



Valhall Nyheter

Sons of Norway Lodge # 5-168 November – December 2021



Kalender



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Lee Ann Harp & Cathy Melby

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Ray Pederson
Gary Melby
Bill Brod

Librarian / Historian

Rev. Dr. Richard Wang

www.facebook.com/sofnrkdValhall5168

[Sons of Norway District 5
\(sonsofnorway5.com\)](http://sonsofnorway5.com)

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

MARK YOUR CLANEDARS ... Save The Date!

**Saturday, December 11, 2021 – Valhall Annual Juletre Fest
Stockholm Inn
240 Charles St. Rockford, IL 61108**

Due to Limited Space Reservations Required

Must be postmarked and received by November 27, 2021

Schedule of Events:

4:00 pm – Registration, Children's Craft and Adult Mixer

5:00 pm – Traditional Swedish Smorgasbord

Swedish Pancakes, Baked Swedish Ham, Swedish Meatballs, Red Potatoes, Baked Swedish Rice, Scandinavian Blend Vegetables, Tossed Salad, Marinated Cucumber with Onion salad, Pickled Herring, Pickled Beets, Assorted Imported cheeses, and crackers, Lefse, Bread & Butter, Swedish Nut Cake, and your choice of Fruit Crisp. (1) Beverage included

6:00 pm - Program:

Storytime: 'The Polar Bear Wish' by Lori Evert

Singing and dancing around the Christmas tree

Julenisse arrives with gifts for the children

50/50 Raffle & Basket Drawing

Questions contact:

Lee Ann Harp (Social Director) at (909)806-0825 or (815)282-2374 email
vrjpt52@gmail.com

Gratulere Med Dagen (Happy Birthday)

October

Tor Andaas 10/21
Talley Berke 10/4
R Nathane Bliss 10/6
Sonia Erickson 10/6
Kirsten Johnson 10/7
Betty Flanders 10/10
Karl Ropp 10/10
Kristi Iverseon 10/18
Bruce Lee 10/30

November

Iolyn Beers 11/1
Phillip Martino 11/9
Carol Griesbach 11/14
Nancy Jacobson 11/14
Cheryl Ogren Stockwell 11/18
Wendy Higgins 11/21
Vera Gjertsen 11/30

December

Doug Petersen 12/2
Pat Seddon 12/26
Shirley Carlson 12/27
Ryan Knutson 12/27
Cathy Melby 12/21
Leif Williams 12/29
Gary Melby 12/30

CULTURAL CORNER:

There is still time to submit your favorite recipe!

Print a copy , email or mail your recipe to your cultural director Wendy Higgins – 5855 Old Millstone Rd. Rockford 61114 or email: 5855.higgins@gmail.com.

Norwegian Betasuppe

Ref: [Norwegian Betasuppe | Sons of Norway](#)

Serves 12

Ingredients:

1 pound yellow split peas
1/2 cup ham (finely chopped)
1 onion (finely chopped)
1 Tbsp. thyme
10 cups water
2 cups potatoes (diced)
2 cups rutabagas (diced)
2 cups celery root (diced)
1 1/2 cups leeks (chopped)
1 Tbsp. salt

Directions:

Combine peas, ham, onion, thyme and water in a large Dutch oven and simmer for 1 ½ to 2 hours. Add potatoes, rutabaga, celery root, leek and salt, and cook for another 30 to 45 minutes.

Recipe by: ElaineAnn, food.com



District 5

NEW NORWEGIAN COOKING CLASSES OFFERED
In November and December with CONNIE AIELLO



BAKING FOR THE HOLIDAYS

Connie's 6-week online Norwegian Cooking Class earlier this year received rave reviews. We've asked her to return to teach more Cultural cooking classes. This time around, Connie is offering **Norwegian Holiday Baking classes online throughout November and December.**

As a bonus, Sons of Norway District 5 is offering all classes for FREE to all Sons of Norway Lodge members. Go to the D5 website to download and view the class schedule and registration information at [Sonsofnorway5.com/events/](https://sonsofnorway5.com/events/)

Judy Ghastin
District 5 Cultural Director

Fall 2021 Norwegian Cooking Classes Registration

To register for your *FREE* class:

Please put the Class Code in the subject line

For Example:

From: olebull@gmail.com
To: son5cookingclass@gmail.com
Subject: KVF-1

Please register me for the Kvæfjordkake Class on Nov 17.

Thank you,
Ole Bull
Violin Lodge

NOTE: If registering for more than one class, please send a separate email for each class.
Please make sure to use the email address you would like the Zoom meeting invitation to me sent to.

