



Valhall Nyheter

Sons of Norway Lodge # 5-168 April – June 2021



Kalender



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

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

There are no upcoming meetings or events scheduled for our lodge at this time due to COVID-19. Therefore, you will find this Newsletter a bit out of the ordinary. I hope it will provide you with entertaining and interesting information nevertheless.

Other Lodges are having 'virtual' meetings using phones and computers. It's a bit more complicated and not everyone has a computer or a smart phone. The Newsletter and word of mouth methods (telephone, holler out the back door, or carrier pigeon) will have to be our communications method to you all.

Does anyone want to tackle this? Perhaps one of our members might step up to the challenge to bring us together...at least virtually

During our time of no meetings, I am asking for stories from our members. We will call it "Story time." A story could be about your family history, yourself, how you became interested in Sons of Norway, a favorite book, memories or other stories on what you are doing during this pandemic, the sky's the limit. It will be a good way to stay connected and get to know each other a little more.

I will send out stories to lodge members by e-mail on Sundays and include some of them in the newsletter. We will be able to learn a little more about each other, and enjoy reading the memories. Until we are able to meet either virtually or in person again, stay safe and healthy. Who knows the "stories during COVID" might make it into a booklet form sometime.

In lieu of meetings, several interesting Nordic News Radio audio/visual presentations can be accessed under Programs on the D5 SofN website or by clicking on the link under Programs on the D5 SofN website or on the link:
[Nordic News Radio | Sons of Norway District 5 \(sonsofnorway5.com\)](http://www.sofn.com/NordicNewsRadio/SonsOfNorwayDistrict5/sonsofnorway5.com)

The programs can be viewed at your convenience by just clicking on a topic OR they can be watched live every Tuesday 6:20 p.m. (Central) or 7:20 p.m. (Eastern) by computer at gotomeet.me/SofN-D5
By cell phone: 646-749-3112.
Access code: 509-077-557



Queen of Norway?

When Princess Märtha Louise of Norway was born in 1971, women were barred from ascending the throne of Norway. Her brother, Crown Prince Haakon, was born 2 years later and would eventually become next in line to the throne.

Eventually, in 1990, the law was changed so that women could become queen. But it only applies to those born after the law was put into place. The Princess recently shared that she was given the option to change the law. "When I was 15, the Prime Minister at the time was a woman, and she suddenly came up with the idea that [the law] was wrong. I remember she came home to us, with granddad [King Olav V], and we had a discussion about whether we should change the

whole system and I should be queen." "They said, 'What do you want, Märtha?' And I'm like, 'I'm 15, I don't know about these things,'" she added. Ultimately, the laws remained unchanged for a few years, but it started the discussion about updating the rules. Now, Norway is set to have a female monarch in the future. Crown Prince Haakon's first-born child is Princess Ingrid Alexandra, and is second in line to the throne.

7 Nordic-Inspired Ways to Celebrate Spring

As late winter gives way to Spring, here are some Nordic-inspired ideas to celebrate the change of seasons.

1. Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.
2. Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.
3. Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you haven't seen in months or years and ask "what's new?"
4. Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some early spring flowers like snow drops or daffodils started to pop up?
5. Is there a cultural skill you want to explore this year? Consider a skill you're curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.
6. Fill a bird feeder and your bird bath, if temperatures permit. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?
7. It's been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!

Reference March- April SON Newsletter resource

SPORTS CORNER:

Congratulations and A BIG TUSSEN TAK (Thank you) for participating in the District 5 Virtual Walk to Norge Challenge. Although we did not reach the shores of Norway by the deadline, your efforts have not gone unnoticed. With only 743 miles to go, it has been decided we would continue our journey. **The same rules will apply as the D5 challenge. Continue to track your steps / miles and turn them into Christina Fairchild email cfairc56@gmail.com**

Congratulations to the members who have earned their Gangmerke 'Walking' pins.

Valhall Participants:

Wendy Higgins: 867.5 miles - Idrettshelt pin Christina Fairchild: 601.74 miles - enamel pin

Robert Schrober - 397 Miles - Bronze and Silver pin

Patricia Farney - 539 miles Linda Petersen - 442 miles Isabel LaPonsie - 55.4 miles Sandy Carter - 52.5 miles

Once we reach the shores of Norway, we will continue the journey by following the Sons of Norway Virtual Pilgrimage: which can be found here [Sports Medal Program | Sons of Norway](#). They no longer offer the pin for completing the Pilgrimage, but it is a good way for you to earn your sports medals (Walking , running, biking, swimming, etc.) also. I will be checking with the Valhall board about a special recognition to members who complete the Virtual Pilgrimage.

Anyone can participate... It is not too late to start this journey with us. Everyone who participates will be recognized once we complete our journey.

Fraternally ,
Christina Fairchild

CULTURAL CORNER:

Now is a good time to work on our Cultural Skills. Be sure to check out your D5 Sons of Norway website under the Programs tab for some of the many virtual skills classes. [Cultural Classes | Sons of Norway District 5 \(sonsofnorway5.com\)](#)

Rosemal Class for Cultural Pin #2 via ZOOM

Session #1: **Saturdays May 8, May 15, May 22, 2021**

9:00 am to 3:00 pm CDT each day with a break for lunch

Instructor: Lois Mueller VGM

This class will be taught via Zoom.

Cost: \$75 for the 3 days (SON members)

Cost: For non-SON members: \$100 for the 3 days.

This class is open to anyone, but much of it is designed to allow those of you who have earned your #1 Culture Pin to earn the #2 pin. **Those who were not a part of the class for the #1 Culture pin, may take this class as well.** The instructor will teach you at your experience level.

