



# Valhall Nyheter

Sons of Norway Valhall Lodge # 5-168 Sept, Oct, Nov. 2020

[www.facebook.com/sofnrkfd/Valhall5168](http://www.facebook.com/sofnrkfd/Valhall5168)  
[www.sonsofnorway5.com](http://www.sonsofnorway5.com)  
[www.sofn.com](http://www.sofn.com)



## Kalender

**There will not be a lodge meeting in September.**

Oct, Nov, Dec - Valhall Lodge Meetings TBD

**Board Meeting – Time and Place TBD**

**September - Valhall Lodge Meeting- Cancelled due to COVID19**

**October, November Lodge Meetings – TBD**

**December Juletre Fest - TBD**

### 2020 Kristopher Conrad Garmager Scholarship



Lucas Carlson was awarded the Kristopher Conrad Garmager Scholarship by Valhall lodge president Vicki Rudh-Jones. Valhall board members, Wendy Higgins, Christina Fairchild and Richard Fairchild attended the event, along with his parents, Craig & Beth Carlson.

Lucas is the grandson to lodge members Ray & Arlene Pederson. Lucas will be studying to be a mechanical engineer at the University of Wisconsin Platteville.

### ***Download your digital copy of “Viking for Kids”***

**As part of its 125th anniversary celebrations**, the Sons of Norway announced the return of *Viking for Kids*.

*Viking for Kids* is a quarterly digital publication that will be available for download on the Sons of Norway website. It will include Scandinavian-inspired articles, quizzes, coloring pages, and more. This will once again give the organization’s young “heritage members” a magazine of their own.

For updates, visit [www.sofn.com/vikingforkids](http://www.sofn.com/vikingforkids).

#### 2016 Lodge Officers

President:  
Vicki Rudh-Jones

Secretary / Editor:  
Christina Fairchild

Financial Secretary:  
Vicki Rudh-Jones

Treasurer:  
Richard Fairchild

Publicity Director:  
Christina Fairchild

Cultural Director:  
Wendy Higgins

Sports Director:  
open

Social Director  
Lee Ann Harp

Foundation Director:  
Richard Fairchild

Sunshine Director:  
Lee Ann Harp

Music Director:  
Karin Ropp

Greeters:  
Lee Ann & Cathy Melby

Trustee / Auditors  
Ray Pederson  
Gary Melby  
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.

## *Go Online to Stay Connected to Your Norwegian Community:*

**Valhall Lodge won't be scheduling live meetings** for a while, but you can still stay connected to your Norwegian heritage. Visit the following sites for up to date information and good ideas!

Facebook:

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

Sons of Norway 5<sup>th</sup> District website: <http://www.sonsofnorway5.com/>

District 5 Facebook: <https://www.facebook.com/groups/1410575062591249>

Sons of Norway website: <https://www.sofn.com/>

Official Sons of Norway Facebook: <https://www.facebook.com/groups/SonsofNorway>

## ***“NORDIC NEWS VIRTUAL RADIO SHOW”***

**Tune in at 6:20 PM (Central); 7:20 PM (Eastern) every Tuesday.**

By computer: <https://gotomeet.me/SofN-D5> by phone: 646-749-3112 (access code: 509-077-557)

By iPhone, iPad, or Android tablet/phone: download the GoToMeeting app from the Apple or Google Play Store. Launch the app and enter the meeting code: SofN-D5

You can also watch past episodes of Nordic News at:

[http://www.sonsofnorway5.com/programs/speakers\\_bureau.php](http://www.sonsofnorway5.com/programs/speakers_bureau.php)

### *Gratulere Med Dagen (Happy Birthday)*

#### **September**

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

#### **November**

Iolyn Beers	11/1
Carol Griesbach	11/14
Nancy Jacobson	11/14
Cheryl Stockwell	11/16
Wendy Higgins	11/21
Marvin Berke	11/24

#### **October**

Nathan Bliss	10-6
Sonia Erickson	10-6
Betty Flanders	10-10
Karl Ropp	10-10
Kristi Iverson	10-18
Katherine Cassioppi	10-21
Bruce Lee	10-30
Bruce Hallgren	10-31

