

THE VALHEIM TIDENDE




Volume 17 Issue 2

SPRING GROVE, MN 55974

March/April 2015

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Winter be gone!!

We welcome the days with more daylight. We enjoy not hearing our furnace run. Soon we can be outside without bundling up or have the fear of slipping on ice. Everyday is a blessing, but spring days are joyful miracles. And what do we have in store for these great days ahead?

Saturday, March 14 -- Monthly meeting at 11:00 a.m. at Giants of the Earth Heritage Center. Karen Hankee will share history on Norwegian Rosemaled Stripping on carriages. Lunch chair people are Judy Melbostad, Truman Omodt and Bonnie & Vance Haugen. All members are asked to bring finger foods to share.

2015 Officers

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Karen Fried
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Georgia Rosendahl
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Lawrence Knutson
Auditor
Kati/David Peterson
Sports Director
Diane Nerstad &
Linda Nerstad-Kemp

Thursday, April 9- We will not have a monthly meeting here in Spring Grove, but will be guests of Lanesboro Lodge. It is always fun to visit with our Lanesboro neighbors. If interested in going please sign up at the March monthly meeting or contact Lee Grippen or Karen Fried

Saturday, April 11 -- Our annual "Flatbread Day". We will make flatbread, as well as rosettes, doughnuts, sandbakkels and who knows what else. We invite members to bring their ready to make flatbread recipe (or mix it at church). Together we will roll out and bake flatbread! This event is open to the public. Invite your friends to Trinity Lutheran Church kitchen for a morning of fun. Once again we will be printing our *Learn, Laugh, Eat!* recipe booklet. If there are recipes you would like to include in it, we encourage any member to submit recipes. Preferably Norwegian recipes or a traditional recipe that has been used by your family. Please mail or turn your recipes into Karen Fried or Georgia Rosendahl on or before April 4th

Sunday, April 19 - We are going to hold a reception at Giants for the traveling exhibit "New Land, New Life: Norwegian Immigration in Minnesota 1825-1925. The plans at this time is to have Norwegian goodies, music, and maybe some demonstrations. More info to come.

May 17-19 Syttende Mai in Spring Grove - bake sale and demonstrations. We will be asking members for baked goods and if you would like to demonstrate anything. Or, ask non members if they would be interested in demonstrating.

Learn, Laugh, Eat!!!

Sons of Norway Valheim Lodge 364

invites you to

FLATBREAD DAY

& other NORWEGIAN Goodies
including Rosettes, Sandbakkels & Doughnuts

Saturday, April 11, 2015

Trinity Lutheran Church Kitchen Spring Grove, Minnesota

9-11 a.m.

Hands on - Join in making Flatbread & other Norwegian Goodies with our Sons of Norway members; come any time

It will be a fun morning!

Open to ANYONE & EVERYONE!!!

No admission! IT'S FREE!!

and you can Taste test the results!



An updated
Recipe booklet will be available for \$5
Any questions? Contact Janet Fossum or Karen Fried

16TH ANNUAL BARNELOPET



February 7, 2015.
The day of the 16th BarneLOPET was GORGEOUS!! We had received new snow fall the week before, the temperature was in the 20s and it was a calm, sunny day. Almost 50 participants took part in the event. Jon and Mary Hart of Decorah once

again made a large donation to the event which paid for all the participants entry fees, a free event for the attendees. Thank you to Darlene Fossum-Martin of Vesterheim for once again doing tons of work to make this event enjoyable for everyone!

Matlyst Monthly Kvikk Lunsj with Apples and Mascarpone Cream

Adapted from newscancook.com

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during eastertime family hikes and cross-country ski trips to the mountains.



- 3 apples, peeled and coarsley chopped
 - 2 lemons
 - 2 tbs. icing sugar (powdered sugar)
 - 1 tsp. cardamom
 - ¾ cup mascarpone
 - 2 tbs. icing sugar (powdered sugar)
 - 4 Kit Kat™ bars (Kvikk Lunsj), coarsley chopped
- Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsley chopped chocolate bars in a glass or a bowl and enjoy.



^^ January Program: Ron Nowland and his son John share their adventures to Greenland.



