

THE VALHEIM TIDENDE

Volume 19 Issue 3

SPRING GROVE, MN 55974

May/June 2017

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)

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

The Merry Month of May....and June....and July.....

It's May and spring is all around us. The grass is green, the leaves are budding, the farmers are in the field, the kids are getting anxious to be done with school for another year and there are many things happening for Sons of Norway.

Our monthly meeting will be May 11. James Miller, A Luther College student will be sharing his love of wood carvings, 7:00 at the Legion in Spring Grove.

James' program will be about his carving journey, which began at the young age of 11 with a combined interest in Norwegian culture. Through the support of family members, numerous mentors, and many others, his interest in carving in the Scandinavian flat-plane style has flourished into a lifelong passion. He has since created hundreds of carvings, mainly Scandinavian immigrant figures, trolls, and animals.

At the meeting, he will bring several carvings for display and will show pictures as well. James will also be talking about how the flat-plane style originated and what makes this style unique. All interested folks are welcome to join Sons of Norway for the program.



Syttende Mai Barnetoget

To celebrate Syttende Mai, there will be a Barnetoget (children's parade) on Wednesday, May 17. PreK - 6 graders will start at the school and walk to the city park by Trinity church wearing lots of red and waving flags. At the park WE (Sons of Norway) will be serving varmpolser. We have received Thrivent Dollars to help pay for the lefse and meat. If you can be at the park on that Wednesday to help serve the students that would be so fantastic! Let Karen Fried know if you can help out. Also at the park there will be some games and a May Pole. Come and join the festivities!!

Syttende Mai/Homecoming Royalty Tea, May 13th:

In conjunction with Homecoming and Giants of the Earth, Valheim Lodge will help out with a Saturday morning tea for the Syttende Mai/Homecoming royalty candidates for 2017. It will be held at Giants of the Earth Heritage Center. There will be tea and tasty treats. At the May SofN Board meeting plans were made for setting up, serving, entertaining, and clean up for the event. Jill Storlie is heading this up, and if you would like to help out on Saturday, May 13th, please contact Jill.

Homecoming, Saturday, June 24

We will be hosting a **bake sale and demonstrations**, similar to what we do during Syttende Mai. The big difference is that it will only be Saturday morning, 9:00 -noon.

We invite everyone to bring baked goods by 8:15 am to the American Legion on that Saturday (June 24). If you can help work, it would be very much appreciated. If you would like to demonstrate making a food or a craft or if you know of someone who maybe would demonstrate, let Karen Fried know. And of course, we will be looking for people to ride in the boat in the **parade**. It's always more fun with a boat load!

MARCH



Visitor Joe Horihan visiting with Morris and Geneva Tweeten

In March Lee Grippen shared with us his "Dream Trip to Norway". On a trip to Norway a few years ago, 14 of his past exchange students and their families all attended a get together that was hosted by one of his exchange sons in Norway.

He then traveled around Norway visiting many of them in their homes. Being a host of an exchange student is a very rewarding experience that lasts a life time. If you are ever interested in hosting an exchange student, talk to Lee.



Pictured with Lee Grippen visitors from Winona Lodge--Dick Dahl, Wayne and Angelen Kirk.



Enjoying a great lunch provided by Loretta & Lawrence Knutson, Sibyl Floyd, Judy Fruechte and Thomas Trehus

APRIL MEETING



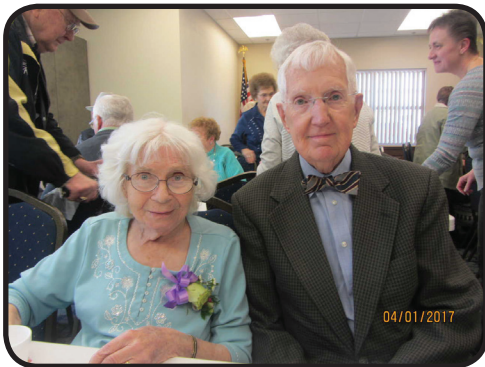
In April we traveled to Lanesboro where we heard Dave Sussag tell about turning bowls on a spring-pole-lathe that he built himself. Dave has taken MANY classes at Vesterheim and other folk schools. He is very knowledgeable and it was great to hear him speak on his woodworking.



