



Valhall Nyheter

Sons of Norway Lodge # 5-168 October - December 2017

www.sofnrkfd.com or www.facebook.com/sofnrkfd/Valhall5168



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

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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.

Tuesday, October 3: Valhall Lodge Meeting - 5pm – 8pm
North Suburban Library - 6340 N Secomd St – Loves Park, IL

Viking Meal served at 5:30 - Program starts at 6:30pm
Owen Christainsen presents “**Norwegian Viking Saga**” Come along with Owen Christianson and revisit the discovery of North America, a story of love and murder, adventure and discovery, tales of ghosts, strong women, warriors and battles, plagues, and heroes all around. The stories are based on Erik the Red’s saga and the Greenlander’s saga. Owen will describe the sites in the stories as they appear today.

Saturday, October 28: Valhall Board Meeting – 9:00am - home of Vicki Rudh-Jones

Tuesday, November 7 – Valhall Lodge Annual Meeting -
North Suburban Library – 6340 N. Second St. – Loves Park, IL

Refreshments served at 5:30pm – Business meeting- Election of New Officers, 2018 Budget

November Valhall Board Meeting TBD - Home of Viking Rudh-Jones

December Juletre Fest- TBD

It's getting to be that time of year. Interested in helping plan our annual Juletre Fest? Why not join our Juletre Fest committee! We are always looking for a few extra hands. Contact your social director: Richard Fairchild (815) 624-4478 Email: richard.fairchild.son@gmail.com

SAVE THE DATE:

NEW MEMBER RECRUITMENT BREAKFAST –
Saturday, October 7, 2017
Time: 9:00 to 11:00 a.m.
Place: 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! New members who attend will also be free.

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

For Reservations Contact: **Jayne Brod (815) 406-5056 email: jaynebrod@cs.com**

President's Leadership Conference

The Fifth District will be hosting a *President's Leadership Conference on October 20, 21, and 22 at the Wonderland Camp and Conference Center at Camp Lake, Wisconsin*. It is not a requirement that you are a President of your lodge in order to attend the conference. You must be a current member of the Sons of Norway and have an interest in improving and strengthening your lodge. By attending the conference you will be able to meet with other Sons of Norway members to discuss problems you may be having with your lodge and come up with solutions to those problems. Please make the effort to send at least one member of your lodge to the President's Leadership Conference. The deadline for registering for the conference is **September 30**. For more information check out the program section of: www.sonsofnorway5.com

Countdown to New Dues Structure

All the information you need to be well informed of the dues changes to be implemented on Jan. 1, 2018, is at your fingertips:

- Online at www.son
- sofnorway.com - Member Resources
- Newsletter updates - Recent issues of E-Post, Resource and August 2017 Viking
- Contact Member Services - [800.945.8851](tel:800.945.8851)

Email your questions to 2018dues@sofn.com.

Why is it called "simplified?" International President Jon Tehven wrote in the 2017 August Viking, the Sons of Norway has historically allowed each district and lodge to set their own membership rates. This resulted in more than 385 dues structures! The complexity caused confusion in answering the simple question, "How much does it cost to join?" Understandably, it was a hindrance to new member recruitment. So Sons of Norway delegates at the 2016 International Convention approved uniform dues rates for all U.S. lodges, effective January 1, 2018.

U.S. dues are set at \$60 for an individual and \$95 for a family. (Lodges in Norway and Canada will be addressed in phase 2 of the simplification process at a future date.) A family membership includes all those family members living under one roof. Unge Venner members (those 16 to 23 years of age) whose primary mailing address is still the family residence will be included. Unge Venner members no longer living at home will pay the standard individual dues rate.

Existing Life and Golden members will keep their status with the current discount rate. Life members are those who were 65 years old or older and who had been members for 30 years or more before the end of 1998, when Life memberships were discontinued. Golden memberships replaced Life members as of January 1, 1999, and are based on the same requirements of being 65 years of age or older with 30 years of membership.

New Conveniences for Members Come with Dues Structure Changes

Here are a few items that are part of the changes coming with the simplified dues structure, beginning Jan. 1, 2018.

