

THE VALHEIM TIDENDE



Volume 16 Issue 1

SPRING GROVE, MN 55974

Jan/Feb 2014

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JANUARY MEETING SATURDAY, JANUARY 11, 11 A.M. @ LEGION CLUB ROOM

Our first **PROGRAM** of 2014 will feature Elaine Hegg who will discuss and share memories of her book "Death in a One-Room Country School". After the program our **LUNCH** will be featuring "Souper Saturday!" Every household please bring a can of soup. We'll mix them all together and see what kind of tasty "stew" we come up with to eat (we invite you to bring your own bowl and spoon if you would like). Also, everyone, please bring finger foods to share. After lunch, we will have a short **BUSINESS MEETING**.



Hope to see everyone there!

2014 Officers

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

LUNCH CHAIR PEOPLE 2014

First person for each month is chairman of their lunch committee. Their job is to call the other servers for the month, buy Decaf Coffee, cups and napkins and then divide the cost with the rest of their serving committee. Each month, the committee is in charge of making coffee, making sure there are paper products, help serve the food and clean up. All members are asked to bring potluck finger foods each month.

Saturday, January 11 - Loretta & Lawrence Knutson, Sibyl Floyd
Saturday, February 8 - Karen Fried, Audrey Almo, Judy Fruechte
Saturday, March 8 - Lee Grippen, Bonnie & Vance Haugen
Thursday, April 10 (We host Lanesboro) Judy Melbostad, Betty & Dennis Holty, JC & Darla Nerstad, Al Hagen, Nancy Nelson
Thursday, May 8 - Dave & Kati Peterson, Tom Murphy, Larry Lane
Thursday, June 12 - Geneva Tweeten, Truman Omodt, Jackie Parker
Thursday, July 10 - Janet Fossum, Chuck & Pearl Holland, Mike Schmidt
August 14 - picnic
Thursday, September 11 - Diane Nerstad, James Skree, Betty Storlie
Thursday, October 9 - We host Westby - Jill Storlie, Richard Storlie, Bob & Dode Stoskopf, Judy Tollefsrud, Jay Tolleson, Cheryl Skifton, Rachel Storlie
Thursday, November 13 - Linda Nerstad Kemp, Tom Trehus, David Virock, Lois Wilhelmson
Thursday, December 11 - Christmas party at Ivy Grove

GOD JUL!



DECEMBER MEETING

For our December monthly meeting we gathered at Ivy Grove restaurant in Spring Grove on December 12. Approximately 30 members were able to attend and enjoy a fantastic meal, some fine fellowship, a white elephant gift exchange, and a wonderful sing along led by Audrey Almo and her accordian! It was a great way to cap off a busy year.



ANNUAL NORWEGIAN BAKE SALE

We experienced wonderful weather for our Annual Norwegian Bake Sale that we held on Saturday, December 14.

THANK YOU TO ALL OUR LODGE MEMBERS who brought goods, worked at the bake sale, bought goods and/or donated money. This is one of our main fundraisers for the year. If you did not bring any items for the event, we ask that if you have not done so already, please donate to the lodge \$10-\$20.



Matlyst Monthly

Scandinavian Sweetheart Waffles

Adapted from *Allrecipes.com*, makes 5 servings

- 2 eggs, separated
- ¼ cup white sugar
- 1 tsp vanilla sugar
- ¼ cup water
- 3 tbsp butter, melted
- 1 cup buttermilk
- 1½ cups all-purpose flour
- ¼ tsp ground cardamom
- 1 pinch salt



Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add the remaining butter, buttermilk and flour as well as the cardamom and salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly ⅓ cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

Berry Syrup

Adapted from *thisweekfordinner.com*

- 1½ cups of your favorite berries or 1 cup blueberries
- ¾ cup sugar
- ⅓ cup water
- 2 tsp lemon juice
- 1 tbsp corn starch, whisked with enough water to make slurry

Bring lemon juice, water, sugar and berries to boil. Reduce heat and simmer. Slowly add cornstarch mixture to syrup until you reach desired consistency. Syrup can be strained through a sieve or through cheese cloth if less pulp or berries are preferred. Refrigerate remaining syrup.

