



THE VALHEIM TIDENDE



Volume 25 Issue 3

Spring Grove, MN 55974

July/Aug 2023

July -- We've got this!

*I was hoping to get this newsletter out a bit earlier, so this article might be timely news
...or it might be old news...*

Thursday, July 27 we will be having our July meeting.

This is a special meeting, because we will be meeting in LaCrescent and members of the Westby, WI Lodge will be our guests.

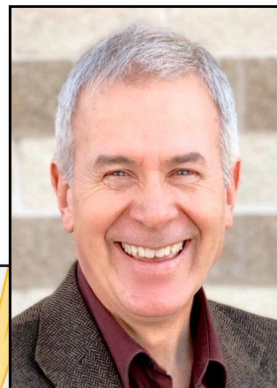
Our lodge will be bringing brats and hot dogs as a main course. We also are in charge of getting everything set up, cooking coffee, having the paper products, arranging the pot luck items as they arrive, cleaning up, etc. I am asking everyone to bring something for the pot luck. Westby, also, will be bringing potluck food, so just a "normal size" serving of whatever you bring, will be fine. The meeting starts at 5:30, but we should plan on getting their around 5:00 so we can look ready for our guests when they come.

If you would like to car pool, or car caravan, meet at Trinity Lutheran Church parking lot in SG at 4:00 pm.

The meeting is at the LaCrescent Community Center, which is connected to their Fire Department. The address is 336 S. 1st ST. Basic instructions to get there are, when you get to LaCrescent from SG/Caledonia, Take a left into

LaCrescent at the stop & go lights; then take a right on Oak St, which is the second right, shortly after you go by the Kwik Trip. Travel 4 blocks to 1st St; the Community Center will be on the right hand side on the corner.

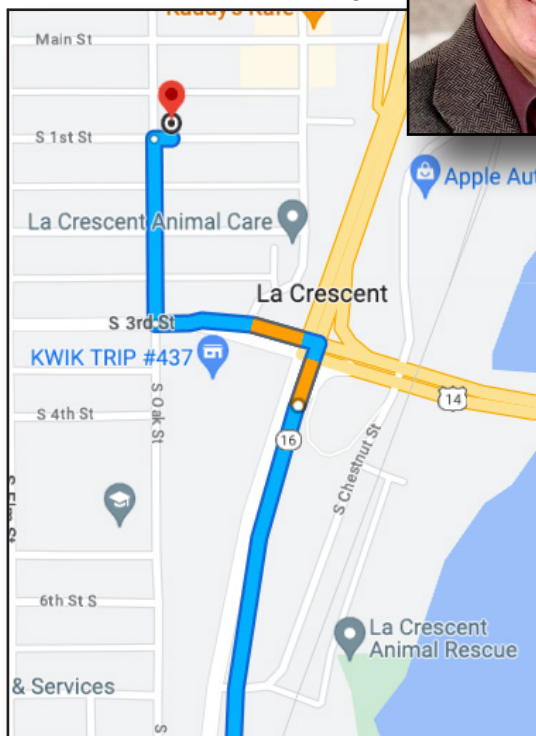
Chris Hardie



We will enjoy the pot luck supper first, and the program will follow.

Our program will be Chris Hardie who has written many, many human interest stories for the La-Crosse Tribune. He should have some good stories to share!

As always, guests are welcome. The more the merrier.



LEARN A LITTLE NORWEGIAN

Hvordan er været i dag? (*vhor-dan aer vaereh ee dag*) How is the weather today?
Det er fint vær i dag. (*deh aer feent vaer ee dagh*) It is nice weather today.
Det er sol. (*deh aer soohl*) It is sunny.
Det er varmt. (*deh aer vahrrmt*) It is warm (hot).

The Sons of Norway website has lots of interesting items including Learn Norwegian. https://www.sofn.com/norwegian_culture/norwegian_language_lessons/
If you log into the site, you can get the language lessons with sound.

The Wonderful Month of May!

We cooked, we ate, we laughed, we served, we enjoyed! (and then we slept!)

Syttende Mai Week found us involved in five different events.

1. We baked at the Community Baking of Scandinavian Treats on Tuesday, May 16
2. We served Spring Grove pop, lefse and hot-dogs at the Barnetoget on May 17.
3. We baked and cooked for our Saturday morning food tasting demos
4. We took a little break and took a cruise down

main street on the Sons of Norway boat in the Syttende Mai parade. (Thank you Jim Gray for being the “captain” pulling the boat.)