<< In February we traveled to Dennis Barnell's "home farm" in Norway. Both programs were well done with many photos and lots of information.

HOLMENKOLLEN HISTORY

In March thousands of spectators will gather in Oslo to support their favorite athletes for the 2015 Holmenkollen Ski Festival. Arranged yearly since the first ski jumping and cross-country skiing competition in 1892, the Holmenkollen Ski Festival includes events in ski jumping, Nordic combined and cross-country skiing. An FIS World Cup Nordic event, the festival draws large crowds and is attended annually by the Royal Family.

Regarded as being among the most famous sports arenas in the world and the center of Norwegian skiing, Holmenkollen has a long and impressive history. In the many years since its inception Holmenkollen and its facilities have existed in multiple separate incarnations, changing dramatically since its first branch and snow ski jump in 1892. Hosting World Championships in 1930, 1966, 1982 and the nordic skiing events of the 1952 Winter Olympic Games—an event that set the arena's all-time attendance record of 120,000—brought with it advancements like permanent grandstands, a judge's tower and a lift. The war years halted regular events at Holmenkollen until a celebratory liberation event in 1946. Competitors wrote the symbol H7 (King Haakon VII) in the outrun and the events once again commenced as they had prior to the war. Holmenkollen received its most dramatic re-development prior to hosting the 2011 World Championships, modernizing by becoming the only ski jump in the world with permanent wind protection and a steel construction. Today it stands alone as the world's most modern ski jump facility.



Physical changes to the facilities aren't the only transformations that Holmenkollen experienced over the many years since its beginnings in 1892. Slalom and downhill racing events were added to the program in 1947. Four years later, giant slalom was added and with it came the addition of female competitors. In the years that followed additional women's events were added and in 2001 the first female ski-jumping event was held.

To learn more about Holmenkollen or to read up on the events happening at 2015 Holmenkollen Ski Festival, held March 13-15, visit:

- <http://skifest.no/>
- <https://www.facebook.com/pages/Holmenkollen-Ski-festival/277925812407412?fref=ts>
- <http://www.holmenkollen.com/>
- <https://www.facebook.com/Holmenkollenarena>

EASTER TRADITIONS IN NORWAY



Easter is an important holiday in Norway. The traditional Norwegian way to celebrate Easter can be linked to nature hikes, good food, leisure time and time spent with family and friends.

Many travel to the mountains at Easter to go on the last ski trip of the year, many put their boat in the water or others visit relatives. Most however, celebrate Easter at home.

Easter Vacation-Easter vacation is actually a special Norwegian phenomenon. They have a five day long weekend starting Thursday until the second Easter day which is always on a Monday. With the long holiday people have the opportunity to travel a bit during Easter.

Easter Crime-Easter and crime – it's a strange tradition. Both on TV and in books, Norwegians are given a variety of murders and mysteries for the short holiday. Easter crime is a tradition that has several explanations and is an odd Norwegian phenomenon.

Easter Nuts (Trivia)-Are you smarter than a fifth grader? As soon as Easter Eve arrives, along comes Easter Trivia on TV. Norway's Easter Nut-general Roald Eye has resigned, but NRK's Øystein Bache and Rune Gokstad have captained the Easter Trivia boat safely ahead. For eight days

they present seven exciting and entertaining puzzles for the whole family.

Easter Egg-The perfect Easter eggs can be filled with, for example, jewelry, chocolate and candy – depending on the eye of the beholder. Each year the Easter eggs are filled, with consideration, for everyone in the family. Some like salty, other like sweet. Some like things crunchy and others simply like soft candy.

Easter Food-Easter is a time for togetherness, relaxation, and hanging out with family and friends and with that there is also good food. Easter is also full of traditions when it comes to food. First and foremost it's about lamb, eggs, chicken, chocolate, marzipan and oranges.

Last but not least...

Easter Beer-Having a beer outside is great. Once the snow has melted and the sun is high in the sky, the world awakes again. Easter kickstarts Spring, and what can be better than enjoying a beer outside in the sun?



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!

