

# THE VALHEIM TIDENDE



Volume 18 Issue 3

SPRING GROVE, MN 55974

May/June 2016

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## Spring in the Grove

May is upon us, summer is around the corner, and with it, there are many events/activities happening for Sons of Norway as well as in Spring Grove. Upcoming events:

### Syttende Mai Royalty Tea, May 14th:

In conjunction with Syttende Mai and Giants of the Earth, Valheim Lodge will help out with a Saturday morning "tea" for the Syttende Mai royalty candidates for 2016 as well as the judges and the out going royalty. The word tea may rather loosely translate to "punch". Jill Storlie is heading this up, and asks if anyone can help her out with some Norwegian baked goods or physically, to let her know.

**May Regular Monthly Meeting, May 12th:** Come and hear the story the anniversary of the signing of the Norwegian Constitution from Wayne and Else Olsson. Our business meeting will be at 7:00 pm, program and lunch to follow at the Spring Grove Legion on Thursday May 12th.

### Syttende Mai -- Giants of the Earth Event

Giants has asked if any SofN members would be willing to demonstrate making of Norwegian treats or donating some on Tuesday May 17. That day K-6 Spring Grove students have been invited for half hour time slots to learn about Syttende Mai and enjoy some Norwegian goodies. This is all leading up to a Barnetoget (Children's Parade) on Friday, May 20. All Spring Grove K-6 students will be in a parade from the school to Viking Memorial Park. Dressed in red, white or blue, waving Norwegian flags, and showing off banners they have made. Once at the park there will be games, singing and other festivities. For more info, contact Bill Fried. 498-5611

**Spring Grove SYTTENDE MAI Fest, MAY 20-22** 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 21.

### 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 Judy Melbostad or Karen Fried. We have several people lined up for demonstrations of food, and other demonstrations, but we can always have more. If you would like to demonstrate something, or have a display, please let Karen or Lee know. Let's make this another great Syttende Mai Celebration!!

### 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!



# MARCH

Our program for our March Meeting was Laurann Gilbertson from Vesterheim. She gave a talk on the history and symbolism of Norwegian sweaters. We had many visitors and many people wore their Norwegian sweaters.



Katrine Myrah shows off her sweater that is a Per Spook design that her grandmother knit for her.



Lee shares a sweater that one of his Norwegian student's mother made for him.

# APRIL MEETING



Our April meeting found us back at the Legion for an evening meeting. Sons of Norway members from Lanesboro were our guests. Our speaker was Dennis Barnaal who shared the Luren singers recent trip to Norway. To relive the travels, many Luren singers and their families were also in attendance.



Lynn Susag, Heimbygda Lodge, shares greetings.



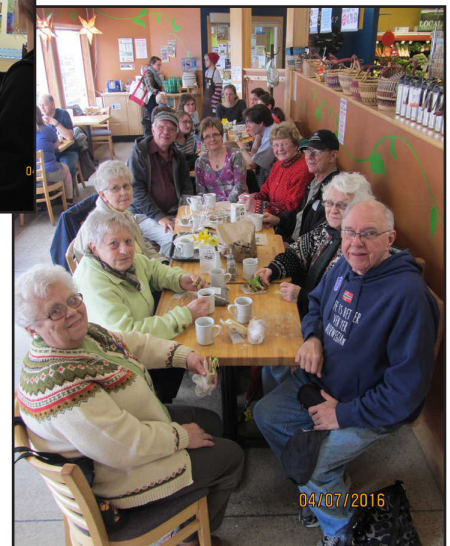
Steve Guberud shows us his beautiful viking boat carving that he did and won an award for.

# TRIP TO VESTERHEIM

We enjoyed a tour at Vesterheim of three exhibits which we have had or will have at our meetings this year. Laurann Gilbertson shared much about the Lila Nelson textile exhibit, the Harley Refsal flat carving exhibit and the Norwegian Sweaters exhibit. Following the tour at Vesterheim, we enjoyed the Gift shop and



then went to the Oneota Co-op for coffee, sandwiches and sweets. Britt and Gordon Eddy joined us too! A great day for sure!





# DID YOU KNOW?

Think you know everything there is to know about Norway? Test your knowledge with these unique facts.

## 1. Norway introduced salmon sushi to the Japanese in the 80s.

It may seem hard to believe that what is now a staple ingredient in sushi, was actually the result of a successful seafood export initiative called "Project Japan" from the Norwegian seafood delegation in the late 80s.