And, as always, we had fantastic lunch and lots of fun visiting with members from Lanesboro Lodge

ORANDA'S BIRTHDAY

Oranda Sinclair celebrated her 90th birthday with lots of family and friends!



Oranda and Darrell Sinclair



TIME FOR MIDSUMMER FESTIVITIES

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. 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.

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!



**HAPPY BIRTHDAY
to Janet Fossum.**

She will be celebrating 90 years
on Friday, May 12.

Matlyst Monthly Midsummer Campfire Bread and Hot Dogs

Adapted from www.thefamilydinnerbook.com

- 1½ cup warm water
- 3 tsp active dry yeast
- 4 cups (or more) all purpose flour
- 1 tsp sugar
- 2 tsp salt
- 2 tbsp olive oil + a little extra
- 12 Hot dogs
- Long sticks, bamboo poles or metal skewers
- Ketchup and mustard



Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves. Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour.

Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid.

Prepare a fire and let it burn down to red coals.

Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.



Congratulations to Valheim Lodge Member Rachel Storlie who just graduated from UNI with her Master of Music in Vocal Performance. Pictured above are her parents Lee Grippen, Gayle Grippen, Rachel the graduate, David Storlie her husband and Rachel's brother Jacob Grippen. Rachel is a very talented, vibrant young woman and we wish her well on all her future endeavors.

MAY BOARD MEETING

President Karen Fried opens with Geneva Tweeten, Audrey Almo, Lee Grippen, Jill Storlie, Georgia Rosendahl, Janet Fossum, Judy Melbostad in attendance. Secretary Jill Storlie shared the April meeting notes and were accepted by a vote.

Book Club May 16th, 2:00 at the Library room. Geneva reported on the book and also discussed Native Americans which will be the topic for June book club. April Book Club Meeting was postponed for conflicts. There are plans for Effigy Mounds visit in June (date to be determined) in connection with reading about Native people of this area.

May 16th Lee is offering to drive a group to Decorah for the Decorah Lodge Syttende Mai dinner.

Our May 11th Meeting speaker will be James Miller from Luren and Luther College – Woodcarving. Servers Judy Melbostad, Dale Buxengaard, Jackie Parker, Mike Schmidt.

Syttende Mai Barnetoget... Karen applied and got \$250 to make varmepolser for 200 kids k-6. Lee ordered and will pick up 50 rounds of Lefse at Rushford. Karen will take care of the sausage to go into the lefse. Parade from school to park. Related to this, for Giants, Bill Fried is leading the Ola & Per cartoons. Each will get a comic strip and asked to draw a cell of what happened next after the strip. Probably not be coming to Giants as part of this year 17th of May's focus. Unless we want to demonstrate (no one said they wanted to do more than the varmepolse). The "cells" will be displayed at the gazebo (if wet then inside the Syttende Mai hus). GEHC NRLCC will lead the games at the park following including a May Pole.

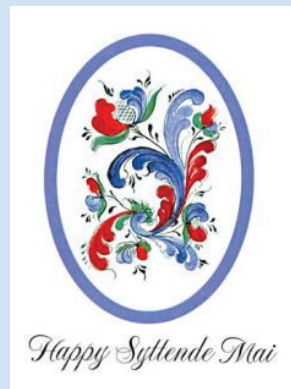
The VIKING SHIP- the blue skirt needs some work. The snaps are not all on. Janet suggests to put the skirt on in the garage. Also they used the Viking ship for Coronation last year and if they want it again on May 20th then we may as well have it out for the May 17th. Jill will find out from Sara Kroshus. Jill will continue to work with Sara to report on this.

HOMECOMING: Karen will send in the float registration sheet for the parade.

Royalty Tea will be held Saturday, May 13. There was much discussion as to the best way to get things set up, who is bringing food, and who is working. It is a very nice event to have for the girls. Judging will happen that day, with crowning to be the following weekend, Saturday, May 20.

It was noted that Giants of the Earth Norwegian Language Camp will be held June 6-9 and 12-16. If anyone would like to help in any way, contact Karen Gray or Karen Fried.

