

# THE VALHEIM TIDENDE

Volume 19 Issue 4

SPRING GROVE, MN 55974

July/August 2017

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## BUSY!

It has been a busy two months. I didn't think too much of it until I started putting this newsletter together. I have been plugging in MANY, MANY photos that Lee Grippen has taken at events. No wonder we thought we were busy---we were. In May, we helped with the Syttende Mai Queens Tea, served goodies at the end of the Syttende Mai Bar-nettoget, had May and June monthly meetings, had book club meetings, in June some helped at Norwegian Ridge Language and Culture Camp, we went on a day trip to Effigy Mounds, AND survived all the Homecoming festivities. Whew!  
What a summer it has been. And there is more to come!

## 2017 Officers

President  
Karen Fried  
Vice Pres.  
Thomas Trehus  
Secretary  
Jillelyn Stolie  
Treasurer  
Loretta Knutson  
Assistant Secretary  
Bill Fried  
Membership  
Loretta Knutson  
Social/Cultural  
Lee Grippen  
Marshals  
Judy Melbostad  
Janet Fossum  
Greeters  
Morris/Geneva Tweeten  
Darrell & Oranda Sinclair  
Sibyl Floyd  
Editors/Publicity  
Georgia Rosendahl &  
Karen Fried  
Historian  
Georgia Rosendahl  
Trustee  
Lawrence Knutson  
Auditor  
Kati & David Peterson  
Sports Director  
Diane Nerstad &  
Linda Nerstad-Kemp

## 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 25.** This is the same shelter we have met in for the past couple years with Westby. Westby is hosting the event, they will provide a main dish and everyone is asked to bring a dish to share (POTLUCK). Car pool available: meet at Trinity Lutheran Church, we will leave by 5:00. We can stop in Caledonia if there is a need. Please try to attend, we are looking forward to having as many lodge members as possible at this event. (The Shelter is not a shelter, it's a modern building. Air conditioned, bathrooms, handicap accessible.)

**Wednesday, August 2 -- Board Meeting, 11a.m. at Ivy Grove.**

**Thursday, August 10, 7:00 pm, Winona Lodge will be our Guests.** We will meet at TRINITY LUTHERAN CHURCH in Spring Grove. POTLUCK. We will eat at 5:30 in the basement and then we will move upstairs for the program. Come and hear the very talented and entertaining Rachel Storlie. She will be sharing with us music and songs, Norwegian and other.

*Boat Load of  
Fun during the  
Homecoming Parade!!*





# HOMECOMING 2017

Homecoming comes once every 10 years to Spring Grove, and when its over, we are all glad that it doesn't come every year! The town of Spring Grove spiffed up and invited people to "come home"... and people did. There were Spring Grove graduates, previous employees, and family who all returned for a grand affair. For Sons of Norway it meant a bake sale and demonstrations. We held our event on Saturday, June 24 at the Legion from 9:00 until noon. Thank you to the people who set up, all the bakers, all the demonstrators and everyone who came. We also took a boat ride down Main Street for the parade. Rumor has it we won First Place in the "Non Band" category. I guess we have some good "Ja vi Elsker" singers. It was a great weekend!



<< Getting the lefse ready for the bake sale. Judy Melbostad, Georgia Rosendahl and Teresa Vernon.

Judy Melbostad and Jackie Parker >> keeping the Bake Sale table stocked.



Geneva our Book Club Queen! She is an avid reader and put this display together of book club VV adventures. VV



<< Karen Fried showing the artful skill of cutting the hole in a doughnut to Kristi Anderson and Pastor Frey.



Our very own >> "Rommegrot Lady" -- Janet Fossum.



James Miller >> with his display of fun wood carvings.



<< The multi-talented Darlene Fossum-Martin shows us her kolrosing.

Audrey Almo >> never sits idle. Here she shows off her rug braiding and weaving.



Lynn Sussag >> has fun can cozies as well as wood burning.



<< David Sussag continues to perfect his spring-pole lathe skills.



