



# THE VALHEIM TIDENDE



Volume 20 Issue 6

Spring Grove, MN 55974

Nov/Dec 2018

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valheimlodge

## Upcoming Valheim Events.....

### December Christmas Party and BAKE SALE!

We hope you ALL will be able to join us.

**Thursday, December 13** Join us at Giants of the Earth Heritage Center at 5:00 pm with a social half hour. (You are welcome to bring Christmas "spirits".) Gather together to visit before our meal which will be buffet style at 5:30. The meal will be potatoes, meatballs, chicken, a vegetable, lefse, rommegrøt, dessert, coffee, milk, water. This is a **FREE** meal to Valheim Lodge

members!!! Many of you signed up at our November meeting, but if you have not, please call Karen Fried (498-5611) and leave a message that you are planning on attending. You are welcome to bring guests. The cost of the meal for guests will be \$10 per person which can be paid when they arrive, but please let Karen know ahead of time if you are bringing any so we can plan total number of meals. After we have had enough to eat we will be doing a White Elephant gift exchange. This means everyone needs to bring a wrapped gift -- it can be nice, not so nice, or funny. After the gift exchange we will have a sing along while Audrey Almo and her accordion. It should be a very relaxing and enjoyable evening. God Jul!



## 2018 Officers

President

Karen Fried

Vice Pres.

Thomas Trehus

Secretary

Jillelyn Stolie

Treasurers

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

Karen & Jim Gray

Sports Director

Linda Nerstad-Kemp

## Saturday, December 15

### Norwegian Bake Sale at GIANTS OF THE EARTH HERITAGE CENTER.

This is our MAIN FUNDRAISER for the year. All members are asked to bring Norwegian baked goods, or other baked goods such as breads, pies, etc. If you are unable to donate baked goods, we ask that a cash donation be made to the lodge (these can be given or sent to Loretta Knutson, 20096 State Hwy 76, Caledonia, MN 55921)

Please have your baked items to Giants by 8:30 a.m., packaged and priced. Or you can drop them off on Friday until 4:30 pm, Stacy or Violet (Giants employees) will be there to help you. Suggested bake sale prices are on page 5.

Also, if you have any other items that you would like to sell, please bring them. If you just want a portion of the money to go to Valheim, just let Loretta know. We are thinking even "lightly used" Norwegian Christmas decorations or other Norwegian items. (if these items do not sell, we will get them back to you). Please price your items.



# KAFFE FEST/BAKE SALE

Thanks to everyone who made our second Kaffe Fest super fun and successful! Thanks to everyone who contributed food items; and a special thank you to Lee, Sibyl, Audrey, Georgia, Judy, Janet, Thomas, Rachel, Karen and anyone else who helped out that day. We took in over \$500! The building was alive with music, people visiting drinking Carlson Coffee from Houston (some made the "egg coffee" way), and enjoying fantastic baked goods. We had a special guest from Norway, Inger Lien who is a Norsk-American Song Researcher. She sang for everyone at different times during the event.



Rachel Storlie introducing Inger Lien



Tables of people enjoying coffee, baked goods and visiting



Janet Fossum dishing up some rommegrot for Frieda Nowland



Loretta and Judy sharing a story or two.



Audrey and her accordion surrounded by the Syttende Mai Royalty. Ashton, Maria, Rhianon and Izabel



Georgia making the coffee and open faced sandwiches in the kitchen



(above) Judy on the ready to refill the plates of goodness



# MAUD RETURNS TO NORWAY

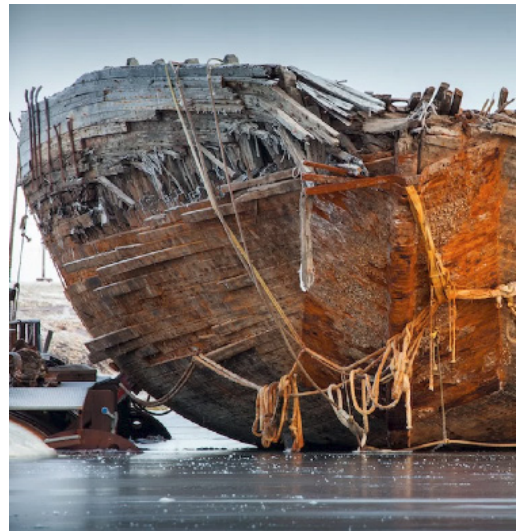
After more than a century abroad and 85 years at the bottom of the sea, Roald Amundsen's expedition ship Maud has finally returned to Norway.

