

THE VALHEIM TIDENDE



Volume 22 Issue 1

Spring Grove, MN 55974

Jan/Feb 2020

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January Meeting

Saturday, January 18

11 a.m. @ Giants of the Earth Heritage Center

The program is entitled ICE and will be presented by Dennis Barnaal, retired Physics Professor from Luther College.

Ice in various shapes is common in our area, but ice has a number of curious aspects and has been studied by scientists for hundreds of year. Why does ice expand when it freezes and why is that important? Why can we skate on ice and make snowballs? Mr. Barnaal will answer these questions and more in an informal manner.



Every household is invited to bring a can of soup. We may mix them together with other soups for our SOUPER SATURDAY lunch -- or Bill Fried has volunteered to make soup. In that case, all the cans of soup will be donated to the Houston County Food Shelf. 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 other items for the Food Shelf along with any cancelled stamps for Tubfrim. Also, turn in to Jill our secretary, a list of your volunteer hours for this past year.

After lunch, we will have our Business Meeting. Hope to see everyone there!

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

Lunch Servers for 2020

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 18 - Souper Saturday - Karen & Bill Fried, Karen & Jim Gray

February 8 - Thomas Trehus, Sibyl Floyd, Georgia Rosendahl

March 14 - Jim Wilhelmson, Judy Fruechte, Larry Lane

April 9 - we host Lanesboro - Jackie Parker, Bonnie & Vance Haugen, John Rauk & Allison Rautman

May 14 - Lawrence & Loretta Knutson, Dale & Sharon Buxengaard

June 11 - Judy Tollefsrud, JC & Darla Nerstad, Jim Skree

July 9 - at La Crescent - we host Westby - Pot Luck Audrey Almo, Rachel Storlie, Mike Schmidt, Janice Dokken, Charles & Nora Beckjord

August 13 - we go to Winona NorWin Lodge

September 10 - Lee Grippen, Janet Fossum, Adele Twite

October 8 - Geneva Tweeten, Darrell & Oranda Sinclair

November 12 - Jim & Karen Gray, Jim Wilhelmson

December 10 - Bill & Karen Fried

If it does not work for you to serve the month that you are assigned, please try to switch with someone. Thanks!!!





November 17, 2019
 at Trinity Lutheran Church in Spring Grove
 Valheim Lodge celebrated over 90 years as a lodge!
 District 1 President Dennis Rusinko presented the lodge with a certificate. We had many guests that day, including other District 1 officers.
 The program was the Luren Singing Society from Decorah, IA. During the concert's intermission, Valheim member, Rachel Storlie lead a sing - a-long.
 Following the wonderful program, everyone was invited to the fellowship hall for lunch which included fresh homemade bread and all the makings for open face sandwiches, as well as rommegrot, flatbread, lefse, rosettes, and kransekake.
 Thanks to the Trinity youth who helped serve, to Valheim members who donated bread and rommegrot, to everyone who came to make our celebration so special and to Karen & Jim Gray, Jackie Parker, Lee Grippen, Karen Fried & Loretta Knutson who were all on the planning committee.



The Lur called in the Luren singers



Trinity Youth helped with serving and clean up.



(left) The food is ready to be eaten!
 (above) The tables have all been set!
 (right) Jill & Georgia buttered "tons" of lefse



Celebrating **Audrey Almo's 80 Birthday!**



Audrey's daughters put on an Open House Birthday Celebration for Audrey on December 28. Many friends and family came to help Audrey celebrate. Here, Audrey is pictured with friends and family (l-r) Kristen Blochowiak, her husband Mike, daughter - Kristen Almo, Audrey, daughter - Tenely Smith and her husband Stuart. Happy Birthday Audrey -- and many more!



Membership Secretary Loretta Knutson presenting a membership certificate to Lorraine Solum who has been a Valheim member since 1992.

Annual NORWEGIAN BAKE SALE

Another year, another bake sale!

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, the Dowe's for demonstrating rosemaling, and Audrey for providing accordion music.

**BAKE SALE
DECEMBER 14**



Betty Dowe and her daughter Marsha shared their rosemaling talent!



Jackie and Loretta cashiering



Lots of Norwegian goodies!



The Amazing Audrey!!

SIX THINGS YOU DIDN'T KNOW ABOUT ICE

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

1. Two types of ice on Earth

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of salt water.

"In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain.

"Old sea ice contains less than one percent salt," says Lien.

2. The world's oldest ice

"The southernmost continent of the globe has an extra layer of 'insulation' that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old," says Lien.

Other facts about ice:

- Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].
- About 10 percent of the world's land area and about seven percent of the seas are covered by ice.
- Ice reflects away 90 percent of the sunlight.
- The ice caps in Greenland and Antarctica are so large that they affect the earth's gravity.



