



Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 January – March 2022

www.sofn.com

www.sonsofnorway5.com

www.facebook.com/sofnrkfdValhall5168

2021 Lodge Officers

President:
Vicki Rudh-Jones

Secretary / Editor:
Christina Fairchild

Treasurer:
Richard Fairchild

Cultural Directors:
Wendy Higgins

Social Director:
Lee Ann Harp

Foundation Director:
Richard Fairchild

Sunshine Director:
Lee Ann Harp

Greeters:
Lee Ann Harp

Trustee / Auditors
Ray Pederson
Gary Melby
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.



Kalender



SAVE THE DATE

Valhall Lodge Meet & Greet
Saturday, March 5, 2022

10 AM - Noon

Stockholm Inn
2420 Charles St.
Rockford, IL 61108

We will be electing 3 delegates to represent Valhall Lodge at the D5 Convention in June

Menu / Buffet offered

for more information:
Lee Ann Harp, Social Director - cell (909)806-0825 - hm (815) 282 -2374
or email vrjpt52@gmail.com

Bring your ideas and suggestions for the upcoming months to the March Meet N Greet

June 15-19, 2022 - District 5 Convention.

Madison Marriott West 1313 John Q Hammons Dr. Middleton, WI 53562.

Explore Your Heritage

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, Genealogy Tips and Hints — Connecting with your family history. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places.

Exclusively for Sons of Norway members, you'll find the guide online at www.sofn.com in the **Member Resources** area under genealogy.

Condolences til...



... To the Family and friends of Iolyn Beers. Long time member Iolyn Beers passed away Sunday, Nov 14, 2021. Iolyn celebrated her 92 birthday on Nov.1. She enjoyed receiving all the birthday cards we sent her and proudly displayed each of them. Iolyn will be remembered by many of her willingness to help when needed with a smile on her face, her stories, talents, and recipes.



... To the Family and friends of Gunvor Dalland.

Gunvor was born March 8, 1933 and passed away November 19, 2021. She was a 38 yr. member of Valhall lodge. She will be missed by many.



... To the Family and friends of Melvin T. Haugen, 100, of Rockford,

passed away on Tuesday, December 14, 2021. Born June 13, 1921, in Mount Horeb, WI, the son of Haakon O. and Regina L. (Thompson) Haugen. Graduate of Rockford East High School, Class of 1942. Melvin married RayJean L.B. Westman on September 18, 1948. She predeceased him on December 6, 1998... He was an avid fisherman, #1 Chicago Cubs fan and a member of Sons of Norway Valhall #5-168.

Survived by his children, Donna (Sam) Creek, Diane Haugen, Debra (Richard) Nelson, and Dawn (John) Gessner; ... To Read Full obituary: [Melvin Haugen Obituary \(1921 - 2021\) - Rockford, IL - Legacy Remembers](#)



... To the Family and friends of Milton A. Lundquist, Jr., 90, of

Winnebago, went to be with the Lord on Sunday, December 12, 2021. Milton was born April 13, 1931, son of Milton and Olga (Johnson) Lundquist. He was married to Christene Goodman and they were together 62 years before her passing... To Read Full Obituary: [Obituary for Milton A. Lundquist | Honquest Family Funeral Homes \(honquestfh.com\)](#)

... To the Family and Friends of Marie Andreassen, 100, of Rockford IL, passed away Friday, January 28, 2022 in Swedish American Hospital. Born January 17, 1922 in Norway, the daughter of Gabriel and Tora (Dyrskog) Melhus. Marie married Tor Andreassen on November 22, 1947, in Norway. Tor, at 71, predeceased her on March 18, 1998. Marie was a member of Trinity Lutheran Church and a member of the Sons of Norway. She was a past member of the Harmony Singing Society Auxiliary. She worked at G C Electronics as an assembler for twenty years, retiring in 1987. Survived by her daughter, Janet (Craig) Spidle of St. Louis, MO; grandchildren, Anita Harris, and Kelsey (Eric) Nicola; great grandchildren, Alexander (Brittany) Day and Brooks Nicola. Predeceased by her parents; daughter, Edith Marie Harris; grandson, Robert Harris; and three brothers and three sisters in Norway.

[Marie Andreassen Obituary - Visitation & Funeral Information \(olsonfh.com\)](#)

Recipes



Serinakaker

Makes about 12 dozen

Arme Riddere

A Norwegian version of French toast, Arme Riddere is a wonderful way to warm yourself up on a chilly, wintry morning.

