

# THE VALHEIM TIDENDE



Volume 22 Issue 2

Spring Grove, MN 55974 March/April 2020

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## 2020 Officers

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Vice Pres.  
Thomas Trehus  
Secretary  
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Treasurer  
Jackie Parker  
Membership  
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Karen Fried  
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Georgia Rosendahl  
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Auditor  
Karen & Jim Gray  
Sports Director  
Thomas Trehus

## Spring is On it's Way!!

The days are getting longer, we have changed back to Daylight Savings time, the snow is melting....soon we will see dandelions!?

### Saturday, March 14 -- Monthly Meeting

Sharen Haugerud Storhoff will present a visual showcase of the art of Herbjørn Gausta, featuring church altar paintings he did through out the mid-west and his immigration from Norway to Harmony in 1867. Servers are Jim Wilhelmson, Judy Fruechte and Larry Lane  
Program will begin at 11:00 a.m, lunch to follow, with a short business meeting while you are finishing eating.  
Invite friends!!

### Saturday, April 4 -- Monthly Meeting

We are going to have another month with a Saturday meeting! And since it's Easter the second weekend in April, we will meet the FIRST Saturday in April. Lanesboro Lodge is unable to be our guests in April, so we will plan on them coming in May. For the program we will be watching "Scandinavian Traditions". We may switch some of the lunch servers to May when Lanesboro is here.

### MAY 14 -- Monthly Meeting, 7:00 pm @ Giants, Lanesboro Lodge will be our guests

Niadros with Dave Amdahl

**MAY 9** Mollie B in Spring Grove!! You can purchase advance tickets at Giants or call 507 498-5070

### May 15-17 Syttende Mai Celebration/Musik Fest

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

At this time we are planning on having a Bake Sale with demonstrations. We have to determine if we will be at the Legion or at Giants. And of course we will 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!



# BARNELOPET



Above : Our fearless leader - Darlene Fossum-Martin!  
 Right: Everyone is ready to "race"!!  
 Below: And they are OFF!



Above - Dennis Barnaal handing out medals



Left- Darlene's husband Jeff & grandson, Bergen.  
 Above - Barneløpet and Bunads!  
 Right - Donna Myhre and her grandson



The SUSAGS!  
 Above - David handing out bibs at the registration desk  
 Left - Lynn ringing the cowbell as "racers" cross the finish line



Above - a few of the volunteers, (l-r) Decorah SofN member, Darlene, a couple of trolls, Lynn Susag, Dave Susag, Dennis Barnaal

# NO JANUARY SOUPER SATURDAY

We did not hold a January meeting due to inclement weather on our meeting day. Hopefully we will have a Souper Saturday, next January!

## 21st Annual Banelopet!

It was a gorgeous day. Sun in the sky, very little wind and snow on the ground!

A great day for our almost 50 participants.

Every participant received a Banelopet medal and all the cookies and hot chocolate that they could consume! Thank you Darlene Fossum-Martin for coordinating this event and inviting our lodge to be a part of it along with Decorah & Lanesboro Lodges and Vesterheim.

## Healing Wishes to

**Sharon Storlie**, mother of Jill Storlie. Sharon is recuperating from a stroke that she had in February

**Karen Gray** who had a knee replacement in February

**Jill Storlie**, who is planning on having hip surgery in April

## Sympathy to families of:

**Loretta & Lawrence Knutson** whose grandson Casey Knutson died in an automobile accident. He had been a Heritage Member of Valheim Lodge.

**Beulah Onstad** she recently lost a sister-in-law, Ruth Selness Ganrud, and a brother-in-law, Harold Wright.

**Dale Buxengaard**, his sister Jean Marie Tommeraasen, recently passed.

## NORDIC FOLK ART EXHIBITION/COMPETITION

At the District Convention in June there once again will be Nordic FOLK ART EXHIBIT & COMPETITION.

Besides winners in each category, there also will be a "BEST OF SHOW" Award (selected by the judges) and a "PEOPLES CHOICE" Award (selected by visitors to the exhibit). During the 3 days of convention, delegates will be able to enjoy seeing all the beautiful Nordic Folk Arts on display in the exhibit room.

Lodge members may bring their Folk Art to the Convention or send it with a Delegate. They may choose to Exhibit Only or enter the item (s) for Competition.

If you would like to enter something, contact Karen Fried for a registration form. The Form should be completed for each item to be entered.

