

THE VALHEIM TIDENDE



Volume 21 Issue 1

Spring Grove, MN 55974

Jan/Feb 2019

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.valheimlodge.org

January Meeting

Saturday, January 12,
 11 a.m. @ Giants of the Earth Heritage Center

Program: Mushrooms..Delicious or Deadly?
 Mushrooms or Toadstools, whatever you want to call them, may be just the hobby you want to pursue. Midge Kjome from Decorah, who spent many years in Norway, has this interesting hobby and will share with you some of the best and worst of mushrooms she found in Norway and in northeast Iowa.



Every household is invited to bring a can of soup that we will mix together with other soups for our SOUPER SATURDAY lunch! We will have bowls for the soup, but if you would like to bring a mug along for easier carrying, please feel free to do so. If you wish, you can bring an item for the Food Shelf and any cancelled stamps for Tubfrim. Velkommen til allesammen! After lunch, we will have our Buiness Meeting. Hope to see everyone there!

Just a reminder: January, February and March we meet on Saturdays at 11:00 a.m.at Giants of the Earth Heritage Center.

2019 Officers

- President
Karen Fried
- Vice Pres.
Thomas Trehus
- Secretary
Jill Storlie
- Treasurer
Loretta Knutson
Jackie Parker
- Membership
Loretta Knutson
- Social/Cultural
Lee Grippen
- Marshals
Judy Melbosta
Janet Fossum
- Greeters
Geneva Tweeten
Sibyl Floyd
Darrell & Oranda Sinclair
- Editors/Publicity
Georgia Rosendahl &
Karen Fried
- Historian
Georgia Rosendahl
- Trustees
Lawrence Knutson
- Auditor
Karen & Jim Gray
- Sports Director
Thomas Trehus

Lunch Servers for 2019

First person for each month is chairman of their lunch committee. Their job is to call the other servers for the month, buy Decaf Coffee, cups and napkins and then divide the cost with the rest of their serving committee.

- January 12** - Souper Saturday -- officers
- February 9** - Jill Storlie, JC & Darla Nerstad, Marsha Dowe/Brian Indahl
- March 9** - Thomas Trehus, Sibyl Floyd, Judy Fruechte, Judy Melbostad
- April** - To Lanesboro
- May 9** - Jackie Parker, Dale & Sharon Buxengard, Janet Fossum
- June 13** - Lawrence & Loretta Knutson, Larry Lane, Georgia Rosendahl
- July 23** - Meet with Westby
- August 8** - Winona lodge our guests - Potluck Audrey Almo, James Skree, Judy Tollefsrud, Rachel Storlie, Mike Schmidt
- September 12** - Lee Grippen, Howard Burtness, Janice Dokken, Adell Twite
- October 10** - Jim & Karen Gray, Bonnie & Vance Haugen
- November 14** - Geneva Tweeten, Robert Newhouse, Jim Wilhelmson, Laura Thorson
- December 12** - Christmas party - Bill & Karen Fried



GOD JUL!

December Meeting
 For our December monthly meeting which was our Christmas party, we gathered at Giants of the Earth Heritage Center and enjoyed a hearty meal with dessert. The meal was free to all Valheim members. The weather was cooperative and we were able to enjoy the company of many people. We also had a White Elephant gift exchange and enjoyed singing with Audrey and her accodian.



We ate and ate and talked and laughed....



...Jill shared a Christmas story...



...we made a big, big circle and had a white elephant gift exchange....



...there were some pretty cool gifts!....



...and then Audrey played her accodian and we all sang...



It was a wonderful night. Thanks to all who could come and be a part of it.

GODT NYTT AR!

FROM ASHES TO AN ART NOUVEAU INSPIRED TOWN

What used to be a town of ashes is now one of Norway's most beautiful cities. In 1904, the town of Ålesund burnt to the ground after an oil lamp fell to the ground.

