

THE VALHEIM TIDENDE




Volume 18 Issue 4

SPRING GROVE, MN 55974

July/August 2016

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Summer 2016

Where is it going to?? This newsletter is coming to you a bit late. I am blaming this on the fact that summer days go by twice as fast as winter days. We wait for summer, and then before you know it, it is over and we are on our way to waiting for NEXT summer. Okay, so, it is only the middle of July, there are months of good weather in front of us, let us enjoy! ~ K.Fried, Valheim President

Upcoming Events:

For our July meeting we will meet with **Solvang Lodge of Westby, WI @ the main shelter at Myrick Park in LaCrosse, 6:00 pm Tuesday, July 26.** We are in charge of this event. Our lodge will be providing barbeque sandwiches, beans, lefse, coffee, lemonade along with plates and eating utensils. Westby lodge will be bringing salads and desserts. Car pool available, meet at Trinity Lutheran Church, we will leave by 5:00. Please try to attend, we are looking forward to having as many lodge members as possible be at this event. The Shelter is not a shelter, it's a modern building. Air conditioned, bathrooms, handicap accessible. Dave Amdal will be doing the program. **Judy Melbostad**, Howard Burtness, Judy Fruechte, Charles Holland, Mike Schmidt, David Virock are in charge of serving.

Wednesday, August 3 -- Board Meeting, 11a.m. at Ivy Grove.

Tuesday, August 23, 6:00 pm NorWin Lodge of Winona invites all Valheim members to their indoor "picnic" in Grace Hall of Central Lutheran Church in Winona. There will be good fellowship, good food, and a mini concert by Erik Floan, the church's music director. .

August 16 -- 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.



<< Our own Bill Fried was crowned "King of the Trolls" for the Syttende Mai Fest

Kati Lamm >> and Elyse Storlie sharing their embroidery and knitting skills



<< Don Ellestad shares his collection of Spring Grove photos

v v Loretta "the keeper of the cash"



<< Steve Guberud doing his thing...carving wood.



Judy Fruechte >> checking out all the baked goods



<< Lynn and David Susag share a few of their many talents..knife making, chip carving, bowl making, wood burning, etc



Deb has books! Lots of interesting books!



More Syttende Mai.....



Teresa's beautiful hardanger



Janet made rømmegrøt, and more rømmegrøt. "Good stuff"

Geneva put together a display of photos, our newsletters, and books that have been read for book club.

Geneva and Georgia making some good treats and having a good time!



Lynn and David ready for the "cruise" down main street Spring Grove!



Audrey takes a break from playing accordian and does some rug braiding.

Helpers at Giants

before Syttende Mai. Lee and Audrey making krumkake!



Day Trip to Fountain

On June 2, eleven members traveled to Preston to have lunch and then afterwards went to Fountain and toured the Fillmore county Historical society with John Erickson as the tour guide.



06/21/2016

Syttende Mai Royalty Tea

The week before Spring Grove's Syttende Mai Fest, Giants of the Earth and Valheim Lodge hosted a tea for all of the Syttende Mai Queen and Little Miss candidates. Thanks to Valheim Lodge members who helped out and made it a very attractive and tasty event.



06/21/2016



WINNERS CHOSEN FOR VIKING AGE MUSEUM DESIGN

Last fall the Ministry of Education and Research tasked Statsbygg (the Directorate of Public Construction and Property Management) with management of an architectural competition to create a new Viking Age Museum in Oslo. The goal was to expand and preserve the current Viking Ship Museum at Bygdøy as well as consolidate collections from both the Museum of Cultural History and the Viking Ship Museum.

In April state officials unveiled the three winning designs, which were unanimously selected from a group of 111 entries. A complex challenge, the Viking Ship Museum and its collections required creative solutions from the architects. First and foremost, the fragile state of the Oseberg, Gokstad and Tune ships meant that it would not be possible to significantly relocate the vessels themselves or to put their condition at risk with any heavy construction. In addition, the museum itself is a historic piece of architecture by Arnstein Arneberg and preservation of the building was a priority.