### I. Eligibility

- Any Sons of Norway member is eligible to exhibit and/or compete.
- Children/Grandchildren of Sons of Norway members may submit a folk art. Youth (ages 16-20 may exhibit and/or compete. Children ages 15 and below may enter for Exhibition only
- If youth folk art entered in competition, it will be judged separately.
- An entrant is allowed to enter a maximum of two articles in each category.
- All items submitted must have been made by the person who enters it and must have been finished within the past two years.

### II. Categories

#### a. Rosemaling

#### b. Fiber arts (Textiles and Stitching) Sub Categories:

- Weaving
- Hardangersøm
- Needlework
- Klostersøm, diamantsøm / others with Nordic theme.
- Needlework: bunads
- Hand Knitting
- Crocheting and tatting
- Quilts
- Nalbinding
- Felting
- Sprang

#### c. Wood Working Sub-Categories:

- Figure Carving (Norwegian motif)
- Relief Carving (Norwegian motif)
- Chip Carving, kolrosing, svidekor (burnt design with Norwegian motif)
- Acanthus Carving
- Open Woodworking in the Norwegian Tradition (Bentwood boxes, birch boxes, stave containers, ale hens, carved bowls, turned bowls and others)

#### d. Optional

- Photo/Pictures (Norwegian motif)
- Knife making (Norwegian motif)
- Wheat weaving
- Skinnfelling
- Blacksmithing
- Leatherwork
- Kolrosing
- Luferjold wire work

#### e. Genealogy (For display only)

# LOOKING FOR DELEGATES!!!



Every two years there is a District Sons of Norway Convention. This year 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 2020, Jun 4-6 2020. 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> Delegate Registration costs for the 2020 Convention includes 7 meals and 2 nights lodging for \$525 for a single delegate in a room. If 2 delegates share a room, the cost is \$385 per delegate. A true package deal at a lovely resort – come see what the North

Country has to offer. All reservations for the convention must be through the Cragun's website. Deadline for priority room placement is April 24th, 2020. After that date, the rooms reserved for the D-1 Convention will be available for other guests to the resort... so plan ahead! You will always be able to make a reservation, but location is then determined by the date the reservation is made. **Valheim Lodge can send two voting delegates.** If you are interested in representing Valheim Lodge, please let Karen Fried know. It is a wonderful time to meet new friends and learn more about Sons of Norway.

## D17 LOCAL LODGE FINANCIAL STATEMENT



Lodge Name: Valheim Lodge Number: 1-364 For Period Ending: 2019

### INCOME STATEMENT

<b>1. Receipts</b>	
a. Dues and initiation fees.....	\$ 790.00
b. Fundraising.....	\$ 2,574.19
c. Interest and dividends.....	\$ 7.76
d. Other <u>donations</u> .....	\$ 1,435.13
<b>2. Total Receipts</b> .....	\$ 4,807.08
<b>3. Disbursements</b>	
a. Community service.....	\$ 775.00
b. Fraternal support.....	\$ 1,073.21
c. Capital Investment.....	\$
d. Other.....	\$ 0.00
<b>4. Total Disbursements</b> .....	\$ 1,848.21
<b>5. Net Gain (Loss) line 2 minus line 4.....</b>	\$ 2,957.77

### BALANCE SHEET

Assets	
6. Cash on hand and in bank.....	\$ 4,177.07
7. Investments.....	\$ 2,400.00
8. Furniture and equipment.....	\$
9. Other.....	\$
<b>10. Total Assets</b> .....	\$ 6,577.07
<b>LIABILITIES</b>	
11. Loans, if any.....	\$
12. Other.....	\$
<b>13. Total Liabilities</b> .....	\$ 0.00
<b>14. Net Worth line 10 minus line 13.....</b>	\$ 6,577.07
<b>15. Total line 13 plus line 14.....</b>	\$ 6,577.07
<b>16. Net Worth as of Report Date item 14 above....</b>	\$ 6,577.07
<b>17. Net Worth Prior Year-end.....</b>	\$ 6,917.15
<b>18. Net Increase (Decrease) line 16 minus line 17.</b>	\$ -340.08

