



Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 October- December 2016

Lodge Website www.sofnrkfd.com

Lodge Facebook Page 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

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bunnyropp@gmail.com

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ropp_sv@yahoo.com

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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, October 4 – Lodge Meeting - Stockholm Inn

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

Lodge Meeting begins at 5:30 p.m.

Program: "Folksongs of Another America: Lost Sounds from Wisconsin's Norwegians"

A synopsis of Jim Leary's presentation at the Livsreise Norwegian Heritage Center in Stoughton.

October is Foundation month. There will be a Silent Auction. We want your gently used auction items.

Saturday, October 1 – Board meeting at the home of Vicki Rudh-Jones. Refreshments at 8:30am. Board meeting starts at 9:00am.

***** Notice Meeting Location, Day and Time Change for November & December**

Sunday, Nov 6– Valhall Lodge Annual Meeting - Riverside Community Church

Catered Dinner at 3:00 p.m.

Lodge Meeting begins at 4:00 p.m.

Sunday, December 4 – Juletre Fest - Riverside Community Church –

Dinner at 3:00pm

Watch your mail for more information

Did you miss our September lodge meeting?

The evening began with 21 Valhall members enjoying a dinner at the Stockholm Inn. After singing the National Anthems, lodge president, Vicki Rudh-Jones opened the meeting. Greg Ragan, Vicki Rudh-Jones and Karin Ropp were awarded 2015 Recruitment pins. Nancy Mayfield was presented with her gift, for having tied in the individual Dec – June 2016 District 5 Cultural Skill Contest.

Our lodge Sports Director Gary Melby gave an overview on the Sports Medal program. Sons of Norway has to offer and how easy it was to earn a medal. Lodge members Rev. Richard Wang received his bronze medal for cycling, Gary & Cathy Melby received their bronze walking medal and Wendy Higgins received her gold walking medal. Everyone attending enjoyed an evening full of laughs and good conversation.

Cultural Corner

2016 District 5 Cultural Skills Contest Continues!

A few of our members are starting off on the right foot...Cleng Peerson and Polar Star lodges hosted a Norwegian Barn Dance in Norway, Illinois on Sunday, August 7th at the Norway Community Building. Valhall members Vicki Rudh-Jones, Lee Ann Harp, Richard & Christina Fairchild and friends, Richard & Carol Vigsnes took up the challenge and participated. A few Leikarringen "Heimhug" Folk Dancers of Chicago were available to instruct them on the dance steps. They were able to complete the Folk Dancing Culture Skill Part 1 requirements and earn their medal. .



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

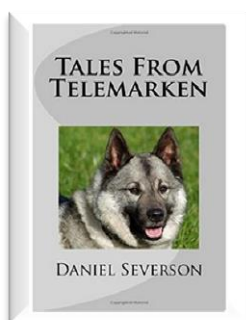
How do I say that in Norwegian?

Hyggelig å treffe deg!

English: Nice to meet you!

Pronunciation: hee-geh-lee oh treh-feh-dai

Press Release: This month's book was written by Valhall lodge member Beverly Capone's cousin.



"Tales From Telemarken" is a novel about the importance of family and friends, work and school, the duality of atheism versus faith and the richness of the Norwegian-American culture that was so much a part of our protagonist's life. The book provides the reader with a wide range of interesting, entertaining and sometime funny tales that depict what life was like for one rebellious teenager while growing to adulthood in Wisconsin in the 1970s. A helpful feature is the inclusion of a glossary of Norwegian words and phrases.

What have we been up to?

Sons of Norway District 5 convention was held June 22-26 in Marshfield , WI. There were 160 delegates in attendance to represent the district lodges.

Representing Valhall lodge were Delegates, Vicki Rudh- Jones, Ray & Arlene Pederson and Alternate Delegates, Lee Ann Harp. Along with Sons of Norway District 5 Financial Counselor Greg Ragan, District 5 Zone Director Christina Fairchild and International Treasurer Ray Knutson.



The highlight of our Friday evening Viking feast was the presentation of the Viking longhouse by Owen & Elizpeth Christinason dressed in their Viking costumes. The evening continued outside with stories of the Norwegain Sagas

2016-2018 District 5 Board Members



Back row L-R International Director Jon Grinde, Esther Carlton, Joy Bashara, David Hermundson, Ron Iverson, Tom Boudreau, Cheryl Wille-Schlessler, Michaela Decker, Lucy Ghastin, out-going International Treasurer Ray Knutson,

Front row L-R Darlene Arneson, Kathy Secora, Andrew Johnson, Mike Palecek, Christina Fairchild

With the help of Janet at Canterbury Tours in Rockford, a group of locals boarded two busses on July 29th and headed to the Chicago Navy Pier “Tall Ships “ expedition. On board were twenty-five brave Sons of Norway friends and family. Their mission was to visit the longest Viking ship built in modern times “The *Draken Harald Hårfagre*”, a 115 ft Viking longship built in her homeport of Haugesund, Norway. It is.



