



# Valhall Nyheter

Sons of Norway Lodge # 5-168 October - December 2018

[www.sofnrkfd.com](http://www.sofnrkfd.com) or [www.facebook.com/sofnrkdValhall5168](http://www.facebook.com/sofnrkdValhall5168)



## Kalender

### 2018 Lodge Officers

President:  
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Greeters:  
Lee Ann Harp & Harold Palm

Trustee / Auditors  
Ray Pederson  
Richard Fairchild  
Bill Brod

Librarian / Historian  
Rev. Dr. Richard Wang

**Tuesday, October 2: Valhall Lodge Meeting - 5pm – 8pm**  
**North Suburban Library - 6340 N Second St – Loves Park, IL**

Light Refreshments served at 5:30 - Program starts at 6:00pm

Come out and listen to Valhall lodge member Rev. Dr. Richard Wang give a presentation on the “*Norwegian Sloopers*”. Where they got the name?  
Public Welcome

**Saturday, October 27: Valhall Board Meeting – TBD**

**Sunday, November 4 – Valhall Lodge Annual Meeting -**  
**Riverside Community Church - 6816 N 2nd St, Machesney Park, IL 61115**

Dinner 3:00pm – Business meeting following

**Saturday, December 1, 2018 - Juletre Fest**  
**Stockholm Inn - 2420 Charles St, Rockford, IL 61108**

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](mailto:richard.fairchild.son@gmail.com)



### SAVE THE DATE:

**2018 Juletre Fest**  
**Saturday, Dec 1, 2018**  
**Time: TBD**  
**Place: Stockholm Inn.**

invite your Norwegian friends and relatives to a fun filled evening celebrating the Jule Season Norwegian style

**Invitations will be in the mail soon!**

## 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! Then track your skiing mileage using the Sons of Norway Sports Medal program.

**Log into the [www.sofn.com](http://www.sofn.com) website to learn more about the Sports Medal program -**

**Contact your lodge's Sports Director:** Bill Brod - phone: 815-406-5056

#### For the warm-and-cozy lovers:

From 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.

Form a Cultural Skills group or start a Norwegian-themed book club. With units ranging from cooking, music, knitting, genealogy to literature, there are plenty of Cultural Skills to satisfy a variety of interests.

**Contact your lodge Culture Directors:** Lee Ann Harp – [leeannharp@yahoo.com](mailto:leeannharp@yahoo.com) , phone 909-806-0825

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

#### *Two new groups our members are enjoying!*

***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, Daylily's – Christina

**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



**Limited Edition**  
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[www.sofn.com](http://www.sofn.com)

#### **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, 1-800-442-4146  
Sons of Norway Fraternal Benefits Counselor,  
Insurance & Investments

# Recipes



Recipe Submitted by:  
Noah Hansen

## Easy Skolebrød

Skolebrød or Skolebolle is the Norwegian name for a type of sweet bun that consists of regular dough of yeast, filled with custard and icing dipped in grated coconut. It was usually put in school lunches as a dessert or sold at bake sales, hence the name.

6 frozen dinner yeast rolls (I use Sister Schubert's)  
1 package instant French vanilla pudding  
1 cup milk  
1 tbsp. powdered sugar  
1 tsp milk  
Shredded coconut

Bake yeast rolls according to box directions and let cool. Use a spoon to cut a quarter-size hole in tops of rolls and hollow out inside.

Prepare vanilla pudding mix with 1 cup milk (for thicker texture) and refrigerate until set. Mix powdered sugar and 1 tsp milk to make simple icing.

To assemble:

Dip tops of rolls into icing to coat top half of rolls. Place shredded coconut in bowl and roll tops of rolls to coat. Place pudding into zip lock bag, snip corner and pipe into the hole in the rolls. Serve immediately or refrigerate until ready to serve.

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

## Gratulere Med Dagen (Happy Birthday)

### October

Nathan Bliss 10/6  
Sonia Erickson 10/6  
Wallace Halvorson 10/9  
Betty Flanders 10/10  
Karl Ropp 10/10  
Kristi Iverson 10/18  
Christine Nichols 10/18  
Katherine Cassioppi 10/21  
Bruce Halgren 10/31

### November

Iolyn Beers 11/1  
Carol Griesbach 11/14  
Nancy Jacobson 11/14  
Cheryl Stockwell 11/16  
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  
Shirley Carlson 12/27  
Ryan Knutson 12/27  
Jackie Iverson 12/28  
Gary Melby 12/30  
Forrest Davis 12/31



## Condolences



Our deepest sympathies to the family of Ruth Lindgren. Ruth passed away Saturday, September 15, 2018

## 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>

**Vennelag Lodge – Annual Frokost 2018  
Saturday, October 6<sup>th</sup>**

serving 7:30-11 AM,  
Mt. Horeb Community Center –  
107 N. Grove Street, Mt. Horeb, WI  
Adults \$15.00, Children 12 and Under \$6.00

Enjoy a traditional Norwegian breakfast

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

**Mandt Lodge Fall Fish Boil**

The public is always welcome at Mandt Lodge!