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!



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.



SONS OF
NORWAY

SONS OF NORWAY
DISTRICT 1
CONVENTION
JUNE 12-14, 2014
DULUTH, MN

Healing wishes to:

Oranda Sinclair

Milford Landsom

Geneva Tweeten

David Peterson

Georgia Roble

and anyone who has been ill

The Fifteenth Annual Barnelopet

The Barnelopet will be held Saturday, February 1st in Decorah. This event is co-sponsored by Vesterheim Norwegian American Museum in Decorah, Valdres Lodge No. 503 of Decorah, the Heimbygda Lodge No. 376 of Lanesboro, as well as our lodge. The Barnelopet is a children's noncompetitive ski/walk event, that will take place at the Decorah Community Prairie, registration starting at 9:40 a.m. For more information contact Vesterheim at 563-382-9681 or info@vesterheim.org. Encourage any child ages 3-13 to participate... everyone is a winner!

Valheim Lodge Meetings

November 14, 2013

The November meeting of the Sons of Norway, Lodge 1-364, was held on Thursday November 14, 2013, in the American Legion meeting room; President Karen Fried presiding. The anthems were sung.

President Karen welcomed members and guests, Joycelyn Rostad and our speaker for the evening, Darrell Henning.

Geneva Tweeten reported that the Book Club will be discussing the Mobray books and a film, and their trip to Owatonna. In December they will be reading *Silent Night* by Stanley Weintraub. A book about Christmas during WWI. There was no fighting that day. The two sides had played a game of football together.

President Karen thanked everyone for donating all the goodies and volunteering their time during Uff Da Fest.

President Karen thanked Emma Landsom for making the arrangements for the bus trip to Westby on October 29.

Our Annual Bake Sale will be held on Saturday, December 14 at the American Legion. A motion to increase the prices of several items was passed. Any questions can be directed to Judy Melbostad, Emma Landsom, or Janet Fossum. Discussion was held about getting a new, lighter weight outdoor sign for the Lodge. Lee Grippen moved to set aside \$200.00 for a new sign. Motion was seconded by David Peterson and passed by Sign of the Order. Emma Landsom suggested we get two signs for better advertising during Syttende Mai and other events in which we participate.

Discussion took place about our participation in the Festival of Trees that is held the weekend after Thanksgiving, David Peterson moved to donate \$100 to the event. Motion seconded Emma Landsom and passed by sign of the order.

There was discussion to donate money for transportation of Spring Grove students to attend the Jan Brett display at Vesterheim. (There is \$100.00 left of the \$250.00 the Lodge donated for the bus to take students from Spring Grove to Decorah, Iowa, during the King and Queen of Norway's visit to Decorah.) The idea was declined.

Election of Officers took place. A ballot was passed out with a slate of officers. Assistant Secretary/Treasurer was needed, Jill Storlie volunteered to have her name on the ballot. Lee Grippen moved to elect the slate of officers. Motion seconded to accept the slate was made by Georgia Rosendahl and passed by Sign of the Order.

We are scheduled to deliver Meals on Meals the week of December 23 - 27.

The members were asked to bring canned or boxed foods to the Christmas party. We will be allowed to bring our own

"Christmas Spirits" to the Christmas party at the Ivy Grove if we wish. The Lodge will pay for the punch and appetizers for the social hour that Ivy Grove will prepare. The meal will be \$10 per person. Everyone is asked to bring a white elephant gift to exchange. Geneva Tweeten suggested that Audrey St. Mary Almo bring her accordion to the party, which Audrey agreed to do. There will be about 25 -30 people at the party.

President Karen read the November birthdays. The birthday song was sung.

Anyone wishing to donate to Minnesota Give to the Max Day can do so on-line. The Dollars are used for support of many worthwhile projects.

The next Sons of Norway Board meeting will be held on Wednesday, December 4 at 4:15 at the Ballard House.

