

# THE VALHEIM TIDENDE




Volume 15 Issue 5

SPRING GROVE, MN 55974

Sept/Oct 2013

**Editors:**

Georgia Rosendahl &  
Karen Fried  
18346 Bee Hill Dr.  
PO Box 472  
Spring Grove, MN 55974  
507-498-5611  
bfried@springgrove.coop  
rosefarm@springgrove.coop  
www.valheimlodge.org

## Upcoming Monthly Meetings

### September

Thursday, September 12, 7:00 pm at the Legion.  
Program: Denise Rostad, "WW II Memories in Belgium"

### October

There will NOT be a regular October meeting. We are invited to Westby on Tuesday, October 29 to be guests of Solvang Lodge. We will plan to charter a bus for this event, please sign up at the September meeting or let Lee Grippen know. 507-725-3281.

## 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 Melbostad  
Editors/Publicity  
Georgia Rosendahl &  
Karen Fried  
Historian  
Georgia Rosendahl  
Trustees  
Lawrence Knutson  
Milford Landsom  
Auditor  
Darrell Sinclair  
Sports Director  
Diane Nerstad &  
Edith Nerstad

## Day Trip

*by chartered bus*

to the

## Historic Owatonna Orphanage

-- Minnesota State Public School  
for Dependent and Neglected Children Museum --

Tour guide: Harvey Ronglien  
author of "Boy from C-11 Case #9164, A Memoir"



## Tuesday, September 17, 2013

Leaving at 8 a.m. --- return about 7:30 pm

On the trip to Owatonna,  
there will be a stop in Mantorville  
to eat at the Historic



Cost: \$35 (includes bus and museum); Food not included

Contact Geneva Tweeten : 507.498.3438

Emma Landsom: 507.498.3240

Sponsored by Sons of Norway  
Valheim Lodge Book Club

# SUMMER GUESTS AND TRIPS



## Vennskap Lodge stops for a visit

On the afternoon of July 25, we served afternoon coffee to members of Vennskap 554 Sons of Norway, from Canby, MN. They were on their way to Nordic Fest in Decorah and made a planned stop in Spring Grove to see what there was to see. Due to road construction and detours, their stay was abbreviated. But in the time they were here we had a wonderful time. Bill Fried, representing Giants of the Earth Heritage Center gave a very informative presentation about the history of Spring Grove as well as the Ballard House and the Giants of the Earth organization.



## Nor-Win Lodge from Winona

were guests at our August Pot Luck Picnic



Plenty of wonderful picnic food



The Highland Voices Entertained Us



Presidents Fried & Zeller

## Off to the theater....Church Basement Ladies "Last Potluck Supper"

Thanks to Judy Melbostad for arranging the bus trip to the Plymouth Playhouse on August 14. And thanks to everyone who went!



# GUSTAV VIGELAND'S PARK

Vigeland Park is the world's largest sculpture park created by one single artist and it is open every day throughout the year. This unique sculpture park is Gustav Vigeland's life-work with more than 200 sculptures in bronze, granite, and wrought iron. Vigeland was also responsible for the design and architectural layout of the park which stretches across 20 square miles. Vigeland's park was completed mainly between the years of 1939 and 1949.

Most of the sculptures are placed in five large units along an 850 meter (2,788 feet) long axis: The main gate, the bridge with the children's place, the fountain, the monolith plateau and the wheel of life.

In 1924 Vigeland moved into an apartment at Frogner in Oslo. There he lived a quiet and regular life together with his wife Ingerid, whom he married in 1922. He became completely involved in his work and was rarely seen out in public. At night he would sit mainly in the library where he would draw, read or wood carve. Vigeland lived at Frogner until his death in 1943.

Vigeland did not live to see the finished park. Not until around 1950 were most of the sculptures and architectural elements in place. The municipality of Oslo was the largest contributor to the realization of the artist's vision but there were also a number of private donors and companies that gave generous financial support so that Norway's capital could have a park that would be unmatched across the world. Vigeland molded all of the sculptures in the park by hand

from full size clay. Carving in clay and casting in bronze were left to a number of skilled craftsmen. In addition, Vigeland stood by for the architectural design and landscaping of the 300 acre plus parkland.

Today Vigeland's Park and its 212 sculptures, the last built in 2002, are unique to the international scene. In the winter the Bymiljøetaten ski trail is prepared in the park which surely makes Frogner Park the world's only park where you can enjoy skiing surrounded in a sculptural landscape. Frogner Park is the most visited tourist attraction in Norway. Between 1.5 and 2 million people visit the park each year.



