



Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 April – June 2019

www.sofnrkfd.com

www.facebook.com/sofnrkfdValhall5168



Kalender



2019 Lodge Officers

President:
Vicki Rudh-Jones

Vice President:
Karin Ropp

Secretary / Editor:
Christina Fairchild

Financial Secretary:
Patricia Seddon

Treasurer:
Darrell Ropp

Publicity Director
Patty Klawitter

Cultural Director:
Wendy Higgins
Lee Ann Harp

Sports Director:
Bill Brod

Social Director:
Rich Fairchild

Foundation Director:
Richard Fairchild

Webmaster:
Chris Anderson

Sunshine Director:
Lee Ann Harp

Music Director
Karin Ropp

Greeters:
Lee Ann Harp & Harold Palm

Trustee / Auditors
Ray Pederson
Richard Fairchild
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.

Saturday, March 23: Board Meeting 9:00Am at home of Vicki Rudh Jones

Sunday, April 7: Lodge Meeting 1:30 PM – 4:00 PM

North Suburban Library - 6340 N 2nd St, Loves Park, IL 61111

Program: Movie – The Heavy Water War – Part 1 (Description on page 4)

Popcorn, Pretzels, Water will be served

Sunday, May 5th: Lodge Meeting 2PM – 5:00 PM

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

Program: Movie – The Heavy Water War – Part 2 (Description on page 4)

Light Refreshments will be served

Sunday, June 2nd: Lodge Meeting 2 PM – 5 PM

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

Program: Movie – The Heavy Water War – Part 3 (Description on page 4)

Light Refreshments will be served

Saturday, June 8th - Zone 5 Leadership Conference, 9 am - 2 pm,

All Saints Lutheran Church, 630 S. Quentin Road Palatine, IL. Hosted by Skjold Lodge 5-100

Saturday, June 15th: Midsommer Fest 10:00 AM – 3:00pm, Erlander Campus at Swedish Historical Society, Rockford

Abba Tribute Band Concert – “ABBA Salute ” – 7:00pm- Veteran’s Memorial Hall 211 N Main St., Rockford

Valhall lodge members ... We need your help!

The lodge is grateful for all the wonderful volunteers that carry out our programming and events. Thank You! Like many organizations the same volunteers seem to step up repeatedly. We have several members whose age and health issues prevent them from physically participating, but continue to be great resources and are always willing to share their knowledge.. We love sharing our Norwegian heritage and culture and **volunteering** is a terrific way to give a little back and help with something you are proud of. Increased membership and participation will help our lodge thrive.

We are looking for programs, ideas of interest, and volunteers to help make it happen.

Area Syttende Mai Celebrations



Stoughton, Wisconsin - 2019 Syttende Mai Festival

May 17th – 19th

Youth Parade, Saturday May 18th – Starts at 1:15pm – East from Monroe St to Mandt Park
Norwegian Parade, Sunday May 19th – Starts at 1:30pm – West from Mandt Park to Stoughton Plaza

For more information: www.stoughtonwi.com/events/details/syttende-mai-festival-2019-3977

Westby, Wisconsin – 51 Years Annual Syttende Mai Celebration

May 18th – 19th

For more information: www.westbysyttendemai.com/

Park Ridge, IL Syttende Mai Parade - Norway Day Parade

Sunday, May 19th

Pre-parade festivities in Hodges Park begin at 12:00PM and include activities for children, vendors, and refreshments. Parade starts at 1:00PM.

Contact Barb Kronborg-Mogil (847) 712-3170

Screw City Kubb Klassic

May 11, 2019



Kieselburg County Forest Preserve
Machesney Park, IL

Kubb United is partnering with Rockford Area Convention & Visitors Bureau and Gigi's Playhouse to present the 2019 Screw City Kubb Spring Klassic. The tournament will be 2 person only teams. There will be 8 qualifying rounds of single games each having a 25 minute time limit. Kubb United Rules for Open Play apply. *All proceeds are shared with Gigi's Playhouse.*

For more information or to register a team

<http://www.kubbunited.com/rockford>

*Velkommen til den
5th Annual . . .*

Breakfast in Norway!

