

THE VALHEIM TIDENDE



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July/August 2019

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SUMMER!! JULY MEETING

If you think you missed our regular 2nd Thursday monthly meeting....you didn't! This month we meet with Westby Solvang Lodge, and we will be traveling to La Crescent, **Thursday, July 25**. The meeting is at the La Crescent Fire Hall/Community Building, 336 South 1st St, La Crescent, which is where we met last summer with Solvang Lodge. 5:30 to socialize, 6:00 PM **POTLUCK** supper with the program to follow. The program is an exciting re-enactment of the saga of the first recognized Norwegian Emigrant Ship – "Restauration".

Please spread the word to anyone, friends, neighbors, etc. The program should be very fun and informative! Westby is providing BBQ and buns, coffee and lemonade, paper products and plates, condiments, etc.

If you would like to Car Pool, meet at Trinity Church in Spring Grove at 5:00.

AUGUST MEETING

Thursday, August 8 we host Winona Lodge at Giants of the Earth Heritage Center. It also will be a **potluck** meal. We will have social at 5:30, eat at 6:00, with Program to follow. The program will be "The Murder of Clara Olson" by Larry Scheckel.

Servers in charge of the potluck are Audrey Almo, James Skree, Judy Tollefsrud, Rachel Storlie, and Mike Schmidt.

Hope you can make it!

2019 Officers

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

SONS of Norway Solvang Lodge of Westby, WI

INVITES

VALHEIM LODGE of Spring Grove, MN

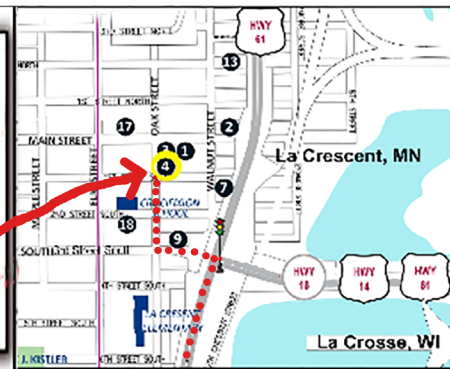
to their July Meeting which will be held in LaCrescent, MN

Thursday, July 25th

at the LaCrescent Community Building/Fire Department
336 South 1st Street

Traveling from Spring Grove, in LaCrescent, turn left at the signal lights (3rd St).

Go one block, turn right onto Oak Street. The Fire Hall/Community Center will be on your right, when you cross South 1st Street



6:00 Pot Luck Supper

Solvang Lodge will provide BBQ and buns, coffee and lemonade, paper products and plates, condiments, etc. We ask all families to bring a pot luck item of your choice to add to the supper.

7:00 Program

"Someone Had To Be First":
Re-enactment of the 1st Recognized Norwegian Emigrant Ship Saga!
"Restauration".



JUNE MEETING

Joe Morken, shared his story with many photos, of his trip to Iceland, Denmark, Sweden and Norway that he and a friend had taken two years ago. In Norway, he was able to visit the Morken farm, which gave his trip special meaning.



(above) Joe fields a question from Richard Storlie
 (left) Joe with his uncle, Don & Jane Morken, Grandma Lois Morken, and dad, Bob Morken

Lee Grippen and Joe Morken

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.

