

THE VALHEIM TIDENDE




Volume 17 Issue 6

SPRING GROVE, MN 55974

Nov/Dec 2015

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Upcoming Valheim Events.....

November Meeting, November 12 7:00pm at the Spring Grove Legion.

On the agenda: update on Christmas party; update on December bake sale; and Blaine Hedberg is our guest speaker for the evening. Blaine's program will be "Restauration Passengers in 1825: Recent Research". The story of the first organized emigration from Norway will be told using a variety of primary and secondary sources. Historic letters recently discovered give important details about the families who emigrated on this ship from Norway in 1825.

Everyone is asked to bring finger foods to share for lunch.



Tuesday, November 17, Book Club at SG Assited Living, 130 5th Ave, SE. 2:00 pm

Wednesday, December 2 Board Meeting, at Giants of the Earth Heritage Center 4:30

Thursday, December 10 -- Christmas Party at Ivy Grove.

5:30-6:00, social half hour. Gather together to visit before our meal which will be served at **6:30**. Attendees pay for your own meals. More info at our November meeting as to menu and cost. Most likely the cost will be about \$10/person. Please sign up at our November meeting or let Judy Melbostad know if you plan to attend. We also are asking members to bring item(s) for the food shelf as well as a white elephant gift. Audrey Almo will once again bring her accordian that we can sing along with.

Saturday, December 19 --

Norwegian Bake Sale at GIANTS OF THE EARTH HERITAGE CENTER.

NOTE CHANGE OF LOCATION.

All members are asked to bring Norwegian baked goods, breads, pies, etc. If you are unable to donate baked goods, we ask that you donate \$20 to the lodge (can be given or sent to Loretta Knutson, 20096 State Hwy 76, Caledonia, MN 55921)

Please have your baked items to the Heritage Center (Ballard House) by 8:30 a.m., packaged and priced. See suggested prices on page 7.



NOTE CHANGE OF LOCATION

Sons of Norway
Valheim Lodge #364

ANNUAL
NORWEGIAN BAKE SALE
& More

SATURDAY, DECEMBER 19
Giants of the Earth Heritage Center
163 W. Main Street, Spring Grove
9 a.m. - 11 a.m.
or until everything is gone!

2015 Officers

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

OCTOBER MEETING

Cherryl Jostad shared her father's experience as a WWII POW. As radio operator and machine gunner, Glen Jostad was part of a 10-man B-17 bomber crew during World War II. On February 8, 1944 Glen and his fellow crew mates faced the harrowing decision to bail out of their damaged plane, amidst intense machine gun fire. Despite avoiding immediate capture, Glen was subsequently taken prisoner and interned for 15 months in five camps across Lithuania, Poland and Germany. Only through times of quick thinking, courage, innovation, inner resolve, and assistance from others, did Glen survive.



Cheryl and her friends from Tulsa, Oklahoma.



UFF DA FEST BAKE SALE

Thanks to everyone who contributed food items for our Uff Da Fest Bake Sale. We took in over \$400! Thank you to our members who helped with set up, serving and take down. A special thanks to Audrey Almo who shared her accordion music. The building was alive with music, people visiting and enjoying fantastic baked goods. Elaine Hegg was also there selling her book "Murder in a One Room Schoolhouse"

Janet and Geneva--- always so helpful!



Lee and Audrey's daughter, Kirsten, standing behind our amazing accordion player, Audrey Almo.



COUNTDOWN TO CHRISTMAS WITH THE JULEKALENDER

Counting down the days to Christmas is a feeling of anticipation and joy. For children, the eagerness of Santa bringing Christmas presents can arguably be the greatest happiness in a child's life. The Christmas Calendar or the Julekalender is a tradition, popular in Norway, which gets both children and adults alike excited for the days leading up to Christmas.

The Julekalender can be compared to the familiar Christmas Advent calendar; a cardboard Christmas scene with chocolates hidden behind small windows for every day of December. The small task of opening up a window, similarly to crossing out a day on the calendar, is a task that people of all ages can get thrilled over. This tradition of opening a small treat every day until Christmas was started in Germany for those celebrating the season of Advent, which starts four Sundays before Christmas.

In Norway, the chocolate Advent calendars can be found in nearly every grocery store. However, many Norwegians like to make their own in order to personalize their calendar for their friends or family. The average Julekalender is simple yet extravagant compared to small chocolates. People fill their calendars with small gifts; one for each day leading up to Christmas.

Types of Julekalenders:

1. The Pocket Calendar literally hangs from the wall. You can use a large piece of cloth by sewing in 25 pockets in which to place each small gift. This way you can skip wrapping the gifts all together.



