



Valhall Nyheter

Sons of Norway Lodge # 5-168 March 2026

www.sofn.com

www.sonsofnorway5.com

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Kalender



Saturday – March 21 - Cultural Class 10:00 – Noon

Goodwill Industries Community Room

3068 McFarland Road, Rockford, IL 61114

The current class is working on their Unit 1 Cooking Skills- Part 2 – Desserts and Baked Goods
Everyone is welcome to join. Paperwork will be available for those who participate.

Bring a Norwegian dessert or baked good to share along with your recipe,

Hands on cooking demonstration of **Aebleskiver** (recipe on page 4)

Saturday - April 18th Lodge Meeting 10:00 - Noon

Goodwill Industries Community Room

3068 McFarland Road, Rockford, IL 61114

Program to be determined

Following program Cultural will meet for “Hage” Garden Exchange

Saturday – May 16th Cultural Class 10:00 - Noon

Goodwill Industries Community Room

3068 McFarland Road, Rockford, IL 61114

The current class is working on their Unit 1 Cooking Skills- Part 2 – Desserts and Baked Goods
Everyone is welcome to join.

Bring a Norwegian dessert or baked good to share along with your recipe,

Saturday – June 20th Lodge Meeting 10:00 - Noon

Goodwill Industries Community Room

3068 McFarland Road, Rockford, IL 61114

Program to be determined

Saturday July 18th Cultural Class 10:00 - Noon

Goodwill Industries Community Room

3068 McFarland Road, Rockford, IL 61114

The current class is working on their Unit 1 Cooking Skills- Part 2 – Desserts and Baked Goods
Everyone is welcome to join.

Bring a Norwegian dessert or baked good to share along with your recipe,

District 5 Scholarships due soon

District 5 Scholarships have **March 16 deadlines**.

Application links can be found at sonsofnorway5.com/financial/district_scholarships.php (in the right-hand column). **Note that the first two** (International Summer School Scholarship and Norwegian Folk High School Scholarship) have unique requirements; youth who are interested in qualifying for these scholarships in future years might want to look at the requirements now.

The more general Academic Scholarships are the Olav J. Eide Scholarship, the Cyril K. Wittrock Scholarship, and the District 5 Lodge Academic Scholarship



Masse Moro Norwegian Heritage Camp July 12 – 25, 2026



It's time to register for Masse Moro, our Norwegian Heritage Camp sponsored by District 5. Start planning now! Allow enough time for the doctor's visit and completion of all forms and documents

Masse Moro is a Norwegian heritage camp for youth **ages 9-15 years old** sponsored by the [Sons of Norway Fifth District](#). Since 1979, we've been helping youth celebrate their Norwegian heritage through a cultural immersion experience. Campers will learn Norwegian, build friendships, and gain important life skills like problem-solving, leadership, and teamwork through our Viking Olympics programming. In addition, they will also try their hand at becoming master craftspeople through woodworking, painting, leather work, and chip carving, experience exciting tales and Nordic myths, and celebrate Norway's rich history and traditions.

Camp Location: Eau Claire County Youth Camp at Beaver Creek Reserve in Fall Creek, Wisconsin. Approximately 12 miles east of Eau Claire, Wisconsin *Everyone is welcome*, Sons of Norway affiliation or Norwegian heritage is not required

Leadership Team: Camp is planned and supervised by the Sons of Norway District Five Youth Director, camp administrators, and camp directors, with advisement by the Sons of Norway District Five Board of Directors Lodging: Air-conditioned cabins for sleeping; up-to-date restroom and shower facilities

Price: \$100 deposit due upon registration, \$1,200 total for the two-week session

- To better plan for our 2026 Masse Moro Camp, we are asking campers to complete and send their registration, along with your \$100 registration fee by April 1, 2026, if possible.
- Tuition for 2026 will be \$1,200 for the two weeks of camp per camper
- Scholarships and matching grants may be available to those who register early. (\$250 matching grant available from District 5)
- Encourage all Sons of Norway members, parents, grandparents or aunt or uncles to, contact their Lodge for supporting grants and receive matching funds. (Two grants available from your local Valhall lodge)
- Invite a friend and encourage others to join them at Masse Moro (*Campers do not have to be a Sons of Norway member to attend!*)
- Campers will be enrolled on a first-come, first-served basis; encourage your young people to send their application in early to secure their place at Masse Moro.