Our next board meeting will be Wednesday, May 31 at 4:00



Valdres 503 Sons of Norway will celebrate Syttende Mai, the Norwegian Constitution Day, with a dinner at Washington Prairie Church at 6:00 p.m. on Tuesday, May 16th. A Norwegian Meatball dinner will include lefse, rommegrot, and pastries. Members, guests and the interested public are invited to attend. The dinner is \$15 per person. Paid reservations should be sent to Nancy Solomonson, 2181 190th Ave, Decorah Iowa, 52101 by this Tuesday, May 9th.

The former Director of the Norwegian American Genealogical Center in Madison, Wisconsin, Blaine Hedberg, will give a power point presentation on the Sloopers, the first shipload of emigrants from Norway who arrived in America in 1825. His talk will feature some of the research and Sloopers letters and photographs that he has recently located. This may also include a bit about the group of Sloopers that traveled out west to California, the group that moved the furthest west.

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.

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.

THE COULEE REGION ROSEMALERS

The Coulee Region rosemalers are proud to present the annual Heritage Tent from 9 a.m. to 4 p.m. Saturday only, May 20 in Westby, WI. The tent is located on Main Street, between the Bekkum Memorial Library and Westby City Hall. The tent is provided through a generous donation from Owen and Naomi Bekkum.

The Heritage Tent is a gathering place for traditional Scandinavian items to be displayed. Folk artists will be demonstrating their crafts including: carving in several different styles by the Coulee Region Woodcarvers; father and son, Monroe and Taylor Johnson and Tip Bagstad will be displaying acanthus and flat plane carving, and Jan Jensen will display chip carving. Other carvers are always welcome to come and whittle and visit.

Jon Lee will display his Norsk influenced pottery and his Norwegian knives; Diane Hoven will have her traditional Hardanger embroidery display; Mary Gehle will display tatting; Mary Lake will charm visitors with her skills working with fibers, felting, and lucet braiding along with knitting and a quilting display highlighted by her husband Bob Lake's chip carving.

Paul Hatlem will have a display of Norwegian and local photography. His award winning photography is well known for it's vivid colors. His father Roger Hatlem will also be in the Heritage tent with a display of his famous figure carvings.

This year there will be a "Scandinavian folk music jam session" from noon until 4:00 pm. Also there will be an antique record player playing old 78 records in Norwegian. Musicians are invited to join in the jam session. Special appearance by Liz & Jesse with guests "Kickapoo Joy Juice" from 1:00-3:00 pm.

A display of bunads from different areas in Norway will be in the tent with live models. The Syttende Mai Heritage Tent wouldn't be complete without baking demonstrations. Joyce Quarmstrom will be demonstrating the Norwegian delicacy krumkake and Renee and David Moilein will be making lefse. So follow your nose to the Heritage Tent on Saturday and enjoy a free sample.

Coulee Region Rosemalers encourage you to celebrate the local heritage, as they say in old Norsk: "Dei unge skal ein læra; dei gamle skal ein æra." (One should teach the young and honor the old.)

Heritage Tent is only on May 20th, 9-4 this year.

And of course, the Coulee Region Rosemalers Show is Sat. May 20th, 9-4 AND on Sunday, May 21, 10-4 in the Westby Community Center on Main Street, Westby, WI

And if you get to Westby on Saturday, May 20th, Solvang Lodge has a great frøkost 7-10 a.m. at the Methodist church!

.....

Sympathy to Truman Omodt and family. His wife Donna passed away recently. She had been a member of Valheim Lodge since 1969. Her smiling face will be missed

SPRING GROVE
Syttende Mai
Blast Off Banquet
Saturday, May 20, 2017
at the Fest Building
6-7:30 Social Hour & Food
7:30pm Announcing of 2017 Honorees and Royalty
Advance Tickets available through May 8
\$15 Adults | \$10 12 & under

SPRING GROVE HOMECOMING JUNE 21-25

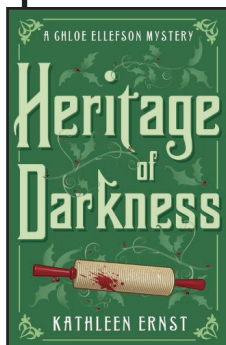
Music in the Park
School Tours
Chair Volleyball
Business Tours
Alumni Dinner and Class Reunions
Dances
Quilt Show
Garden Tours
Bus Tours
Craft Fair/Flea Market
Marching Bands
Food
Swimming
Games
Crafts
Veterans Memorial Dedication
Parade
Bean Bag Tournament
Beard Growing Contest
Soap Box Derby
Street Dance
Meatball Dinner
Luren Singing Society Concert
and more....

for more info go to <http://www.spring-grovern.com/homecoming-june-2125-2017>

Book Forening

(Book Club)

Book Club did not meet in April, so they will be discussing "Heritage of Darkness" in May instead. You are encouraged to bring an antique and share its story.