## Matlyst Monthly Norwegian Apple Pie (Eplepai)

from *The Great Scandinavian Baking Book*  
by Beatrice Ojakangas  
Makes one 9-inch pie

Although this is called a "pie" in Norway, we would think of it as a cake. Incredibly simple to make, it's a perfect last-minute dessert when fresh apples are in season.

- 1 egg
  - ¾ cup sugar
  - 1 teaspoon vanilla extract
  - 1 teaspoon baking powder
  - ¼ teaspoon salt
  - 1 teaspoon cinnamon
  - ½ cup all-purpose flour
  - ½ cup chopped almonds
  - 3 medium-sized tart apples, pared, cored and diced
- Topping
- 1 cup whipping cream
  - 2 tablespoons powdered sugar

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.



## Lapskaus

Adapted from *NordicNibbler.com*, makes 6-8 servings

- 2¾ lbs chuck steak (off the bone and trimmed of excess fat), cut into ¾-inch pieces
- 6 large carrots, chopped into ¾-inch pieces
- 1¼ cups parsley roots, chopped into ¾-inch pieces
- 3¼ cups rutabaga, chopped into ¾-inch pieces
- 2¼ lbs floury potatoes such as Russets, chopped into ½-inch cubes
- 6½ cups fresh chicken stock
- ½ cup butter
- Freshly chopped parsley to garnish
- Salt and freshly ground pepper to taste

Add meat in batches to a large casserole pot and brown. Once meat is browned, add chopped vegetables, stock and salt and pepper. Bring to boil and skim stew when needed. Cover and simmer gently for 2½ hours. After simmering, check the seasoning and adjust as needed. Top with freshly chopped parsley and serve with flatbrød.

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

## July 11, 2013

The July meeting of the Sons of Norway, Valheim Lodge 1-364, was called to order by President Karen Fried on Thursday, July 11, 2013, at 7 p.m. in the American Legion meeting room. The anthems were sung. She welcomed Ron and Frieda Nowland, new members Jacqueline Parker, Jay, Calloway and Gunner Tollefson.

The Book Club will meet next Tuesday, July 16 at 2 p.m. The subject will be about Thailand and it's culture.

Judy Melbostad reported that the bus for the play in Plymouth, Minnesota, on Wednesday, August 14, is full and she has a waiting list. She requested that the tickets be paid for tonight to help her count. The bus will leave Spring Grove at 7:30 a.m. from the park. Reservations have been made for lunch in Cannon Falls.

President Karen complimented Darrell and Oranda Sinclair for a good job, well done as our entry in the Eitzen, Minnesota, 4th of July parade.

The Lodge is scheduled for Meals on Wheels the week of August 5 - 9. Darrell and Oranda Sinclair volunteered to work on Monday the 5th.

Lee Grippen reported on his visit to the Tubfrim offices during his trip to Norway last May.

President Karen read the names of the July birthdays. The birthday song was sung. We were all invited to help Edith Nerstad celebrate her 95th birthday on July 20 from 2 - 4 p.m. at the Giants of the Earth meeting room.

Our lodge will be host to the Winona lodge at a pot luck picnic on Thursday, August 8, in Viking park and the Log Cabin beginning at 6 p.m. We need to bring plenty of food. If the weather is bad we will use the American legion meeting room. The Highland Singers will provide our program for nth evening.

On Thursday, July 25, a bus from the Sons of Norway Lodge Vennskap in Canby, Minnesota, will be stopping in Spring Grove. They are on their way to Day 1 of the Nordic Fest in Decorah, Iowa. Emma Landsom, Janet Fossum, and Lee Grippen will provide coffee for them in the Giant of the Earth meeting room from 2:30 to 5 p.m.

Remarks for the good of the order: Judy Melbostad reported that there will be an Ice Cream Social on July 14 at the Waterloo Ridge Lutheran Church.

A Farmers Market and antique appraisal will be held on Saturday in Mabel, Minnesota. There will be a Farmers Market every Saturday from 8 - 12 until October.

Motion to adjourn the meeting was made by David Peterson, seconded by Lawrence Knutson and passed.

Lee Grippen introduced our speakers for the evening, Ron and Frieda Nowland. They presented an interesting slide show of the Lighthouses on the Great Lakes.

Respectfully Submitted  
Kati Peterson, Secretary

## July 31, 2013

The Executive Board of the Sons of Norway lodge 1 - 364, met on July 31, 2013, in the Giants of the Earth meeting room in the Ballard House at 3 p.m.

The meeting was called to order by President Karen Fried.

