



Valhall Lodge Newsletter

Sons of Norway Lodge # 5-168 March – April 2023

www.sofn.com

www.sonsofnorway5.com

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Kalender

2023 Lodge Officers

President:

Vicki Rudh-Jones

Secretary / Editor:

Christina Fairchild

Treasurer:

Richard Fairchild

Cultural Directors:

Wendy Higgins

Social Director:

Lee Ann Harp

Publicity Director:

Christina Fairchild

Foundation Director:

Richard Fairchild

Sunshine Director:

Lee Ann Harp

Greeters:

Lee Ann Harp

Trustee / Auditors

Ray Pederson

Gary Melby

Bill Brod

Saturday- March 11, 2023 –10:00 AM - Noon

Stockholm Inn 2420 Charles St. Rockford, IL 61108

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

We eat breakfast first with the program to follow:

Recap of the Adult Heritage Weekend

March 15, 2023

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

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

Saturday- April 15, 2023 – 10:00AM-Noon

Stockholm Inn 2420 Charles St. Rockford, IL 61108

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

We eat breakfast first with the program to follow:

“Bert & Lindy” Lindy and Carol Griesbach to perform for us

Saturday -May 13, 2023 - 10:00 AM-Noon

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

Celebrate Syntende Mai

program “Making Norwegian Open Face Sandwiches”

Penny Social

June – No Meeting - Enjoy events in the area

June 3, 2023 – Norsk Museum “Frokost” and Open House –

Cleng Peerson Lodge - Norway,IL

June 16th – 6PM –

Dancing Queen: An ABBA Salute- Concert at Veterans Memorial Hall

June 17th – 3PM – Join Swedish Historical Midsommar Celebration

July 16 – 29, 2023 – District 5 Masse Moro Norwegian Heritage Camp

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.



Message from Your 2023 District 5 Youth Director

Hi all,

I am the new Youth Director for District 5. It is with excitement and enthusiasm that I look forward to the 2023 Masse Moro camp. The camp administrators, Leif Williams and Keir Kristiansen, are in the process of planning a terrific camp experience, and I know that they hope to increase attendance over recent years. I am therefore reaching out to our lodges for help spreading the word about this wonderful camp. I've tried to include each lodge's president as well as its publicity director (or secretary if there is no designated publicity director) in this email, since I'm using a 2022 list which may not have the most current information. If you are no longer holding an office in your lodge, please forward this email to the appropriate individual.

I've attached a full-page color flyer advertising Masse Moro. It would be greatly appreciated if each lodge would electronically share the flyer with its respective members.

Please note that **scholarships are available** to help reduce the cost to families. **The deadline to apply for financial assistance is a month from now, March 15.**

My contact information is shown below, and I am more than happy to answer any questions that you or your members might have about Masse Moro. In the event that you would like a presentation at a lodge meeting, please let me know. We would be happy to organize an in-person, video, or power-point presentation for you.

With thanks,
Lisa

Lisa Rove-Williams
SON D5 Youth Director
771 W. Dresser Road
DeKalb, IL 60115
rovetwilliams@comcast.net

Masse Moro is a Norwegian heritage camp for youth ages 9-15 years old sponsored by the **Sons of Norway Fifth District**. Since 1979, we've been helping youth celebrate their Norwegian heritage through a cultural immersion experience. Campers will learn Norwegian, build friendships, and gain important life skills like problem-solving, leadership, and teamwork through our Viking Olympics programming. In addition, they will also try their hand at becoming master craftspeople through woodworking, painting, leather work, and chip carving, experience exciting tales and Nordic myths, and celebrate Norway's rich history and traditions.

Masse Moro 2025 Norwegian Heritage Camp

It's time to register for Masse Moro, our Norwegian Heritage Camp sponsored by District 5. Start planning now! Allow enough time for the doctor's visit and completion of all forms and documents.

- To better plan for our 2023 Masse Moro Camp, we are asking campers to complete and send their registration, along with your \$100 registration fee by April 1, 2023, if possible.
- Tuition for 2023 will be \$1,000 for the two weeks of camp per camper
- Scholarships and matching grants may be available to those who register early. (\$250 matching grant available from District 5)
- Encourage all Sons of Norway members, parents, grandparents or aunt or uncles to, contact their Lodge for supporting grants and receive matching funds. (Two grants available from your local Valhall lodge)
- Invite a friend and encourage others to join them at Masse Moro (Campers **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: for registration applications and supporting grant applications.

www.massemoro.org or the District 5 website at: www.sondofnorway5.com

To qualify for the \$150 from Valhall Lodge and the matching funds from District 5, the " Lodge Endorsement form" must be received by May 1, 2023.

