

# THE VALHEIM TIDENDE



Volume 17 Issue 4

SPRING GROVE, MN 55974

July/August 2015

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## 2015 Officers

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Karen Fried  
Vice President  
Thomas Trehus  
Counselor  
Vernon Roble  
Secretary  
Jill Storlie  
Treasurer  
Loretta Knutson  
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Georgia Rosendahl  
Trustee  
Lawrence Knutson  
Auditors  
Kati/David Peterson  
Sports Director  
Diane Nerstad &  
Linda Nerstad-  
Kemp

## Summer 2015

Hope everyone is having a wonderful summer. As usual, it goes by way too fast. As you may know, Bill and I toured with the Luren Singers to Norway in June and had a fantastic time. It was so great to see Norway again. We had traveled there twenty-five years ago. It was great to go back and see never ending beautiful scenery. It is like traveling through a National Park, like Yellowstone, the whole time! Around every curve of the road is another beautiful scene. If you haven't been to Norway, you should! Fellow Valheimers, Lee Grippen and Judy Melbostad as well as Spring Grovians, Marge and Ford Brevig, Steve and Diane Guberud, and the Kari and Dan Alstad family, were on the same tour.

I could go on and on about the trip, but it's time to see what we have coming up for Sons of Norway.

--President, Karen Fried

## Upcoming Events:

No regular monthly meeting in July because we are invited

to a **Potluck Picnic with Solvang Lodge** of Westby, WI

**@ Myrick Park in LaCrosse, 6:00 pm Tuesday,**

**July 28.** Car pool available, meet at Trinity Lutheran Church, we will leave by 5:15. Please bring a salad or dessert to share.

**Wednesday, August 5 -- Board Meeting, 10a.m. at Ivy Grove.**

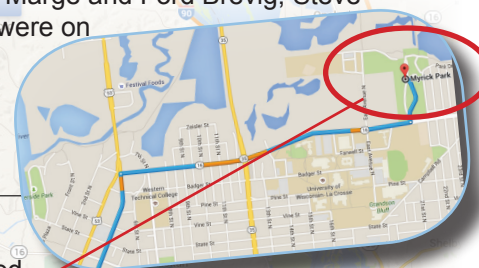
**Thursday, August 13, 6:00 pm Winona, NorWin Lodge will BE OUR GUESTS! Our meeting will be at Trinity Lutheran Church in Spring Grove.**

Program: Come and learn about Gudrid, sister-in-law to Leif Erickson, who lived in Iceland and Greenland around the year 1000 A.D. She traveled widely, is sometimes called "The Far Traveler." She gave birth to the first white European baby born in what later was called North America. With pictures and narration by Frieda Nowland. Lunch Chair people are Lee Grippen, Betty Holty, Diane Nerstad and Linda Nerstad-Kemp.

**Potluck supper.**

**All members please bring potluck food items.**

**August 18 -- Book Club, 2:00 pm in Room 103 in the SG Communications building**



# SYTTENDE MAI

Thanks to everyone who made our Syttende Mai event a success! Thanks to those who helped set up; the people who brought items for display; people who demonstrated; people who brought baked goods; people who manned the area; people who rode in the boat and the people who got the boat set up and drove it in the parade. A very successful day...and all made possible because of amazing, enthusiastic, dedicated Sons of Norway members as well as others who embrace our heritage.



<< The Tollesons came bright and early and got the tables and chairs set up.



<< Kati Lamm showing her weaving skills

Elyse Storlie >> knitting up a storm!



<< Geneva and Georgia make heart waffles



^^ Steve Guberud explaining ^^ some of his wood carving  
<< Elaine Hegg sharing her book



Loretta and Diane, vv keepers of the cash! vv



^^ Carving with Jill ^^

<< Sewing with Kati

Braiding rugs with Audrey>>



# Matlyst Monthly Norwegian Cake Doughnuts

(hjortebakkels)  
adapted from food.com,  
yields 30 doughnuts

- 8 eggs
- 2 c sugar
- 8 c flour
- ½ c butter, melted
- ½ c whipping cream
- ½ tsp baking powder
- 1 tsp baking soda
- juice & zest of one lemon
- 2 tbsp cognac
- sugar, to taste
- cardamom, to taste
- oil for frying

Break eggs into a large bowl and beat until lemon colored. Add sugar, flour, butter, whipping cream, baking powder, baking soda, lemon juice and zest and cognac. Knead until dough is stiff. Let stand in refrigerator overnight. Roll into ropes the size of your finger. Divide into 3 inch lengths and form rings by overlapping ends. Heat oil to 350 degrees and deep-fry doughnuts, turning until puffed and brown. Drain on paper towels and sprinkle with sugar and cardamom. Store in airtight container.



