

Volume 17 Issue 1

SPRING GROVE, MN 55974

Jan/Feb 2015

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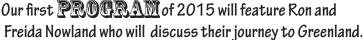
2014 Officers

President Karen Fried Vice Pres. David Peterson Counselor Vernon Roble Secretary Kati Péterson 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 Trustee Lawrence Knutson Auditor **Darrell Sinclair** Sports Director Diane Nerstad &

Linda Nerstad-Kemp

FIRST MEETING OF 2015 Saturday, January 10, 11 a.m. @ Giants of the Earth Heritage Center*

(*note change of meeting place)





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. Also, everyone, please bring finger foods to share. After lunch, we will have a short BUSINESS MEETING.

Hope to see everyone there!





The Sixteenth Annual Barnelopet

The Barnelopet will be held Saturday, February 7th 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 skilwalk event, that will take place at the Decorah Community Prairie, registration starting at 9:40 a.m. The entry fee is \$3, and participants must provide their own skis. There are a limited number of children's skis for rent at Decorah Bicycles. 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!

Matlyst Monthly

Norwegian Meatballs and Gravy

adapted from *tasteofhome.com* yields 16 servings

- 2 eggs, lightly beaten
- 1 cup dry bread crumbs
- ½ cup finely chopped onion
- ½ tsp ground ginger
- ½ tsp allspice
- 2 lbs ground beef (95% lean)



- 1 cup of milk
- 2 tsp salt
- 2 tsp sugar
- ½ tsp nutmeg
- 1/4 tsp pepper
- 1 lb ground pork

Gravy:

- 2 tbsp finely chopped onion
- 5 tbsp all purpose flour
- ½ cup heavy whipping cream
- dash cayenne pepper
- 3 tbsp butter
- 4 cups beef broth
- dash white pepper

Combine seasonings, sugar, onion, breadcrumbs, eggs

and milk in a large bowl. Wait until milk is absorbed into breadcrumbs then add meat. Stir until blended and form into 1-in balls. Place on a greased rack over a baking pan. Bake until browned at 400, roughly 18 minutes. Drain and set aside.

To make gravy, saute onion in butter until softened. Stir in flour and brown lightly. Add broth slowly, cooking and stirring until smooth and thickened. Mix in cayenne and white pepper and cream. Gently add meatballs to gravy and heat through but do not boil.

Lutefisk: A Strange and Beloved Tradition

Whether you love it or you hate it, lutefisk is a closely held tradition among Scandinavian-Americans. A wintertime rite of passage among many Sons of Norway lodges, lutefisk dinners remain a popular and important means of connecting with Nordic culture and heritage. But how did something as bizarre as fish treated with lye become such a cultural icon? Read on to learn more about this notorious Scandinavian food.

Unknown Origins

While no one is certain how or where lutefisk originated whether in Sweden or Norway—there are a couple of legends regarding its creation. The first suggests that early Viking fishermen hung their cod, an invaluable source of protein for the winter months, to dry on tall birch racks. In a skirmish with neighboring Vikings, the racks of fish were burned but a rainstorm blew in and doused the fire. Left to soak in rainwater and birch ash for months, the reconstituted fish was later discovered by some hungry Vikings who ate it. The second less plausible tale of lutefisk's origins describes a lye-poisoning attempt on Viking raiders by St. Patrick in Ireland. According to legend, St. Patrick served the raiders lye-soaked fish in the hopes of dispatching them, however the raiders enjoyed the fish and beheld it as a delicacy. Although an entertaining story, the lifetime of St. Patrick precedes known Viking activity in Ireland by more than three centuries.

What is known is that lutefisk gained its popularity in the U.S. after a sharp increase in Scandinavian immigration in the late 19th and early 20th centuries. Originally a food born out of poverty, descendants of immigrants now view it as a connection to their ancestors and their heritage. These dinners represent important traditions in both families and communities, and for some, they are a valued connection to culture and heritage. While the food tradition certainly originated in Scandinavia, the immigrant communities— especially their churches and cultural heritage lodges—have played a major role in developing the phenomenon of lutefisk dinners, says Carrie Roy, a Scandinavian cultural scholar and creator of the short documentary 'Where the Sacred Meets the Quivering Profane: Exploring the Public and Private Spheres of Lutefisk.'

How it's Made

Modern lutefisk begins its journey from sea to plate as a whitefish, typically cod. Dried and reconstituted in lye brine, the fish is later soaked to remove the causticity and packaged for purchase. Cooked until a seemingly impossible combination of gelatinous and flaky, lutefisk is typically served with butter or cream sauce.