**Friday, October 12, at 5:00 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 \$15.00 for adults  
\$7 for children ages 5-12.**

Advance tickets are available or at the door.

Contact: Darlene Arneson (608-873-7209)

**Polar Star Lodge  
“Taste of Norway” Høstfest  
Sunday, November 4, 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 phone: 630-553-7389  
Email barbjjohnsonb@aol.com

**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

**Sat. Nov 10:**

**Lutefisk & Meatball Dinner**  
Christ Lutheran Church  
220 S. Main Street  
DeForest, WI 53532

Bake Sale & Bazaar 9am-6pm

**Seating begins at 11am ends at 5pm**

Adults: \$18.00, children (4-12) \$9.00  
Reservations begin Sept. 11 – till noon Nov 9  
Reservations: (608)846-4718

Check out the District 5 website Calendar of  
events for more information:

[www.sonsofnorway5.com/events](http://www.sonsofnorway5.com/events)

**NORWEGIAN SMØRGÅSBORD  
NOVEMBER 17, 2018**

Norway Community Center  
3654 North Illinois 71, Norway, IL  
Seating at 4:00 p.m. or 5: 30 p.m.

**ADVANCE TICKETS ONLY (carry outs available)**

\$18.00 Adults - \$7.00 Children (10 and under)  
For tickets or information Phone: 815-343-5070  
[www.norskmuseum.com](http://www.norskmuseum.com)

Sponsored by the Norsk Museum and Sons of Norway Polar Star  
and Cleng Peerson Lodges. All proceeds support the Norsk  
Museum Building Fund.

## Sons of Norway Foundation Month

Fall means blazing colors in nature, cooler temperatures, school activities – and, in October – Sons of Norway Foundation Month. Take a moment to learn more about how our members and lodges support each other through grants, scholarships, camperships and more; and how your lodge can be an integral part of giving back to the institution that gives so much to your lodge. Visit [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) for more info about the Foundation, or contact Foundation Director Corrie Maki Knudson at [foundation@sofn.com](mailto:foundation@sofn.com).

### Letter from Valhall's Foundation Director:

On Sunday, September 9<sup>th</sup> Valhall lodge had its monthly lodge meeting. With October being Foundation month, we decided to have a penny social and Meatball Dinner. I had seen a Penny social in action when Christina and I visited Cleng Peerson one day last year. How does a Penny social work? Members donate items they no longer need to the Penny Social. These items are placed on tables and a brown paper bag is placed next to each one. The members then buy tickets for one dollar each or six for five dollars. If a member wants to go home with an item, they place as many tickets as they want into the paper bag associated with that item. When the members are ready, someone draws a winning ticket from each bag and calls out the number. The more tickets you purchase and place in the bag, the more likely it is that your ticket will be drawn as the winner. For this event, we had 23 members and two guests in attendance. This year, we earned \$272.00 for the Sons of Norway Foundation. The Foundation provides grants and scholarships. I would like to thank everyone that attended and for helping make this event a success. Richard Fairchild - Valhall lodge Foundation Director

### 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

*Velkommen*

### Share the Spirit of VELKOMMEN

Please reach out this month to someone in our community who might enjoy the fun times and friendly folks at our Sons of Norway lodge. Remember, daughters, sons and anyone with an interest in Nordic culture and heritage are welcome to join Sons of Norway. Let's make our community welcoming to all!

### MEMBERSHIP FORMS

**Please do not use any old membership forms.**

Contact Vicki Rudh-Jones, Karin Ropp or Christina Fairchild for new ones.

We will also have them available at our lodge meetings

## Highlights from the 2018 District 5 Lodge Meeting in LaCrosse, WI and the 2018 International Convention



2018 – 2020 International Board

President- Ron Stubbings, Vice President Mark Agerter, Secretary Marci Larson, Treasurer Elaine Nelson, District 1 Director Karl Hella, District 2 Chris Hicks, District 3 Ken Johnson, District 4 Steven Halverson, District 5 Robin Fossum, District 6 Mary Beth Ingvaldstad, District 7 Erik Brochmann, District 8 Per Mikalsen



2018 – 2020 District 5 Board

Past International Director Jon Grinde, Sports & Zone 3 Director Cheryl Wille Schlessner, Treasure Mike Palecek, VIP Kathy Secora, President Andy Johnsen, Secretary Darlene Arneson, Youth Director Sandra Olson, Publicity and Zone 3 Director Karen Eberhardt, Past International President Jon Tehven, Zone 1 Director, Audrey Severson, Zone 2 Director Tom Boudreau & Karen Broadhead, Zone 4 Peggy Schroeder, Zone 5 Connie Kross, Zone 6 Dee Bumpers, Cultural Director Geraldine Lachman

The 2018 International Sons of Norway Convention was held on August 16-18 in Minneapolis, MN.

