



# Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 April – June 2020

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

[www.facebook.com/sofnrkfdValhall5168](https://www.facebook.com/sofnrkfdValhall5168)

Contact us: [sofnvalhall5168@gmail.com](mailto:sofnvalhall5168@gmail.com)

Meetings are on the first Sunday of the month

Public is welcome



## Kalender



### Valhall Calendar

- Jan. 5** – Lodge Meeting  
2pm – Peterson Meadows
- Feb. 9** – Lodge Meeting  
2pm – Peterson Meadows
- Mar. 1** – Lodge Meeting  
2pm – Peterson Meadows
- Apr 4** – Lodge Daytrip  
Stoughton Livreise Museum
- May 3** – Lodge Meeting  
2pm – Peterson Meadows
- Jun 7** – Lodge Meeting  
2pm – Peterson Meadows
- July** – No lodge Meeting
- Aug** – No Lodge Meeting
- Sept 13** – Lodge Meeting  
Time & Place TBD
- Oct. 4** – Lodge Meeting  
2pm – Peterson Meadows
- Nov 1** – Lodge Meeting  
2pm – Peterson Meadows
- Dec 6** - Juletre Fest  
2pm - Peterson Meadows

### 2020 Lodge Officers

- President - Vicki Rudh-Jones
- Treasurer - Richard Fairchild
- Secretary - Christina Fairchild
- Financial Secretary –  
Vicki Rudh-Jones
- Foundation Director –  
Richard Fairchild
- Cultural Director –  
Wendy Higgins
- Social Director – Lee Ann Harp
- Editor & Publicity –  
Christina Fairchild
- Sunshine – Lee Ann Harp
- Trustee & Auditor  
Bill Brod  
Gary Melby  
Ray Pederson
- Counselor – Gary Melby

### Saturday, April 4<sup>th</sup> - Lodge Daytrip

#### Livsreise Heritage Museum in Stoughton, WI

Program: “The Orphan Trains” Free Admission  
1:00 – 2:00 PM

Speaker Clark Kidder of southern Wisconsin

Interested in attending or carpooling contact

Lee Ann Harp (Sports Director) ph (909) 806-0825

email: [norwaygirl252@outlook.com](mailto:norwaygirl252@outlook.com)

for more information: <https://www.livsreise.org/event/the-orphan-trains/>

**Saturday, April 18 - Board Meeting – 10:00am** - Home of Vicki Rudh-Jones

### Sunday, May 3 – Lodge Meeting 2 pm – 5pm

Peterson Meadows - 6401 Newburg Rd, Rockford, IL

Program: **Valhall Lodge Celebrates Sons of Norway 125<sup>th</sup> Anniversary**

Refreshments will be served.

### Sunday, June 7 - Lodge Meeting 2 pm – 5pm

Peterson Meadows, 6401 Newburg Rd, Rockford, IL

Program: "The Norwegian Emigrant Museum" Speaker TBD

Refreshments will be served.

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July & August – There will not be a lodge meeting. We will resume lodge meetings in September

## HEAR, YE, HEAR, YE!



**April 1, 2020** – Deadline to Register for Masse Moro

**April 1, 2020** – Sons of Norway Foundation deadline for Nancy Lorraine Jensen Memorial Scholarship\*

**April 15, 2020** - Sarah Paulsen Scholarships due for Masse Moro Campers

\*\*\*Go to the Sons of Norway website: [www.sofn.com](http://www.sofn.com) and select Foundation. A dropdown menu will appear.