JUNE BOOK CLUB

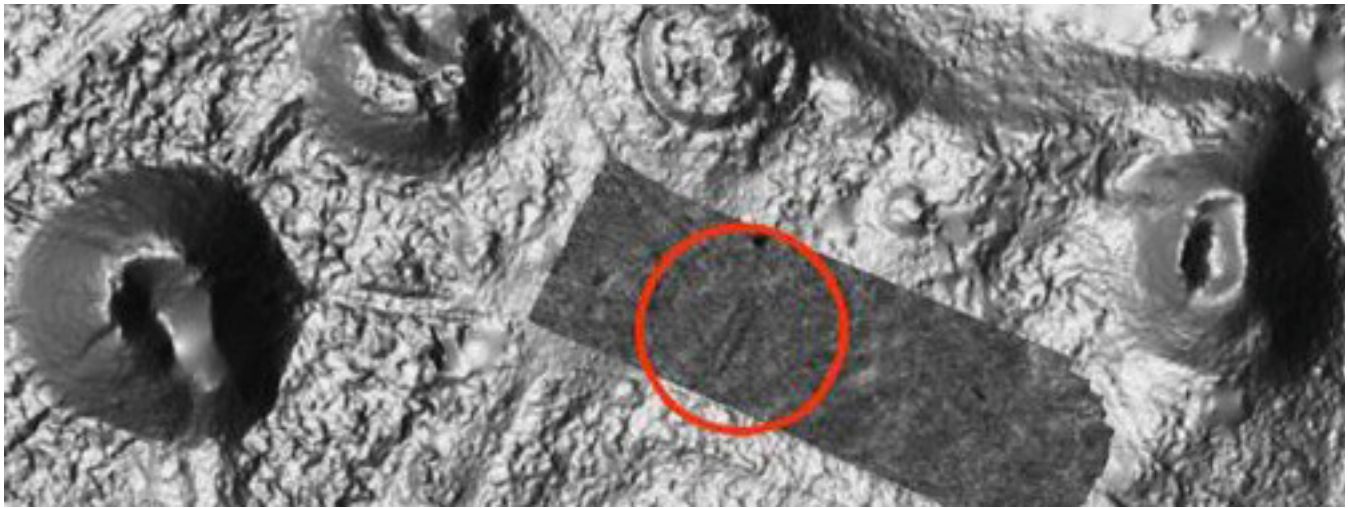


We had a delightful afternoon discussing the books of Laura Ingalls Wilder and we were fortunate to have Elaine Myhre Hegg of Waterville, IA as our guest speaker. Elaine shared many interesting facts of Laura and her life as she played the part of Laura. Elaine added many details in addition to what the book about the Ingalls family in Burr Oak mentioned.

Audrey and Judy each shared a delicious cheesecake with us after the discussion along with coffee.

After much discussion, it was decided to meet at the Spring Grove Manor from now on. We met at the City Council Chambers for the June Book Club.





TODAY'S TECH REVEALS VIKING BURIAL SHIP

One can only imagine what the Vikings of old would think if they knew the burial ship of their long-entombed brethren was discovered millennia later by technology known as ground penetrating radar (GPR).

That is exactly what happened in March 2019 in the well-known Borre National Park in Vestfold County, south of Oslo, where a team of experts discovered the outline of the Viking vessel by using GPR. The exciting find complements an array of other Viking graves and burial mounds in the park, the most anywhere in Northern Europe. Some of the graves are estimated

to date back to the seventh century. The "boat graves" are believed to be the final resting place of Vikings belonging to the upper-echelon, including kings.

GPR uses radar pulses to image the subsurface and detect objects via reflected signals. The method is used in industries such as building construction and archeological projects and does not disturb objects revealed by the technology.

For now, those resting in peace will remain so; there are no immediate plans to unearth the ancient Viking tomb.

GREENEST WAYS TO TRAVEL NORWAY

Norway's efforts toward the use of eco-friendly and renewable resources have earned it a spot on the top 10 list of greenest countries on earth. Transportation is a primary focus of Norway's commitment to reducing pollution and carbon production. Here are a few options to help you navigate the country and support a clean environment for all.

One way to travel green is by taking an electric city car. There are more than 10,000 charging stations across the country. Electric cars have gained such popularity in Norway that, for the first time ever, they now outsell traditional cars. To travel the coast, book passage on

a Hurtigruten ship propelled by liquid natural gas and battery power. All Hurtigruten ships will be hybrid by 2021. One of the most popular ways to travel Norway is by taking the train. Electrically powered, the train will take you on the trip of a lifetime through fjords, mountains and scenic countryside.

Next time you're traveling through Norway, consider taking an eco-friendly form of transportation.

To learn more about how Norway is going green, visit <https://bit.ly/2Wz9I46>



VALHEIM LODGE 90 YEARS YOUNG

December 7, 1928 Even B. Ager organized Valheim Lodge #364. That means we are over 90 years old, and we are going to celebrate!

At our June meeting a committee was formed (Jim & Karen Gray, Jackie Parker, Loretta Knutson, Lee Grippen & Karen Fried). They are meeting this week to start planning a celebration that hopefully will happen in November. The committee will keep you posted as they progress.

If you have any ideas or thoughts about the celebration, please let one of the committee people know.

Gratulerer med vårt jubileeum! (Happy Anniversary to us!)

Condolences to the

Edith Nerstad family. Edith had been a long time member of Sons of Norway, and always had so much to contribute. She loved to read, and enjoyed being part of the Book Club. She was shy of her 101st birthday. She will be missed

John Nerstad family. A brother to Loretta Knutson, and father to JC Nerstad.

Gordon Pitel family. Gordon had been very active in Valheim lodge at one time.

Evelyn Veldez family- An aunt to Larry Lane

Continued Healing Wishes to

Morris Tweeten,
Loraine Hagen,
and Mavis Johnsrud



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.