Lee Grippen gave remarks for the good of the order. He then introduced our speaker for the evening, Darrell Henning, who shared a slide show of Norwegian American house and barn architecture.

Respectfully Submitted
Kati Peterson
Secretary

December 4, 2013

The Executive Board of the Sons of Norway, Valheim Lodge 1 - 364, met on Wednesday, December 4, 2013, in the Giants of the Earth meeting room at the Ballard House. President Karen Fried called the meeting to order at 4:15p.m.

It was noted that Valheim Lodge was organized in 1928 making this the 85th year of our Sons of Norway Lodge. We have 83 paid up members.

Judy Melbostad reported that the Christmas party on December 14 would begin at 6 p.m. for a social hour. We can bring our own wine if we wish. Dinner will begin at 6:30p.m. The price of the meal will be about \$10.00 per member. The menu is baked chicken or fish, mashed potatoes, coleslaw or lettuce salad, rolls and coffee and a cupcake dessert. President Karen will look for the lodge bingo equipment to use at the party.

Jill Storlie volunteered to help President Karen with the post cards for the members.

Karen reported that a 2 x 2 ad in the Spring Grove Herald and in the Bluff Country Reader would cost about \$80, or just the Herald would be \$29. The cost of an ad in the Caledonia Argus was \$29. The board decided that President Karen should place a \$29 ad in the Spring Grove Herald and Loretta Knutson place an ad in the Caledonia Argus to advertise our upcoming Bake Sale.

Jill Storlie has volunteered to set up a Facebook page for our Sons of Norway lodge for notifications and information.

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.

Further discussion concerning the Bake Sale scheduled for December 14 took place. David Peterson will order and pick up 75 rounds of lefse. The price per round has increased to \$1.50 per round. He will speak to the American Legion about using their sign for advertising.

The price of several items of the baked goods for the sale were raised. The Petersons volunteered to bring their coffee urn. The coffee bar will be operated by donation. Any foods for the coffee bar will be sold by opening some of the donated items. President Karen offered to bring stickers in case some of the items came in unpriced.

The Board discussed holding a celebration for members with 50 or more years of membership.

President Karen reported that a 26 x 40 blank sandwich style sign would cost \$65.00. A blackboard finish would cost \$100.00 for the same size. Jill Storlie showed the board a sign she had designed. Jill offered to talk to her Dad to see if any part of the old sign was usable.

Judy Melbostad offered to contact the telephone company for advertising our bake sale.

There are several activities on December 14 besides our bake sale. The Bluff Country Gallery has a cookie walk and Giants of the Earth is having a Juletreffest at the Ballard House in the afternoon.

The Book Club will meet on Tuesday, December 17, at two p.m. They are reading *Silent Night* by Stanley Weintraub.

Lawrence Knutson agreed to look for a new speaker system for the lodge. He also agreed to be responsible for having it at the meetings. The American Legion has a speaker system and a movie screen. We need to see if they will let us use them or rent them for our meetings.

Souper Saturday will be held on January 11, 2014 at the American Legion at 11 a.m.. We need to speak to the Legion about reserving our meeting dates. The members are asked to have the soup at the Legion early enough so it can be heated in time for lunch.

Elaine Hegg will be our speaker at the January meeting.

The next Executive Board meeting will be held on January 2, 2014 at 4:15 p.m. at the Ballard House.

Respectfully submitted
Kati Peterson
Secretary

*The Connie Dahler Estate
willed to our lodge a little over \$300.
We are looking for ideas that we can put this
money towards as a remembrance of Connie.
One idea is to put it towards a better sound
system that would be used at our meetings.
If you have any ideas, please let
one of the officers know.*

December 12, 2013

President Karen Fried called a meeting to order after the dinner at our Lodge Christmas party.

She announced that we are responsible for Meals on Wheels the week of December 23 - 27. We will not deliver meals on Christmas Day, the 25th. J.C. Nerstad volunteered to deliver meals on Monday, December 23, Rachel Storlie on the 26th, Bill and Karen will do them on the 24th and 27th.

