

THE VALHEIM TIDENDE




Volume 18 Issue 6

SPRING GROVE, MN 55974

Nov/Dec 2016

Editors:

Georgia Rosendahl &
Karen Fried
18346 Bee Hill Dr.
PO Box 472
Spring Grove, MN 55974
507-498-5611
bfried@springgrove.coop
rosefarm@springgrove.coop
[www.http://sgfrieds.wix.com/valheimlodge](http://sgfrieds.wix.com/valheimlodge)

Upcoming Valheim Events.....

November Meeting, November 10 7:00pm at the Spring Grove Legion. Our speaker will be Jon Steffes, author of "Wings in the Wind" who will take us back to the day of the Armistice Day Blizzard of 1940. Also on the agenda will be election of 2017 officers, an update on our December Christmas party, and an update on our December bake sale. Servers are Jill Storlie, Bonnie and Vance Haugen, Donna & Truman Omodt and David and Katie Peterson.

Tuesday, November 15, Book Club 2:00 pm. at Spring Grove Communications, room 103.

Wednesday, November 30 Board Meeting, at Giants of the Earth Heritage Center, 4:00

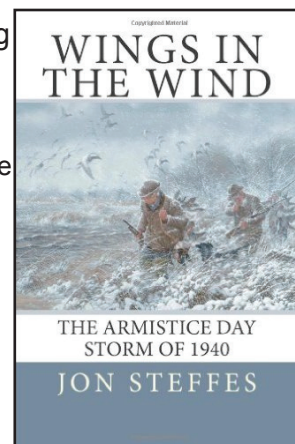
Thursday, December 8 -- ALL are invited to our annual Christmas Party.

This year it will be held at Giants of the Earth Heritage Center! Invite friends, family, neighbors! The fun will begin at 5:00 with a social half hour. Gather together to visit before our meal which will be buffet style at 5:30. You are welcome to bring your own "Christmas spirits", aka wine, beer, etc. The meal will be mashed potatoes, meatballs with gravy, a vegetable, lefse, rommegrøt, dessert, coffee, milk, water. The meal cost has not been determined yet, but most likely will be \$10. More info at our November meeting as to actual cost as well as a sign up sheet. We will **not** be doing a gift exchange this year, but we do ask attendees to bring items or a monetary gift for Care and Share and/or the food shelf. There most likely will be some holiday fun activities and Audrey Almo will play her accordion that we can sing along with.

Saturday, December 17 -- Norwegian Bake Sale at GIANTS OF THE EARTH HERITAGE CENTER.

This will be the second year that we will have our Bake Sale at Giants of the Earth. 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 \$10 - \$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.



2016 Officers

President
Karen Fried
Vice President
Thomas Trehus
Secretary
Jillelyn Stolie
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
Auditor
Kati & David Peterson
Sports Director
Diane Nerstad &
Linda Nerstad-Kemp

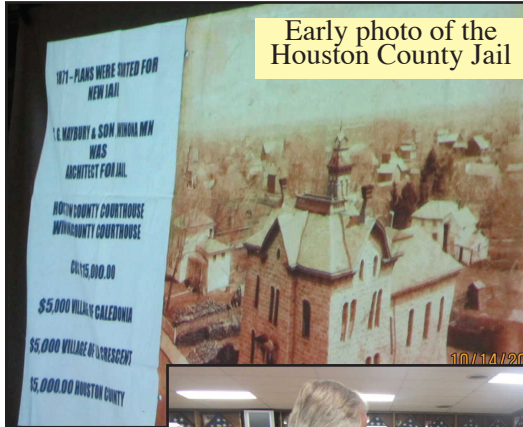
Songs of Norway
Valheim Lodge #364
ANNUAL
NORWEGIAN BAKE SALE & More
SATURDAY, DECEMBER 17
Giants of the Earth Heritage Center
163 W. Main Street, Spring Grove
9 a.m. - 11 a.m.
or until everything is gone!