Valheim Lodge Meetings

January 10, 2015

Monthly Meeting

Secretary Notes by Jill Storlie

President Karen Fried calls the first order of business:

Shall we sponsor the Barneloped again this year? The Harts sponsor the entry fees. The motion was made by Thomas Trehus to donate \$75 and seconded by Emma Landson. The treasurer presented the check to Janet Fossum to give to Darlene Fossum Martin at Vesterheim.

Next order of business was the election of new officers. The motion was made by to accept the ballot by acclamation and it was passed by the vote.

The Ballot 2015:

President Karen Fried

Vice President Thomas Trehus

Secretary Jill Storlie

Treasurer Loretta Knutson

Social/Cultural Director Lee Grippen

Asst. Sec/Treasurer Sibyl Floyd

Marshalls Emma Landsom & Janet Fossum

Editor/Publicity Karen Fried & Georgia Rosendahl

Greeters Morris & Geneva Tweeten, Judy Melbostad, Darrel & Oranda Sinclair

Historian Georgia Rosendahl

Trustee Lawrence Knutson

Auditing Kati & David Peterson

Sports Directors Diane Nerstad & Linda Nerstad Kemp

Next order is a report from the book club reading Norsemen in America. They meet the third Tuesday at 2pm at the Communications building 203.

President Karen Fried drew our attention to the latest newsletter and the program postcard for 2015.

The next order was to take a moment to remember our three members who recently departed. Harriet Ellingson, Glen Morken and Donald Dowe.

The last order of business was about the next board meeting. Normally the board and anyone who wants to join is the first or last Wednesday of the month. February 4th was suggested. (This was changed subsequently to January 18 at 4:30)

The next meeting is Valentine's Day, February 14th and we will meet again at Giants of the Earth Heritage Center and include a special theme for the day.

January 28, 2015

Board Meeting Sons of Norway

In attendance: Janet, Judy, Emma, Lee, Loretta, Geneva, Georgia, Karen

February 7 Barneloped sponsored by Vesterheim, Lanesboro, Decorah and Spring Grove Lodges. We donated \$75. Janet has already delivered cookies to Darlene. Anyone 3-13 is invited to ski, all receive a medal. Karen will attend and take some photos. Everyone is wishing for more snow. Hardt's of Decorah donated money, which makes the event free for participants.

February 14 Regular meeting. Discussed having a "tea for Valentines Day". A tea doesn't sound very filling for noon lunch. Valentine-ish food would be nice. Loretta & Lawrence Knutson and Judy Fruechte are lunch chair people. Loretta said she would talk to Judy to see if she had any ideas for making the noon meal more substantial. The meeting will be at Giants, Judy will let the Legion

know that we will not be at the Legion. It is suggested that we turn the heat up at Giants for the meeting. It was a bit chilly at the January meeting. The program will be Dennis Barnell who will be sharing his story of visiting the family homestead in Norway.

February 17. Book Club, Lee will be in charge (Geneva is having surgery). Lauraine Snelling book "An Untamed Land". Red River of the North series. Will meet at Giants in February.

In the latest Viking magazine on the District 5 page there is a photo of Lee with Lacrosse lodge.

Meals on Wheels February 23-27.

Judy and Janet checking on a day. Will ask for more volunteers at February 14 meeting.

Thrivent Money \$250 to do a "Heritage Day". Loretta shared what Jill had talked with her about how to spend the Thrivent Dollars, plus other ideas:

- "Norwegian for Travelers", which will be done through Giants. Use money for xeroxing, advertising. Jill has bought all the resources from Sons of Norway to teach/learn Norwegian.

- Something for the Queen candidates, information so they are knowledgeable about Norway when asked questions.

- Have a painting class, money could be used to buy supplies.

- A class for young people find out where their ancestors come from, which is what Giants does with the 6th grade Academy.

We think we need to use the Thrivent Money within 90 days of when received. It can be used for supplies, advertising, rent, etc. No decisions were made on how to spend the money, it will be brought up at the next meeting.

Flatbread Day- it was decided to not do a Heritage day with Flatbread Day. Janet will check with church to see if the 18 of April is available; 25th second choice. 9:00 - 11:00a.m.; Loretta was going to find out when her "Do Day" is at her church, many times it coincides on the day we pick for Flatbread Day.

