



The Valheim Tidende



Volume 20 Issue 5

Spring Grove, MN 55974

Sept/Oct 2018

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Rain Rain Go Away!

What a GREEN summer we have had. Lots of rain, warmth and some sunshine. The corn has grown tall, even if it had a hard time getting planted. (remember the snow in April? and the cool spring?) And now, fall is upon us. The days get cooler and shorter. Will the rain show up as lot of snow this winter? Time will tell.

Upcoming Events:

Thursday, September 13 Regular Monthly Meeting-- 7:00 pm at Giants of the Earth Heritage Center, 163 West Main St, Spring Grove

Program: Darlene Fossum-Martin "Folk Art Tour in Norway" Darlene (daughter of Janet Fossum) will share stories of her many Folk Art Tours to Norway with Vesterheim museum.

September 18 Book Club

A Trip to Preston! Geneva has arranged another wonderful mini tour! The day will include tours of the Veterans Cemetary and the JailHouse Inn Bed & Breakfast in Preston. To top off the fun, dining at the Branding Iron. Geneva would like to know how many to plan for, so if you would like to be a part of this interesting day, sign up at our September meeting or contact Geneva Tweeten (498-3438). There will be carpooling, meet at Viking Memorial Park (by Trinity church) @ 9:00 a.m. Tuesday, September 18.

Saturday, October 6 KAFFE FEST

It was so much fun last year, we thought we would do it again! Once again EGG COFFEE will be made along with a variety of other regular brewed coffees to be enjoyed with a variety of baked goods and sandwiches. **We are asking members to donate Norwegian Goodies, sandwiches or other baked items that go well with coffee.** The Kaffe Fest will be an "uff da".... nothing will be priced. Customers will pay by donation. Bring your donation of goods by 9:30 a.m., October 6, to Giants. We could use some extra helping hands at the event.

2018 Officers

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

Saturday, Oktober 6

10:00 - 1:00



~~ MENU ~~

Old Fashioned Egg Coffee
Fresh Ground Coffees
Heart Waffles, Doughnuts,
Rømmegrøt, Lefse, other
Norwegian Goodies
& Sandwiches (cheese & cold meat)

Come on in!
Have a cup of coffee
and a "little lunch".



@Giants of the Earth Heritage Center

163 West Main, Spring Grove

Thursday, October 11 Regular Monthly Meeting-- 7:00 pm at Giants Growing Up In Norway -- Kathrina Myrah

JULY MEETING

For our **July Meeting**, we met with the Westby Lodge at the LaCrescent Fire Hall. We had a wonderful potluck supper and an interesting program from Jon Steffes, "The 500 Year flood of 2007"



Westby member Karen Hankee helping Lee advertise upcoming events.



Food, food and more food!



Our speaker - Jon Steffes.

AUGUST MEETING

Our August meeting found us traveling to Winona. It was a thunder-stormy night, so not too many people made the journey. But the ones that did, had a wonderful time hearing about Fjord Horses, enjoying great food and visiting with our Winona lodge friends.

Jacob Grippen with his great aunt Marian.



Darrell Sinclair mingling with the crowd.



Lori and David Belz, our Winona hosts, and Lesa, Lee Grippen's exchange daughter from years ago who is spending 3 months in Caledonia with her children.

LUREN CONCERT



In August, the Hallingdal Lag and Sognefjord Lag came to Spring Grove as part of their Lag meetings. The evening's entertainment was a Luren Concert at Trinity Church. Sons of Norway members were invited to attend the supper before hand with the lag, and then the concert. It was a very hot and humid evening, but still very enjoyable.

Genealogical Event

sponsored by Decorah Genealogy Association



In response to desires by increasing numbers of people for a new perspective on family history, the Decorah Genealogy Association will present an innovative take on genealogy in a weekend workshop on Saturday, September 22 from 2-8PM that its organizers promise participants "will never forget."

The six-hour workshop will be facilitated by Iowa historian, Dr. Michael Luick-Thrams, director of TRACES Center for History and Culture and recent author of a genealogically-based, Midwest-focused social history, *Oceans of Darkness, Oceans of Light—a Trilogy: Our Troubles and Treasures in the New World*.