OCTOBER MEETING

We had a well attended October meeting. Richard Cordes, Duane St. Mary and Deb Wray of the Houston County Historical Society shared their perspectives of the historic Houston County jail while Laurel Russert told us what it was like growing up in the jail as the daughter of Sheriff Beryl Kerrigan.



Our speakers:
Richard, Deb, Laurel
and Duane



Early photo of the
Houston County Jail



Lots of good visit-
ing while enjoying an
evening lunch



Laurel visiting with
Bill and Judy. 10/14/2016



UFF DA FEST BAKE SALE

Thanks to everyone who contributed food items for our Uff Da Fest Bake Sale. We took in over \$500! Thank you to our members who helped with set up, serving and take down. A special thanks to Lee Grip- pen for demonstrating making krumkake and Audrey Almo who shared her accordian music. The building was alive with music, people visiting and enjoying fantastic baked goods.



Geneva and Lorraine being
super helpful with the
baked goods!

Judy and Lee enjoying
Audrey
playing the accordian.



10/01/2016

Rachel Storlie's family from Missouri came to visit, enjoy the good music and partake in the Norwegian goodies!



10/01/2016

ST. LUCIA DAY

Celebrated across Scandinavia, St. Lucia Day marks the start of the Christmas season and a time to embrace lighter days to come. The national feast day, part of the Christian Calendar of Saints, is celebrated throughout Norway on December 13.

Though the holiday was first introduced with the spread of Christianity, many of the traditions truly took root when the holiday was readopted during the 20th century in Norway. Reclaiming its derivations from the Latin word for light, St. "Lucia" is honored with parades of light during the darkest time of year.

In schools across Norway, children celebrate with holiday programs and processions. Throughout hospitals, school buildings and city centers one can find parades of children clad in white, handing out Lussekatter (Lucia cats), saffron-flavored buns, to those passing by.

As a way to enjoy the start of the holiday season, families can celebrate this holiday of hope and light by baking the traditional Lussekatter – a recipe for the buns can be found online at <https://food52.com/recipes/8318-saffron-buns-lussekatter>. Or, in honor of the Norwegian tradition families can join together in singing the St. Lucia Song (lyrics provided below).

Sankta Lucia (Norwegian)

Svart senker natten seg i stall og stuer.
Solen har gått sin vei, skyggene truer.
Inn i vårt mørke hus stiger med tente lys,
Sankta Lucia, Sankta Lucia!
Natten er mørk og stum. Med ett det suser

i alle tyste rom som vinger bruser.
Se på vår terskel står, hvitkledd med lys i hår,
Sankta Lucia, Sankta Lucia!

Saint Lucia (English)

Black night is falling in stables and homes.
The Sun has gone away, the shadows are threatening.
Into our dark house enters with lit candles,
Saint Lucia, Saint Lucia!
The night is dark and silent; suddenly a rush
in all quiet rooms, like the waving of wings.
See, at our threshold stands, dressed in white with lights
in her hair,
Saint Lucia, Saint Lucia!

For more information about Christmas traditions in Norway, visit the Sons of Norway Information Bank in the Member Resources section of the Sons of Norway website at https://www.sofn.com/member_resources/cultural_programming/information_bank/.



FISHING: NEW WORLD RECORD - A 47 KG COD

German Michael Eisele recently set a new world record off Breivik Bay in Norway. On rod he wheeled in a cod weighing a record weight 47 kg and with a total length of 1,6 meters.

The previous record was 41,72 Kg, caught near Sørøya, in Finnmark. Sørøya has for years had both Norwegian and world records for codfish.



