



# Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 January – March 2015

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

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

Meetings are held on the first Tuesday of the month at 6:00pm:

Stockholm Inn in Rockford, IL

Dinner portion will be "Dutch Treat"

Public is welcome



## Kalender



### 2015 Lodge Officers

**President:**

Vicki Rudh-Jones (815) 282-2374  
[vrjpt@hotmail.com](mailto:vrjpt@hotmail.com)

**Financial Secretary:**

Cathy Melby (815) 977-1962  
[gmcmeal51@gmail.com](mailto:gmcmeal51@gmail.com)

**Treasurer:**

Darrell Ropp (815) 645-2492  
[ropp\\_sv@yahoo.com](mailto:ropp_sv@yahoo.com)

**Cultural Director:**

Wendy Higgins (815) 282-3988  
[wendylou@jahiggins.com](mailto:wendylou@jahiggins.com)

**Sports Director:**

Ray Pederson (815) 226-1184  
[r\\_pederson@att.net](mailto:r_pederson@att.net)

**Music Director:**

Karin Ropp (815) 645-2492

**Foundation Director:**

Jayne Brod (815) 406-5056  
[jaynebrod@cs.com](mailto:jaynebrod@cs.com)

**Webmaster:**

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[aesir.egl@att.net](mailto:aesir.egl@att.net)

**Editor:**

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[cfairc56@gmail.com](mailto:cfairc56@gmail.com)

**Sunshine Director:**

Barb Palm (815) 877-8578

**Counselor:**

Gary Melby (815) 977-1962  
[gmcmeal51@gmail.com](mailto:gmcmeal51@gmail.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.

### January 6, 2015: Meet at Stockholm Inn

Dinner at 5:00pm Order from menu

Lodge Meeting begins at 6:00pm

Program: What is a Bygdelag? Bygdelag are organizations comprised of descendants of emigrants from Norway to North America. Every "Lag" seeks to preserve and strengthen bonds with its home district or community-of-origin in Norway. Get started tracing your ancestry.

### We will vote on the 2015 Budget

**Board Meeting:** January 24<sup>th</sup> at the home of Vicki Rudh-Jones

### February 3, 2015: Finding Your Norwegian Roots

**Meet at Rockford Public Library** 214 N. Wyman St in Rockford.

From 5:30pm to 7:30pm for a class on genealogy using the internet. We will learn from experienced instructors how to get started and the computer resources that are available to you. We will meet on the 3<sup>rd</sup> floor Local History & Genealogy room at the main branch of Rockford Public library. You do not need a library card for the class. You may bring your own laptop, but computers are available there. RSVP by January 13<sup>th</sup>

Vicki Rudh-Jones [norwaygirl252@outlook.com](mailto:norwaygirl252@outlook.com) or 815-282-2374

### March: No Lodge Meeting at Stockholm Inn

**Saturday, March 14<sup>th</sup> Time: 10:00am – 11:00**

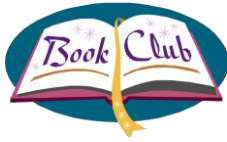
### Nordic Roots Kids Club

at Vicki's home - **283 Osprey Ridge Machesney Park, IL**

Parents and grandparents are you looking for a fun way to teach the children about their Norwegian roots? Join us for our first adventure in learning about the culture and traditions of Norway. All ages are welcome.

We will begin our journey with an audio visual program by Norway's Princess Martha Louise, author of the book "Why Kings and Queens Don't Wear Crowns." We will have crafts and decorate Norwegian cookies that will go home with the children

RSVP: Vicki Rudh-Jones @ 815-282-2374 or [norwaygirl252@outlook.com](mailto:norwaygirl252@outlook.com)



## Valhall Book Club

Join us as Rev. Richard Wang leads the discussion and work toward your 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](mailto:jdwang1990@yahoo.com)  
Wendy Higgins (815) 282+3988 [wendylou@jahiggins.com](mailto:wendylou@jahiggins.com)  
Nancy Mayfield (815)877-8788 [nrmayfield@yahoo.com](mailto:nrmayfield@yahoo.com)

Congratulations!  
Valhall Member Karin Ropp



Cultural Director, Wendy Higgins presented Karin with her Level 3 Music and Musicians of Norway Cultural Pin

