

THE VALHEIM TIDENDE




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SPRING GROVE, MN 55974

May/June 2015

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lykkelig Mai! lykkelig dag!

Happy May! Happy Day! So, maybe that isn't the way you would really say it...that's what Google Translate gave me. I'm thinking maybe it would be just "god mai! god dag!" ?? After many Tuesday evenings at Jill Storlie and Brit Eddy's "Norwegian for Travelers" class, I know a little Norwegian, but I believe it takes a life time to learn a language. So I will continue to show up to Tuesday evening class with my phrase book in hand and hope to familiarize myself with a few more Norwegian words and have a pleasant evening visiting with my classmates. Thank you Jill and Britt for offering the opportunity for me as well as others to try and broaden our Norwegian language skills as well as learn more about Norway.

Of course as time passes, many Sons of Norway events are on the horizon. Here are some fast approaching events:

Syttende Mai Royalty Tea, May 9th:

In conjunction with Syttende Mai and Glants of the Earth, Valheim Lodge helped provide a Saturday morning tea for the Syttende Mai royalty candidates for 2015 as well as the judges and the out going royalty. At the last board meeting, we had several volunteers step forward to donate Norwegian baked goods as well as volunteer to help on the 9th. See photos on page 7.



May Regular Monthly Meeting, May 14th:

Come and hear the story of the brave men of the Coulee Region "Iron Brigade" in the Civil War presented by David Glomstad of LaCrescent. Our business meeting will be at 7:00 pm, program and lunch to follow at the Spring Grove Legion on Thursday May 14th.

Spring Grove SYTTENDE MAI Fest, MAY 16

Join in all the festivities in Spring Grove! Our Lodge will be at the Spring Grove American Legion 9:00-noon and after the Parade until 4:30 on Saturday, May 16.

Bake Sale/Demonstrations/Displays

We are asking all members to donate baked goods for the Bake Sale. Please have your items to the Legion by 8:30 a.m. on Saturday morning packaged and priced. If you have any questions about the Bake Sale, please contact Janet Fossum, Judy Melbostad or Karen Fried.

We have several people lined up for demonstrations of food, and some for other demonstrations, but we would really like more. If you would like to demonstrate something, or have a display, please let Karen or Lee know. Let's see if we can make this the best Syttende Mai yet!

The Grand Parade is at 1:30 pm

Once again we are asking whoever can, please ride in the boat for the parade. Wear a bunad, a red vest or something Norwegian. As of now, the plan is to load near the Legion about 12:30. If you board at the Legion, you will be dropped off at the Legion after the parade. A great Cruise Around Town!

2015 Officers

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Karen Fried
Vice President
Thomas Trehus
Counselor
Vernon Roble
Secretary
Jill Storlie
Treasurer
Loretta Knutson
Assistant Secretary
Sibyl Floyd
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Emma Landsom
Janet Fossum
Greeters
Morris/Geneva Tweeten
Judy Melbostad
Darrell/Oranda Sinclair
Editors/Publicity
Georgia Rosendahl &
Karen Fried
Historian
Georgia Rosendahl
Trustees
Lawrence Knutson
Auditor
Kati/David Peterson
Sports Director
Diane Nerstad &
Linda Nerstad-Kemp

APRIL MEETING

We were guests of the Lanesboro Lodge on April 9th. They had a very entertaining program with Jane Peck and the title of her program was "Votes for Women, Ja!" performing her story of women's suffrage and how some of her family members were involved. Thanks to Lanesboro for a very nice evening.

Richard and Caroline Housker made Flatbread Day part of their anniversary celebration with their grandkids and Richard's mom, Ona.



Cletus, the Housker's grandson, is a HUGE helper at cutting out doughnuts!



MARCH

At our March Meeting, Karen Henke from Westby came and shared her story of rosemaling. How she got started and what kind



of things she has rosmaled. She is a very talented lady!

FLATBREAD DAY

Flatbread Day was April 11. We made flatbread, sandbakels, rosettes, fattigman, and doughnuts. We had lots of good fellowship and lots of good food. Thanks to all who came and shared their baking skills as well as our visitors who came to watch, work and taste!