Automatic monthly withdrawal available – Effective with their 2018 dues renewal, members in U.S. lodges will have the option to pay their dues by automatic monthly withdrawal from their U.S. bank account. Annual payment of dues by check or credit card will continue to be available.

Local currency applies – No more confusion about adjusting dues based on the exchange rate for Canadian and Norwegian memberships. Beginning January 1, International dues for Canadian and Norwegian memberships are based on the local currency (Canadian dollars or Norwegian kroner), and hence will no longer be subject to exchange rate fluctuations. (Dues paid by credit card from a non-U.S. bank may be subject to an exchange rate and/or service fee set by the bank and/or credit card processor.)

Dues more easily explained to potential members – The new dues structure is simplified to maintain consistency throughout the U.S., making it easier for lodges to sign up new members and to discuss the dues with others outside of their lodges and districts.

Have questions on the above? Send an email to Sons of Norway 2018dues@sofn.com, and staff will provide timely answers.

SPORTS AND CULTURAL CORNER:

Winter Activities

As snow begins to fall and the colder months of winter set in, this time of year can be a great opportunity to not only enjoy outdoor activities but also embrace the coziness of the indoors. Whether you opt for an active, outdoor lifestyle or instead choose a cup of coffee next to a warm fire, here is how you can stay connected to Norwegian culture this winter.

For those looking to embrace the great outdoors:

From cross-country skiing and snowshoeing to winter nature hikes, there are plenty of outdoor activities to enjoy, even during the colder months. So grab your skis, skates, snowshoes or winter hiking boots and enjoy the great outdoors! For a fun group activity that gets people outdoors, try setting up a skiing group in your lodge. Then track your skiing mileage using the Sons of Norway Sports Medal program. This can be a great way to connect with other lodge members while also staying healthy and active. **Learn more about the Sports Medal program -**

Contact your lodge's Sports Director : Gary Melby - gmcmmreal51@gmail.com – phone: (815)

Or, if you're interested in event planning, this could be your chance to shine. By hosting a Baneløpet, or children's ski race, you can get your local community involved in an exciting Sons of Norway event. Check out the Idea Bank in the Member Resources section of the Sons of Norway website for more information on how to start planning.

For the warm-and-cozy lovers:

From disaster thrillers like "The Wave," to the popular Slow TV segments, online streaming services like Netflix or digital rental services like Amazon offer a variety of Norwegian films and TV series that you can enjoy in your own home.

For some activities to enjoy in the lodge setting, form a Cultural Skills group or start a Norwegian-themed book club. With units ranging from cooking to literature, there are plenty of Cultural Skills to satisfy a variety of interests.

Contact your lodge Culture Director:

Wendy Higgins - wendylou@jahiggins.com or phone: (815) 282-3988 **to learn more and get started.**

There are two new interest groups starting up!

Deltiology "Stamp Collecting & Postcards": If you are interested in joining this group send Wendy Higgins a postcard: 5855 Old Millstone Rd - Rockford, IL 61114.

Kitchen Garden Exchange: (this could be used as one of your cooking skills activity) This is a fun and growing activity! The group exchanges roots to bushes, flowers, herbs, trees, food, etc. The idea for the group started with Karen Drager sharing some of her horseradish root for some of Wendy Higgins savory herb root.

For exchange: Hostas – Wendy Higgins

Exchanged:

summer savory....Wendy Higgins with Karen Drager

horseradish...Karen D. with Wendy Higgins

Contact Wendy Higgins - (815)282-3988 to add your name to the list Wendy has offered her porch for Drop off and pick up exchanges to make life easy. 5855 Old Millstone Road – Rockford

There's a contest for this one. The first person to send Wendy 'Kitchen Garden Exchange' in Norwegian will receive a prize!



