



The Valheim Tidende



Volume 20 Issue 1

Spring Grove, MN 55974

Jan/Feb 2018

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2018 is Underway!

January 6th we had our January monthly meeting. Miranda Moen, a Sons of Norway scholarship winner shared her experience as a student at the University of Oslo. We had many visitors and members listening to Miranda's enthusiastic talk about her summer in Norway. It was "Souper Saturday", everyone brought a can of soup which we mixed together. We had two different "Soups of the Day". Officers were in charge of bringing sandwiches and other treats.

In February we will hear from Tim Kindseth, who spent this last year processing and cataloging a collection of 2,000 portraits of notable Norwegians and Norwegian Americans at Vesterheim Museum in Decorah. We will be meeting at Giants of the Earth Heritage Center at 11:00 a.m. Saturday, February 10th. Lunch servers are Geneva Tweeten, JC & Darla Nerstad, Linda Nerstad Kemp

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

2018 Sons of Norway Meeting Dates MARK THESE DATES ON YOUR CALENDARS!!

- Jan. 6th -- **Miranda Moen, SofN Scholarship** - 11:00 a.m.
@ Giants of the Earth Heritage Center
- Feb. 10th -- **Tim Kindseth, Cataloging at Vesterheim**, 11:00a.m.
@ Giants of the Earth Heritage Center
- March 10th -- **Highland Voices** -- a musical program, 11:00 a.m.
@ Giants of the Earth
- April 12th -- **The Vikings at Lindesfarne** (Lanesboro Lodge our Guests) -- 7:00pm
Glenn Borreson, at SG Legion
- May 10th -- **Kubbestols, Carrying on the Tradition** -- Ron, Frieda & Naomi
Nowland 7:00 pm at SG Legion
- June 14th -- **"History Alive" project** -- Dave & Ruth Amundson, 7:00 pm
at SG Legion
- July 12th -- **"The 500 Year Flood** -- Jon Steffes,
Westby Lodge our guests at La Crescent Fire Station
- August 28th -- at **Winona Lodge**
- Sept. 13th-- **Vesterheim Folk Art Tour** --Darlene Fossum-Martin, 7:00pm
at SG Legion
- Oct. 11th-- **Growing up in Norway** -- Katrine Myrah, 7:00pm
at SG Legion
- Nov. 8th-- **Norwegian Civil War Regiment** -- David Glomstad, 7:00pm
at SG Legion
- Dec. 13th--**Christmas Party** TBD

Condolences to...
the family of Genevieve Holty.

Continued Healing Wishes to
Morris Tweeten who has been in the
hospital and out again.



December Meeting
 For our December monthly meeting we gathered at Trinity Lutheran Church in Spring Grove on December 14th. Approximately 25 members were able to attend and enjoy the festive mood with a ham & meatball dinner, some fine fellowship, a white elephant gift exchange, and capped off with music from Audrey Almo and her accordion!
 It was a great way to wrap up another busy year.

JANUARY MEETING

Miranda Moen, a Caledonia graduate was a Sons of Norway Scholarship winner. She spent the summer of 2017 at the University of Oslo studying Norwegian architecture, old and new. She shared her experience with us. She had so much to share.



Loretta introduces Miranda.



Miranda getting ready to share her experience, which included meeting up relatives that she had never met before.



Miranda visiting with Steve and Linda Kemp.



Miranda's parents, grandparents and friends all came to hear what she had been up to in Norway.

It was January, that means our lunch was "Souper Saturday". Everyone brought a can of soup that was put together for everyone to enjoy. Here Judy is helping dish up some soup.



Matlyst Monthly

Cherry Cream Cake

(Kirsebærkremkake)

Recipe for the Cake

- 2 Cups almonds or other nuts
- 2 Cups confectioners' sugar
- 8 Egg whites
- Grind almonds twice, the second time with the confectioners' sugar. The almonds should have the consistency of flour.
- Whip the egg whites until stiff but not dry, and blend with the nuts.
- Divide and spread batter in two greased 9-inch (23 cm) springform pans, and bake at 320 degrees F 25 to 30 minutes.
- Cool slightly in pan before removing to rack to cool completely. Makes two 9-inch layers.



Recipe for the Cherry Cream

- 1/3 Cup whipping cream
- 2 Egg yolks
- 2 Tbsp confectioners' sugar
- 3 1/2 Tbsp chocolate sauce or syrup
- 3 1/2 Tbsp cherry juice

Beat the cream until firm and glossy. Add eggs and confectioners' sugar which have been whipped together until light and fluffy. Stir in the chocolate sauce or syrup, and add cherry juice to taste. Place one cake layer on platter, baked side down, and cover with half of the cream mixture. Add second layer, baked side up, and top with remaining cream. Keep refrigerated until serving time.