This workshop will offer little about, say, locating public records or spooling microfiche: Those research skills are learnable at the local library or on-line. Instead, for over six hours participants will examine in-depth their evolving relationship with their/family's past.

Registration costs \$35 per individual and includes a meal during the group breakout session. To register, contact Midge Kjome at 563.382.4197 or decorahgenealogyassociation@gmail.com

Bold Leif Erikson

October marks the month when famous explorer Leif Erikson is celebrated and remembered for his adventurous spirit. President Lyndon B. Johnson proclaimed October 9 as Leif Erikson Day in the United States in 1964, following congressional approval of a resolution proposed by Minnesota statesman (later Vice President) Hubert H. Humphrey.

The official observance already had momentum: Almost 40 years earlier, President Calvin Coolidge had acknowledged the concept that Erikson had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and was established in South Dakota, Illinois, Colorado, Washington and California by 1956.

History reveals some fascinating details about the revered adventurer. Erikson was born around 960-970 A.D. in Iceland to Norwegian parents. He traveled to Norway and Greenland, so he is claimed by many, and is referred to as both Viking and Norse. He earned the nickname "Leif the Lucky" after rescuing a crew of 15 shipwrecked Icelanders. Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling – Leif Erikson.



No matter the spelling variances, Leif Erikson's name evokes the spirit of adventure and calls for a designated day to celebrate the bold and beloved explorer.

HÅNDVERK NATT

(handcraft night)

OPEN STUDIO - bring your own projects, snacks and beverages.

Work with others on your carving, knitting, crocheting, tatting, rug braiding, rosemaling....you name it!

Get support from your fellow handcrafters and enjoy finishing your projects and socializing **every Monday night.**

Starting

Monday, September 17

6:00 - 8:00 pm

Giants of the Earth Heritage Center
163 W. Main St., Spring Grove, MN

No Charge, just show up with your project!

For more info contact Jill Storlie (jillstorie@storlie.org)
or Audrey Almo (audreyalmo@mediacommb.net)

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.

Matlyst Monthly Puffed Apple Pancake

Delicious served hot or cold!

Ingredients:

½ c. butter
2 apples, unpeeled and diced

Batter:

6 eggs
1-1/2 c. milk
1 c. flour
3 T. sugar
1/2 tsp. salt
1 tsp. vanilla
1 tsp. cinnamon

Topping:

3 T. brown sugar
cinnamon

Directions:

Put a stick of butter (1/4 lb.) in a 12" x 7" glass casserole pan. You can use any shape of a similar size. Place pan in cold oven. Turn oven on to 425 degrees F. Don't let the butter brown! While butter is melting, core 2 peeled apples, and cut up into small pieces. Add apples to melted butter.

Next, combine all batter ingredients. Thoroughly mix with egg beaters. Apples should be sizzling and starting to cook in the melted butter. If not, wait a few more minutes. Then take out of oven and pour the batter over cooked apples. Give a quick stir to make sure apples are evenly distributed. Sprinkle 3 Tablespoons of brown sugar evenly over the batter and sprinkle top with more cinnamon. Immediately return to oven and bake for 20 minutes or until the pancake puffs up. Serves 6-8 people. Can be enjoyed hot or cold, and topped with apple sauce or syrup.



Norskedalen

Coon Valley, WI

www.norskedalen.org



October 12-14– Civil War with
Company B; 10:00 - 5:00

Ghoulees in the Coulees -

Thursday, October 25: Family Trick or Treat Night
5:30-7:30 pm

Friday, Saturday, October 26-28, 6:00 - 9:00pm

Old Fashioned Christmas -

December 1 10 a.m. - 5:30 p.m.

New International Board of Directors

At the 2018 International Convention held in August in Bloomington, Minn., 155 delegates from Canada,



and Norway elected officers and directors to serve on the Sons of Norway International Board. Newly elected officers are International President Ron Stubbings and International Vice President Mark Agerter. Reelected are International Secretary Marci Larson and International Treasurer Elaine Nelson.

New International Directors are Christine Hicks, District 2; Robin Fossum, District 5; Mary Beth Ingvaldstad, District 6; Erik Brochmann, District 7; and Per Mikalsen, District 8. Returning International Directors are Karl Hella, District 1; Kenneth Johnson, District 3; and Steve Halverson, District 4.