#### **December**

Doug Peterse	12/2
Roger Logeson	12/6
Cathy Melby	12/21
Patricia Seddon	12/26
Shirley Carlson	12/27
Ryan Knutson	12/27
Gary Melby	12/30



Recipes

## Strawberry Rhubarb Fruit Soup

Recipe from: Karen Drager

### Ingredients:

3 – 4 cups chopped fresh Rhubarb  
1 quart fresh or frozen strawberries, sliced  
½ cup brown sugar  
1 cup white sugar  
5-6 cups water  
1/3 cup tapioca  
1 TBS lemon juice  
1 tsp cinnamon

### Directions:

Chop rhubarb, thinly. Add to water with cinnamon and sugar. Bring to boil over medium heat, stir occasionally until sugar dissolves and rhubarb becomes soft.

Add strawberries, tapioca and lemon juice. Simmer for 10 – 15 minutes. Stir occasionally. Adjust sugar, cinnamon and lemon juice to taste. Will thicken as it cools.

Add more water if you prefer it more like a soup and not as thick.

\*\*\* *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! Cultural Solitaire

Sons of Norway is excited to share our new game, Cultural Solitaire.

This is the perfect tidsfordriv (pastime) as well as a tool for learning about famous Norwegians and North Americans with Norwegian heritage. Each card features a different person or people along with a bit about their contributions to the world. As you move your mouse over each famous person's face, you will see a link appear in the lower left corner of the screen. These links invite you to find out more about the background and significance of each person.

How to play:

Click on Play Cultural Solitaire

<https://www.sofn.com/cultural-solitaire/> to open the game

If you're new to internet solitaire or need to brush up, here's everything you need to know about playing:

Rules for play

[https://solitaired.com/#how\\_to\\_play](https://solitaired.com/#how_to_play)

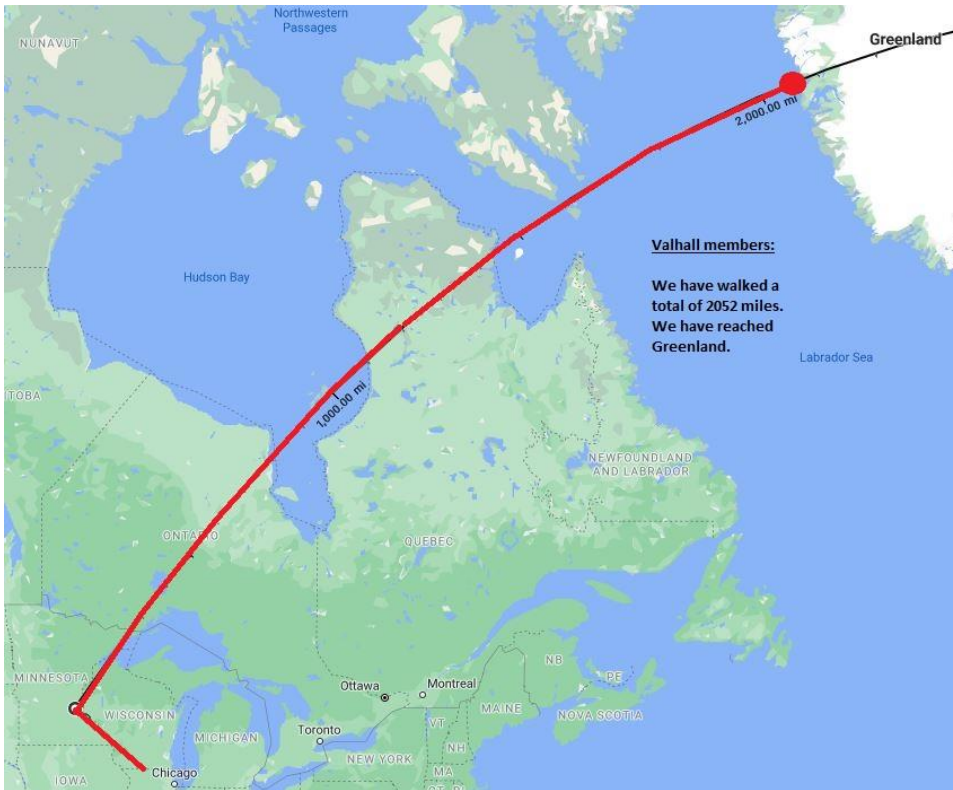
We created this game with the team at Solitaired. Play more solitaire games like Spider and Freecell on their site.

