

THE VALHEIM TIDENDE




Volume 15 Issue 6

SPRING GROVE, MN 55974

Nov/Dec 2013

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2013 Officers

President
Karen Fried
Vice Pres.
David Peterson
Counselor
Vernon Roble
Secretary
Kati Peterson
Treasurer
Loretta Knutson
AsstSec/Treas
Verdayne Melbostad
Membership
Loretta Knutson
Social/Cultural
Lee Grippen
Marshals
Emma Landsom
Janet Fossum
Greeters
Morris/Geneva
Tweeten
Judy/Verdayne Mel-
bostad
Editors/Publicity
Georgia Rosendahl &
Karen Fried
Historian
Georgia Rosendahl
Trustees
Lawrence Knutson
Milford Landsom
Auditor
Darrell Sinclair
Sports Director
Diane Nerstad &
Edith Nerstad

Upcoming Monthly Meetings

November

Thursday, November 14, 7:00 pm at the Legion.
Program: Darrell Henning
"Norwegian Architectural Traditions in American"

December

Christmas Party
Thursday, December 12, 6:00pm
at Ivy Grove, Main Street, Spring Grove
Bring a White Elephant gift to exchange!
Also bring canned goods for the food shelf.
6:00-6:30 Social Half Hour
Appetizers provided by lodge
6:30 Meal ... pay for your own meal

We will be holding our **Annual Norwegian Bake Sale on Saturday, December 14th** at the Spring Grove American Legion. We are asking all members to donate baked goods, and or Norwegian "crafts". Please have items to the Legion by 8:00a.m on that Saturday, packaged and priced. If you do not donate any items, we ask that you pay \$10/member to our treasurer, Loretta Knutson.



Valheim Lodge

Members and Friends
you are invited to, and encouraged to attend our

Christmas Party

Thursday, December 12th,
Ivy Grove Restaurant in Spring Grove
Socializing beginning at 6:00 p.m. -- Dinner 6:30

individuals will pay for their own beverages & meal;
the lodge will pay for appetizers and punch



FALL IS UPON US....

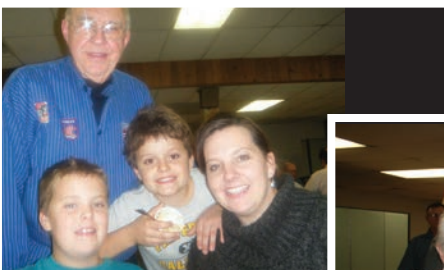


Book Club (and others) Journey to the Owatonna Orphanage

Geneva Tweeten, head of our Book Club organized a bus trip to the Historic Owatonna Orphanage in September. Their tour guide at the orphanage was Harvey Ronglien, author of "Boy from C-11 Case #9164, A Memoir". The book club had read the book so it was very interesting to meet and learn more from the author. On the way to Owatonna they stopped and ate at the Hubbell House in Mantorville. Thank you Geneva for making this event happen!

An Evening with the Westby Lodge!

We were the guests of Solvang Lodge, Tuesday, October 29. It was, as always, an evening of fantastic food, great camaraderie, an entertaining program and lots of fun!! Thank you Solvang Lodge!



TESLA SUPERCHARGER, THE NEW ELECTRIC VEHICLE CRAZE IN NORWAY



Electric vehicles have found a home in the oil rich country of Norway, which is

the third largest exporter of oil in the world. The environmentally friendly country produces and consumes all but 1% of energy through hydroelectricity therefore it is no surprise that Norway is striking the electric vehicle movement when it's hot. Tesla, an American electric-car company headed by Elon Musk recently revealed their newest model, Tesla Model S to Europe's electric car capital of Norway in August.

By the end of this year Norway is hoping to have 1,000 Tesla Model S cars delivered to their growing number of Tesla showrooms in airports and shopping malls around the country. Tesla's Scandinavian spokesman, Esben Pedersen claimed that California sold over 1,000 Tesla cars in June alone making the numbers in Norway seem small, but relative to Norway's population the boom is significant. The US sold just 0.1% electric cars in 2012, while Norway accounted for 3%. Nowhere else in the world comes close to that percentage.

