



# THE VALHEIM TIDENDE



Volume 21 Issue 6

Spring Grove, MN 55974

Nov/Dec 2019



*A special invite to You,  
Your Family, and Friends  
to help us*

*Commemorate the  
90th Anniversary of  
Valheim Lodge!*

*We will Celebrate by  
enjoying a Concert  
given by the  
Luren Singing Society  
of Decorah, Ia  
followed by a Light Luncheon.*

*We hope you and many others  
can join us  
Sunday, November 17th  
3:00 pm  
Trinity Lutheran Church  
203 East Main Street  
Spring Grove, Mn*

*To add to the festivities, we encourage attendees to wear bunads, Norwegian sweaters, or other Norwegian attire.  
There will be a free will offering taken during the concert.*

The 90th Anniversary planning committee (Karen & Jim Gray, Loretta Knutson, Lee Grippe, Jackie Parker and Karen Fried) have been busy planning this special event. It should be a fun event. The prelude to the event, will be a slide show of Valheim over the decades. Following the welcome at 3:00 we will enjoy the Luren Concert, with Rachel Storlie leading us in a sing-a-long at intermission. After the concert is over and we have all sung the table prayer, everyone is invited to the basement for the light luncheon. The menu for the day will be: open face sandwiches---every-

one will put together their own sandwich, rømmegrøt, lefse, flatbread, rosettes, sitron fromasj and kransekake. We are asking members for help in ushering and in donating some food. Please let any of the Committee know if you can bring some rømmegrøt, sitron fromasj (recipe on page 4), homemade bread, or usher. If you have any photos or articles from the past decades that you would like to share, please contact Georgia Rosendahl or Karen Fried. But Most IMPORTANT -- Please come and Enjoy the Day

# KAFFE FEST/ BAKE SALE

Thanks to everyone who made our third Kaffe Fest super fun and successful! Thanks to everyone who contributed food items; and a special thank you to Lee, Sibyl, Jackie, Georgia, Geneva, Karen and anyone else who helped out that day. We took in over \$600! It was a very wet day outside, so we had lots of people enjoying the warmth and dryness of being inside



All kinds of coffee and great baked goods!!



Sibyl dishing up the Rømmegrøt!



Lefse and Sandwiches to have with some Kaffe



A visit from Ole & Per and Polla. They had lots of trouble, but made out okay in the end.  
Thank you Mark Schroeder, David Stortie and Sara Kroshus for the entertainment.



## SEPTEMBER MEETING

Judy Gates brought all kinds of Wood Carving with her, some that she had bought, and many that she had carved. She told about the different kinds of carving that there is and some of her experiences carving.

# Upcoming Valheim Events.....

## DECEMBER CHRISTMAS PARTY

**Thursday, December 12** 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 menu has not be finalized at this time but will be some type of potatoes, two kinds of meat, a vegetable, lefse, rømmegrøt, dessert, and beverage. This is a FREE meal to Valheim Lodge members!!! We welcome guests (\$10 / guest)! To get an idea of how many to plan for, sign up at our November meeting or let Karen Fried know, call (498-5611) and leave a message. 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. There should be music and lots of holiday cheer! Hope you all can make it!

## NORWEGIAN BAKE SALE

**Saturday, December 14** 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 our treasurer Jackie Parker.)

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 handmade, Christmas, or Norwegian 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 Jackie know. Please price your items.

We of course will need some volunteers at the Bake Sale setting up, making sure items are marked, making coffee, rearranging the baked goods, demonstrating, etc. If you can help, let Karen or Lee know.

lefse~krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~lefse~krumkake

Sons of Norway  
Valheim Lodge #364  
ANNUAL  
**NORWEGIAN BAKE SALE**  
& More COFFEE DEMONSTRATIONS OTHER ITEMS FOR SALE

**SATURDAY, DECEMBER 14**  
Giants of the Earth Heritage Center  
163 W. Main Street, Spring Grove  
9 a.m. - 11 a.m.  
or until everything is gone!

lefse~krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~lefse~krumkake

## SOUPER SATURDAY

**Saturday, January 11, 11:00 a.m** at GIANTS OF THE EARTH HERITAGE CENTER.

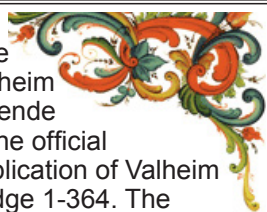
Our first monthly meeting of the new year!

Everyone bring a can of soup! Lunch will be our soup "wapatuli".

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.



## WELCOME TO NEW MEMBERS

John Rauk and Allison Rautman of Caledonia

### Sympathy

To Janice Dokken and her family. Her granddaughter Kari Dokken Schultz (32) passed in October.