# Decorah's Nordic Fest 2015 Dancing with the Trolls!

Make plans to attend Nordic Fest,  
July 24-26

Your whole family will enjoy delicious food, traditional crafts, a colorful parade, lively entertainment, sporting events and a Saturday night fireworks display.

Events begin with Thursday night's opening ceremonies at 6:45 p.m., followed by two full days of fun activities for the whole family. Check out [www.nordicfest.com](http://www.nordicfest.com)



# Norsk Høstfest

Norsk Høstfest celebrates Scandinavian culture and heritage of the five Nordic countries of Denmark, Finland, Iceland, Norway, and Sweden. The festival features world-class entertainment, authentic Scandinavian cuisine, Scandinavian culture on display, handcrafted Norsk merchandise, plus a fine dining establishment lead by guest chefs.

Founded in 1978, the festival is entering into its 38th year and has grown into North America's largest Scandinavian festival with tens of thousands of people attending from all over the world.

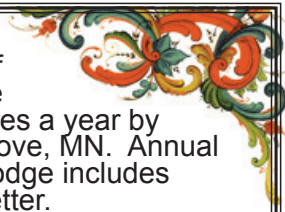
**Date(s): 09/29/2015  
- 10/03/2015**  
**Time(s): 4:00 PM - 11:45 PM**  
Location: North Dakota State Fair Center

2005 E Burdick Expressway, Minot, ND 58701  
701-852-2368 [www.hostfest.com](http://www.hostfest.com) [hostfest@minot.com](mailto:hostfest@minot.com)



*Continued healing to:  
All members who have had any health issues. Having our health is something we can take for granted so easily. Wishing these warm summer days are wonderful healing days!*

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.



**Congratulations  
to our  
Vice President  
Thomas Trehus,  
he recently  
won the  
Harmony Hustle  
5K!!**



# NEW STUDY SHEDS LIGHT ON VIKING ERA

The first known accounts of Viking raiding took place in the late eighth century in 793 at an English monastery in Lindisfarne. Yet, recently discovered evidence found in Denmark by archeologists from the University of Aarhus and the University of York definitively supports earlier activity among Viking seafarers prior to the Viking age for the purpose of trade, not plunder.

Uncovered in an archaeological dig in Ribe—the oldest known town and commercial marketplace in Denmark—were antlers belonging to Norwegian reindeer dating to before 725 AD. An abundant and easily accessible waste product in Norway used to make combs, needles and small hand tools, deer antlers would have been a valuable commodity to a budding commercial center like Ribe, where the raw material would have been scarce. Archeologists believe early Norwegian Vikings likely capitalized on and prospered from this opportunity.

Researchers believe that this new evidence provides important context to the development of Viking seafaring culture and helps shed light on how the first Norwegian sailors might have gained the skills, knowledge and wherewithal to embark on extended sea voyages. “We can now show that the famous Scandinavian sea voyages, which eventually

lead to the discovery of Iceland and Greenland, have a history of commercial travel, not just raids. Previously we were inclined to say that yes, once you can sail across open water, you can also sail to commercial towns—now we can turn the equation around and say that trading towns may have been an important part of the drive behind developing new technologies,” says Professor Søren Sindbæk. “We can see for the first time why they started to invest in ships and develop the technology. It’s interesting that when we have two such significant developments and changes—urbanization and raids across open water—we can then say that they were in fact connected,” said Sindbæk.



## ST. OLAV'S DAY

July 29th marks Olsok, or St. Olaf's Day in Norway and coincides with Olsokdagen, the official Flag Day in Norway, but it's roots run much deeper. Originally celebrated to honor the King, and later Saint Olaf, the day has more than 900 years of history behind it. Lavish feasts and pilgrimages have celebrated his name, but who was Olaf II of Norway and why are we celebrating him today?