2. The Hanging Calendar uses some sort of structure to hang the gifts. Commonly a wire clothesline that can hang in the house, a small decorative tree

or a homemade wooden structure is great for hanging 25 small gifts using clothespins, pegs, hooks or string. This calendar is very decorative and is fun to get creative with.



3.

The Box Calendar is a bit tricky but is very fun to use. Using cardboard and old match boxes, create a structure of tall sliding drawers. Wrap the boxes for extra decoration, glue them together and simply add your gift inside each drawer.

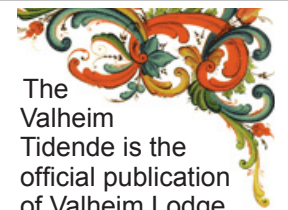
Be sure to number each of your gifts in order to signify which day of December they should be opened. Some parents like to make a calendar for each child or make one and designate which kids get which day. Gifts can include small toys, chocolates, poems, jewelry, handmade ornaments and so much more. In order to give it that Nordic charm, decorate with red and white colors, use natural materials like bark, twigs, pine, paper and felt. The point is to get creative and enjoy the countdown to Christmas as a family and friends.

There are some pretty amazing Julekalender ideas on Pinterest at www.pinterest.com, so take a look and get inspired.

Visitors from afar attend our bake sale. Nothing like a little romegrot on a fall day.



<<< Judy Melbostad with La Vonne Bjergum and Elaine Hegg.



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.

MONTHLY MEETINGS

September 30, 2015

Sons of Norway Valheim Lodge Board Meeting notes by secretary Jill Storlie

Date: Sept. 30, 4:00 Heritage Center.

Book club Behind Barbed Wire. Prison camps in Minnesota during WWII. Next meeting October 20th.

Fort McCoy was the first place that prisoners of war were sent in the Midwest, not Minnesota. Lee G. obtained a movie about Fort McCoy and the book club will watch it at the next meeting.

Also suggested is City of Women, Gillham, Women in Berlin during the war.

The book for November is Cathy LaGrow, The Waiting. Mark Lee, the astronaut from Viroqua whose mother was adopted and only met her adopted daughter when she was in her 70s.

Jill suggests the book for a winter book club by Michael Booth, The Almost Nearly Perfect People, Behind the Myth of the Scandinavian Utopia. Geneva will check with SELCO about getting copies.

UFF Da FEST – Bake sale at Giants HC.10-1. Please bring your items before 10a.m.. Set up at 9am. Audrey will have her accordion. Bring your food contributions to be sold individually and in quantity as a free will offering. Last year it worked well to have paper plates and bags for those who wanted to take away. Many people pick a selection and have coffee and hang around and that is good. Lee is picking up lefse. Volunteers will butter and sugar lefse starting at 9. Will have coffee and hot apple cider. We will have rectangular trays to hold the individual food items for sale. Elaine Hegge will be here with a table to sell her book.

Lee will bring krumkake. Geneva, Emma, Georgia, Lee and Janet will also make rømmegrøt. Karen will get some melted butter. She has "to go" cups at GEHC to use also. Jill will make Scandinavian almond cake. We also have left-over pulled pork so Karen will pick up some buns also. Emma L will call Betty Holty about the pulled pork in her freezer. Karen will check GEHC for a crockpot or bring one.

Janet will check for plates and bags we already have.

Discussion of future programs: Some ideas of programs that had a more social context were discussed such as bringing items from the school cabinet and discussing some of the old rules and ideas from earlier meeting times. Bringing in caps and aprons and things. Dancing.

Idea for next 17th Mai is to have a bunad show.

Next board meeting Wednesday, November 4.

October 8, 2015

MEETING NOTES: General Meeting Oct 8 2015 Thursday at the Legion. 7:00

21 attendees including the speaker and 3 guests. Karen Friend opened the meeting with a discussion of Uff Da Fest. Loretta reported that we cleared \$340 (check this Karen \$) after paying for the lefse. President Fried thanked Giants of the Earth Heritage

Center members for hosting the bake sale fund raiser.

Geneva Tweeten reported on the book club. Book club Behind Barbed Wire. Prison camps in Minnesota during WWII. The book takes place in Algona Iowa. Next meeting October 20th and will start at 1:30 to give time for the movie and the book club.

Fort McCoy was the first place that prisoners of war were sent in the Midwest, not Minnesota. Lee G. obtained a movie about Fort McCoy and the book club will watch it at the next meeting. It was filmed at Norskedalen and is not a documentary. 425,000 prisoners were taken into the US.