Sons of Norway expresses sincere thanks and appreciation for dedicated years of service to retiring International Board President Jon Tehven and International Directors Jon Grinde, District 5; Roger Espeland, District 6; Gloria Benazic, District 7; and Odd Harald Olsen, District 8.

Happy National Potato Month!

Potatoes have been an important part of Norwegian cuisine and culture for more than 250 years. They continue to be a staple ingredient in many traditional dishes like dumplings, lompe lefse, hash and hasselback potatoes, but have also played a significant role in Norway's history.

The potato first originated in the Andes in Latin America where it had exclusively grown for 10,000 years before the first Europeans arrived. Those early settlers then brought the potato to Portugal in 1567, and with the help from European religious leaders potatoes eventually made their way to Norway in 1750.

Priests and pastors, commonly referred to as "potato priests," were known for growing potato spuds on the grounds of their parsonage at the time. They would often move from district to district and teach people how to cultivate them on their own. However, it wasn't until the Napoleonic wars in the early nineteenth century when potatoes were fully integrated into the Norwegian diet. The British navy blocked

the seas around Norway. This eliminated grain imports from Denmark and struck Norway with famine. In desperate need of a replacement, Norwegians turned to potatoes, and quickly found them to not only be nutritious but also simple to cook, inexpensive, filling and easily grown in the harsh Norwegian climate and soil conditions. The humble potato has been a Norwegian favorite ever since.

UffdaFest!

SPRING GROVE OCTOBER 5 & 6, 2018

Friday, October 5, 2018



7 pm • Homecoming Football Game Lions vs. Hurricanes; Blayne Onsgard Memorial Field
8pm • Music at Norski's Saloon

Saturday October 6, 2018

All Day • Treasure Hunt for Kids: Norwegian Ridge Nature & Birding Trails - Trailhead located behind Red's IGA; visit Bluff Country Artists Gallery at 10am to get your maps!

9:00am • SG Flag Football - Blayne Onsgard Memorial field; followed by Morrie Miller game

10 am • Intro to Geocaching - at Bluff Country Artists Gallery - Get your treasure maps for the Norwegian Ridge Birding Trail

10am • Morrie Miller Varsity Youth Football vs. Houston - Blayne Onsgard Memorial field; serving concessions, pork burgers and pork chops

10 am - 1pm • Kaffe Fest & Norwegian Baked Goods - at Giants of the Earth Heritage Center - by Sons of Norway

10 am - 4pm • Bluff Country Artists Gallery "Treasures of Bluff Country" Photography Exhibit - details on how to enter your photos on the BCAG Facebook Page

10:30 am - until gone! • Homemade Apple Pie sale by Scholar Dollars - Syttende Mai Hus - whole pies or by the slice a-la mode

10:30 am - 2pm • Pork Burgers & Pork Chops by the SG Athletic Boosters - Viking Memorial Park

10:30 am - 3pm • Tappy's Face Painting

TIME TBD • Paintball - below Fest Bldg. more info coming

11am - 2pm • Music by Mike McAbee- Viking Memorial Park Gazebo

Noon - 3pm • Wagon Rides around town - pickup/drop off in Viking Memorial Park

Noon - 3pm • Balloons by Kevin - Viking Memorial Park

Noon - 3pm • Kid's Games - Viking Memorial Park

1-3 pm • Bluff Country Artists Gallery Reception for 'Treasures of Bluff Country' Photo Exhibit - photographers and public invited!

4-10pm • Bourbon & Brisket - FatPat's BBQ (serving 4pm until sold out) at RockFilter Distillery

8pm • Spring Grove Lions Club Truck Drawing at Norski's Saloon; Call 507-498-3456 for your tickets, or get there early to buy (if there are any left!)