The Tesla Supercharger is a high efficiency perfor-

mance vehicle with a low (zero) emission advantage. This sleek vehicle goes 0 to 60 mph in 4.2 seconds and does not look like your average electric car (compared to the popular Nissan Leaf) which expands the average buyer profile.

The sizable price tag is promised to save you in the long run. Tesla is diving head first into Norway's wealthy pockets by taking advantage of their attractive incentive program. With electric vehicle tax exemptions, the Tesla Model S is priced at around \$63,000 in the US and around \$73,000 in Norway, without those savings, however the car would be priced around \$100,000.

Norway's enticements are pretty hard to resist. Besides the initial payment of the car, the savings really do add up and Norwegians are figuring that out. Approximately 90% of Norwegians live within 200 miles of a supercharger station, so after those 265-mile road trip, a free fill-up station is not hard to find. Plugging it in every night in the garage is highly recommending, otherwise the car needs only 20 minutes to provide a half charge. After the tax-free vehicle savings of nearly 50%, electric vehicle owners are set up with free parking, free charging at conveniently located stations and access to drive in the bus lane. Not to mention they are exempt from Norway's numerous road tolls and tunnel-use fees. Bjart Holtmark with Statistics Norway claims that an electric car owner living in Oslo would save approximately \$8,000 a year on gas, car maintenance, taxes and tolls compared to a normal gas consuming vehicle owner.

Matlyst Monthly Lemon Wafers

The Great Scandinavian Baking Book
by Beatrice Ojakangas

Makes 5 dozen cookies

"White on white" foods are common in Scandinavia, and these cookies are an example. They should not be browned or they will lose their delicate flavor. The lemon icing has no color either, but the taste is novel.

Cookies

- ½ cup unsalted butter, room temperature
- 1 cup sugar
- 4 eggs
- 2¼ cups all-purpose flour
- 2 tsp. lemon extract

Glaze

- 1 cup powdered sugar
- 1 tbsp. fresh lemon juice

Cover baking sheets with parchment paper or lightly grease them.

Preheat oven to 350°F. Cream the butter and sugar. Add the eggs and beat until well mixed. Add the flour and beat until mixture is light. Blend in the lemon



extract. Drop by rounded teaspoonfuls onto the prepared baking sheets, about 2 inches apart. Bake 6 to 8 minutes until cookies feel firm and are just lightly browned around the edges.

Mix 1 cup powdered sugar 1 tablespoon fresh lemon juice and enough water to make a thin glaze. Drop a half teaspoonful of the lemon glaze on each hot cookie.

Hot Apple Grog with Blackcurrant

adapted from www.newscancook.com

Honey and Cinnamon (Serves 5)

- 1 quart (1 liter) apple juice
- ¼ lb. (100 g) black currants
- 1 cinnamon stick
- 2 tbsp. honey

Boil all ingredients. Sieve and serve.

The Valheim Tidende is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.

Valheim Lodge Meetings

September 12, 2013

The September meeting of the Sons of Norway, Valheim Lodge 1 - 364 was held on Thursday, September 12, 2013, President Karen Fried presiding. The anthems were sung with Gunnar Tollefson leading the American National anthem. President Karen welcomed guests Denise, Kim and Jocelyn Rostad, Marlis Thompson and Bev Assum.

Loretta Knutson read the Treasurers report. The report was passed by Sign of the Order.

Geneva Tweeten reported the Book Club was reading 4 books by Vilhelm Moberg. The Club will be going on a day trip to Owatonna, Minnesota, for their September meeting. After they have finished reading and discussing Mr. Moberg's 4 books they will discuss their own families stories of immigration.

Loretta Knutson reported that Lee Grippen, Rachel Storlie, Edith Nerstad, and herself had presented a program of Norwegian jokes, songs, bunads, dolls and read interviews from Norris Storlie and Edith Nerstad at the Assisted Living facilities on September 12. The attendees saw a DVD about the Sons of Norway. Lee, Rachel, Edith, and Loretta had joined the attendees for a special Norwegian dinner after the program.