Loretta and Lawrence, on Monday the 23 of February they will be doing a Community Ed class in Caledonia. Making lefse and flatbread and discussing family heritage.

Note: Karen Hankee, spelled wrong on the postcard.

Lynn Susag has contacted us, inviting our Lodge to Lanesboro on April 9.

Syttende Mai: Discussion and concession to do similar as to other years. Bake Sale and Demonstrations. Board members are encouraged to ask people to demonstrate. Lee is going to ask Steve Guiberud about wood carving. Janet will ask Darlene about demonstrating kolerosing.

The event will be in the morning and following the parade, like other years.

Next Board Meeting: February, Thursday, 26. 4:30.

David Petersen: had surgery on Monday; Kati Petersen: possibly was going to have eye surgery on Thursday; Geneva is going to have hip surgery on the 13th!

February 14, 2015

Monthly Meeting

Secretary Notes by Jill Storlie

Saturday temperatures were well below normal with a wicked northerly wind. Yet many members stepped out to gather for the meeting and lunch. Attendees numbered 25 including 2 guests.

Saturday our gathering began with a presentation about a FAMILY REUNION in NORWAY prepared and presented by retired Luther College professor Dennis Barnell from Decorah who is also a frequent volunteer at Vesterheim. He provided not only personal family information but the historical context of the area including the Battle of Kringen where Captain Sinclair along with Scottish

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.

mercenaries reached the Gulbrandsdal area and were defeated in a thrilling patriotic battle commemorated by Norwegians even today with Pillar-Guri and her horn.

Lunch servers were Knutsons and Judy Fruechte providing two hot dish items and members supplied many dessert items and pink punch even reflecting the Valentine's day theme. President Karen Fried called the business meeting to order after lunch.

Jill Storlie and Bill Fried introduced two new programs beginning in March at Giants Heritage Center in Spring Grove. The Heritage Center is offering a 12 week, Tuesday evening, Norwegian Class titled Say it in Norwegian or Norwegian for Travelers. This interactive course is designed and facilitated by Jill Storlie, a frequent traveler to Norway and advocate of the value of learning the language even later in life. The 12 week class will not require homework but provide practice in class and exercises for the upcoming traveler who is focused on learning the key words and phrases that will enhance the trip to Norway. You can also navigate on your own and understand signs and building much better. The cost, including materials, is \$100 per person, \$175 for two and another discount for 3 or more in a family. In addition, Giants Heritage Center members receive 10% off on this and all gift shop (gavebutikk) items everyday.

Giants will also be sponsoring Bi-monthly Kaffe Stue starting Friday March 6, 2-3:30/4 pm (March 6, 20, April 3, 17, May 1, 15). The idea of this coffee and spoken Norwegian language gathering is to bring current speakers together and include new speakers who may be taking the class. Decaf coffee will be served by Giants Heritage Center and treats will surprise you at each gathering. This Kaffe Stue is free and open to the public. Sons of Norway members are encouraged to attend regularly thus enjoying more time to socialize than is sometimes available at the busy meetings. Call Jill Storlie with ideas or questions.

Barneløpet, supported by our lodge, Valdres Lodge and Heimbygdalodge was a success on a nice day for skiing in Decorah hosted by Vesterheim, Saturday, 10 am February 7, 2015. Barne means kids, løpet actually means to run, but this is an annual ski run for kids. Remember when you say et løp (noun for the run, and then you say THE RUN LØPET, you do not pronounce the T at the end. Book Club for February is postponed until the regular March date (March 17, 2:00 at the Giants Heritage Center) when G. Tweeten, the regular leader or Lee Grippen will lead the discussions about the series of books by Loraine Snelling.

Meals on Wheels volunteers. JC / Darla, Bill Fried and Steve Kemp, Janet and Judy, we thank them for representing Valheim Lodge and greeting our friends receiving the visit and lunch. Pick up of the meals is just before 11 am at the Legion. The delivery trip takes about a half an hour.