More than 10,000 residents were without a home, and nearly 800 buildings destroyed. Shortly after, a group of Norwegian architects and designers embarked on rebuilding Ålesund. They used the Art Nouveau period as their inspiration in the redevelopment of the town. Today, Ålesund is known for having the world's most exquisite concentrations of Art Nouveau architecture. While touring Ålesund, visitors will find hewn stone buildings, crested roofs or towers typical of medieval wooden churches, and an occasional sculpted head of a Viking.

The best time to experience the charming town of Ålesund is during the summer months of April to August. With warmer temperatures and very little rainfall, you could go hiking, explore the fjords – or just relax and enjoy the view. To learn more about visiting Ålesund, go to www.visitalesund.com.



Annual NORWEGIAN BAKE SALE

Also for this event we experienced wonderful weather that we held on Saturday, December 15.

It was very successful and within the two hours we had for our Bake Sale, everything was sold.

THANK YOU TO ALL OUR LODGE MEMBERS

who brought goods, worked at the bake sale, bought goods and/or donated money. It was a huge success!

Thank you to Lee Grippen for demonstrating Heart Waffles and Janet Fossum for serving up and selling her famous rommegrot! Georgia Rosendah, and Karen & Bill Fried spent the morning demonstrating Lefse.

And Audrey entertained us with her accordian.

BAKE SALE



Lee and Audrey were in charge of getting the lefse....



Janet serving up rømmegrøt!



Happy bake sale customer!



Lee demonstrating Heart Waffles and maybe hearing some

Mom daughter team on the lefse... Karen and Georgia



POWERFUL WOMEN

Forbes magazine is known for creating lists. They write who earns most and has the most power. Recently a list came out of the world's most powerful women. Forbes mentions 100 women who they think are the most powerful. Prime Minister Erna Solberg is 46th. She appears before Beyoncé Knowles (50th place) and politician Hillary Clinton (65th place).

At the top of the list is Germany's leader. 63-year-old Angela Merkel is number one for the seventh consecutive year. She retains the position despite losing power during the election this year. Forbes calls her the actual leader of the European Union (EU).

In second place is Theresa May. She is Prime Minister of the UK. Third place goes to Melinda Gates, the wife of Bill Gates, founder of the software company Microsoft. Melinda Gates runs a large charitable organiza-

tion that helps people in poor countries.

There are many different women on the list. There are politicians from several countries, there are powerful leaders from big companies, and there are entertainers.

Here are a few examples:

8th place: Christine Lagarde, head of the International Monetary Fund

11th: Indra Nooyi, head of the company PepsiCo.

15th: Tsai Ing-wen, Taiwan's first female leader

19th: Ivanka Trump, businesswoman, Donald Trump's daughter


21st: Oprah Winfrey, media queen

33rd: Aung San Suu Kyi, leader in Myanmar

45th: Gina Rinehart, owner of Hancock mineral company in Australia

78th: Kersti Kaljulaid, Estonia's first female president

85th: artist Taylor Swift from the United States



Hygge (heu-gah) Event

Norwegian Ridge Birding & Nature Trail

Saturday, January 19
starting at 5:00pm for all ages
At the Zaffke Sugar Shack | 17987 Cty 27, Spring Grove

Come enjoy a cozy fire, try snow shoeing, or have some great conversations with friends. Stay by the fire or enjoy a one mile hike on the Maple Loop trail.

Hot dogs and S'mores provided for you to roast on the fire
Hot Chocolate provided | Snow shoes provided
Free will donation
for more info call 507.498.5823 or email info@sebirdwalk.org

Hygge ("heu-gah"). The art of building **sanctuary** and **community**, of inviting **closeness** and paying attention to what makes us **feel open hearted** and **alive**. To create well-being, connection and **warmth**. A feeling of **belonging** to the moment and to each other. **Celebrating the everyday.**

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!

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

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 TWENTIETH ANNUAL BARNELOPET

The Annual Barnelopez be held Saturday, February 2nd in Decorah. This event is co-sponsored by Vesterheim Norwegian American Museum in Decorah, Valdres Lodge No. 503 of Decorah, the Lanesboro Sons of Norway lodge, and us, Valheim Lodge. The Barnelopez is a children's noncompetitive ski/walk event, that will take place at the Decorah Community Prairie, registration starting at 9:40 a.m. For more information contact Vesterheim at 563-382-9681 or info@vesterheim.org. Encourage any child ages 3-13 to participate...everyone is a winner!



