



The Valheim Tidende



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May/June 2018

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SPRING!!!

After a long, cold, brown winter and late April snow storms, it seems spring has finally arrived! 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 **May Monthly Meeting** will be **May 10th** at Giants of the Earth Heritage Center, **7:00 pm**. The program will feature "The Tradition Continues" which tells the story of Tarkjel Landsverk, an immigrant from Telemark in Norway who was, among other things, a kubbestol carver. His son Halvor learned from his father and carved 325 kubbestols. Many descendants of Tarkjel have become wood carvers. Last summer two of his great grandchildren and a great-great grandchild took kubbestol carving classes at Vesterheim. Come to learn if the talent is there in the fifth generation.....Velkommen!. All interested folks are welcome to join Sons of Norway for the program.



2018 Officers

- President
Karen Fried
- Vice Pres.
Thomas Trehus
- Secretary
Jillelyn Stolie
- Treasurer
- 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
Karen & Jim Gray
- Sports Director
Linda Nerstad-Kemp

Syttende Mai Barnetoget

To celebrate Syttende Mai, there will be a Barnetoget (children's parade) on Thursday, May 17. PreK - 6 graders will start at the school and walk to Viking Memorial Park (by Trinity church) wearing lots of red and waving flags. At the park WE (Sons of Norway) will be serving varmpolser. If you can be at the park on Thursday to help serve the students that would be 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 Royalty Tea, May 12th:

In conjunction with Syttende Mai and Giants of the Earth, Valheim Lodge will help out with a Saturday morning tea for the Syttende Mai royalty candidates for 2018. 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 Storie is heading this up, and if you would like to help out on Saturday, May 12th, please contact Jill.

Syttende Mai, Saturday, May 19th:

We will be hosting our annual Norwegian **bake sale and demonstrations**. Our hours will be from 9:00 - 11:00 a.m. and then after the parade until 3:00. We invite everyone to bring baked goods by 8:15 am to the American Legion on that Saturday (May 19). 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 or Lee Grippen know. And of course, we will be looking for people to ride in the boat in the **parade**. The parade is at Noon, and we hopefully will be loading the boat north of the Legion between 11:15 - 11:30. Something new this year....a quintet of musicians riding with us in the boat....so we will have lots of music!! It's always more fun with a boat load!

CONGRATULATIONS LEE!



Congratulations

to 50 year Valheim Lodge member Lee Grippen. On March 16th he received the Order of St.Olav medal presented by the Norwegian Counsel General of the Norwegian Consulate in Minneapolis. The medal is in recognition of "outstanding services rendered in connection with the spreading of information about Norway abroad and for strengthening the bonds between expatriate Norwegians and the home country." There were TWO receptions to celebrate this auspicious event! Lee is always an ambassador of anything Norwegian! From volunteering his time at events to putting up posters for the next events. Keep up the good work!



Eivind Heiberg

MARCH



The Highland Voices entertained us at our March, Saturday morning meeting. Afterwards we enjoyed a delicious lunch and lots of visiting

APRIL MEETING



The Valheim Sons of Norway met on Thursday April 12th at Giants of the Earth Heritage Center. The Lanesboro Sons of Norway members were guests at the meeting.



Pastor Glenn Borreson presented information on the Lindisfarne 9/11 moment or a 793 AD attack that changed the world.

Borreson said that some dates are fixed in our memories and that was such a day the Vikings or Northmen as they were called violently attacked a Christian monastery off the northeast coast of England or Nuthumbria as it was called then. The presentation explored the impact and the reasons it was a world changer, both for the Vikings themselves and for the people and place they plundered and beyond.



Matlyst Monthly Cardamom Ring Cake

For the Cake

- 3 Packets active dry yeast
- ¾ Cup tepid milk
- 3 Eggs (1 for brushing the cake)
- 4 Cups all-purpose flour
- 3 ½ Tbsp. sugar
- ½ Tbsp. salt
- 1 Tbsp. cardamom
- 11 Tbsp. butter
- 4 Tbsp. raisins
- 4 Tbsp. candied citron
- 4 Tbsp. chopped almonds



For the Filling

- 9 Tbsp. butter
- 4 ½ Tbsp. sugar

Step 1

Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2

Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3

Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Set side covered in a cool space.



Step 4

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34 inch long ribbon.

Step 5

Spread this filling all over the roll. Sprinkle with raisins and chopped, candied citron, and chopped almonds for extra taste, if desired.

Step 6

Roll together and form into a twist on a baking sheet, put away to rise once again. Brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400-450 degrees F).

THANK YOU!