Judy presses on.... making sandbakkel



Lawrence and Loretta showing us teamwork flatbread!



Janet...frying rosettes and fattigman to perfection.

Georgia taking a break from rolling flatbread.



Joycelyn is making sure everything tastes great!



Geneva making stull... all rolled up and ready to party!

Lee continuing his legacy... flatbread in the shape of... New York state!?



SKÅL TO AQUAVIT MADE IN THE USA

When you think of aquavit you probably think of Norway's Linie Aquavit, the most widely available in the US, right? Well did you know there are several aquavits on the market that are distilled right here in the United States? Derived from the words aqua vitae, Latin for water of life, aquavit is a popular Scandinavian liquor and Norway's national drink. Typically yellowish in tint and distilled with grain or potatoes, the liquor is spiced with a variety of herbs including caraway, cardamom, cumin, anise, fennel, and citrus peel.



Here are four of the more prominent American made Aquavits:

Vikre Øvrevann – Based in Duluth, Minnesota, Vikre Distillery creates their liquor with local grains and some Northwood's love. Literally translated to upper water, Øvrevann is a light aquavit with strong caraway and cardamom flavors. Vikre says their "Rich and aromatic, Øvrevann Aquavit is piquant and refreshing to sip alongside smoked fish or to cut the fat after a heavy holiday meal." To learn more visit their webpage at www.vikredistillery.com.

Dill Aquavit – Distilled in New Richmond, Wisconsin

at the 45th Parallel Distillery for Gamle Ode based in Minneapolis, Minnesota. This spirit is Gamle Ode's (Norwegian for old ode) most popular aquavit because of its unique refreshing flavor and versatile pairings options. Infused with fresh dill, caraway seed and juniper berry this aquavit is sure to catch you by pleasant surprise. Learn more at www.gamleode.com.

Aquavit – Private Reserve – Distilled by North Shore Distillery, just north of Chicago, Illinois, this private reserve aquavit is spicy and savory at all once. With a hint of the oak barrel it ages in, the yellowish spirit has been described as "Incredibly smooth and seductively aromatic" (SpiritsReview.com) and "Rich, full-bodied and complex." (Imbibe Magazine). Read more at www.northshoredistillery.com.

Krogstad Aquavit – Distilled by House Spirits Distillery in Portland, Oregon's famous Distillery Row, Krogstad Aquavit is crafted with ethically sourced ingredients. House Spirits Distillery crafts Krogstad so it can be enjoyed on its own, with ice, or in a cocktail. They even offer recipes for a Norwegian Bloody Mary or a Scandinavian Evening cocktail. Get the recipes at www.housespirits.com. Each having their own distinct flavors, these distilleries are building up a Scandinavian tradition for America to adopt and enjoy.

Matlyst Monthly Sugar Cookie Dessert Pizza

adapted from allrecipes.com, yields 10-12 servings

- ½ cup butter, softened
- 1 large egg
- 1 tsp cream of tartar
- ¼ tsp salt
- ½ cup sugar
- 1¼ cups all-purpose flour
- ½ tsp baking powder
- 1 package of cream cheese
- 2 tps vanilla extract
- assortment of favorite fruits
- 8 oz whipped topping, thawed
- ¼ cup confectioners' sugar

Tips: Arrange your favorite red and blue berries on top of the pizza to make a festive flag design for Syttende Mai! Pressed for time? Instead of making the cookie crust from scratch, substitute prepackaged sugar cookie dough.



Preheat oven to 350 degrees F. Cream together butter and ½ cup sugar in a large bowl until smooth. Add egg and mix. In a separate bowl combine flour, cream of tartar, baking soda and salt and add to creamed mixture until well blended. Press cookie dough into an ungreased pizza pan*. Bake for roughly 8 to 10 minutes or until lightly browned. While the crust cools, beat cream cheese, whipped topping and ¼ cup confectioners' sugar and vanilla until light and fluffy. Spread on cooled cookie crust. Cut crust into desired serving portions. Add fresh fruit to the top of the crust, making sure excess liquid is removed from fruit beforehand. Chill until ready to serve.