On August 13th, a small band of ten intrepid vikings headed out for another adventure in Geneva , Illinois. Their mission was to tour the “Friends of the Viking” ship.



2016 International Convention – Tacoma Washington



SON 2016-2018 International Board Kenneth Johnson, Mark Aerter, Marci Larson Ron Stubbings, Jon Tehven, Gloria Benazic, Karl Hella, Jon Grinde, and Elaine Nelson at the Tacoma Murano Hotel
Photo by Ernie Fosse



Fra Vice Presidenten-



Our membership committee has been making some phone calls to members who aren't able to come to meetings, just to stay in touch and let them know they're being thought of by their friends in Valhall Lodge. Thanks to Jayne Brod and Iolyn Beers for helping me with this.

Recently Darrell and I had a chance meeting with some Norwegians. Of course, I mentioned Sons of Norway! This may not result in any new members, but at least the word is out there. I know many of you have similar experiences. How about having a Valhall brochure handy to give someone? There are always plenty of these, as well as membership applications available at our meetings, or call me and I can get some to you.

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



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.



Recipes

Vanilla Cheesecake with Lingonberries and Cardamom Whipped Cream

adapted from <http://alittlezaftig.com>

- 2 lbs cream cheese (room temp.)
- ½ cup unsalted butter (room temp.)
- 1 tbsp vanilla extract
- 1½ cup sugar
- ½ cup less 1 tbsp cornstarch
- 7 large eggs
- 2 cups heavy cream
- ¼ cup lemon juice
- Berry Topping
- 1 cup fresh lingonberries
- ¼ cup sugar
- Cardamom Cream
- 2 cups heavy cream
- ¼ cup sugar
- 1 tbsp vanilla extract
- 1 tsp freshly ground cardamom seeds

Move rack to upper 1/3 position and preheat oven to 350 F

Beat cream cheese and butter with electric mixer until smooth. Add sugar, vanilla and cornstarch and beat well. One at a time add the eggs, beating between each addition. With the mixer set to low, gradually add the cream and lemon juice. Pour into a buttered 9x13 pan. Place pan in a bain marie (directions below) and bake for 30 minutes. After 30 minutes, increase oven temperature to 375 F and rotate cheesecake 180 degrees in the oven. Bake for additional 15 minutes or until the top is a golden brown. Allow cheesecake to cool to room temperature. Carefully run a knife around the edge of the pan to release the cake and invert onto a serving tray. To prepare the topping, sprinkle lingonberries with sugar and stir until sugar dissolves. Allow to rest for 30 minutes. Whip cream, sugar, vanilla and cardamom seeds with electric mixer. Spoon berries and cardamom cream onto each piece of cake and serve.

To make a bain marie,
Fill a pan one size larger than your 9x13 cake pan with boiling water. Do not fill more than 1/3 of the pan. Slowly lower your cake pan into the pan of boiling water, covering the sides of the cheesecake pan half of the way. Add or remove water to reach correct level and place both pans in the oven.

Reference: Sept-Oct 2016 Sons of Norway Newsletter Archive



Gratulere Med Dagen

October

Nathan Bliss	10/6
Sonia Erickson	10/6
Wallace Halvorson	10/9
Betty Flanders	10/10
Kristi Iverson	10/18
Christine Nichols	10/18
Katherine Cassioppi	10/21

November

Iolyn Beers	11/1
Nancy Jacobson	11/14
Wendy Higgins	11/21
Amy Riley-Kummer	11/27

December

Roger Logeson	12/6
Darryl Ropp	12/18
Cathy Melby	12/21
Patricia Seddon	12/26
Ryan Knutson	12/27
Jackie Iverson	12/28
Gary Melby	12/30
Forrest Davis	12/31



Send a little Sunshine

Drop a Note or Call a member you haven't seen at our lodge meetings in awhile to let them know they are missed..



New Members



Bill Brod
6877 N. Summitt Dr.
Byron, IL 61010-9384

Patricia Seddon
1150 Old River Road Ct
Rockford, IL 61103-1112



Our Deepest Sympathy



Chuck Moen
1929 -2016

Chuck Moen, past President of Valhall lodge passed away on Saturday, September 17th, 2016. He was currently a member of Ostestaden lodge in Monroe. He is survived by his daughters Mae (Delvin) Trost and Peggy Wohlford both of Lena , and Carol (John) Nielsen of Mt. Horeb, Wisconsin.



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

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.

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