Send the completed form(s) with the campers' information to:

Richard Fairchild (Valhall Treasurer),

226 W River St. Rockton IL 61072 or email richard.fairchild.son@gmail.com

VALHALL LODGE GUIDELINES FOR YOUTH HERITAGE APPLICANTS AND MATCHING FUNDS:

- A. The Lodge will provide matching funds from its Masse Moro scholarship fund for two applicants
- B. Application to be sent to our Lodge Treasurer (Richard Fairchild – 226 W River St. Rockton, IL 61072).
- C. The applicant must be the child, grandchild, nephew or niece of a Lodge member in good standing. A member in good standing is identified as being a Valhall member for a minimum of two years.
- D. The applicant must provide one of the following after attending camp:
 1. A thank you and article written about his/her experience at camp that will be published in the Lodge newsletter.
OR
 2. A presentation at a Lodge meeting about their experience at camp. They may also wish to bring photos and any type of project, e.g., rosemaling, hardanger, or wood carving.
- E. The applicant and his/her sponsor must sign a contract stating his/her obligations when applying for a scholarship to Heritage Camp.

If you have questions about the camp experience, feel free to contact Ray & Arlene Pederson, whose grandson, Lucas attended Masse Moro.

Condolences til...



... To the Family and friends of **Christine Nichols.**

Christine L. Nichols was called home to our Lord on Monday, December 6, 2021. She is survived by her son Peter Nichols (Stephanie) and her daughter Denise Perkins (Marc), her grandchildren Julian, Claudia, Lilly, Donovan and Grayson and her brother and sisters, Roger Logeson (Martha), Sonia Erickson (Wayne), Jan Hayes (Peter), and Nancy Urnezis and many nieces and nephews. Christine joins her parents Doyle and Ethel (Jeglum) Logeson, her two sisters Joan Carmen and Patricia Logeson, her brother-in-law Tom Urnezis, and her husband Roger Nichols in heaven.

Read her full obituary here: [Christine Nichols Obituary - Machesney Park, IL \(dignitymemorial.com\)](#)



... To the Family and friends of **Loyce Herrmann**

Loyce L. Herrmann, 90, passed away peacefully with family by her side Thursday, March 17, 2022 at Serenity Hospice and Home in Oregon. Loyce was born on Jan. 20, 1932 to Lars and Laurentze (Kristensen) Larsen in Forest County, Wisconsin. On Nov. 5, 1955, she married Arvene James Herrmann in Lee. He preceded her in death on June 22, 2019. Loyce worked for many years at Northern Illinois University, retiring in 1993.

Read her full obituary here.

[Rochelle News-Leader | Loyce L. Herrmann](#)



... To the family and friends of **Marvin Berke**

Marvin Kent Berke, 72, resident of Rockton, Illinois, peacefully passed into the arms of Jesus on Friday, January 20, 2023, at Gulf Coast Medical Center, Ft. Myers, Florida, surrounded by his loving wife, Wanda of 51 years, daughter Melissa Barnhart and son, Spencer Berke....Marvin was extremely proud of his Norwegian heritage, having visited his Olsen relatives in Hjelmeland twice, plus hosting our relatives several times. A proud member of the Sons of Norway, Valhall Lodge, Rockford, for 30 years.

Read his full obituary here:

[Marvin Berke Obituary \(1950 - 2023\) - Rockton, IL - Daily-Chronicle \(legacy.com\)](#)

To the family and friends of Roger Schlessner- It is with deep sorrow that we announce the death of Roger Adolph Schlessner of Mount Horeb, Wisconsin, who passed away on February 16, 2023. Roger was our District 5 President Cheryl Wille-Schlessner husband. Read his full obituary here:

[Roger Adolph Schlessner Obituary \(1952 - 2023\) | Mount Horeb, Wisconsin \(echovita.com\)](#)

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://thanksthefood.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/>

God Bedring

Valhall Lodge is thinking of and praying for **Inger Langsholt and Karin Ropp** due to their current illness.

Our friend Inger from Julhus is currently in rehab. If you would like to send her a card, her address is:
Inger Langsholt
Rm C-11
Alden Park Strathmoor
5668 Strathmoor Drive
Rockford, IL 61107

Our dear friend Karin has been in rehab after having COVID. She will be returning to her home with help from daily home health care, Karin's son Karl and family. If you would like to send her a card, her address is:
Karin Ropp
204 E. Pershing St
Stillman Valley, IL 61084



Valhall Lodge extends a warm welcome to our newest member:

Gary Thorsen
1762 Foxwood Ct.
Rockford, IL 61107
815-222-9377
SONOFTHOR44@aol.com

Gratulere Med Dagen

March: Mars

Lillian Reinerstsen
Jon Solem
Wanda Berke
Jennifer Johnson
Jayne Brod
Barb Palm
Karen Drager
Michael Jones
Mary Hallgren
Richard Jewell
George Hagen
Ray Pederson

April: Api

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

Are you ready to SPRING into action?

With spring just around the corner, get busy with the Sports Medal program. Embrace nature like a Nordic, as you get active outdoors walking, hiking, biking, and more. This is a fun way to work toward a goal and earn recognition medals.

Learn more from the lodge sports director or log in at sofn.com and go to Member Resources.

Join the Sons of Norway Book Club, send an email with your name, lodge name and contact information (phone number and email address) to: SonsofNorwayBookClub@gmail.com

Note: The Zoom sign on/link information will be available at the beginning of each month for that month's reads. It will be emailed to all current book club members on or around the beginning of each month

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 or 779-208-2225 (leave a message please)

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.

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



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 leeannaharp@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.