## Show Your Nordic Pride This Foundation Month!

**October is Foundation Month**, which is a great opportunity to show your Sons of Norway pride! Gifts to the Sons of Norway Foundation showcase our Nordic culture and humanitarian spirit through grants, and highlight our passion for education through scholarships.

Now more than ever, it's important that we all be a part of something bigger. You can make a difference by giving to the Sons of Norway Foundation this fall. Learn more about the Foundation online at [sofn.com/foundation](https://sofn.com/foundation).

## How far have Valhall members gone on the Virtual Walk to Ringsaker, Norway



**District 5 Sports Challenge** from Rockford to Minneapolis to Ringsaker, Norway.

The August Valhall Lodge results are in... **We have reached Greenland!**

Let's keep it moving and reach Norway before December 15<sup>th</sup>.

Together, we can do this...

It's not too late to join us on our journey.

Robert Schrober is in the lead at 618 miles. Here is some additional data.

Christina Fairchild - 519 miles

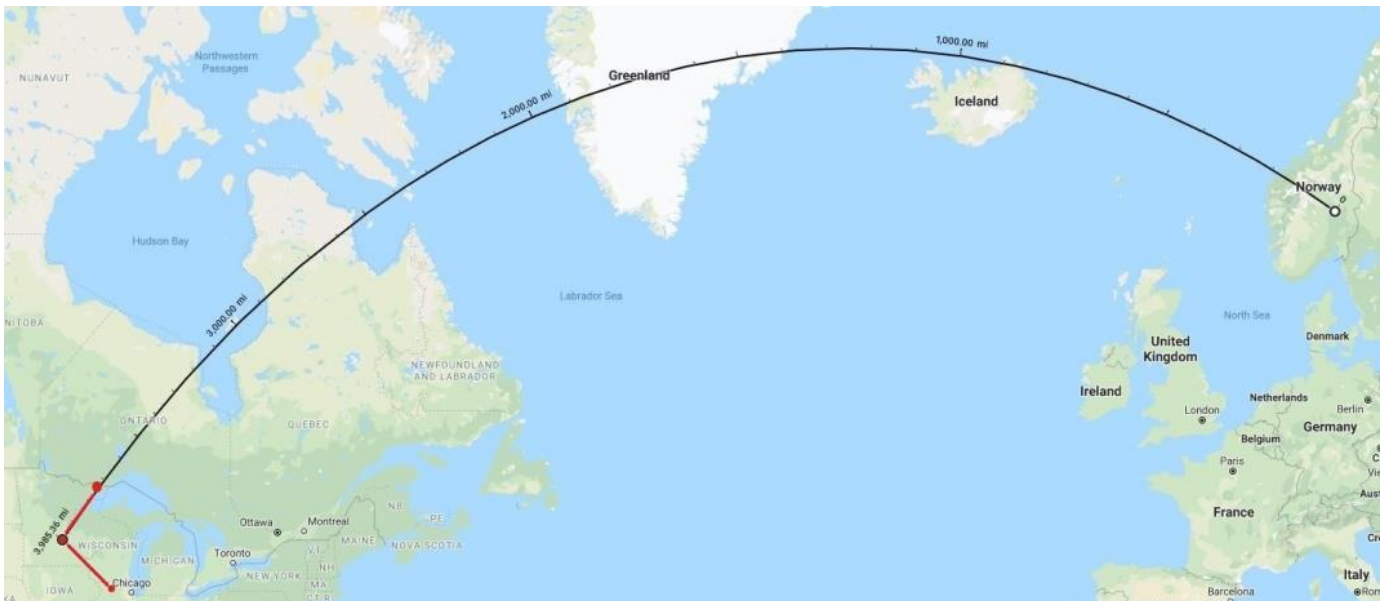
Wendy Higgins - 296.5 miles

Sandy Carter - 288 miles

Patricia Farney - 149 miles

Linda Petersen - 132 miles

Our youngest tracker, Isabel LaPonsie has reached the 49.5 mile marker.



