

THE VALHEIM TIDENDE



Volume 21 Issue 2

Spring Grove, MN 55974 March/April 2019

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What a Winter!!

This has been quite a winter. Snow, snow and a little more snow. It all kind of started with that “polar vortex” at the end of January. The snow is so pretty when it comes down and covers everything in pristine winter-white. It just brightens everything up. And now, it is almost GONE!! On to SPRING!

Our next meeting, we will be Guests at Lanesboro’s Lodge, Thursday, April 4. The meeting begins at 7:00. If you would like to car pool, meet at Trinity Lutheran Church at 6:00

APRIL 4 -- Monthly Meeting --Guests at Lanesboro at their Lodge

APRIL 27 --- Flatbread Day: Learn, Laugh, Eat

Demonstration day of Norwegian baked goods! Invite friends. 9:00 - 11:00 a.m. to Trinity Lutheran Church kitchen. If you would like to be making something for this event, that would be welcomed! Event is FREE for members and the public to come and be a part of this fun morning!

MAY 9 -- Monthly Meeting, 7:00 pm @ Giants

Dissolution of Norway from Sweden with Dave Amdahl

MAY 11 Mollie B in Spring Grove!! You can purchase advance tickets at Giants or call 507 498-5070

May 17 Barnetoget

(Children’s Parade) with fun and food at the end of the parade in the park.

May 18 Syttende Mai Celebration

Many, many events including Classic Car Show, Bingo, Kids Pedal Pull, Musik Fest, etc.
<http://sgsyttendemai.com/schedule/>

We will be having a Bake Sale with demonstrations and have the “boat” in the parade with lots of you riding in it!! Hope you and all your family and friends can be a part of this celebration!

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
Editors/Publicity
Georgia Rosendahl &
Karen Fried
Historian
Georgia Rosendahl
Trustees
Lawrence Knutson
Auditor
Karen & Jim Gray
Sports Director
Thomas Trehus

Learn-Laugh-Eat!
Sons of Norway, Valheim Lodge 364
invites you to their Demonstration Day of

FLATBREAD
& other Norwegian Goodies
Saturday, April 27
Trinity Lutheran Church Kitchen - Spring Grove
9-11 a.m.
FREE Open to ANYONE & EVERYONE
We will be making flatbread, rosettes, heart waffles, etc
Watch-Ask Questions-Give it a Try-Taste!
Learn how to make some of those Norwegian traditions
Come for a bit -- or the whole time.



BARNELOPET



Above : Lynn and David Susag are diligent at getting everyone registered!
Right: Everyone is ready to "race"!!

Below: And they are OFF!



Left: Leah and Brian Bjerke enjoying the Banelopet with their niece and nephew!

Above: Darlene Fossum-Marten with future Banelopet-er, her granddaughter

This year marked the 20th Annual Banelopet. There was just the right amount of snow and the weather was very pleasant for our 42 participants. To commemorate the 20th year each participant received a Banelopet headband along with their medal and all the cookies and hot chocolate that they could consume! Thank you Darlene Fossum-Marten for coordinating this event and inviting our lodge to be a part of it!

Continued Healing Wishes to

Morris Tweeten who is being taken good care of by Geneva

Sibyl Floyd who spent a few days in the hospital in early March

Loretta Knutson who is having hip surgery April 1

Mavis Johnsrud who has been ill

Spring Grove Community Ed is bringing to the BIG SCREEN the movie "Decoding the Driftless".

A very much worthwhile see!

Our tri-state area was untouched by the last glaciers, and there are many unique landforms because of that.

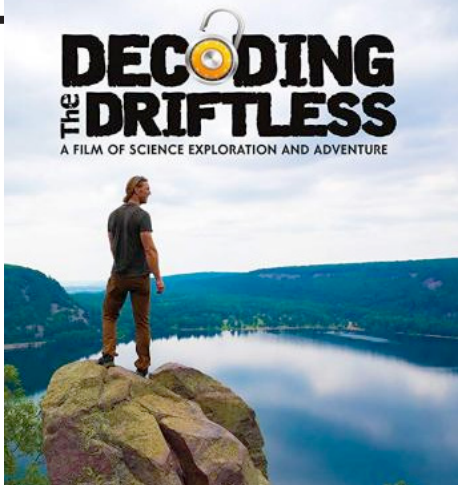
This movie does a fantastic job showing and discussing our beautiful driftless area!