A big THANK YOU to the family of Kati Peterson. They donated to Sons of Norway several containers of paper products (paper plates, napkins, cups, etc) and a box of books. We will think of Kati each time we dig into the bins and use any of the paper products. The following is a list of the books that were donated, and if anyone is interested, they can be borrowed. Just contact Georgia Rosendahl (498-3318 or rosefarm@springgrove.coop) to make arrangements.

BOOKS THAT THE FAMILY OF KATIE PETERSON DONATED TO SONS OF NORWAY

1. Happy Times in Norway – Sigrud Undset (1942)
2. Kings of Norway by Anders Kvale Rue (2006)
3. Astri My Astri – (2005)
4. Halvor – Peer Stromme (1960)
5. Norwegian Made Nice and Easy (2001)
6. Norwegian-American Essays – Øyvind Gullicksen (2011)
7. A Saloonkeeper's Daughter – translated by Gerald Thorson – (edited with an introduction by Orm Overland (2002)
8. Silent Patriot – Astrid Karlan Scott (2004)
9. Nordmaenden I Amerika by Knud Langland (2012)
10. Tuss og Troll – Vol I (2012)
11. History of the Norwegian Settlements – Hjalmar Ruud Holand (2006)



Happy Syttende Mai

Valdres 503 Sons of Norway will celebrate Syttende Mai, at their annual Syttende Mai dinner on THURSDAY, May 17th in the scenic Peace Dining Room of Luther College, Decorah. There will be the traditional menu of Norwegian Meatballs and gravy, mashed potatoes, lefse, salad, and vegetables with dessert of rømmegrøt and cookies. Cost is \$15 per person and paid reservations should be sent to Jean Iverson, 107 Meadow View Drive, Decorah, IA 52101 by May 10. Make checks payable to Sons of Norway. Glenn Borreson will present a program on a Viking raid that changed the world. Members, guests and the interested public are invited to attend.

Norwegian Ridge LANGUAGE & CULTURE CAMP



2018

Ages 10 and older, JUNE 4-8, 8:30-5:15pm

Ages 5-9, JUNE 11-15, 8:30-2:30pm

MONEY BACK!!!

If you, a member of Valheim Lodge, has a child, grandchild or great grandchild (age 18 and under) attending Norwegian Ridge Language and Culture Camp this year, you are eligible for a \$50 or \$75 rebate. Simply get a copy of the receipt of the paid registration for Camp and turn it into Loretta by May 17, 2018. (After that date, absolutely no rebates will be given out)

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.

HURRAY, IT'S THE 17TH OF MAY!

As the nation's most celebrated holiday, Syttende Mai honors the anniversary of the signing of the country's constitution in 1814. Over time the day and what it represents to the people of Norway has evolved greatly. Historically, May 17 stood as a day of politics involving speeches and rallies; today it is filled with national pride, festivities and tradition.



Each year, thousands of people in Norway—and around the world—take part in waving Norwegian flags, marching in city parades and professing their love of Norway. Many of today's festivities are centered on music, food, children and graduating high school students. The largest parade takes place in Oslo and consists of more than 75 schools and marching bands, and is even attended by the Royal Family. For more facts about Syttende Mai and details on how the day is celebrated, check out the Sons of Norway blog at https://www.sofn.com/blog/2017/05/16/148/syttende_mai_10_fun_facts.

Also, while you're celebrating with family, friends or your lodge, remember to take lots of photographs. The Viking magazine's District Happenings Section is the perfect place to showcase your Norwegian celebrations. For information on how to take and submit photos for consideration in the Viking magazine District Happenings Section, check out the updated Viking Photo Guide found in the Member Resources section of the website: https://www.sofn.com/_asset/wj4q66/District-Pages-Photo-Guide.pdf.

NORWAY TAKES ROADSIDE STOPS TO A NEW LEVEL

Natural wonders are being amplified by art, design and architecture on selected roads in Norway. Several Norwegian architects have transformed average resting areas and parking lots into magnificent, must-visit attractions. The scenic route covers 1,336 miles across western Norway, and has taken two decades to complete.

Ureddplassen, one of the most popular attractions, is a wave-shaped bathroom facility that overlooks the open sea. With a wide terrace and sitting area, this rest stop has become a popular spot for locals and visitors to view the northern lights. It is also a memorial to those who died when the submarine "Uredd" hit a mine in World War II.



The Stegastein viewpoint, Steilneset Memorial and Selvika Bay are only a few among a dozen other off-road attractions that have helped boost tourism in the more remote corners of Norway.

To learn more about Norway's scenic routes, visit <https://www.visitnorway.com/plan-your-trip/travel-tips-a-z/norwegian-scenic-routes/>.