We began our 4318 mile journey by first travelling 334 miles from Peterson Meadows in Rockford, IL to Minneapolis, Minnesota. From there, we travelled another 1718 miles reaching the edge of Greenland. This leaves us about 2,266 miles to reach our final destination in Ringsaker, Norway.

**The details and forms needed** for you to take part in this challenge are posted on the District website at [http://www.sonsofnorway5.com/programs/sports\\_and\\_recreation.php](http://www.sonsofnorway5.com/programs/sports_and_recreation.php).

**Contact Christina Fairchild** at [cfairc56@gmail.com](mailto:cfairc56@gmail.com) to report the miles you've logged as of the end of August.

## little in English...

### The World's First Duo to Row Across the Atlantic

In 1896, two Norwegian fishermen were the first in the world to cross the Atlantic in a rowboat. Captain George Harbo and first mate Frank Samuelson launched the 18-foot-long wooden boat, "Fox," in New York on June 6, 1896. 55 days later, they reached England and became the first to row across the Atlantic.

"The two accomplished a feat that can never be repeated. It stands in a very special light, and it will remain forever," says Kåre Rudjord, author of the book *Atlanterhavroerne* [The Atlantic Rowers].

With the technology and equipment of the time, Rudjord, who has written a book about the rowing odyssey, thinks their feat is incredible.

"They didn't know what they were getting into. Imagine rowing that distance in a wooden boat without GPS, a water machine, rudder or sail," he says.

When Harbo and Samuelson arrived in Cornwall, they had some incredibly tough weeks behind them. They rowed for 18 hours every day. At night they usually slept in shifts, five hours each.

They were surrounded by whales, the skin on their hands cracked and they had large blisters on their wrists. They had also capsized on several occasions, so large parts of both their food and water provisions had been lost.

After arriving in Cornwall, the Norwegian-Americans continued for a week before reaching their final destination, Le Havre in France. Here they were met by a jubilant press.

"What the two did was a tremendous achievement; it is incredible that it went so well. One can well say that it was madness," says Kåre Rudjord.

## litt på norsk...

### Disse to var de første i verden som rodde over Atlanteren

I 1896 krysset to norske fiskere Atlanteren i en robåt som de første i verden.

Kaptein George Harbo og styrmann Frank Samuelson sjøsatte den 18 fot lange trebåten «Fox» i New York 6. juni 1896. 55 dager senere nådde de England og ble de første som rodde over Atlanterhavet.

– Det to gjorde en bragd som aldri kan gjentas. Den står i et helt spesielt lys, og det vil den for alltid gjøre, sier Kåre Rudjord, forfatteren av boka «Atlanterhavsroerne».

Med den tidenes teknologi og utstyr synes Rudjord, som har skrevet bok om roturen, at prestasjonen er utrolig.

– De visste ikke hva de bega seg ut på. Tenk å ro den distansen i en trebåt uten GPS, vannmaskin, ror eller seil, sier han.

Da Harbo og Samuelson ankom Cornwall hadde de lagt bak seg noen utrolig tøffe uker. De rodde 18 timer hver dag. Om natten sov de normalt på tur, fem timer hver.

De ble omringet av hvaler, huden på hendene sprakk og de hadde store blemmer på håndleddene. De gikk også rundt ved flere anledninger slik at store deler av både mat- og vannprovianten forsvant.

Etter ankomst i Cornwall, fortsatte norskamerikanerne en uke før de nådde det endelig målet, Le Havre i Frankrike. Her ble de møtt en av jublende presse.