*Double crust to make a 9"x13" dessert pizza.



MORE UPCOMING EVENTS--

May 19th Book Club -- "Wisconsin My Home: The Story of Thurine Oleson as Told to Her Daughter" Meet at SG Communications, room 103, 2:00pm

May 27 OR June 3 Next Board Meeting -- 4:30 at Giants of the Earth Heritage Center

June 11 -- Regular monthly meeting at the Legion Glenn Borreson -- Coffin Ships. Be sure to come...don't you wonder what a coffin ship is!

Tuesday, July 28 -- Potluck Picnic in La-Crosse with Westby Lodge.

February 26, 2015

Board Meeting Sons of Norway
Meeting notes by Secretary Jill Storlie
with members Judy Melbostad, Janet Fossum, Audrey Almo, Bill Fried, Jill Storlie, Lee Grippen, Karen Fried President, Jill Storlie Secretary. Sunday April 19th is our choice for the Sons of Norway Heritage Events at Giants. A special heritage event highlighting the opening of the Synnove Nordkapp history panel exhibit at the Heritage Center from mid April – end of May. If this is successful we may be interested in an annual event for recruiting. 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 polser from Red's IGA for Varme Pølser. Flat bread, rosettes, 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 to a nice and that sounded possible as well. Serve those cold or warm with sour cream, syttetøy (jam), whipped cream etc to roll and eat.

To calculate how many Lee should order and pick up, we plan to cut rounds into 8s. We also want to serve lefse with butter too. There are 25 rounds in a box (we think).

We hope to also use the back patio at the Heritage center if the weather permits. The plan for food would be standing space to eat in the heritage hall not sit down with tables.

We also should advertise our FLATBREAD DAY the next weekend. Otherwise we should change the Flatbread Day to April 11 so we make food for this event. We have decided to change Flatbread Day to April 11 with April 25 as a backup.

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

Jill has not received the details about the request to help host the Syttende Mai royalty tea with the judges and some staff. We await information from Michelle Jahnke.

16th May demonstrations were discussed with some possibilities.

9th May update Michelle Jahnke just called and she requests Sat May 9. Am 9-12 to reserve for the tea for the candidates and judges and likely the 2014 Royalty.

*Jill Storlie,
Secretary*

April 1, 2015

Sons of Norway – Valheim Lodge
Board Meeting – at Giants of the Earth Heritage Center Spring Grove MN
Wednesday, April 1, 2015 at 4:30pm
Call to Order by VP Thomas Trehus
Approval of Agenda and Additional Agenda Items
Approval of Minutes Janet moved and Loretta seconds passed.

Secretary's Report was read by Lee Grippen and approved. Lee moved to accept and Judy seconded.

Treasurer's Report. At the end of Feb \$2786 March \$177 more bills, \$114 income. Approx 2700
Edith Nerstad is doing better after her stroke and more. She is back in SG after an emergency visit to LaCrosse last week. She is now in Room 130 at the Nursing Home and appreciates your cards and visits.

1) April 9th meeting Lanesboro 7pm
Meet at Trinity church at 6pm for carpool. Contact Lee Grippen or Karen Fried. The sign up sheets from last meeting has not been found.

Melissa vanderPatz is the new editor of the Herald and Lee will contact her about putting something in the paper.

2) Flatbread Day, April 11; 9-11 at Trinity-Church

What are people making. Flatbread – Laurence and Loretta, Lee Krumkakke- Geneive

3) Michelle Jahnke Coordinator: and Morgan VanMinsel and Aryn Jahnke .

Junior girls for Ms Syttende Mai and 3rd graders.

May 15th is the banquet. Michelle will MC the event. Rachel has a concert.

Make this about the girls.

15 girls possible,

6 past royalty,

3 coordinators,

3 banquet committee SK, SS, RS

6 other Syttende Mai committee members,

3 judges - Barbara Berg, Lynne Susag (past royalty), Bill Musser.

