cards. Stamps and phone cards from any country in the world can be used.

Just cut or tear the stamps off the envelopes, leaving a slight margin (approx. 1/4 to 1/2 inch) to keep the perforation intact. Damaged stamps (damaged perforation, edges etc.) are worthless and are to be thrown away. (Damaged phonecards are also to be thrown away.)

We are also happy to receive stamp collections, old envelopes, covers and postcards. **If envelopes, postcards etc. are more than 50 years old, then please do not cut off the stamp, but send us the whole envelope/postcard!** *** For every one pound of stamps Valhall lodge sends in, our lodge earn an entry card for a chance to win \$1,000.00 toward a ticket for a trip to Norway.*

Mary Bennett is both the International and District 5 Coordinator for Tubfrim.

Contact her at 608-837-8335 or mjbenn4@gmail.com

Visit www.tubfrim.no and click on "English" to learn more!

Trim stamps so that you have at least 1/4" around the edge of the stamp.

From Mary Bennett: Tusen takk for your stamps donated to Tubfrim in 2016. Thanks to your efforts, District 5 sent 250 pounds of stamps to Norway.



Sons of Norway Rockford

Valhall Lodge 5-168

Christina Fairchild-Editor

417 W Warren St

Rockton, IL 61072

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

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.