### Healing wishes

To Judy Melbostad who has moved to Gundersen Tweeten Health Care.  
Also to Janet Fossum, Morris Tweeten, and Mavis Johnsrud.

## SITRON FROMASJ

### Lemon fromage

This has been served at Norwegian Ridge Language Camp and we will be serving it at our 90th Anniversary Celebration.

10 servings

#### Ingredients:

- 1 large box lemon jello (6 oz)
- 1 1/2 lemons
- 1 can sweetened condensed milk (14 oz)
- 1 cup whipping cream



Heat 2 cups water, add jello, stir until dissolved. Add zest of 1 1/2 lemons and the juice. Cool. "Whip" the sweetened condensed milk. (Beat with electric mixer on high until it gets more volume to it)

Mix in the cooled jello mixture little by little. Pour the mixture into a bowl. Whip the whipping cream and stir into the lemon mixture.



# VELKOMMEN TIL ALLE JULETREFEST

Fun for the whole family!

SATURDAY, DECEMBER 14<sup>TH</sup>

2:00 - 4:00 Come anytime! For Young & Old!

Creating traditional Norwegian tree decorations, singing around the Christmas tree and maybe a visit from the Jule Nisse!  
Free Will Donation

at GIANTS OF THE EARTH HERITAGE CENTER

# CHRISTMAS EVE CELEBRATIONS IN NORWAY

As 5 p.m. strikes on December 24th in Norway, the church bells are ringing, families are gathering around the dinner table and Christmas medleys are playing in the background. Here are a few fun facts about how Christmas is celebrated in Norway.

## Christmas Eve

Christmas Eve is the biggest day of celebration in Norway, bigger than Christmas Day itself. Houses and yards are cleaned and tidied up. The Christmas Tree is decorated with, among other ornaments, juletrekurv, or pleated Christmas hearts made out of colored paper. The hearts can also be filled with small ginger cookies, raisins, caramels or other treats.

Christmas Eve is also the day that the Julenisse, the Norwegian Santa Claus, makes his rounds to bring gifts to good children.

## Little Christmas Eve

Less known in North America is the tradition of lillejulaften, or Little Christmas Eve. Lillejulaften is the day before Christmas Eve—that is to say December 23rd. It is celebrated in different ways, but one can have a little dinner, cookies, gløgg-drinking and maybe a small present that the children can open. Lillejulaften is a good way to prolong Christmas celebrations.

# WHERE DID THE JULENISSE COME FROM & WHY DO WE BRING A FIR TREE INTO THE LIVING ROOM?

## Christmas tree

There are several theories about how this tradition came to Norway, but the very first Christmas tree that was observed in this country was supposedly at Nes ironworks owned by Jacob Aall in the 1840s. This is not a Norwegian or Scandinavian tradition, but it probably came from Protestant Germany. It was not until 1870-1880 that it became commonplace in schoolhouses for the teachers to decorate a tree.

The smell of fresh trees and the green color was, however, part of the festival in older peasant culture. You washed the floors with lye and sand, and to create a party atmosphere, you topped it with finely chopped spruce or juniper that you sprinkled on the floor.

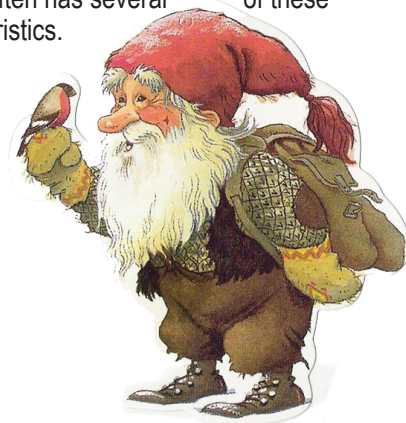
## Julenissen

Julenissen [the Christmas pixie/Santa] is a figure made up of several different traditions. As a supernatural creature, he has many names. Fjøsniissen [the barn pixie] was a little fellow; he often had a beard and was clad in gray, and he lived on farms. At

Christmas you needed to leave porridge or a splash of beer in the barn so that he would not pull pranks the rest of the year. If he did not receive these gifts, he might make knots in the horse's mane or do something to hurt the cows.

The Anglo-American tradition originates from St. Nicolas of Europe who is a well-known saint. During Advent, he distributed gifts to those who had been kind, and punished the bad ones. And then we have the Coca-Cola Santa, the advertising version of St. Nicolas from the interwar period.

The julenissen [Christmas pixie] as we know it often has several of these characteristics.