## 2. Norway knighted a penguin.

The result of a unique and long relationship between Hans Majestet Kongens Garde (His Majesty The King's Guard) and Scotland's Edinburgh Zoo, Sir Nils Egelien, a king penguin, was knighted by British Maj. Gen. Euan Loudon with the king's sword on behalf of H.M. King Harald V in 2008. A citation from the king read aloud at the ceremony described Nils as "in every way qualified to receive the honor and dignity of knighthood."

## 3. 8.2% of people in Norway eat tacos every Friday.

Forget about "taco Tuesday," according to a study conducted by VG in 2012 400,000 Norwegians take part in the cultural phenomenon of "fredagstaco," enjoying tacos as their Friday dinner of choice.

## 4. Norway experienced a butter crisis in 2011.

A combination of low milk production and high demand led to a butter shortage and price inflation, causing a single 8.8 oz. pack of butter to cost \$50.

## 5. The red sky in Edvard Munch's "The Scream" is likely attributed to the eruption of the Krakatoa volcano in Indonesia.

Using Munch's own journals to pinpoint the site that inspired the artist as well as known astronomical phenomena in the period, researchers connected the 1893 eruption to the blood-red sky described by Munch and depicted in his painting.

## 6. The Norwegian government purchases 1,000 copies of all "qualifying books" and 1,550 children's books published in Norway to distribute them to libraries. Arts Council Norway funds the endeavor to lend support to small publishers and writers.

## 7. King Olav V of Norway often drove himself and used public transportation.

Known as the "People's King," the late King Olav V enjoyed driving his own car in public lanes without escort. In a show of support for his countrymen who were encouraged to use public transportation during the oil crisis in 1973, he famously boarded a public train by himself, carrying his own set of skis and paying for his own ticket.

## Matlyst Monthly Kvæfjordkake

This recipe, uses two Scandinavian ingredients available at Scandinavian specialty stores: vanilla sugar, or vaniljesukker, and vanilla kakefyll, or cake filling. If you don't have access to vanilla sugar, feel free to use a little vanilla extract instead. As for the kakefyll, which is a package of powder, you can make your own vanilla custard if you wish.

### Cake

100 grams (7 tbsps.) butter  
120 grams (1/2 cup plus 1 1/2 tbsps.) sugar  
4 egg yolks  
160 grams (1 1/4 cup) flour  
1 tsp. baking powder  
1 tsp. vanilla sugar  
3 tbsps. milk

### Meringue

4 egg whites  
Pinch of salt  
200 grams (1 cup) sugar  
1/2 cup chopped almonds

### Filling

1 packet Freia Vanilla Kakefyll (cake filling)  
3 dl (1 1/4 cup) whole milk  
3 dl (1 1/4 cup) whipping cream



Preheat the oven to 350 degrees Fahrenheit. Lightly grease a jelly roll pan (roughly 30x40 cm), then line with parchment paper and lightly grease the paper.

To make the cake, beat the butter and sugar until it's light and fluffy. Add egg yolks, one at a time, incorporating fully between additions.

In a medium bowl, sift together the flour, baking powder, and vanilla sugar. Add the flour mixture to the egg mixture a little at a time, alternating with the milk. Spread the batter into the pan.

In a separate bowl, beat the egg whites with a pinch of salt until stiff. Gradually add the sugar and continue to beat until stiff peaks form.

Using a spatula, carefully spread the egg whites on top of the cake batter. Sprinkle with chopped almonds and bake for 25 to 30 minutes, until the meringue is dry and has turned golden. Cool in the pan.

While the cake cools, make the filling. In a large bowl, whisk the kakefyll with the milk. Let chill in the refrigerator for about 15 minutes. In a separate bowl whip the cream, then fold into the kakefyll.

When the cake has cooled, cut it in half vertically. Place one half on a platter. Spread the filling over this, then top with the remaining half of the cake.

Serves 12.



# Celebrate a Lifetime of Writing Poetry

## Joseph Langland Retrospective

**Sunday, May 22, 2016 • 2 – 7 pm**

Heritage Center, 163 W Main St. | Spring Grove

**2pm Opening Program**

### THREE ROOMS OF EXHIBITS

*Celebrating the farm boy, soldier, teacher, troubadour, father and writer of international acclaim*

#### IMPROMPTU READINGS OF HIS POEMS BY THE PUBLIC

*A Joe-style Picnic featuring his Favorite Picnic Foods*

**POEMS | PHOTOS | READINGS | SONGS | FILMS**

**Sunday, May 22 • 1 – 6 pm**

*Bring a First-Class Stamped Letter or Postcard for a Commemorative Cancellation*



*Happy Syttende Mai*

The Valdres Lodge in Decorah, would like to invite all members and friends of our lodge to their annual Syttende Mai Dinner, to be held on May 17th!