5. And then we were back to cooking and serving food at the combined event with Giants of the Earth “Taste of Norway.”

Thank you to everyone who was involved in ANY of the events that we did in that one week. Everyone’s help was greatly appreciated and was part of making the week a great success...and make us realize that was a little crazy!



Karen Gray, Rachel Storlie, Sharon Auna and Judy Fruechte making Norwegian goodies at the Community Scandinavian Baking event.



Some of our young bakers!



Arden Auna, Gretchen Anderson, Sharon Auna, Jill Storlie and Audrey Almo rolling hot dogs in lefse for a Barnetoget treat for the Spring Grove elementary students



Waiting for the Syttende Mai parade to begin!



(left) Jackie Parker all decked out and ready for Syttende Mai!
(above) Kjersti Fried rolling & baking Hardanger lefse

(above) Rachel Storlie selling lefse!
(below) Lee Grippen not burning his krumkake while visiting with attendees.



(above) Karen Gray still smiling after making lots of heart waffles!!
(right) Fresh doughnuts were a big hit!



How many Norwegians does it take to make rosettes? At least three pretty ladies!!
Bethany Engen, Bonnie Heim, Karen Tisthammer

Passport to Norway: May 20
"TASTE OF NORWAY" DINNER
 Join us after the parade for this wonderful "middag" meal!

Happy Syttende Mai!

3-5PM
\$25

ONLY 50 TICKETS AVAILABLE!

Our "Fest Bord" Meal includes traditional Nordic foods, baked goods, desserts, and beverages

Dinner hosted by Valheim Lodge at Spring Grove, MN
www.giantscenter.com

Purchase your ticket by May 12. Call 507-498-5070 to pay w/card, stop in at Giants-163 W. Main St., or send check to PO Box 223, payable to Valheim Lodge



Taste of Norway was a success!
The attendees enjoyed a multitude of choices of food.
(left) Appetizer table
(lower left) Desserts
(below) Eating!!

(above) Jill, Judy, Jackie and Jim (the "Mighty Js")
(and below) Karen and Kjersti (the "Chilling K's") all look kind of tired after all of the festivities of Syttende Mai...



JUNE MEETING



Thank you Nora and Judy for being leaders!

For our June meeting our members Judy Berg and Nora Beckjord presented on our lodge's book club and Sons of Norway Sports Medals Program.

Nora shared with us info on the Sports Medal Program which included that each participant completes a set of mileage or point requirements, and when completed, participants are awarded bronze, silver, gold or enamel medals. Nora handed out the score sheets to keep track of your activities. She gave us a year challenge. She will have the score sheets available at upcoming meetings in case you didn't get one, or misplaced the one that you received. Let's go walking! (or biking, or work out, or play tennis, etc.)

THEN Judy Berg told us how she is looking forward to revitalizing the lodge's book club. Geneva Tweeten, who has been guiding us for years, will still be a part of it, but Judy is taking over the helm. Judy is a member of other book clubs, so she is hoping that our lodge's book club will meet maybe four times per year, depending on the book and timing.

Bløtkake

Strawberry Cream Cake

Ingredients:

For the Cake:

- 3/4 cup cake flour
- 1 tsp. baking powder
- 6 eggs, separated
- 1 cup sugar

For the Filling:

- 3 egg yolks
- 2 Tbsp. butter
- 2 Tbsp. corn starch
- 1 1/2 cups half-and-half
- 1/4 cup sugar
- 2 tsp. vanilla extract
- 1/2 cup strawberry or apricot jam, warmed and strained
- 1 pint fresh strawberries (stemmed and quartered or sliced), fresh blueberries or blackberries

For the Topping:

- 1 1/2 cups whipping cream
- 2 Tbsp. powdered sugar
- 1 tsp. vanilla

Make the cake:

1. Blend the flour with the baking powder and set aside.
2. In a large bowl, whip the separated egg whites until fluffy; add in the sugar to the whipped egg whites gradually. Beat the mixture until it gets to a stiff meringue-like consistency.
3. In a separate small bowl, beat the egg yolks until frothy. Gently fold the egg yolks and flour mixture into the egg whites and mix until well combined.



