



# Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168  
[www.sofnrkfd.com](http://www.sofnrkfd.com)

July - September 2019



## Kalender



### 2016 Lodge Officers

President:  
Vicki Rudh-Jones 815-282-2374

Vice President:  
Karin Ropp 815-645-2492

Secretary / Editor:  
Christina Fairchild 815-624-4478

Financial Secretary:  
Pat Seddon 815-654-1706

Treasurer:  
Darrell Ropp 815-645-2492

Cultural Directors:  
Wendy Higgins 815-282-3988  
Lee Ann Harp 909-806-0825

Sports Director:  
Bill Brod 815-406-5056

Social Director:  
Rich Fairchild 815-624-4478

Publicity Director:  
Patty Klawitter 608-295-7655

Foundation Director:  
Richard Fairchild 815-624-4478

Webmaster:  
Chris Anderson 815-282-8885

Sunshine Director:  
Lee Ann Harp 909-806-0825

Greeters:  
Lee Ann Harp 909-806-0825

Trustee / Auditors  
Ray Pederson 815-226-1184  
Richard Fairchild 815-624-4478  
Bill Brod 815-406-5056

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.

**SATURDAY, JULY 20, 2018 *SAIL IN FOR THIS YEAR'S KAFFE STUE!***

**SERVING FROM 9 AM to 2 PM**

Mt. Horeb Community Center

107 N. Grove Street

(Located behind Duluth Trading in the blue building with red trim)

Offering Traditional Norwegian Delights

Drinks: Coffee, Lemonade, Bottled Water

Norwegian Bake Sale with Lefse

Arrive early for best selection!

**July 14 – 27, 2019 - Masse Moro Norwegian Language Youth Camp**

**Saturday, July 27, 2019 – Masse Moro 40<sup>th</sup> Anniversary**

**(see page for more information)**

Liberty Hall. 800 Eisenhower Drive, Kimberly, WI

**Sunday, August 4, 2019 - MUSIC IN ROPP PARK -**

A free, fun, family - friendly event

Music by the Ropp brothers and families, plus guest musicians.

**Time: 6:00 PM Location: 204 E Pershing St., Stillman Valley, IL.**

Bring a chair - Refreshments for sale

Proceeds from food stand benefit youth ministries of Valley Covenant Church.

For more information call 815-645-2492

**Saturday, August 17 – Valhall Board Meeting – 9:30 am - Home of lodge president Vicki Rudh-Jones -**

**Sunday, August 27 – Midtown District Ethnic Festival & Parade –**

**Free Family - Friendly Event**

Festival time: 12:00 p.m. - 6 p.m. Festival location: 501 7th Street, Rockford, IL Parade time: 1 p.m.

The Parade steps off at 1 p.m. on Wyman Street and follows West and East State Streets to Seventh Street, ending on the Festival Grounds. The parade previously has included dancing dragons, bagpipes, ethnic dance troops, and more! Activities include: • Music & Dance • Genealogy Area • Family Games & Crafts

• Turkish painting • Wood Carving • Large Children's' Activity Area with Bouncy Houses, Face Painting

• A Beer Garden for ages 21 and older and many cultural food booths with a variety of delicious ethnic foods for purchase. Tickets must be purchased at the ticket booth.

**-SAVE THE DATE -**

**Saturday, September 7, 2019 - Valhall Lodge Picnic**

**Olson Farm Park - Swedish Heritage Shelter** - 7901 Harlem Rd, Loves Park, IL 61111

Menu- Pulled pork sandwiches, Hotdogs, Coleslaw, Potato salad, Macaroni Salad, Baked Beans, chips, Lingonberry Lemonade and Water

**Cost- \$10.00 each** (covers meat, food listed above and rental of shelter)

IF you would like, Please bring FINGER FOOD (such as appetizers, cheese, etc.) or a dessert (such as cookies, grapes / fruit, brownies, etc.).

Come out and join in the fun, Play some KUBB or bags. Bring your favorite joke to share...

