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Valhall Nyheter

Sons of Norway – Valhall Lodge 5-168 – Rockford, Illinois
April – June 2022 - Vol 2



Kalender



Upcoming events:

May, Hipp, Hipp, Hurra for Syttende Mai! Show your Norwegian pride. Consider inviting a friend or family member to join the fun of Norwegian National Constitution Day and our lodge this month.

June 15-19, 2022 District 5 Convention

July 10, 2022 – Valhall Picnic – Noon – 3 PM
Olson Swedish Heritage Park
Harlem Rd
Loves Park, IL 61111
More information to come

Gratulere Med Dagen (Happy Birthday)

April

Ethan LaPonsie
Wayne Erickson
Cooper Williams

May

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

June

Clairan Wistar
Madeline Barnhardt
Elizabeth Barnhardt
Benjamin Barnhardt
Isabel LaPonsie
William Brod
Greysen Berke
Gerald Brocker MD
Riley Jones
Kathleen Lee



Masse Moro 2022 Norwegian Heritage Camp

It's time to register for Masse Moro, our Norwegian Heritage Camp sponsored by District 5.

Camp Dates: Sunday, July 17 to Saturday, July 30, 2022.

Age Group: Open to 9 to 15 year old

- To better plan for our 2022 Masse Moro Camp, we are asking campers to complete and send their registration, along with your \$100 registration fee by April 1, 2022, if possible.
- Tuition for 2022 will be \$1,000 for the two weeks of camp; compared to \$2400 at other comparable Norwegian camps (the rental of our camp facility, the increase in food expenses and supplies have contributed to the increase in our tuition for 2022)
- Scholarships and matching grants may be available to those who register early. (\$150 matching grant available from District 5)
- Encourage all Sons of Norway members, parents, grandparents or aunt or uncle to contact their Lodge for supporting grants and receive matching funds. (\$150 grant available from Valhall - contact our Treasurer.)
- Invite a friend and encourage others to join them at Masse Moro (do not have to be a Sons of Norway member to attend)!
- Campers will be enrolled on a first-come, first-serve basis; encourage your young people to send their application in early to secure their place at Masse Moro.

Visit the Masse Moro website: www.massemoro.org or the District 5 website at: www.sondofnorway5.com for registration applications and supporting grant applications.

If you have questions about the camp experience, feel free to contact Ray & Arlene Pederson, whose grandson, Lucas attended Masse Moro.

CULTURAL CORNER:

Now is a good time to work on our Cultural Skills. Be sure to check out your D5 Sons of Norway websites under the Programs tab for some of the many virtual skills classes. *You might also check out the Sons of Norway International website for a list of all the cultural skills available.*

SPORTS CORNER:

Jump on the Trend of Nordic Walking. You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)

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

Take a class or look up a YouTube video to learn proper technique

- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program

Bring your completed sports card times and mileage to a lodge meeting or Send them to Valhall's acting sports director Christina Fairchild.



Knut Brakstad

A Career of Service

Knut Brakstad built a career in service to his country, eventually becoming the right hand of the king. Originally from Molde, he attended St. Olaf College in the U.S. The liberal arts curriculum allowed him to explore interests such as civic engagement, philosophy and theology. He studied in Germany and London; in Oslo he earned degrees in family therapy and theology.

Brakstad was a chaplain in the Royal Norwegian Navy, worked for the Ministry of Foreign Affairs and served as a Lutheran minister. He was a project manager on the 1994 Winter Olympics in Lillehammer and then shifted careers, moving to the royal palace to become the First Assistant Cabinet Secretary for King Harald V.

Eventually Brakstad became the king's private secretary, responsible for maintaining King Harald's correspondence, schedule and activities, flying with him all over Norway and the world.

For his service to his country, Brakstad was appointed a Knight of the Order of St. Olav in 2005, and was awarded an honorary doctorate by his alma mater, St. Olaf College. He retired in December 2021, after 28 years of representing the royal family.

Ref. SON Newsletter Service



Påskekrim and the Milk Carton Mysteries

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the hytte (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (en ulv – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.

Whether you are visiting a hytte, reading mysteries, or enjoying milk, God Påske! Happy Easter!



Homemade Kvikk Lunsj Bars

Make your own hiking snacks for springtime outings. This recipe from meny.no shows you how to make crispy-sweet Kvikk Lunsj-like sookies in your waffle iron.

Makes about 15
Prep Time: 40-60 min

Ingredients:

100 grams butter, softened (7 Tbsp., or 1 stick minus 1 Tbsp.)
125 grams powdered sugar (1 cup)
1 tsp. vanilla sugar (or substitute 1/4 cup powdered sugar plus 1 tsp. vanilla extract)
2 eggs
350 grams all-purpose flour (2 3/4 cups)
1 tsp. baking powder
400 grams chocolate (14 oz.)

Directions:

Step 1 - Mix butter, powdered sugar and vanilla sugar until smooth. Add eggs one at a time and beat on high .

Step 2 - In a separate bowl, mix dry ingredients (flour and baking powder), then add to the butter mixture. Stir with mixer until dough forms.

Step 3 - Pre-heat waffle iron to high. Form the dough into a square and bake each square on the iron for 1-2 minutes.

Step 4 - Immediately after removing from iron, cut the cookie into rectangle-shaped bars while it is still soft.

Step 5 - Melt the chocolate and dip bars in the chocolate. Let cool on waxed paper or cooling rack.