### Cultural Skills Members are Currently Working on:

Unit 1: Traditional Norwegian Cooking  
Unit 2: Literature  
Unit 3: Collecting Norwegian and North American Stamps  
Unit 5: Genealogy  
Unit 6: Knitting  
Unit 14: Music and Musicians of Norway

Log into the member section of the Sons of Norway website to find the guidelines for Cultural Skills. For more information contact: Cultural Director, Wendy Higgins (815) 282+3988 [wendylou@jahiggins.com](mailto:wendylou@jahiggins.com)

## 2015 Barnebirkie

**The 2015 edition of the Barnebirkie will be held on Friday, February 20, 2015 at 12:30 p.m. in Hayward, Wisconsin.** Over 1000 children aged 3 to 13 are expected to participate in this the largest children's ski event in the Western Hemisphere. The Fifth District will be working with the American Birkebeiner Ski Foundation to make the 2015 Barnebirkie a successful event for all the participants and their families.

**The Fifth District is asking the Lodges of the District to assist with volunteers and cookie donations.** Volunteers will be needed at race registration, the starting line, the finish line, the cookie tent, and wherever they may be needed to assist with this event. If you or other members of your lodge can volunteer it would be greatly appreciated. Information about the Barnebirkie and the Birkebeiner ski events can be found on the internet at [www.birkie.com](http://www.birkie.com) .

As in past Barnebirkies the lodges of the Fifth District will be donating cookies for the children who participate in the event, their family members, and if there are cookies left over, to Birkebeiner skiers. **If you would like to donate cookies please pack them in sturdy non-returnable containers (shoeboxes, ice cream pails, and coffee cans work well). We ask that you only donate cookies without nuts.** Also with your donation write on a slip of paper the number of dozen cookies.

If you would like to make a monetary contribution with a check it should be made out to "Sons of Norway - Fifth District", identified as "Barnebirkie", and sent to: Andrew Johnson, Fifth District Sports and Recreation Director, 11906 Hawthorne Place, Cedar Lake IN 46303 **If you need to transport your cookies to Hayward please contact**

**Vicki Rudh- Jones at 815-282-237 or Ray Knutson at (815)393-4926 to arrange for a pick-up or drop-off**



## Sons of Norway's Virtual Pilgrimage Going Strong into 2015

Sons of Norway's Virtual Pilgrimage has taken our members by storm. The route follows King Olav Harraldson's (995-1030, canonized St. Olav in 1031) journey from Oslo to Trondheim during his mission to spread Christianity in Norway in the early 11th century. After his death in the Battle of Stiklestad in 1030 people began to flock to the site of his death in Trondheim (then Nidaros). The number of pilgrims increased during the Middle Ages and became so popular that Nidaros Cathedral was the number one pilgrimage destination in Europe.

Today, Norwegians and people from around the world continue to make pilgrimages to Trondheim. In fact, they are so popular that pre-planned trips with food, lodging and activities are available. Websites, Facebook pages and blogs feature pilgrims on their journey with pictures and stories. Towns along the route have welcomed pilgrims into their businesses with open arms for hundreds of years. It has been exciting to hear about the different ways in which our members and lodges are implementing this new program. Some Sports Directors are placing maps of Norway up in their lodges and tracking each participant's journey with thumb tacks. Some are making their very own pilgrimage passports and stamping each checkpoint on the route then presenting where each member is every month. Some members are simply following along on their own by walking and tracking their mileage while reading about the towns that fill the route from Oslo to Trondheim at home. Sons of Norway headquarters has even heard from one member who is walking the trek with her daughter and grandchildren at home then completing the last few legs of the journey in Norway! What are you doing? We want to hear more stories. Legs A through E are up and live on the website. The goal is to have Leg F up by February 1st. Leg F will take pilgrims through Otta and the mountains of Rondane National Park; Norway's oldest national park established in 1962.

