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Valhall Nyheter

Sons of Norway – Valhall Lodge 5-168 – Rockford, Illinois

April – June 2024 - Vol 2



Kalender



Saturday, April 13th , - Valhall Lodge Meeting – 10:00 am - noon

Stockholm Inn. 2420 Charles St. Rockford, IL 61108

10:00 AM Breakfast buffet or order off the menu (Dutch treat)

Program: Inna Larsen will be playing a Hardanger fiddle and talking about tunes from various regions of Norway. She will also be bringing along 2 fiction books she wrote about Hardanger fiddlers and some CDs in case people want to buy any.

Free Will Offering

Saturday, April 20 – Saturday Cultural Class-10:00am -1pm

Goodwill Community Room 3068 McFarland Road, Rockford, IL

Cooking Assignment – Appetizers

Have you been reading your Easter crime book?

Valhall Book Club will meet and discuss the book ‘Norwegian By Night’

Saturday, May 11 - Valhall Lodge Meeting – 10:00 – Noon

Valhall Lodge Meeting – 10:00 am - noon

Stockholm Inn. 2420 Charles St. Rockford, IL 61108

10:00 AM Breakfast buffet or order off the menu (Dutch treat)

Program: Norwegian Heritage Show and Tell. Members may bring in items that they inherited or have that reflect their connection to Norway. Kirsten will bring in a collection of rosemary items to display.

Saturday, May 18th Synttede Mai

See page 5 for area celebrations and parades

Saturday, June 8 2024 Valhall Lodge Meeting – 10:00 am - noon

Stockholm Inn. 2420 Charles St. Rockford, IL 61108

10:00 AM Breakfast buffet or order off the menu (Dutch treat)

Speakers: Jan and Miriam Hansen Program: “Norway’s Untold Stories, 1940-1945”

See page 2 for more information on our speaker and program.

June District 5 Convention June 19 – 22, 2024 See page 6 for more details

July – 2024 Summer Break- No meeting

Aug. 3, 2024 – Valhall Picnic – Noon – 3 PM

Olson Swedish Heritage Park

Harlem Rd

Loves Park, IL 61111

More information to come



June Speakers: Jan and Miriam Hansen

Jan, a native of Norway, is Professor Emeritus of Economics at UW-EC. Miriam is a former librarian and teacher. Together they've been involved with international education, and have taught and traveled in several foreign countries. Their love of Scandinavia and its culture resulted in research on a variety of topics from economics, the occupation of Norway during WWII, to travel and architecture.

The Hansens have been active in the Ager Historical Association in Eau Claire. They now live in Middleton, Wisconsin.

Program Description: "Norway's Untold Stories, 1940-1945"

The Occupation of Norway that began in 1940 lasted five long and frightening years. Stories about insurgent actions, sabotage, heroism, and escapes have been told and retold, but Jan Hansen's boyhood stories and those of his family, the encounters with POWs, the escapes to Sweden, and the everyday fears are memories that continue through a lifetime. Here is history remembered, but also many untold stories: the disappearance of a neighbor, the deceit and tactics of Vidkun Quisling's National Samling Party, the Nazi prisons, the POW and labor camps, the stories of Kirkenes and the "scorched earth" in northern Norway. These stories are the focus of this lecture and PowerPoint presentation.

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 Barnhart
Elizabeth Barnhart
Benjamin Barngart
Isabel LaPonsie
William Brod
Greysen Berke
Gerald Bocker MD
Riley Jones
Kathleen Lee



Masse Moro 2024 Norwegian Heritage Camp

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

Camp Dates: Sunday, July 14 to Saturday, July 27, 2024

Age Group: Open to 9 to 15 year old

- The application fee of \$100 is due upon submission and is credited towards the \$1,200.00 tuition. While the application fee is due with the application, the final tuition balance can be paid at any time and is due by June 1, 2024.

- 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, aunts, or uncles to contact their Lodge for supporting grants and receive matching funds. (\$150 grant available from Valhall - contact our Treasurer, Richard Fairchild)

- 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-served 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

Lisa Rove-Williams
Youth Director

771 W. Dresser Road
DeKalb, IL 60115

rovewilliams@comcast.net

CULTURAL CORNER:

Members are invited to share your **Sons of Norway Cultural Skills Unit** experience and completion work so you may apply for your Unit pins. This is your photo submission opportunity too! This includes Electives, Unit activities, and postage stamp processing for donation to Stamps for Wounded.