THE TWENTY-FIRST ANNUAL BARNELOPET

Barneløpet Children's Ski/Walk Event at Decorah Prairie

DECORAH, Iowa —Get outside and enjoy the winter at the 21st annual Barneløpet, a non-competitive ski or walk event for the community's youngest skiers, ages 3-13. This collaborative Vesterheim Museum and Sons

of Norway event will be held at the Decorah Community Prairie on Saturday, February 1, at 10:00 a.m., with registration beginning at 9:30 a.m. Skiers must provide their own skis.

Barneløpet is open to children of all skill levels and is a great event for the entire family. "When you complete the course, you'll be awarded a medal and served hot chocolate and homemade cookies as you warm yourself by the fire," Darlene Fossum-Martin, event organizer, said.

Barneløpet is free thanks to the sponsorship of Jon and

Mary Hart of Decorah in memory of Kjell Arne Bernsten, and three Sons of Norway Lodges—Valdres #503 in Decorah, Iowa, Heimbygda #376 in Lanesboro, Minnesota, and Valheim #364 in Spring Grove, Minnesota.

No snow or skis? "Then join in the fun with a walk through the tall prairie grasses," Fossum-Martin encouraged. If in doubt about weather conditions, listen to local radio stations for cancellations.

Barneløpet, (pronounced BAR-nuh-lop-it) is Norwegian for "kids race" and Sons of Norway lodges all over the country sponsor Barneløpet events. It is modeled after the Barnebirke, a children's cross-country ski race held each year as a part of the world-famous American Birkebeiner in Hayward, Wisconsin.

Barneløpet, here in Decorah, is held annually to encourage kids and families to enjoy our winter snow season.

The Decorah Community Prairie is accessed by car at the south end of Ohio Street, near Aase Haugen Homes. The trail will be in a loop, with the start and finish at the site of the butterfly garden.

For more information about Barneløpet contact Vesterheim at vesterheim.org or (563) 382-9681.

Continued Healing Thoughts to

**Morris Tweeten,
Janet Fossum,
Loretta Knutson**

Welcome to new members:

**Charles & Nora Beckjord
17611 Nine Oaks Dr
Spring Grove**

Matlyst Monthly BERGEN FISH SOUP

(BERGENS FISKESUPPE)

SOURCE: FOOD.COM

<https://www.food.com/recipe/bergen-fish-soup-bergens-fiskesuppe-424115>

READY IN: 1hr 15mins SERVES: 6

INGREDIENTS:

FISH STOCK

- 1/4 cup parsnip, coarsely chopped
- 1/2 cup carrot, coarsely chopped
- 1 large yellow onion, coarsely chopped (3/4 cup)
- 1 large potato, coarsely chopped (1 cup)
- 1 tsp. salt
- 6 peppercorns, whole
- 1 Tbsp. parsley stems, chopped
- 1 bay leaf
- 3 celery ribs, with leaves
- 2 lbs. fish, trimmings (heads, bones, etc., washed)
- 4 quarts cold water

SOUP

- 1/2 cup carrot, finely chopped
- 1/4 cup parsnip, finely chopped
- 1 lb. halibut, cod or 1 lb. haddock, boneless and in one piece
- 1/2 cup leek, finely sliced, white parts only
- 2 egg yolks
- sea salt & freshly ground black pepper, to taste
- 3 Tbsp. parsley, finely chopped (garnish)
- 6 Tbsp. sour cream (garnish) (optional)



DIRECTIONS:

FISH STOCK

To prepare fish stock, which will be the base of the soup, combine the ingredients listed under the FISH STOCK heading in a 4 to 6 quart

stock pot. Bring to a boil, partially cover the pot, turn the heat low and simmer for 30 to 40 minutes. Strain the stock through a fine sieve into a large bowl, pressing down hard on the vegetables and fish trimmings with the back of a spoon to extract their juices before discarding them. Wash the pot and return the strained stock to it. Reduce the stock to about 6 cups by boiling it rapidly, uncovered, for about 20 minutes.

Restrained through a fine sieve or through a double thickness of cheesecloth lining a regular sieve.

SOUP

Again return the stock to the pot. Add the carrots, parsnips and fish. As soon as the soup reaches the boil, lower the heat and simmer uncovered for about 10 minutes.

Add the leeks and simmer 2 or 3 minutes longer.

Remove from heat, lift out the fish with a slotted spoon and set aside on a platter.

In a small bowl, beat egg yolks with a wire whisk; then beat in about 1/2 cup of hot soup, 1 tablespoon at a time. Pour this back into the soup in a thin stream, beating continuously with a wire whisk.

With a fork, separate the fish into flakes and add it to the soup.

Season with salt and pepper and reheat, but do not let the soup boil.

To serve, ladle the soup into individual bowls and sprinkle with chopped parsley. If you like, garnish each serving with 1 Tablespoon sour cream.

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 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.



