



# Valhall Nyheter

Sons of Norway – Valhall Lodge 5-168 – Rockford, Illinois  
June, July, August 2026



## Kalender



**Saturday, June 20 – instead of a regular Valhall Lodge Meeting, enjoy the Midsummer Celebration** in Historic Haight Village, Rockford, IL!  
Admission to the festival is free. **10 am – 3 pm**

Members may bring their **completed Sports Medal paperwork and completed Cultural Skills paperwork** to the Goodwill Community Room, 3068 McFarland Road, Rockford, IL, for review and signature of completion. Wendy and Christina will be available from 10 am to noon. This will not be a cultural / cooking unit class.

**July – 2026 Summer Break- No meeting – Cultural Class to be determined**

**August 2 -6 - District 5 Convention See page 3 & 4 for more details**

**August 15<sup>th</sup> – Valhall Regular Lodge Meeting – Program will be a recap of the D5 convention**  
Goodwill Community Room 3068 McFarland Road, Rockford, IL from 10 am - Noon

Check out our facebook page  
[www.facebook.com/sofnrkfdValhall5168](http://www.facebook.com/sofnrkfdValhall5168)

Affiliation:  
Sons of Norway International  
1455 West Lake St.  
Minneapolis, MN 55408  
<http://www.sofn.com/>

Sons of Norway District 5  
President: Cheryl Wille-Schlesser  
<http://sonsofnorway5.com>

Benefits Counselor:  
Greg Ragan (815) 623-8817  
[gragan51@gmail.com](mailto:gragan51@gmail.com)  
[www.raganfinancialgroup.com](http://www.raganfinancialgroup.com)

### *Gratulere Med Dagen (Happy Birthday)*

#### **April**

Ethan LaPonsie  
Wayne Erickson  
Cooper Williams

#### **June**

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

#### **July**

Kimball J. Higgins  
Susan K Brocker  
Grace M Calhoun  
Patricia Klawitter

#### **May**

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

#### **August**

Sally Knutson  
Margaret S Van Dan  
Richard Wang  
Jacqueline Jewell  
Mike Lunde  
Robert Schober  
Rosie Tucker  
Glendon Williams  
Adam Knutson

## SHORT-TERM HEAD COOK & ASSISTANT COOK POSITIONS AVAILABLE!

Masse Moro, the District 5 summer youth camp, is looking for a head cook and an assistant cook to work July 10-25 in Fall Creek, Wisconsin.

The ideal candidate will have some experience cooking for a group, but all applicants will be considered. No menu planning or food ordering is required. The cooks will work closely with the camp's established part-time baker to prepare a variety of Scandinavian classics as well as kid-friendly favorites. This is a terrific opportunity to make some extra money quickly for teachers who have summers off or for energetic retirees!

Visit [MasseMoro.org](http://MasseMoro.org) to apply or contact the youth director with any questions.

**Lisa Rove-Williams**

**Youth Director**

**771 W. Dresser Road**

**DeKalb, IL 60115**

[rovewilliams@comcast.net](mailto: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- Noon in the Community Room at the Goodwill** on East Perryville across from Woodman's in Rockford, IL every third Saturday. One month we will have a lodge program the next month will be focused on a cultural skill.

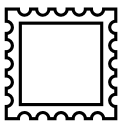
For more information contact:

Wendy Higgins at 815-540-9399 or

Christina Fairchild at 779-208-2225

For Lodge Meeting Programs, Contact:

Vicki Rudh-Jones at 815-298-8051



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.**



**Masse Moro 2026**

**Norwegian Heritage Camp**

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

Camp Dates: Sunday, July 10 to Saturday, July 25, 2026

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, 2026.
- 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](http://www.massemoro.org) or the District 5 website at: [www.sondofnorway5.com](http://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](mailto:rovewilliams@comcast.net)



## Registration and Information for District 5 Sons of Norway Convention

Sons of Norway District 5 Convention 2026 will be held August 2-6, 2026, in Stoughton, WI .

