



# Valhall Nyheter

Sons of Norway Lodge # 5-168 November – December 2024



## Kalender



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

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

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SofN District 5 President  
Cheryl Wille-Schlessler

Benefits Counselor: Greg Ragan (815) 623-8817 [www.raganfinancialgroup.com](http://www.raganfinancialgroup.com)

## MARK YOUR CALENDARS ... Save The Date!

**Saturday, November 9, 2024- 10am - Noon**  
**Stockholm Inn - 240 Charles St. Rockford, IL 61108**  
**Program: Norwegian Archeology**

**Saturday, Nov. 16, Cultural Class Canceled**

**Saturday, Nov. 16 - 10:00am – 1:00pm**  
**Juletre Fest Planning Committee Meeting**  
**Goodwill Industries Community Room**  
**3068 McFarland Road, Rockford, IL 61114**

[\(If you are interested in volunteering to help at Juletre fest, please join us. \)](#)

**Saturday, December 14, 2024 – Valhall Annual Juletre Fest**  
**Stockholm Inn - 240 Charles St. Rockford, IL 61108**

### Watch for your invitation

Due to Limited Space Reservations Required

**Invitations Must be received by Dec, 7, 2024**

### Visste du det?

The present day version of the julenisse is very different from the legends of the domestic nisse. The julenisse is portrayed as an older, good natured, adult-sized man (not surprisingly the size of an uncle or father) with a long white beard and a red hat and suit. He carries a sack of toys on his back, visits children in their homes on Christmas Eve and always asks, “Are there any good children here?” (“Er det noen snille barn her?”)

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Many Scandinavian children also believe he lives at the North Pole where he has a workshop. The Norwegian julenisse is very much like the American Santa Claus and is based upon the German legend of St. Nicholas (nisse is a derivative of Nicholas), who was the patron saint of children and seamen. He was known for his many kind acts toward children.

<https://ingebretsens-blog.com/legend-of-the-nisse-and-tomte/>

### *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**

Carol Griesbach 11/14  
Nancy Jacobson 11/14  
Cheryl Ogren 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

## Grant and scholarship applications open October 1

It's time once again to open the applications for grants and scholarships. As of October 1, You will be able to apply for the grants and/or scholarships that the Sons of Norway Foundation offers. You can visit the "Foundation" tab of [SOFN.COM](http://SOFN.COM) to learn more. The Foundation's grant program is a great way to Secure funding and add programming to our lodge's lineup



Here's a great synopsis of the September program if you missed Rev. Richard Wang's Sloop presentation. You will find it on page 3

# THE SLOOPERS

In the hour of Norway's Renaissance - the new birth - the Temple of the Freedom of the spirit was erected in the soul of the Norwegian People, and the mandate of conscience is the obedience to the voice of conviction. - That which the State Church hierarchy made an Anathema, is freedom's Gibraltar: man's right to think and the freedom to worship God. -

The history of the Norwegian Quakers, the coming of the "Restorationen" to America, and the story of the Sloop-folks, is Norway's Proud contribution to the Freedom of the Conscience, and the task of the Sloopers Society, the children of freedom's pioneers, is to be the guardian of this great inheritance!

(John J. Wang)

A SLOOP is a small single-masted cargo ship.

The sloop called "Restorationsjõnen" (The Restoration) arrived in New York Harbor after 98 days at sea. Aboard the overcrowded vessel were 46 passengers, including a newborn baby and seven crew-men - all Norwegians.

The day of their arrival, October 9, 1825 they were met by C. Teng Pedersen (Kleng Pedersen), a 42-year-old pioneer who had previously explored this new country, encouraged the arrivals to make such a journey and was about to help them settle on land he had secured for them in upstate New York.

# Stoopers

## Dates & Events or Actions

## Names

Yr. 1000 - Leif Ericsson. Song Eric the Red

Restorationism  
(Restoration)

Yr. 1537. The Lutheran Reformation  
(introduced in Norway)

Cleung Peerson

Yr. 1782 - May 17 Cleung Peerson born.  
in Tysraer Norway

• Came to America in 1821

Yrs. 1807-14 The Peak & Decline of Napoleon

Bonapart. Yr. 1815 Napoleon Defeated at  
Waterloo, Belgium. at the hands of  
The Duke of Wellington

Quakers, or Separatists  
Society of Friends

Yrs. Norwegian War-prisoners were  
1807 - housed on board decommissioned  
1814 prison ship ("hulks")

"Prison Hulks": "Bahama"  
"the Fyen" also "Success"  
"Hobart"; "Tasmania"  
Anchored in the Thames

As many as 700 prisoners on a  
Prison Ship.

1814. 14 January. The Treaty of Kiel  
concluded between the  
United Kingdom of Great Britain and  
Ireland.

Hans Nielsen Hauge  
b. 1771 (of a strong religious  
character. Underwent a  
profound spiritual rebirth in  
1796 @ 15 yrs.  
(jailed from 1814-24)  
[Died. 1824]

1814 - The Norwegian Constitution

1845 Edict of Tolerance or  
Freedom of Worship.

*Velkommen*

**Welcome New Members:**

**Matthew, Jessica, Henrik and Ike Piske**

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!

**God Bedring til...**

**...til Valhall Members** who are shut-in  
Karen Drager, Karin Ropp, Beth Johnson

**Stamps for the Wounded**

Save used stamps to help disabled and wounded soldiers and bring them to the lodge meeting.