**May 15<sup>th</sup>, 2020** – IRS 990 and D17 Deadline, Fraternal Funds Report Due

**May 17<sup>th</sup>, 2020** – Lodge Grants & Scholarships Deadline for Masse Moro

**May 17<sup>th</sup>, 2020**- Valhall Lodge Scholarship due.

**Valhall will offer the “Kristofer & Conrad Garmager Memorial Scholarship”.**

Return your completed forms for the Valhall Board review to  
Vicki Rudh-Jones - 283 Osprey Ridge, Machesney Park, IL 61115

**June 1<sup>st</sup>, 2020** – Final Payment Due for Masse Moro

**June 15<sup>th</sup>, 2020** District 5 Sports Challenge Ends

**June 20<sup>th</sup>, 2020** – District 5 Sports Challenge Remittance forms due

**June 24<sup>th</sup>- 28<sup>th</sup>, 2020 - District 5 Lodge Meeting & Convention in Madison**

**July 12<sup>th</sup> – 25<sup>th</sup>, 2020** Masse Moro Heritage Camp



## Gratulere Med Dagen



### **April :: april**

Wayne Erickson- 4/21

### **May :: mai**

Berit Ryberg 5/3  
Karin Ropp 5/10  
Lisa Rove-Williams 5/10  
Jacob Calhoun - 5/12  
Marlene Winkie 5/18  
Chris Anderson - 5/22  
Lee Ann Harp- 5/22  
Dr. Jeffrey Higgins - 5/31

### **June :: juni**

Clairan Wistar 6/5  
William Brod 6/19  
Jerri Cole 6/23  
Gerald Brocker MD - 6/25



### Norwegian “Lørdagsgrøt” (translated to Saturday Porridge)

Norwegian porridge is a sweet dish with a topping of cinnamon and sugar. Usually served with cured meats like ham or “spekepølse” (cured sausage). The traditional “porridge Saturday” might not be as common as it used to be, but some families still serve porridge every Saturday. In schools, porridge is served just before the Christmas holidays.

Let’s cook up some rice porridge! It’s pretty much the easiest thing to cook ever, and takes about 40 minutes..

Let’s make enough for two, because sharing is caring... The ingredients you’ll need are:

- 2 cups of white rice,
- water,
- 1 liter of milk,
- sugar,
- butter,
- cinnamon

That’s it!! Some cured meat goes well as a side if you want to balance out the flavors.

**Step 1:** Make the rice according to the package. Use the “absorption method”.

**Step 2:** After the rice is done, add the milk and bring it to a light boil. 1 liter seems like a lot, but don’t worry...

**Step 3:** Once it’s at a light boil turn the heat right down, and let it simmer until the porridge becomes thick.

Make sure to stir it once in a while so it doesn’t stick to the bottom.

**Step 4:** Serve! Fill up a bowl, add some butter in the middle, sprinkle cinnamon and sugar on top.

Grab a spoonful, dip it in the butter and put it in your mouth! Careful, it’s hot!

To read the full story: [/thesethoughtsofours.com/2017/07/09/lordagsgrot/](https://thesethoughtsofours.com/2017/07/09/lordagsgrot/)

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### Condolences til...



The family of William “Bill” Cutler. Daughter, Jacqueline (Richard) Jewel and granddaughter Theresa (John) Norwood. William “Bill” passed away on Friday, February 7, 2020 after a brief illness.

Bill had been a member of Valhall lodge for 34 years. Bill and his wife Opal (passed in 2016) were very involved in the Sons of Norway, planning and hosting ethnic dinners

**NORWEGIAN HERITAGE YOUTH CAMP**  
**SHARING THE NORWEGIAN HERITAGE CAMP EXPERIENCE FOR 40 YEARS SINCE 1979**

**GENERAL INFORMATION FOR 2020 YOUTH CAMP:**

• **DATES:** *SUNDAY, JULY 12<sup>TH</sup> (check-in at 2:00pm) THRU SATURDAY, JULY 25<sup>TH</sup> (check-out at 9:30 am).* (A culminating program will follow for parents and other guests.) \*\*\* Application deadline is May 17<sup>th</sup>, 2020 for those who wish to qualify for further support through District 5 and Draxten Funds.

• **ELIGIBILITY:** District 5 youth, ages 9 to 15 (as of 1<sup>st</sup> day of camp, July 12<sup>th</sup>, 2019). Sons of Norway affiliation, while strongly encouraged, is not required for participation at Camp.