The Secretary's report was read and approved.

We are scheduled to deliver Meals on Wheels the week of August 5th - 9th. Darrell and Oranda Sinclair volunteered to deliver them on Monday the 5th and Tuesday the 6th, Judy Melbostad and Janet Fossum will deliver them on Wednesday the 7th, Karen Fried and Georgia Rosendahl on Thursday the 8th and someone is needed for Friday the 9th.

At our August 8th meeting we will host the Winona lodge. We will serve a pot luck supper beginning at 6 p.m. in Viking Park. Members are asked to prepare accordingly. There may not be enough benches for seating in the park so members will need to bring lawn chairs. Karen Fried will get the Spring Grove pop. Lee Grippen will contact the Winona lodge for the number of people we should expect. He will then contact Loretta Knutson with the count.

President Karen will contact Trinity Lutheran Church to find out if we can use the Fellowship Hall in case of bad weather.

Judy Melbostad reported that the bus for the trip to the play on August 14th is full. The bus will leave from Spring Grove at 7:30 a.m. on the church side of the park.

Geneva Tweeten reported that the Book Club will watch a film of the immigrants to compare with the book they are reading. If there is enough interest, they will read the next book in the series by Vilhelm Moberg next month..

Music in the Park has been extended for a few more weeks. We will not be able to provide food for any of the dates.

Participation in the Steam Engine Days parade will be discussed at our next regular meeting. We will also discuss our participation in Uff Da Days; possibly a bake sale at the Cinema. We will need to find out if there will be activities at the Cinema. If so, can we use the Ballard House? Discussion was tabled until next month.

Vice-President David Peterson will check with the American Legion so we can hold our annual Bake Sale on Saturday, December 14th..

Respectfully Submitted  
Kati Peterson  
Secretary

## August 8, 2013

No minutes were available for the August 8 monthly meeting. Winona Lodge members were our guests. The Highland Singers provided a musical program.

**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.

# August 28, 2013

The Executive Board of the Sons of Norway, Valheim Lodge 1-364, met on Wednesday, August 28, 2013 in the Giants of the Earth meeting room in the Ballard House at 4 p.m.; President Karen Fried presiding.

The Secretary's minutes of the July 31, 2013, were read and approved.

Loretta Knutson read the Treasurer's report. Approved by voice vote.

Loretta will speak with J. C. Nerstad about the use of his small bus that was used instead of the larger bus reserved for the trip to the play on August 14, 2013.

Lodge member, Janet Dokken, will celebrate her 80th birthday on September 14, 2013 after 4 p.m. at the Ballard House.

The Board discussed ways for the Lodge to support members at special times; Birthdays; illness, sympathy, etc.

President Karen thanked everyone that had helped with Meals on Wheels the week of August 5 - 9. J. C. and Darla Nerstad delivered meals on Friday. She thanked everyone that helped with the set up and meeting and supper at the August 8 regular meeting in Viking Park. President Karen also thanked Judy Melbostad for all her time and work setting up and managing the August 14 bus trip to the play in Plymouth, Minnesota, and to everyone that went on the trip.

Geneva Tweeten reported that the Book Club will be reading the Vilhelm Moberg series about Norwegian immigrants: The Immigrants; Unto a Good Land; The Settlers; Last Letter Home. In November they will discuss all four books and their family's immigration stories. Geneva will try to get the two remaining films based on his books.

On September 17th the Book Club is planning a trip to visit the museum in Owatonna, Minnesota, that was once an orphanage. Transportation will be by car caravan until 26 people have signed up, at which time a bus will be reserved. Each rider will pay the driver \$20.00 if cars are used. Karen Fried will make posters to advertise the trip. The group will leave Spring Grove at 8 a.m.. Lunch will be at the Hubble House at about 11 a.m. Meals range from \$12.50 to \$13.99, tip and beverage are included. The \$20.00 per person is for transportation and museum entry fee. Lunch is on your own. The museum will have someone to explain the history of the museum during lunch.

Loretta Knutson reported that Carol Nerstad had e-mailed a request for the Sons of Norway to provide a program at the Assisted Living apartments during the week of September 10 - 14 to help them celebrate their anniversary. The program would be at 10 or 10:30 a.m. and last about an hour. Could they wear their bunads too? Lee Grippen said he would see if Rachael Storlie might be available to play or sing during the program. Possibly display Ove and Viola Stigen's bunads. Discussion followed.

Loretta agreed to take care of the program if someone would help her. Lee Grippen volunteered to help. Loretta will contact Carol Nerstad to see if they have a DVD player to show a short film. Lee will contact Jay Tollefson to see if one or more of his sons could take part in the program. The Board agreed that September 12 was the best day for the program.