VELKOMMEN

NORDIC FEST

since 1967

DECORAH, IOWA

NORWAY SWEDEN FINLAND DENMARK ICELAND

PARADE

Elveløper

NORDIC DANCERS

RØMMEGRØT
lutefisk
VARMEPØLSE
småkaker



JUFF DA LEFSE

KUBB | craftshow
NISSE | ROCK THROW | bvnad

MUSIC

FIREWORKS

VER SA GOD

JULY 25-27, 2019

DECORAH IOWA

Matlyst Monthly

AGURKSALAT

(Cucumber Salad)

Agurksalat is the side dish of summer

by Christy Olsen; FieldTaste of Norway Editor

With a little salt, sugar, and vinegar, cucumber slices are transformed into a refreshing side dish. Agurksalat, or cucumber salad, is a classic side dish on the Norwegian table. It is a quickly pickled cucumber salad, often served with fish, such as laks (salmon) or makrell (mackerel).

There are many different variations on agurksalat, this is just one of them.

A few notes:

- English cucumbers are typically wrapped in plastic at the grocery store. The author prefers them because of their thin skin and tiny seeds, but you can substitute regular cucumbers that have been peeled.
- A mandoline slicer makes very quick work of slicing into thin rounds, but a good knife or



an østehovel (cheese slicer) will also work.

- You can use flat-leaf parsley or it's also really nice with fresh dill.
- Given the brine's acidity, it will keep well in a glass jar in the fridge for several days, but the flavor will grow more intense.

- 2 English cucumbers
- ½ cup white vinegar
- ½ cup water
- 2 tbsps. white sugar
- 2 tsps. kosher salt
- ¼ cup Italian flat-leaf parsley, finely chopped

With a mandoline or sharp knife, thinly slice the cucumber into rounds. Alternatively, slice with an østehovel (cheese slicer).

In a medium bowl, combine vinegar, water, sugar, and salt. Stir until the sugar is dissolved. Add cucumber slices and parsley to the bowl and toss to combine. Chill in the refrigerator for at least 30 minutes to allow the flavors to marry.

Traditionally served a side dish for fish, it is a delightful summer accompaniment for any dinner or picnic.

This article originally appeared in the June 28, 2019, issue of The Norwegian American. To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.

VAFLER MED SITRONSMÅK

(Lemon Waffles)

Ingredients

- 5 eggs
- ¼ cup sugar
- 1 cup flour
- ½ tsp. lemon peel (freshly grated)
- 1 cup sour cream
- ¼ cup butter, melted
- 1 tsp. lemon juice, fresh

Directions

Sift together the flour and freshly grated lemon peel.

Beat eggs and sugar until thick and fluffy, about 10 minutes.

Alternately fold in the flour and sour cream. Stir in the melted butter and lemon juice.

Set batter aside to rest 10-15 minutes.

Heat a heart-shaped waffle iron. It is hot enough when drops of water sprinkled on its surface sputter. Pour approximately ¾ cup batter into the center of the iron.

Lower cover and bake until the steaming stops, 30-60 seconds on each side. Do not peek during baking period.

Makes 6 waffles.



Recipe from "Ekte Norsk Mat—Authentic Norwegian Cooking," available for purchase through the Vesterheim bookstore. www.vesterheim.org

ACTIVITIES

BOK FORENING (Book Club)

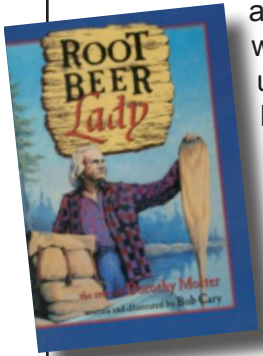
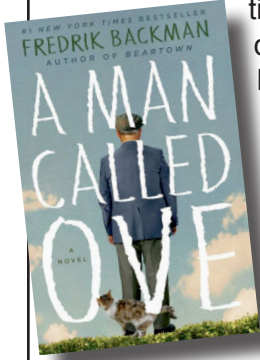
There is a change in location for the Bok Forening (book club). From now on, they will be meeting at the Spring Grove Manor. Same

time, 2:00 p.m. the third Tuesday, different place.

For July, they will be watching the movie "A Man Called Ove" which is based off of the book by Fredrik Backman with the same name. This movie, set in Sweden, tells the story of Ove, who can best be described as a curmudgeon. The story takes place after the death of his wife, and shows how healing can occur with the unlikeliest of people, in the unlikeliest of ways.

In August, the book is "Root Beer Lady" by Bob Cary. An ice-cold glass of root beer and a warm welcome greeted thousands of weary paddlers who stopped at the Isle of Pines to meet Dorothy Molter, the courageous, independent woman who

became a North Woods legend. Bob Cary, Dorothy's longtime friend, captures her life and spirit in Root Beer Lady Join the conversation! If you have any questions contact Geneva Tweeten.