6 Sons of Norway helpers

On the list of the royalty's community service will be the August mtg of Sons of Norway Winona Lodge as Guests with Rachel providing the Edvard Grieg.

Material handouts need to be to Michelle by

April 12, 2015 is the day -
Not have the sponsors for this.

Jill and Michelle will be the continuing committee.

Laurence received a debit card for \$250. Jill suggested that we can run the debit card through Giants Pay Pal and use cash or checks to buy the items such as LEFSE, polser, and stuff IMPORTANT- at Lanesboro we need a sign up sheet for people to work at April 19th. Pass this around at Lanesboro. Karen Fried will you create this and bring the fliers for Lanesboro too?

Jill check with Michelle Jahnke about last year's royalty helping out at April 19th.

Next board meeting is April 29th 4:30 pm.

Janet will check with the church about the August meeting. We need the church by at least 5:00 to start coffee and prepare. The new Lee Grippen makes the motion to adjourn, Judy Melbostad seconded.

In attendance: Thomas Trehus VP, Loretta Knutson Treasurer, Jill Storlie Secretary, Judy Melbostad, Audrey Elmo, Lee Grippen, Geneve Tweeten, Janet Fossum.

*Jill Storlie,
Secretary*

April 29

Sons of Norway Board Meeting

Karen Fried, Loretta Knutson, Jill Storlie, Peterson, Audrey, Janet, Lee Grippen, Geneva Tweeten, Judy Melbostad.

No regular monthly meeting was had in April because of the visit to Lanesboro.

Bill Fried requested Norsk goodies demonstration for elementary students visiting Giants Heritage Center the week of Syttende Mai. Bill will

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.

lead each visit and Judy, Lee and Geneva will demonstrate.
11th Mon 1230-130 –Judy Melbostad & Bill F host kindergarten group (18 kids).
12th Tues 845-945 a.m. 2nd grade Judy
13th Wed.9-10 a.m. 1st grade Lee and Geneva.

Discussion was had about the May 9 Syttende Mai Royalty Tea Project Plan that will be held 8:30-noon; guests arrive 9:00 at Giants of the Earth Heritage Center 163 W Main.

Sons of Norway Valheim and Giants Heritage Center VOLUNTEERS needed to provide treats and/or host and serve. Volunteers will also be part of the 10:30 tea service if desired. As hosts can provide social conversations with candidates and outgoing royalty while individual candidates are being interviewed by the guest judges. We can also share information about the food and other Spring Grove Heritage information and trivia. Dress with something of Nordic heritage to talk about. I, Jill, have offered to talk about the bunad, festival dress tradition in Norway and to use the paintings on the wall as examples. Katie volunteered to bring bunads and dress forms. Geneva will bring a bunad to put on a dress form from the sweater shop.

Thursday or Friday May 7-8 set up tables (Bill, Stacy and Jill will coordinate this)

Saturday 8:30 preparation begins. Members at the board meeting volunteered to arrive with Norwegian treats to be served. Jill will provide coffee, tea, and punch. Volunteers for various parts of the morning tea include Karen Fried, Katie Peterson, Audrey Almo, Janet Fossum, Lee Grippen, Geneva Tweeten, Judy Melbostad., Jill, Sharon and Elyse Storlie.

9:00 Candidates and judges arrive

9-9:30 Social time with coffee and water only

9:30-10:30 Individual judging in the back room (film studio), tours of exhibit upstairs, filming of outgoing royalty practicing their presentations for Syttende Mai banquet next Friday. (may use a powerpoint)

10:30 Tea is Served, 10:40 Jill presents about Bunads and Solje (may use a powerpoint)

Speaker and Servers for Next meeting - Thursday, May 14-Dave Glomstad; Coulee Region Iron Brigade in the Civil War; (Servers: Darla & JC Nerstad, Al & Lorraine Hagen)

Syttende Mai demonstrations:

Kolrosing – Darlene Fossum

Rommegrøt - Janet Fossum

Katie Peterson – sewing or crochet or ..

Bonnie Solberg–rosemaling; Karen F will ask her

Steve Guberud?? Lee is waiting to hear back from him about demonstrating his woodwork/carving.