President Karen thanked J.C. Nerstad and Tom Solberg for the use of their convertibles during the Steam Engine Days parade in Mabel, Minnesota on September 6. Janet Fossum, Oranda Sinclair, Geneva Tweeten and Kati Peterson rode in the parade. Morris Tweeten and David Peterson drove the cars.

President Karen told the members that there had been an error about Janice Dokkens birthday party. The party was by invitation only and not an open house.

Shea Lutheran Church will host a meatball dinner on Wednesday, September 25. They will serve both noon and evening meals. There will also be a display of Hardanger items.

The Executive Board decided to hold their September meeting on Tuesday, September 24 at 4 p.m. instead of Wednesday, September 25.

Our lodge has been invited to join the Westby, Wisconsin, Sons of Norway for their Tuesday, October 29, 2013, meeting. We will leave Spring Grove from Red's IGA parking lot about 4:30 p.m. A sign up sheet was passed to get an idea of what size bus we will need.

Discussion took place about our Uff Da Days Bake Sale. There will be a free will offering instead of pricing each item. We will have warm rømmegrøt available. David Peterson volunteered to order and pick up lefse from Rushford. We need everyone to bring Norwegian treats for the sale. All items should be at the sale by 9:30 a.m. Elaine Hegg will have a book signing at the Ballard House during the same time as the Bake Sale.

Georgia Rosendahl reported that the Hadland Lag will hold their Fall Dinner meeting on October 19, 2013 at the Ballard House.

President Karen read the September birthdays. The birthday song was sung. In place of our October monthly meeting of October 10 we will visit the Westby lodge on October 29. Our next

regular meeting will be held on November 14, 2013.

Lee Grippen requested a moment of silence in memory of Carlton Onstad. Lee then introduced Denise Rostad, who spoke about Mary Rostad, her mother, and Mary's book "Squirrel is Alive". The book covers growing up under Nazi rule and how Mary had worked for both the French and Belgium resistance movements during World War II. Mary's husband, Alan, was from Spring Grove. Denise Rostad lives in Houston, Minnesota, in her parents home.

A sympathy card was sent to the Carlton Onstad family.
A birthday card was sent to Janice Dokken
A sympathy card was sent to the Verdayne Melbostad family.

Respectfully submitted
Kati Peterson
Secretary

September 24, 2013

The Executive Board of the Sons of Norway, Valheim lodge 1 - 364, met on Tuesday, September 24, 2013, at Giants of the Earth at 4 p.m.; President Karen Fried presiding.

The Secretary's report was read.

Loretta Knutson read the Treasurers report.

Geneva Tweeten reported that the Owatonna trip had gone really well. The group wanted to know if she would plan another trip. Geneva has received thank you notes from Hubbell House and several of the Book Club members. In October the Book Club will be discussing the last of the Vilhelm Moberg series of books. She has a film for the October meeting as well.

Discussion took place about our participation during Uff Da Fest, October 4 & 5. We will hold a Norwegian goodies free will offering bake sale at the Ballard House. Georgia Rosendahl, Janet Fossum, Emma Landsom, Geneva Tweeten, and Karen Fried will each make rømmegrøt. President Karen will pick up butter and a white table cover. The paper products need to be checked on. Janet Fossum will bring the cinnamon and sugar mix. Judy Melbostad will e-mail Karen with the amounts of napkins, bowls, spoons, etc. available. The Board agreed to purchase 60 rounds of lefse from Rushford for the bake sale. Some of the packages will be opened for individual pieces to be buttered. Volunteers should be at the Ballard House by 9 a.m. to set up.

President Karen will send out postcards to members about the sale and include information about the trip to Westby Sons of Norway on October 29. RSVP's for the trip should be made by October 18. Call Karen Fried or Lee Grippen.