In June you are invited to read any book you would like about native Americans. There is hopes to watch part of a video. There still is hope of going to Effigy Mounds sometime in June.

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

			3	4	5	6
7 Mike Schmidt Richard Stordie	8	9	10	Monthly Mtg 7pm @ SG Legion	12 Jacki Parker Janet Fossum	12 Queen's tea @ Giants 8:30-11:00
14	15	16 Book Club	17 Barnetoget 1:30-3:00	18	19	20
21	22	23 Lorraine Solum	24	25	26	27
28	29 Memorial Day	30	Board Meeting 4:00 @ Giants	JUNE 1	2 Isaac Nerstad	3
4	5	6	7 Lorraine Hagen	Monthly Meeting 7:00 p.m. @ American Legion	9	10 Judy Melbostad
11	12	13	14	15	16	17 K.Fried
			21 Book Club Diane Nerstad	22	23	24 Bake Sale 9-noon
25 HC	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

Upcoming Classes:

Acanthus Woodcarving—Beginning and Intermediate
June 5-9, 2017 with Hans Sandom

Rosemaling in the American Rogaland Style
June 8-11, 2017 with Ruth Green

Swedish Painting—The Delight of Dalarna
June 8-11, 2017 with Sandy Braun

Acanthus Woodcarving and Painting—Intermediate and Advanced
June 12-16, 2017 with Hans Sandom

Go Figure—Early Hordaland and Telemark Rosemaling
June 15-18, 2017 with Tina Keune

Painting Your Stories Through Nisser and Trolls
June 15-18, 2017 with June Nyberg

Needle Felted Norwegian Nisse or Troll
June 19-20, 2017 with Coral Berge

Weaving for the Very Beginner
June 21-25, 2017 with Laura Demuth

Kubbestol—From Log to Chair
June 26-30, 2017 (Mon. 6:30-9:00, Tues.-Fri. 9:00-5:00) with Steve Speltz and Rebecca Hanna

Rosemaling for Beginners in Oils
June 27-30, 2017 with Louise Bath

Rosemaling in the Rogaland and Agder Styles
July 10-13, 2017 with Trudy Peach

Gudbrandsdal? Telemark? Both? Yes!

July 23-27, 2016, with Andrea Herkert

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

NORSKEDALEN near Coon Valley

..May 14 @ 2:00 pm - 3:30 pm

Deb Nelson Gourley from Astri My Astri Publishing

..June 17 - Midsommer Fest

..June 22 -- Music in the Valley

FLATBREAD DAY



Flatbread Day, April 22, 2017

It was our 10th annual Flatbread Day. Besides flatbread, we also made sandbakels, rosettes, doughnuts and a kransekake.

We had several people who came, watched and gave it a try.

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

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

Return Service Requested



MAY/JUNE 2017

VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

2017 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 - **Judy Melbostad**, Dale & Sharon Buxengaard, Jackie Parker, Mike Schmidt

JUNE - **Janet Fossum**, Larry Lane, Charles Holland, Georgia Rosendahl

JULY - Meet with Westby in La Crosse -- Westby is in charge of hosting, we bring some food, more info to come

AUGUST - Winona Lodge our guests--**Audrey Almo**, Diane Nerstad, Howard Burtness, Lorraine Hagen

SEPTEMBER - **Karen & Bill Fried**, James Skree, Judy Tollefsrud, Truman Omodt

OCTOBER - **Jill Storlie**, Bonnie & Vance Haugen, Norris & Betty Storlie, and Jim Wilhelmson

NOVEMBER - **Lee Grippen**, Janice Dokken, Rachel Storlie, David Virock

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!

HOMECOMING 2017 IN SPRING GROVE --JUNE 21-25