Sat., June 1, 2019 8 to 11 a.m.
Norway Community Bldg – Norway, IL
(GPS: 3676 E. 2603rd Rd., Sheridan, IL 60551)

ADULTS	CHILDREN
\$10 (at door)	\$7 (at door)
\$8 (advance)	\$5 (advance)

To reserve tickets or
more information, call:
815-343-5070

Come and enjoy all your favorite
HOMEMADE breakfast foods as
well as great fellowship with old and
new friends! Enjoy things like fried
Kumla, Norwegian waffles, fresh
fruit, sausage, guma, scrambled
eggs and much more!

Proceeds go to help support the
Norsk Museum Building Fund

Recipes

Tiny Almond Pies

Top off your Easter supper with this tasty dessert, laced with delicate almond flavor.

Ingredients

For the dough:

Scant 2/3 cup unsalted butter
1 cup flour, sifted
1 egg yolk
3 ½ Tbsp. cold water
1 Tbsp. cognac

For the filling:

1 ¼ cups ground almonds
1 cup sifted confectioner's sugar
3 egg whites, lightly beaten

Directions

Step 1) Divide the butter into three pieces of equal size. *Crumble one piece into the flour.* **(Step 2)** Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature. Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over 2/3 of the dough. **Step 3)** Fold over the plain section, then fold over the other section with butter, like a business letter. *This forms a rectangle with three layers of dough and two of butter.* Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes.

Step 4) Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. **Preheat the oven to 200° C (400° F).** Grease sandkake (small fluted pie) tins.

Step 5) Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins.

Step 6) For the filling, combine almonds with powdered sugar and egg whites. Place about 1 ½ teaspoons of filling in each form.

Step 7) Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust.

Step 8) Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes.

This recipe is taken from "The Norwegian Kitchen" which is available for purchase through the Vesterheim Museum Bookstore: (800) 979-3346 or www.vesterheim.org.

Gratulere Med Dagen Happy Birthday

April :: april

Wayne Erickson- 4/21

May :: mai

Berit Ryberg 5/3
Karin Ropp 5/10
Lisa Rove-Williams 5/10
Jacob Calhoun - 5/12
Marlene Winkie 5/18
Chris Anderson - 5/22
Lee Ann Harp- 5/22
Dr. Jeffrey Higgins - 5/31

June :: juni

Clairan Wistar 6/5
Melvin Haugen - 6/12
Norma Linderoth - 6/12
Theresa Norwood - 6/14
William Brod 6-19
Gerald Brocker MD - 6/25



Valhall lodge has many good cooks. We are looking for your favorite Norwegian recipes to help us create a Valhal Lodge cookbook. The cookbooks will be used as a fundraiser and made available for purchase to lodge members.

We will be accepting recipes until August 31, 2019.

Pick up a form at the next lodge meeting. Return the form(s) to a lodge meeting, email or mail your recipes to your cultural director, Lee Ann Harp or Christina Fairchild

Yes, we are still collecting recipes and would love it if you entered more than one recipe!

April, May & June - Valhall Lodge Program



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.

2019 Valhall D 5 Chili Cook-Off Winner

Valhall Lodge members met Sunday, Feb. 3rd at the North Suburban Library in Loves Park, IL for the annual Sons of Norway District 5 Chili- Cook-Off. Thirteen members and three guests were in attendance. Contestants were Mike Jones, Richard Fairchild, Bruce Hallgren, Julia Higgins and Wendy Higgins. Bruce Hallgren won First Place and bragging rights for the year. Contestants for the cookie contest were Karen Drager, Iolyn Beers and Christina Fairchild .



Judges, Richard Fairchild, Mike Jones, Bruce Hallgren, and Kimball Higgins



Karen Drager won the cookie contest for her Cranberry bars

Sympathy:

Valhall Lodge extends its sympathy to the following

- Wallace "Wally" E. Halvorson 1923—2018
Wally passed away Friday, November 9, 2018. He joined Sons of Norway Valhall Lodge in 1990.



- Kristofer Garmager 1925—2019
Kristofer was a 77 year member of Valhall. He joined Sons of Norway Valhall Lodge in 1942
Kristofer's father, Conrad Garmager served on the SON District board.



HEAR, YE, HEAR, YE!