Much of what we know about King Olaf comes from the sagas, first from an Icelandic writer who penned the *Glælognskviða*, written in the late twelfth century, about a century after the king's death. Early Christian monks also contributed greatly to his story, compiling tales in the late twelfth and thirteenth centuries. Although it's difficult to separate the man from the legend, much of what we celebrate comes from the *Heimskringla*. Written almost two centuries after Olaf's death, these sagas recount the tales of many of Norway's early Kings.

It's said that King Olaf was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few short years, Olaf was able to consolidate his power by eliminating rivals to the throne. At the time, Norway was made up of several petty kings who supported a central

ruler. The wealthy men in Norway grew discontent with King Olaf's strong-handed ruling and supported Canute the Great's invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

During his short reign, King Olaf made several significant contributions to Norway, most notably the spread of Christianity. Many of his policies were instrumental in spreading the religion in the predominantly pagan Norwegian interior. His impact was so large that a year after his death, a Bishop named Grimkell formed a cult to celebrate the king. Under the occupation of the Danish forces, this served as a unifier for the Norwegians. The early celebration of King Olaf, coupled with his support for Christianity, led the King to be made a Saint and named the Patron Saint of Norway soon after.

Today, St. Olaf continues to be a major influence in Norwegian culture. Olav has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. Even King Harald V proudly celebrates his own lineage through one of St. Olaf's many children. This year Olsok will be celebrated with festivals and feasts across Norway, to mark the official day of Rex Perpetuus Norvegiae, Norway's eternal king.

**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.*

## Thursday, May 14-2015

Program: Dave Glomstad; Coulee Region Iron Brigade in the Civil War; (Servers: Darla & JC Nerstad, Al & Lorraine Hagen)

Attended by 30 people including four guests. (speaker and wife, Audrey Almo's friend from St. Paul, Todd Krueger of Eitzen.

President Karen Fried opened the meeting. Loretta Knutson give the Treasurer report of \$2450 in the checking account.

Two members received the recruitment award: Janet Fossum for Ashley Schwartzhoff and Karen Fried for Bill Fried. The book club report was given by Geneva Tweeten. It will meet May 19th at the Spring Grove Communications room 103 and they are reading "Wisconsin My Home." Many members read many of the 13-15 books of Lorraine Snelling over the past couple months of book club.

Flatbread baking day went well. Some was used for the April 19th exhibit opening at Giants of the Earth Heritage Center, 100 years of a Norwegian Immigration. It was a very successful day attracting many people from all around. Even two couples from St. Paul's Synnove Nordkapp lodge responsible for creating the exhibit panels participated. President Ron Stow and Per Gynt dancers' leader, Susan Stow along with Mr. & Mrs. Leif Erikson arrived in time to participate. Ron gave an overview of the project and cut the ribbon. Bill Fried presided.

Jill Storlie also reported on the Royal Tea event that had been held the previous Saturday. Sons of Norway and Heritage Center volunteers provided food for tea and created a lovely tea party with presentations for the outgoing royalty and the interviewing of the incoming and the judges. Jill led a presentation about bunads and solje that included a demonstration by judge Barb Berg about packing a bunad and layering the festival dress.

Karen Fried led the planning for the Syttende Mai bakesale and demonstrations coming up. Everyone was to donate \$10-15 worth of saleable baked goods. David Peterson will pick up the lefse from Rushford on Friday so it can be packaged for resale. Demonstrations included: Janet Fossum - Rømmegrot, Lee Grippen krumkake, Karen Fried lefse, Georgia Rosendahl and Geneva - heart waffles, Katie and Dave Peterson display bunads and Katie will demonstrate on sewing a Norwegian flag quilt, Audrey Almo- rug braiding, Bonnie Solberg - rosemaling, Steve Guberud - his carving as well as Jill Storlie, flat plane carving figures. Elyse Storlie and two friends - knitting, weaving and crocheting, and Donny Ellestad - photograph collection. The Tolle-sons will come early to rearrange tables and chairs, bake sale items should be there by 8.30 and doors open at 9a.m.

Jill Storlie,  
Secretary

## Wednesday, June 3, 2015

Our June 3 Board Meeting was held at Giants of the Earth Heritage Center.