George Howe, one of the creators of the movie, will be on hand to answer any questions, after the movie.

Thursday April 11 at the Spring Grove Cinema

\$2 Adults/\$1 for students

Two showtimes: 5:30 and 7:30

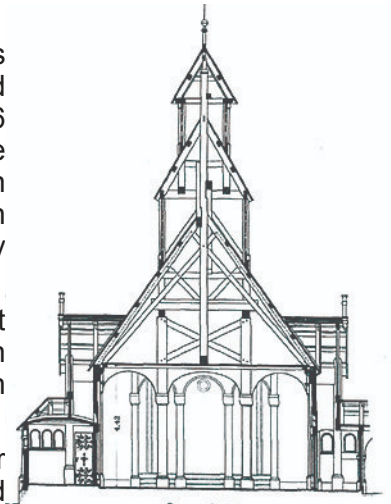


SMALL TREASURES tell a dark story about Norway's medieval culture. Archaeologists have found more than 20,000 coins, beads and hairpins under the floorboards of old Norwegian stave churches. A total of 10,286 of the coins are from between 1180 and 1320 A.D. In the Middle Ages, there were likely thousands of stave churches in Norway. Today, 28 stave churches remain standing. In addition, Norway probably has a few hundred other churches with roots in the Middle Ages. The coin findings in these churches reveal how widely coins were being used in Norwegian settlements 800 years ago.

In the Middle Ages people stood during church. Only the old and infirm got to sit on benches along the sides. Presumably there was also a clear division between the sexes. Women stood on the north side of the sanctuary and men on the south side.

“When we investigated where in the church rooms hairpins, beads and other objects associated with women were located under the floorboards, we found that more than 95 percent were below the north side of the sanctuary,” says Svein Harald Gullbekk, an archaeology researcher at the University of Oslo.

Thus, Gullbekk confirmed the strict division of medieval churches, where women had to stand on the side that people connected with the dark and cold forces in nature. The men stood on the south side.



JANUARY SOUPER SATURDAY



Midge Kjome shared with us many interesting things about Mushrooming in Norway. An interesting hobby, one which you have to know your mushrooms or it could be deadly!



Georgia and Midge sharing genealogical stories!



Cans of soup were mixed together and heated up -- souper soup! Officers brought sandwiches and desserts to complete our Souper Saturday meal.



Everyone is being good listners while Karen leads the business meeting.

2018 INTERNATIONAL COMPETITION



The annual World Cheese Awards—known as the largest cheese-only competition on the planet—has been bringing together cheese lovers around the globe for over three decades. The recent 2018 competition was particularly exciting for Norwegians as it not only took place in Norway for the first time ever, but was also a home win for the local Norwegian cheese producer Ostegården.

Out of the record breaking 3,472 cheeses from 41 countries that participated in the past year's competition, Fanaost, an aged Gouda-style cheese, came out on top. This champion cheese took nearly 12 years to produce and was made on a small Norwegian farm of just 12 cows.

The event took place in Bergen in partnership with Hanen, a local organization promoting the best that the Norwegian countryside has to offer. With the increasing popularity, pride and knowledge in Norwegian food culture and traditions, timing played a wonderful role in this year's win.

Norwegian
Ridge

LANGUAGE
& CULTURE
CAMP

NORWEGIAN RIDGE LANGUAGE & CULTURE CAMP

JUNE 10-14 & 17-21, 2019

Valheim Lodge is offering up to \$400 in \$50 scholarships

To every Valheim members' children, grand children or great grandchildren who attend camp, \$50 per child (18 years or younger) is available. Please register for camp by May 17. We will be donating the unclaimed scholarship dollars to the camp directly. Contact Jackie Parker or Karen Fried.

For more information about camp <http://www.norwegianridge.org> or contact Karen Gray

Rollin'

with

Mollie B

Back in her hometown!

TICKETS 507-498-5070

May 11 1:00 --TO-- 5:00 Fest Building



Tubfrim Winner Announced

Sons of Norway announced that Trollheim 1-511 in St. Cloud, MN is the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 876 cards. With one card for every pound of stamps sent to Norway, that means that Sons of Norway sent at least 876 pounds or approximately 1,314,000 stamps to Tubfrim in 2018. During this past year, 73 lodges participated in the program.

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.

Matlyst Monthly Tiny Almond Pies

Top off your Easter supper with this tasty dessert, laced with delicate almond flavor.