JULY/AUGUST

	1	2	3	4	5	6
7	8 Darrell Sinclair	9	10 Board Meeting 1:00@ Ivy Grove	11	12	13
14	15	16 Book Club	17	18	19	20
21	22	23 Rachel Storlie	24	25 Sons of Norway Meeting 6pm	26 Judy Tollefsrud	27
28 James Gray	29	30	31	AUGUST 1	2 Thomas Trehus	3
4	5	6	7	8 Sons of Norway Meeting 6pm	9	10
11	12	13	14	15	16	17
18	19	20 Book Club	21	22	23	24
25	26	27 Gratulerer med dagen!	28	29 Dale Buxengard	30	31 Sibyl Floyd

VESTERHEIM

Decorah, IA www.vesterheim.org

Free First Thursdays--Vesterheim offers free admission to the museum the first Thursday of the month

SPECIAL EXHIBITS

National Norwegian-American Folk Art Exhibition

On view June 21 - July 27, 2019

What's happening today in the world of Norwegian-inspired folk art?

Find out at The National Norwegian-American Folk Art Exhibition, a collection of amazing work by fantastic contemporary artists from all over the country, open at Vesterheim from June 21 through July 27.

Tattoo: Identity Through Ink

For more than 5,000 years, tattoos have been used to document the history of humanity one painful mark at a time. Spanning cultures and continents, tattooing has adorned European nobility and Native Americans, celebrities and Scandinavian sailors, punks and presidents, and seemingly everyone else in between. Today, tattoos have never been more popular.

June 1, 2019 - April 26, 2020

NORSKEDALEN

Coon Valley, WI

608-452-3424 email: info@norskedalen.org

www.norskedalen.org

Threshing Bee Dinner

The Threshing Bee was a time when neighbors came together to help each other with the harvest. While every family would bring food to share, it fell to the host family to insure that there was enough food for all. The result was a feast of farm-fresh foods second to none, and friendships that span the generations.

The Threshing Bee Dinner will wrap up the Music in the Valley series on **Wednesday, August 8th, 5:30 - 7:30 pm**, and celebrate the friendships that define Norskedalen! All are welcome to enjoy the evening and the live music.

BARNETOGET



The weather did not want to cooperate, so the children had an indoor Barnetoget. We had lots of great help getting the hotdogs rolled up in lefse and into the children's hands



SYTTENDE MAI



Jackie organizing our baked goods



Karen & Audrey's friend minding the goods



Loretta & Jackie taking care of business!



Karen flipping the lefse



Audrey telling us how to braid rugs



Steve sharing his carvings



Georgia making strul

Thanks to all who made our Syttende Mai Bake Sale and Demonstration Event a SUCCESS. Lots of baked goods, many helping hands and good weather.



Alex & friend from Luther checking out the Book Club Display



The rommegrøt family!
Janet with her granddaughter, and daughters (Shelly, Teresa & Darlene)



A boat load of trouble!!

Thank you Jim Gray for revamping the steps to get into the boat, getting the skirt on the boat and for driving us through the parade. Thanks to everyone who road in the boat, including the Thankful Brass.

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

Return Service Requested



July/August 2019

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

UPCOMING 2019 PROGRAMS

Thursday, JULY 25, 6:00 pm

Guests of Westby Lodge.

At LaCrescent Fire Hall -- POTLUCK

Program: Re-enactment of the saga of the first recognized Norwegian Emigrant Ship – “Restauration”.

**Thursday, AUGUST 8, 7:00 pm Winona Lodge
our guests -- POTLUCK**

The Murder of Clara Olson

with Larry Scheckel

Servers: Audrey Almo, James Skree, Judy Tollefsrud,
Rachel Storlie, Mike Schmidt

Thursday, SEPTEMBER 12, 7:00 pm

Norwegian woodcarving styles

with Judy Gates

Servers: Lee Grippen, Howard Burtness, Janice
Dokken, Adell Twite



Thursday, OCTOBER 10, 7:00 pm

Norwegian Civil War Regiment

with Dave Glomstad

Servers: Jim & Karen Gray, Bonnie & Vance Haugen

Thursday, NOVEMBER 14, 7:00 pm

Sons of Norway Foundation

with Blaine Hedberg

Servers: Geneva Tweeten, Robert Newhouse, Jim
Wilhelmson, Laura Thorson

DECEMBER 12----

Annual Christmas party

Christmas Party! Servers: Bill & Karen Fried