

# THE VALHEIM TIDENDE




Volume 18 Issue 5

SPRING GROVE, MN 55974

Sept/Oct 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

## Its Fall!

Wow, where did summer go? Even though the grass is still very green from all our summer rains, the trees are beginning to think its time to take on a new look. Some maybe are a little brown on the edges, some have a different hue of green. And if you are a silver maple, you just fall off.

So, with the change to fall, its time to start thinking fall and winter thoughts.

Time to gather at regular monthly meetings, time to get ready for upcoming events, and it's always time to invite friends to join Sons of Norway!

.....Upcoming Events:

**Saturday, October 1 UFF DA FEST -- BAKE SALE**

### 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



**Norwegian Goodies and more! at Giants of the Earth Heritage Center**

We are asking members to bring Norwegian goodies or baked goods of any kind. This bake sale is an "uff da".... no need to price any of the items, customers pay by donation. We could use some extra helping hands. Bring baked goods by 9:30. Contact Karen Fried for more info.

**Thursday, October 13** Regular Monthly Meeting--  
 Duane St. Mary, Houston County Jail - A Treasure in Stone

**Tuesday, October 20 Book Club**

**Thursday, November 10** Regular Monthly Meeting -  
 Jon Steffes, The Armistice Day Blizzard of 1940

**Thursday, December 8 CHRISTMAS PARTY**

**Saturday, December 17 Annual Norwegian Bake Sale @ SG Legion**

# JULY MEETING

For our **July Meeting**, once again, as we did last year, we traveled to La Crosse and enjoyed an evening with the Westby Lodge at Myrick park. It is a wonderful place to hold our joint meeting.



<---FUN FOOD!  
Karen Henke made this very creative dragon boat out of a watermelon.



<--Dave Amdahl gave a very interesting talk on the Nidaros Cathedral in Trondheim.



# AUGUST MEETING

Our **August Meeting**, we were guests of NorWin Lodge in Winona. Several of us traveled to Winona, had a great lunch and a very entertaining program about hymns in our hymnals, they all aren't what they used to be, and that's good!



## FALL TRAVEL: EXPERIENCING AUTUMN IN NORWAY

Changing colors. Bountiful berries. Cooler temperatures. Often overlooked due to the appeal of Norwegian summer, fall can be the perfect time to experience a different side of Norway – without summer’s heightened tourist traffic.

For travelers looking to enjoy some of Norway’s outdoor activities without the intensity of the summer sun, autumn is an attractive alternative. Fall marks the beginning of the gradual shift in climate towards winter – the inland areas experience the first drops in temperature, followed later by the coastal areas. These lower temperatures make for great hiking where wanderers can admire the views and changing colors across the landscape. Travelers can also take advantage of harvesting season by picking berries or foraging for mushrooms along the way – both are popular activities in the mountains and forests during this time of year. Just be sure to bring along a guide book to help with plant identification, as some of these wild finds can be poisonous.

It’s important to note that fall weather can be unpredictable, ranging from sunfilled days, reminiscent of summer, to wet, windy and stormy. So, don’t forget your weather-proof outerwear and be prepared to dress in layers.

With several parks in proximity, Oslo is a great city to enjoy the offerings of Norway’s autumn. From the Oslomarka (Oslo forest) just outside the city, to the Palace Park near the Royal Palace, there are plenty of opportunities for travelers to admire the array of colors, watch the falling leaves and capture some stunning photographs.

Norway’s Average September Temperatures by City

- Tromsø 54/46 degrees Fahrenheit
- Oslo 58/45 degrees Fahrenheit
- Lillehammer 58/45 degrees Fahrenheit
- Trondheim 56/42 degrees Fahrenheit
- Bergen 60/48 degrees Fahrenheit
- Kristiansand 64/56 degrees Fahrenheit

These figures are approximate and rounded to the nearest whole degree.

To learn more, check out the Visit Norway website at [visitnorway.com](http://visitnorway.com).