Working within these parameters, the three winning designs sought to enhance the current building while accommodating an improved flow for larger crowds of tourists and guests. The first place design created by AART includes a circular arc which merges with the cruciform footprint of the original museum. The addition would allow the original structure to remain untouched while providing additional space for visitors to circulate through the collections. The circular shape would also provide for use of an outdoor central courtyard. The second place design was created by JAJA

Architects/Coast Studio of Copenhagen and the third by Norwegian firm Arkitekturfabrikken + Kata Palicz.

Chairman of the selection jury, Bjørne Grimsrud from Statsbygg says, "In their assessment the jury has given considerable emphasis to security and financial aspects. The winners are the architectural solutions with the greatest potential for further development necessary for tackling these challenges." Going forward, the winners will be invited to participate in negotiations concerning future project planning. Construction of the new museum will likely begin in 2020 with completion slated for 2022.

To learn more about the project, visit <http://www.statsbygg.no/Nytt-fra-Statsbygg/Nyheter/2016/Viking-Winners/>



ST. OLAV'S DAY

Celebrated across Norway on July 29, Saint Olav's Day is an official Flag Day and Norwegian feast day commemorating the accomplishments, contributions and memory of Olav II Haraldsson, otherwise known as the Patron Saint of Norway, Norway's Eternal King or Saint Olav.

Olav was the first king to hold effective control over all of Norway, and was also responsible for establishing and spreading Christianity in Norway. After spending time as a Viking warrior in the Baltic region during his teenage years, and later discovering Christianity during his time in England, Olav returned home to Norway in 1015 where he fought for control of a country ruled by petty kings. At just 22 years old, Olav was accepted as the first king to reign over the entire nation Norway.

Upon receiving military pressure from the king of Denmark and resistance from some citizens because of his enforcement of Christianity, Olav was forced to flee the country in 1028. After two years of hiding in Russia, Olav returned to Norway to reclaim his throne. It was at the Battle of Stiklestad near

Trondheim in 1030 where he was ultimately killed. The Icelandic tales from historian Snorre Sturlason speak of miracles that occurred during the battle as well as at the king's grave in Trondheim. In the year following his death, Olav was declared both a martyr and a saint.

Each year in celebration of Olav, the Saint Olav's Festival or Olavsfestdagene is held in Trondheim. Taking place from July 28 – August 6, festival activities include concerts, lectures, pilgrimage and free events along with celebrations and services at the famous pilgrimage destination Nidaros Cathedral.

As an additional way to celebrate St. Olav's Day this year, take a walk along the pilgrimage routes known as St. Olav Ways. Whether you're able to start the actual pilgrimage to the Nidaros Cathedral in Trondheim, or want to make the journey at home by independently tracking your walking mileage through the Sons of Norway Virtual Pilgrimage and Sports Medals program, beginning the pilgrimage route can be a great way to celebrate Saint Olav this July.

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.

Matlyst Monthly Lingonberry Bars

From The Norwegian Kitchen
by Kjell E. Innli

- Scant 2 cups of flour
- 2/3 cup sugar
- 1 tbsp baking powder
- Scant 2/3 cup unsalted butter
- 1 egg
- 3/4 cup lingonberry preserves



Topping:

- 2/3 cup oatmeal
- 3 tbsp butter
- 1/2 cup sugar
- 1/2 tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender. Add the egg and mix well. Spread into a greased 8 x12" pan. Spread the preserves over the batter. Combine all ingredients for the topping and sprinkle over the batter. Bake 25-30 minutes, until golden. Cool in the pan.

*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.

Decorah's Nordic Fest 2016 **Nordic Fest- 50 Years Strong!** July 28-30, 2016

Since 1967, over 1 1/2 million visitors from all over the world have attended our festival in Decorah, IA!