Step 6 - When the chocolate has solidified, they are ready to eat on your next adventure.

Ref.

[Homemade Kvikk Lunsj Bars | Sons of Norway](#)



Contagious Enthusiasm!

What's the BEST part of your Sons of Norway membership? Share it with those you invite to join us. Whether you have a passion for baking your family's favorite traditional Norwegian dishes, love travel tips, or have a favorite "don't miss" lodge activity, your enthusiasm will be contagious—in a GOOD way!

Treasurer's Report as of March 31, 2022

Lodge Fund:	\$139,014.76
Checking:	\$ 5,053.52
Total:	\$144,068.28

Grant Balance

Helping Hands Grant:	\$ 1000.00
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Scholarships:

Masse Moro Scholarship	\$300.00
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Ole and Lars on their first train ride

Ole and Lars were on their very first train ride. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel. "Have you eaten your banana yet?" Ole asked excitedly. "No, " replied Lars. "Vell don't touch it den, " Ole exclaimed. "I yust took vun bite and vent blind!"



NORWEGIAN HERITAGE FESTIVAL

STOUGHTON, WISCONSIN

May 13-15, 2022

WESTBY SYTTENDE MAI



May 14 & 15, 2022!!



CELEBRATING 54 YEARS OF WESTBY'S HERITAGE!

Velkommen til Syttende Mai!



Norwegian National League of Chicago will sponsor a two-day "Syttende Mai" celebration **May 15-16** in Park Ridge.

PARADE!

Celebrating Norway Day Sunday, May 15, 2022 Hodges Park Festivities In front of City Hall 12:00 - 4:00 pm Music – Vendors Children's Activities – Dancing Scholarship Presentation Parade Starts at 1:00 PM Talcott & Cumberland to City Hall Sponsored by the Norwegian National League



DIS OG DÅT

Masse Moro 2022 Norwegian Heritage Camp will be held Sunday, July 17 to Saturday, July 30, 2022 at Beaver Creek Reserve in Fall Creek, Wisconsin. Masse Moro provides an excellent opportunity for our youth ages 9 to 15 years of age. Our camp strives to fulfill the mission of Sons of Norway by preserving and promoting our Norwegian heritage. Campers do not have to be Sons of Norway members to attend camp.

Valhall Lodge offers 2 scholarships, each in the amount of \$150.00 to help cover the total fee for the year 2022 District 5 Heritage Youth Camp. The Valhall Masse Moro scholarship is offered to children or grandchildren of a current Valhall member.

All interested Camp Applicants may request an application form(s) from the Valhall Treasurer, Richard Fairchild, 226 W River St., Rockton, IL 61072

The completed Application must be postmarked by June 1st, and mailed to the address above.



District 5 Card Making Fundraising Project!



Give your homemade greeting cards a Norwegian touch with two new sets of letter stamps created for Sons of Norway D5. These stamp sets have Norge accent letters, not found in other stamp sets. The D5 fundraising committee took on this idea as a way to provide D5 members with Nordic items which are hard or impossible to find elsewhere. Here is what the individual letters look like. Nordic Alphabet 1 is created with capital letters, with rosmalled designs inside. After the card creator stamps the paper, he/she can use a fine tip-colored pencil to color in the leaves and hearts. Nordic Alphabet 2 features smaller upper and lower case letters and the text “gratulerer med dagen” meaning Happy Birthday. D5 has more Norsk stamps in the works, including plans for spring and Christmas themes. The cost for each set of stamps is \$16.00. Check out the D5 website for more gifts and order forms.

<https://sonsofnorway5.com/gifts/stamps.php>

Make check out to **Nordic Legacy Foundation**

Mail to: Connie Aiello Nordic Legacy Foundation 6237 Hilltop Drive Mt Pleasant, WI 53406

If you have any questions, contact Connie at NLFstamps@gmail.com

District 5 Convention 2022

The District 5 Sons of Norway Convention will be held June 15th – June 19th in Middleton, WI. You may purchase a “Well-wisher” greeting for the convention program for \$2 each at our lodge meetings or by contacting Vicki Rudh-Jones at 815-282-2374 email vrjpt52@gmail.com.

Enter Your Norwegian Craft Work in 5th District Cultural Arts Display

If you have crafted an item of Norwegian cultural art, you can enter it in a competition at the 5th District Convention in June. The convention will feature a display of cultural arts crafted by Sons of Norway members from throughout the district. Items need to be recent work completed after the 2018 convention.

If you are not attending the convention, you may send your craft item with someone else. All judging will be People's Choice. Pre-registration is needed. More information and a registration form can be found at https://sonsofnorway5.com/conventions/convention_events.php.

If you have questions, contact D5 Cultural Director Judy Ghastin at judy62ghastin@gmail.com

Sons of Norway District 5 Cultural Arts Display
2022 Madison Marriott West 1313 John Q. Hammons Dr. Middleton, WI 53562
Pre-registration Form must be completed to display art work.

Artist Name _____
email _____
Address _____
Phone _____ Lodge Name: Valhall 5-168

Category & description

Item # 1

Item # 2

Item # 3

Item # 4

Item # 5

Total number of pieces _____

Mail registration to Judy Ghastin, 718 Bruce Ct., Madison, WI 53705.

Bring items to Madison Marriott West on June 16, 1-6pm. Pick up items on June 18, 2-4p



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.