Questions: contact Youth Director Lisa Rove-Williams, 771 W. Dresser Rd, DeKalb, IL 60115. Phone: 815-751-8447.

Email: rovewilliams@comcast.net

Visit the Masse Moro website: for registration applications and supporting grant applications.

www.massemoro.org or the District 5 website at: www.sondofnorway5.com

To qualify for the Valhall Lodge scholarship and the matching funds from District 5, the "Lodge Endorsement form" must be postmarked by May 17, 2026

Send the completed form(s) with the campers' information to:

Richard Fairchild (Valhall Treasurer),
226 W River St. Rockton IL 61072 or email richard.fairchild.son@gmail.com

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 Treasurer (Richard 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.



2026 District 5 Lodge Meeting and Convention

Valhall Lodge will send 3 delegates, covering a majority of their expenses. Vicki Rudh-Jones has volunteered to attend as one of our lodge delegates. If you are interested in attending as a delegate please let Vicki know by March 5, 2026

That said, anyone interested may register as an attendee. There are informational workshops, speakers, and displays with something for everyone. For More Information : [D5 SON Convention Information](#)

The District 5 Lodge Meeting and Convention are being hosted by Sons of Norway- Mandt Lodge 5-314 on August 2-6, 2026 in Stoughton, Wisconsin.

It will be a Sunday-Thursday convention to help with reduce hotel rates which go up on the weekend. It is later as we don't have to be within a timeline since there no longer are International Conventions. And because Stoughton doesn't have a hotel with a convention center, the meetings and activities will be in various parts of Stoughton.

Delegates must be there for the District Lodge Meeting on Wednesday-Thursday, August 5-6. If asked to be on a convention committee, they need to be there on Tuesday, August 4.



Grandma's Aebleskiver Recipe

Ingredients

- 3 eggs, separated
- 2 cups milk (or cream)
- 2 cups flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup butter, melted
- cooking oil, liquid or spray

Takes 30 min,
serves 2.

Instructions

1. Heat aebleskiver pan over medium heat.
2. Beat egg whites until stiff and fluffy. Combine all remaining ingredients in one bowl and mix with a whisk or spoon.
3. Just before cooking, lightly fold in stiff egg whites.
4. Lightly coat each cup in the pan with cooking oil. Fill each cup 2/3 full with batter. As edges brown, use a fork or bamboo skewer to turn the ball 1/4 turn.
5. The remaining batter will run down into the cup and brown. After 3 turns you will have a full aebleskiver sphere!
6. Remove from the pan and serve warm sprinkled with powdered sugar, applesauce, or jam.

Tips for Making Aebleskiver

My grandmother's recipe for aebleskiver is delicious. Simple to prepare with pantry staple ingredients. The actual execution of the spherical shape is a little more tricky, so here are a few tips:

1. Heat the pan to medium, not hot. If the batter cooks too quickly, there won't be enough liquid batter to spill down into the cup with each turn, so you'll end up with open spheres. (Still delicious, though!)
2. Stay nearby, they brown quickly! Once you begin cooking, stay next to the pan because each batch will only take a couple minutes to cook completely.
3. Keep the finished aebleskiver warm in a dish in the oven before serving. Alternatively, you can serve hot and fresh right out of the pan!
4. Make a double batch and store the extras in the refrigerator for easy re-heating the next day. Aebleskiver are very best served hot and fresh, but they take some special preparation, so it's fun to have a few extra to make the fun last into the following day.