The dinner will once again be held at the beautiful Washington Prairie Lutheran Church, 1725 Washington Prairie Road, Decorah, SE of Decorah about 3 miles. Doors to the dining room will open at 6:00 pm and serving will begin about 6:15.

The menu will be meatballs, mashed potatoes, carrots, jello salad, Norwegian rømmegrøt and cookies.

This year's program: "Greenland - the 'Coolest' Place on Earth" being given by Ron Nowland of LaCrosse, a retired pastor. Ron does a great job with his PowerPoint presentations with delightful humor. He is a popular speaker and has presented a wide variety of programs all over the Midwest.

The cost remains at \$15/dinner.

We ask for RSVP's with accompanied payment and the names of attendee's.

Checks should be made out to: "Sons of Norway Valdres Lodge".

Please send RSVP's to:

LaDonn Jonsen  
405 Sunrise Blvd  
Decorah, IA. 52101



In Celebration of Joe Langland's Love of Horses, Jill Storlie will be offering a horse painting class, on canvas or board, at Bluff Country Artists Gallery Monday May 16th 630 to 9 pm. There will be a show of the paintings done at a Gallery exhibit at Spring Grove Syttende Mai Celebratiol. Sign up with BCAG! 507-498-ARTS

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.

### 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.*



## MORE UPCOMING VALHEIM EVENTS--

- **May 17th Book Club** -- Meet at SG Communications, room 103, 2:00pm
- **June 1 Next Board Meeting** -- 4:00 at Giants of the Earth Heritage Center
- **June 9 -- Regular monthly meeting at the Legion.** "Show and Tell". Bring an item that may or may not be "Norwegian" and tell us about it!!
- **June 9-11 -- District One Convention.** Thank you Jackie Parker and Jill Storlie who are going as our representatives.
- June 13-17 and June 20-24 Norwegian Ridge Language Camp
- **Tuesday, July 26 -- Potluck Picnic in LaCrosse with Westby Lodge.**

# Celebrating Midsummer

Is your family ready for Midsummer? The June 23rd holiday is a prime opportunity to bring a little Norwegian culture to the middle of summer. What started as a pagan celebration to wake up the ground after winter has now grown into a full celebration complete with its own traditions. Here are a few of our favorite Midsummer customs that you can easily bring into your household!

At its heart, Midsummer celebrations are about connecting with the outdoors. In the past, girls would pick wildflowers and put them under their pillows at night in hopes of future good luck. Your family can easily adapt this tradition to today by taking a hike outside to enjoy a break from the normal hustle and bustle of modern life.

In another Norwegian tradition, many homes are decorated with flowers and plants gathered from the day's hike. Decorating your own home with plants gathered with your own family is a fun way to get the whole family involved in a popular Norwegian custom – just be careful about which plants you're gathering!

A good Midsummer celebration has to include a bonfire. In pre-Christian times, bonfires were thought to awaken the Earth after its winter slumber. Today they're a great way to bring the family together and bridge the gap between Norwegian and American customs.

Just like here, many Midsummer bonfires in Norway include hot dogs and s'mores, something that will likely be a big hit with your family at home. However, good food is always popular and Midsummer is no exception. Don't be afraid to incorporate other Norwegian recipes into your celebration, too. The online Recipe Box on the Sons of Norway website is a great place to start.

Finally, once you have the family together around the bonfire and you've had your fill of food, share some Norwegian folktales. Tales of Viking adventures or trolls make for great bonfire tales and could spark an interest in your kids' Norwegian roots. The Members Section of the Sons of Norway website is a great place to start your search for bonfire stories!

However your family celebrates Midsummer, make it a special evening!



## FRIDAY, MAY 20

All Day | **City Wide Garage Sales**  
 All Day | Vendors - **Crafts/Foods/Antiques** - Viking Memorial Park  
 All Day | Norwegian Ridge **Birding & Nature Trail** OPEN - Info at Giants of the Earth  
 10 - 5pm | **Heritage Events & Giants Academy** - Giants of the Earth Heritage Center  
 1 - 3pm | **Children's Parade & Games** - Viking Memorial Park  
 2 - 3pm | **Jim Busta Band** - Tweeten Healthcare Center  
 3 - 11pm | American Legion **Brat Stand**  
 5pm | **Spring Grove Varsity Baseball** - SG Baseball Field  
 6pm | **BLAST OFF BANQUET\*** - Fest Bldg - Tickets \$15 adults \$8 kids 12 & under  
 8pm - Midnight | **DJ Dan** - Spring Grove Legion  
 8pm - Midnight | **DJ** - Norski's Saloon