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



Nordic Fest
50 YEARS STRONG
Decorah, Iowa 2016 July 28 to 30

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. Plans are already underway for the biggest Fest yet! Make your plans now to be part of the fun!
<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 39th 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): 09/28/2016 - 10/01/2016

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 hostfest@minot.com

WELCOME to TWO NEW MEMBERS

Teresa Vernon (Janet Fossum's daughter) joined in May. She lives in Richfield, MN

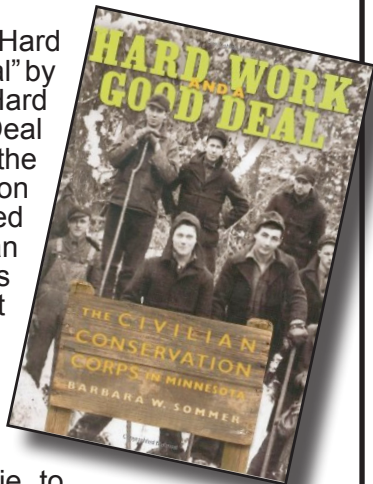
Sharon Buxengaard, Dale Buxengaard's wife, became a member in June.

WELCOME WELCOME WELCOME

Book Forening

(Book Club)

The July book is "Hard Work and a Good Deal" by Barbara Sommer. Hard Work and a Good Deal traces the history of the Civilian Conservation Corps, which supplied jobs to more than 77,000 Minnesotans during the Great Depression. Nearly one hundred interviews contribute to this oral history. There also will be a movie to watch.



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

					!	2
3	4 Independence Day	5	6	7	8 Darrell Sinclair	9
10	11	12 Lois Wilhelmson	13 Norris Storlie	14	15	16
17	18	19 Book Club	20 Morris Tweeten	21 Edith Nerstad	22	23 Breanna Lee
24	25 Rachel Storlie	26 Monthly Meeting 6:00 p.m. @ Myrick Park, LaCrosse w/ Westby Lodge	27 Judy Tollefsrud	28	29	30
31	1 AUGUST	2 Cendela Parker Thomas Trehus	3 Board Meeting 11 a.m. @ Ivy Grove	4	5	6
7	8	9	10	11	12	13
14	15	16 Book Club	17	18	19	20
21	22	23 "Picnic" with Winona Lodge @ Central Lutheran Church in Winona 6pm	24	25	26	27
28	29 Dale Buxengaard	30	31 Casey Knutson Sibil Floyd		Gratulerer med dagen!	

VESTERHEIM CLASSES

Decorah, IA

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

Sculptured Dragon Heads in the Round

July 31-August 4, 2016, with Phil Odden

Rogaland Rosemaling—Bergljot Lunde Style

July 31-August 4, 2016, with Turid Helle Fatland

Rosemaling in the Telemark Style

July 31-August 4, 2016, with Nancy Schmidt

Forging a "Maker's Mark" Stamp

July 31-August 1, 2016, with Tom Latané

Crafting the Norwegian Tollekniv

July 31-August 4, 2016, with Gene Tokheim

Skinnefell (Sheepskin) Coverlet

August 1-4, 2016, with Britt Solheim

Hand-Forging Norwegian Knife Blades

August 2-3, 2016, with K.J. Groven

Hand-Forging Steel-Faced Scorps, Chisels, and Small Things

August 4-6, 2016, with K.J. Groven

Ambar Stave Container

September 12-16, 2016, with Owen Christianson

Swedish Painting—Acrylics Only

September 12-16, 2016, with Heidi England

Swedish Painting—Acrylics Only

September 19-23, 2016, with Heidi England

Norwegian Pick-Up Bandweaving

September 23-25, 2016 with Heather Torgenrud

Hindeloopen, Dutch Folk Painting

October 6-9, 2016, with Sallie Haugen DeReus

Oskar Kjetsaa Style Telemark

October 6-9, 2016, with Tina Keune

Exploring Rya

October 7-11, 2016, with Jan Mostrom

Rosemaling Basics for the Very Beginner

October 13-16, 2016, with Patti Goke

Nålbinding, A Practical Fiber Art

October 14-16, 2016, with Kate Martinson

Valdres Style Rosemaling in Acrylics

October 20-23, 2016, with Lois Mueller

What is Aquavit Anyway?