On October 29, the bus will leave Red's IGA parking lot at 4:30 p.m., pick up in Caledonia at 4:45 p.m. and continue on to Westby. Karen will contact JC about the availability of his bus and if it is not available, Emma Landsom will check with Lamers bus co. for pricing. Motion for the Lodge to Pay for the bus was made by David Peterson, seconded by Lee Grippen and passed by voice vote. Discussion took place about what size bus would be need for the trip.

Elaine Hegg will hold a book signing at the Ballard House on October 5. The book is about one room school teacher, Inga Mag-

Sons of Norway The mission of Sons of Norway is to promote and preserve the heritage and culture of
Mission Statement Norway and provide quality insurance and financial products to its members.

nussen, who was killed at the Bee school in December of 1921.

Election of Officers will take place at our November meeting.

Our Christmas party will be held on Thursday, December 12 at the Ivy Grove restaurant in Spring Grove.

Our annual Bake Sale will be held on Saturday, December 14. David Peterson will reserve the American Legion meeting room for us. Items for the sale should be priced and at the Legion by 8:30 a.m.. Set up volunteers should be there by 7:30 a.m.. Selling begins at 9 a.m.

The next Executive Board meeting will be held on the bus to Westby on October 29.

The meeting was adjourned.

*Respectfully Submitted,
Kati Peterson
Secretary*

Lee reminds us to save used postage stamps for Tubfrim. Bring them to any monthly meeting.



Well Wishes:

During this Thanksgiving and Christmas season we would like to wish everyone good health and wonderful family time together.

Special get well wishes and continued healing to our members

Loraine Hagen and Georgia Roble.

Birthday mile markers:

Vernon Roble - 90 in November

BevAnn Brevig -- 70 in November

Bonnie Haugen -- 55 in November

Harriet Ellingson -- 85 in November

JULEBRUS A NORWEGIAN CHRISTMAS TRADITION

A Norwegian Christmas without julebrus (Christmas soda) is like a birthday party without cake. A seasonal favorite of Norwegian children (as well as many adults), julebrus comes in hues of red, brown, yellow-orange and even black. It is a sweet and fizzy drink that is bottled and labeled with festive Christmas patterns and pictures. The seasonal drink is often flavored with lots of sugar, vanilla, ginger, caramel, a variety of berry, citrus or pear flavoring.

It's a staple, which for many across Norway stimulates the julestemning (Christmas feeling) intended for the holiday season ahead. As cooler weather approaches and leaves begin to fall, julebrus begins its seasonal distribution, all while decorations begin to take their places in stores, homes, schools and city centers. There is a rush of holiday spirit around Norway as businesses close down and families prepare to gather for their julaften (Christmas Eve) dinners.

Joining them on their julebord (Christmas table) is the traditional bottle of julebrus, next to a traditional shot of afters dinner aquavit (for the adults). Each member of the family has their favorite flavor, color, taste or brand, but sometimes it's left up to a matter of loyalty, and where you're from determines that. For example, the reigning champs in the annual Julebrus taste test contest come from the Hamar and Lillehammer area. The Hamar and Lillehammer Julebrus brand is a product of Ringnes Brewery and has been voted the best based on varying criteria.

Around 25 tasty, and some not so tasty Christmas sodas are widely distributed across Norway. But these are not the only thing prompting holiday spirit in the stores as grocery stores fill with festive products and holiday spirit:



apples are stamped with "god jul," small nisser are printed on milk cartons and Christmas calendars filled with chocolate are for sale in every checkout line.

Here is latest winner of the 2012 julebrus blind taste test done in one of Oslo's busy shopping malls. Learn about the runners up by visiting, <http://tinyurl.com/n6p3hk6>

#1 Hamar and Lillehammer Julebrus

Score: 6/6

Price: 12,50 kroner = \$2.10

Positives: Strong Christmas feeling, Natural taste of caramel and ginger, nice

color, great fizzy taste.

Negatives: It could have been a touch less sweet.