## SATURDAY, MAY 21

All Day | **City Wide Garage Sales**  
 All Day | Vendors - **Crafts/Foods/Antiques** - Viking Memorial Park  
 All Day | Norwegian Ridge **Birding & Nature Trail** OPEN - Info at Giants of the Earth  
 7:30 - 10am | **Dad's Waffle Breakfast** - Fest Bldg.  
 9am - Noon | **Classic Car Show** - Lee Auto, Hwy 44 West  
 9am - 4:30pm | **Norwegian Crafts & Food Demos** by Sons of Norway; Legion  
 10am | **Beer Pong Tourney** - 2-person Teams (\$10/team) Cash prizes - Corner Store  
 10am - 4pm | **Snack Shack** - Viking Memorial Park - by SG Basketball Players  
 10 - 5pm | **Heritage Events & Giants Academy** - Giants of the Earth Heritage Center  
 10am - 5pm | **Batting Cages** - Viking Park - Pay per play - sponsored by SG Baseball  
 10am - 5pm | **Balloon Creations** by Kevin + **Tappy's Face Painting** - Viking Park  
 10am - 5pm | **Quilt show\*** - Spring Grove Public Library  
 10am - 5pm | **Pottery Trunk Show** - Bluff Country Artists Gallery  
 10am - 11pm | American Legion **Brat Stand**  
 11am - 12:30pm | **Kid's Pedal Pull** - Fest Building - Registration 10:30 am  
 11:30am - 4:30pm | **Norwegian Foods Stand** - Fest Building  
 11am - 2pm | **Pork Burgers** by Athletic Boosters - near the Corner Bar  
**1:30PM | GRAND PARADE**  
 After Parade | **Soap Box Races** (until 4:30) - South Division Ave. \$3 per run  
 After Parade | **KIDS GAMES** - Viking Memorial Park  
 After Parade | **TOFF NORSK COMPETITION** - Viking Memorial Park  
 3pm | **Treasure Pile** - Maple Street near Viking Park - sponsored by Merchants Bank- Spring Grove  
 3pm | **Motocross Races\*** - registration (7am-1pm)  
 3pm | **Fire Dept. Challenge** - Viking Park; Local volunteer firefighter challenges  
 6 - 9pm | **Youth Dance** - \$3 admission (K-6th Grade); DJ Dusty - Fest Building  
 8pm | **Cody Band** at Norski's Saloon  
 8pm | **DJ Dan** - Spring Grove Legion

## SUNDAY, MAY 22

All Day | Norwegian Ridge **Birding & Nature Trail** OPEN - Info at Giants of the Earth  
 All Day | **Heritage Events** at Giants of the Earth Heritage Center  
 10am | **Mutton Bustin' for Kids\*** - Fest Building Grounds - \$5 per kid - Register 9:30 am at event gate. (80 lb. weight limit). Trophies; Free T-shirt to the first 30 registrants  
 2pm | **Joseph Langland Retrospective** - SG Cinema/Giants of the Earth Heritage Center  
 2pm | **Button Raffle Drawing** - SG Legion  
 4 - 8pm | Cat & The Fiddle - Live Music - Spring Grove Legion

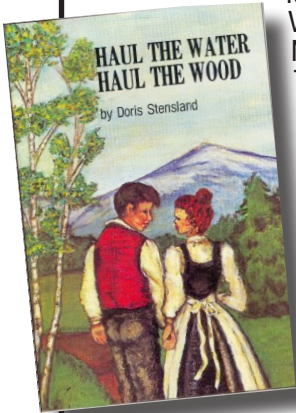
\*Button required; \$5 each; purchase buttons April 27-May 22 at Red's IGA, Spring Grove Communications, Doc's, Norski's, Corner Store, Legion and at event gates May 20-22.

Schedule subject to change without notice.

# Book Evening

(Book Club)

The May read is "Haul the Water, Haul the Wood" by Doris Stensland. Grounded in historical fact, "Haul the Water, Haul the Wood" is about immigrants from Norway who settle in Dakota Territory. The title of the book is taken from a Norwegian folk song, "A kjore vatten, aa kjore ve" that almost every older Norwegian can sing.



The June book is your choice. Take time to read whatever you would like and bring your thoughts about it to Book Club.

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.