• **COST:** \$850.00.

• **PAYMENT:** A \$50.00 **non-refundable deposit** & processing fee is payable with application. Be certain to have a parent or guardian sign the form. Please mail to **Sandra Olson, District 5 Youth Director, 733 250<sup>th</sup> Street, Woodville, WI 54028-7025.** Final payment is due on or before **June 15<sup>th</sup>, 2020** and should also be sent to Sandra Olson. **Make all checks payable to: Nordic Legacy Foundation.** Please **print camper name(s) on all check memos.** Campers may make **all** camp fee payments via *PayPal* at [www.MasseMoro.org](http://www.MasseMoro.org) or by check or a combination of both methods.

There are *many opportunities for campers to lower their cost for camp*, please check them out.

**Early Bird Benefits:** Early registrants get a better chance at scholarships and lodge matching funds, so register by April 1<sup>st</sup>. Registration and Supporting forms can be found at [www.massemoro.org](http://www.massemoro.org) or at the [District 5 website](#).

• **MATCHING FUNDS:** Contact our LODGE SECRETARY (Christina Fairchild, 815-624-4478) FOR INFORMATION ABOUT MATCHING FUNDS. Our Lodge has voted to give matching funds of \$150 to each of two youths (**early registration deadline is May 17<sup>th</sup>, 2020**). District Five will also contribute UP TO \$150.00 to each of the two youths. Other scholarships are also available, but deadlines do apply for these scholarships and grants, so apply early.

**NOTE:** For campers to receive additional monies from the Draxten Fund (that comes from S of N headquarters) toward their cost of camp, applications **MUST** be received by the early registration deadline of **May 17<sup>th</sup>, 2020**. The amount of Draxten funding per camper is determined by the number of campers who have applied before the deadline.

**CAMP APPLICATION FORMS** are available from our Lodge Secretary (Christina Fairchild), or you may get forms on-line from the S of N District 5 website: [www.sonsofnorway5.com](http://www.sonsofnorway5.com).

**Bring a Friend:** We encourage our youth to bring a friend! *Campers who recruit a new camper and they both register by May 17<sup>th</sup> will also receive \$25 each toward their registration and their recruit.* Final payment is due on or before **June 15<sup>th</sup>, 2020**.

**VALHALL LODGE GUIDELINES FOR YOUTH HERITAGE APPLICANTS AND MATCHING FUNDS**

- A. The Lodge will provide matching funds from its Masse Moro scholarship fund for two applicants.
- B. Application to be sent to our Lodge Secretary (Christina Fairchild – 226 W River St. Rockton, IL 61072).
- C. The applicant must be the child, grandchild, nephew or niece of a Lodge member in good standing. A member in good standing is identified as being a Valhall member for a minimum of two years.
- D. The applicant must provide one of the following after attending camp:
  1. A thank you and article written about his/her experience at camp that will be published in the Lodge newsletter. **OR**
  2. A presentation at a Lodge meeting about their experience at camp. They may also wish to bring photos and any type of project, e.g., rosemaling, hardanger, or wood carving.
- E. The applicant and his/her sponsor must sign a contract stating his/her obligations when applying for a scholarship to Heritage Camp.

## ***It was quite a week in Hayward last week!*** **2020 Birkie Week Results**

The **Barnebirkie** totaled 859 registrants. Due to the chilly temperature of 15 degrees some children did not report. We greeted 627 young skiers on race day. There were 232 youth who came as part of local school groups. Young competitors picked up their bibs, ties, buffs, and stocking caps, and the excitement in their eyes was evident! Sixteen children registered on race day.

Although the supply of bibs, hats, and buffs was completely exhausted, latecomers received hats and bibs from previous years. At the end of the racecourse stood Smokey the Bear and a lumberjack to greet the children prior to their visit to the Celebration Tent.