April 1, 2019 – Sons of Norway Foundation deadline for Nancy Lorraine Jensen Memorial Scholarship*

April 15, 2019 - Sarah Paulsen Scholarships due for Masse Moro Campers

Go to the Sons of Norway website: www.sofn.com and select Foundation. A dropdown menu will appear.

April 15, 2019 - Valhall Lodge Scholarship due for two campers.

This year Valhall will also have available a new scholarship the “Kristofer & Conrad Garmager Memorial Scholarship”.

Return your completed forms for the Valhall Board review to

Vicki Rudh-Jones - 283 Osprey Ridge, Machesney Park, IL 61115



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.

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. For example, Sons of Norway members are eligible for a 15 percent discount on TurboTax products on Perkspot – just in time for tax season!

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.

Ref. Sons of Norway Newsletter Archives



2019 Recruitmen Challenge (#Growingto2020)

Recruit and be recognized!

In 2018 more than 800 members earned their 2018 recruiter pin. Now you can invite new members and earn this 2019 limited edition pin. Be sure to get the credit you deserve by including your member number on any join form you give to a prospective member.

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

10 fun facts about Syttende Mai

The Norwegian National Day, better known as Syttende Mai, marks the day Norway's Constitution was signed in 1814, in effect declaring the country and independent kingdom.

1. For a long time, The Constitution Day was celebrated on the 4th of November ... Not until early twentieth century, after parting ways with big brother Sweden in 1905, would Norway resume its celebrations on 17th of May.

2. For the first decades, only boys were allowed to participate in the children's parade ... Perhaps not a "fun fact", but notable nevertheless in the history of Nordic gender equality, is that when the first children's parades were introduced in 1869 in Oslo as part of the national celebrations, only boys were included. Twenty years later, in 1889, girls were first allowed to participate in what is now one of the most iconic staples of 17. Mai.

3. The first recorded 17. Mai celebrations were in... Denmark ... The former interim king of Norway, Christian Fredrik, was sent into an internal exile to Denmark in 1815 to serve as a General Governor of Fyn. Danes were fond of what he had accomplished in Norway (he would indeed one day serve as the king of Denmark), which gave Christian Fredrik cause to arrange festivities for the 17. Mai in 1815. These were the first documented celebrations of the Norwegian Constitution Day...

4. "Ja, vi elsker" is not the official national hymn ... Contrary to popular belief, the song that Norwegians sing during the celebrations, "Ja, vi elsker", is actually not the national song of Norway. It was first performed in 1864 to mark the 50-year celebrations of 17. Mai.

5. Norway is not the only country celebrating 17. May. ... The tiny Pacific island state of Nauru, with 11,000 inhabitants, also celebrates its Constitution Day today.

6. Booming ice cream sales! ... Syttende Mai is undoubtedly the best day for ice cream sellers in Norway, if the weather permits. Aftenposten notes that 7-Eleven can sell up to five to six times more ice cream than usual.

7. The weather on 17. May fluctuates – a lot ... Data from the Norwegian weather institute shows how much temperatures can vary across Norway on the national holiday. The warmest date on record was in Værnes in 2000, when the thermometer showed 26,8 degrees celsius. The coldest date was in Trømso in northern Norway, with minus 1,4 degrees. Even further south, celebrations have taken place in near-freezing temperatures: in 2008, Oslo was down to 2,3 degrees. Not exactly ice cream weather. The wettest date on record – no surprises here – was in Bergen, in 1993, with 23,6 mm of rain.

8. Peak-hour to watch the celebrations on TV is at 10.42 am ... Aftenposten notes that while the average number of people viewing the celebrations on NRK is 387,000 throughout the day, at 10.42 am there's more than 530,000 people watching.

9. A total sausage fest ... Norwegians eat millions of sausages to celebrate their special day. While grilled sausage is preferred by most, the eastern part of the country is very fond of *Wienerpølser*, or Wiener sausages. Sausage sales at 7-Eleven and Narvesen (a local retailer) jump almost 120 percent on May 17th, according to data from Reitan Group.

10. Other notable historical events on 17th of May ... 1792: The New York Stock Exchange was founded, 1846: Adolphe Sax got a patent for a new instrument called the saxophone, 1993: Rebecca Stephens became the first woman to scale Mt. Everest

Read the complete article here: <https://nordic.businessinsider.com/norways-national-day-is-today---heres-10-fun-facts-about-the-crazy-celebrations-2017-5/>

Oslo Ranked 2nd Healthiest City in the World

Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10.