Eisele's giant cod hooked on at approximately 20 meters above bottom, and was wheeled in from a depth of 88 meters according to the fisherman. The fish was weighed on approved scales at a fish market in Breivikbotn, and documentation is underway to the International Game Fish Association for registration. The fishing has been good this season, and 33 cods above 30 kg has been caught this season. Source - Purefishing.com (47 kg = about 103 pounds; 1.6 meters = app. 5'3")

Sons of Norway Board Mtg

The meeting was held Wednesday November 2nd, 4:00 at Giants of the Earth Heritage Center.

Next bookclub Nov 15 (third Tuesday) Jerry Apps Books – any books on your own.

The December 8th Monthly Meeting/Christmas Party.

- Karen Fried is managing the food. It will be a buffet. Cost to be determined, but most likely around \$10 per person.
- It is the same night as the Radio Show that will be at the Opera House -Thursday Friday Saturday, and Sunday. Bill & Thomas are in that event.
- Start time:5:00 with appetizers and drinks. (if you would like something stronger than coffee or water, bring it!)
- Members encouraged to bring gifts for Care and Share instead of doing a White Elephant Gift Exchange. New toys unwrapped or money donation to Care and Share or food for the foodshelf. There will be a table and basket for this collection.
- Audrey will bring and play her accordion and percussion instruments. Others are encouraged to bring also.

Bake sale Saturday December 17th. Vote was taken to have it at Giants. Sale will be from 9-11. There will be some food demonstrations. The suggested bake sale prices list was handed out. Judy said she would talk with Janet to update price list. (updated list on page 7) Please bring baked goods for sale or make a donation of \$10-20 to the lodge.

Lee reported on possible programs for the upcoming year:

- January 14 Saturday at 11:00 will be the presentation by Jill and Jackie Parker about the 2016 District Convention.
- Feb. 11th, Saturday 11:00- Alex Aakre on building the Stabur. That is at Norskedalen
- March 11th, Saturday - Lee Grippen: His dream trip to Norway
- April – visit Lanseboro Lodge
- May 11, Thursday James Miller Norwegian Carving
- June 8, Thursday Show and Tell.
- July is when we get together with Westby in LaCrosse.
- August Rachel Storlie. Winona will be the visitors.
- September 14, Thursday –Norwegian Folk Art Laurann Gilbertson
- October, Thursday -Sheep and Spirits, Christian Myrah
- November - Richard Cordes Railroad Track (same as at the Historical Society annual mtg on Sunday Nov 6) or Blain Hedberg Sons of Norway Foundation.

Other Options: Rob Gross on Veteran's Cemetary.

Servers will be set up by Loretta for next year. It was suggested that people sign up for the month they would like to serve.

Ballot for next year's officers. Bill Fried will volunteer to run for assistant/backup Secretary / Treasurer as Sibyl would rather not. Judy and Janet as marshalls.

Next board meeting Nov 30 4:00. At Giants of the Earth Heritage Center.

Turkey Soup with Norwegian Dumplings

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- 2 cups chopped celery, including tops
- Salt and pepper
- Norwegian dumplings
- ½ cups chopped fresh parsley



Place turkey bones and scraps into a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Season with salt and pepper to taste.

Norwegian Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk
- ½ tsp. nutmeg
- 2 Tbsp. butter
- 1¼-1½ cups flour
- 2 Tbsp. sugar

In medium pan, combine butter, milk, sugar and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut-sized dumplings.

Hot Apple Grog with Blackcurrant, Honey and Cinnamon

(Serves 5), adapted from newscancook.com

- 1 quart (1 liter) apple juice
- 1 cinnamon stick
- ¼ lb. (100 g) blackcurrants
- 2 tbsps. honey

Boil all ingredients. Sieve and serve.

HOW TO REDUCE YOUR FEAR OF SPIDERS

Seeing what you fear for short intervals can trick the brain into being less afraid.

Many are terrified of things they have little reason to fear—harmless spiders, heights, flying. The fear prevents them from traveling, sleeping outdoors or enjoying the view. Exposure therapy is a known tool in the treatment of phobias. By gradually exposing yourself to what you are most afraid of, your fear may actually be reduced. You are reassured that the creepy things won't hurt you. But this treatment does not work equally well for everyone. Swedish scientists have therefore tried a new twist to make it more effective: exposure to even more creepy things.