A brief discussion about our Syttende Mai event. The consensus is that it went very well. The demonstrations and bake sale brought in around \$800. There are expenses for the lefse bought; a percentage goes to Syttende Mai, plus some additional advertising.

Glenn Borreson: Coffin Ships will be our program for our June 11 meeting. We will supply a screen. David reported on the size of the screens he can find. Best Buy is the only place \$88.97 for a screen 60"x 60". As they get bigger, they get more expensive; 90 x 90" \$156 @ Best Buy. At the Legion they won't let the old screen go up on the wall or ceiling to block the flags.

Bill Fried will look into ordering one from Amazon.

Loretta made a motion to go ahead and buy one for \$110 or less. Lee Grippen seconded.

David Peterson will look into Velcro to attach the skirting to the Viking Ship. It appears the boat trailer needs a new king pin. David is looking at machine shops that could do it. Possibly La Crosse or Winona or Orvis Rask was mentioned. The whole front may need to be replaced.

Book Club is reading The Walk by Richard Paul Evans.

We received an invite to Eitzen's 4th of July parade. No one was too interested in going.

Agnes Swenson turned 100 last week. She had a nice birthday party with her family.

Myrick Park will host our lodge and Westby Tuesday July 28th as a joint pot luck. Westby would be hosting so they will decide on any program. It is thought that 6pm would be the start. Planning to carpool and Karen will have a sign up at the meeting next week. Need to leave Spring Grove around 5pm.

The August monthly meeting will be at Trinity Lutheran Church with Winona NorWin Lodge as our guests. The program will be "An Evening with Edvard Grieg" by Rachel Storlie. Servers are Lee Grippen, Betty Holty, Diane Nerstad, Linda Nerstad Kemp.

Lee is planning a Day trip to Westby - go see Howard Sherpe' place as well as Karen Hankee's and her husband's horse equipment selection. Then visit the Thorson House and to Dregne's Gift Shop. Lee Grippen will have more details for the July time frame. Other trip ideas includes Houston County Historical Society and Fillmore Co. Historical Society in Fountain.

Uff Da Fest will be coordinated through Lions Club and it will be the first Saturday in October.

Norwegian singers come in late September and early October (2nd week).

The next board meeting will be Wednesday, July 8, 9:00 a.m. at Ivy Grove.

Jill Storlie,  
Secretary

# Book Forening

(Book Club)

The July book is "Bold Spirit" by Linda Lawrence Hunt. In 1896, a Norwegian immigrant and mother of eight children named Helga Estby was behind on taxes and the mortgage when she learned that a mysterious sponsor would pay \$10,000 to a woman who walked across America. A great read to learn what they encountered and how it all turned out at the end of their adventure. 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.



July/August							1	2	3	4
										Independence Day
5	6	7	8	9	10	11	Darrell Sinclair			
12	13	14	15	16	17	18	Lois Wilhelmson	Norris Storlie		
19	20	21	22	23	24	25	Morris Tweeten	Edith Nerstad	Breanna Lee	Rachel Storlie
26	27	28	29	30	31		Judy Tollefsrud			AUGUST
2	3	4	5	6	7	8	Vendela Parker	Thomas Trehus		
9	10	11	12	13	14	15				
16	17	18	19	20	21	22				
23	24	25	26	27	28	29				Dale Buxengaard
30	31						Casey Knutsen	Sibyl Floyd		Gratulerer med dagen!

*Condolences to the families of:*  
 ~~Vivian Brevig. Vivian, a very creative and kind person, had been a long time member of Valheim Lodge.  
 ~~ Doreen Skadsem Opsahl. Her sister Darla Nerstad is a member of Valheim Lodge

## VESTERHEIM CLASSES

Decorah, IA  
 Check out all the happenings at Vesterheim [www.vesterheim.org](http://www.vesterheim.org)