4. Preheat your oven to 350° F.

5. Butter and flour two 9-inch round cake pans. Divide the batter between the two pans.

6. Bake the 9-inch layers until the centers spring back when touched with finger, approximately 30 minutes.

7. Set on a rack to cool, leaving the cake layers in the pans. When cooled the centers of the layers may sink slightly.

For the Custard Filling:

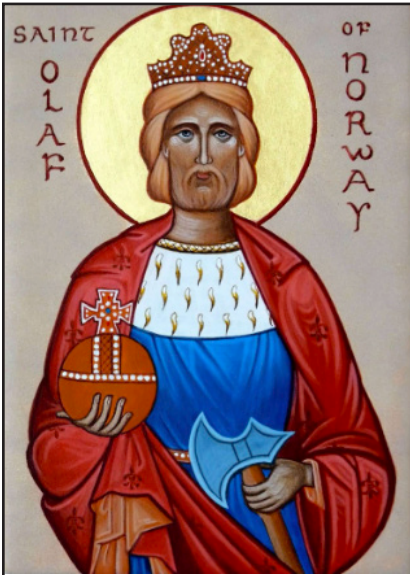
1. In a small saucepan mix the egg yolks, butter, cornstarch, half-and-half and sugar.
2. Cook the mixture, stirring constantly over medium heat until it attains a smooth, thick and creamy texture.
3. Remove from the heat, cover and cool. Once cool stir in the vanilla.

Assembling the Cake:

1. Cut the 2 9-inch layers in half horizontally. Place one of the layers on a cake plate or serving plate and spread with some of the custard and place some of the fruit and berries into the custard.
2. Add an additional layer of cake and spread with the strawberry or apricot jam, adding more of the fruit. Add the third layer and spread again with custard and add berries.
3. Top with the remaining layer of cake. An hour before serving whip the cream and flavor with the powdered sugar and vanilla. Spread the whipped cream on top of the cake and garnish with some of the strawberries.



ST. OLAF'S DAY



July 29th marks Olsok, or St. Olaf's Day. Originally celebrated to honor the King—and later Saint—Olaf, the day has more than 900 years of history behind it. Who was Olaf II of Norway and why is he celebrated today?

Much of what we know about King Olaf comes from the sagas, written in the late twelfth century. Written almost two centuries after Olaf's death, the Heimskringla contents are often questioned but recount the tales of many of Norway's early Kings.

King Olaf was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few years, Olaf consolidated his power by eliminating rivals to the throne. But the wealthy men in Norway grew discontent with King Olaf's strong-handed ruling and supported Canute the Great's invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

King Olaf made several significant contributions during his short reign, most notably the spread of Christianity across Norway. For this he was eventually named the Patron Saint of Norway. His sainthood led Olaf to become a major figure in medieval literature in Norway.

St. Olaf continues to be a major influence in Norwegian culture. Olav/Olaf has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. This year Olsok will be celebrated with festivals and feasts across Norway, to mark the official day of Rex Perpetuus Norvegiae, Norway's eternal king.

Norwegians in Canada

Norwegians have a history of migration to Canada spanning more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L'Anse aux Meadows on the coast of Newfoundland around 1000 A.D.



Norwegians streamed into the country between 1900 and 1915—over 18,000 from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929.

The largest wave of Norwegian immigrants to Canada occurred much later. Between 1850 and 1915, nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving home included a lack of employment, little available land and political inequality.

Settlements sprang up on the prairies and in Western Canada. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.

The Canadian Encyclopedia reports that today over 463,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.

Famous Norwegian-Canadians include: singer/songwriter Joni Mitchell (née Anderson); cross-country skier Herman "Jackrabbitt" Smith-Johannsen, who lived to be 111; Torill Kove, film director, animator and Academy Award winner for her animated short *The Danish Poet*; Fred Stenson, writer of historical non-fiction and fiction; Martha Ostenso, novelist, screenwriter and poet.

BEAR BREAKTHROUGH

For 13 years, researchers in Scandinavia have been studying hibernating bears and have drawn some very important conclusions regarding blood clots. Since 2010, they have drawn blood, fat, muscle and urine samples from 70 bears in both the winter and summer. The difference they discovered between samples was changed platelets while the bears were hibernating. This is notable as bears can be still for several months without blood clots, while humans are at risk sitting still for too long. From their studies, they have determined that bears produce less of a protein called HSP47

in winter, which can cause blood to coagulate. These findings are remarkable in that scientists now know which protein to focus on when creating medicines for blood clots. The researchers believe there are more important discoveries to be made from this project and thus will continue to study these hibernating bears.