We will have a snack at noon by sharing our Unit One cooking. Bring your lunch, a beverage, and your project for credit.

We meet monthly, **10:00-1:00 in the Community Room at the Goodwill** on East Perryville across from Woodman's in Rockford, IL every third Saturday.

For more information contact:

Wendy Higgins 815-540-9399 (c) or

Kirsten Johnson 815-670-3149

District 5 Member Sports Challenge 2023 / 2024

***The challenge will run from October 19, 2023, to May 19, 2024.**

A member sports challenge was approved by the D5 Board at our recent fall board meeting and in advance of the June convention in Indianapolis. *The Board encourages our members to exercise via the mode they prefer. **Hike, bike, walk, snowshoe, ski, or swim your way to Indianapolis! Keeping ourselves healthy and strong is the goal.**

Fight off the winter doldrums and create a new you in 2024!

Choose a warm time of the day and simply GO FOR IT!

Another perk, members can also earn **Sons of Norway sports medals in the process.*

Members who participate in the challenge will be acknowledged at the 2024 District 5 Convention. Their names will be posted to the D5 webpage, and they will receive a participant award from the lodge..

The route:

All participants will begin by leaving their residence and heading to our northernmost lodge geographically, Dovre Lodge, in Chetek, WI.

They will redirect themselves to our southernmost lodge, Vikings of the Smokies Lodge, in Knoxville, TN.

Lastly, participants will head for the finish line in Indy!

• **Let's Hit the trails or the park!**

*Keep track of your miles via the SofN Sports Medal Program and submit them to your lodge's sports. Bring your completed sports card times and mileage to a lodge meeting or

Send them to our Valhall Sports Director:

Karl Ropp email: karlropp@gmail.com

Matlyst



Meatball Snacks (Kjøttkakepinnemat)

Make bite-size Norwegian Meatballs.
Attach to a toothpick.
Add a small piece of marinated, drained
well, cucumber or a small piece of
Boston lettuce

(for marinade see Cucumber Salad).
Place into the desired vegetable.

Cucumber Salad (Agurksalat)

A sweet and sour cucumber salad

Ingredients:

One cucumber,
2/3 cup white vinegar
2/3 cup water,
3 1/2 Tbsp. sugar
1/4 tsp. Salt,
dash of white pepper
Fresh, finely chopped parsley.

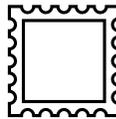
Directions

Slice the cucumbers thin
and place in a bowl. Mix vinegar, water,
sugar, salt, and white pepper in a small
bowl. Pour the dressing over the
cucumbers and mix well. Refrigerate for
at least 30 minutes, then sprinkle with
finely chopped parsley and serve.

VELKOMMEN

Valhall Lodge extends
a warm welcome to
our newest members

Eric & Christy Moe
3748 Lakeview Dr.
Winnebago, IL 61088



SAVE YOUR STAMPS!

Stamps for the Wounded (SFTW) has been helping
veterans since 1942. SFTW is a service
organization dedicated to providing comfort and
stimulating activity to U.S. veterans through stamp
collecting. Stamp collecting provides comfort,
meaningful activity, and social connections ... it is
not physically challenging and very stimulating.

Stamps for the Wounded (SFTW) relies on
donations to provide stamps and supplies to
veterans. SFTW is a 501(c)(3) non-profit
organization, and all donations are tax-deductible.
For more information

Pick up a brochure at the lodge meeting or go to
<https://www.stampsforthewounded.org/>

Drop your stamps off at any lodge gathering.

Heads Up Everyone! We are having a contest!

Valhall will celebrate our 110 year anniversary next year!
We are asking Valhall members to create a Valhall Logo to commemorate our
110 year anniversary, so put on your thinking caps and get inspired!
Watch for more information



NORWEGIAN HERITAGE FESTIVAL

STOUGHTON, WISCONSIN

May 17-19, 2024

WESTBY SYTTENDE MAI

CELEBRATING 56 YEARS OF WESTBY HERITAGE!