Recipes

Surkaal (Norwegian Sauerkraut)

Recipe from: Valhall Lodge Member Iolyn Beers

Ingredients:

- 1 med. Head cabbage (white, red or combined)
- 1 Tbs. caraway seeds
- 1 ½ Tbs flour
- 1Tbs sugar
- 1 tsp salt
- 1 cup water or broth
- vinegar to taste (1 or 2 Tbsp)
- 2 Tbsp Butter or bacon fat

Directions:

Remove outer leaves and wash cabbage under cold water. Cut head in half and remove core. Lay flat and slice thinly. Put 2 tablespoons butter or bacon fat in skillet.

Do not use iron as it will darken the cabbage.

Layer cabbage: sprinkle a mixture of flour and seasoning between each layer.

Add water or broth. Bring to boil and simmer about 1 ½ to 2 hours.

Add vinegar to taste.

Very good with drippings from pork, ham or add small pieces of meat, bacon, ham, pork or roast.

*** **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.

Bring your recipes to the next meeting, email or mail your recipes to your cultural director, Wendy Higgins, Lee Ann Harp, or Christina Fairchild

Gratulere Med Dagen (Happy Birthday)

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



TUBFRIM

Save used stamps and expired or used phone cards for Tubfrim to help disabled children and youth in Norway.

Trim stamps so that you have at least at least 1/4 inch but not more than 1/2 inch around the edge of stamp. Visit Tubfrim <http://www.tubfrim.no>

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

Fosselyngen Lodge SCANDINAVIAN FESTIVAL 2017

The celebration of Nordic Children

Saturday, Oct 7, 2017
Time: 10:00am – 6:00pm
Ronald Reagan Elementary School
4225 S Calhoun Rd
New Berlin, WI 53151

Authentic Nordic foods, Angry Birds, Scavenger Hunt, Rock Painting, Lego Station, Moomin Movie, Nordic Shopping, Genealogy, Language

Polar Star Lodge “Taste of Norway” Høstfest Sunday, November 5, 2017

St. Olaf Lutheran Church – 1233 Douglas Ave. Montgomery, IL
Noon - 3:30 p.m.

Norwegian Food, Scandinavian gifts, and jewelry
Lefse and Krumkake demonstrations, Norwegian Craft demonstrations, Rosemaling, Kolrosing, Jewelry, Knitting

• Fox Valley Norwegian Choir Performance at 1:00 p.m.

Contact: Polar Star Cultural Director - Barb Johnson
email barbjohnsonb@aol.com phone: 630-553-7389

Vennelag Lodge – Annual Frokost 2017 Saturday, October 7th

serving 7:30-11 AM,
Mt. Horeb Community Center - 107 N. Grove Street, Mt. Horeb, WI
Adults \$13.00, Children 12 and Under \$5.00

Enjoy a traditional Norwegian breakfast

For further information, contact: rsderke@gmail.com Or Lodge
President: Cheryl Wille-Schlesser-[608-219-4464](tel:608-219-4464).

Mandt Lodge Fall Fish Boil

The public is always welcome at Mandt Lodge!

Friday, October 6, at 6:00 PM.

Location: 317 S. Page Street in Stoughton.

The lodge will offer their traditional menu of Icelandic cod, potatoes, cole slaw, carrots, onions, and dessert!

Tickets are \$14.00 for adults and \$7 for children ages 5-12.

Advance tickets are available from
Darlene Arneson (608-873-7209) or they are available at the door.



Lutefisk Dinners

Sat. Oct. 28:

Orfordville Lutheran's Norwegian Dinner
Orfordville Lutheran Church
210 N Main St
Orfordville, WI 53576
(608) 879-2575

Serving 11am – 3pm
Adults: \$15.00, Children (5-12) \$5.00

Friday, Nov. 3:

Hr. Holand Lodge Lutefisk Meatball Dinner

Bayview Lutheran Church
340 W Maple St.
Sturgeon Bay, WI 54235
Dinner at 5:30 pm
Tickets \$20.00 per person
Reservations: Call Lorraine (920) 743-9600

Sat. Nov 11:

Lutefisk – 2017

Christ Lutheran Church
220 S. Main Street
DeForest, WI 53532
Reservations: (608)846-4718

Seating begins at 11am ends at 5pm
Adults: \$18.00, children (4-12) \$9.00
Reservations begin Sept. 11 – Nov 10

Nov. 18 – Norway Museum Smorgasbord
Norway Community Bldg.
3654 North Illinois 71
Norway, IL

Check out the District 5 website Calendar of events for more information:
www.sonsofnorway5.com/events

Coming in 2018 !