Discussion took place about our participation in the Mabel Steam Engine Days parade on September 7. Bringing the boat will create problems as the Main Street in Spring Grove is being resurfaced from the East to the West ends of town. The possibility of riding in convertible cars was mentioned. Freddy Kroshus was mentioned as having several convertibles. Three members in bunads could ride in each vehicle. Kati Peterson will contact the parade committee to inform them of the change in our entry.

Advertising has already been posted that the Sons of Norway will have a bake sale in the Cinema lobby on October 5, during UffDa Days. We need to find out if there are any activities scheduled for the Cinema that day. We will tentatively plan for the bake sale until we hear differently.

Discussion took place about having a program during our annual Christmas party in December. It was tabled for discussion at a later date.

The next Board meeting will be held on Wednesday, September 25 at 4 p.m. in the Ballard House.

Respectfully submitted  
Kati Peterson  
Secretary



*Sympathy* to the family of Carty Orstad. He was a life member. He joined Valheim Lodge in 1946 making him one of our longest serving lodge member, a member for 67 years.

## Well Wishes:

*It's hard to know all of the health issues that any of our members may have. As a Lodge, we all our family and we wish the best to everyone!*

We do want to wish healing to:

Al Hagen, David Peterson, Verdayne Melbostad,  
Georgia Roble

## Birthdays mile markers:

James Skree-- 60 in September

Janice Dokken -- 80 in September

Ralph Lane-- 90 in October

Howard Burtness -- 80 in October

Georgia Roble -- 85 in October

Bob Stotskopf -- 75 in October

## Uff Da Fest is coming!!!

**We will be selling Norwegian Goodies on Saturday, October 5 from**

**10:30 -1:00 at the Ballard House.**

**Any ideas on what we should sell??**

**Come with ideas to our September meeting!**

# Bok Forening

(Book Club)



September the book club is going on the road. Join them as they travel to Owatonna to see the Owatanna Orphanage. On the way there, there will be a stop at the Historic Hubbel House in Mantorville, MN to have lunch.

In October the book club will meet on the 15th and will discuss

Normally, the Book club meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library. We welcome all to join. Contact Geneva Tweeten if you would like more information.

## VESTERHEIM CLASSES

Decorah, IA

To sign up for classes and to see what else Vesterheim has to offer check out their website: [www.vesterheim.org](http://www.vesterheim.org)

**Beginning Watercolor:** Emphasis on Still Life and Landscape with Doug Eckheart, September 13-15

**Introduction to Beginning Rosemaling** with LoyAnn Nasby September 20-22

**Handcarving and Decorating Wooden Spoons and Kitchen Utensils** with David Østrem, September 20-22

**Seven Traditional Christmas Cookies of Norway** with Darlene Fossum-Martin, September 21

**Weaving—Lightning Techniques** with Jan Mostrom September 27-29

**Weaving a Norwegian Kles Kurv Basket** with Jean Schutte October 5

**Holiday Food Traditions: Remembering, Writing, Tasting, Sharing** with Kathleen Ernst and Darlene Fossum-Martin November 1-3

**Rosemaling a Tine in Rogaland Style** with Lois Mueller November 1-3

**Wood Carving for Christmas** with Harley Refsal November 1-3

**Wooden Handcarved Ale Hens** with Becky Lusk November 1-3

**Russian Zhostovo Painting** with Pam Rucinski November 2-4

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

## Sep/Oct

	3	4	5	6	7
	Marlys Bjerke	Janice Dokken	Jim Skree		
8	9	10	11	12	13
	Marland Bjerke		Calloway Tolleson	Sons of Norway Mtg 7 pm	
15	16	17	18	19	20
		Book Club			Aubrey Orth
22	23	24	25	26	27
				Milford andsom	Judy Fruechte
29	30	October 1	2	3	4
	Gerald Olson		Kati Peterson	Dorothy Stoskopf	Taylor Knutson
6	7	8	9	10	11
			Caleb Nerstad		
13	14	15	16	17	18
	Ragnild St. Mary	Georgia Roble			Ralph Lane
20	21	22	23	24	25
	Howard Burtness Bob Stoskopf Betty Holty				Fort Garrett Eric Reque
27	28	29	30	31	
	Vance Haugen Darla Nerstad	Sons of Norway Mtg @ Westby		Gratulerer med dagen!	