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 Bergen Rumballs

Submitted by: Vesterheim Museumsbutikk



## INGREDIENTS

### For the pastry

- 3 1/2 Tbsp. sugar
- 3/4 cup flour
- 1/3 cup margarine

### For the cream puffs

- 2/3 cup water
- 3 Tbsp. margarine
- 1/2 cup flour
- 2 eggs

### For the filling

- 2 egg yolks or 1 egg
- 1 1/2 Tbsp. sugar
- 1 3/4 Tbsp. corn starch
- 1 cup full-fat whole milk
- 2-3 Tbsp. rum
- Scant 1/2 cup whipping cream
- 12-14 cocktail cherries



## RECIPE

### For the Pastry

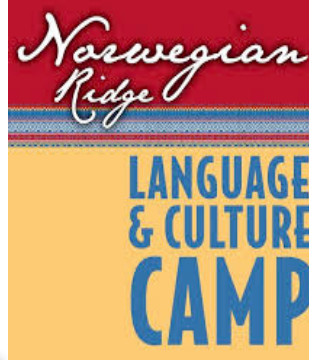
1. Combine sugar and flour and cut in the margarine.
2. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour. Preheat the oven to 210 C (425 F).

### For the Cream Puffs

1. Bring water and margarine to a boil.
2. Add the flour and stir until the mixture forms a ball.
3. Remove from the heat. Cool slightly, then beat in the eggs, one at a time.
4. The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.
5. Roll out the pastry. Cut out round cookies with a 6-7 cm (2 1/2") cutter. Drape them over the balls and press carefully against the baking sheet.
6. Bake until golden, 25-30 minutes.

### For the filling

1. Whisk together eggs, sugar, cornstarch and milk in a saucepan.
2. Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally.
3. Stir in rum. Whip the cream and fold into the rum mixture.
4. Puncture the bottom of the cream puffs. Fill a pastry tube with rum cream and pipe the mixture into the cream puffs. Top each with a cherry



**NORWEGIAN RIDGE  
LANGUAGE &  
CULTURE CAMP**  
JUNE 8-12 &  
15-19, 2020

### Living that Viking Life!

This summer we will go back in time and experience real Iron Age culture including food, clothing, runes, language, poetry, and festivals. Put your horned helmets to rest!

**SPORTS | FUN | FOOD | FOLK ARTS**

We will test your knowledge through fun games and challenges. Develop individual strengths and team-player cooperation skills while soaking up the Norwegian language. Where else can you experience such eclectic programming but Spring Grove, Minnesota?

June 8-12 - Ages 5-9, 8:30am-2:30pm

June 15-19 - Ages 10 and older, 8:30am-5:15pm

For more information about camp <http://www.norwegianridge.org> or contact Karen Gray (507) 498-5617

**Polka**  
with  
**Mollie B**



Back in her hometown!

**May 9** 1:00  
-- TO --  
5:00 **Fest Building**

**TICKETS 507-498-5070**

**MOLLIE B IS RETURNING!**

She will be at the Fest Building, Saturday, May 9. Get out your dancing shoes...or just come and enjoy some great Polka music!

# BOK FORENING

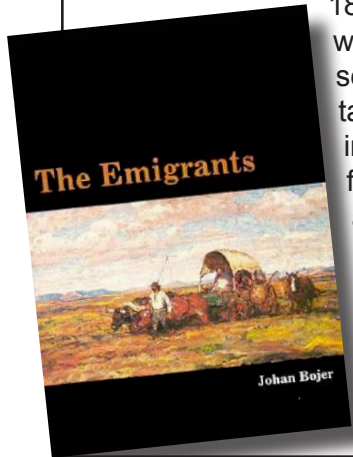
(Book Club)

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

March's book is "The Emigrants" by Johan Bøjer. Bøjer's novel of Norwegian emigration in the

1880s tells of young villagers who leave the Old World to seek a better life. Their trek takes them to homesteads in North Dakota, where they find that breaking the sod and surviving blizzards are easier than feeling at home in this new land.

If you have any questions please contact Geneva Tweeten. See you March 17 at the SG Manor!



# MARCH/APRIL

1	2	3	4 Board Meeting 4:00@ Giants	5 Oranda Sinclair	6	7
8	9	10	11	12	13 Jim Wilhelmsen	14 Monthly Meeting Saturday 11 a.m.
15	16	17 Book Club	18	19	20	21
22 Lee Grippen	23	24	25	26	27	28
29	30	31 APRIL	1 Board Meeting 4:00@ Giants	2	3 Kolton Nerstad	4 Monthly Mtg 11:00am
5 PALM SUNDAY	6	7	8 Mavis Johnsrud	9	10 Kalan Meiners	11
12 EASTER	13	14	15	16	17	18
19	20	21 Book Club	22	23	24 Charles Beckjord	25
26	27	28	29	30	Gratulerer med dagen!	

