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**Sons of Norway District 5;**

Cheryl Wille-Schlesser

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# Valhall Nyheter

Sons of Norway – Valhall Lodge 5-168 – Rockford, Illinois  
July 2023



## Kalender



**July 15, 2023 – Valhall Picnic**  
**4:00 pm – 7:00 pm**

**Cross and Crown Lutheran Church**  
**7404 Elevator Rd.**  
**Roscoe, IL 61073**

Enjoy the evening with “Bert and Lindy” by  
Valhall Lodge members Carol and Lindy Griesbach



Bert and Lindy are Carol (Bert) Griesbach and Linden (Lindy) Griesbach. Bert got her nickname in college. Before she was married, she was Carol Bertelrud, the daughter of Norwegian immigrants. She grew up on a southwest Wisconsin dairy farm where Norwegian was her first language. Bert and Lindy met at the University of Wisconsin - Madison, and the two started making music together shortly after. Marriage and a family followed and after more than 40 years, Bert and Lindy still share a love of gospel, bluegrass, country, and folk songs. Inspired

by Bert’s heritage, they include some Norwegian songs in their performances.

[bertandlindy@gmail.com](mailto:bertandlindy@gmail.com)  
<https://www.youtube.com/@bertandlindy>  
<https://www.facebook.com/bertandlindy>

In order to have enough food - Reservations are required  
Contact your social director, Lee Ann Harp at 909-806-0825 or 815-282-2374 email [vrjpt52@gmail.com](mailto:vrjpt52@gmail.com)

## *Gratulere Med Dagen (Happy Birthday)*

### **June**

Clairan Wistar  
Madeline Barnhart  
Elizabeth Barnhart  
Benjamin Barnhart  
Isabel LaPonsie  
Bill Brod  
Greyson Berke  
Gerald Brocker Md  
Riley Jones  
Kathleen Lee

### **July**

Kimball Higgins  
Susan Brocker  
Grace Calhoun  
Patty Hendrickson-Klawitter

### ***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) 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.

## ***Valhall Nominating Committee is on the Hunt for You!***

Like the U.S. Marines, Valhall Secretary, Christina Fairchild is looking for a few good men and women. Christina is heading up the important search for next year's slate of Valhall officers. She is forming a nomination committee to come up with a tentative slate of nominees to be announced at the lodge's October meeting. More nominees will be sought at that time. An updated slate will be presented at the November meeting, and elections will be held on that date. The newly elected officers for 2024 will be installed at the lodge meeting in January 2024. All offices are up for re-election.

Our current secretary: Christina Fairchild volunteered to serve on our nominating committee and needs at least 2 more to assist her. The nominating Committee will begin discussing officer positions in September. If you can help out on the committee, or if you would like to run for a Valhall office, please contact Christina at [sofnvalhall5168@gmail.com](mailto:sofnvalhall5168@gmail.com) or 779-208-2225 (leave a message please)

## Sons of Norway District 5 2023 recruitment campaign.

Starting August 1, 2023, all lodge members are asked to recruit new members to their local lodge. For every new member (not Heritage Member) recruited, the lodge will receive \$10 for an individual or \$20 for a family membership. This does not include adding adults to an existing Adult Family membership. The money awarded will be sent to the local lodge of the recruiting member to be used as the lodge would like. This campaign is an opportunity for all members to get involved and support their local lodge in meeting their membership goals. As well, it helps continue to grow the Sons of Norway organization. The contest will begin August 1, 2023 and go until October 31, 2023.

Please turn in all paper membership applications to Headquarters by October 31, 2023. This will ensure that they are processed by the deadline. New members who are signed up online via <http://www.sofn.com> should also be entered by October 31, 2023.

If you sign up a new member online, please email District VP, Wendy Winkelman, advising of that new membership. Contact [wendyathadeland@yahoo.com](mailto:wendyathadeland@yahoo.com) with any questions.

### Famous Violin Awarded to Young Norwegian Talent



22-year-old Norwegian-Swedish violinist Johan Dalene has accumulated a list of impressive awards and critical success. Despite his youth, he's performed solos with orchestras in London, Berlin, Prague, Paris, Leipzig and Vienna, as well as Oslo and his home city of Stockholm. This spring, Dalene even played Carnegie Hall during his US debut tour. Born to musician parents, Dalene got an early start with music and attributes his tenacity to his first violin teacher, who made his music lessons a joy. Beginning with lessons at age four, he was already performing professionally at seven. The young talent has been recognized for his ability to reach audiences with his singular artistry. He's recently been the recipient of the Norwegian Soloist Prize, a distinguished award of 100,000 kroner (about US\$ 10,000) for young musicians. The prize comes with the bonus of playing with the Bergen Symphony Orchestra and connects bright young musicians with other performance opportunities. Now the rising star has received a new honor- he was chosen as the recipient of a rare Stradivarius, a 1725 'Duke of Cambridge' violin. On loan from a Norwegian foundation, the violin previously was entrusted to performer and Oslo Royal Conservatory professor Camilla Wicks, who was knighted for her musical contributions to Norway. "So happy and grateful to get to play this incredible instrument," Dalene posted on social media.

Ref: Sons of Norway July-Aug.2023 Newsletter



## Strawberry Rhubarb Salad

### Ingredients

4 cups of thinly sliced rhubarb  
 1/2 a cup of orange juice  
 1/2 a cup of lemon juice  
 3/4 cup of sugar  
 Clean & slice 2 cups of strawberries.  
 Slice or tear fresh 3 or 4 mint leaves  
 Toasted sliced almonds

### Instructions:

- slice 4 cups of thinly sliced rhubarb
- Mix rhubarb, orange juice, lemon juice and sugar in a bowl.
- Let rhubarb mixture sit until slightly softened and releases its juices, about 30 minutes.
- Preheat oven to 350°. Toast sliced almonds until golden brown, 8-10 minutes. Let cool.
- Clean & slice 2 cups of strawberries.
- After 30 minutes mix in sliced strawberries and torn mint leaves and sprinkle toasted almonds over salad.
- Mix the strawberry rhubarb mixture in the bowl.

Serve the same day. The salad will become too soft if served the next day.

Ref. [Scandinavian Today Cooking Show: Rhubarb \(scandinaviantoday.blogspot.com\)](http://scandinaviantoday.blogspot.com)

## Condolences til...



To the family and friends  
 of  
**John D. Johnson**  
 1935-2022

John D. Johnson, passed away on Friday, April 8, 2022 at St. Anne Center. Our sincere condolences to his wife Beth Johnson, and their three children, Daughters, Kari Bess (Pete) of Denver, Colorado, and Jodi Johnson of Colorado Springs, Colorado, Son, Marc Johnson of Roscoe, Illinois and grandson Anders Johnson Alba of Denver, Colorado.

## Treasurer's Report as of June, 2023

Lodge Fund:	\$142,142.57
Checking:	\$ 2,129.86
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 called the airline information desk and asked, "How long does it take ta fly from Minneapolis to Fargo?"

"Just a minute," said the busy clerk.

"Thank you," said Ole, as he hung up.



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](mailto: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](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 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](mailto:cfairc56@gmail.com) if you have an e-mail address; please let us know what it is.