While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free, and adding more pedestrian and bike friendly areas. Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit spotahome.com/healthiest-cities-world.

Fish Waste to Power Cruise Ships

A new initiative will use green energy to power ships in Norway. Norwegian company Hurtigruten plans to convert at least six of its cruise liners to use biogas made from fish waste by 2021. Converting the ships to use this fossil-free fuel will reduce greenhouse gas emissions and help efforts to eliminate pollutants.

The reason for using fish waste is due to Norway's high number of fishery sectors and access to high volumes of organic waste, placing Norway in a great position for the biogas market. The ships will also use large battery packs capable of storing energy produced from renewable sources.

In addition to using biogas, Hurtigruten will be banning single-use plastics to create environmental sustainability. Hurtigruten's numerous efforts will help decrease the ships' negative impact on the environment and will be a solid step toward environmental preservation. To learn more about Hurtigruten's efforts in going green, visit <https://www.hurtigruten.com/us/press-releases>



TUBFRIM Contest — Win tickets to Norway

For every pound of stamps donated in 2019 you, or Valhall Lodge, earns one entry in the 2019 raffle for an airline ticket to Scandinavia. Give your used stamps from any nation to Vicki Rudh-Jones, or bring them to a lodge meeting. Stamps and used phone cards are packaged by the TUBFRIM organization and sold to wholesalers and dealers. TUBFRIM is owned by the Norwegian health service and has been processing stamps since 1929.. The official postcard to enter the drawing can be ordered from the Sons of Norway supply department, 800-945-8851 ext. 645 or supply@sofn.com. For more information or questions, contact Sons of Norway Tubfrim Chairperson Mary Bennett at 608-837-8335 or mjbenn4@gmail.com or visit the Tubfrim page on the Sons of Norway website

SAVE THE DATE - Norse Valley 50 year celebration!

Sons of Norway Norse Valley Lodge 5- 491 50 year Anniversary Celebration!

Date: Sunday, July 28, 2019

Place: Liberty Hall 800 Eisenhower Dr., Kimberly, WI

Please plan to join us from 4:00 – 6:00 PM for a reception with cash bar. View a wide variety of displays and demonstrations highlighting our rich Norwegian heritage and the Norse Valley Lodge.

Dinner will be served at 6:00 PM After dinner program by The Ladies of the Fjord featuring Hardanger fiddle music.

*Other surprises are also planned highlighting the history of the Norse Valley Lodge! Further information and reservation materials will be sent out in May, 2019!

SONS OF NORWAY 5TH DISTRICT MASSE MORO
NORWEGIAN HERITAGE YOUTH CAMP
SHARING THE NORWEGIAN HERITAGE CAMP EXPERIENCE FOR 40 YEARS SINCE 1979

GENERAL INFORMATION FOR 2019 YOUTH CAMP:

• **DATES:** *SUNDAY, JULY 14TH AT 2:00 PM (check-in) THRU SATURDAY, JULY 27TH AT 9:30 AM, 2019. (A culminating program will follow for parents and other guests.)* Application deadline is May 17th, 2019 for those who wish to qualify for further support through District 5 and Draxten Funds.

• **ELIGIBILITY:** District 5 youth, ages 9 to 15 (as of 1st day of camp, July 14th, 2019). Sons of Norway affiliation, while strongly encouraged, is not required for participation at Camp.

• **COST:** \$800.00.

• **PAYMENT:** A \$50.00 **non-refundable deposit** & processing fee is payable with application. Be certain to have a parent or guardian sign the form. Please mail to **Sandra Olson, District 5 Youth Director, 733 250th Street, Woodville, WI 54028-7025**. Final payment is due on or before **June 15th, 2019** and should also be sent to Sandra Olson. **Make all checks payable to: Nordic Legacy Foundation. Please print camper name(s) on all check memos.** Campers may make **all** camp fee payments via *PayPal* at www.MasseMoro.org or by check or a combination of both methods.

• **MATCHING FUNDS:** Contact our LODGE SECRETARY (Christina Fairchild, 815-624-4478) FOR INFORMATION ABOUT MATCHING FUNDS. Our Lodge has voted to give matching funds of \$150 to each of two youths (**early registration deadline is May 17th, 2019**). District Five will also contribute UP TO \$150.00 to each of the two youths.