Cultural Committee Challenge

Cultural Committee Challenge to D5 Members Leading up to the 2026 District 5 Convention, the District 5 Cultural Committee gives all District 5 members this challenge:

Try some new Norwegian cultural skill that you've never done before. Complete any one Sons of Norway Cultural Skills project begun between May 1st 2025 and May 1st 2026 that you complete within this time frame. You would be eligible for a Cultural Skills pin from your local Sons of Norway lodge and after completing this challenge, *this member would also be recognized by District 5 and receive a token of appreciation*. Each member needs to send the Cultural Committee Chair, Lucy Ghastin, proof that all aspects of a particular cultural skill level were completed. There is no need to send the whole project. An officer of your lodge (usually the Cultural Director) would sign the paper, and the member would sign. All requirements and skill levels for each Cultural Skill can be found on the Sons of Norway website: <https://www.sofn.com/>

200th Anniversary of the Sloopers, or, a Trip to Vesterheim in Decorah Iowa to see a Prince!

By Valhall Lodge member - Kirsten Johnson



DECORAH, Iowa — Crown Prince Haakon of Norway visited Decorah on October 6 to commemorate the 200th anniversary of the first organized Norwegian emigration to the United States, announced by Vesterheim, the National Norwegian American Museum and Folk Art School, and Luther College. Valhall member Kirsten Johnson traveled to Decorah, Iowa

Watch **Royal Highness Crown Prince Haakon of Norway: Interview at Vesterheim** here: [://youtu.be/HduWCUBcqwQ?si=1BCK8G1HCa2OFHiP](https://youtu.be/HduWCUBcqwQ?si=1BCK8G1HCa2OFHiP)

Ribbon Cutting and Speech by Crown Prince Haakon of Norway with Chris Johnson and Craig Trygstad https://youtu.be/DscS_kLK5ZQ?si=Km-ZeRjmb12fBywv

Every year in October, my sister Jennie takes me on a trip for my birthday on the 7th. It's always a surprise to me. This year she heard early on about Crown Prince Haakon coming to Vesterheim to commemorate the 200th anniversary of the Sloopers and organized immigration to the USA. Jennie booked a hotel room for me in Decorah, fortunately, before

the prices went up! I was super surprised when she told me the destination. This was going to be a solo trip for me since Jennie would be staying home with our 22-year-old cat, who needed medication 3x per day.

Monday, October 6th, I woke up at 3:30 am for the 4-hour drive to Decorah. Traffic was surprisingly light. The program at Vesterheim was scheduled for 10:00 am, but I was there by 7:45 am, and was able to park directly across the street from the museum.

I wandered around the main street during the set-up. There were a lot of reporters there and I got shuffled around a bit since the reporters had special passes, but they were nice & I still got a good place to see & hear the speech. I tried to sit in the front row since there was a chair with the name Kris Johnson on it, which is a name I use at work a lot. Sadly, they saw through me because the other Kris Johnson was one of the Vesterheim reps LOL!!!!



After a couple of speeches by Vesterheim reps (including Kris Johnson!) Crown Prince Haakon came up to speak. He looked quite festive in his bunad. He spoke about the ties that bind us together and the importance of keeping & strengthening those ties. He also said he felt more Norwegian in Decorah than he did in Norway because of how festive and welcoming everyone was.

The prince was quite personable and knowledgeable and spoke about the history of the Norwegians and the Norwegian Americans. The speeches were not very long and we all got lefse with butter & brown sugar and Culvers vanilla ice cream.

The Prince walked around talking to people & reporters. I got as close as I could for pictures, But security was pretty heavy duty, polite but firm. Soon it was time for the prince to leave since he was scheduled for another speech at Luther College. He walked casually to his waiting, car, waving at everyone. Not once did he make it feel rushed and he continued to wave goodbye as the car pulled away.