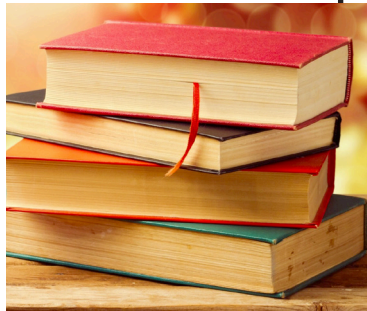
## Suggested Price List For December Bake Sale

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

# Bok Forening

(Book Club)

For November Book Club you are invited to read the book of your choice and then share a synopsis of the book with the group. They will meet at Tweeten Care Center at 2:00 on November 19.



In December they will be back at the Spring Grove Manor on the third Tuesday. For more info on book club, feel free to contact Geneva Tweeten.

## Houston County Historical Society

Houston County Historical Society  
**OLD FASHIONED CHRISTMAS OPEN HOUSE**  
 104 History Lane, Caledonia, MN

With  
 CUPS & SALES

**Saturday, December 7 11am - 3pm**  
**Sunday, December 8 12pm - 3pm**  
**FREE AND OPEN TO THE PUBLIC.**

November/December						
<i>Gratulerer med dagen!</i>						
					1 JC Nerstad Ashley Schwartzhoff	2
3 Lynn Reniers	4	5	6 Geneva Tweeten	7 Jillellyn Storlie	8 Aiden Fort	9
10	Veterans Day Genevieve Bentley	12	13 Sharon Buxegaard	15 Monthly Meeting 6:00 p.m. @ Giants of the Earth	16	
17 VALHEIM LODGE S * N 90 1928-2019 SPRING GROVE, MN	18 BevAnn Brevig	20 Book Club	21	22 Vernon Roble	23	
24	25	26	27 Bonnie Haugen	28 Turkey	29	30
December						
1	2	3	4 Board Meeting 4:00 @ Giants	5 Lawrence Knutson	6	7
8	9	10	11 Christmas Party @ GIANTS of the EARTH 5:00 Happy 1/2 Hr; 5:30 Meal	12	13 Betty Storlie	14 Bake Sale
15	16 Kinley Meiners	17 Book Club	18	19	20	21 Gunnar Tolleson
22 John Rauk	23	24 Izaak Morken	25 Christmas Tree	26	27 Georgia Rosendahl	28
29 Beulah Onstad	30	31				

Houston County  
**Festival of Trees**

**Gingerbread Lane**

Nov. 29-Dec. 1 • Spring Grove Fest Building

Volunteers once again are decorating the Spring Grove Fest Building for the Annual **Festival of Trees**

Proceeds from the auction that will be held Saturday, November 30, benefit Houston County Care and Share, the Houston County Food Shelf, Ring and Run and other local charities. If you wish to donate auction items, they can be brought to the Fest Building starting the weekend before Thanksgiving.

More information can be found on their Facebook site.



## Special Events & Exhibits @ Vesterheim in Decorah

**NORWEGIAN CHRISTMAS**  
 Saturday December 7 10:00 - 4:00

### Favorite Things

A Community-Curated Exhibit of Vesterheim's Collections  
 September 14, 2019-May 10, 2020

### National Norwegian-American Folk Art Exhibition

On view July 3 - July 25, 2020

### Tattoo: Identity Through Ink

June 1, 2019 - April 26, 2020



# HAPPY BIRTHDAY GENEVA



At the November board meeting Geneva had a sweet surprise. Nine of her great grandchildren and four of her grandchildren and spouses surprised her with a birthday cake! Happy Birthday and many more!

Dave Glomstad in his Civil War Uniform and gear



## OCTOBER MEETING

Dave Glomstad from La Crosse shared the story of the Wisconsin Norwegian Civil War Regiment that was organized and fought battles all the way from Illinois to Georgia. A wonderful lunch was served by Jim & Karen Gray and Bonnie & Vance Haugen which included homemade bread and fruit sauces.



Vance sharing some Norwegian memorabilia and some wooden items that he has made



Lodge members and guests enjoying lunch and fellowship

## 2019 Officers

President  
Karen Fried  
Vice Pres.  
Thomas Trehus  
Secretary  
Jillelyn Storlie  
Treasurer  
Jackie Parker  
Assistant Secretary  
Bill Fried  
Membership  
Loretta Knutson  
Social/Cultural  
Lee Grippen  
Marshals  
Judy Melbostad  
Janet Fossum  
Greeters  
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  
Thomas Trehus

## 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.

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.http://sgfrieds.wix.com/valheimlodge](http://sgfrieds.wix.com/valheimlodge)

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

## Return Service Requested



Nov/Dec 2019

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



*Join the Luren Singers*  
**Sunday, Nov. 17 at 3:00PM**  
Trinity Lutheran Church | Main Street | Spring Grove



Directed by Dr. David Judisch

*Luren will present a lovely concert as part of  
the Sons of Norway Valheim Lodge's  
90th anniversary celebration event!*

*All Are Welcome • Free-Will Offering • Reception Follows*