**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

[www.stampsforthewounded.org](http://www.stampsforthewounded.org)

**2024 VOLUNTEER HOUR SHEETS**

Please remember to turn in your 2024 Volunteer Hours Sheet to Christina Fairchild during January 2025 so that she can give totals to SON Headquarters by February 15



**Lutefisk, Torsk, and Meatball Dinners**



Are now listed on the D5 Website under the Upcoming Events page.

If you are looking for something to do, why not check out the District 5 Sons of Norway Event page [Sonsofnorway5.com/events/](http://Sonsofnorway5.com/events/)

**Valhall 110 year Anniversary Logo Contest**

**DON'T FORGET TO TURN IN YOUR IDEA TO A BOARD MEMBER  
BY DECEMBER 7<sup>th</sup>.**



### **SOFN Limited Edition 2024 Rosemaled Old Rogaland Ornament SOFN2024ORN**

Show your Norwegian pride this holiday season by adding the 2024 Sons of Norway commemorative ornament to your Christmas traditions. With its Old Rogaland-style design, this elegant ornament will be a treasured addition to your holiday decor. Packaged in a silver-stamped gift box containing a Christmas greeting from Sons of Norway and an informative description of the Old Rogaland style of rosemaling, this ornament is a unique gift for someone who enjoys their Norwegian heritage as much as you do. This limited-edition ornament is bound to sell out quickly, so order yours now! This special keepsake is only \$24 plus tax, S&H. \*\*\*\* YOUR CREDIT CARD WILL REFLECT PHUSION LLC - NOT SONS OF NORWAY \*\*\*\* Additional Information ALL ORDERS MUST BE PLACED ONLINE - WE DO NOT ACCEPT PHONE ORDERS

<https://sofn.logoshop.com/ProductResults/?ProdSetIds=109764>

### **Sons of Norway Membership Benefits you should try!**

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them.

Here is the video on how to do that:

<https://youtu.be/4q-7Mxuuv5Q?si=BNqdhKdlv2V687DT>



### **Health Benefits of Gratitude**

According to Norsk Helseinformatikk, Norway's largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity. 49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health. Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep. Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started. What are some ways to promote gratitude?

Here are a few ideas:

- Write down or talk about what you are grateful for, once or twice a week
- Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
- Tell someone how you appreciate them or their work
- Concentrate on the good things that happen and see if your well-being increases

Ref: SON Newsletter Service November/December 2024 NOVEMBER ISSUE



## Sing A New Julesang

What is your favorite Norwegian Christmas carol? Chances are, if you live in the US or Canada, it's Jeg Er Så Glad Hver Julekveld, a song written by Marie Wexelsen, published in her 1860 collection of children's songs. This carol gained popularity just as Amerika fever broke out, and was carried cross the Atlantic on the lips of Norwegian immigrants.

A much newer carol with similar staying power is En Stjerne Skinner i Natt—A Star Shines Tonight. With a melody by composer and music professor Tore W. Aas and words by pastor and prolific lyricist Eyvind Skeie, the text to both carols mention an angelic chorus, the newborn child in the manger and bring stars shining above. While Jeg Er Så Glad remembers the prayers of the little ones, En Stjerne underscores peace on earth.

Both of these carols became the most famous work by their respective authors.

In 1992, the Oslo Gospel Kor (choir)—founded by Aas—was in the studio, and the song was written in time, to be added to their Christmas album. Three decades later, En Stjerne Skinner i Natt has been incorporated into several songbooks and recorded by a score of other artists.

Listen to this new classic on YouTube: <https://www.youtube.com/watch?v=BhwKEv51dIM>

Ref: SON Newsletter Service November/December 2024



## Saving Prehistoric Rock Art

Vingen in Norway's Vestland county is the site of one of the largest prehistoric rock carving sites in Northern Europe. Approximately 2,000 carvings and prints depicting animals, geometric patterns, and human figures estimated to date back 6,000-7,000 years. This site was discovered in 1910 by Bergen lawyer Kristian Bing, while looking for land to build on. He bought the land soon after, but ultimately sold the historic site to the Bergen Museum in 1923, who continues to own and manage it.

Now after many years of the site being undisturbed and protected, archeologists warn of a potentially catastrophic threat to the carvings. The nearby area of Frøysjøen was approved to plan for the building of a sandstone quarry near the top of Aksla mountain, as well as a crushing plant and shipping port which would assist the mining operation.

Proponents of the build state that it will provide jobs and would not impact the historic site because of its proximity and distance from the site. However, archeologists and critics of this proposed development state that the noise, light, vibrations and dust could have a devastating impact on the prehistoric cultural heritage site. They point to a quarry that currently exists further away, yet whose blast vibrations can be felt at Vingen. They emphasize that once a site like this disappears, it is gone forever. They also warn that this new quarry and facilities could destroy the region's best opportunities which are its tourism, education and cultural knowledge.

Ref: SON Newsletter Service November/December 2024



Sons of Norway Rockford

Valhall Lodge 5-168

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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 – [leeannaharp@yahoo.com](mailto:leeannaharp@yahoo.com) – 909-806-0825**

Submit items of interest for the you would like to post in the Valhall Lodge Newsletter to the Editor by the 15<sup>th</sup> 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.

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