October 22, 2016, (11:00 a.m. to 2:00 p.m.) with Lexi

What is Aquavit Anyway?

October 22, 2016, (4:00 to 7:00 p.m.) with Lexi

Condolences to the families of:
 -- Karl Almo, son of Audrey Almo.
 -- Lila Mahr who was a member since 1947!

Healing Wishes to

-- Emma Landsom. She suffered a stroke a few weeks ago. She is on the mend.
 -- Geneve Tweeten, who also suffered a stroke a few weeks ago. Geneva is doing well
 -- David and Kati Peterson -- there are good days and bad days, wishing you many more good days!

Special Birthday Greetings

-- Darrell Sinclair celebrated his 90th birthday on July 8 and had a get together on Sunday July 10.
 -- Edith Nerstad will be celebrating 98 years on July 21
 -- Morris Tweeten turns 90 years young on the 19th with an Open House Celebration July 24, 2:00-4:00pm, at the Fest Building in Spring Grove.

Loretta's crocheted butterfly was done by Lawrence's Mother, Helma Knutson, and the pattern was from her mother, so the pattern was very old.



Lawrence had us guess what this was....a tire pump for a John Deere tractor.



David shares a family photo along with some family medical facts.

Morris has a pipe that came from Germany



Richard and Stewart show their bird houses that replicate actual barns in the area.

Georgia shares her newest collection: ice cream scoops!



Geneva has a plate of Trinity church that was given to her at a meeting that Georgia and her had attended years ago.

MEETINGS

At our May meeting

Wayne and Else Olson shared their travels to Norway in 2014 to be a part of the reunion of the descendants of the signing of the Eidsvoll constitution of 1814. Many great photos and an interesting story.



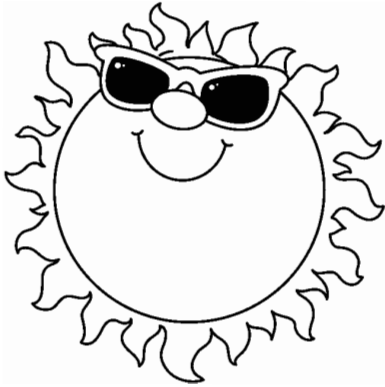
Two special May birthdays, Richard and Janet (Janet turned 89)

At our June meeting

It was Members Show and Tell. Many members brought items that they shared, telling the story and bringing out many questions.

Sons of Norway
Valheim Lodge 1-364
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Return Service Requested



JULY/AUGUST 2016 VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

2016 LUNCH SERVERS

FIRST ONE ON THE LIST IS TO CALL THE OTHERS FOR THAT MONTH!

The people listed will bring food (serving group can decide what they would like to serve, normally we have between 20-30 people at a meeting), and they are responsible for making coffee, setting up, serving and clean up.

JULY - We host Westby in La Crosse -- **Judy Melbostad**, Howard Burtness, Judy Fruechte, Charles Holland, Mike Schmidt, David Virock

AUGUST - Meet with Winona lodge in Winona

SEPTEMBER - **Janet Fossum**, Bob & Dode Stoskopf, James Skree, Judy Tollefsrud

OCTOBER - **Georgia Rosendahl**, Deb Gourley, Al & Lorraine Hagen, Betty & Norris Storlie

NOVEMBER - **Jill Storlie**, Bonnie & Vance Haugen, Donna & Truman Omodt, David & Katie Peterson

DECEMBER - 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.