The Nineteenth Annual Barnelopet

The Barnelopet will be held **Saturday, February 3rd in Decorah**. This event is co-sponsored by Jon and Mary Hart, Vesterheim Norwegian American Museum in Decorah, Valdres Lodge No. 503 of Decorah, the Heimbygda Lodge No. 376 of Lanesboro, as well as our lodge.

The Barnelopet is a children's noncompetitive ski/walk event, that will take place at the Decorah Community Prairie, registration starting at 9:40 a.m. It is a FREE event but participants must provide their own skis. There are a limited number of children's skis for rent at Decorah Bicycles. For more information contact Vesterheim at 563-382-9681 or go to <http://vesterheim.org/events/annual/barnelopet>. Encourage any child ages 3-13 to participate... everyone is a winner!

2018 Valheim Officer Election & District One Convention

We have yet to vote for our 2018 officers. We have a MAJOR vacancy to fill -- the Treasurer position. Loretta Knutson who has done a wonderful job as our Treasurer for the last ?? unknown number of years, has decided she would like to step down from that position. She will remain Membership coordinator.

If we have ANY volunteers, please let us know. If you have any questions about the position, please feel free to ask Loretta. She says the biggest part of the job is the year end report. We hope to have a full slate of officers to vote on at our February monthly meeting.

Another great opportunity to consider is, June 2018 is the Sons of Norway District One Convention that will be held in Rochester. Lee Grippen is interested in being a delegate. We can send one more delegate, so if you are interested please let me (Karen Fried) or any other officer know. It is a very rewarding event to go to.

Sons of Norway Headquarters is Temporarily Moving

A purchase agreement has been signed and plans are underway for the redevelopment of Sons of Norway's Headquarters. The new multi-use building will be designed with a Nordic flair, and the property developers will welcome Sons of Norway back as an anchor tenant in approximately two years.

In the meantime, headquarters will relocate to temporary offices. Their mailing address and phone numbers will remain the same, but their physical location will be a few miles west from their current Uptown Minneapolis address. If you plan to visit them, as of March 5, 2018, you will find them at:
11100 Bren Road West
Minnetonka, MN 55343

It's all about- Volunteering!!

For the annual report that needs to be turned in every year to Sons of Norway Headquarters, Jill, our secretary needs to know how many hours of volunteer time we have given Sons of Norway. This is a hard thing to determine. We have all baked, driven, attended, etc. many events. Here is a form that breaks each month down. If you could take a few minutes to fill it out and then turn it into Jill Storlie (or mail it to her 20333 Cty 8, Sprng Grove, MN) that would help tremendously! All these events help promote our Norwegian Heritage, which in turn promotes awareness for the future generations. Thank you for all the time you have given Sons of Norway!

Fill in hours, or increments of hours. There may be other events, things that I haven't thought of...please count them!

<p>January</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps-Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL JANUARY</p>	<p>May</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Syttende Mai - Queens Tea ____ Worked at Syttende Mai event ____ Baked items for SM Bake Sale ____ Road in the ship in the SM Parade ____ Got ready for SM event ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL MAY</p>	<p>August</p> <p>____ Board Meeting ____ Monthly Meeting at Winona ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps - Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL AUGUST</p>	<p>November</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL NOVEMBER</p>
<p>February</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Made food -Barnelopet ____ Attended Barnelopet ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL FEBRUARY</p>	<p>June</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL JUNE</p>	<p>September</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL SEPT.</p>	<p>December</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Prepared food for Norwegian Bake Sale ____ Worked at Norwegian Bake Sale ____ Other _____</p> <p>____ TOTAL DECEMBER</p>
<p>March</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL MARCH</p>	<p>July</p> <p>____ Board Meeting ____ Monthly Meeting ____ Helped serve food at our joint mtg with Westby in LaCrosse ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Cut out stamps - Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL JULY</p>	<p>October</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Prepared food for Uff Da Fest Bake Sale ____ Worked at Uff Da FEst Bake Sale ____ Cut out stamps-Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL OCTOBER</p>	<p>TOTAL HOURS</p> <p>Name: _____</p> <p>_____</p> <p>_____</p> <p>Date: _____</p> <p>_____</p>
<p>April</p> <p>____ Board Meeting ____ Monthly Meeting ____ Officer Duties ____ Prepared food for Board &/or Monthly Mtg ____ Attended "Flatbread" Day ____ Prepared for "Flatbread Day" ____ Cut out stamps -Tubfrim ____ Book Club ____ Other _____</p> <p>____ TOTAL APRIL</p>			