Bombarded with images

The researchers showed terrified subjects pictures of what they were most afraid of: big hairy spiders. Most participants were women in their 20s. All had had arachnophobia much of their lives. They still volunteered themselves to be intimidated by researchers for two consecutive days. The exposure on day one was that they saw many pictures of spiders in succession. But before the participants brains' were awash in spider images, they saw two pictures of spiders. This is

supposed to awaken the old fear before the actual treatment. This happened either 10 minutes or six hours before the intensive slideshow. It turned out that those participants who saw the pictures right before the exposure began were less afraid than when they saw pictures of spiders the next day. A mini-exposure before the massive exposure may therefore appear to be helpful, researchers concluded.

Paid to look at spiders

To study fear, researchers measured both brain activity and how participants behaved. So, what is really happening in the brain when fear takes hold? Part of what happens is increased activity in the amygdala. This can be said to be the fear center in the brain. The researchers put participants in a brain scanner during exposure. They took the high activity in the amygdala as a sign that arachnophobia was manifested. The participants were also paid to push a button to see a picture of a spider. But was it worth it when the reward was only a few crowns? Not as much for the group that was still afraid. These participants were less willing to expose themselves to the unpleasant than those who had calmed the activity in their brain's fear center.

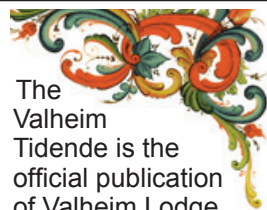
Sons of Norway Mission Statement

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.



Marland & Marlys Bjerke have moved to the Spring Grove Manor

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



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.

Juletre Fest

Saturday, December 17

FOR ALL AGES

(Christmas Tree Fest)

- Craft activities
- Singing around the Christmas Tree
- Christmas goodies

Be sure to be there when the Jule Nisse visits!
...all of this fun continues ...
and for the adults (over 21)
Christmas Ale tasting
Featuring area Craft Beers

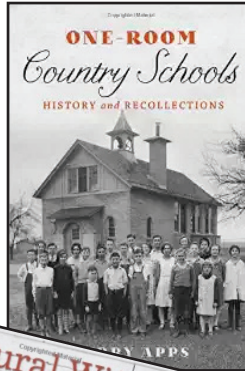
Giants of the Earth Heritage Center

163 West Main Street, Spring Grove, MN
507-498-5070

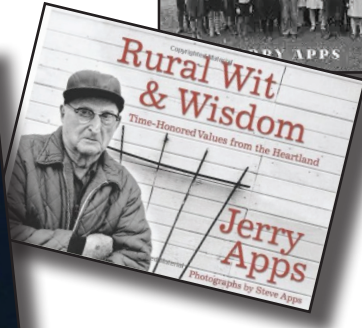
Book Forening

(Book Club)

In November Book Club you are asked to read any book written by Jerry Apps. Jerry Apps was born and raised on a Wisconsin farm, is Professor Emeritus at the University of Wisconsin-Madison and the author of more than 35 books, many of them on rural history and country life.



Book Club meets at 2:00 on the third Tuesday at Spring Grove Communications, room 103. For more info on book club, feel free to contact Geneva Tweeten.



November/December

Gratulerer med dagen!