# May/June

			4	5	6	7 Mike Schmidt Richard Storlie
8 Donna Peterson	9 Nancy Nelson	10	11	12 Monthly Mtg 7pm @ SG Legion Jacki Walker Janet Fossum	13	14
15	16	17 Book Club	18	19	20	21 Bake Sale at Syttende Mall
22	23 Lorraine Solum	24	25	26	27 Maurine Frydenlund	28
29	30 Memorial Day	31	1 Board Meeting 4:00 @ Giants	2 Isaac Nerstad	3	4
5 JUNE	6 Tom Murphy	7 Lorraine Hagen	8	9 Monthly Meeting 7:00 p.m. @ American Legion	10 Judy Melbostad	11
12	13	14	15	16	17 K.Fried	18
19	20 Diane Nerstad	21 Book Club	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](http://www.vesterheim.org)

## Upcoming Classes:

### Introduction to Post and Beam Carving

May 9-11 2016, with Jock Holmen

### Rosemaling in the Rogaland Style

June 2-5, 2016, with Ruth Green

### Acanthus Woodcarving—Beginning and Intermediate

June 6-10, 2016, with Hans Sandom

### Spinning for Fair Isle

June 9-10, 2016, Martha Owen & Elizabeth Johnston

### Fair Isle Knitting

June 11-12, 2016, Martha Owen & guest Elizabeth Johnston

### Acanthus Woodcarving and Painting—Intermediate and Advanced

June 13-17, 2016, with Hans Sandom

### Weaving Monk's Belt Three Ways

June 22-26, 2016, with Laura Demuth

### Scandinavian-Style Flat-Plane Figure Carving

July 23-27, 2016, with Harley Refsal

### Rogaland Rosemaling—Bergljot Lunde Style

July 23-27, 2016, with Turid Helle Fatland

### Gudbrandsdal? Telemark? Both? Yes!

July 23-27, 2016, with Andrea Herkert

### Skinffell (Sheepskin) Coverlet

July 24-27, 2016, with Britt Solheim

### Sculptured Dragon Heads in the Round

July 31-August 4, 2016, with Phil Odden

### Rosemaling in the Telemark Style

July 31-August 4, 2016, with Nancy Schmidt

### Rogaland Rosemaling—Bergljot Lunde Style

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

### Rosemaling in the Numedal Style

August 5-7, 2016, with Patti Goke

# NORSKEDALEN

## near Coon Valley

### Sometimes on a Sunday, 2PM

..June 5--WWII Normandy Experience with Phil Paulson  
 ..August 14th.--"Outhouses, An Update" with Ron Nowland  
 ..Sept. 4th----"The French were here?? with Robert Taunt  
 ..October 2nd---"Cordelia Harvey: The Wisconsin Angel  
 and her state's impact during the Civil War" with Hannah  
 Scholze  
 ..November 6th--"The Armistice Day Blizzard of 1940" with  
 Jon Steffes



**SPRING GROVE**  
*Syttende Mai*  
**Blast Off Banquet**  
 Friday, May 20, 2016  
 at the Fest Building  
 6-7:30 Social Hour & Banquet  
 Entertainment by SGHS Choir & Jazz Band  
 7:30pm Announcing of 2016  
 Honorees and Royalty

Advance Tickets available through May 8  
 \$15 Adults | \$8 age 12 & under  
 | \$5 for program attendance (no food)  
 Menu: Beef tips, mashed potatoes, vegetable, dinner roll

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



**Flatbread Day, April 16, 2016**

We made flatbread, sandbakels, rosettes, strull 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 all our visitors who came to watch, work and taste!

We hope that days like this will help carry on the food traditions.

**FLATBREAD DAY**



Geneva discussing strull verses krumkake....



Judy shares her sanbakkels and makes a new friend, Mr. Willy Leafblad



Janet shares her rosette making technique with Sarah Schroeder and her mom Marcia Holland



Loretta (and Lawrence) >>> make perfect flatbreads!



Another mother / daughter team. Loraine Hagen and Kris Olson



Janet and her Great Granddaughter....the tradition continues!

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

Return Service Requested



MAY/JUNE 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.

MAY - **Lawrence & Loretta Knutson**, Rachel Storlie, Janice Dokken, Emma Landsom, Robert Newhouse, Geneva Tweeten

JUNE - **Janet Fossum**, Bob & Dode Stoskopf, Dale Buxengard, Larry Lane, Diane Nerstad

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

AUGUST - Meet with Winona lodge in Winona

SEPTEMBER - **Karen & Bill Fried**, Betty Dowe, 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.



### 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 --- MAY 20-22**