Loretta Knutson was presented her Cultural Skills Award for walking. She had to walk 100 miles to qualify. To date, she has walked 180 miles.

President Karen told the members that the lodge had been gifted \$322.96 from the Connie Dahler estate. We need to consider how to use this gift. An endowment fund to help children attend our June Norwegian Language Camp was suggested.

President Karen reminded everyone that set up for the bake sale should begin by 8 a.m.. All the baked goods should be priced and at the Legion by 8:30 a.m.

Geneva Tweeten reported that the Book Club would meet on Tuesday, December 17, at 2 p.m. The book for discussion is *Silent Night* by Stanley Weintraub. The book is about how a Christmas Day during WWI, the Allies and German soldiers had a 24 hours truce and spent the day with each other.

Lee Grippen reported that the Luren Singers would have a concert on Sunday December 15 at St Mary's Catholic Church in Caledonia, Minnesota.

A movie of the Russian ballet troupe performing *The Nutcracker Suite* will be shown at the Spring Grove Cinema on Thursday, December 19.

Elaine Hagen will be our speaker at the January meeting.

The next Executive Board meeting will be held on January 2, 2014 at 4:15 p.m. at the Ballard House.

Respectfully Submitted
Kati Peterson
Secretary



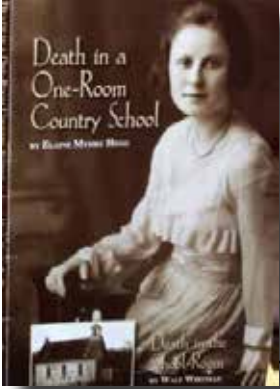
Activities

Bok Forening

(Book Club)

Bok Forening (book club) meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library.

The Book Club book for January is "Death in a One-Room Country School" by Elaine Hegg. This is the story of the 1921 murder of Inga Magnusson who taught school near Bee.



Elaine Hegg will also be our speaker at our January 11th monthly meeting. Be sure to attend both!

- Monthly meeting, January 11th at 11:00 am at the Legion.
- Book Club, Tuesday, January 21st, room 103 of the Spring Grove Communications building, 2:00 pm.

January/February

Gratulerer med dagen!			1	2	3	4
5	6	7	8	9	10	11
Audrey Almo				Linda Nerstad Kemp		Sons of Norway Meeting Souper Saturday 11 a.m.
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Loretta Knutson	Martin Luther King Day	Book Club				
26	27	28	29	30	31	1
	Donna Omodt	Board Meeting 4:15@ Ballard House			February	Ground Hog's Day Barneløpet
2	3	4	5	6	7	8
						Sons of Norway Mtg 11 a.m. Lila Mahr
9	10	11	12	13	14	15
					HAPPY VALENTINE'S DAY!!	
16	17	18	19	20	21	22
	President Day	Book Club				
23	24	25	26	27	28	29
	Truman Omodt				Cole Melbostad (H)	

Vesterheim Events

Decorah, IA www.vesterheim.org

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.

Adults and Families: Reclaim your Christmas Tree

Darlene Fossum-Martin and Rebecca Hanna
Jan. 5 and 12

Beginning Rosemaling

Shirley Evenstad
Jan. 18, 25, Feb. 1, 8 (This class is in Minneapolis)

Turning Wooden Bowls and Ale Bowls with a Human-Powered Spring Pole Lathe

Roger Abrahamson
February 14-16

Scandinavian Style Flat Plane Figure Carving

Harley Refsal
February 14-16

Nålbinding—A Practical Fiber Art

Kate Martinson
March 13-16

Norskedalen

Coon Valley, WI www.norskedalen.org

Winter Hours: January thru March M-F 8 am - 4 pm
Closed Weekends

Member Use Only Program In Effect:
Parking Pass in Windshield

Bluff Country Artists Gallery

Main Street, Spring Grove

<http://www.bluffcountryartistsgallery.org>

Giants of the Earth Heritage Center

Main Street, Spring Grove

<http://www.springgrovemnheritagecenter.org>

Spring Grove Cinema

Main Street, Spring Grove

<http://www.sgmovietheater.com>

Bob Bovee and Pop Wagner LIVE!!