Ingredients

For the dough:

- Scant 2/3 cup unsalted butter
- 1 cup flour, sifted
- 1 egg yolk
- 3 1/2 Tbsp. cold water
- 1 Tbsp. cognac

For the filling:

- 1 1/4 cups ground almonds
- 1 cup sifted confectioner's sugar
- 3 egg whites, lightly beaten

Step 1

Divide the butter into three pieces of equal size. Crumble one piece into the flour.

Step 2

Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature.

Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over 2/3 of the dough.

Step 3

Fold over the plain section, then fold over the other section with butter, like a business letter. This forms a rectangle with three layers of dough and two of butter. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes.

Step 4

Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 200° C (400° F). Grease sandkake (small fluted pie) tins.

Step 5

Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins.

Step 6

For the filling, combine almonds with powdered sugar and egg whites. Place about 1 1/2 teaspoons of filling in each form.

Step 7

Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust.

Step 8

Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes.



This recipe is taken from "The Norwegian Kitchen" which is available for purchase through the Vesterheim Museum Bookstore: (800) 979-3346 or www.vesterheim.org.

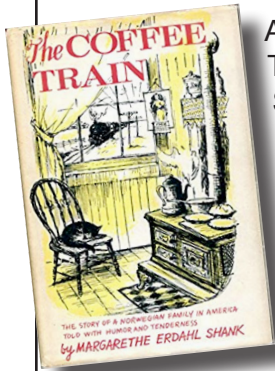
Valheim Lodge 2018 Monies

INCOME		
Lunch Money	\$298.61	
Syttende Mai Bake Sale	\$1039.47	
Uff Da Fest Bake Sale	\$755.63	
Christmas Bake Sale	\$847.50	
Member Rebates	\$600.17	
CD Interest	\$7.83	
Memorials --		\$3549.21
Norris Storlie	\$120.00	
Emma Landsom	\$480.00	
Edith Nerstad's Birthday	\$50.00	
Guests at Christmas Dinner	\$70.00	
		\$720.00
Total Income		\$4269.21
EXPENSES		
Donations --		
Barnelopet	\$75.00	
Vesterheim	\$100.00	
LaCrescent City Hall	\$50.00	
Wilmington Church (Rick Trehus event)	\$50.00	
Sangerfest (ad)	\$125.00	
Monthly Speakers	\$300.00	
Language Camp (from Rachel Storlie's Concert)	\$425.00	
Plant for 100th Birthday	\$100.00	
Purchase of Lefse	\$225.00	
		\$1408.78
Fraternal -to maintain lodge		
Postage & Newsletter	\$711.10	
Advertising	\$79.20	
Christmas Dinner	\$204.82	
Supplies & Misc.	\$175.98	
Membership Transfer (H.Johnsrud)	\$14.00	
June Convention - Jill Storlie	\$514.98	
Miscellaneous	\$19.87	
		\$1719.95
Total Expenses		\$3128.73
Difference	+	\$1140.48

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.



April's book is "The Coffee Train" by Margarethe Erdahl Shank. An autobiographical reminiscence of a childhood in Grand Prairie, North Dakota, warmly recalls the Norwegian grandparents, the relatives and the peacefulness of the days after World War I.

Join the conversation, Tuesday April 16, 2:00 at the SG Communications building, room 103.

VESTERHEIM CLASSES

Decorah, IA www.vesterheim.org

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

Classes at Vesterheim:

- Beginning Hardanger Embroidery** April 4-5, 2019
w/ Ruth Ann Holm
- Scandinavian Style Flat-Plane Figure Carving** April 4-6, 2019
w/ Harley Refsal
- Sámi-Inspired Bracelets—An Introduction** April 4, 2019
w/ Norma Refsal
- Sámi-Inspired Bracelets—A Continuation** April 5, 2019
w/ Norma Refsal
- Hardanger Embroidery** April 6-7, 2019 w/ Ruth Ann Holm
- Kransekake—The Queen of Cakes** April 6, 2019
w/ Carrie Solberg
- Kuksa Carving—Traditional Scandinavian Drinking Cup**
April 9-11, 2019 w/ Alexander Yerks
- Researching Your Norwegian Roots** April 12-13, 2019
(Fri. 9:00-5:00, Sat. 9:00-4:00) w/ Jerry Paulson
- Scandinavian Figure Carving** April 12-14, 2019 w/Bill Jaeger
- Hooked on Spoons—Carving in the Scandinavian Tradition**
April 12-14, 2019 w/ Fred Livesay
- Nordic Folk Tunes Workshop** April 12, 2019 (2:00-5:00)
w/ The Nordic Fiddlers Bloc
- Hedebo Needlework** April 13, 2019 w/ Roger Buhr
- Tatting Needlework** April 14, 2019 w/ Judy Hansen
- Norwegian Ring Latch** April 26-28, 2019 w/ Tom Latané
- Explore the Craft of Tinsmithing** April 26-28, 2019
w/ Kitty Latané
- Decorating on Wood** April 26-28, 2019
w/ Darlene Fossum-Martin and Rebecca Hanna
- Decorative Carving on Posts and Beams** May 2-5, 2019
w/ Jock Holmen
- Freya's Fantasy Filigree** May 3-4, 2019 w/ Liz Bucheit
- Traditional Filigree—Sweet Sølje Pin** May 5-7, 2019
w/ Liz Bucheit