**You can start the pilgrimage at any time but in order to receive recognition you must complete the 387 miles by December 2015.** To learn more about Sons of Norway's Virtual Pilgrimage log on to the Sons of Norway website and find the link under the Highlights section on the homepage. **Remember you can "double dip" with the Sports Medal program in order to earn sports medal but your completion of the Virtual Pilgrimage will earn you a separate small gift of recognition, available in Spring 2015**

Sons of Norway Newsletter resource

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## Each year District 5 offers the following grants and scholarships:

[Deadlines to submit your application are listed below.](#)

**January 15<sup>th</sup>** - Sons of Norway Foundation Local Lodge Partnership Grants

**February 1<sup>st</sup>** - General Heritage & Culture Grants

**February 15<sup>th</sup>** - International Sons of Norway Foundation Helping Hands to Children Grants

**March 1<sup>st</sup>**- King Olav V Norwegian-American Scholarships, Astrid Cates/ Myrtle Beinhauer Scholarship, Oslo International Summer School, Helen Tronwold Norwegian Folk High School Scholarship

**April 1<sup>st</sup>** – Nancy Lorraine Jensen Memorial Scholarship, Douglas Warne-Rolf & Wenche Eng Scholarship

**May 1<sup>st</sup>** – Lund Fund Scholarship

Log into the Sons of Norway website for applications and guidelines [www.sofn.com/foundation/](http://www.sofn.com/foundation/)



### *Gratulere Med Dagen*

#### **January**

Greg Ragan 1/3, Patricia Farney 1/9,  
Gunvor Bohmeyer 1/12, Christina Fairchild 1/15,  
Richard Fairchild 1/16, Arlene Pederson 1/16,  
Marie Andreassen 1/17, Wenke Hansen 1/18,  
Loyce Harrmann 1/20, Opal Cutler 1/24,  
John Johnson 1/27

#### **February**

Regnhild Gundhus 2/10, Phyllis Brynteson 2/14,  
Nancy Mayfield 2/16, Richard Petederson 2/17,  
Richard Brynteson 2/18, Vicki Rudh-Jones 2/19,  
Carolyn Singel 2/20, Beth Johnson 2/24,

#### **March**

Lillian Reinertsen 3/3, Wanda Berke 3/6,  
Stella Johnson 3/6, Gunvor Dalland 3/8,  
Jayne Brod 3/10, Barb Palm 3/10,  
William Cutler 3/14, Karen Drager 3/15,  
Michael Jones 3/15, Richard Jewell 3/20,  
Betsy Fish 3/24, Ruth Lindgren 3/24,  
George Hagen 3/25, Henry Anderson 3/27

### **Welcome New Members**

Dr. Jeffrey Higgins  
16616 S. Lind Rd.  
Olathe, KS 66062-7870

Valhall Lodge would like to  
wish Life Members

**Ragnhild Gundhus**  
Happy **107<sup>th</sup>** Birthday  
on February 10<sup>th</sup>

And

**Stella Johnson**  
Happy **100<sup>th</sup>** Birthday  
On March 6th

## **Meet our Golden Members**

To qualify as a Golden Member, you must be 65 years old and  
a member of Sons of Norway for 30 years.

Gunvor Bohmeyer, Gunvor Dalland, George Hagen, Wenke Hanson, Loyce Herrman,  
Jacqueline Jewell, Ray Knutson, Jeanne Koplos, Evelyn Langsholt, Norma Linderoth,  
Marjorie Maney, Berit Ryberg, Rolf Stang, Margaret Van Dan, Clairan Wistar, Arnold  
Wood, Betty Wood and Madeleine Worden