8 pm- Midnight • Music - Norski's Saloon

9 pm - Midnight • Live Music by Shay Cody - American Legion Post 249

UffdaFest.com
Celebrating Autumn in Spring Grove, Minnesota

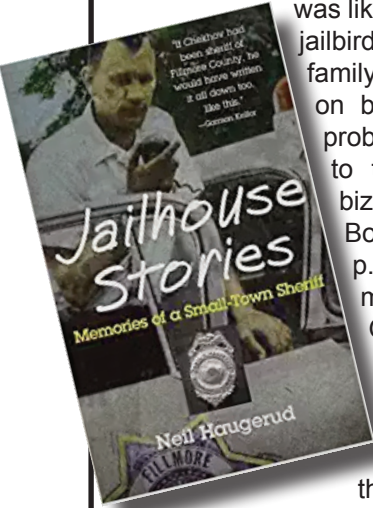
Bok Forening

(Book Club)

September 18th Book Club will be traveling to Preston and visiting the Jailhouse Inn and discussing "Jailhouse Stories" by Neil Haugerud. In the 1950s and 1960s, Neil Haugerud served as sheriff of Fillmore County. In Jailhouse Stories, Haugerud describes what it was like to live next to a prison, where jailbirds and jailbreaks were part of family life. We meet colorful people on both sides of the law, whose problems range from the ordinary to the offbeat to the downright bizarre.

Book Club usually meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library, but this month they will be meeting at Trinity Church parking lot at 9:00 a.m. to carpool to Preston. They also will visit the Veterans Cemetary and dine at the Branding Iron.

We welcome all to join. Contact Geneva Tweeten if you would like more information.



Sept/Oct						1
2 Marlys Bjerke	3 Janice Dokken	4 Jim Skree Isaih Jaffer	5	6	7	8
9 Marland Bjerke	10	11	12	13 Monthly Meeting 7:00 p.m. @ Giants of the Earth	14	15
16	17	18 Book Club	19	20 Aubrey Orth	21	22
23	24	25	26	27	28 Judy Fruechte	29
30	1 October	2	3 Board Mtg	4	5	6 UppDa Fest Kaffe Fest
7	8	9 Leif Erickson Day Caleb Nerstad	10 Bill Fric	11 Monthly Meeting 7:00 p.m. @ Giants of the Earth	12	13
14	15 Georgia Roble	16 Book Club	17	18	19	20
21 Howard Burtness	22 Adele Twite	23	24	25 Garrett Fort	26	27
28 Vance Haugen Darla Nerstad	29	30 Pumpkin	31	Gratulerer med dagen!		