- The District 5 Convention will be June 27-July 1, 2018 at Hotel Radisson in La Crosse, WI
- The International Sons of Norway Convention will be August 16-18, 2018 in Minneapolis, MN

Facts about Leif Erikson Day - October 9th

Leif Erikson Day is upon us and in honor of the occasion we've put together some facts about the man, the legend and the celebration.

The Name

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling of Leif Erikson.

The Explorer

Leif was born around 960-970 A.D. in Iceland to Norwegian parents, and spent time in Norway and Greenland, so he is claimed by many, while also being referred to as Viking and Norse. He earned the nickname Leif the Lucky after rescuing a crew of 15 shipwrecked Icelanders.

Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson was trying to find a place that his friend Bjarni Herjólfsson had told him about—Herjólfsson had sighted the coast in 986, without going ashore. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The Holiday

While Leif Erikson was first acknowledged on a national stage by President Calvin Coolidge in 1925, the official observance of Leif Erikson Day in the United States wouldn't begin until 1964. It was then that Congress approved a resolution proposed by Hubert H. Humphrey, and then Lyndon B. Johnson declared Leif Erikson Day to be October 9th. Almost 40 years prior, Calvin Coolidge had acknowledged the idea that Leif had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and took hold in South Dakota, Illinois, Colorado, Washington and California by 1956.

The Date

October 9th has no special connection to Leif Erikson—there is no record of the actual date that he set foot on North America—but the date plays a role in later Norwegian immigration. On October 9, 1825, the sloop "Restaurationen" landed in New York, carrying the first group of Norwegian Quakers, led by renowned pioneer Cleng Peerson. That passage began a wave of Norwegian immigration that lasted for over 70 years and brought hundreds of thousands of Norwegians to North American shores.

Ref. Sons of Norway Newsletter Archives



Order your Limited Edition
2017 Old Style Rogaland Rosmaled Ornament
\$14.99 each
by logging into the Member Resource
www.sofn.com
available to members only

Have You Had a Financial Checkup Lately?

If not, contact your field staff representative,
Greg Ragan, to set up an appointment to
discuss your financial needs at no cost to you.
This is a benefit of membership.
Greg Ragan, Sons of Norway
Fraternal Benefits Counselor,
Insurance & Investments
1-800-442-4146

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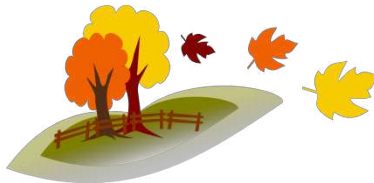


Congratulations!

Wendy and Kimbal on the birth of their grandson, Elijah Joseph Higgins
Born July 29, 2017 weighing in at 9lbs 4 oz

Condolences

Deepest Sympathies to Valhall members
Barb Palm on the loss of her mother
David Olafsen on the loss of his brother, William Olafsen
Greg Ragan on the loss of his mother, Sondra Rogers



Fall is in the air, also with fall comes the election—our lodge election, in this case. Our nominating committee is working diligently in seeking new officer candidates. There is still time for you to help Valhall reach its highest potential. Let us know how you would like to serve, and we'll find a position that meets your interests that you can run for. If you are a new member and feel uncomfortable accepting an Officer or Director position, please consider serving on one of the committees. The elections will be held at our November 7th gathering.



I want to thank everyone who volunteered to help with the Rockford Plate event held at Midway Village in July. It was a great success. Many people asked about Sons of Norway; who we are, what our history is. For a short while, the people were immersed in Norwegian culture through the members involved, their dress, the food they prepared and served, and the artistic skills they acquired and practiced. Thanks again for making this a night to remember. Richard Fairchild, Valhall social Director





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.