## ARE YOU SET FOR THE RECRUITMENT CHALLENGE?

Is your lodge set to end the year on a high note? Now through the end of the year is Sons of Norway’s busiest recruitment season, and you can make it one for the record books. The 2016 Recruitment Challenge is a year-long contest aimed at finding the lodges with the highest growth. This isn’t your typical recruitment contest, though. Your lodge’s ability to keep members is just as important as recruiting new ones, because we’re tracking net growth. With your help, your lodge can capture the title of Sons of Norway’s top Large or Small lodge for 2016. On top of that, your hard work can help the lodge secure an extra \$250! Imagine the difference that can make at your next Syttende Mai party, picnic or other event. To get you started, here are few tips to help your lodge claim the prize:

1. Recruit for your lodge. With the holidays quickly approaching there are plenty of opportunities to share the joys of Sons of Norway membership. Whether it means bringing a friend to your lodge’s Christmas party or purchasing a gift membership for a sibling, you’re helping bring new faces into your lodge.
2. Help your lodge’s retention rate. Reaching out to a fellow member you haven’t seen at a meeting or event is a simple way to help out. Not only will this increase the connection between your fellow members and your lodge, but it’ll improve your lodge retention, too. This can bring your lodge one step closer to winning!
3. Go for the bonus points. For every 24-55 year old member recruited, your lodge earns a bonus point. Keep that in mind as you look for potential new members!

For a complete listing of rules for the Recruitment Challenge log onto [www.sonsofnorway.com/challenge](http://www.sonsofnorway.com/challenge). For questions or ideas, contact Joe Eggers, membership coordinator at [membership@sofn.com](mailto:membership@sofn.com).

## Matlyst Monthly

# Vanilla Cheesecake with Lingonberries & Cardamom Whipped Cream

adapted from <http://alittlezaftig.com>

- 2 lbs cream cheese (room temp.)
- ½ cup unsalted butter (room temp.)
- 1 tbsp vanilla extract
- 1½ cup sugar
- ½ cup less 1 tbsp cornstarch
- 7 large eggs
- 2 cups heavy cream
- ¼ cup lemon juice

### Berry Topping

- 1 cup fresh lingonberries
- ¼ cup sugar

### Cardamom Cream

- 2 cups heavy cream
- ¼ cup sugar
- 1 tbsp vanilla extract
- 1 tbsp freshly ground cardamom seeds



Move rack to upper 1/3 position and preheat oven to 350°F.

Beat cream cheese and butter with electric mixer until smooth. Add sugar, vanilla and cornstarch and beat well. One at a time add the eggs, beating between each addition. With the mixer set to low, gradually add the cream and lemon juice. Pour into a buttered 9x13 pan. Place pan in a **bain marie** (directions below) and bake for 30 minutes. After 30 minutes, increase oven temperature to 375°F and rotate cheesecake 180 degrees in the oven. Bake for additional 15 minutes or until the top is a golden brown. Allow cheesecake to cool to room temperature. Carefully run a knife around the edge of the pan to release the cake and invert onto a serving tray. To prepare the topping, sprinkle lingonberries with sugar and stir until sugar dissolves. Allow to rest for 30 minutes. Whip

cream, sugar, vanilla and cardamom seeds with electric mixer. Spoon berries and cardamom cream onto each piece of cake and serve.

**To make a bain marie**, fill a pan one size larger than your 9x13 cake pan with boiling water. Do not fill more than 1/3 of the pan. Slowly lower your cake pan into the pan of boiling water, covering the sides of the cheesecake pan half of the way. Add or remove water to reach correct level and place both pans in the oven.

## IN SPRING GROVE Friday and Saturday, October 7-8:

### Festival of Quilts Show & Sale

Friday, October 7 Noon - 5 p.m.

Vendors on site - Quilt Boutique items for Sale

Demonstrations throughout the day by vendors and guild members

Saturday, October 8

9 a.m. - 4 p.m.

1:30 p.m. Trunk Show by Jo & Kelli Kramer

Vendors on site - Quilt Boutique items for Sale

Demonstrations throughout the day by vendors and guild members

**Giants of the Earth Heritage Center** is sponsoring a public exhibition of hand-made articles and inventions. Many individuals in the area have created useful items for farm and home use, including children's toys and scale replicas of farm buildings and other things. We are asking that anyone who has hand-made pieces, old or new, should bring them to the Heritage Center for this event in advance of the 1:00 Friday, October 7 opening. Exhibition questions can be answered by coordinators Ed Myrah at 507.696.7243 or Dr. Gray at 507.459.9188.