Send class registration to: son5cookingclass@gmail.com

Supplies: A computer, laptop, or tablet with a camera and mic as well as a fast, reliable internet connection.
Special Instructions: Registrants should be familiar logging into a Zoom meeting via their computer or Zoom app prior to the class.

If you have never used Zoom before, contact Connie at son5cookingclass@gmail.com with the Subject line: Zoom Practice. I will send you a practice link, we will check out your camera and microphone to make sure they are working.

You will receive a link to the Zoom class, instructions, and a copy of the recipe via email sometime during the week prior to the class. Sons of Norway District 5 Cultural Proam Connie Aiello

FALL 2021 NORWEGIAN COOKING CLASSES REGISTRATION

CLASS	CODE	CLASS DATE	REGISTRATION DEADLINE
Kvæfjordkake	KVF-1	Wednesday, November 17 @ 6pm CSTG	Monday, November 8
	KVF-2	Friday, November 19 @ 4pm CST	Monday, November 8
	KVF-3	Saturday, December 4 @ 10am CST	Wednesday, November 24
Sandbakkell, Rosette, and Fattigmann	SRF-1	Sunday, November 14 @ 1pm CST	Monday, November 8
	SRF-2	Tuesday, December 7 @ 6pm CST	Wednesday, November 24
Lussekatter (St. Lucia Buns)	LUS-1	Wednesday, December 8 @ 6pm CST	Wednesday, November 24
	LUS-2	Saturday, December 11 @ 10am CST	Wednesday, December 1
Pavlova with Lemon Custard	PAV-1	Sunday, November 21 @ 6pm CST	Wednesday, November 10
	PAV-2	Tuesday, December 14 @ 6pm CST	Wednesday, December 1
Scandinavian Almond Cake	SAC-1	Wednesday, December 1 @ 6pm CST	Sunday, November 21
	SAC-2	Monday, December 20 @ 6pm CST	Friday, December 10



Velkommen

Welcome New Members:

**Tor Andaas,
Kirsten Becker
Vera Gjertsen
Jennifer Johnson, Kirsten Johnson,
Bruce & Kathy Lee,
Natalia Martino, Nicolai Martino, Philip Martino,
Sophia Martino, Doug Petersen, Jon Solem,
Copper Williams, Glendon Williams, and Leif
Williams**

Please reach out this month to someone in our community who might enjoy the fun times and friendly folks at our Sons of Norway lodge. Remember, daughters, sons and anyone with an interest in Nordic culture and heritage are welcome to join Sons of Norway. Let's make our community welcoming to all!

TUBFRIM

Save used stamps and expired or used phone cards for Tubfrim to help disabled children and youth in Norway.

Trim stamps so that you have at least at least 1/4 inch but not more than 1/2 inch around the edge of stamp.

Visit

<http://www.tubfrim.no>

God Bedring til...

...til **Valhall Members** who are shut-in and dealing with health issues

.

Iolyn Beers , Gunvor Dalland, Ray Pederson, Karen Drager, and Marie Andreasson

Til minner om...

...**Dr. Jeffrey Allen Higgins**, of Olathe, Kansas passed away October 2, 2021.

Dr. Jeffrey Higgins was Kimbal and Wendy Higgins's son. Dr. Jeffrey Higgins was a member of Valhall Lodge. Our sympathy to the Higgins family.



District 5

The District 5 Board of Directors met at the Madison West Marriott Hotel in Middleton the weekend of October 8-9, 2021. A joint meeting with the D5 2022 Convention Committee from Idun Lodge and the Director of the Edvard Grieg Chorus of Madison, was held. This hotel will be the site of both gatherings from June 16-22, 2022. Our delegates and guests will have the opportunity to attend the Sangerfest Grand Concert.

In business news, several approved grants to local lodges were passed by the D5 Board. Grants for the shipping costs of membership (anniversary), cultural, and sports pins will now be subsidized. Lodges will need to provide proof of purchase. The grants are limited.

In addition, several matching grants will also be available to local lodges for small and large cultural projects. A budget for the projects must be submitted with the application. I encourage the Vennelag cultural, sports, and membership chairs to use these windfalls to offset costs. Local leaders need to watch the Friendly Fifth Friday Newsletter for further details and the application posting.

A long requested adult heritage camp weekend has been confirmed for October 2022 with the Giants of the Earth Center in Spring Grove, MN. It will be held in conjunction with UffDa Fest! An event will be held in association with Valheim Lodge of Spring Grove. This will be a perfect way to celebrate our heritage with others who share our bond.

Cheryl Wille-Schlesser, District 5 Vice President



Sons of Norway Rockford
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 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 – leeannharp@yahoo.com – 909-806-0825

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 attending 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 if you have an e-mail address; please let us know what it is.