Geneva suggested also City of Women, Gillham, Women in Berlin during the war. Helping to get the Jews out of Nazi occupied cities.

Dec. 19th is slated for the fundraiser annual bake sale. It will be determined if this will be at The Heritage Center or at the Legion. This is often the same day as the Gallery Cookie Walk and Juliette Fest at Giants.

Servers were Jill Storlie and Mike Schmidt assisted by Diane Schmidt, David Storlie and Lee Grippen in place of Rachel Storlie and Judy Tollefsrud who was recently hospitalized. We served a traditional vegetable and pølser stew called lapskaus. With only 20 people eating lots of great finger foods we finished 7 quarts of stew.

Next meeting is Blaine Hedberg talking about the RESTAURATION. Lunch servers for November are bob & Dode Stoskopf, Cheryl Skifton, David Virock. Meeting at the Legion.

Laurann is coming in March to speak on Norwegian sweaters. Next month's servers are a little short for some listed may not be members or available.

Nov 4 is the next board meeting tentatively.

Many birthdays this month. (Karen has the list including Ragnild who is 101.

Richard's wife Betty Storlie has been in the hospital at Gundersen Jay Tolleson's father has died so they are not here tonight.

Norskedalen activities are reported by Lee. The 5th graders will go tomorrow for the Civil War reenactment. The weekend will be actual reenactors. Goulees in the Coulees is next weekend. Karen F called for adjournment.

Lee Grippen introduces Cheryl Jostad speaker who told the story of her father as a POW during WWII.

November 4, 2015

Secretary Jill Storlie

Attending, President Karen Fried, VP Thomas Trehus, Treasurer Loretta Knutson, Lee Grippen, Georgia Rosendahl, Judy Melbostad, Janet Fossum, Geneva Tweeten, Audrey Almo.

Loretta gave the update on Uff Da Fest \$477 is the final proceeds taken in at Uff Da Fest

Next week Thursday meeting (November 12) will be Blaine Hedberg of Naeseth.

Motion made by Lee Grippen to revisit the issue of our serving at monthly meetings. At our September regular monthly meeting we voted to go back to the "old way" where a few people are

responsible to serve the whole lunch. The motion is to bring the vote back to the whole lodge at our November monthly meeting to continue serving the way we do. Georgia seconded it. A vote was taken and carried.

Stoskopfs will be servers and Thomas Trehus and Audrey will help since others on the schedule are no longer members.

Book club for November is "The Waiting" and will be held at Assisted Living in Spring Grove. Geneva asks that everyone brings an antique to share. Members will bring something for lunch and Assisted Living will provide the coffee.

Geneva suggests also that we make a group trip to the museum at Fort McCoy. Possibly making a stop at the cathedral in La Crosse. Maybe also to have dinner at Our Lady of Guadalupe.

Book suggestions for December. Lee suggested and Geneva agreed to read "The Almost Nearly Perfect People".

Karen F suggested that Lorraine Snelling, an author of many books that the book club read, might be available for an author visit at some event. She lives in California but is originally from ND. She was at Host Fest.

Christmas Party at Ivy Grove is scheduled for Thursday December 10. 5:30 suggested for the social time and 6 for the meal. The discussion was about what food to have. Judy Melbostad will contact them and also check that it is ok to bring wine. She will ask about broasted chicken and then baked fish. Cole slaw and boiled red potatoes last year were good. We think it was \$10 last year and have the lodge do the tip instead of appetizers. Judy will find out before the next meeting and what the RSVP date will be. Audrey will play Christmas carols on her accordion. We will do the white elephant gift exchange this year. Also bring food for the food shelf. And bring stamps for Sons of Norway project.

Next topic of business was the Bake Sale December 19th. Lee moved that the bake sale take place at Giants of the Earth Heritage Center. The Cookie walk will be at the Gallery that morning and Juletret Fest will be here. at Giants. We will also do demonstrations. We will also have tables so people can sit down with coffee.

Demonstrations: Karen F will demonstrate lefse. Last year we made over \$800 at the bakes ale. 9-11 am or until it is gone.

There was discussion about our Westby Lodge joint meeting in July - the 4th Tuesday which is the Westby meeting night. Lee is going to make inquiries about the use of the same building we met in La Crosse in July with Westby. Also next year we will be going to Winona.

Next board meeting Dec 2.4:30.

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

Thank you

to Darla & JC Nerstad, Bill Fried, Thomas Trehus and Steve & Linda Kemp for delivering Meals on Wheels the first week of November

SLEEP MORE, REMEMBER BETTER

When you sleep, your brain moves memories from short-term memory to long-term memory. A new Swedish study shows that your memory serves you well after just a half night's sleep. But not if you are also exposed to stress.