Contact Christina Fairchild - (779) 208-2225 or LeeAnn Harp - (909) 806-0825

*So we may plan for enough food....Please **RSVP by phone or email if you are planning on attending***

**Friday, September 20, 2019 – International Day of Peace Celebration – Keeling-Pun Peace Plaza –**

3780 McFarland Rd, Rockford, IL 61114

9:00am – 1:00pm. Free to Public

**Sunday, October 6, 2019 -**

***Peterson Meadows Activity Room. 6401 Newburg Rd. Rockford, IL 61108***

*Penny Social (money earned will go towards the Sons of Norway Foundation)*

**Sunday, November 3, 2019 Annual Meeting**

***Peterson Meadows Activity Room. 6401 Newburg Rd. Rockford, IL 61108***

**Juletre Fest** – Watch for further information

***Gratulere Med Dagen***

**Juli: July**

Susan Brocker	7-6
Patty Klawitter	7-22
Sandy Carter	7-23
Dorothy Anderson	7-25

**August: August**

Sally Knutson	8-2
Margaret Van Dan	8-2
Rev Richard Wang	8-3
Katherine Ropp	8-19
Adam Knutson	8-23
Timothy Ropp	8-23

**September: September**

Anders Dahlgren	9-3
Evelyn Langsholt	9-5
Madeleine Worden	9-13
Rolf Stang	9-19
Linda Petersen	9-20



**We are so grateful for the new members who have joined Valhall!**

Be sure you take time to get acquainted with them when we return to meeting in the fall. And continue to think of Norwegians (or anyone!) you think would enjoy being a part of Sons of Norway. **There is a newly designed member application that should be used.** If you wish one of more of these, let me know and I'll see that you get some.

Karin Ropp – Vice-President / Membership Committee Chair 815-645-2492

**Condolences til...**

... **To the Family of Harold Palm**, 88, who passed away Monday April 22, 2019 in his home. He was born September 18, 1930 in St. Cloud, MN, the son of John R. and Astrid M. Palm, both Swedish immigrants. Harold and his wife Barb Palm have been active members of Valhall Lodge since 2004. Harold's friendly smile and welcoming ways made him the perfect greeter for our lodge. He will be missed.



**To the Family of Norma Stang Linderoth**, 91, who passed away May 27, 2019, in her home. She was born June 12, 1927 in Rockford to Ted and Kristian Stang. Married to her soulmate Leon R Linderoth on September 16, 1949. Leon was an active member of Valhall until his passing in March, 2010. Norma remained active in Valhall since 1983. She opened her home to the reading club and served as treasurer of Daughters of Valhall. Norma was willing to help anyone who needed advice on Sons of Norway and the Norwegian culture. Norma's smiling face will be missed by her many Valhall friends. Her brother Rolf Stang (San Francisco, CA) and sister, the late Jeanne Stang Koplos (passed in 2015) were also members of Valhall. A celebration of her life will be held in the late summer or early fall.

Norma Linderoth

**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 your membership.

Greg Ragan, 1-800-442-4146  
Sons of Norway Fraternal Benefits Counselor, Insurance & Investments

***Please Remember to Update Your Information with Sons of Norway!***

All members are asked keep their membership information up-to-date.

**This is important to the efficient operations of your lodge**--and crucial to your receiving lodge updates and the Sons of Norway *Viking* magazine in a timely manner.

**There are three ways you can update your information:**

1. Go to [www.sofn.com](http://www.sofn.com). Log in with your user name and password. Click on the Profile link to the left of the Member Resources button at the top of the page to get to your Member Profile. Click "Edit" to update your email information, phone number, or mailing address. Then click "Submit."
2. Call Sons of Norway International at (612) 821-4643.
3. Email [address@sofn.com](mailto:address@sofn.com).



## Norwegian Burgers

Norwegian burgers are a popular dish served for both dinner and lunch.

### Ingredients

500 g (1 lb) lean beef stew meat  
2 tbsp. potato starch  
1/2 onion, minced  
salt  
1/2 tsp. pepper  
3 1/2 dl (1 1/2 cups) milk  
Butter

### Directions

#### Step 1

Grind the meat twice, then mix with the dry ingredients. Gradually add the milk.

#### Step 2

Form flat round cakes, about 90 g (3 ounces) each, and fry on both sides in butter.

Serve with fried onions, boiled potatoes, and vegetables. Recipe from "The Norwegian Kitchen," available for purchase through the Vesterheim Bookstore. [www.vesterheim.org](http://www.vesterheim.org)

## Lemon Waffles (Vafler Med Sitronsmak)

### Ingredients

5 eggs  
1/4 cup sugar  
1 cup flour  
1 tsp. lemon juice, fresh  
1/2 tsp. lemon peel (freshly grated)  
1 cup sour cream  
1/4 cup butter, melted

### Directions

Step 1: Sift together the flour and freshly grated lemon peel.