Book Forening

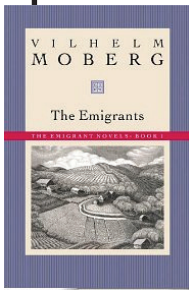
(Book Club)

At our November meeting, November 19th, we are going to review all four of Vilhelm Moberg's books: *The Emigrants* (1949), *Unto a Good Land* (1952), *The Settlers* (1956), *The Last Letter Home* (1959). Then each member is going to talk about their ancestors and their immigration to America.

For the December meeting, December 17th, we are going to read "Silent Night" by Stanley Weintraub.

It is about WWI Christmas Truce. We welcome all to join! We meet in the basement of the SG Communications building, room 103, 2:00pm, third Tuesday of the month

Contact Geneva Tweeten for more information.



Nov/Dec

Gratulerer med dagen!

					1 JC Nerstad Ashley Schwartzhoff	2
3	4	5	6 Geneva Tweeten	7 Jill Storlie	8 Aiden Fort	9
10	11 Genevieve Bentley	12	13	14 David Peterson	15	16
17 Harriet Ellingson	18 BevAnn Brevig Glen Morken	19 Book Club	20	21 Devon Nerstad	22 Vernon Roble	23
24	25	26	27 Bonnie Haugen	28 Thanksgiving	29	30
1	2	3 David Virock	4 Board Meeting 4:15 @ Ballard House Lawrence Knutson	5	6	7 Pearl Holland
8	9	10	11 Christmas Party @ Ivy Grove 6pm	12	13 Betty Storlie	Norwegian Bake Sale @ Legion 9-11am
15	16	17 Book Club	18	19	20 Genevieve Danielson	21 Gunnar Tolleson
22 Dylan Orth	23	24 Izaa Morken	25	26	27 Georgia Rosendahl	28
29 Beulah Onstad	30	31	Christmas Day			

December

VESTERHEIM EVENTS

Decorah, IA

To sign up for classes and to see what else Vesterheim has to offer check out their website: www.vesterheim.org

CLASSES:

Jan Brett's Gingerbread Friends and Their Gingerbread House with Lea Lovelace and Darlene Fossum-Martin
December 15

VESTERHEIM FREE FIRST THURSDAYS

The first Thursday of every month Vesterheim offers free admission to the museum and a special event, sponsored by Decorah Bank & Trust Co.

SPECIAL VESTERHEIM EXHIBITS

Four from the North

Opens September 20, 2013 - April 16, 2014

Work by Minnesota artists inspired by Norwegian heritage and nature.

The World of Jan Brett

October 14, 2013 - January 5, 2014

The World of Jan Brett is a fun and educational traveling exhibition featuring original artwork, recreated scenes, and favorite characters from the stories of the beloved children's author and illustrator. Look for information later this year about a special visit from Jan Brett. Sponsored by the 2012 Deck the Tables Event.

Flora Metamorphicae

December 7, 2013 - August 2014

Flora Metamorphicae is a perpetual project created by a group of six contemporary Norwegian ceramic artists. The artists work in individual isolation to shape their own ceramic flowers, which, once brought together, open in a carpet of 4,000 flowers. The flowers are installed in different configurations to fit indoor or outdoor spaces. Vesterheim will be one of the first venue in the United States for a unique installation of the flowers.

DECK THE TABLES

Celebrate the season with fantastic decorations, music, and food at the Hotel Winneshiek in Decorah.

November 22-23, 2013

Open Houses

Friday 5:00 - 9:00 p.m.

Enjoy live jazz music and samples from Toppling Goliath Brewing Company.

Saturday 9:00 a.m. - 2:00 p.m.

Admission \$10

NORWEGIAN CHRISTMAS WEEKEND

December 7-8, 2012

This festive celebration features holiday traditions with a variety of music, demonstrations, folk art, stories, food, and hands-on experiences.

AT GIANTS

in Spring Grove, 163 West Main Street

JULETREE FEST Dec. 14, 1-3 pm

Come and enjoy crafts, singing, and treats!