Registration Information and Details can be found on the D5 website:

[District Conventions | Sons of Norway District 5](#)

### What registration form do you use?

- If you are a **delegate** from your lodge or a District 5 Board member, **use the Delegate Registration Form**
- If you are **not a delegate** but are a SN member, a spouse or family member, or others interested in attending the convention events, **use the Non-Delegate Form.**
- Delegate fees include the Wednesday and Thursday lunch at the SASD.
- Others can attend the Wednesday and Thursday delegate meals, but need to **register for them by July 1.**
  - o **Wednesday-** Brunch with fresh fruit, variety of quiches, 7-layer salad, au gratin potatoes with ham, and bakery items **for \$17.**
  - o **Thursday-** Specialty sandwich trays with TAB (turkey, apple, bacon) on cracked wheat and Italian bread, Chicken croissant, Italian sandwiches on Italian and Cracked Wheat bread, and supreme veggie sandwiches on Tomato Basil Wraps and Cracked wheat, cabbage salad, potato salad, rotini salad **for \$14.** *Note: Gluten free bread is available as an alternative to lettuce wraps.*
- **The Tuesday lunch at Sons of Norway is a closed luncheon** for only the District 5 Board and spouses, District convention committees and their spouses, and SN Mandt volunteers who are helping at the lodge that day.
- **Tuesday- the American Legion** is offering a pulled pork, potato salad, carrots and dip, potato chips, cookie, and water/lemonade or coffee **for \$10.** If you are attending the Hardanger Class or going to any of the afternoon workshops, this is an option for you. *No registration needed for the meal.*
- **Wednesday banquet at the VFW-** Baked cod and roast beef, coleslaw, macaroni salad, baked potatoes, corn, baked beans, and Berries on a Cloud dessert **for \$30.**
- **All meal reservations must be made by July 1.** • If you have dietary restrictions or prefer a vegetarian option, please note that on the registration form so we can work with the providers.

**Classes the convention is offering:** Rosemaling, woodcarving (at SN), and Hardanger classes register on the convention registration forms. **Classes at Grand Inspired, Innovation Center Stoughton, and Spry Whimsy will use their direct links** as they are handling their own registrations.

### Convention Pins and t-shirts

**Pins-** Should be available in May if you want them before the convention, can be delivered via a board member or other means, or picked up at the convention. **Cost is \$5/pin.**

**T-shirts-** Must be preordered and pick up will be at the convention. A very limited number of extras will be available for sale at the convention. **The cost is \$20/shirt.** Sizes: S, M, L, XL, 2X, and 3X.

**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](mailto:vrjpt52@gmail.com).



Curious Minds Want to Know...

Do we have your current mailing address, phone number and email?

Log in to your SON account and please verify and update your information here: [Sons of Norway](#)



## Brunostkake – Norwegian Brown Cheesecake

### Ingredients

**Crust:** 4 oz graham crackers (or digestive biscuits) = about 1 cup

1 Tbsp. Sugar

4 Tbsp. butter

### Filling:

2/3 cup heavy cream

1 vanilla pod

7 oz. brown cheese

14 oz. full fat cream cheese (about 2 cups)

1 cup sugar

3 eggs

1/2 lemon

### Instructions

#### Crust:

Preheat oven to 345°F (175°C) and line the bottom of the springform with baking paper. Place the biscuits or crackers, sugar and cardamom in your food processor and process until you have small crumbs. Melt the butter and add to the food processor. Process a bit more until the butter is combined. The mixture will still be crumbly. Press the mixture into the bottom of your springform and bake for about 10 minutes. Then turn the oven down to 300°F (150°C).

#### Filling:

Add the heavy cream to a saucepan. Slice open the vanilla pod with a knife and scrape the seeds out into the heavy cream. Add the empty pod halves to the cream as well and bring the cream to a simmer. As the cream is heating, slice or grate the brown cheese. As soon as the cream begins to bubble, remove from heat and take out the empty vanilla pod. Stir in the brown cheese until it is smooth and completely melted. You can use a whisk to get the mixture smooth.

Add the cream cheese and sugar to a large mixing bowl and stir until smooth.

Add the brown cheese/cream mixture and stir until smooth. Add in one egg at a time, stirring well after each. Add lemon juice to taste.

Pour the filling onto the crust and bake at 300°F (150°C) for about 45-50 minutes. The edges should be firm, but the center will still jiggle.

Let the cheesecake cool completely, then chill the cake in the fridge overnight, or at least for a few hours before serving.

**Source:** [Scandinavian Cookbook](#)



Sons of Norway Rockford

Valhall Lodge 5-168

Christina Fairchild-Editor  
226 W River St  
Rockton, IL 61072

**If you would like to receive a paperless copy of your newsletter**

Contact your newsletter editor at [sofvalhall5168@gmail.com](mailto:sofvalhall5168@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](mailto: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 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 or a birthday milestone so they may be acknowledged in our newsletter.

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

E-mail [sofvalhall5168@gmail.com](mailto:sofvalhall5168@gmail.com) if you have an e-mail address; please let us know what it is.