It is organized just like a district lodge convention.

It is official, the **2020 Sons of Norway International Convention will be held in Hamar, Norway!**

The 2018 Sons of Norway District 5 Lodge meeting was held at the Radisson Hotel in La Crosse Wisconsin from June 28th through June 29<sup>th</sup>. Delegates began arriving on Wed. June 26<sup>th</sup> with many leaving the 30th following the Banquet.

The newly appointed District board met on Sunday, July 1 to welcome the new board members, review the events of the convention and set the date for the fall board meeting. Approximately 113 delegates attended this convention representing 43 lodges with 10 Lodges not sending delegates. A new lodge “Shawnee Skogen” is forming in Carbondale IL. A new lodge must have 40 prospective lodge members to constitute a new lodge. At this time they have 20 prospective members and are actively pursuing more new members.

The delegates serving on committees met on Thursday with the Convention Lodge meeting beginning on Friday with the seating of the delegates, a roll call, singing of National athenms, the approval of the 2016 Lodge Meeting Minutes, reports from the Credentials committee and approval of the meeting rules.

Over the course of the two days, we heard remarks given by La Crosse Mayor, Tim Kabat, the International President Jon Tehven, International Treasurer, Elaine Nelson, and Fraternal Director, Linda Pederson. Polar Star cultural Director, Barb Johnson gave a detailed power point presentation on how the lodge as a group became involved in the cultural skills programs resulting in Polar Star winning the Cultural Skills contest. District 5 webmaster, Richard Fairchild gave an overview on how to navigate the district website. The Nominating Committee, Finance Committee, Publicity Committee, Laws Committee, Resolution Committee and Fraternal Affairs Committee submitted their reports over the two days. The Nominating Committee presented a slate of officers for the upcoming two year period. The following were elected.

**The 2018-2020 District 5 Board consists of** District President Andrew Johnson Zone 6, Vice President Kathy Secora Zone 5, Secretary Darlene Arneson At Large, Treasurer Michael Palecek At Large , Sports & Recreation Director Cheryl Wille-Schlesser Zone 3, Publicity Director Karen Eberhardt Zone 3, Cultural Director Geraldine Lachman Zone 4, Youth Director Sandra Olson Zone1, Director Audrey Severson Zone 1, Director Tom Boudreau Zone 2, Director Karen Broadhead Zone 2, Director Peggy Schroeder Zone 4, Director Connie Kross Zone 5, Director Dee Bumpers Zone 6.

Outgoing District 5 Board Members: Esther Charlton, Christina Fairchild, Dave Hermundseon, Ron Iverson, Lucy Ghastin, Michela Decker, Geoff Wodel and Joy Bashara

International District 5 Director Nominee Robin Rossum, International District 5 Director Alternate Nominee Cheryl Wille-Schlesser

Out-going International District 5 Director, Jon Grinde

Just a few interesting facts and numbers for District 5: Number of Zones – 6, Number of Lodges in District 5 - 53, Central Lodge membership - 438, Spirit of the new Century membership - 58, Number of members in District 5 - 4285, Number of convention Delegates in Attendance - 113, Number of Lodges that did not send Delegates - 10, Number of Lodges Disbanded - 5, Total Number of Lodges lost in 2 years - 7

The winner of the lodge banner contest was Ostestaden of Monroe with 22 votes, Honorable Mentions went to Circle City with 18 votes, and Norse Valley with 13 votes, next came Vennelag, Valhall and Wergeland lodges. Check out the District 5 website for photos on the convention. <http://www.sonsofnorway5.com/> The next District 5 Lodge Meeting Convention will be held at the Radisson. Hotel in Madison WI June 23-28, 2020.



Valhall Lodge Banner –  
Representing Valhall 5-168 Delegate, Rev. Dr. Richard Wang with his wife, Jeanine. Past D5 Publicity Director Christina Fairchild and D5 Webmaster Richard Fairchild



D5 President Andy Johnsen presenting Christina Fairchild with the 2017 Valhall 5-168 Large Lodge of the Year Award



Sons of Norway Rockford  
Valhall Lodge 5-168  
Christina Fairchild-Editor  
226 W River St  
Rockton, IL 61072

**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

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: Lee Ann Harp – [leeannaharp@yahoo.com](mailto:leeannaharp@yahoo.com) – 909-806-0825**

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 attending 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 226 W River St. Rockton, IL. 61072** Phone (815) 624-4478

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