Facts about Lutefisk

- The state of Wisconsin exempts lutefisk from classification as a toxic substance in its laws regulating workplace safety.
- Much of the lutefisk sold by Olsen Fish Company comes from Ålesund, Norway. ----continued on page 7

Valheim Lodge Meetings November 5, 2014

ovember 5, 2014

The Executive Board of the Sons of Norway, Valheim Lodge 1 - 364,met on Wednesday, November 5, 2015 at 4:15 p.m. in Giants Hall in the Ballard House; President Karen Fried presiding.

The next regular meeting of the Sons of Norway is scheduled for Thursday, November 13, 2014. The servers reported that everything was taken care of for the meeting at the Legion. The new screen is in place and is a very nice one.

Geneva Tweeten reported that the Book Club will be reading "Shadow on The Mountain" by Margi Preus for the November meeting. Members are asked to share stories about the German occupation of Norway during WWII. Veterans are invited to attend the meeting and talk about their experiences during WWII, if they wish. Marcia, Geneva's daughter will speak at the December meeting about her trip to Jerusalem in 2013.

November is election of officers. David Peterson has tendered his resignation as Vice-President as of 31 December 2014. Kati Peterson may have to resign in 2015 as well. She will complete the end of the Year report for 2014.

Emma Landsom suggested that a nominating committee be formed. She and Lee Grippen will work together.

President Karen thanked everyone for the help and food provided when we hosted Westby in October.

Judy Melbostad is in charge of the Christmas party. She will ask the members, at the meeting, to indicate whether or not they will be attending the event. She is planning a white elephant gift exchange. Judy will talk to Steve at Ivy Grove about the menu and hor 'd'oeuvres cost of the meal. President Karen will remind members of the meeting via the telephone with a recorded message. Audrey St.Mary Almo has promised to play her accordion. We may bring our own wine. The members will need to vote about having hor 'd'oeuvres and punch before the meal and if we should pay or have it included in the meal cost.

The annual Bake Sale is scheduled for Saturday, December 13. Vice-President David Peterson will order and pickup 100 rounds of lefse from the Rushford company. He will notify Lee Grippen if he is unable to make the trip.

Respectfully submitted Kati Peterson Secretary

ovember 13, 2014

The November meeting of the Sons of Norway, Valheim Lodge 1 - 364, was called to order by President Karen

Fried at 7 p.m. in the American Legion meeting room on Thursday, November 13.

President Karen welcomed three relatives of Thomas Trehus; 'Cadence, age 6, Carson, age 11, and Kennedy, age 5.

The Secretary's minutes were accepted without change.

Loretta Knutson reported a balance of about \$2600.00 in the checkbook.

Lee Grippen reported that columns by Howard Sherpe would be published in the Spring Grove Herald beginning the week of November 16.

Geneva Tweeten reported that the Book Club would be reading "Shadow on the Mountain" by Margi Preus in November. The book is based on three 14 year-old boys in the Norwegian resistance during WWII.

President Karen thanked everyone who worked and for the food that was brought for the UffDa Days Bake. She thanked everyone that worked and brought food for the dedication of the Enger Garden. She also thanked everyone for the work, food, decorations and preparations for the visit of the Westby Lodge. The entertainment by the Tollefson family and Rachael Storlie for the hot dish.

Lee Grippen moved to donate \$100.00 to Trinity Lutheran Church for the use of their kitchen and fellowship hall. Motion was seconded by Darrell Sinclair and passed by the sign of the order.

Judy Melbostad reported details of the Christmas party on December 11. The members will have a choice of chicken or fish, with roasted red potatoes, choice of lettuce salad or coleslaw, rolls and coffee with cup cakes for dessert. The cost is \$12.00 per person. The lodge will pay for the appetizers and punch. Approved by Sign of the Order. We may bring our own wine if we wish. Judy sent a sign up sheet to the members. The social hour will begin at 6 p.m. Dinner will be served at 6:30. Each person tips on their own. We are asked to bring items for the food shelf.

The Bake Sale is scheduled for December 13 at 9 a.m. at the American Legion meeting room. We will need lots of flat brød.

Election of officers will be held in December. Thomas Trehus has agreed to accept the Vice-President position.

Lee Grippen has his picture in the latest issue of the Viking magazine in the District 1 section.