New Sons of Norway Dues Structure For 2018

	Intl.	Dist.	Local	Annual	Monthly
Individual					
Regular	\$32	\$14	\$14	\$60	\$5
Golden	\$16	\$14	\$12	\$42	\$3.50
Lifetime	0	0	0	0	0
Family					
Regular	\$42	\$25	\$28	\$95	\$8
Both Golden	\$21	\$25	\$14	\$60	\$5
One Golden/One Regular	\$32	\$25	\$21	\$78	\$6.50
One Golden/One Lifetime	\$16	\$14	\$12	\$42	\$3.50
One Regular/One Lifetime	\$32	\$14	\$14	\$60	\$5
Both Lifetime	0	0	0	0	0

Have dues Questions? Contact Sons of Norway

An easy way for members to information about the 2018 simplified dues structure is to submit questions to this dedicated email address: 2018dues@sofn.com. Staff will respond to inquiries in a timely manner. Or, feel free to call them at 800-945-8851. Information, including dues charts, is also available online at www.sonsofnorway.com in the Member Resources section.

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

Stovner Tower

Want to follow the path of the birds for an incredible view of Norway's capital? You're in luck. On Oct. 12, the district of Stovner in northeastern Oslo welcomed a new attraction: the Stovner Tower. As you meander along the 260-meter-long circling walkway, you'll gradually climb 15 meters up in the air where you'll find yourself walking among the treetops.

The design of the tower—called Stovnertårnet in Norwegian—was inspired by a bird's flight into the sky. Along the pathway to the top, there are several plateaus representing birds' nests where you can sit with your friends, relax, and enjoy the view. And what a view it is! In addition to a great perspective overlooking the trees and hills of the Grorud Valley, the view stretches all the way to the Oslo Fjord.

The posts that support the structure also serve as bird-houses for local species like the common swift, a type of bird that thrives as part of a flock. The walkway is accessible for disabled visitors and is also lined with railings more than a meter high, ensuring a safe and enjoyable experience for all. In the evening, the Stovner Tower comes to life in a whole new manner with captivating lights that serve to both emphasize its interweaving path and keep everyone safe.

The tower is near the Stovner shopping center by the Fossumberget mountain and can be easily reached from Oslo's city center in just about 30 minutes by taking metro No. 5 to the Stovner stop. Even better is that the experience is free and open all day year-round.



Photo: Jiri Havran / courtesy of Stovnertårnet
The Stovner Tower is open year-round, both day and night.

"Stovner and Holmenkollen both have spectacular views of the city," says Head of the District Committee Rashid Nawaz to Vårt Oslo. "Through the tower we're clarifying this for the whole capital and creating a local attraction that I hope brings children, the elderly, and all curious people to Stovner to see how wonderful it is here."

The creative force behind the tower is the landscape architects at LINK Arkitektur, an architecture firm known for combining modern architecture with natural landscapes. It was built in collaboration with the District of Stovner and the Municipality of Oslo's Agency for Urban Environment, and funding was provided by the city's Groruddalen project and the Agency for Urban Development.

The Groruddalen project is meant to contribute to improved services and local environments with the ultimate goal that residents will become more economically independent and participate more actively in their community. The project was first started in 2007 and has been

extended to 2026.

"The Groruddalen project has led to a transformation of the Stovner city center area. Together with Fossumparken in front of Stovner Senter and Jesperudjordet activity park, the Stovner Tower provides new and exciting opportunities for urban outdoor life," says Councilor for Urban Development Hanna E. Marcussen, who was present at the official opening of the tower, to Vårt Oslo.

If you're looking to see Oslo from a new angle, Stovner Tower may be just the right attraction for you.

Activities

January/ February

Gratulerer med dagen!

Bok Forening (Book Club)

Bok Forening (book club) meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library.

For January everyone was invited to read any book(s) about the Amish.

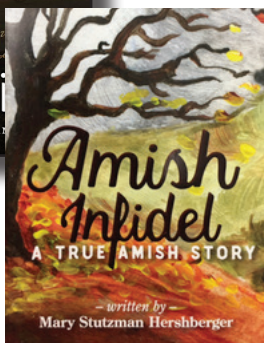
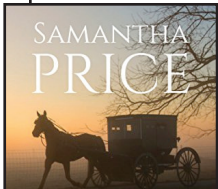
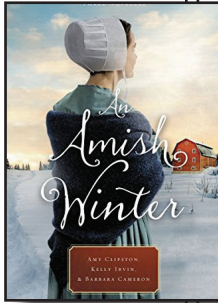
Besides discussing these books, a DVD was shown about the Amish way of life.

Tying in with this, on Thursday, January 18, Mary Hersberger, author of

"Amish Infidel" was at the Spring Grove Public Library at 7:00 pm.

In February, the Amish discussion will continue. So keep reading books about the Amish.

Contact Geneva Tweeten if you have any questions.