AT NORSKEDALEN

Norskedalen is located off La Crosse County Highway Pl, just 3 miles north of Coon Valley, WI.

OLD-FASHIONED CHRISTMAS

Dec. 7, 10 am - 4 pm

& Dec. 8, 11 am - 3 pm

Come enjoy the holidays with us !

Thanks to everyone who brought baked goodies and helped out at our UFF DA FEST bake sale!!!

Norwegian Goodies and Elaine Hegg Book Signing at the Ballard House



2013 LUNCH SERVERS

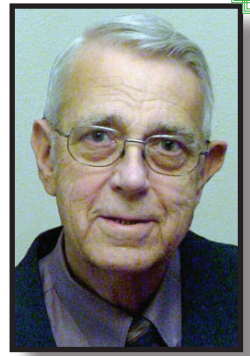
First person is the chairman. This person calls the others on the list. As servers, your responsibilities are to set up the lunch items, provide coffee and other beverages, paper products and clean up.

Each month, ALL MEMBERS bring "finger foods".

November 14, Thursday - Geneva Tweeten, David Virock, Gerald & Kay Olson, Jill Storlie

December 12, Thursday - Christmas party at Ivy Grove 6:00 -6:30 Happy Half Hour. Appetizer and punch provided by Lodge. Menu: salad, potato, fish or chicken, vegetable, light dessert. Everyone pay for their own meal.

Sympathy to the family of Verdayne Melbostad. Verdayne Arnold Melbostad, age 79, of Spring Grove, MN died Wednesday, September 18, 2013 at Tweeten Healthcare in Spring Grove, MN. Funeral services were held Saturday at Waterloo Ridge Lutheran Church in rural Spring Grove, MN. Burial was in the church cemetery, with Pastor Allen Hermeier officiating.



Verdayne was born July 4, 1934, the son of Arnold and Amy (Olson) Melbostad at the Spring Grove hospital. He was baptized July 29, 1934 and confirmed May 30, 1948 at Waterloo Ridge. He graduated from Spring Grove High School May 28, 1952.

He was united in marriage to Judith (Judy) Tillerias May 25, 1963 at Waterloo Ridge. They farmed on the Melbostad home farm until 1993. He was the custodian of the church from December 1974 to the time of his death. He was on the church board from 1999 to 2013. He worked for Northern Engraving from November 1987 to October 2006.

Verdayne and Judy enjoyed square dancing for 30 years and were members of the Skyliner Polka Club from 1990 to 2013. **He was a 50-year Sons of Norway member with Valheim Lodge 364 in Spring Grove, and served as president for 15 years.** Verdayne and Judy also enjoyed going out to eat with friends Friday night.

Verdayne is survived by his wife, Judy; one daughter, Jodeen (Jack) Swinghamer of La Crescent, MN; two sons, Robert Melbostad of Bloomington, MN and Steven (Sheila) Melbostad of Mabel, MN; five grandchildren, Lindsay Passig (special friend Brian Klug), and Kristen, Jack, Vance and Megan Melbostad; five step-grandchildren; one sister, Ardis (Wayne) Meitrodt of Rochester, MN; one niece and nephew; three aunts; his bothers-in-law and sisters-in-law.

Verdayne was preceded in death by his parents; his mother and father-in-law, Orval and Evelyn Tillerias; one brother-in-law; and several aunts and uncles.

He was a very active member in Sons of Norway and will be missed.

Sons of Norway
Valheim Lodge 1-364
Georgia Rosendahl &
Karen Fried
PO Box 472
Spring Grove, MN 55974

Return Service Requested



NOV/DEC 2013

VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

lefse~krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~lefse~krumkake

Sons of Norway
Valheim Lodge #364
ANNUAL

**NORWEGIAN BAKE SALE
& More**

SATURDAY, DECEMBER 14
Spring Grove Legion Front Room
9 a.m. - 11 a.m.
or until everything is gone!

krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~flatbread

krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~flatbread

lefse~krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~lefse~krumkake