NOTE: For campers to receive additional monies from the Draxten Fund (that comes from S of N headquarters) toward their cost of camp, applications **MUST** be received by the early registration deadline of **May 17th, 2019**. The amount of Draxten funding per camper is determined by the number of campers who have applied before the deadline.

CAMP APPLICATION FORMS are available from our Lodge Secretary (Christina Fairchild), or you may get forms on-line from the S of N District 5 website: www.sonsofnorway5.com.

APPLY NOW AS MANY CAMPERS HAVE ALREADY REGISTERED.

Bring a Friend: We encourage our youth to bring a friend! Campers who recruit a new camper and they both register by May 17th will also receive \$25 each toward their registration. Final payment is due on or before June 15th, 2019.

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 Secretary (Christina 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.



Hey Snow Birds!

Those of you who move from one place to another as the seasons change are asked to contact Sons of Norway International headquarters **each time you move**. Please call 800-945-8851 to notify them so you continue receiving your *Viking* and other mailings the home office may send out.

MEMBERSHIP FORMS

Please do not use any old membership forms
Contact Vicki Rudh Jones at 815-282-2374 to get new forms or pick one up at the lodge meeting

CHANGE OF ADDRESS

If you have a change of postal address, **please** notify the Sons of Norway International Headquarters Membership Department at 800-945-8851. Or login to the Members only Sons of Norway website at <https://www.sofn.com/>

Keep the Sunshine Posted...

Please keep the Sunshine Chair informed about members who are ill, undergoing surgery, recuperating or homebound for an extensive period, lost a family member, fell on some hard times, needs some encouragement or passed away. We will send them well wishes from the Lodge.

Contact Valhall Lodge Sunshine Chair:
Lee Ann Harp – 909-806-0825
Email: leeannharp@yahoo.com

Ride Share: If you need help getting to or from a meeting or event, please contact Vicki Rudh-Jones at 815-282-2374 and we will make every effort to find a ride for you. Thank you

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 membership.

Greg Ragan, Sons of Norway
Fraternal Benefits Counselor,
Insurance & Investments
7042 Kinnikinnick Drive
Roscoe, IL 61073-9661
Phone: (800) 442-4146
Fax: (815) 623-8252
Email: gragan51@gmail.com

HOW TO CONTACT VALHALL LODGE:

To Phone: Call 815-282-2374

To Send Postal Mail:

Vicki Rudh-Jones
Sons of Norway Valhall Lodge 5-168
283 Osprey Ridge
Machesney Park, IL 61115

Valhall Lodge Web Site:

www.sofnrkfd.com

Valhall Facebook Page

www.facebook.com/sofnrkfdValhall5168

(you do not need an account to check out our facebook page)

Attention Members — Record Your Volunteer Hours

The Lodge collects information on the time you spend supporting Sons of Norway activities. These include activities like officer duties, Tubfrim, planning and preparing for a meeting or event, ordering and pricing merchandise, etc.

Hours spent at a meeting should not be included in this tally. Send questions to Valhall secretary: Christina Fairchild at cfairc56@gmail.com



Sons of Norway Rockford
Valhall Lodge 5-168
Christina Fairchild-Editor
226 W River St.
Rockton, IL 61072

Join Sons of Norway, Renew a Membership, Give a Membership

- To join Valhall Lodge as a new member email Karin Ropp at bunnyropp@gmail.com, call SON headquarters in Minneapolis (800-945-8851), or sign up online here:
https://www.sofn.com/join_or_renew/
- If you need your membership number or if your membership has lapsed, call 815-624-4478 or email cfairc56@gmail.com.

Dues—paid monthly or annually

- Individual annual dues \$60
- Family annual dues \$95 (all members reside at the same mailing address)
- Your dues will be allocated between Valhall Lodge, Sons of Norway 5th District, and the international Sons of Norway organization.

Valhall Lodge meets the first Sunday of the month

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 10th of the month.* If 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.

Email articles to the editor at cfairc56@gmail.com or mail to

Editor: Christina Fairchild 226 W River St. Rockton, IL. 61072 Phone (815) 624-4478

The editor reserves the right to edit all articles.