Ray & Arlene Peterson with grandson Lucas Carlson

*Juletre Fest*  
2014



Vicki Rudh-Jones & LeeAnn Harp



Debbie Nelson & Melvin Haugen



Henry and Dorothy Anderson



< Guest, Inger Langsholt of  
Jul Hus Scandinavian Gifts

Marie Andreassen >





My grandkids were sure wide eyed at their first Christmas party.  
Gary Melby



"They loved the Frozen theme!  
Great job!  
Wanda Berke





## 2014 Juletre Fest

On Dec 6<sup>th</sup>, eighty-nine members and guests filled the room at Stockholm Inn. The evening began with a power point presentation playing in the background with music on Disney movie "Frozen" - Why Norway? Everyone enjoyed an evening of good conversation, fun and food. The children created their very own OLAF. Other activities included making a Christmas ornament of a snowman, reindeer, snowflake and a Christmas Card. "The Snow Queen" by Hans Christian Anderson was read by Linda Peterson. We enjoyed singing and dancing around the Christmas tree. Of course the highlight of the evening was the arrival of Kristoff and his kicksled full of gifts for the children. It was an evening of fun and laughter. The Juletre Fest Committee would like to thank everyone who attended this year's event. We had a great turnout. A BIG Thank you to our helpers, Vicki Rudh-Jones, Christina & Richard Fairchild, Susie Stephens, Wanda & Marvin Berke, Ray & Arlene Peterson, Craig, Beth & Lucas Carlson, Henry & Dorothy Anderson, Kimbal & Wendy Higgins, Darrell & Karin Ropp, Bill Brod, Christian Anderson, Rev. Richard Wang, Linda Peterson and Mike Jones. The handmade straw ornaments for our tree this year were made at the Vesterhiem Norwegian-American Museum. Wendy Higgins handmade a straw ornament, Barb Palm rosemaled several paper ornaments and Cindy Gaylord, sister of Christina Fairchild crocheted the snowflake ornaments. Without your help, we could not have done it.

a little in English...

Norwegian Mother's Day – the Second Sunday in February  
Mother's Day is an American invention, dating to the second Sunday in May in 1907. That was when the first Memorial Mother's Day Meeting was celebrated in a Methodist church in West Virginia after the initiative of one woman as a personal memorial day for her own mother. The year after she sent out an appeal to make this Sunday a general holiday for all mothers, and her appeal was taken up by other Methodist churches and later spread from there. In Norway the custom of Mother's Day was first introduced in a Methodist church in Bergen, possibly as early as the first world war. But the first breakthrough for an official mother's day was an initiative from Dorothea Schjoldager (1853-1938) and Karen Platou (1897-1950) in Oslo. In the years between the two world wars they worked to get a mother's day in Norway set for the second Sunday in February, possibly because Norway has so many holidays in May. From being a day arranged by religious organizations the occasion has in later years become a day for the family. In Norway, father and children wait on mother on this day. The day can be celebrated with breakfast in bed, flowers, dinner at a restaurant or a nice card. Mother's Day has also become highly commercialized due to the marketing of Mother's Day cakes, flowers and gifts. Kindergartens and schools support the tradition by having children make cards and presents for their moms.

Adapted from the book "Merkedager" by Ann Helene Bolstad Skjelbred - Sons of Norway Newsletter Resource

litt på norsk...

Morsdag. Andre Søndag I Februar

Morsdagen er en amerikansk oppfinnelse, datert til den andre søndagen i mai i 1907. Da ble den første Memorial Mothers Day Meeting feiret i metodistkirken i West-Virginia etter initiativ av ei kvinne som en personlig minnedag for hennes mor. Året etter sendte henne ut en oppfordring om å gjøre denne søndagen til en almen minnedag for alle mødre, og oppfordringen ble fulgt av andre metodistkirkene, og har senere bare vokst i utbredelse. I Norge ble skikken med mors dag innført først i en metodistkirke i Bergen, sannsynligvis så tidlig som under første verdenskrig. Men gjennomslag for en offisiell mors dag ble det først med et initiativ fra Dorothea Schjoldager (1853-1938) og Karen Platou (1897-1950) i Oslo. I mellomkrigsårene arbeidet de for å få en morsdag i Norge lagt til andre søndag i februar muligens fordi vi i Norge har mange festdager i mai.

Fra å være en dag arrangert av religiøse organisasjoner har skikken blitt en dag for familien. I Norge, far og barn oppvarter mor på denne dagen. Dagen kan merkes med frokost på sengen, blomster, middag på restaurant eller et koselig kort. Morsdagen har etter hvert blitt en stor kommersiell høytid gjennom markedsføring av morsdagskake, morsdagsblomster og morsdagsgaver. Barnehager og skoler opprettholder tradisjonen ved å sette barna til å lage kort og gave til mor.

Adoptert fra boka Merkedager av Ann Helene Bolstad Skjelbred



## Are we up for a challenge?

Starting this January, the Sons of Norway Headquarters is sweetening the deal in hopes of finding the lodge with the best recruitment and retention skills in the organization. For the first time, the top scoring small and large lodge from each district will earn \$250! Of course, the lodges with the highest scores in the Sons of Norway will be featured in a 2016 issue of Viking.

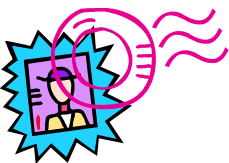
Before WE get started, let's review the rules. Points are earned based on overall lodge growth of adult, dues paying members. This means Unge Venners and Heritage members won't count towards our total. It also means retention is just as important as recruitment. Remember, if our lodge recruits 10 members but let's 7 slip away it will impact our score. Every percent increase in member equals 10 points. As a bonus, every new member between 24 and 55 earns our lodge a bonus point. Additionally, if our lodge submits a picture of a membership dinner and tell Sons of Norway headquarters about it, we will receive an additional 10 points.