Maud was built in 1917 for Amundsen's second expedition to the Arctic and set sail from Vollen in Asker, Norway, the following year. The ship was intended to be a floating scientific research station to collect data across the North Pole. Unfortunately, numerous conflicts complicated the mission, and the Norwegian explorer was forced to sell the ship in 1925 to the Canadian Hudson Bay Company. Maud was then docked in Cambridge Bay, Canada, and used as a radio station and storage unit until she sank in 1931.

Several plans to retrieve Maud from the Canadian seafloor were started, but all fell flat. It wasn't until 2011 when real estate company Tandberg Eiendom finally found success, and was able to help Maud reach surface in 2016. The journey home then took an additional two years, being towed by tugboat around Greenland and through the Atlantic Ocean, and was complete in August of 2018.

Maud now sits almost exactly where she was launched more than

100 years ago in Vollen, Norway. A museum will feature the ship's remains and share her remarkable story while above and below sea level. Amundsen's two other ships, the Gjoa and Fram are currently housed at the Norwegian Maritime Museum in Oslo.



## *All are Invited to the* **LUREN SINGERS CHRISTMAS CONCERT** *"My God and King"*



**Sunday, December 9 3:00 pm**  
**TRINITY LUTHERAN CHURCH**  
**203 E. Main St. | Spring Grove, MN**

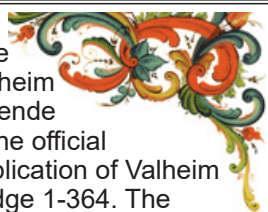
For the first time in 150 years, the Luren Singers will present their Christmas Concert at Trinity on Sunday, December 9 at 3:00 p.m. Featured soloist this year is Rachel Storlie. Luren, the Oldest Norwegian-American Male Chorus in the World, is conducted by Dr. David Judisch. Spring Grove area members of Luren are Dan Alstad, Ken Anderson, Fred Arnold, Fordyce Brevig, Bill Fried, Eric Frydenlund, Jim Gray, Paul Gray, Kim Kapplinger, Brent Newgaard, David Storlie, and Stewart Storlie. The audience will have the opportunity to participate with two songs, "Jeg er så glad" and "Her kommer dine arme små."

Free Will Offering to Houston County Food Shelf and Houston County Care and Share.

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.



**Saturday, December 15, 2018**

Velkommen til  
*Juletrefest*  
at GIANTS OF THE EARTH HERITAGE CENTER

*You and your family are invited for some fun for kids and adults. Light refreshments will be served.*



**Come anytime! For Young & Old!**

2:00-4:00 Creating traditional Norwegian tree decorations.

Chain links, woven hearts, stars and Christmas ornament painting

4:00-4:30 Caroling around the tree and a visit from the Jule Nisse  
**Free Will Donation**



**KRINGLE**

Add your own Christmas twist to this Old Norse inspired cookie. *Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN*

**Ingredients:**

- 1 cup sugar
- 1/2 cup melted butter
- 1 cup buttermilk
- 1 tsp baking soda (added to the buttermilk)
- 1 large egg
- 1/2 tsp salt
- 1/2 tsp ground cardamom
- 3 cups flour (may take more)

**Directions:**

In a mixer, add sugar, melted butter, egg, salt, cardamom and the buttermilk mixture (that includes the baking soda). Mix together well and then add the flour, 1/2 cup at a time until the dough becomes stiff. (It will still be a little slack, slightly looser than a sugar cookie dough.) Cover with plastic wrap and refrigerate overnight.

The next morning pre-heat the oven to 350 degrees and remove the dough from the refrigerator. On a floured board roll out approximately 1 1/2 tbsps of dough into ropes that are approximately 6-8 inches in length. Dipping your finger in water lightly, wet both ends of the rope and seal together to make a ring or circle. Give the ring one twist to form a figure eight and place on a parchment lined baking sheet, leaving approximately 1/2 inch between each one to allow for the rise while baking (they will double in size). Bake for 20 to 25 minutes or until just starting to brown. Remove and let cool before enjoying.