## Syttende Mai.....

To celebrate Syttende Mai (May 17) a Barnetoget (childrens' parade) was planned by Giants of the Earth Heritage Center. To help with the festivities, our lodge obtained a Thrivent Action Team grant and provided lefse with a hot dog in it and Spring Grove pop to all of the students who participated (preK-6th grade), a little over 200 kids! It was a very colorful event. Thank you to all of our helpers!



## Day Trip to Effigy Mounds

On June 27 eleven Valheimers spent a gorgeous day in beautiful north-east Iowa. We spent a few hours at Effigy Mounds, north of Marquette. We watched a short film, listened to a fantastic park ranger and browsed through the Visitors Center. We had worked up an appetite learning so much about the native American mound builders, so we headed to Marquette and enjoyed lunch at "the boat". On our return trip home, we stopped at KNEI Radio Station in Waukon to help them celebrate 50 years of being on the air. Thank you Geneva for arranging this fun outing!



Above (l-r) Morris, Geneva, Audrey, Richard, Georgia, Steve, Stewart, Thom, Judy, Karen and Lee.

At KNEI Radio Lee Grippen speaking a little Norwegian before we all were recorded saying the Pledge of Allegiance.



## Syttende Mai Royalty Tea

On May 13th, Giants of the Earth with the help of Valheim Lodge hosted a tea for all of the Syttende Mai Queen and Little Miss candidates. Thank you to Jill Storlie for coordinating the event and to Valheim Lodge members who made food and helped out. It was a very attractive and tasty event.



# KING'S POPULAR SPEECH BECOMES A SONG



The music group En Pose Nonstop [A Bag of Non-Stop] from Holmlia [an Oslo suburb] was given permission by the Palace to use the king's words and voice of a speech he had given at a garden party last year.

"My biggest hope for Norway is that we are able to take care of each other. That we will continue to build this country - on trust, fellowship and generosity. That we will recognize that we - despite all our differences - are one people. That Norway is one."

The king also spoke about immigration. "Norwegians believe in God, Allah, everything and nothing. Norwegians like Grieg and Kygo, Hellbillies and Kari Bremnes," he said.

The king's speech is a treasure. That's what music producer Åge Reite thinks. "I want to elevate this speech," he told news agency NTB. "The King's Speech" will become part of an album for children. The album "Reisen hjem" [The Trip Home] is about living with different cultures.

It was easy to set the King's speech to music. "It was a musical speech, almost like a song," Reite says.

Original article: <http://www.klartale.no/kultur/populer-tale-blirmusikk-1.962314>

Spotify song: <https://open.spotify.com/album/6cWlf2jrTjtIIWQzPNp1u>

# RELAX WITH A NORWEGIAN MOVIE

Through a special arrangement with Films of Norway, Sons of Norway members\* now have access to a selection of television shows, full length movies, documentaries, cooking shows, children's programming and other content streamed over the Internet – at 25 percent off the regular monthly subscription rate.

All Films of Norway selections are either Norwegian created, produced or star Norwegian actors. Your movie playlist may include the film celebrating the King and Queen's 25-year reign or adaptations of popular mystery writers. Most selections have the option to view with English subtitles. And new films and programs are added regularly. For example, in collaboration with Norwegian broadcaster NRK, all Films of Norway members may now access timely Norwegian news. Log in, sign up, and enjoy some leisurely viewing this summer with Films of Norway!

\*This service and discount are not yet available for members in Norway and Canada.

[https://www.sofn.com/films\\_of\\_norway/](https://www.sofn.com/films_of_norway/)

# VALHEIM LODGE HELPS GIANTS AT LANGUAGE CAMP



Lee has learned a new skill -- making heart waffles!



Jill talks the students through the process of making an open face sandwich.

Some of the hearty kitchen helpers...Judy Tollefsrud, Karen Fried, Gavin Thorson, Bill Fried, Lee Grippen, Alex and James.



(above) Gavin, Judy and Thomas take a little time out for big smiles!

(left) The food is ready!