MARCH/APRIL

3	4	5 Oranda Sinclair	6 Board Meeting 4:00@Giants	7	8 Sons of Norway Meeting Saturday 11 a.m.	
10	11	12	13 Jim Wilhelmson	14	15	16
17	18	19 Book Club	20	21	22 Lee Grippen	23
24	25 Robert Newhouse	26	27	28	29	30
31	APRIL 1	2	3 Board Meeting 4:00@Giants Kolton Nerstad	4 Monthly Mtg @ Lanesboro 7:00pm	5	6
7	8 Mavis Johnsrud	9	10	11	12	13
14 PALM SUNDAY	15	16 Book Club	17	18	19	20
21	22	23 Miranda Knutson	24	25	26	27 Flatbread Day
28	29	30	Gratulerer med dagen!			

NORSKEDALEN

Coon Valley, WI

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

Basket Weaving with Phyllis Schoen

April 13, 9 a.m. - 3 p.m.

Learn the art of weaving as you create a traditional bread basket. \$45/non-members, \$40 members. Advanced registration is necessary

Kake Class with Anne Farning

April 27, 9 a.m. - noon

Learn how to make blotkake (Norwegian Cream Cake) and Verdens Best Kake (World's Best Cake) in time for Syttende Mai! \$10/non-members, free for members! Advanced registration is necessary.

Spoon Carving with Nicholas WazeeGale

April 27, 9 a.m. - 4 p.m.

Join us at Norskedalen's Thrunegaarden for this adventure in Spoon Carving! \$65/non-members, \$55/ members! Some tools will be available for use during the class. Advanced registration is necessary.

FEBRUARY MEETING



Brother and sister, Erik and Hallie Johnson of Decorah presented at the February 9th meeting of Valheim Lodge. In the summer of 2018, Erik and Hallie Johnson spent six weeks traveling in Central and Northern Europe. Their travels took them to the Czech Republic, Austria, Germany, Denmark, and Norway. Their travels in Norway included time in Oslo, Bergen, and Little Færøy Nature Life School where Roar Moe leads a School of Viking Culture.



Above: Visitor Elyse Storlie with Rachel Storlie



The whole Johnson family!



Thanks to our servers Jill Storlie and Marsha Dowe Indahl! They had all the fixings to make your own sandwich. Meat, cheeses, sandwich spreads, etc! No one went home hungry!



Karen Fried with Janet Fossum and her daughter Shelly



Enjoying another great lunch!!

MARCH MEETING

In March Dave Amdahl shared with us **The Amdahl Odyssey, From Norway to America and Back Again**. The story of Dave Amdahl's father's immigration to America in 1927 and his daughter's marriage to a Norwegian and emigration to Norway in 2008.



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.

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

Return Service Requested



March/April 2019

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

UPCOMING 2019 PROGRAMS



Thursday, MAY 9, 7:00 pm

Dissolution of Norway from Sweden

with Dave Amdahl

Servers: Jackie Parker, Dale & Sharon Buxengard, Janet Fossum

Thursday, JUNE 13, 7:00 pm

A Journey to Ancestral Homes

with Joe Morken

Servers: Lawrence & Loretta Knutson, Larry Lane, Georgia Rosendahl

Thursday, JULY 23, 7:00 pm

Guests of Westby Lodge..

Location to be announced -- POTLUCK

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 Civil War Regiment

with Dave Glomstad

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

Thursday, OCTOBER 10, 7:00 pm

Norwegian woodcarving styles

with Judy Gates

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