REGISTRATION DEADLINE is April 26. *This is a short time from now, so register ASAP.*

The classes will be based on the SON Guidelines for the second culture pin.

Day 1: Review of brush control and brush technique for those who have taken the first class. For those who are beginners, we will concentrate on learning control and technique.

Day 2: Begin to create a design for a 6-8" square or a 8-10" round. The square or round may be a piece of backgrounded poster board, a piece of canvas or a piece of wood. Beginners will complete a flower form and begin working with scroll formations.

Day 3: Beginners will complete 1 project ...an 8" plate which will use the brush control and technique, flower forms and scroll formations.

To complete the submission for Pin #2: one elective selected from the list provided in the SON Cultural Skill Program information should be completed including photos and unit evaluation.

A list of painting supplies will be sent as confirmation of your registration. You may purchase the items locally and/or from the source that is included with the supply list. Since you may have some of the items, you need purchase only those items that you do not have.

I will be painting with acrylics, but am an experienced oil painter which allows you to select the kind of paint that you wish to use and I can assist as needed. If you already have paint and supplies, you may use them for the class.

Your instructor is Lois Mueller. She has been rosemaling since 1977 and teaching since 1979. She began teaching at the Technical College in Appleton, WI and now does travel teaching throughout the USA plus a trip to Taiwan and a couple to Canada. In November 2020, she taught her first Zoom class for the Illinois Norsk Rosemalers Assoc. and since that time has taught for Sons of Norway Dist. 5.

Lois received the Gold Medal from Vesterheim in Decorah, IA in 1998. Since that time she has written 9 rosemaling instruction books. In 2016, she was part of a group that created a new organization called, Rosemaling Coast to Coast. The reason for the organization was to have a way of sponsoring a rosemaling convention.

Rosemaling Class Registration Form

Name: _____

Street Address: _____

City: _____ St _____ Zip _____

Phone: _____

Email Address: _____

SON Lodge: _____

SON Membership #: _____

Non-Member: _____

Registration for the class is first come, first served by date received. The maximum number of students is 12. After class is full, we will have a waiting list. The instructor is willing to teach additional classes based on the number of registrations that we receive.

The Registration Deadline is April 26, 2021.

This deadline will allow you to purchase and/or order what is needed and receive it in time for the first session of the class.

_____ Class Registration Fee

Send registration to Lois Mueller via nordic@mhtc.net or by mail 1225 W. Main St., Platteville, WI 53818
Make checks payable to: Lois Mueller OR call 608-348-3398 if you wish to use a Credit Card

A list of painting supplies will be sent as confirmation of your registration

Matlyst



RECIPES NEEDED:

We are beginning to compile the recipes that were gathered over the past year. There is still time for you to submit your favorite recipe. Attached is a sample template you may use. 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.

RECIPE

FOR: _____

FROM THE KITCHEN OF: _____

PREP TIME: _____ COOK TIME: _____ SERVES: _____

INGREDIENTS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



DIRECTIONS:



Velkommen

Share the Spirit of VELKOMMEN

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>

Gratulere Med Dagen (Happy Birthday)

April

Ethan LaPonsie 4/13
Wayne Erickson 4/21

May

Berit Ryberg 5/3
Xander Tucker 5/6
Karin Ropp 5/10
Lisa Rove-Williams 5/10
Jacob Calhoun – 5/12
Chris Anderson 5/22
Lee Ann Harp 5/22
Lillian Berke 5/25
Dr. Jeffery Higgins 5/31
Oliver Ropp 5/31

June

Clairan Wistar 6/5
Madeline Barnhardt 6/13
Elizabeth Barnhardt 6/13
Benjamin Barnhardt 6/14
Isabel LaPonsie 6/15
William Brod 6/19
Greysen Barnhardt 6/23
Gerald Bocker MD - 6/25
Riley Jones 6/26
Kathleen Lee 6/28

Norway to Introduce New Passports

On October 19, 2020, Norway issued its first new passports to the Minister of Foreign Affairs, Ine Eriksen Søreide, and the Minister of Justice and Public Security, Monica Mæland. The decision to create a new version of the passport was mainly to increase its security elements, making it more difficult to forge. The new passport features aspects of Norway's natural scenery as a pleasant background on the pages, but it also doubles as a security feature; when placed under UV lighting, the Norwegian landscape background will switch from day to night.

This clever feature came to fruition through a design competition for the new Norwegian passport. Neue Design Studio won for its emphasis on Norwegian identity, functionality, and preservation of traditions. One of their main intentions was to convey the variances in Norway's climate and landscape—elements that have shaped the people and country. Neue's senior designer Benjamin Stenmarck adds "The design had to create a sense of belonging and connection across age, gender and regions in Norway." What better way to do this than through Norwegian nature.

Reference March- April SON Newsletter resource

JUST FOR KIDS

COLOR THE
BASKET OF
FLOWERS



ROYAL WORD SCRAMBLE

Unscramble the names of Norway's royal family members.

1. King	ladhar	
2. Queen	ajson	
3. Prince	kaonha	
4. Princess	temet-ritma	
5. Princess	dirgni radanxela	
6. Prince	rervse msaugn	

**DID YOU
KNOW?**

Norwegians celebrate
Constitution Day on
May 17 (Syttende Mai).
Norway's constitution
is the world's second
oldest constitution
in the world still in
existence today.

*Answers
Below*

For more Just for Kids pages
from previous issues, go to
sofn.com/justforkids. The "Family
Matters" archive is available on the
Just for Kids webpage.

sansonnorway.com VIKING MAY 2020 31

Answer Key

1. King Harald
2. Queen Sonja
3. Prince Haakon
4. Princess Mette-Marit
5. Princess Ingrid Alexandra
6. Prince Sverre Magnus



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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.