President Karen relayed news from the recent District one meeting.

Vice - President David Peterson reported that J.C. Nerstad can replace the tongue on the boat by May this year. He will need the materials, only. David will keep track of the progress.

Sons of Norway
Mission Statement

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

The next Executive Board meeting will be held on December 30 at the Ballard House at 4:15 p.m.

The Bake Sale will be held from 9 - 11 a.m.at the Legion on December 13. There will be a presentation of Norwegian customs and traditions from 3 - 5 at the Ballard House Saturday, December 13 afternoon. There will also be a 1 hour yulebakking (Christmas fooling) class.

The meeting was adjourned. Lee Grippen introduced our guest speaker, Glen Borreson. He spoke about skiing from Telemark to Tamarack, Norway.

Respectfully submitted Kati Peterson Secretary

December 11, 2014
The Sons of Norway Christmas in

The Sons of Norway Christmas party was held on Thursday, December 11, 2014 at the Ivy Grove Cafe. Social Hour was from 6 p.m. until 6:30 p.m. at which time dinner was served. Pictures were taken of the members with a large Gud Yul sign as backdrop.

Geneva Tweeten auctioned off her mason jar on a pedestal redneck tea glass. The proceeds to go to the Lodge. The jar sold for \$30.00 and a container of sweet soup to Mike Tweeten.

A guessing game of container of candy held. The container held 122 pieces. The winners was Sybil Floyd, Loretta was a close second!

Geneva Tweeten read a Christmas story as it was translated from Norwegian.

We had our white elephant gift exchange.

Our next regular meeting will be held on Saturday, January 10 at 11 a.m. at the Ballard House. It will be a Souper Saturday lunch. Bring your own bowl and spoon along with your can of soup. Extra cans will go to the food shelf along with items we bring for the food shelf. Ron Nowland will be our guest speaker and his subject will be Greenland.

In addition to our Bake Sale of December 13 there will be a cookie walk at the Bluff Country Gallary at 11 a.m., a class on Norwegian Christmas traditions and customs from 3 - 5 p.m. at the Ballard House and one hour of yulebakking at 5 p.m.

President Karen said we still need a Secretary for 2015. We have a Vice-President.

The Book Club will take pictorial trip to Jerusalem next Tuesday with Geneva's daughter, Marcia at 2 p.m.

Norwegian scene calendars were given to the lodge members as we sang Christmas carols accompanied by Audrey St Mary Almo on her accordion.

Respectfully submitted Kati Peterson Secretary New Member:

ecember 30, 2014
Executive Sons of Norway Board meeting

Points discussed at the meeting

- BALLOT FOR 2015 Valheim Lodge Officers was shared and discussed. Will be voted on by members at January meeting.
- Pres Karen Fried: Has ordered postcards for the upcoming events including when the lodge goes to other locations.
- Meeting is a week from Saturday at Giants. Souper Saturday Karen Fried will coordinate the servers since she is also in charge of the servers. She hopes to get the newsletter out in time to reach everyone.
- Discussion on bake sale--Did not sell out this year

Lefse did not sell out but also was put into smaller bags. Next year please use gallon bags so it doesn't' have to be folded so much.

Advertising for the bake sale: Argus ads and Inspired and local specialty but did not advertise in the SG Herald.

- TRIP IDEAS: Westby, Fountain to the Historical Society. Lee Grippen suggests July and by mid October.
- Lee is checking with his programs. Jill suggests that we look at each program and see if we can use it as a recruiting opportunity.
- Making a donation to the lodge for our fund raisers. If you can contribute to a bake sale then suggested pricing is available; however, then the suggested donation of \$15 for each person who doesn't contribute and \$20 for a couple. A contribution of time is welcome in lieu of a cash or a bake goods donation.
- Discussion was had that we have at often 4 times a year fund raisers.
- Discussion of when we have our board meetings once Thomas, who works out of town is here. First Wednesday (at 4:15pm) of the month is traditional. Today there is no school so we are meeting earlier. It is beneficial to have the board meeting enough in advance that the Newsletter and preparation for the meeting can be ready for the next monthly meeting.
- Thrivent Members can get two \$250 a year sponsorships a year. Ideas towards sponsoring some Norwegian classes.
- Ron Nowland is the speaker on Greenland for January.
- People in attendance, were 6 Melbostad, Knutsons, Fried, Storlie, and Grippen. Jill Storlie

Respectfully submitted Jill Storlie

LING GROVE, MN 55974

Healing wishes to Iim Wilhelmson

Døn passed away November 30. His wife Betty transferred her membership to Valheim recently after being a member in Florida for many years.