**Bluff Country Artists Gallery 8x8 Canvas** Fundraiser on Saturday, October 8.

Tickets are \$10 which includes wine, beer and appetizers; for \$40, you'll get wine, beer appetizers, PLUS you'll get to take home a one-of-a-kind 8x8 Canvas, created by our gallery artists, student artists, and local independent artists!



## NORSKEDALEN

Coon Valley, WI

[www.norskedalen.org](http://www.norskedalen.org)

**October 2** – “Cordelia Harvey:

The Wisconsin Angel and her state's impact during the Civil War” with Hannah Scholze

### Ghoulees in the Coulees -

Thursday, October 27: Family Trick or Treat Night

Friday, Saturday, Sunday October 28 - 30

**November 6** – “The Armistice Day Blizzard of 1940” with Jon Steffes

### Old Fashioned Christmas -

December 3 10 a.m. - 4 p.m. & December 4 11 am - 3 pm

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

# UffdaFest!

**SEPT. 30- OCT. 1**

Spring Grove, MN • [uffdafest.com](http://uffdafest.com)

## Friday, September 30

7 am - ? • City Wide Garage Sales  
8pm • Music at Norski's Saloon

## Saturday, October 1

All Day • Norwegian Ridge Nature & Birding Trails - Trailhead located behind Red's IGA  
**8:30 – 9:30 am** • Registration and Check-in for LØVE LOPE 5k Run/Walk (Run begins at 10am) - Viking Memorial Park - Sponsored by Spring Grove Lions Club  
**9am - 3pm** • Flea Market & Farmers Market + Vendors - Viking Memorial Park  
**10 am** • LØVE LØPE 5k Run/Walk and TOFF NORSK Challenge begins - Viking Memorial Park - Sponsored by Spring Grove Lions Club; this is a fundraiser for community improvements.  
**10 am** • 'Walk Spring Grove' loops/stations open - maps/info at Viking Memorial Park - Sponsored by Spring Grove Parks Committee

### **10 am - 1pm • Norwegian Goodies - at Giants of the Earth Heritage Center - by Sons of Norway**

**10 am - 1pm** • 8x8 Art Exhibit - Canvases on Display - Bluff Country Artists Gallery  
**10:30 am - 2pm** • Pork Burgers by the SG Athletic Boosters - Viking Memorial Park  
**10:30 am - until gone!** • Homemade Apple Pie sale - Scholar Dollars - Syttende Mai Hus - whole pies or by the slice a-la mode  
**11am - 2pm** • Music by Guilty Kilts with Abigail- Viking Memorial Park Gazebo  
**11am - 2pm** • Kid's Games including Batting Cages, Kubb, Corn Pile - Viking Memorial Park  
**11am - 2pm** • Food Stand - served by SG Youth Football - Viking Memorial Park  
**11am - 2pm** • SG Soda Ice Cream Floats - served by SGHS Drama Club - Viking Memorial Park; proceeds benefit Drama Club  
**Noon** • Bean Bag Tourney - Maple Drive near Viking Memorial Park; register at Noon  
**Noon - 3pm** • Balloons by Kevin - Viking Memorial Park  
**Noon - 3pm** • Tappy's Face Painting - Viking Memorial Park  
**4pm-?** • Abby's Concessions - Viking Memorial Park  
**8pm** • Spring Grove Lions Club Truck Drawing at Norski's Saloon; Call 507-498-3456 for your tickets, or get there early to buy (if there are any left!)  
**8 pm- Midnight** • DJ - Norski's Saloon  
**8 pm - Midnight** • The Christopher Band - American Legion Post 249

*uffdafest.com*  
*Celebrating Autumn in Spring Grove, Minnesota*

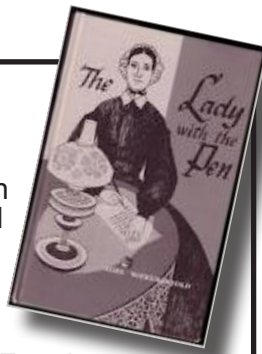
# Book Forening

(Book Club)

At the September 20th meeting Book Club discussed the book "Lady With the Pen" by Elise Waerenskjold. Elise Waerenskjold was an early women's rights advocate who came to the Texas Frontier in search of personal freedom. She and her husband ran a successful livestock ranch in East Texas until the Civil War. This collection of her letters and articles written during her Texas years was first published in 1961.

