



Valhall Lodge Nyht

Sons of Norway Lodge # 5-168 Jan, Feb. Mar. 2024

www.sofn.com

www.sonsofnorway5.com

www.facebook.com/sofnrkfdValhall5168



Kalender



Saturday, February 10, 2024 - 10:00 am - Noon

Stockholm Inn. 2420 Charles St. Rockford, IL 61108

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

10:30 AM. Program: **Sonja Henie**, "Queen of the Ice"

A famous Norwegian Ice-skating champion and Hollywood movie star.

RSVP by February 7, 2024

Questions contact:

Kirsten or Jennifer Johnson - Cultural and Social Directors

email Jennie at jmarjohnson49@aol.com

Call or text 815-670-3149 (Jennie) 815-519-9695 (Kirsten)

We look forward to seeing you there!

Saturday, Feb. 17, 2024 - 10:00 am to 1pm

Calling All Units, Calling All Units!

Goodwill Industries Community Room - 3068 McFarland Road, Rockford, IL 61114

For more information read page 3

Thursday, Feb. 22, 2024 – Barnenirkie

If you are donating cookies for the SON Cookie Tent, please drop them off at Vicki Rudh-Jones home by Saturday, Feb.17 before 5 pm

Saturday- March 9, 2024 –10:00 am - Noon

Stockholm Inn 2420 Charles St. Rockford, IL 61108

Members and guests may order from the menu (Dutch treat).

Program: **Påskekrim, How The Tradition of Easter Crime Began**

Saturday- March 16, 2024 –10:00 am - Noon

Calling All Units, Calling All Units!

Goodwill Industries Community Room 3068 McFarland Road, Rockford, IL 61114

Saturday- April 13, 2024 –10:00 am - Noon

Stockholm Inn 2420 Charles St. Rockford, IL 61108 Program TBD

Deadlines for Academic, International Summer School, and Folk High School Scholarship Applications

[Scholarships from District 5 | Sons of Norway District 5 \(sonsofnorway5.com\)](https://sonsofnorway5.com)

February 15 Deadline — Domestic scholarship applications due to Sons of Norway Foundation:

- Astrid G. Cates Scholarship
 - Bernt Anker Scholarship
 - Dan and Betty Rude Scholarship
 - King Olav V Norwegian-American Heritage Scholarship
 - Myrtle Beinhauer Scholarship
 - Nancy Lorraine Jensen Memorial Scholarship
 - Orel and Marie Winjum Memorial Scholarship
 - Elaine Nelson Scholarship
 - District 4 Scholarship
 - Nordkap Lodge 3-215 Scholarship
 - Sissel and Roger Espeland Memorial Scholarship Fund
-

Member Benefit: Grants and Scholarships

Did you know that Sons of Norway members, their children, and their grandchildren are eligible for college scholarships? Opportunities range from supporting enrollment at any major US college to assisting with travel to Norway and other countries. There is even a scholarship for a cultural class for members age 40+!

Our lodges may also receive awards ranging from \$500 to \$1,500 for children's programming, new equipment, or cultural events. **Deadline to submit applications March 15, 2023**

Learn more at www.sofn.com/foundation

Celebrating Mordag

February 11, 2024



In Norway, Mother's 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 Mother's 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)

Calling All Units, Calling All Units!

You are invited to share your **Sons of Norway Cultural Skills Unit** experience and completion work so you may apply for your Unit pins.

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.

This is your photo submission opportunity too!
There are outlets, serving, coffee, and display tables.

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.

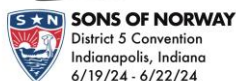
This is time to share and fellowship and yes, even shop!

For more information contact:
Wendy Higgins 815-540-9399 (c)
815-282-3988 (h)

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

YOUR HELP IS NEEDED TO MAKE THE BARNEBIRKIE SUCCESSFUL!

The Fifth District of the Sons of Norway will be assisting with the children's cross country ski race for ages 3-13 in Hayward, WI, on February 22, 2024.

District members volunteer to work in the registration area before the race, and they pass out cookies at the end of the course. Members also meet and greet adult skiers later in the day at the EXPO CENTER held inside Hayward High School. It is exciting to interact with skiers from across the world at this international event. I am kindly asking our members to consider baking for this event.

Please refrain from the use of nuts in any of the cookies you make due to allergy concerns in our youth participants. The kiddos enjoy all kinds of cookies, but the most popular are chocolate chip varieties. They also enjoy frosted sugar cookies. Some racers like homemade raisin oatmeal cookies, too! Baking one of your family's favorites is certain to be a winner!

After the cookies are distributed in the Celebration Tent, the excess is moved to Hayward High School where the classic skiers come to obtain their timing chips and bibs. These skiers look forward to seeing our smiling faces, but mostly, they enjoy the homemade cookies made by our Sons of Norway members!

Adults savor spice cookies and healthy varieties: molasses, Snickerdoodles, ginger, pepperkaker, and cardamom.