"Although one night with little sleep may not affect memory, it can fail if sleep deprivation is combined with acute stress," says Christian Benedict of the Department of Neuroscience at Uppsala University. He joined forces with Jonathan Cedernaes to conduct the study, which is now being published in the journal, Sleep.

The two researchers believe that more measures should be taken in order to ensure that more of us get enough sleep. "Measures to help people with sleep problems can certainly be appropriate, such as a later school start or more flexible hours," states Benedict. He believes that such measures will help people remember better in stressful situations. Thus, they might also do better at school or work.

Whole and half nights

The two scientists used simple games to research memory after sleeping. 15 subjects participated in two sessions. In the first session, they studied a computer screen with 15 pairs from a deck of cards. Then some of them slept for a full night, while the rest slept half a night. The morning after, the participants were to try to locate as many of the pairs on the computer screen.

The researchers saw that those who had slept half the night did just as well as those who had slept a full night. But not if they were stressed. The test was repeated after the participants were exposed to stress for 30 minutes. They had to try to remember a bunch of words they had just learned, while they were subjected to disturbing background noise. When the test was repeated, it turned out that those who had only slept half of the night did 10 percent worse in the test. The memory of those who had slept a whole night, however, was not affected by stress.

Sleep secures memories

It is well known that sleep and memory are closely linked. Ståle Pallessen, professor of psychology at the University of Bergen, explains that the brain is disrupted far less when it sleeps, and that it therefore consolidates memories during sleep. "By consolidation, we mean that there are permanent structural changes in the brain that are the basis for memory. There are permanent changes in connections between nerve cells," Pallessen explained. Thus, sleep disorders have negative consequences both for memory and learning. The Swedish project only examined the effects of one night of insufficient sleep. "An important next step will be to investigate how chronic sleep deprivation and chronic stress combined weaken the ability to recall facts," stated Benedict.

Sons of Norway Mission Statement

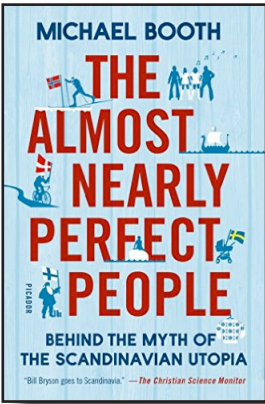
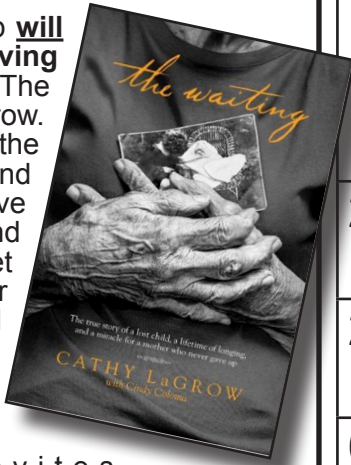
The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

Book Forening

(Book Club)

After reading many books on WWII and watching the movie "Fort McCoy", book club members think it would be fun to organize a car trip to Fort McCoy. If you have any thoughts on this, please let Geneva know.

In November Book Club **will meet at Assisted Living** in SG and discuss "The Waiting" by Cathy LaGrow. The Waiting offers up the true story of a lost child and a mother who never gave up searching for her, and gathers decades of secret letters from a mother reflecting her perpetual agony wondering how her daughter is doing in life. Geneva also



invites attendees to share antique items.

In December book club plans on reading "The Almost Perfect People" by Michael Booth.

For more info on book club, feel free to contact Geneva Tweeten.

November/December

1 JC Nerstad Ashley Schwartzhoff	2	3 Lynn Rehiers	4	5	6 Geneva Tweeten	7 Jillelyn Storlie
8 Aiden Fort	9	10 Veterans Day	11 Genevieve Bentley	12 Monthly Meeting 7:00 p.m. @ American Legion	13	14 David Peterson
15	16	17 Book Club	18 BevAnn Brevig	19	20	21 Devon Nerstad
22 Vernon Roble	23	24	25 Board Meeting 4:30 @ BallardHouse	26 Turkey	27 Bonnie Haugen	28
29	30	1 December	2	3 David Virock	4 Lawrence Knutson	5
6	7	8	9	10 Christmas Party @ Ivy Grove 5:30-6:00 social; 6:00 meal	11	12
13 Betty Storlie	14	15 Book Club	16	17	18 Bake Sale	Genevieve Danielson
20	21 Gunnar Tolleson	22 Dylan Orth	23	24 Izaak Morken	25 Christmas Tree	26
27 Georgia Rosendahl	28	29 Beulah Onstad	30	31	Gratulerer med dagen!	