PREP TIME: 5 mins
COOK TIME: 15 mins
TOTAL TIME: 20 mins
Serves: 4

INGREDIENTS

2 eggs, lightly beaten
2 tsp. vanilla sugar (alternative substitute:
1 teaspoon vanilla extract and 1 tsp. ground cinnamon)
a pinch of salt
125 ml (1/2 cup) milk
8 slices of brioche or challah bread, sliced thick (stale works well) butter for frying

INSTRUCTIONS:

In a shallow baking dish, combine the eggs, vanilla extract, cinnamon, salt and milk. Set aside.

Bring a skillet to medium high heat and while it is warming up, lay a slice of bread into the egg mixture. Evenly coat the bread slice, then turn it over and coat the other side.

Once the skillet has been brought to temperature, add a pat of butter to the pan allow it to melt, then cook the bread slice until browned on both sides. You will need to turn the bread over halfway through cooking, or after 3-4 minutes. Repeat until all bread slices have been cooked, adding more butter to the skillet as necessary to keep the bread from sticking.

Top your arme riddere with butter, maple syrup, fresh fruit, powdered sugar or your favorite topping.

NOTES: This recipe serves four and can be doubled.

Author: Whitney Love at <http://thankstothefood.com/>

INGREDIENTS:

2 large eggs
1 cup sugar
4 cups all-purpose flour
1 tsp. baking powder
3 sticks salted butter, softened
1/2 cup pearl sugar, or coarsely crushed sugar cubes

STEP 1:

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter. Beat on low speed until mixture forms a dough. Wrap in plastic wrap and chill until firm, at least 1 hour.

STEP 2:

Preheat oven to 350°F.

STEP 3:

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.

Photo and recipe: <https://www.epicurious.com/>

Make 2022 a Year of 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!

Spread your passion for Sons of Norway membership as you invite new friends to join us in 2022!

Late Iron Age Longhouses Discovered in Southeastern Norway

In early December 2021, Norwegian archaeologists discovered a cluster of Viking longhouses using ground-penetrating radar. The discovery was made in southeastern Norway, Gjellestad to be exact, and was believed to be a main place in the late Nordic Iron Age. Viking longhouses were long, narrow buildings used for housing feasts, families, and even cattle or horses in the winter months.

The most notable part of the unearthing was the size of one of the longhouses. Archaeologist Lars Gustavsen stated, "The most striking discovery is a 60-meter (197-foot) long and 15-meter (49-foot) wide longhouse, a size that makes it one of the largest we know of in Scandinavia." The archaeologists do not yet know how old the houses are or what exact function they served but they plan on doing excavations and dating exercises to answer these questions. Additionally, the radar found burial mounds nearby which weren't as surprising, as there are others in the surrounding area, but examining the mounds near the longhouse will help them get a more complete picture. Ref.

A New Nordic Country?

What country speaks a language that is somewhat similar to Finnish? This land of over 2,222 islands has a long history of being conquered and ruled by Denmark and Sweden, and was celebrated in the Old Norse Icelandic sagas as Esthland, home of fierce Viking warriors. Many Viking treasures are still being discovered across its countryside.

This country is Estonia, jutting out into the Baltic Sea, just 50 miles south across the water from Finland. Despite its cultural and historic commonalities with the Nordic countries, it is currently considered a Baltic State, along with Latvia, with whom it shares a border, and Lithuania. When the Nordic Council was formed in 1952, Estonia was occupied by the Soviet Union, and was not able to participate.

Though only a little over 50% of Estonians identify as Nordic today, perhaps someday it be welcomed into the family by Iceland, Norway, Sweden, Denmark and Finland, and we can add its blue, black and white flag to our collection. Ref: SON Newsletter Service

DIS OG DÅT

It's Official

Gary and Cathy Melby have moved to Florida.

Here's their new address:

Gary & Cathy Melby

21271 W Highway 40 Lot 89

Dunnellon FL 34431-6044



Linden Griesbach Jan.18, 2021 Linden is married to lodge member Carol Griesbach

Benjamin Higgins – Ben has been a member of SON. He recently transferred his membership to Valhall in Oct 2021 Ben is Wendy & Kimbal Higgins son.

Doug Petersen transferred from Central Lodge. Doug is married to Linda Petersen

Celebrating Morsdag February 13, 2022

In Norway, Mothers Day or Morsdag, is celebrated on the second Sunday in February, as a day to appreciate and honor mothers and mother figures.