*Find more of Christopher's recipes on his blog, Pumpnickel & Rye*



# Norwegian Table Prayer

The Norwegian table prayer has a long history in the Norwegian home. When the family gathers around the table, it is said before each meal. It can be spoken or sung. It also has a heartfelt place in Norwegian gatherings around the world. At Norwegian clubs, dinners, and special events you will find it said with reverence of history and heritage.

You may see a few different English translations for the Norwegian table prayer. Translators vary between being strictly literal or trying to put their own poetic spin on the phrasing. They all mean the same thing.

In Jesus' name to the table we go  
 To eat and drink according to his word.  
 To God the honor, us the gain,  
 So we have food in Jesus' name.  
 Amen.

Here is a link to hear the Norwegian words pronounced:

<https://www.youtube.com/watch?v=WKsSnwFUfPk&feature=youtu.be>



I Jesu navn  
 går vi til bords  
 Og spiser, drikker på ditt ord  
 Deg, Gud, til ære, oss til gagn  
 Så får vi mat  
 i Jesu navn.  
 Amen.

## Our Sympathies

To the Lawrence Knutson family.  
 Lawrence's brother, Stan Knutson of  
 Rushford, passed on November 14, 2018.

## Healing wishes

To Marland Bjerke

## Suggested Price List For December Bake Sale

<b>Almond Cake</b>	\$4 half cake	<b>Pie, Fruit</b>	\$7
	\$8 full cake	<b>Pie, Pecan</b>	\$8
<b>Doughnuts</b>	\$6/dozen	<b>Pizzels</b>	\$4/dozen
<b>Fattigman</b>	\$4/dozen	<b>Rommegrot</b>	\$2 cup
<b>Flat Bread (pkg)</b>	\$5 (2 "rounds")		\$4 pint
<b>Fruit Cake/Julekake</b>	\$5	<b>Rommegrot Bars</b>	\$4/dozen
<b>Fudge</b>	\$2 (half dozen pieces)	<b>Rosettes</b>	\$8/dozen
<b>Goro</b>	\$8	<b>Sanbakkels</b>	\$8/dozen
<b>Kringle</b>	\$5/dozen	<b>Sweet Breads</b>	\$3 (small)
<b>Krumkake</b>	\$8/dozen		\$4 (average)
<b>Lefse</b>	\$5 (2/pkg)		\$5 (large)
<b>Norwegian Cookies</b>	\$4/dozen	<b>Sweet Soup</b>	\$3 cup
			\$6 pint

### Sons of Norway Mission Statement

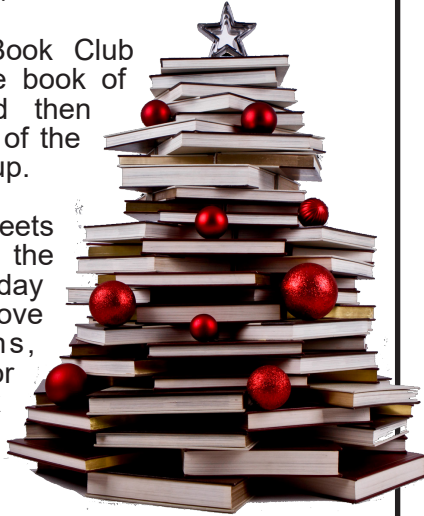
The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

# Book Forening

(Book Club)

For December Book Club you can read the book of your choice and then share a synopsis of the book with the group.

Book Club meets at 2:00 on the third Tuesday at Spring Grove Communications, room 103. For more info on book club, feel free to contact Geneva Tweeten.



## Houston County Historical Society






### ANNUAL CHRISTMAS OPEN HOUSE

Saturday, December 8, 11:00 – 3 p.m.  
 Sunday, December 9, 12:00 -3 p.m.

### FREE AND OPEN TO THE PUBLIC.

Music, snowflake kids craft, holiday treats!

The museum is filled with beautiful Christmas displays created by Janene Hosch and Lolita St. Mary. This year the Society is having a celebration of Christmas trees including patriotic, snowball, circus, gold and pink poinsettia, aluminum, feather, twig and many more. Lolita St. Mary is sharing many of her special Christmas collections for the event including her twelve days of Christmas table setting. Enjoy the beautiful Chinese Kimonos that were purchased in the 1920s by Fannie Lapham. George Moe will demonstrate carving and Audrey Almo will play seasonal music on her accordion. There will be a snowflake Christmas craft for children. Holiday treats will be served. All are invited to enjoy this free family oriented event. The displays will be on view until January 15, 2019.