VESTERHEIM

Decorah, IA

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

December 5, 2015

Norwegian Christmas Celebration

This festive celebration features holiday traditions with a variety of music, demonstrations, folk art, stories, food, and hands-on experiences. This year, we're excited to welcome Stine Aasland "Norway's Waffle Queen" from Telemark, Norway. She'll sign her new book We Love Waffles, which includes 40 expansive recipes. Your heart waffle maker has never seen such variety.



NORSKEDALEN

near Coon Valley

Norskedalen's 31st Annual Old-Fashioned Christmas

Saturday and Sunday, December 7th 10 a.m. - 4 p.m. & December 6th 11 am - 3 pm.



HOUSTON COUNTY HISTORICAL SOCIETY

The Houston County Historical Society will be hosting their 16th annual Old Fashioned Christmas Open House at the museum by the fairgrounds on **Saturday, December 5, 11am - 4pm** and **Sunday, December 6, 1pm - 4pm**. The Flatten-Swenson Pioneer Home and Daley School will be open and decorated. The new museum will hold many holiday displays.



FOR OUR
DECEMBER
BAKE SALE,
this is a sug-
gested price list
which we have
used for the last
couple of years.
There may be an
update coming
your way....

Suggested Bake Sale Prices (December 2014*)			
Fattigman	\$4/dozen	Pizzels	\$4/dozen
Flat Bread(pkg)	\$5 (2 "rounds")	Rosettes	\$8/dozen
Goro	\$5	Sanbakkels	\$6/dozen
Fruit Cake/Julekake	\$5	Angel Food Cake	\$6
Kringle	\$5/dozen	Doughnuts	\$6/dozen
Krumkake	\$6/dozen	Fruit Pie	\$7
Lefse (2/pkg)	\$5	Fudge (6pieces)	\$2 for half dozen pieces
Norwegian Cookies	\$4/dozen	Pecan Pie	\$8
Rømmegrøt	\$3 (small jar)	Sweet Soup	\$3 /cup
	\$4 (pint)		\$6/pint
Sweet Breads	\$3 (small)	Rømmegrøt Bars	\$4/dozen
	\$4 (average)		
	\$5 (large)		

Swedish Glögg

Recipe by Chef Marcus Samuelsson
Adapted from foodandwine.com, serves 10

- 4 cinnamon sticks
- 2 tsp green cardamom pods
- 2-inch peeled fresh ginger, chopped
- 4 tsp finely grated orange zest
- 12 whole cloves
- 1 cup vodka
- 2 750 ml bottles dry white wine
- 2 cups dry rosé
- 2 cups sugar
- 2 tbsp vanilla sugar
- ½ cup blanched whole almonds
- ½ cup raisins



Use a mortar to crush cinnamon and cardamom. Pour into a quart jar and add ginger, orange zest, cloves and vodka. Cover and set aside for 24 hours. Strain vodka, discarding the solids, into a large saucepan. Add white wine, rosé, sugars, almonds and raisins to pan and stir over moderate heat. Heat until bubbles form around edges but do not boil. Serve hot. For a more traditional glögg recipe made with red wine, visit the Recipe Box at sonsofnorway.com

Juletre Fest

1 - 3 p.m.
Saturday, December 19

FOR ALL AGES

(Christmas Tree Fest)

Starting at 1:00

Candle Dipping - Make Norwegian Flag Garland
Wheat Weaving - Woven Hearts - Rosemale a Tree Ornament
Decorate Ginger Cookies- Jul Skattejakt (indoor treasure hunt)
Singing around the Christmas Tree

Christmas goodies

Be sure to be there when the Jule Nisse visits!



Starting at 2:00

Christmas Ale tasting

featuring Pulpit Rock Brewery's Christmas Ale



Donations taken

Giants of the Earth Heritage Center

Continued healing thoughts to:

Al Hagen, Judy Tollefsrud, and Betty Storlie (wife of Richard Storlie)...and also to the many members who have medical issues.

Sympathy to: **Jay Tolleson** whose father recently passed away.

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

Return Service Requested



NOV/DEC 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".

November 12, Thursday - Dode & Bob Stoskopf, Thomas Trehus, and Audrey Almo

December 11, Thursday - Christmas party at Ivy Grove, 5:30-6:00 social; 6:00 meal (has not been finalized, but most likely about \$10/meal); bring a white elephant gift and goods for the food shelf.

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!