# VESTERHEIM

Decorah, IA [www.vesterheim.org](http://www.vesterheim.org)

**Free Second Saturdays**--Vesterheim offers free admission to the museum the second Saturday of the month

## Classes at Vesterheim:

**Exploring Your Heritage—A Writing Sampler Weekend**

April 24-26, 2020 with Kathleen Ernst

**Norwegian for Travelers** April 25-26, 2020 (Sat. 9:00-4:00, Sun. 9:00-noon) with Maren Johnson

**Researching Your Norwegian Roots** May 1-2, 2020 (Fri. 9:00-5:00, Sat. 9:00-4:00) with Jerry Paulson

**Folk Art Spark - Try Silverwork!** March 14, 2020 (10:00-noon) with Liz Bucheit

**Everyday Sølje** March 28, 2020 (9:00-noon) with Norma Refsal

**Viking "Knit" Chain Bracelet** April 4, 2020 with Liz Bucheit

**Pierced Celtic Knot Pendant** April 5, 2020 with Liz Bucheit

**Carved Wooden Bracelets** April 18 and 25, 2020 (9:00-11:30) with Josh Torkelson

**Birch Bark Necklace** May 2, 2020 with Beth Homa Kraus

**Wood Chest with Forged Hardware** April 18-22, 2020 with Derek Olson and Tom Latané

**Tin Lamp, Lantern, and Candle Holder** May 1-3, 2020 with Kitty Latané

**Viking Hammer** May 1-3, 2020 with Tom Latané

**Beginning Hardanger Embroidery** April 3-4, 2020 with Ruth Ann Holm

**Hardanger Embroidery** April 5-6, 2020 with Ruth Ann Holm

**Norwegian Open Faced Sandwiches and Festive Cakes** April 18, 2020 with Darlene Fossum-Martin

**Color to Cloth—Weaving Inspired by Historical Folk Art** April 4-8, 2020 with Kala Exworthy

**Color Mixing and Limited Palettes for Rosemalers and Landscape Painters** April 17-18, 2020 with Jan Norsetter

**Nordic Tablet Band Weaving** March 27-29, 2020 with Keith Pierce

**Color to Cloth—Weaving Inspired by Historical Folk Art** April 4-8, 2020 with Kala Exworthy

**Rutevev and Rölakan Weaving** April 25-28, 2020 with Jan Mostrom

**Beginning Kuksa Carving—Traditional Scandinavian Drinking Cup** March 12-14, 2020 with Alexander Yerks

**Intermediate/Advanced Kuksa Carving** March 16-18, 2020 with Alexander Yerks

**Hooked on Spoons—Carving in the Scandinavian Tradition** March 19-21, 2020 with Fred Livesay

**Advanced Spoon Carving** March 26-29, 2020 with Fred Livesay and Alexander Yerks

**Folk Art Spark - Try Woodcarving!** March 28, 2020 (2:00-4:00) with Harley Refsal

**Carved Wooden Bracelets** April 18 and 25, 2020 (9:00-11:30) with Josh Torkelson

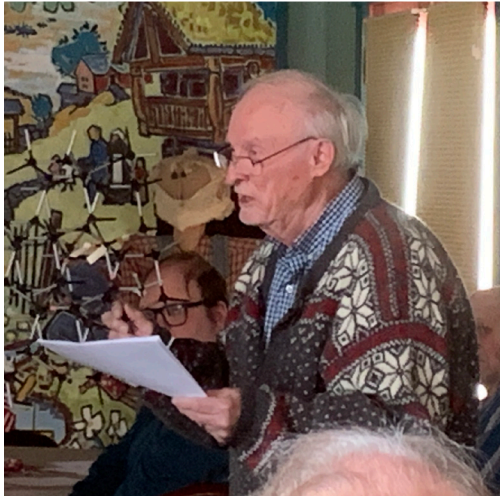
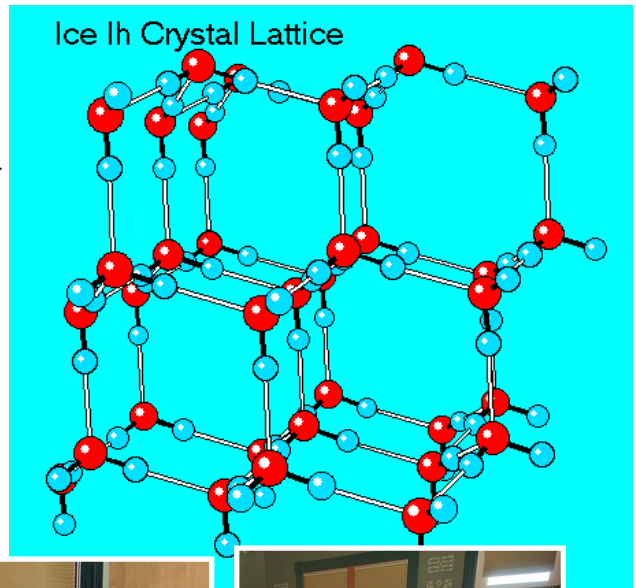
**Wood Chest with Forged Hardware** April 18-22, 2020 with Derek Olson and Tom Latané