Step 2: Beat eggs and sugar until thick and fluffy, about 10 minutes.

Step 3: Alternately fold in the flour and sour cream. Stir in the melted butter and lemon juice.

Step 4: Set batter aside to rest 10-15 minutes.

Step 5: Heat a heart-shaped waffle iron. It is hot enough when drops of water sprinkled on its surface sputter. Pour approximately 3/4 cup batter into the center of the iron.

Step 6: Lower cover and bake until the steaming stops, 30-60 seconds on each side. Do not peek during baking period.

Makes 6 waffles.

Recipe from "Ekte Norsk Mat—Authentic Norwegian Cooking," available for purchase through the Vesterheim bookstore. [www.vesterheim.org](http://www.vesterheim.org)



## Continue To Save Your Canceled Postage Stamps for Tubfrim

- Supported by Sons of Norway, Tubfrim is a Norwegian charitable organization originally started in 1928 to help fight tuberculosis. Since tuberculosis is no longer the threat it once was, today Tubfrim resells the cancelled stamps and donates the proceeds to help disabled and needy children.
- Clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edges. Be sure to take the time to cut the stamps properly. Stamps can't be used if they are torn, have extra layers of envelope behind them, or are on a string of multiple stamps (such as 3 stamps in a row without the spacing). Non-profit and bulk stamps also can't be used.
- Stamps from any country and all styles of stamps are accepted.
- For envelopes or postcards over 40-50 years old, submit the entire envelope or postcard. Bring stamps to a regular meeting;

Ole and Sven grabbed their poles and headed out to do some ice fishing. As they were augering a hole in the ice they heard a loud voice from above say, "There are no fish under the ice."

Ole and Sven moved about 25 feet over and started to make another hole. The voice said a little stronger, "There are no fish under the ice." They both looked around and then looked up. Ole said in a humble voice, "Are you God?"

The voice spoke back, "No ya idiots! I'm the ice rink attendant."

## What's Been Happening at Valhall Lodge?

**April, May and June Meeting** – Members enjoyed popcorn, refreshments and drinks while watching the movie “THE HEAVY WATER WAR” (3 part Series). *The Heavy Water War* depicts one of the most exciting stories from the World War II - the Nazi's efforts to develop an atom bomb and the Allies desperate struggle to prevent it from happening. The series starts in Stockholm in 1933 as German scientist Werner Heisenberg is awarded the Nobel Prize in Physics, and although considered unreliable by the Nazis, he is allowed into the secret Nazi nuclear energy project, Uranverein. Heisenberg's work reveals that the atom bomb can only be made with the use of heavy water, which could be produced in sufficient quantities by the Norsk Hydro factory in Rjukan, Norway. After Norwegian professor Leif Tronstad catches wind of Germany's interest in heavy water, he escapes to England to enlist Allied help in thwarting the plan. Despite numerous sabotage attempts by the Allies against the factory, the atomic research continues and Heisenberg brags in a speech that the Germans will soon have a bomb no larger than a pineapple that will destroy London. Featuring leading English, Norwegian and German actors, *The Heavy Water War* portrays real characters in this true-life story of an epic struggle, the outcome of which will determine the future of Europe.



### Decorah Nordic Fest: July 25-27, 2019

Your whole family will enjoy delicious food, traditional crafts, a colorful parade, lively entertainment, sporting events, and our Saturday night fireworks display. Events begin with Thursday night's opening ceremonies at 6:45 pm, followed by two full days of fun activities for the whole family.



### VASA PARK 40<sup>th</sup> Annual Scandinavian Day Festival

**Sunday, September 8, 2019**  
**NOTE New Time 10 AM to 5 PM**

Vasa Park- 35W217 Route 31, S. Elgin, IL 60177

Enjoy a Late Summer Day with traditional Food, Crafts, Games, Gifts & Entertainment  
Celebrating the Five Nordic Cultures and Heritage

**Free Parking \* Adults \$10 \* Children 12 & under FREE**

**Rain or Shine**

**For more information visit**

**Website : [www.vasaparkil.com](http://www.vasaparkil.com) and [www.scandinaviandayil.com](http://www.scandinaviandayil.com)**



Sons of Norway Rockford

Valhall Lodge 5-168

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226 W River 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 contact Valhall's

**Sunshine Person: LeeAnn Harp email [leannaharp@yahoo.com](mailto:leannaharp@yahoo.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.

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