Sympathy to the families of:

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.



Marland Bjerke (91) Marland was a Life Member of Sons of Norway. He had been a member since 1963 and will be missed.

Kurt Onstad, son of SofN member Beulah Onstad, passed away in December at the age of 66.

Continued Healing Thoughts to
Morris Tweeten

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.



01/03/2019

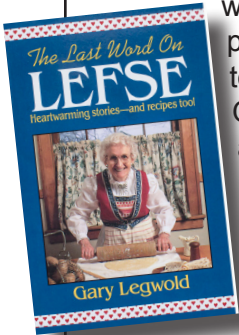
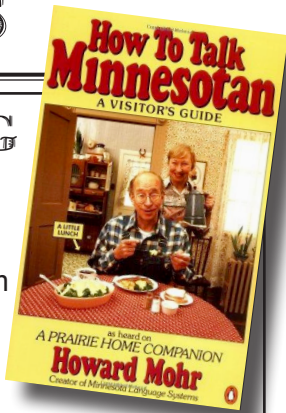
Celebrating **Audrey Almo's Birthday!**
Jan/Feb 2019

ACTIVITIES

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, the book club will be reviewing the book "How to Talk Minnesotan" by Howard Mohr. This will coincide with Ye Olde Opera House's upcoming production February 8th & 9th of "How to Speak Minnesotan". On the 15th they also will be looking at "The Last Word on Lefse" by Gary Legwold. This of course has many Spring Grove references in it. Join the conversation, Tuesday January 15, 2:00 at the SG Communications building, room 103.



JANUARY/FEBRUARY

| | | | | | | |
|--------------------|------------------------------|---------------------|--------------------------------|-------------------------------|-----------------------|--|
| | | 1 | 2 | 3 | 4 | 5 Audrey Almo |
| 6 | 7 | 8 | 9 Board Meeting 4:00@Giants | 10 | 11 | Sons of Norway Meeting Souper Saturday 11 a.m. |
| 13 | 14 | 15 Book Club | 16 | 17 | 18 | 19 Loretta Knutson |
| 20 | 21 Martin Luther King Day | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 February | 1 February | 2 Ground Hog's Day |
| 3 | 4 | 5 | 6 Board Meeting 4:00@Giants | 7 | 8 | 9 Barnelopet |
| 10 | 11 | 12 Teresa Vernon | 13 | 14 HAPPY VALENTINES DAY!!! | 15 | 16 |
| 17 | 18 President Day | 19 Book Club | 20 | 21 | 22 | 23 |
| 24 Truman Omodt | 25 | 26 | 27 | 28 | Gratulerer med dagen! | |

VESTERHEIM EVENTS

Decorah, IA www.vesterheim.org

Free First Thursdays

The first Thursday of every month Vesterheim offers free admission to the museum

Classes at Vesterheim:

Beginning Hardanger Embroidery

January 26 & February 2, 9, 2019 (9:00-noon) with Barbara Berg

Beginning Rosemaling

January 19, 26 & February 2, 9, 2019 (9:00-11:30) with Shirley Evenstad

Scandinavian Style Flat-Plane Figure Carving

February 22-24, 2019 with Harley Refsal

Viking "Knit" Chain Bracelet

March 2, 2019 with Liz Bucheit

Pierced Celtic Knot

March 3, 2019 with Michael Seiler

Viking "Knit" Chain Bracelet

March 2, 2019 with Liz Bucheit

Pierced Celtic Knot

March 3, 2019 with Michael Seiler

Viking Axe

March 2-3, 2019 with Tom Latané

Viking Axe

March 16-17, 2019 with Tom Latané

Traditional Band Weaving on the Backstrap Loom

March 21, 2019 with Keith Pierce

Nordic Pick-Up Band Weaving on the Backstrap Loom

March 22-24, 2019 with Keith Pierce

GIANTS OF THE EARTH HERITAGE CENTER

163 W. Main Street, Spring Grove

<http://www.springgrovemnhheritagecenter.org>

Giants and Spring Grove Public Library are sponsoring "The Prehistoric Archaeology of Houston County" Sun, January 20th 2 PM @ Giants of the Earth Heritage Center