1) The **Prince Haakon Race**, the fastest growing race in numbers, had 665 participants.

2) **Barkiebirkie** racers numbered 95. In this race, competitors are tied to their dogs who pull them along the Main Street course.

3) The **Junior Birkie** included 309 competitors. This course is quite challenging as the participants ski the International Bridge twice!

4) **Birkie**-6,249, people raced on Saturday, including our District President Andy Johnsen who came to the Finish Line after a grueling duration of 7.5 hours on the course. Forty-seven states were represented in this race.

5) The **Kortelopet** race had 2,824 skiers.

6) In the **Giant Ski**, 34 teams competed, totaling 204 participants.

\*No numbers were available from the **Adaptive Ski** race.

District 5 was well represented with workers from many lodges and our efforts were led by Idun Lodge members Mary Bennett and Asta Blanchar who greeted skiers at the EXPO venue. There was an abundance of cookies this year, breaking the record of recent years. Our Lodges are to be commended for their efforts. Several lodges also sent monetary donations which will be deposited in the D5 Scholarship account.

A special thank you goes out to Robin Fossum, District 5 International Director, who coordinated the action at the Celebration Tent. She was accompanied by many Dovre Lodge members and their friends who also joined our ranks for the day. One of our Masse Moro campers was also a helper. Audrey and Clair Severson from Valkyrien Lodge, as well as Eugene Johnson and Montaya Harter from Wergeland Lodge, greeted the children and helped them to select the *best* cookie! David Hermundson from Løven Lodge was also an assistant at the tent.

A surprise worker was former Norse Valley Lodge member, John Gierke, who helped in many capacities on Thursday. Vennelag member Arlene Watrud-Krueger worked the registration computers.

Sharon Anderson, Hild Petre, and Lucy Ghastin from Idun Lodge, in tandem with Judy Ghastin from Norse Valley Lodge, prepared a hot soup luncheon for the workers.

Sandy Olson, from Valkyrien Lodge, was on-site multiple days talking to youth and their families about the best kept secret in District 5-Masse Moro. This venue was the perfect place to promote the Nordic lifestyle.

Our members made a huge impact in helping the Fifth District with this project. Not only did our members teach others about the Sons of Norway organization and what is offered to its members, but the good will they shared was immeasurable. Thank you one and all for your assistance. This event would not be possible without your service.

PS If I have overlooked anyone's volunteerism, please make me aware so I can include your name in the final report to the Fifth District Board of Directors.

Cheryl Wille-Schlesser

District 5 Sports and Recreation Director

**rogcher@mhtc.net**

608-219-4464



**District 5 Convention**  
**June 24-28, 2020**  
**in**  
**Madison, Wisconsin**



## Celebrate Sons of Norway 125 Years With an Extra 1.25% First-Year Bonus Rate!

In honor of our 125th anniversary, we are offering an extra 1.25% interest rate bonus on your first year when you purchase an annuity from us! This is a limited-time offer so don't delay. With an annuity from Sons of Norway, you can count on predictability and safety for a portion of your portfolio—your principal and earned interest are never subject to market risk.

**Why purchase a Sons of Norway Annuity?** Income predictability in retirement, Protection from market volatility Tax deferral Penalty-free withdrawals Avoids probate

### **This is a limited-time offer!**

*Purchase an annuity from Sons of Norway before June 1, 2020* to claim your extra 1.25% interest rate bonus for the first year! Annuities can be a great addition to an overall retirement plan, but it's an important decision that you should consider carefully. Your Fraternal Benefits Counselor can help you evaluate your options based on your unique goals and circumstances.

**Please reach out to our Fraternal Benefits Counselor for a free consultation,**

**Greg Ragan** Phone: (800) 442-4146

Fax: (815) 623-8252

Email: [gragan51@gmail.com](mailto:gragan51@gmail.com)

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## **SYTTENDE MAI CELEBRATIONS**

Syttende Mai" - literally "the 17th of May" in Norwegian refers to May 17, 1814. The Constitution of Norway was signed at Eidsvoll on that day. The constitution declared Norway to be an independent kingdom in an attempt to avoid being ceded to Sweden after Denmark-Norway's devastating defeat in the Napoleonic Wars.