How can you help lead your lodge to victory? First, always be recruiting! The first step to signing up a new member is to ask them. Second, if you notice someone hasn't been making it to meetings follow up with them! Members engaged and involved with the lodge are more likely to stay members. Finally, there hasn't been a Membership Dinner in quite a while, so Let's Do It! Not only will we earn the bonus points but our lodge membership could turn it into a huge recruitment success.

For the complete rules and to follow the leaderboard, be sure to check out the 2015 Recruitment Challenge page on the Sons of Norway website.

## *Ditto og Datt (This or That)*

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Save used stamps and expired or used phone cards for Tubfrim to help handicapped children and youth in Norway. Cut about 1/2 inch around each stamp. Bring stamps to any meeting.

## Norwegian Apple Pie (Eplepai)

From The Great Scandinavian Baking Book by Beatrice Ojakangas

Although this is called a "pie" in Norway, we would think of it as a cake. Incredibly simple to make, it's a perfect last-minute dessert when fresh apples are in season.



- 1 egg • 3/4 cup sugar • 1 teaspoon vanilla extract • 1 teaspoon baking powder
- 1/4 teaspoon salt • 1 teaspoon cinnamon
- 1/2 cup all-purpose flour • 1/2 cup chopped almonds
- 3 medium-sized tart apples, pared, cored and diced

### **Topping**

- 1 cup whipping cream • 2 tablespoons powdered sugar

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.



## Fra Presidenten -2014

Dear Valhall Members,

Tusen Takk (a thousand thanks) to all our members that were able to participate in our 2014 programs and events. We started our year with the installation of officers then did a series of programs on “Life of the Norwegian Royals.” Members and guests even shared experiences of their encounters with the royal family. June brought our Midsummer event with a Viking theme and three members attending the District 5 convention. We took a summer break, then resumed in September with a ‘Frozen, Why Norway?’ “ powerpoint presentation, which detailed the similarities in the Disney movie “Frozen” to Norway. Valhall member, Karin Ropp presented the October program on Norwegian Hymns and Hymn Writers. November, gave the Juletre Fest Committee time to prepare for our Dec 6<sup>th</sup> Christmas Tree party, which had the largest attendance in many years. There were 20 children with many familiar faces from past years and many new faces, too.

The board members will be busy in January preparing for 2015. Please note the changes to our dates for programs that were necessary due to some unfilled officer positions. It is never too late to jump on board. Some of the opening available are secretary, social director, program director and library/historian. The more involved you become, the deeper your Norwegian roots grow.

Vicki

**Friendly reminder your lodges D17 Financial Reports are due March 1<sup>st</sup>**

### Want to connect with Sons of Norway? Check out the many ways available online

Sons of Norway website: [www.sofn.com](http://www.sofn.com)

Sons of Norway District 5 Website: <http://www.sonsofnorway5.com>

Sons of Norway Valhall Lodge website: [www.sofnrkfd.com](http://www.sofnrkfd.com)

Sons of Norway Blog: [www.sonsofnorwayblog.blogspot.com](http://www.sonsofnorwayblog.blogspot.com)

Twitter: [twitter.com/sonsofnorway](https://twitter.com/sonsofnorway)

Sons of Norway Facebook page: [facebook.com/sonsofnorway](https://facebook.com/sonsofnorway)

**Valhall Facebook page.** <http://www.facebook.com/sofnrkfdValhall5168>

If you don't have a Facebook account yet, be sure to sign up. It's a great place for everyone to have a voice about what's happening in your lodge.

**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.**



Sons of Norway Rockford  
Valhall Lodge 5-168

Christina Fairchild  
417 W Warren St  
Rockton, IL 61072

Address Service Requested

If you know of a member that is ill at home, in the hospital, lost a family member, fell on some hard times or passed away –

**Notify our Sunshine Person: Barbara Palm at 815-877-8578**

**Board Meetings: Meet in the home of Vicki Rudh-Jones on the 4th Saturday of the month at 8:30 am.**

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 417 W Warren 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.