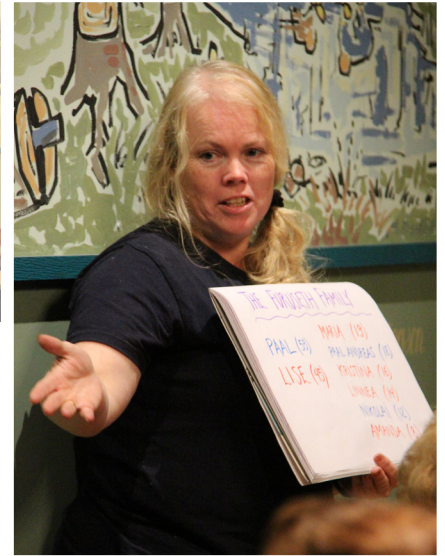
Jaelyn Stebbins will be giving a talk on the archaeology of prehistoric Houston County. She begins her talk with the first people who inhabited the area 13,000 years ago and will end it with the first contact in the late 17th century. Stebbins will be available after the lecture to answer questions and identify artifacts.

FREE -- Invite your friends!

The Prehistoric Archaeology of Houston County:

A Stroll Through the Last 13,000 Years
with archaeologist Jaelyn Stebbins

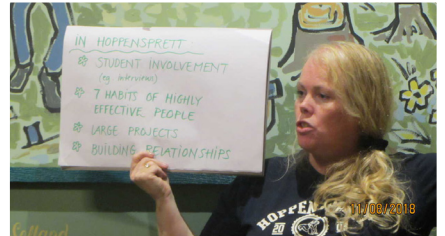
Sunday, January 20th



NOVEMBER MEETING

Lise Kragset Furuset of Jessheim, Norway was our program for our November meeting. She and her daughters also made all the food for lunch which included open face sandwiches and World's Best Cake.

She told us about the 20 private schools that she and her husband Paal operate throughout Norway. The schools are named "Hoppensprett" which means active education. The curriculum in the schools involves much outdoor learning situations and physical training which has added much to the students learning. They have over 1,200 students in their schools and 350 educators that work with the couple.



Lise was a YFU exchange student in Caledonia during the 90-91 school year and lived with the Grippen family during her stay.



Lise brought her four youngest to Caledonia in August to attend Caledonia Schools for 3 months. She wanted them to experience and American school for a quarter. The four children, Amanda a 3rd grader, Nicolai, a 7th grader, Linnea in 9th grade and Kristina a 11th grader. They have been involved in soccer and Nicolai in football. An older son, Paal Andreas is at home as a Sr. in his school and Maria the oldest is a first year student at St. Thomas Univ. in St. Paul.



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

Return Service Requested



Jan/Feb 2019

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

UPCOMING 2019 PROGRAMS

JANUARY 12--Mushrooming in Norway with Midge Kjome

FEBRUARY 9--A visit to Lille Faeroy, Norway with the Johnsons

MARCH 9--A Norewegian Odyssey with Dave Amdahl

APRIL 11--Guests at Lanesboro at their Lodge

MAY 9--Dissolution of Norway from Sweden with Dave Amdahl

JUNE 13--A journey to ancestral homes with Joe Morken

JULY 23--Guests of Westby Lodge..location to be announced

AUGUST 8--Winona Lodge our guests--The Murder of Clara Olson with Larry Scheckel

SEPTEMBER 12--Norwegian Civil War Regiment with Dave Glomstad

OCTOBER 10--Norwegian woodcarving styles with Judy Gates

**NOVEMBER 14--Sons of Norway Foundation
with Blaine Hedberg**

DECEMBER 12----Annual Christmas party