	1	2	3	4	5 Audrey Almo	
	8	9 Linda Nerstad Kemp	10 Board Meeting 4:00 @ Giants	11	12	13
4	15 Martin Luther King Day	16 Book Club	17	18	19 Loretta Knutson	20
21	22	23	24	25	26	27
28	29	30	31 Board Meeting 4:00 @ Giants	1 February	2	3 Ground Hog's Day
4	5	6	7	8	9	10 Sons of Norway Mtg 11 a.m. @ Giants
11	12 Teresa Fossum Vernon	13	14 ♥	15	16	17
18	19 President Day	20 Book Club	21	22	23	24 Truman Omodt
25	26	27	28			

Special Birthday

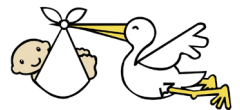
Wishes to:

Beulah Onstad....turned 90, December 29th.

Loretta Knutson turned 80 January 19



Judy Melbostad and Janet Fossum are anxiously awaiting the births of Great-Grandchildren.....



Vesterheim Classes

Decorah, IA www.vesterheim.org

Beginning Rosemaling

January 20, 27, & Feb. 3, 10 with Shirley Evenstad in Minneapolis

Whittling Klubb for Kids—Session I

January 10,17,24,31 & February 7,14 2018 with Rebecca Hanna

Scandinavian Style Flat Plane Figure Carving

February 2-4 with Harley Refsal

Norsk Skole - Norwegian School

February 7, 14, 21, 28 March 7,14
Luther College Nordic Studies Program

Shrinkbox with Scandinavian Chip Carving and Painting

February 24-28, 2018 with Jögge Sundqvist

Kuksa Carving: Traditional Scandinavian Drinking Cup

February 26-28, 2018 with Alexander Yerks

Kuksa Carving: Traditional Scandinavian Drinking Cup

March 2-4, 2018 with Alexander Yerks

Exploring Your Heritage: A Writing Sampler Weekend

March 2-4, 2018 (Fri. 6:00-8:30, Sat. & Sun. 9:00-5:00) with Kathleen Ernst

Beginner Scandinavian Folk Music

March 9-11 2018 (Fri. 6:00-9:00, Sat. & Sun. 9:00-4:00) with Vidar Skrede

Annual NORWEGIAN Bake SALE

It was a gorgeous Saturday for our annual Norwegian Bake Sale that we held on December 16 at Giants of the Earth Heritage Center.

THANK YOU TO ALL OF OUR LODGE MEMBERS

who brought goods or made a donation, those who worked at the bake sale, and everyone who purchased items.

This is one of our main fundraisers for the year. We had a grant from Thrivent which helped pay for the advertising as well as the lefse. We took in almost \$1000!

Thanks to all for making it a successful event!



Janet serving rommegrot with a smile and a little butter!



Lee with his daughter Rachel >

Lee with Audrey

v

v



And there is always time to sit and enjoy some coffee with friends at Christmas time.



Fun People!
Lara, Willy, Bekah & Rachel



SG Class of 1949 --
Georgia and Tilford



Lee making
Heart Waffles!



Loretta waiting to add up the customers' purchases.



Anastasia brings her daughter in for her first SofN Bake Sale.



Audrey and her wonderful Accordion. We are so very lucky for all the talents that Audrey shares with us.



Karen rolling out some lefse



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.



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
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Return Service Requested



Jan/Feb 2018

Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, Minnesota 55974

2018 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 between 20-30 people at a meeting. Servers are responsible for bringing food, making coffee, setting up, serving, clean up, etc.

January 6 - Souper Saturday - all families bring a can of soup, officers serve

February 10 - Saturday - Geneva Tweeten, JC & Darla Nerstad, Linda Nerstad Kemp

March 10 - Saturday - Jill Storlie, Thomas Trehus, Sibyl Floyd, Judy Fruechte

April 12 - Lanesboro here - L & L Knutson, Jackie Parker, Howard Johnsrud, Laura Thorson

May 11 - Judy Melbostad, Dale & Sharon Buxengard, Howard Burtness

June 14 - Janet Fossum, Larry Lane, Georgia Rosendahl, Mike Schmidt

July 12 - With Westby in La Crescent Fire Hall - Audrey Almo, Diane Nerstad, Karen & Bill Fried, Jim & Karen Gray, Robert Newhouse

August 9 - Meet with Winona Lodge, in Winona

September 13 - Lorraine Hagen, Bonnie & Vance Haugen,
Jim Wilhelmson, Judy Tollefsrud

October 11 - Lee Grippen, Norris & Betty Storlie, Janice
Dokken, James Skree

November 8 - Rachel Storlie, David Verock, Adele Twite,
Truman Omodt

December 13 - Christmas Party TBD