**Creative Kolrosing—The Basics and Beyond** April 25-26, 2020 with Scott Johnson

# FEBRUARY MEETING



After not having a January meeting because of snow and ice, we were lucky to have Dennis Barnaal, retired Luther Physics professor, come and do his program on "ICE" for our February meeting. There is more to ice than meets the eye. There are many books written on ICE, as well as yearly conferences to talk about the properties of ice. But, no matter what is learned about ice, we still know, it's slippery!



Dennis Barnaal -- ICE Master!



Geneva Tweeten updating us on what Book Club is reading



LUNCH!!

## INTERNATIONAL CONVENTION

The 2020 International Convention will be held on August 19-23 at the Scandic Hotel in Ringsaker, Norway.

The biennial Sons of Norway International Convention is an opportunity for members from the United States, Canada and Norway to gather for both business and celebration. Sons of Norway members and their guests are invited to attend the 2020 International Convention in Ringsaker, Norway, which will feature a variety of social and cultural events celebrating our vibrant organization, as well as official functions for elected delegates to take part in shaping the future of Sons of Norway.



## Deep Roots. Bright Future. 2020 International Convention

Sons of Norway | Ringsaker, Norway

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

## NORSKEDALEN

Coon Valley, WI  
608-452-3424  
email: [info@norskedalen.org](mailto:info@norskedalen.org)  
[www.norskedalen.org](http://www.norskedalen.org)

**Treats & Treasures Sale**  
**Mar. 21, 2020 (No Admission)**  
Donate, shop or just enjoy a delicious bake sale at Norskedalen's Treats & Treasures Sale. Peruse through collectibles, estate items, antiques, toys, books, home decor, and other various items or try our delicious lefse and bake sale.

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  
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PO Box 472  
Spring Grove, MN 55974

## Return Service Requested



March/April 2020

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

## UPCOMING 2020 PROGRAMS



### Saturday, MARCH 14--11:00 am

**Gausta Paintings** with Sharon Storhoff  
**Servers:** Jim Wilhelmson, Judy Fruechte, Larry Lane

### Saturday, APRIL 4, 11:00 am

#### **Scandinavian Traditions**

**Servers:** Jackie Parker, Bonnie & Vance Haugen, John Rauk & Allison Rautman

### Thursday, MAY 14, 7:00 pm

**Niadros** with Dave Amdahl  
(Lanesboro our guests)

**Servers:** Lawrence & Loretta Knutson, Dale & Sharon Buxengaard

### Thursday, JUNE 11, 7:00 pm

**Ale Bowls** with Carol Hasvald

**Servers:** Judy Tollefsrud, JC & Darla Nerstad, Jim Skree

### Thursday, JULY 9, 7:00 pm

#### **Highland Singers**

(Westby our guests) in LaCrescent

Pot Luck **Servers:** Audrey Almo, Rachel Storlie, Mike Schmidt, Janice Dokken, Charles & Nora Beckjord

### AUGUST --go to Winona

### Thursday, SEPTEMBER 10

Midge Kjome

**Servers:** Lee Grippen, Janet Fossum, Adele Twite

### Thursday, OCTOBER 8

**Viking Culture** with Jon Lee

**Servers:** Geneva Tweeten, Darrell & Oranda Sinclair

### Saturday, NOVEMBER 14

**SE MN Railroad** with Richard Cordes

**Servers:** Jim & Karen Gray, Jim Wilhelmson

### Thursday, DECEMBER 10

**Annual Christmas party**

**Servers:** Bill & Karen Fried