Geneva is looking to find a speaker come to the October Book Club, she has some great ideas, but nothing nailed down yet.... so a book has not been chosen yet.

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.



Sept/Oct				1	2	3
4 Jim Skree Isaih Jaffer	5	6	7	8 Monthly Meeting 7:00 p.m. @ American Legion	9 Marlys Bjerke	10 Janice Dokken
11 Calloway Tolleson	12	13	14	15	16 Marland Bjerke	17 Steam Engine Days
18	19	20 Book Club Board Mtg Aubrey Orth	21	22	23	24
25	26	27	28 Judy Fruechte	29	30	1 UffDa Fest
2 Kati Peterson	3 Dorothy Stoskopf	4	5	6	7	8 Bake Sale
9 Leif Erickson Day Caleb Nerstad	10 Bill Fried	11	12	13 Monthly Meeting 7:00 p.m. @ American Legion	14 Ragnhild StMary	15 Georgia Roble
16	17	18 Book Club	19	20	21 Howard Burness Betty Holty Bob Stoskopf	22
23	24	25 Garrett Fort	26 Jay Tollson	27	28 Vance Haugen Darla Nerstad	29
30						Gratulerer med dagen!



## VESTERHEIM CLASSES

Decorah, IA

Check out all the happenings at Vesterheim at [www.vesterheim.org](http://www.vesterheim.org)

### 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.- 2:00 p.m.) with Lexi

### What is Aquavit Anyway?

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

### Mezen Painting

October 29-30, 2016, with Patti Goke

### Whittling Klubb for Kids

November 2, 9, 16, 30, & December 7 & 14, 2016, (classes times are 3:15 to 5:15 p.m.), with Rebecca Hanna

### Knitting Gloves

November 2-4, 2016, with Arnhild Hillesland

### Ale Vessel with Handles

November 4-6 2016, with Becky Lusk

### Carving for Christmas

November 4-6, 2016, with Harley Refsal

### Bakedag—Baking Lefse and Flatbread

November 4-5, 2016, with Darlene Fossum-Martin

### Traditional Norwegian Cookies of Christmas

November 6, 2016, with Darlene Fossum-Martin

### Sámi Inspired Bracelets

November 12, 2016, with Norma Refsal

### Sámi Inspired Bracelets, Advanced

November 13, 2016, with Norma Refsal

# SEPTEMBER MEETING

VP Thomas Trehus  
>> conducted the  
business meeting.



Janet Fossum  
welcomes  
Janice Hegge  
who was one  
of our  
visitors.>>



Larry and Anne Scheckel did a wonderful job sharing his story of his book "Seneca Seasons: a Farm Boy Remembers".

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.

*Congratulations to* **Ragnhild St.Mary**, Audrey Almo's mother, will be 102 years old on October 14!  
Happy Birthday Ragnhild!

*Condolences* the Frydenlund family. **Maureen Frydenlund** was a Life Member of Sons of Norway. She had many talents and one of them was to make crispy, delicious rosettes.

Continued condolences to Audrey Almo, her son **Karl Almo's** funeral was held the end of August.

*Healing thoughts and prayers to:* **Emma Landsom**, after having a stroke in June has been living at Tweeten Lutheran Health Care Center.

And just to let you know, I'm on the mend. I had my appendix out September 15 but am feeling pretty darn good. Thank you for all of your well wishes.-- **Karen Fried**

*Welcome Back!!* **Jill Storlie** has spent the last two and a half months in Norway and **Lee Grippen** has been in Norway the last two weeks. They both should be returning to the states this week. Welcome back world travelers!

## 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.*

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

## Return Service Requested



SEPT/OCT 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.

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.-- catered meal at Giants of the Earth Heritage Center. Menu to be decided

### 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!