Morsdag was first observed in Norway on Sunday, February 9, 1918. A warm hug is always the best gift

A little known fact:

A mothers day tradition is wearing a carnation. A colored carnation signifies a mother is living. A white carnation is worn to honor a deceased mother.

Ref: [Mother's Day in Norway \(timeanddate.com\)](http://timeanddate.com)

Gratulere Med Dagen

January : Januar

Greg Ragan 1/3,
David Olafsen 1/8,
Patricia Farney 1/9,
Jayne Ragan 1/13,
Sydnee Forrester 1/15,
Christina Fairchild 1/15,
Richard Fairchild 1/16,
Arlene Pederson 1/16,
Marie Andreassen 1/17,
Wenke Hansen 1/18,
Loyce Herrmann 1/20,
John Johnson 1/27

February : Februar

Linden Griesbach 2/5
Richard Pederson 2/17,
Vicki Rudh-Jones 2/19,
Carolyn Singel 2/20,
Beth Johnson 2/24

March : Mars

Lillian Reinerstsen 3/3,
Jon Solem 3/4
Wanda Berke 3/6,
Jennifer Johnson 3/8
Jayne Brod 3/10,
Barb Palm 3/10,
Karen Drager 3/15,
Michael Jones 3/15,
Mary Hallgren 3/17,
Richard Jewell 3/20,
George Hagen 3/25,
Ray Pederson 3/26

Idun Lodge in Madison is hosting the District 5 Convention. The dates are June 15-19, 2022.

Wednesday is for those attending classes, Thursday will begin District Convention Committee work and other classes and workshops, and **delegates are required to be there on Friday and Saturday. Sunday is only for D5 Board members (new members & retiring ones).**

The convention will be held at the
Madison Marriott West 1313 John Q Hammons Dr. Middleton, WI 53562.

Room Rate: \$132 per night (2 queen beds, up to 4 people per room). A block of rooms has been reserved for the 2022 D5 Convention at the discounted rate of \$132 for a double room. This rate includes up to 4 people per room. **Contact the reservation number at 1-888-745-2032 no later than May 25, 2022, and identify yourself as part of the Sons of Norway Idun Lodge D5 Convention 2022 group. The delegate fee be \$125 and non-delegate fee \$30.** The delegate fee covers two lunches (Friday and Saturday), coffee breaks, a convention T-shirt and a bag. The non-delegate fee includes speakers, coffee breaks and a bag. We will be populating the District 5 website with information: <https://sonsofnorway5.co/conventions/>

Idun Lodge will also be sharing information on ads, sponsorships, well wishes, registration and other items for your delegates and members to review and take part in.

The Sons of Norway District 5 By-Laws, Article 111, Paragraph 2 states:

Every local lodge in the District shall be entitled to two representatives for the lodge, and one representative for every 100 members or major fraction thereof, based on the last Semi-Annual Report prior to the election of delegates. All members in good standing are eligible representatives. Delegates should be elected using the formula above based on December 31, 2021 membership figures. You should also elect a corresponding number of alternates, on a priority basis, that will serve should any of your delegates be unable to attend. These elections must take place in the months of January and February 2022. A Report of Election included with this letter, which is to be completed and returned to the District Secretary immediately following the election. These will be emailed to both the lodge president and secretary and hard copy mailed to the president. The Sons of Norway Constitution reads: "The Secretary of the Local Lodge shall prepare a report of election giving names and addresses of the duly elected Delegates and Alternates. This report shall be signed by the Local Lodge President and Local Lodge Secretary and forwarded to the District Secretary no later than five days after the election."

You do NOT have to be a benefit member to be a delegate to the District Lodge Meeting, but in order to run for any of these positions just mentioned, the delegate must be a benefit member or buy product at the convention. Our District Nominating Committee is Chr Robin Fossum, Tom Boudrau and Andrew Johnsen. The nominating information is found at https://sonsofnorway5/conventions/convention_forms.php

Valhall Lodge may elect 3 delegates and 3 alternates to represent the lodge. Please attend the March 5 Meet and Greet at Stockholm Inn if you are interested in becoming a delegate of contact our lodge president Vicki Rudh-Jones Phone 815-282-2374 or email vrjpt52@gmail.com Valhall has budgetted a stipend for the delegates to help with costs.



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

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 contact Valhall's

Sunshine Person: LeeAnn Harp email leannaharp@yahoo.com

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 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.

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.