Discussion was held on how to actually use the Thrivent Dollars that Loretta obtained. The money can be used for promotional, production and expenses including food. Preferences were for an artistic and culture course(s) or Norwegian food class initially as a way for members to have some social and cultural experiences together and to invite friends and advertise to the public to encourage new memberships. Bill Fried suggested, and discussion was enthusiastic, about sponsoring a soft opening or reception focused on Sons of Norway members and potential members from the tri state corner. The location would be Giants Heritage Center and would correspond to the traveling exhibit of the history of Norwegian Immigration to America created by Synnove Nordkapp Lodge in St. Paul and coming to Giants to open early April. April 9 Monthly Meeting will be at Lanesboro where Valheim will visit as guests. We will discuss carpooling at the March meeting. Flatbread Day – annual baking of the flatbread will happen April 25 at the Trinity Church kitchen. On this Saturday at 9 a.m. the baking begins with participants generally bringing equipment and dough or batter already

mixed at home. This event is generally advertised so non-members are invited. Everyone has a great time, tastes some fresh Norwegian or Norwegian American recipes and leaves with a little flour on their clothes and a smile on their face. Unlike the times we serve for a big group like Westby, this even is not stressful and although we create enough flatbread for 17th Mai. We also try our hand at any items someone is willing to mix up and demonstrate. You can either just show up, or call Janet Fossum or Karen Fried about what to bring. Attendance for non-members has always been free. There was talk of fronting the price of some of the ingredients by the lodge.

Syttende Mai Fest May 16th 2015 – Norwegian National Day will fall on Sunday in 2015. This marks the end of the anniversary of the Norwegian Constitutional celebration of 2014. Spring Grove will celebrate primarily on Saturday as usual so requests were made by President Karen F for demonstrations and sale items at the annual bake sale.

We voted to have our March monthly meeting at Giants of the Earth Heritage Center. It will begin at 11a.m. We will welcome Karen Hanke, Vesterheim Gold Medalist to tell us about striping carriages in Westby WI where she lives.

The next Board meeting will be Thursday Feb. 26th at 4:30 at Giants Heritage Center, Heritage Hall. As usual, all members are invited but officers are encouraged.

Our last closing event came from Loretta Knutson reading a Valentine's story about a Norwegian man dealing with public displays of affection. The conclusion was that he has a big warm heart but not for public display.

February 26, 2015

Board Meeting Sons of Norway

Meeting notes by Secretary Jill Storlie

Members present were Judy Melbostad, Janet Fossum, Audrey Almo, Bill Fried, Georgia Rosendahl, Jill Storlie, Lee Grippen, Karen Fried President, Jill Storlie.

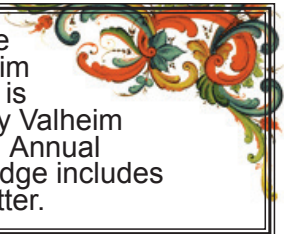
Sunday April 19th is our choice for the Sons of Norway Heritage Event at Giants. A special heritage event highlighting the opening of the Synnove Nordkapp history panel exhibit at the Heritage Center from mid April through June.

Food and beverages will be served. We will have a Free Will offering for this. We all liked the idea of buying lefse and buying pølser from Red's IGA for Varme Pølser. We also would serve items such as flat bread, rosettes, and doughnuts. Lee will pick up lefse in Rushford just before the event. The number of rounds he will buy will be decided later. Karen Friend will talk to Red about the pølser. Jill mentioned heart waffles too, and that sounded possible as well. If the weather permits we hope to also use the back patio at the Heritage center. The plan for food would be standing space to eat in the heritage hall not sit down with tables.

Flatbread Day was changed to the 11th so we can make food for this event. April 25 as a backup.

The next board meeting is April 1, 2015 at Giants Heritage Center at 4:30 pm.

Servers for March 14th meeting are Judy Melbostad, Truman Omodt, Bonnie and Vance Haugen.

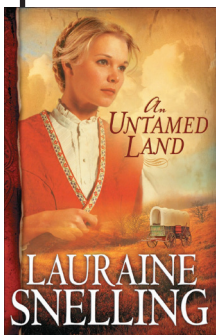


The Valheim Tidende is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.