## 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 Bavarian Cream

The Norwegian Kitchen  
by Astrid Karlsen Scott

- 5 sheets (5 tsp. powdered) gelatin
- 1 cup full fat milk
- 3 egg yolks
- scant ½ cup sugar
- 1½ cups whipping cream
- 1½ cups lingonberries
- 3 tbsp. sugar

Soak the gelatin sheets  
in cold

water (or sprinkle the  
powdered gelatin over 3  
tablespoons of the milk)  
5 minutes to soften. Squeeze excess  
water from the sheets (disregard for  
powdered gelatin). Melt the gelatin  
over low heat. Bring the milk to a boil.  
Beat the egg yolks with ½ cup sugar  
until light and lemon colored. Whisk  
egg mixture into the boiling milk. Stir  
in the melted gelatin. Refrigerate  
until syrupy. Combine berries with  
the remaining sugar. Lightly whip  
the cream and fold in the berries.  
Fold cream and berries carefully into  
the slightly stiffened gelatin mixture.  
Pour into a rinsed 1-liter (quart)  
mold. Refrigerate at least 3 hours.  
Remove from mold and garnish with



whipped cream  
and fresh  
lingonberries.



## 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!

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 2017

**NORDI GRAS** July 27-29 2017

It's a Nordi Gras!

Come enjoy the celebration and  
fun of the 51st Annual Nordic Fest  
July 27-29, 2017

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.

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!



## 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): September 27-30, 2017**

**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

*Hip surgery...*

Audrey ~~Almo~~ had hip surgery July  
11. We wish Audrey a speedy  
recovery. She is a such a go-getter,  
we think she will be back on her  
feet in no time! Cards can be sent  
to her home address:  
415 S. Winnebago St,  
Caledonia, MN 55921

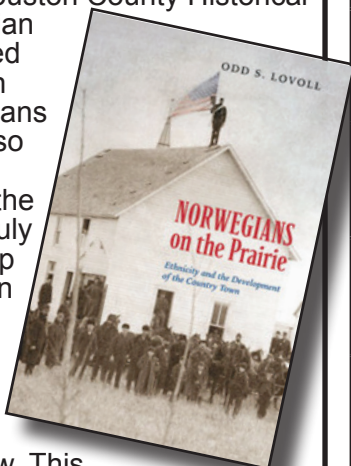


# Book Forening

(Book Club)

For several months the Book Club has been reading books about Native Americans. In June they visited the Houston County Historical Society where local Indian buff, Steve Wiste, shared artifacts and information about the native Americans from our area. There also was a day trip to Effigy Mounds to learn about the area Mound Builders. July 18th Book Club will wrap up their Native American discussion.

Geneva has reserved copies of *Norwegians on the Prairie* by Odd S. Lovoll that are available for pick up now. This may be the book that is discussed for August. Book Club meets the third Tuesday of the month at 2:00 p.m. 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				5	6	7	8
							Darrell Sinclair
9	10	11	12	Lois Wilhelmson	Norris Storlie	14	15
16	17	18	19	Morris Tweeten	20	21	22
23	24	25	26	Judy Tollefsrud	27	28	29
30	31	1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

# VESTERHEIM CLASSES

Decorah, IA

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

## METAL WORK

### Introduction to Hand-forging Norwegian Knife Blades

July 20-21, 2017 with K.J. Groven and Morten Håkonsen

### Norwegian Working Knife with Sheath

July 22-26, 2017 with Morten Håkonsen

### Learn the Basics of Forging Steel

July 23-24, 2017 with K.J. Groven

### Hand-forging Norwegian Knife Blades

July 25-26, 2017 with K.J. Groven

### Two Brothers Knives with Silver Banded Sheath

July 31-Aug. 4, 2017 with Morten Håkonsen Post an

## ROSEMALING

### Rosemaling in the Rogaland and Agder Styles

July 10-13, 2017 with Trudy Peach

### Rosemaling in Os-style—Acrylics Only

July 22-26, 2017 with Gayle Oram

### Rosemaling in the Telemark Style

July 22-26, 2017 with Egil Dahle

### Rosemaling in the Gudbrandsdal Style

July 31-Aug. 4, 2017 with Nancy Schmidt

### Rosemaling in the Telemark Style

July 31-Aug. 4, 2017 with Egil Dahle Skinnfell

## WOOD WORK

### Wooden Bowl Carving—Scandinavian Styles and Techniques

July 14-16, 2017 with Jon Ström

### Acanthus/Baroque Carving

July 22-26, 2017 with Rolf Taraldset

### Old Dragon/Animal Style Carving

July 31-Aug. 4, 2017 with Rolf Taraldset



## NORSKEDALEN

near Coon Valley, WI

### Music in the Valley

Every Wednesday during July and first two Wednesdays of August @ 5:30 pm - 7:30 pm



## Healing Wishes to

-- David and Kati Peterson -- there are good days and bad days, wishing you many more good days!