November/December						
<i>Gratulerer med dagen!</i>						
				1 Nerstad	2 Ashley Schwartzhoff	3 Lynn Reniers
4	5	6 Geneva Tweeten	7 Jillelyn Storlie	<div style="border: 1px solid black; padding: 2px;">                     Monthly Meeting 7:00 p.m. @ Giants of the Earth                 </div>		10
<div style="border: 1px solid black; padding: 2px;">                     Veterans Day                 </div>		12 Genevieve Bentley	13 Sharon Buxengaard	14	15 Aiden Fort	16 17
18 BevAnn Brevig	19	<div style="border: 1px solid black; padding: 2px;">                     Book Club                 </div>		21 Devon Nerstad	 23 Vernon Roble	24
25	26	27 Bonnie Haugen	28	<div style="border: 1px solid black; padding: 2px;">                     Board Meeting 4:00 @ Giants                 </div>		30 December
2	3 David Virock	4 Lawrence Knutson	5	6	7	8
9	10	11	12 Betty Storlie	<div style="border: 1px solid black; padding: 2px;">                     Christmas Party @GIANTS of the EARTH 5:00 Happy 1/2 Hr; 5:30 Meal                 </div>		4 <div style="border: 1px solid black; padding: 2px;">                     Bake Sale                 </div>
16 Kinley Meiners	17	<div style="border: 1px solid black; padding: 2px;">                     Book Club                 </div>		19	20 Gunnar Tolleson	21 22
23	24 Izaak Morken	25 	26	27 Georgia Rosendahl	28	29 Beulah Onstad
30	31					



## Special Exhibits@ Vesterheim in Decorah

### Rocks and Hard Places:

Emigration Through the Lens of Knud Knudsen  
 September 23, 2017 - December 31, 2018

### National Norwegian-American Folk Art Exhibition

On view June 21 - July 27, 2019

### Christian Midjo: Choose Your Own Artventure

August 25, 2018 - April 21, 2019



# OCTOBER & NOVEMBER MEETINGS

In October Katherine Myrah shared her memories of growing up in Norway.

In November Lise Furuseth, a former exchange student of Lee Grip-pens, told us about the schools that she and her husband run in Norway. She also made ALL the food. Mange Takk Lise!



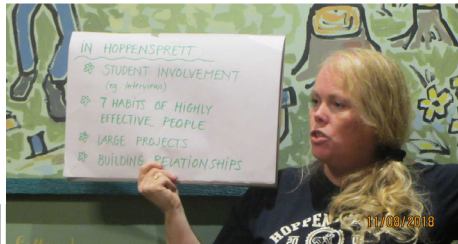
(above) Business meeting before the program.  
(below) Katherine Myrah tells us about growing up in Norway



Janice and Sibyl getting the lunch ready



Lise and her daughter brought sandwiches for the October meeting



(above) Lise tells about the schools that her family run in Norway, as well as many interesting facts about Norway today



In November, besides doing the program, Lise and her daughters brought all the food which included open-face sandwiches, blotkake, and Kvæfjordkake!

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

## Return Service Requested



Nov/Dec 2018

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



### Have your Friends JOIN SONS OF NORWAY!

Dues are just \$5 per month, \$60 billed annually for a full year of individual membership. Your first issue of Viking magazine and new member welcome kit including your official member credentials will be on the way shortly.

Contact Loretta Knutson OR go to <https://bit.ly/2PdrXC3>

## MEETINGS

**THURSDAY, DECEMBER 13th- Christmas Party, 5:00** --- Buffet meal at Giants of the Earth Heritage Center. Menu: potatoes, ham, chicken, vegetable, lefse, rommegrøt, dessert, coffee, milk, water. Cost: FREE to Valheim Members, \$10/ person for non members. Please let Karen Fried know (498-5611) number attending.

**January 12** - 11:00 a.m at Giants

Souper Saturday - everyone bring a can of soup. Officers in charge of serving

### Monthly Meetings:

- Lodge meetings are held at the Spring Grove American Legion.
- April, May, June, July, August, 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!