Sons of Norway's International Headquarters is now physically located at 11100 Bren Rd W, Minnetonka, MN, 55343. Any overnight packages should be sent to this address. A map and directions may be found online at www.sonsofnorway.com. Please note: Our regular mailing address and phone numbers remain the same: 1455 W Lake St, Minneapolis, MN, 55408; 800-945-8851 or 612-827-3611.

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

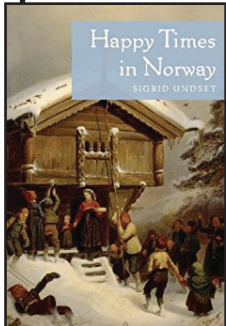
The Valheim Tidende is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.



Bok Forening

(Book Club)

In May Book Club will be discussing "Happy Times in Norway" by Sigrid Undset. Undset shares her own blissful home life before her nation fell to the Nazi occupation. Captured here



is the excitement of a Norwegian Christmas, the Seventeenth of May, and summer in the idyllic mountains, as well as the chaotic adventure of raising two energetic boys. With vivid detail and illuminating descriptions of the landscape, Happy Times in Norway is infused with the wish that those cherished days could come again.

In May Book Club will be meeting at the Assisted Living at 2:00 p.m. on May 15. They welcome all to join. Contact Geneva Tweeten if you would like more information.

May/June		2	3	4	5	
6	7 Mike Schmidt Richard Storlie	8	9	10 Monthly Mtg 7pm @ Giants	11	12 Jacki Parker Janet Fossum Queen's Tea @ Giants 8:30-11:00
13	14	15 Book Club	16	17 Barnetoget 1:30-3:00	18	19 Bake Sale 9-11 & 1-3
20	21 Howard Johnsrud	22	23 Lorraine Solum	24	25	26
27	28 Memorial Day	29	30	31 Board Meeting 4:00 @ Giants	JUNE	
3	4	5	7 Lorraine Hagen	8 Monthly Meeting 7:00 p.m.	9	10 Isaac Nerstad Judy Melbostad
Language Camp 10 & older						
11	12	13	14	15	16	17 K.Fried
Language Camp 5-9 year olds						
18	19 Karen Gray	20 Book Club	21	22 Loren Indahl	23	24
25	26	27	28	29	30	31

Gratulerer med dagen!

VESTERHEIM CLASSES

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

Upcoming Classes:

- American Rogaland Rosemaling**
June 7-10, 2018 with Ruth Green
- Acanthus Woodcarving—Beginning and Intermediate**
June 4-8, 2018 with Steve Speltz
- Carving Incised Lettering for Signs**
June 7-10, 2018 with Jock Holmen
- Learn How to Make Your Own Metal Sculptures**
June 9-10, 2018 with Kelly Ludeking
- Acanthus Woodcarving—Intermediate to Advanced**
June 11-15, 2018 with Steve Speltz
- Constructing the Bentwood Box From Start to Finish**
June 25-28, 2018 with Hal Bitzer Acanthus
- Beginning Weaving II**
June 27-July 1, 2018 with Laura Demuth
- Introduction to Iconography**
July 9-12, 2018 with Randi Sider-Rose
- Kroting Revival**
July 18-20, 2018 (Wed. 2:00-5:00, Thurs. & Fri. 9:00-5:00) with Astrid Fisher
- Rosemaling in the Gudbrandsdal Style**
July 21-25, 2018 with Andrea Herkert
- Crafting the Norwegian Tollekniv**
July 21-25, 2018 with Gene Tokheim
- Fun with Os Rosemaling**
July 21-25, 2018 with Nancy Schmidt

NORSKEDALEN

near Coon Valley

- ..June 16 - Midsommer Fest
- ..July 8 -- Music in the Valley
- ..Music in the Valley -- Wednesdays June 20 - August 8

Welcome new members:

Loren & Marsha (Dowe) Indahl
152 2nd St NW
Spring Grove

FLATBREAD DAY



Rosettes



krumkake



heart waffles



flatbread



sandbakkef



kransekake



Flatbread Day, April 21, 2018

It was our 11th annual Flatbread Day. Besides flatbread, we also made sandbakels, rosettes, krumkake, heart waffles 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
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Return Service Requested



May/June 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 and clean up.

May 11 - Georgia Rosendahl, Dale & Sharon Buxengard, Howard Burtness

June 14 - Janet Fossum, Larry Lane, Judy Melbostad, Mike Schmidt

July 12 - With Westby in La Crescent at Fire Hall - Audrey Almo, Diane Nerstad, Howard Johnsrud, 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, Betty Storlie, Janice Dokken, James Skree

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

December 13 - Christmas Party TBD



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!