Now here is where you see how nice a community Norwegian Americans are. The event at the Vesterheim was open to the public but the event for Luther College was a ticketed event. The tickets were free but were limited in quantity. By the time I knew I needed a ticket to get into Luther College, the tickets were gone. The lady I sat next to at Vesterheim asked if I was going to Luther College. I explained I had missed getting a ticket. She said she had 2 extra tickets for family that could not come, so she emailed me one of her extra tickets! I had to skedaddle over to Luther College since no one would be allowed in after 1pm.

This time Crown Prince Haakon was dressed in a college graduate gown and was awarded an honorary degree. He spoke of his family and Norway's connections to Luther College and the importance of keeping the ties strong. He also briefly spoke about the future and plans to make the world a better and stronger place as we are moving towards a more global society. Again, none of the speeches were overly long, but were interesting and had some humor spread throughout.

After the ceremony and the speeches, the prince was escorted out to his car to head to Minnesota for events the next day.

My birthday (dare I say my 60th) was the next day and I took time to explore the Vesterheim museum where I bought myself a silver hair tie from the 200th collection at the gift shop to remember the time I saw a real prince and a glimpse to what the future of Norway and Norwegians in America will have to look forward to.

Explore Your Heritage

Are you curious about the unique story of your family?

Then get inspiration to begin exploring using our newly updated guide, Genealogy Tips and Hints — Connecting with your family history. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places.

Exclusively for Sons of Norway members, you'll find the guide online at www.sofn.com in the **Member Resources** area under genealogy.

God Bedring

Valhall Lodge is thinking of and praying for our shut-ins
Karen Drager & Karin Ropp

Home Office Contacts

- Member updates, address updates, submitting a death, etc.: cbs@sofn.com.
- Foundation, Scholarships & Grants: Amy Tuchenhagen foundation@sofn.com, (612) 821-4655.
- Fraternal & Membership: Connie O'Brien and Kirsten Lehman fraternal@sofn.com, (612) 821-4643.
- Culture, Viking & Language: Jana Velo jvelo@sofn.com.
- Insurance Sales: Michael Godbout sonsofnorwaysales@sofn.com, (833) 707-0012, option 2.
- Passwords or website issues: ithelp@sofn.com.
- The toll-free number: 800-945-8851.

Gratulere Med Dagen

March: Mars

Lillian Reinerstsen
Wanda Berke
Jennifer Johnson
Jayne Brod
Barb Palm
Karen Drager
Michael Jones
Richard Jewell
George Hagen
Ray Pederson

April: Api

Ethan LaPonsie
Wayne Erickson
Cooper Williams

May

Berit Ryberg
Xander Tucker
Karin Ropp
Lisa Rove-Williams
Jacob Calhoun
Lee Ann Harp
Lillian Berke
Oliver Ropp

Join the Sons of Norway Book Club, send an email with your name, lodge name and contact information (phone number and email address) to: SonsofNorwayBookClub@gmail.com

Note: The Zoom sign on/link information will be available at the beginning of each month for that month's reads. It will be emailed to all current book club members on or around the beginning of each month

Are you ready to SPRING into action?

With spring just around the corner, get busy with the Sports Medal program. Embrace nature like a Nordic, as you get active outdoors walking, hiking, biking, and more. This is a fun way to work toward a goal and earn recognition medals.

Learn more from the lodge sports director or log in at sofn.com and go to Member Resources.

Sons of Norway Mission Statement

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.

Member Benefit: Grants and Scholarships

Did you know that Sons of Norway members, their children, and their grandchildren are eligible for college scholarships?

Opportunities range from supporting enrollment at any major US college to assisting with travel to Norway and other countries. There is even a scholarship for a cultural class for members age 40+!

Our lodges may also receive awards ranging from \$500 to \$1,500 for children's programming, new equipment, or cultural events.

Deadline to submit applications March 15, 2025

Learn more at www.sofn.com/foundation



Sons of Norway Rockford
Valhall Lodge 5-168
Christina Fairchild-Editor
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 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 15th 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 sofnvalhall5168@gmail.com If you have an e-mail address; please let us know what it is.