**Forging Tongs, Knifeblade, Handle, and Sheath**  
 August 2-7, 2015, with Morten Håkonsen & K.J. Groven

**Rosemaling in the Valdres Style**  
 September 11-13, 2015, with Sara Tollefsen

**Norwegian Stave Container**  
 September 16-20, 2015, with Owen Christianson

**Norwegian Pick-Up Bandweaving**  
 September 17-19, 2015 with Heather Torgenrud

**Nålbinding—A Practical Fiber Art**  
 September 18-20, 2015, with Kate Martinson

**Kolrosing—Wood Incising**  
 September 20, 2015, with Darlene Fossum-Martin

**Wheat Weaving for the Holidays**  
 October 16-17, 2015, with Bev Schrandt

**Rosemaling Basics for the Very Beginner**  
 October 1-4, 2015, with Patti Goke

**Rosemaling in Acrylics**  
 October 23-25, 2015, with Lois Mueller

**Carving Christmas Ornaments**  
 October 18, 2015, with Rebecca Hanna

# Spring Grove's PERK UP OUR PARK DAY Saturday, August 15 at 9:00am at Trollskogen Park

This is a great volunteer opportunity! Anyone can help out. A city council member contacted me and was wondering, since Sons of Norway has a picnic shelter in the park with their name on it, would we (SofN) be willing to donate some money towards this day. We could designate how we want the money spent (ex. paint for the shelter, food for the volunteers, buy some supplies, etc) or we could just donate money without any stipulations. What do you think? At our August Board meeting we will discuss it, so if you have any input, please let me know! -- kf



## What do you Think??

**Fact:** we have a beautiful boat for parades and display.  
**Fact:** the trailer that we pull it with is "iffy" and hard to manage.

**Proposition:** we research to determine what kind of "boat trailer" it would take to remedy our situation; determine the cost; then do fundraisers to purchase a new boat trailer.

**What are your thoughts on this?** We will be discussing this at our upcoming August and/or September meetings.

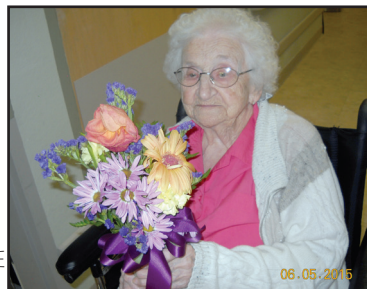


## Birthday Flowers!!

Agnes Swenson turned 100 years old on June 1, 2015 and Ragnild St. Mary turned 100 last fall, October 14, 2014. Our lodge gave them each a bouquet of flowers.



<< Agnes and her daughter Lois



<< Ragnild admiring her flowers

## MEETINGS

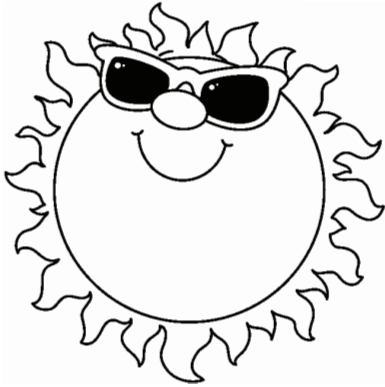
**At our May meeting >>**  
we had Dave Glomstad share his Civil War story of Company B of the 2nd Wisconsin Volunteer Infantry

**At our June meeting**  
Glenn Borreson told the story of his relatives who immigrated to America and the mother of the family died at sea. He also shared some of the many tragedies of the immigrant boats that crossed the Atlantic in the late 1800's



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

## Return Service Requested



JULY/AUGUST 2015 VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

# 2015 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".**

**July 28, Tuesday** - Potluck Picnic with Westby Lodge in LaCrosse, Myrick Park

**August 13-** Potluck, we host Winona Lodge, 6:00; Lee Grippen, Betty Holty, Diane Nerstad, Linda Nerstad-Kemp

**September 10, Thursday** - Richard Storlie, Chuck & Pearl Holland, Jay Tolleson

**Thursday, October 8--** Jill Storlie, Mike Schmidt, Judy Tollefsrud, Rachel Storlie

**November 12, Thursday** - Bob & Dode Stoskopf, Cheryl Skifton, David Virock

**December 10, Thursday** - Christmas Party!

### Monthly Meetings:

- Lodge meetings are held at the Spring Grove American Legion.
- April, May, June, July, September, October, November, meetings are the 2nd Thursday of each month at 7pm
- January, February, March meetings are the 2nd or 3rd Saturday at 11:00 a.m.
- Potluck Supper is held with the meeting in August
- December we have a Christmas party



## 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.