2020 District 1 Sons of Norway Convention Jun 4-6 2020 in Brainerd, Mn

The District 1 Convention is being sponsored by Sagatun Lodge #18 in Brainerd, MN and will be held at Cragun's Resort on Gull Lake. Cragun's Resort will be handling delegate registration and hotel reservations. Each hotel-style room will have a fireplace and a view of the lake. Due to the popularity of Cragun's Resort, reservations/registrations will be accepted up through April 20th at <https://craguns.formstack.com/forms/norway20>

If YOU are interested in being a DELEGATE please let Karen Fried know.

ACTIVITIES

BOK FORENING

(Book Club)

Bok Forening (book club) meets at 2:00 p.m. the third Tuesday of the month in the gathering room at the Spring Grove Manor

For January, you are invited to read whatever book you would like and share with the group. If you have any questions, contact Geneva Tweeten or Lee Grippen.



JANUARY/FEBRUARY

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

AT GIANTS OF THE EARTH HERITAGE CENTER stop in and Reminisce with Dr. Gray...Thursdays in January, 2:00
163 W. Main Street, Spring Grove
<http://www.springgrovemnhheritagecenter.org>

REMINISCING WITH DR. GRAY

THURSDAYS AT 2:00

JANUARY 9, 16, 23 AND 30

AT GIANTS OF THE EARTH HERITAGE CENTER
163W. MAIN STREET, SPRING GROVE MN

COFFEE AND TREATS PROVIDED

JAN 9.....THRESHING

JAN 16.....SILO FILLING

JAN 23.....TRACTORS & HORSES

JAN 30.....HANDLING LIVESTOCK

MEN AND WOMEN WELCOME

SHARE YOUR STORIES ~ BRING PHOTOS IF YOU WISH

VESTERHEIM

Decorah, IA www.vesterheim.org

Free Second Saturdays

The second Saturday of every month Vesterheim offers free admission to the museum

Classes at Vesterheim:

Skål—Scandinavian Craft Cocktails

February 15, 2020 (4:00-6:00) with Stephen Larson

Skål—Let's Eat and Drink Together

February 16, 2020 (2:00-6:00) with Stephen Larson

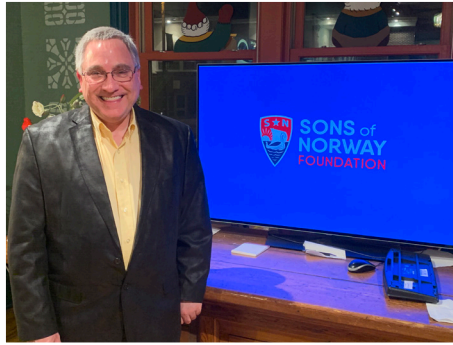
Beginning Rosemaling

January 18, 25 & February 1, 8, 2020 (9:00-11:30)
with Shirley Evenstad

NOVEMBER MEETING

For 28 years, Hedberg worked at the Norwegian-American Genealogical Center and Naeseth Library in Madison, learning and tracking the history of Norwegian ancestry in the U.S. He served as the facility's director from 1993 to 2001 and again from 2007 to 2009. He has delivered many lectures a year across the country, talking about his work. He came to us in November to tell us about Sons of Norway Foundation which he has been a board member of.

Jill Storlie made a fish soup for our lunch and Geneva brought desserts. Geneva also read us a Veteran's Day poem.



DECEMBER MEETING



GOD JUL! GODT NYTT AR!

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!



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

Sympathy to the families of
Betty Storlie She was the wife of Richard Storlie

Doris M. Thomas, 74, of Fountain, MN died on Thursday, November 28, 2019 at Chosen Valley Care Center in Chatfield, MN. Doris Marie Holten was born on Sept. 10, 1945 to Albert and Mabel (Rosendahl) Holten in Spring Grove, MN. Mabel was a long time member of Valheim Lodge.

For our December meeting we had several guests join us as we enjoyed a wonderful meal, had a White Elephant gift exchange, and ended the evening by singing Christmas songs with Audrey playing the accordion. It was a good chance to reminisce over the past year, and look ahead to the new year with great expectations.

Sons of Norway
Valheim Lodge 1-364
Georgia Rosendahl &
Karen Fried
PO Box 472
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Return Service Requested



Jan/Feb 2020

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

UPCOMING 2020 PROGRAMS

JANUARY 18-- Ice with DennisBarnaal

FEBRUARY 8--Ale Bowls with Carol Hasvald

MARCH 14--Gausta Paintings with Sharon Storhoff

APRIL 9--Scandinavian Traditions (Lanesboro our guests)

MAY 14--Niadros with Dave Amdahl

JUNE 11-- Show and Tell

JULY 9--Highland Singers (Westby our guests) in LaCrescent

AUGUST 13--go to Winona

SEPTEMBER 10--Midge Kjome

OCTOBER 8--Viking Culture with Jon Lee

NOVEMBER 12--SE MN Railroad with
Richard Cordes

**DECEMBER 10 ----Annual Christmas
party**