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Activities

January/February

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 "Nordmændene i Amerika" written by Knud



Langeland. It has been translated into English by Odd-Steinar Dybvad Raneng. Also Transcribed from Dano-Norwegian Gothic script by Benjamin Keith Huntrods. The English translation is the front and the Norwegian version is in the second half. It published by Astri my Astri.

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4	5 Audrey Almo	6	7	8	9 Linda Nersta Kemp	Souper Souper Saturda 11 a.m.	irw g y
11	12	13	14	15	16	17	
18	Aerilin Lutha KingDay Loretta Knutson	Book Club	21	22	23	24	
25	26	27 Donna Omodt	28	29	30	31	
	2	3	4	5	6	7 Ground Hog's Day TINELOP	
8 Lila Mahr	9	10	11	12	13	Sons or orway M	
15 _{Pi}	16 Tesident Day	17 Book Club	18	19	20	21	
22 ma	23	24 Truman Omodt	25	26	27	28 Cole Melbostad (H)	

Vesterheim Classes

Decorah, IA www.vesterheim.org

Whittling Klubb for Kids—Session I

January 15, 22, 29, and Feb 5, 2015, with Rebecca Hanna

Beginning Rosemaling

January 24, 31, & Feb. 7, 14, 2015, with Shirley Evenstad

Scandinavian Style Flat Plane Figure Carving

February 6-8, 2015, with Harley Refsal

Band Loom Carving (carving segment of class for couples)
February 14-15, 2015 with Roger Abrahamson
Bandweaving (weaving segment of class for couples)
February 14-15, 2015 with Reggie Delarm

Scandinavian Bowl Turning on a Spring Pole Lathe February 16-18, 2015, with Roger Abrahamson

Whittling Klubb for Kids—Session II March 5, 12, 19, and 26, 2015, with Rebecca Hanna

Sámi Inspired Bracelets—Advanced March 28, 2015, with Norma Refsal

Norskedalen

Coon Valley, WI www.norskedalen.org
Winter Hours: January thru March M-F 8 am - 4 pm
Weekends: Member-Use-Only-Program In Effect:
Parking Pass in Windshield

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!



Lee reminds us to save used postage stamps for Tubfrim.

Bring them to any monthly meeting.

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.

2015 Resolution.... Let's get new Sons of Norway members!!!

Spring Grove and surrounding area is RICH in Norwegian history. RICH! We brag about our Norwegian roots. We uphold all kinds of Norwegian traditions, especially during the holiday season. We know where Norway is, we may even know where our ancestors came from in Norway. We love Norway!

Sons of Norway is a great organization to share all of this. And we know it, because we are members. BUT, there are MANY citizens in the area who are just

as proud of their heritage and are not members of Sons of Norway. So, let's get them to join! A party is fun, but a party is more fun with more people. And that's how I feel about Sons of Norway. We, Valheim Loge, have a lot of fun and we have dedicated members. But, let's get more people to join us. Join the party! Join the fun!

People can join Sons of Norway on line https://www.sofn.com > Join Us or get in contact with our Loretta Knutson (507) 724-2140.

And I'm not even saying this because of this!

SofN Recruitment

Challenge

Is your lodge up for a challenge? Starting this January, the Sons of Norway Headquarters is sweetening the deal in hopes of finding the lodge with the best recruitment and retention skills in the organization. For the first time, the top scoring small and large lodge from

Secruitment Change

each district will earn \$250!

Of course, the lodges with the highest scores in the Sons of Norway will be featured in a 2016 issue of Viking.

Before you get started, let's review the rules. Points are earned based on overall lodge growth of adult, dues paying members. This means Unge Venners and Heritage members won't count towards your total. It also means retention is just as important as recruitment. Remember, if your lodge recruits 10 members but let's 7 slip away it will impact your score. Every percent increase in member equals 10 points. As a bonus, every new member between 24 and 55 earns your lodge a bonus point. Additionally, if your lodge submits

(There always is a Recruitment Challenge)

Let's get more people to join because Sons of Norway is a great place to get together with friends, new and old!

a picture of your membership dinner and tell us about it, we'll give you an additional 10 points.

How can you help lead your lodge to victory? First, always be recruiting! The first step to signing up a new member is to ask them. Second, if you notice someone hasn't been making it to meetings follow up with them!