Vesterheim

Norwegian-American Museum

Vesterheim Classes

Decorah, IA

Check out all the happenings at Vesterheim at www.vesterheim.org

Fiber Arts

Billedvev (Picture Weaving) Norwegian Tapestry Techniques

September 6-9, 2018 with Robbie LaFleur

Billedvev (Picture Weaving) Norwegian Tapestry Techniques

September 13-16, 2018 with Robbie LaFleur

Handspinning from Sheep to Yarn

September 28-October 1, 2018 with Kate Martinson

Danskbrogd Weaving

September 29-October 2, 2018 with Jan Mostrom

Weaving Techniques for a Vararell to Make a Shaggy-Piled Seat Cushion

October 12-15, 2018 with Marta Kløve Juuhl

Scandinavian Wheat Weaving for the Holidays

October 13-14, 2018 with Bev Schrandt

Vestlandsåkle—West Coast Åkle

October 18-22, 2018 with Marta Kløve Juuhl

Knitting—Trio of Color Techniques

October 29-31, 2018 with Arnhild Hillesland

Patterns Within Patterns

November 7-11, 2018 with Laura Demuth

Food

Bakedag (Baking day) Baking Lefse and Flatbread

November 2-3, 2018 with Darlene Fossum-Martin

The Seven Cookies of a Norwegian Christmas

November 4 & November 5 with Darlene Fossum-Martin

Jewelry

Silversmithing: The Jeweler's Palette

September 14-15, 2018 with Michael Seiler

Introduction to Sámi Inspired

Embroidery

October 20, 2018 with Norma Refsal

Sámi Inspired Bracelets—An Introduction

November 3, 2018 with Norma Refsal

Sámi Inspired Bracelets—A Continuation

November 4, 2018 with Norma Refsal

Metal Work

Forging Traditional Norwegian Knife Blades

October 27-28, 2018 with K.J. Groven

From Forging to Handle and Sheath—

Craft It All

October 29-Nov. 1, 2018 with K.J. Groven

Rosemaling

Ryfylke Rosemaling Revival

September 13-16, 2018 with Nancy Odalen

How Swede It Is—Dala Painting

September 20-23, 2018 with Pam Rucinski

Try a Trifecta: Nordfjord Style of Painting

October 12-14, 2018 with Patti Goke

Rosemaling in the Telemark Style

October 12-14, 2018 with Linda Miller

Rosemaling in the Rogaland Style - Acrylics

October 18-21, 2018 with Lois Mueller

Rosemaling in the Telemark Style

November 8-11, 2018 with Teresa McCue Thompson

Woodworking

Decorative Carving on Posts and Beams

October 12-14, 2018 with Jock Holmen

Crafting Sexy Scandinavian Spoons

October 19-21, 2018 with Fred Livesay

Carving for the Holidays

November 2-4, 2018 with Harley Refsal

Dragonstyle Carving

November 1-4, 2018 with Becky Lusk

Chip Carving for the Very Beginner

November 9, 2018 with Ellen Macdonald

Chipping Away for Christmas

November 10-11, 2018 with Ellen Macdonald

Chip Carved Ornaments for Christmas

Nov. 11-12, 2017 with Marty Leenhouts

EDITH TURNS 100!!

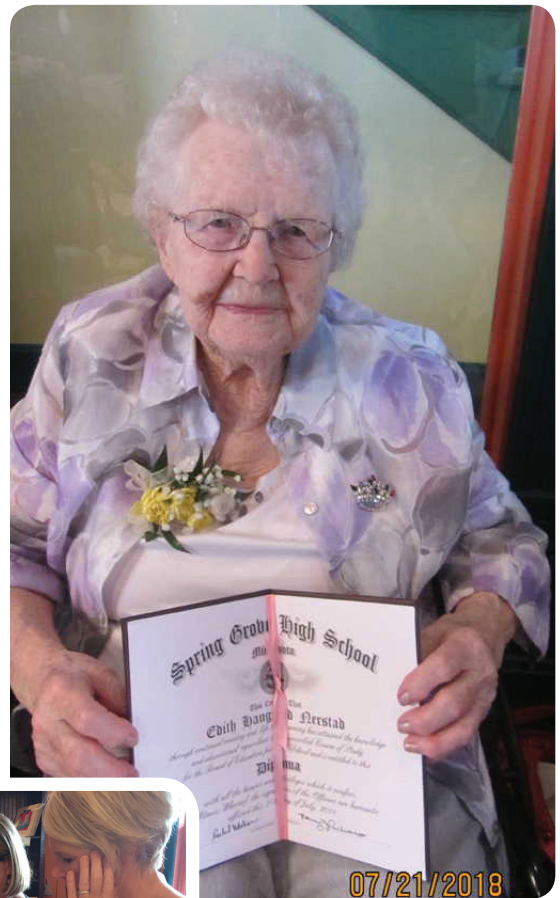
Edith Nerstad, a lifetime Sons of Norway, Valheim Lodge member since 1964 celebrated her 100th birthday in July!



Britt Eddy and Emma Moen



Edith and daughter Loretta



07/21/2018

Edith received a High School Diploma from Spring Grove High School. She went to school to 8th grade, and has been a life long learner ever since!



A few of Edith's grand children - Isaac, Caleb, Devon and Kolton Nerstad



Lighting a hundred candles -- not something you get to everyday.



Lee Grippen and Edith

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



Everyone gathered to sing Happy Birthday and watch Edith blow out all the candles!

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.

Special Birthday Greetings to:

Janice Dokken (September 3), Howard Burtness (October 21) and Adele Twite (October 22). All three are celebrating their 85th birthdays!
Jim Skree is a few years behind, but he celebrated 65 years September 4!

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

Return Service Requested



Sept/Oct 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.

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

Program: Darlene Fossum-Martin "Folk Art Tour in Norway"

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

Program: Katrine Myrah "Growing up in Norway"

November 8 - Rachel Storlie, David Virock, Adele Twite, Truman Omodt.

Program: David Glomstad "Norwegian Civil War Regiment"

December 13 - Christmas Party TBD

Monthly Meetings:

- Lodge meetings are held at Giants of the Earth Heritage Center
- April, May, June, July, September, October, November, meetings are the 2nd Thursday of each month at 7pm
- January, February, March meetings are the 2nd Saturday at 11:00 a.m.
- Potluck Supper are held 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.