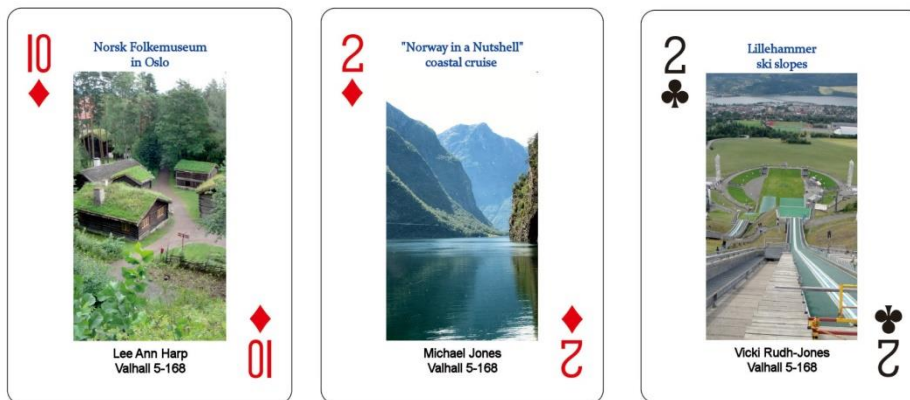
– Det de to gjorde var en voldsomt stor prestasjon, det er utrolig at det gikk bra. Man kan godt si at det var galmannsverk, sier Kåre Rudjord.

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## Three Valhall Members Picked as District 5 SofN Top Nordic-American Photographers

In the 2020 District 5 Scandinavian Photo Contest, Lee Ann Harp, Michael Jones and Vicki Rudh-Jones were picked as top photographers throughout Wisconsin, Illinois, Indiana, Michigan, Ohio and Tennessee for their excellent views of Nordic life. Their winning photos will be including in a playing card deck from Sons of Norway District 5.

Here is what their playing cards will look like:



10-diamonds: **Lee Ann Harp** \* #1065 **Norsk Folkemuseum is Oslo**  
Open-Air museum consists of rural and urban buildings. I believe this is Husmannsplass Cotter's Farm

2-diamonds: **Michael Jones** #1303 **"Norway in a Nutshell" coastal cruise**

2-clubs: **Vicki Rudh-Jones** #1322 **Lillehammer ski slopes**

You can view all 331 photos entered in the contest here:

<http://www.sonsofnorway5.com/galleries/details/27-District-5-Scandinavian-Photo-Contest>

You can order the Scandinavian Photo Contest playing cards here:

[http://www.sonsofnorway5.com/financial/district\\_5\\_merchandise.php](http://www.sonsofnorway5.com/financial/district_5_merchandise.php)

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An order form for the playing cards is attached.

# Order your D5 Scandinavian Photo Contest playing cards today



Deal yourself a great hand with the District 5 Scandinavian Photo Contest playing cards. Enjoy the best, beautiful Scandinavian scenes from our 2020 contest, submitted by Sons of Norway members from 25 lodges in District 5. The cards will be available on or before October 1 and will ship to your home. What a great Christmas stocking stuffer for your friends, relatives and lovers of all things Scandinavian! Proceeds will support District 5 Nordic Legacy Foundation projects including Masse Moro Norwegian cultural youth camp.

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## ORDER FORM (WITH SHIPPING) - SCANDINAVIAN PHOTO CONTEST

\_\_\_ \$14 (1 deck) \_\_\_ \$46 (4 decks) \_\_\_ \$100 (10 decks) **D5 ordered 1,000 decks**  
\_\_\_ \$25 (2 decks) \_\_\_ \$56 (5 decks) \_\_\_ \$250 (30 decks) **(when they are gone, they're gone)**  
\_\_\_ \$36 (3 decks) \_\_\_ \$75 (7 decks)

*Want more than 10 decks, one ship-to?*

Make checks out to "**D5 Nordic Legacy Foundation**" Order at \$10/deck.