Our district goal each year is 1,000 dozen cookies-yes, you read that correctly! Oreo cookies are also popular. I will be leaving for the Barnebirkie on Wednesday, February 21st (sooner if inclement weather is forecast). Additional cars will be heading north to help deliver the cookies and volunteers will help in a variety of locations. You may also deliver cookies to District Secretary Darlene Arneson or drop them off at Open House Imports in Mt. Horeb. I am also available to pick up your donations and have met members from lodges in northern Illinois previously.

Thank you for your support in helping to make the Barnebirkie a memorable event for the littlest skiers of all. VOLUNTEER OPPORTUNITY... The youth registration tent is staffed, but we need help at the Celebration Tent at the end of the race. Volunteers must register at the American Birkebeiner Foundation website. Become a Birkie Volunteer | American Birkebeiner (birkie.com/volunteer) The password for the Celebration (cookie) Tent is finishbarne2024. I look forward to volunteering with you!

SNOW UPDATE-There is little snow in Sawyer County at this writing, but volunteers are making snow during the colder winter night temperatures. They hope to have a 1.5-mile track open later this week. You can check the trail conditions by visiting the American Birkebeiner website, select ski, then trail report.

Tusen takk,
Cheryl Wille-Schlesser District 5 President
608-219-4464
cwschlesser200bc@gmail.com



Sons of Norway February 2024 Zoom Book Club Selections

Main Read:

The Cotter's Son: A Story from Sigdal
by H.A. Foss

Mystery Read:

Pierced by Thomas Enger

Zoom Meeting/Discussion

Date: February 29

Time: 6:00 – 8:00 p.m. Central Time

To join the Sons of Norway Book Club,
send an email with your name, lodge
name and contact information to

SonsofNorwayBookClub@gmail.com

Member Benefit: Grants and Scholarships

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their children, and their grandchildren are eligible
for college scholarships?

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40+!

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\$500 to \$1,500 for children's programming, new
equipment, or cultural events.

Deadline to submit applications

March 15, 2024

Learn more at www.sofn.com/foundation

Gratulere Med Dagen

January : Januar

Hailey LaPonsie 2
Greg Ragan 3
David Olafsen 8
Patricia Farney 9
Adam Schrober 10
Jayne Ragan 13
Sydnee Forrester & Christina Fairchild 15
Richard Fairchild & Arlene Pederson 16
Wenke Hansen 18
Teddy Ropp 19

February : Februar

Hailey Davis 2
Linden Griesbach 5
Nicolas Martino 8
Randy Farney 10
Richard Pederson 17
Vicki Rudh-Jones 19
Beth Johnson 24

March : Mars

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

Sons of Norway Mission Statement

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.

Celebrate International Waffle Day on March 25, 2024

Let the waffle festivities begin!



Vaffelhjarter / Waffle Hearts

In North America, waffles are eaten for breakfast and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The vafler in Norway is served for dessert or a snack in heart-shaped sections. They are richer and softer than American waffles and are almost always homemade.

Ingredients: 6 eggs, 1/2 cup sugar, 1 tsp. ground cardamom, 1 1/2 cup flour, 1 tsp. baking powder, pinch of salt, 1 cup sour cream, 1/2 cup melted butter, 3 Tbsp. butter for waffle iron

Instructions:

Step 1 Mix eggs, sugar, and cardamom together in a big bowl.

Step 2 Add in flour, baking powder, and salt.

Step 3 Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

Step 4 Heat up the waffle iron and brush some butter on the surface of the iron.

Step 5 Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.

Step 6 Remove the waffle (watch out, it's hot!) and serve warm.

Step 7 Top with jam and whipped cream, or sour cream.

Try different toppings and make a sweet or savory waffle sandwich!

March 31, 2024



God Påske!

Easter is one of Norway's biggest holidays, just as big as Christmas. The entire country seems to shut down during the week of Easter to enjoy the holiday with family, friends, and nature. The Norwegians' idea of having a god påske consists of hiding away up in the mountains, skiing the last available snow, or basking in a wall of early spring sunshine known as solveggen.

Påskeaften, Easter Eve on Holy Saturday is the big day of celebration. Children get to open large colorful Easter eggs filled with candy, families organize ski races and hikes in the mountains and the biggest meal of the week concludes the day with an Easter lamb or chicken.

Easter Sunday gets underway with a special breakfast at the family hytte or at home, sometimes followed by church. It is common to enjoy homemade Easter bread on Sunday. Pastel-colored Easter bunnies, chickens, daffodils, and eggs cover the table to set the mood.

No Easter break is complete without the popular påskekrim (Easter crime) novel.

Continue to SAVE YOUR STAMPS !

Valhall Lodge Board has voted to support.

Stamps For The Wounded

[Stamps for the Wounded](https://www.stampsforthewounded.org/)

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. SFTW sends stamps, covers, supplies and literature to enable veterans to begin, or continue to collect stamps. Stamp collecting is an activity that 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 or go to <https://www.stampsforthewounded.org/>

Drop your stamps off at any lodge gathering.



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 leeannharp@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

Co-Editor: Cheryl Ogren -

E-mail cfairc56@gmail.com If you have an e-mail address; please let us know what it is.