1	2	1 JC Nerstad Ashley Schwartzhoff	2	3 Lynn Reniers	4	5
6 Geneva Tweeten	7 Jillelyn Storlie	8 Aiden Fort	9	Monthly Meeting 7:00 p.m. @ American Legion	Veterans Day	12 Genevieve Bentley
13 Sharon Buxengaard	14 David Peterson	15 Book Club	16	17	18 BevAnn Brevig	19
20	21 Devon Nerstad	22 Vernon Roble	23	Turkey	25	26
27	28	29 Board Meeting 4:00 @ Giants	December	1	2	3 David Virock
4 Lawrence Knutson	5	6	7 Christmas Party @ Giants 5:00 Happy 1/2 Hr; 5:30 Meal	9	10	
11	12	13 Betty Storlie	14	15	16 Kinley Meiners	Bake Sale
18	19 Book Club	Genevieve Danielson	21 Gunnar Tolleson	22 Dylan Orth	23	24 Izaak Morken
25 Christmas Tree	26	27 Georgia Rosendahl	28	29 Beulah Onstad	30	31



VESTERHEIM



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

December 3, 2016

Norwegian Christmas Celebration

This festive celebration features holiday traditions with a variety of music, demonstrations, folk art, stories, food, and hands-on experi-



NORSKEDALEN

near Coon Valley

Norskedalen's 32nd Annual Old-Fashioned Christmas

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



HOUSTON COUNTY HISTORICAL SOCIETY

The Houston County Historical Society will be hosting their 17th annual Old Fashioned Christmas Open House at the museum by the fairgrounds on **Saturday, December 3, 11am - 4pm** and **Sunday, December 4, 1pm - 4pm.**



SUGGESTED PRICE LIST FOR OUR DECEMBER BAKE SALE

Suggested Bake Sale Prices (December 2016)			
Fattigman	\$4/dozen	Pizzels	\$4/dozen
Flat Bread(pkg)	\$5 (2 "rounds")	Rosettes	\$8/dozen
Goro	\$8	Sanbakkels	\$8/dozen
Fruit Cake/Julekake	\$5	Angel Food Cake	\$6
Kringle	\$5/dozen	Doughnuts	\$6/dozen
Krumkake	\$8/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)	Almond Cake	\$6 half cake
	\$5 (large)		\$12 full cake

NEW NORWEGIAN FILMS BREAKING INTO INTERNATIONAL MARKET

Norwegian nominating committee selects entry for Oscars

Each year a committee from the Norwegian film industry chooses one finalist to represent Norway at the Oscars in the category of best non-English language film. This year's selection is "Kongens Nei" (The King's Choice), a historical drama set in 1940 in which King Haakon VII and the Norwegian government face the German invasion and an ultimatum of capitulation. Haakon VII is expertly played by Danish actor Jesper Christensen, who conveys the humanity and loneliness of the king in this situation. Anders Baasmo Christiansen ("Kon-Tiki," "Buddy") plays Crown Prince Olav, who is fiery and impatient compared with his father's wise self-restraint. The film portrays the turmoil during a momentous chapter in Norwegian history, and the universal theme of making impossible choices in dire situations. The two other nominees were Erik Skjoldbjærg's "Pyro Manen" and Rune Denstad Langlo's "Welcome to Norway!" which also stars Anders Baasmo Christiansen.

Løvekvinnen – The Lion Woman

In August, "The Lion Woman" (Løvekvinnen) premiered at the 44th Norwegian International Film Festival in Haugesund and had already been sold for distribution to 40 countries. Based on the bestseller by Erik Fosnes Hansen, the drama follows the trials of Eva, a girl born in 1912 with a disorder that causes fur to grow over most of her body. Her ashamed father first tries to hide her from society, and she later suffers bullying and humiliation from all sides. Written and directed by Vibeke Idsøe, the film was partially filmed in Lillehammer, and has the largest budget for a Norwegian film since "Kon-Tiki." This beautiful tale of otherness, tolerance and redemption shows how the Lion Woman learns to face and overcome these obstacles.

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

Return Service Requested



NOV/DEC 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.

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

DECEMBER - Christmas party.-- buffet meal at Giants of the Earth Heritage Center. Menu: mashed potatoes, meatballs with gravy, a vegetable, lefse, rom-megrøt, dessert, coffee, milk, water. Cost: \$10 / person

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!