Jill will also demonstrate flat plane carving or painting horses plus display some Norwegian sweaters in the morning.

Lefse- demo Karen and/or Kjersti

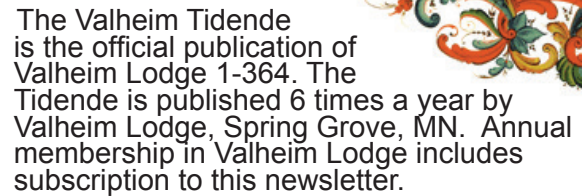
Waffles?

Buying Lefse – David Peterson primary with Lee Grippen as backup. Suggestion to order 75 lefser.

Discussion about paying the expenses from the April 19th event. Loretta has the account debit card for \$250 from the Thrivent grant. Sons of Norway wrote a check for \$75 for lefse, Karen F paid for the poster and the flyers, meatballs and some paper products.

Boat update – David Peterson has talked to JC Nerstad that the tongue on the boat has been repaired, or can be. Estimates suggest the cost should not exceed \$150. David will try to find a vehicle to pull it in the Syttende Mai parade.

*Jill Storlie,
Secretary*



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.

Midsummer in Norway

Historical Roots

St. John's Day or Jonsok is celebrated on June 24 and is a religious holiday commemorating the birth of St. John the Baptist. Prior to the introduction of Christianity to Norway, the date was used to celebrate of the summer solstice, the longest and brightest day of the year. Because of the dual history surrounding the date, the remaining Midsummer traditions are an amalgamation of both Pagan and Christian customs.

Did you know?

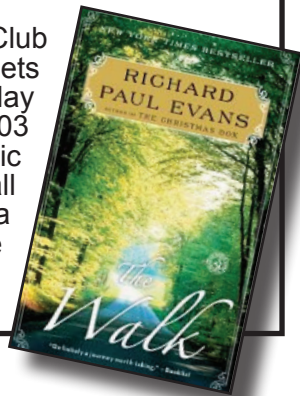
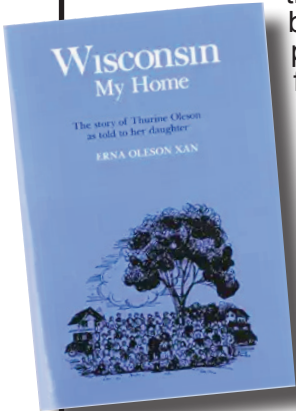
- The practice of lighting bonfires during Midsummer comes from the belief that fire "awakens" the ground for the next growing season and gives renewed strength to the sun. It was also believed to scare away evil supernatural spirits and witches who were thought to roam more freely this time of year.
- According to folklore, medicinal plants and herbs were believed to be at their peak potency during the summer solstice, lending support to the belief that supernatural beings were prone to scour the countryside collecting ingredients for their potions at Midsummer.
- In the 19th century it was popular in western Norway for children to dress in bride and groom outfits and participate in mock weddings as a symbol of new life.
- According to Christian legends, the crucifix at Rødal stave church in Norway was believed to contain special powers. During Midsummer, the crucifix was said to sweat, giving off healing power to those who touched it. Devotees made annual pilgrimages to the church up until 1840.
- St. John's Day was observed as a public holy day in Norway until 1771.
- The most popular foods consumed on Midsummer's Eve are fire roasted items like hot dogs or pølse and picnic fare such as pickled herring, smoked salmon or open-faced sandwiches. Norwegian strawberries and rømmegrøt are also common treats.
- In celebration of Midsummer the Norwegian town of Ålesund constructed a massive bonfire of wooden palettes, topping out at 132.71 feet, in 2010.

Book Forening

(Book Club)

The May read, "Wisconsin My Home: The Story of Thurine Oleson as Told to Her Daughter" is the story of Thurine Oleson, born in Wisconsin in 1866 to parents who had emigrated from Telemarken, Norway. Written by Erna Oleson Xan.

The June book is "The Walk" by Richard Paul Evans. This book is the story of a man who sets out to walk across the country from Seattle, WA to Florida in the wake of personal tragedies.