Visit Stoughton's Syttende Mai festival for a weekend of family-friendly fun and cultural experiences, featuring three days of parades, arts, food and drink, children's activities Norwegian and American Music, cultural performances, plenty of Norwegian culture and more for the whole family.

<https://www.stoughtonfestivals.com/>

### *Syttende Mai Parade 2020*

1:00PM

May 17<sup>th</sup>, 2020

Park Ridge, Illinois

Every year in May the Norwegian National League hosts a parade at Cumberland Park in Park Ridge, Illinois, in celebration of Norway's Constitution Day.

**Pre-parade festivities** in Cumberland Park begin at 12:00 PM and include activities for children, vendors, and refreshments.

**Post-parade festivities** continue along with entertainment, awards, speeches, food, information tables and lots of photo opportunities on this fun day. Traditional dancers perform and you get to join at the end in the "grand march". <http://www.nnleague.org/parade.html>

Contact: Barbra Kronborg-Mogil 847-823-7596.

### **Westby Syttende Mai Celebration**

May 16<sup>th</sup> - 17<sup>th</sup>, 2020

Westby, WI

<http://www.westbysyttendemai.com/>



### Hey Snow Birds!

Those of you who move from one place to another as the seasons change are asked to contact Sons of Norway International headquarters **each time you move**. Please call 800-945-8851 to notify them so you continue receiving your *Viking* and other mailings the home office may send out.

#### MEMBERSHIP FORMS

Please do not use any old membership forms  
Contact Vicki Rudh Jones at 815-282-2374 to get new forms or pick one up at the lodge meeting

#### CHANGE OF ADDRESS

If you have a change of postal address, phone number or email, **please** notify the Sons of Norway International Headquarters Membership Department at 800-945-8851. Or login to the Members only Sons of Norway website at <https://www.sofn.com/>

The lodge officers use this information to contact you.

#### Keep the Sunshine Posted...

Please keep the Sunshine Chair informed about members who are ill, undergoing surgery, recuperating or homebound for an extensive period, lost a family member, fell on some hard times, needs some encouragement or passed away. We will send them well wishes from the Lodge.

Contact Valhall Lodge Sunshine Chair:  
Lee Ann Harp – 909-806-0825  
Email: [leannaharp@yahoo.com](mailto:leannaharp@yahoo.com)

**Ride Share:** If you need help getting to or from a meeting or event, please contact Vicki Rudh-Jones at 815-282-2374 and we will make every effort to find a ride for you.  
Thank you

#### HOW TO CONTACT VALHALL LODGE:

**To Phone:** Call 815-282-2374

#### To Send Postal Mail:

Vicki Rudh-Jones  
Sons of Norway Valhall Lodge 5-168  
283 Osprey Ridge  
Machesney Park, IL 61115

#### Valhall Facebook Page

[www.facebook.com/sofnrkfdValhall5168](http://www.facebook.com/sofnrkfdValhall5168)

(You do not need an account to check out our Facebook page)

#### Attention Members — Record Your Volunteer Hours

The Lodge collects information on the time you spend supporting Sons of Norway activities. These include activities like officer duties, Tubfrim, planning and preparing for a meeting or event, ordering and pricing merchandise, etc.

Hours spent attending a meeting should not be included in this tally. Send questions to Valhall secretary: Christina Fairchild at [cfairc56@gmail.com](mailto:cfairc56@gmail.com)



## Sons of Norway 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 cell - 909-806-0825 or email [norwaygirl252@outlook.com](mailto:norwaygirl252@outlook.com)**

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

E-mail [cfairc56@gmail.com](mailto:cfairc56@gmail.com) if you have an e-mail address; please let us know what it is.