## Sympathy to the families of

Sue Landsom. She was a sister to Valheim member Judy Tollefsrud and a daughter-in-law to Emma Landsom.

-- Genevieve Danielson. She was a member of Valheim Lodge and the mother of Kati Peterson. She was 98 and had lived in her own home up until just a few months ago.

## Special Birthday Greetings

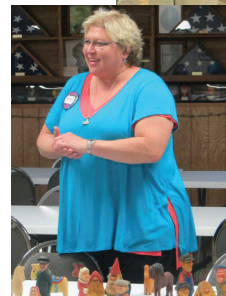
### THE 90 CLUB!

- Darrell Sinclair turned 91 on July 8.
- Morris Tweeten turns 91 on July 19.
- Edith Nerstad will be celebrating 99 years on July 21

## MEETINGS

### At Our May Meeting

James Miller, a Luther College student, showed us and talked about woodcarving. Other attendees shared their woodcarving skills also.



### At Our June Meeting

Bill Fried shared some photos of previous Homecomings as well as telling us a little about what was going to happen during Homecoming 2017. We also had Members Show and Tell. Many members brought items that they shared, telling the story and bringing out many questions.

Janet's daughter Shelly & Janet, with Andrew Nelson and his friend Kim... rommegrot makes everyone extra happy!



The Leafblads!  
Joel, Bekah,  
Willy and Andrea



Geneva and her  
granddaughter  
Jaci.

Judy Fruechte and her  
twin sister Joan Eynard  
who came "home" from  
Florida.



## More SMILES From Homecoming 2017!!

Betty Storlie and her  
grandson from Norway. They  
can "snakk norsk"!



These people look like they are in charge.  
Georgia, Thomas and Bill.

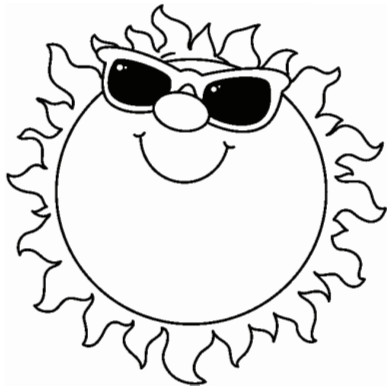


Marilyn Bunge & Eloise Huff...  
home for Homecoming!



Sons of Norway  
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## Return Service Requested



JULY/AUGUST 2017 VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

## 2017 PROGRAMS & LUNCH SERVERS

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

Serving group can decide what they would like to serve. Normally we have about 25 people at a meeting. The people listed are asked to bring food. and they are responsible for making coffee, setting up, serving and clean up.

**JULY 25th** - Meet with Westby in La Crosse -- POTLUCK. Westby lodge is hosting.

**AUGUST 10th** - Program: Rachel Storlie and her musical talent. Winona Lodge will be our guests. POTLUCK

**Servers:** Karen & Bill Fried, Diane Nerstad, Howard Burtness, Lorraine Hagen. At Trinity Lutheran Church

**SEPTEMBER 14th** - Program: Spirits and Sheep--Christian Myrah.

**Servers:** Audrey Almo, James Skree, Judy Tollefsrud, Truman Omodt

**OCTOBER 12th** - Program: Norwegian Folk Arts--Laurann Gilbertson. (meet at Legion)

**Servers:** Mike Schmidt, Bonnie & Vance Haugen, Norris & Betty Storlie, and Jim Wilhelmson

**NOVEMBER 9 th** - Program: Veterans Cemetery--Rob Gross. (meet at Legion)

**Servers:** Lee Grippen, Janice Dokken, Rachel Storlie, David Virock

**DECEMBER** - Christmas party --- TBA

### 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 July and August
- December we have a Christmas party

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