Book Club normally 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.

May/June

					1	2
3	4	5	6	7 Mike Schmidt Richard Storlie	8 Donna Peterson	9 Nancy Nelson
10	11	12 Jacki Parker Janet Fossum	13	Monthly Mtg 7pm @ SG Legion	15	16 Bake Sale at Syttende Mall
17	18	19 Book Club	20	21	22	23 Lorraine Solum
24	25 Memorial Day	26	27 Maurine Frydenlund Board Meeting 4:15 @ Ballard House	28	29	30
31 JUNE	1 Agnes Swenson	2 Isaac Nerstad	3	4	5	6 Tom Murphy
7 Lorraine Hagen	8	9	10 Judy Melbostad	11 Monthly Meeting 7:00 p.m. @ American Legion	12	13
14	15	16 Book Club	17 K.Fried	18	19	20 Diane Nerstad
21 Betty Dowe	22	23 Charles Holland	24	25	26	27
28	29	30 Larry Lane				Gratulerer med dagen!

VESTERHEIM CLASSES

Decorah, IA
Check out all the happenings at Vesterheim at www.vesterheim.org

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

Condolences to the families of:
-- Emma Landsom on the death of her granddaughter Shelly Schuldt.

-- Dennis Holty. Dennis passed away suddenly in March. Dennis had been a member for fifteen years.

-- Barb Pitel. Barb just passed away last week, she recently turned 90 years old. Her husband Gordan Pitel was a member of Sons of Norway for many years. Kind, kind people.



A Special Gratulerer

med dagen to

Agnes Swenson!

She will be turning 100 on

June 1st.

Continued healing to
Edith Nerstad, she is doing much better. At this time she is back home!

Angela Murphy,
Tom Murphy's wife.

Donna Omodt.

Lee reminds us to save used postage stamps for Tubfrim. Bring them to any monthly meeting.

SPRING GROVE Syttende Mai Blast Off Banquet

Friday, May 15, 2015

at the Fest Building

6-7:30 Social Hour & Food

Entertainment by SGHS Choir

7:30pm Announcing of 2015 Honorees and Royalty

Advance Tickets available through May 8

\$15 Adults | \$10 Choir Students

\$6 age 12 & under | \$5 for program attendance (no food)

Menu: Beef tips, mashed potatoes, vegetable, dinner roll

A ROYAL TEA!

Giants and Sons of Norway sponsored a tea to the outgoing 2014 Syttende Mai royalty, the 2015 Queen/Little Miss candidates and the judges. Thanks to Jill Storlie for doing all the foot work and to SofN members who brought Norwegian goodies. It was a very delightful morning.



(above) 2014 Royalty and 2015 candidates. (left) 2014 Syttende Mai Queen, Elizabeth Johnson, pours herself a refreshing punch.

NEW LAND, NEW LIFE!

Norwegian Immigration in Minnesota: 1825 - 1925

Sons of Norway, Synnøve-Nordkap Lodge from St. Paul developed a traveling display of 20 informational panels featuring Norwegian immigrant life. These panels will be on exhibit and open daily during regular business hours at Giants of the Earth Heritage Center in Spring Grove. On April 19 Valheim Lodge co-sponsored an opening reception with Giants in honor of having these panels. The panels will be at Giants until the end of June. Be sure to stop by and see them. They are in three of the second story rooms at Giants of the Earth Heritage Center, 163, W. Main St in Spring Grove. At the reception we had lots of great food; a great time to visit with friends; ribbon cutting done by Ron Stow from SynnøveNordkap Lodge and music was provided by our own Audrey Almo.

Another great event!



Sons of Norway
Valheim Lodge 1-364
Georgia Rosendahl &
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Return Service Requested



MAY/JUNE 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".

May 14, Thursday - David & Kati Peterson, Al & Lorraine Hagen

June 11, Thursday - Darla & JC Nerstad, Jackie Parker, Thomas Trehus

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

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!



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!

SYTTENDE MAI FESTIVAL IN SPRING GROVE --- SATURDAY, MAY 16