Thursday, January 9th 7:30 \$10 advance/\$15 at door

Norway Virtual Pilgrimage Announced

Sons of Norway is eager to announce its 2014 Virtual Pilgrimage! This exciting new member benefit will be an expansion of the current Sports Medal Program and reward members for living an active lifestyle. The Virtual Pilgrimage mirrors Norway's existing Pilgrimage route from Oslo to Trondheim, a route that was once walked by King Olav Haraldsson (995-1030, canonized St. Olav in 1031) himself in the early 11th century as he spread Christianity throughout Norway.



The Virtual Pilgrimage encourages members to get out and exercise. Start a walking or running group with lodge members, take a jog around the park, walk your dog, but be sure to track each step. The new member benefit will release materials on the Sons of Norway website in January, 2014.

As you walk, you can coordinate your progress with online features and instructions to help you learn about the cultural history of the route: such as historic medieval churches, significant cities, tourist checkpoints and iconic destinations in Norway. After each walk, note your mileage, visit the Sons of Norway Pilgrimage homepage and learn about sites you passed as if you were actually trekking the miles in Norway. The 387 mile route starts in Oslo and ends at the iconic Nidaros Cathedral in Trondheim.

This journey is one of the most popular pilgrimage paths in Norway and the world. Travelers come from all over to follow the network of routes called St. Olav's Ways. Norway's regional pilgrim centers (<http://pilegrimsleden.no/en/about/pilegrimsleden-i-norge/>) provide resources and guidance for pilgrims on their journey to Nidaros Cathedral, the site of St. Olav's valiant death in

the Battle of Stiklestad in 1030. As a Sons of Norway pilgrim you will start at Oslo's Medieval Park and walk through the towns of Eidsvoll, Hamar, Lillehammer, Ringebu, Otta, Oppdal, and Skaun. As you walk you will learn about significant historical and cultural sites along the way.

To learn more about the Virtual Pilgrimage and how to participate, please visit the Sons of Norway website in January.

Sons of Norway Sports Medal



Loretta Knutson walked a hundred miles -- so we gave her a pin!! Congratulations to Loretta who received her Bronze Gangemerke (Walking Medal)

Here's how the program works:

1. On the record card, which is available on line, find your age group and medal level -- starting with bronze and moving on in order to the silver, gold and enamel. Every time you complete a medal, you will start over with zero points towards the next one.
2. Each time you take a walk, log the date and distance (in miles) on the record card.
3. Have someone initial your record card showing "your efforts."
4. When your Record Card is complete, submit it to your lodge Sports Director and they will order your medals, which are provided at NO cost by Sons of Norway Headquarters.

The Gangmerke (GAHNG-merk-eh) Walking Medal is part of the Medal Program which rewards Sons of Norway members for living an active lifestyle. Simply by getting out and walking, members can earn bronze, silver, gold and enamel medals.

You can earn sports medals in General Fitness, Skiing, Swimming, Biking and Walking. For more info contact our Sports Directors, Diane Nerstad or Linda Nerstad-Kemp or go to the Sons of Norway Website.

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

Return Service Requested



JAN/FEB 2014

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

2014 PROGRAMS

Janaury-Elaine Hegg-Death in a One Room School

February-Roger Olson-The Hurtigruten (Norwegian Coast Steamer) trip to Northern Norway

March-Laurann Gilbertson of Vesterheim- Norwegian Lutheran Deaconess

April-Lanesboro Guests and Highland Singers will perform

May--**Norma Wangsness of Decorah**--Sigmund Aarseth the Artist

June--Show and Tell Time

July--Howard Sherpe from Westby-Across the Back Fence and other Stories

August-Guests at Winona Sons of Norway

September-Don Amdahl, WWII in Trondheim

October-**Westby guest night**--Bill Musser-Playing Heirloom Tunes and Saving Heirloom Seeds

November-Glenn Borreson-From Telemark to Tamarack; Ski Jumping in WI and SE MN

December--Annual Christmas Party