Book Evening

(Book Club)

February and March reads for book club have been books by Lauraine Snelling, the Red River of the North series (First Bjorklund family series)



Book Club will meet March 17 at the Giants of the Earth Heritage Center, 2:00pm. Discussion will be on "An Untamed Land", and if anyone continued to read more from Lauraine's series, including: A New Day Rising, A Land To Call Home, The Reaper's Song, Tender Mercies, Blessing In Disguise, as well as any other Lauraine Snelling books

We welcome all to join. Contact Geneva Tweeten if you would like more information.

March/April				4	5	6	7
8	9	10	11	12	13	14	15
	Dennis Holty				Oranda Sinclair		
15	16	17	18	19	20	21	22
		Book Club				James Wilhelmsen	Monthly Mtg 11 a.m. @ Ballard House
22	23	24	25	26	27	28	29
Lee Grippen			Robert Newhouse				
29	30	31	April 1	2	3	4	5
Palma Sunday	Emma Landsom	Cheryl Skifton	April 1	Board Meeting 4:30 @ Ballard House	Deb Gourly	Kolton Nerstad	
5	6	7	8	9	10	11	12
Easter Sunday			Kennedy Mavis Johnsrud	Meeting at Lanesboro 7:00 p.m.		Flatbread Day	
12	13	14	15	16	17	18	19
			21	22	23	24	25
			Alfred Hagen	Book Club	Miranda Knutson		
26	27	28	29	30	31		
							Gratulerer med dagen!

VESTERHEIM CLASSES

Decorah, IA

Check out all the happenings at Vesterheim at www.vesterheim.org

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

Preparing Kransekake From Start to Finish
April 11, 2015, with Carrie Solberg

ICELANDIC KNITTING SAMPLER
April 17-19, 2015 with Hélène Magnússon

Food and Flower Heritage Gardens
April 17, 18, and 19, 2015, with Marty Bergland & Darlene Fossum-Martin

Making a Viking Silver Knit Bracelet
May 2, 2015, with Liz Bucheit

BUNAD CAMP
June 6-9, 2015 with Sue Sutherland

Norwegian Cheese Making
June 5-7, 2015, with Gary Colles

Rosemaling in the Setesdal Style
June 4-7, 2015, with Patti Goke

Rosemaling in the Rogaland Style
June 4-7, 2015, with Ruth Green

"Dala" It Up!
June 12-14, 2015, with Sandy Braun

Rosemaling in the Hallingdal Style
June 26-28, 2015, with Ken Magnuson

Reception @ Heritage Center

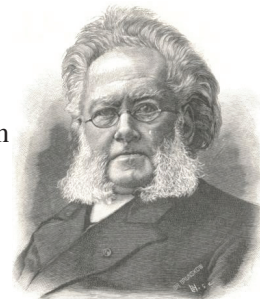
The Houston County Historical Society Book Sale



The Houston County Historical Society Book Sale will be held on Saturday March 21, 8:00 - 3:00; Sunday March 22nd from 1:00 - 4:00. On Sunday \$5.00 bag sale and priced books reduced. The book sale will be in the basement of the Historical Society's New Building at the Fair Grounds. The big brown building, you can't miss it! If you have books you would like to donate before then, call Georgia Rosendahl 498-3318.

Commonweal Theater in Lanesboro to hold its 17th Annual Ibsen Festival

April 17-19, 2015 Don't miss the 18th Annual Ibsen Festival, featuring a world premiere adaptation of Ibsen's "The Master Builder". Halvard Solness, a successful but dangerously narcissistic architect, will stop at nothing to bolster his overblown ego. For more info check out <http://www.commonwealththeatre.org/ibsen.html>





komme til
kaffe stue

Gather around a cup of coffee and visit!

It will be encouraged to "visit" in Norwegian.

A wonderful opportunity to brush up on your Norwegian

OR come and you may learn some Norwegian.

No Cost!



Fridays, 2:00-3:30pm

March 20 | April 3 & 17 | May 1 & 15

Immerse yourself in coffee and Norwegian

at

Giants of the Earth Heritage Center

for more info contact Jill Storlie

(563) 419-0986



NOTICE:

Due to conflicts in schedules,

**Giants of the Earth will NOT be holding
Norwegian Language Camp this summer.**

But, they will be holding Choral Camp in July.

Event for Owley People

(This event has been planned by Norwegian Ridge Birding Trail Committee and it seemed like a fun event to share.)