## 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.



# Uff Da Fest! October 4-5, 2013

*“Celebrating Autumn  
in Spring Grove,  
Minnesota”*

•8:30 – 9:30 am Registration and Check-in for **Leve for Farge** 5k Colorful Run at Bluff Country Artists Gallery; Race begins at 10 a.m.

•9am - 4pm **Festival of Quilts Show and Sale** at Fest Building

•9am - 4pm **Genealogy** Experts - Ballard House

•9:30 am - 4:00 pm **Kubb Tournament** - behind Trinity Lutheran Church - \$30 per team

•10 am **Uff-Da Fest Bowl** (Flag Football Game) at the Football Field



•10:30 am - 1:00 pm **Norwegian Goodies** - at Giants of the Earth Heritage Center - by **Sons of Norway**

•10:30 am - 3pm **Pork Burgers** by the SG Athletic Boosters - Viking Memorial Park

•11am - 1pm **Homemade Apple Pie sale** - Dollars for Scholars - Syttende Mai Hus; whole pies or by the slice a-la mode

•Noon - 2pm **Musical Entertainment** TBA - Viking Memorial Park

•2:00 pm Spring Grove EDA “Detour Dollars” \$4444 SG Dollars Giveaway; Viking Memorial Park; 10 additional qualifiers will be drawn from the October 5 registration box in the park. Be there!

•3:00 - 5:00 pm **Best of Nature Photography Contest** Gallery of All Entries - Bluff Country Art; Get your entries in by October 4 (Categories: Grades K-6; Grades 7-12; Amateur; Professional; Norwegian Ridge Birding & Nature Trail Photos; contact Steve at [kemp54@springgrove.coop](mailto:kemp54@springgrove.coop)

•4pm **American Standard live music** at Norski's Saloon

•6pm Spring Grove Lions Club **Truck Drawing** at Norski's

•8pm **Simple Rogues folk music** at Norski's Saloon; 'UffDa' Drink Specials!

•8:30pm -12:30am **DJ Dewey** - American Legion Post 249

## Friday, October 4

•7 am - ? City Wide **Garage Sales** - more info coming soon



•noon - 4pm **Festival of Quilts Show and Sale** at Fest Building

•4:30 - 6:30pm **Spaghetti Dinner** - Location to be announced - Free will donation; SMIF-funded entrepreneur groups to be honored.

•5:00 – 7:00 pm Registration and Check-in for “**Leve for Farge**” 5k Colorful Run at Bluff Country Artists Gallery; Race begins at 10 a.m. Saturday

•7:00 pm **Alaska String Band**; Spring Grove Cinema; Tickets \$15 pre-sale; \$20 at the door; <http://www.alaskastringband.net/>

•6 pm - Midnight **\$2 Beers** at Spring Grove American Legion Post 249

## Saturday October 5

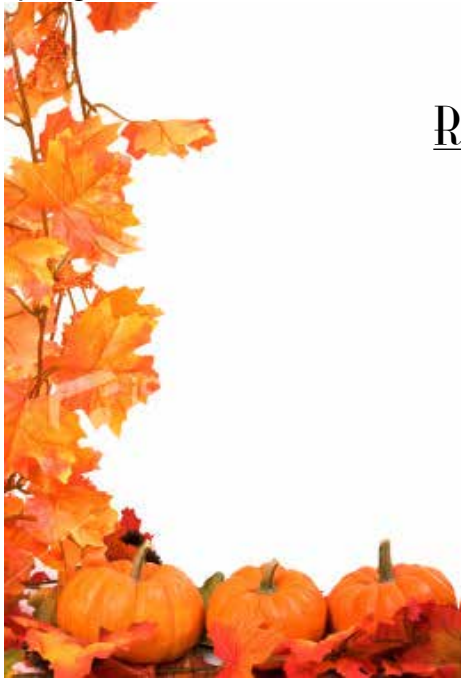
•7 am - ? City Wide **Garage Sales** - more info coming soon

•7:30 am - 3:30 pm Registration for **Ga På Tur Nature Walk – Norwegian Ridge Nature & Birding Trails** - Register at the Ballard House and get your map!

•8:00 – 9:00 am Registration for **Kubb Tournament**



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



Return Service Requested

SEPT/OCT 2013

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

## 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".**

**September 12, Thursday** - Lee Grippen, Rachel Storlie, Darla & JC Nerstad, Charles & Pearl Holland

**October 28** -- go to Westby

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

**December 12, Thursday** - Christmas party at Ivy Grove



### FOOD SHELF

If you bring food shelf items to a monthly meeting ---we will see that they get delivered to the Houston County Food Shelf!