*Checks will not be cashed until orders ship to you.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Lodge: \_\_\_\_\_

**Send your order to:** Mike Palecek, SofN D5 treasurer, 5747 Sandy Lane, Racine WI 53406

Questions: email: [mikep@sonsofnorwayracine.com](mailto:mikep@sonsofnorwayracine.com)



## Are You Using Your Sons of Norway Benefits?

In addition to offering many ways to celebrate Norwegian culture, your Sons of Norway membership gives you access to many outstanding discounts. Whether you're looking to save money around town or around the world, Sons of Norway can help keep some of that money in your wallet. Before you finalize your summer activities, check out even more exclusive member discounts at [www.sofn.com/member\\_benefits/member\\_discounts](http://www.sofn.com/member_benefits/member_discounts)

### 1. Perkspot

As a member, you have dozens of exciting discounts available to you daily through Perkspot. What is it? Perkspot is a service that collects deals from leading retailers from around the country and puts them all at your fingertips. Sons of Norway provides members a one-stop discount shopping experience with PerkSpot. Need a Father's Day gift? Access Edible Arrangements or the Columbia Sportswear store websites to find just the right item for Dad. Moving your student to or from college? Rent a moving van with Penske. Ready to ramp up your exercise routine? Discover deep discounts at Diamondback Bicycles. Sign up to get these discounts and more at Sons of Norway's online PerkSpot portal at [sonsofnorway.perkspot.com/login](http://sonsofnorway.perkspot.com/login)

### 2. Cost Saving Travel Discounts

Is a trip to Norway in your future? As a member, you're eligible for a five percent discount on packages through our friends at Borton Overseas and five percent off flights through Icelandair. Even if you're not traveling abroad, discounts on hotels such as Best Western or Carlson Hotels, or on car rentals through Avis will help offset the cost of travel this spring.

### 3. Free Financial Review

You probably already know that Sons of Norway offers superb financial products, but how much do you know about them? As a member, you're eligible for a free financial review with your lodge Financial Benefits Counselor to determine which financial products will provide you peace of mind and a sound financial future.

To see a complete list of the benefits of being a Sons of Norway member, log on to [sonsofnorway.com/member\\_benefits](http://sonsofnorway.com/member_benefits).

Ref. Sons of Norway Newsletter Archives



## "Occupied," A Norwegian Political Thriller

by Carl Rasmussen (Vennligfolk)

Netflix subscribers should check out "**Occupied**" or, as known in Norway, "**Okkupert**."

Set entirely in Norway with luscious scenery and urban Oslo settings, the story also provides a good way to hone your Norsk language skills while enjoying a well written action and political drama. The main dialogue is all Norwegian with English subtitles. The pace is quick and subtitles fly by like an Evelyn Wood speed reading session.

Episode One rolls out the show's premise with a number of attention grabbing title blocks: Middle East war has halted oil production; the world is in a fuel crisis; Norway becomes the exclusive supplier of energy to Europe; Norway's Green Party controls parliament; to help avert global climate change the Green Party halts providing Norwegian oil and gas to the European Union. At that point, Russian agents kidnap the Norwegian Prime Minister and deliver him a message. With the European Union's blessing Russia will be taking over "management" of Norwegian oil and gas production and keep the energy flowing to the EU. A self-absorbed United States chooses not to get involved with a "European issue."

Whew! . . . and that's only the first fifteen minutes of the first program. If the plot line seems to jump right from front-page of today's news, consider that the first episodes were written in 2008 fully six years before Russia invaded Ukraine and eight years before the US first signaled a shift to lukewarm status with NATO and European allies. Each show is roughly 50 minutes long. Released in 2016, season 1 has ten episodes; season 2 came out in 2017 and has eight episodes; and season 3 just released in January 2020 has six episodes. The show enjoys a popular following in Norway and with a budget of 90 million kroner (\$11 million US) the entire series represents the most expensive Norwegian TV production ever.





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**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 (909) 806-0825 email: [leeannharp@yahoo.com](mailto:leeannharp@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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