For the complete rules and to follow the leaderboard, be sure to check out the 2015 Recruitment Challenge page on the Sons of Norway website. Do you have questions or need help? Contact Joe Eggers, Membership Coordinator at membership@sofn.com or (800) 945-8851.

--continued - Facts about Lutefisk - from page 3

- Sterling silver should never be used in the preparation or eating of lutefisk as it will stain the silver.
- Left overnight, residual residue from lutefisk preparation is nearly impossible to remove.
- The self-proclaimed "lutefisk capital of the world" is in Madison, MN, home to fiberglass codfish, Lou T. Fisk.
- While more common in Scandinavian-American communities, lutefisk is experiencing a resurgence among restaurants and catering companies in Norway, up 72 percent from 2005 to 2007.
- The first written preparation of lutefisk in literature is in the writings of Olaus Magnus in 1555. In his writings, Olaus notes that it should be served with salted butter.

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

Return Service Requested



JAN/FEB 2015

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



Lunch Chair People 2015

Each month ALL MEMBERS
bring "finger foods". First name for each month is the chairman. This person calls the others on the list for the month. Chair people responsibilities are to be the host/hostesses. Please set up the food items, provide coffee and other beverages, paper products, clean up, etc.

May 2015

Thursda

May 14

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Tilursuay							
		F	Т	W	Т	М	S
May 14		1					
Darla & JC		8	7	6	5	4	3
Nerstad			14	13	12	11	10
Al & Lorraine	23	22	21	20	19	18	17
Hagen	30	29	28	27	26	25	24
3							31

June 2015

July 2015

Thursday	September 2015												
	S	F	Т	W	Т	М	S						
September 10 Richard Storlie	5	4	3	2	1								
Chuck & Pearl	12	11	10	9	8	7	6						
	19	18	17	16	15	14	13						
Holland,	26	25	24	23	22	21	20						
Jay Tolleson				30	29	28	27						

C------------

Saturday											
	S	F	Т	W	Т	М	S				
Loretta &	7	6	5	4	3	2	1				
Lawrence		13	12	11	10	9	8				
Knutson,		20	19	18	17	16	15				
Judy Fruech	28	27	26	25	24	23	22				

S	M	Т	w	Т	F	S	June 11
	1	2	3	4	5	6	David & Kati
7	8	9	10	11	12	13	Peterson
14	15	16	17	18	19		Jackie Parker
21	22	23	24	25	26	27	Thomas Trehus
28	29	30					Thomas Henus

Thursday

No Regular Meeting

	-	CLO	nei	Titaloady			
S	М	Т	W	Т	F	S	October 8
				1	2	3	Jill Storlie
4	5	6	7	8	9	10	Mike Schmidt
11	12	13	14	15	16	17	Judy Tollefsrud
18	19	20	21	22	23	24	Rachel Storlie
25	26	27	28	29	30	31	. tac.ic. otorilo

Thursday

15 22	16 23	17 24	18 25	19 26	20 27		Knutson, Judy Fruechte
	_	Vlar	ch 2	201	5		Saturday
S	M	Т	W	Т	F	S	March 14
1	2	3	4	5	6	7	Judy Melbostad
8	9	10	11	12	13	14	Truman Omodt
15	16	17	18	19	20	21	Bonnie &
22	23	24	25	26	27	28	Vance Haugen_
29	30	31					valice naugeli
							The second secon

	S	F	Т	W	Т	М	S
Tuesday	4	3	2	1			
July 28	11	10	9	8	7	6	5
Meet with		17	16	15	14	13	12
Westby Lodge	25	24	23	22	21	20	19
in LaCrosse		31	30	29	28	27	26
III Laciosse							

Thursday		15	r 20	nbe	ver	No	
November 12	S	F	Т	W	Т	М	S
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Stoskopf	14	13	12	11	10	9	8
	21	20	19	18	17	16	15
Cheryl Skiftor	28	27	26	25	24	23	22
David Virock						30	29

April 2015 S M T W T F S No Regular Meeting 2 3 4 5 6 7 6 7 6 Winona Lodge

Thursday, August 13 Potluck Picnic August 2015 S M T W T F S 8 in SG with 9 10 11 12 13 14 15 Willows Loads 13 14 15 Willows Loads 21 22 23 24 25 26 27 28 29 Betty & Dennis 27 28 29 Holty, Diane Nerstad, Linda Nerstad Kemp

S M T W T F S Christmas Party! 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

December 2015