Syttende Mai celebration on May 17-19, 2024

The Westby Syttende Mai Board and the residents of Westby invite you to our 2024 Syttende Mai celebration that commemorates Norway's Constitution Day. Strong ties to Norway still exist since the first official Norwegian settler laid his eyes on the prairie once called Coon. Family and tradition hold special meaning in this primarily Norwegian community.



Norwegian National League of Chicago will sponsor a "Syttende Mai" celebration **on May 19, 2024**, in Park Ridge.

PARADE!

Celebrating Norway Day Sunday, May 19, 2024, Hodges Park Festivities In front of City Hall 11 am – 3 pm rain or shine
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

[Syttende Mai \(nnleague.org\)](http://nnleague.org)

Mark your calendar now!
The 2024 Sons of Norway District 5 Convention is coming!

RACING TO THE FUTURE



RACING TO THE FUTURE

Indianapolis Crowne Plaza Airport Hotel
2501 S High School Rd,
Indianapolis, Indiana 46241

June 19-22, 2024

Interested in attending as a lodge delegate? Learn more on the D5 website
https://sonsofnorway5.com/conventions/delegate_information.php

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 2024 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 [Convention Schedule and Events | Sons of Norway District 5 \(sonsofnorway5.com\)](https://sonsofnorway5.com/convention-schedule-and-events)

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

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!

Registration for District 5 Sons of Norway Convention

Indianapolis, IN

June 19-22, 2024

Crowne Plaza Airport hotel - Registration forms for delegates and non-delegates are posted on the District 5 website (sonsofnorway5.com) and in the Friendly Fifth Friday News.

Registration materials will also be sent to delegates who are identified as representatives of their lodge.

The **Delegate registration fee is \$125** and **includes** lunches on Friday and Saturday.

The **Non-delegate registration fee is \$40**. Non-delegates may order lunch separately.

FAQ: What do I get for the registration fee?

ANSWER:

A comfortable, recently remodeled place to meet.

A goodie bag. Access to special speakers, evening entertainment, and classes.

A nametag to help you meet others.

A cup of coffee or glass of lemonade Th, F, S.

Class fees:

Rosemaling: \$165 includes blank plate (**delegates 2 days \$90**) Wed thru Sat am

Hardanger Embroidery: \$175 includes kit (**delegates 2 days \$90**) Wed thru Sat am

Knitting: \$150 plus pattern, yarn, and needles (**delegates 2 days \$90**) Wed thru Sat

Stamping: \$150 plus materials (**delegates 2 days \$90**) Wed thru Sat am

Needle Felting: \$65 including materials (**one-day class**) Wednesday

Carving Ornament: \$60 includes one wood blank (**half-day class offered twice**) Thurs am, or Fri am

Sami-influenced Bracelet Making: \$75 includes materials (**one-day class**) Thursday

Hardanger Fiddle: \$150 provide own instrument (**one-and-a-half-day class**) Friday am & pm, Sat am

Note: Check class description for details of supplies needed.

No refunds will be given for classes unless a class is cancelled.

Indianapolis Crowne Plaza Airport Hotel Reservations

Indianapolis Crowne Plaza Airport Hotel - 2501 S High School Rd, Indianapolis, IN 46241

The block of guest rooms for the Sons of Norway Convention is now open. The convention rate of \$129 is in effect for Tuesday, June 18 through Saturday, June 22. This special base rate is for either a king or double queen room. Additionally, a hot, fresh-cooked breakfast for two people is included with each room. You can reserve your room by calling 317-244-6861 and asking for reservations. The group code is "SNY."

Be sure to mention the Sons of Norway District 5 Convention and verify that the base rate is \$129. If you have any problems reserving your room, you may contact Dawn Huth, Housing Manager at the hotel, 317-243-1030.

This opportunity is limited, so reserve your room as early as possible. The deadline is May 19, 2024.

It is important to **RESERVE EARLY** to be sure to get this rate and breakfast deal. When our block of rooms closes, the special deal will no longer be available. **Do not hesitate! Reserve as soon as you can before May 19, 2024!**

Convention goesers, please note: Check-in time at the Crowne Plaza Airport hotel is 4pm and check-out time is noon.

If you have special needs they will accommodate to the best of their ability.



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.