Entire families are invited to meet at the trailhead of Norwegian Ridge Birding and Nature Trail on the bend of Fifth Avenue SE for an Owl Walk - March 20th at 8:00 pm. Please bring your flashlights. Naturalist Rhan Flatin will lead us on a night walk - we will need to be quiet :). He knows how to call owls in, and if we are quiet enough, they will fly near us so we can see them up close.

There is no charge. Red Longmire is gracious to allow parking in his grocery store lot.

Please wear foot ware that is safe for walking on the trail in case it is icy. If it's wet, please wear shoes that can be scrubbed afterward.

Decorah Sons of Norway's April Program

will be a tour of Sigmund Aarseth's paintings in the Gathering Room of Vesterheim's Amdal-Odland building. Carol Hasvold of Decorah will tell the story of the colorful, exuberant scenes of Norwegian traditional culture.

Aarseth completed the room in 1999.

Tuesday, April 21

7pm business meeting; program at 7:30.

Vesterheim's Amdal-Odland Gathering Room

This is open to the public.

Say IT in NORWEGIAN - 12 WEEKS OF CONVERSATIONAL LANGUAGE FOR TRAVELERS

Tuesdays, March 10-May 19 from 6:30-8:15 PM

Classes held at the Heritage Center in Spring Grove, 163 West Main Street

- Basic Beginning Bokmål Norwegian in an interactive atmosphere
- Theme-based sessions facilitated by Jill Storlie
- Humor and correct pronunciation of cities, store merchandise, food, etc.
- Social media videos with sub-titles for review at home
- Sightseeing tips and pronunciation specific to cities Luren will be visiting
- Slang terms for reading Emails and Facebook postings
- Making Connections with Norwegian and American families
- Map reading, telling time, learning money

For answers to any questions, please contact Jill Storlie at 563.419.0986

You may also refer to this web site: www.sgheritage.org

\$100 for one person

\$175 for a couple

\$300 family rate

Members of Giants of the Earth Heritage Center receive a 10% discount

*Condolences to
the families of
Harriet Ellingson and
Glen Morken*

*Continued Healing
Wishes to
Geneva Tweeten*

David Peterson

Alfred Hagen

Emma Landsom's
granddaughter Shirley
and great granddaughter Emma

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

Return Service Requested



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

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.

Lunch Chair People 2015

**Each month ALL MEMBERS
bring "finger foods".**

January 2015						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Saturday
January 10**
 Karen Fried,
 Sybil Floyd,
 Audrey Almo

May 2015						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Thursday
May 14**
 Darla & JC
 Nerstad
 AI & Lorraine
 Hagen

September 2015						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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

February 2015						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**Saturday
February 14**
 Loretta &
 Lawrence
 Knutson,
 Judy Fruechte

June 2015						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**Thursday
June 11**
 David & Kati
 Peterson
 Jackie Parker
 Thomas Trehus

October 2015						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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

March 2015						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Saturday
March 14**
 Judy Melbostad
 Truman Omott
 Bonnie &
 Vance Haugen

July 2015						
S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

No Regular Meeting
**Tuesday
July 28**
 Meet with
 Westby Lodge
 in LaCrosse

November 2015						
S	M	T	W	T	F	S
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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

April 2015						
S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

No Regular Meeting
**Meet with
Lanesboro
April 9 (?)**

August 2015						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**Thursday,
August 13**
 Potluck Picnic
 in SG with
 Winona Lodge
 Lee Grippen
 Betty & Dennis
 Holty, Diane Nerstad,
 Linda Nerstad Kemp

December 2015						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Christmas
Party!**

**LEARN,
LAUGH, EAT!
FLATBREAD DAY
2015 --
SATURDAY, APRIL
11**
 at Trinity Lutheran
 Church. Be sure to
 come. Bring a friend
 or two and have a fun
 time!!

**RECEPTION
@ GIANTS FOR
IMMIGRANT
DISPLAY --
SUNDAY APRIL
19TH**

**SYTTENDE MAI,
SATURDAY,
MAY 16TH**
 Bake Sale, Displays
 & Demonstrations at
 the Legion, Saturday,
 More info to come.