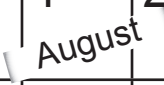
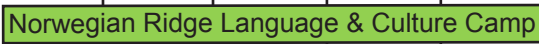




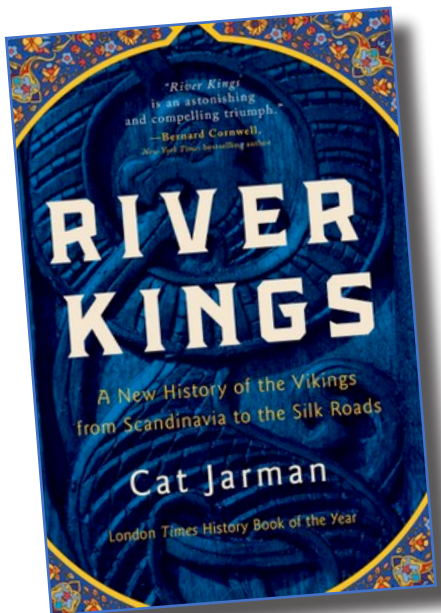
July/ August

2023 Officers

President
 Karen Fried
 Secretary
 Jillelyn Storlie
 Treasurer
 Jackie Parker
 Assistant Secretary
 Bill Fried
 Membership
 Loretta Knutson
 Social/Cultural
 Lee Grippen
 Marshals
 Judy Melbostad
 Janet Fossum
 Historian
 Georgia Rosendahl
 Auditor
 Karen & Jim Gray
 Sports Director
 Nora Beckjord
 Book Club
 Judy Berg
 Editors:
 Georgia Rosendahl &
 Karen Fried
 PO Box 472
 Spring Grove, MN 55974
 507-498-5611
 sgfrieds@gmail.com
 georgia.rosefarm@gmail.com

September is the month we should start putting together a slate of officers to vote on in November. The past few years have not been “normal” so this hasn’t happened. If you would consider being an officer, please contact either Karen Fried or Jill Storlie. If you are asked to have a position, please consider it. Every member in the lodge is an important cog to make our lodge a vibrant and active lodge.

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2	3		5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25 Rachel Storlie	26	27 	28 James Gray	29 	
30	31			3	4 Vendela Parker	5	
6 Ken Anderson	7						12
13	14 SofN Board Mtg 1:00	15					19
20	21	22 	23	24	25	26	
27	28	29 Dale Buxengaard	30	31			



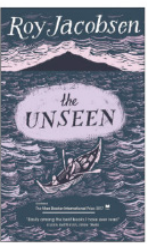

VALHEIM BOOK CLUB!

The Valheim Book club is back! To begin the renewal, the September read is “River Kings” by Cat Jarman. This book is available for purchase at Giants gift shop or you could order it online. “Using modern technology, the author is able to trace the path of an ancient piece of jewelry back to eighth-century Baghdad and India, discovering along the way that the Vikings’ route was far more varied than we might think—that with them came people from the Middle East, not just Scandinavia, and that the reason for this unexpected integration between the Eastern and Western worlds may well have been a slave trade running through the Silk Road, all the way to Britain.” Date, time and place of book club is yet to be determined, but without knowing that, you definitely can start reading. If you have any questions please contact Judy Berg.

Sons of Norway Online Book Club

This is open to all members.

AUGUST

Main Read: “The Unseen” by Roy Jacobsen
Mystery Read: “American by Day” by Derek B. Miller
Discussion: August 31 at 7 p.m. ET and 7:30 p.m. MT

All interested readers should email: SonsofNorwayBookClub@gmail.com for the Zoom link and/or sign-on information. Please include your lodge name and number.

Sons of Norway Mission Statement

To help promote and preserve the heritage and culture of Norway.

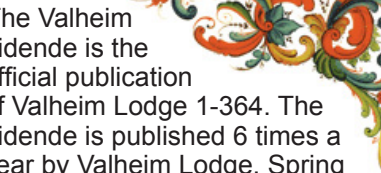
Here are a few places, not that far away,
that have great Norwegian heritage programming:

Giants of the Earth Heritage Center <https://giantsoftheearth.org>

Vesterheim in Decorah <https://vesterheim.org>

Norskedalen in Coon Valley <https://www.norskedalen.org>

Norway House in Minneapolis <https://www.norwayhouse.org>



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.

If you would like to volunteer to help at Language Camp (for a little bit...or a lot!) please contact our energetic Rachel Storlie!

Norwegian Ridge

LANGUAGE & CULTURE CAMP AUGUST 7-11, 2023

Giants of the Earth Heritage Center is once again holding their annual Norwegian Ridge Language & Culture Camp. This is open to 5-18 year olds and is a great way to promote our Norwegian heritage. This year the camp will focus on Spring Grove area residents in the 1800's and Vikings.

Maybe you are thinking of someone who might

be interested? For more information and/or to register, go to Giants of the Earth website

<https://giantsoftheearth.org/events/nrlc>

At our last SofN Board meeting, we discussed if we (Sons of Norway) should donate some money to the camp. Hoping to bring up the idea at our July monthly meeting.

NRLCC REGISTRATION FORM

It's right around the corner! Sign up now for Norwegian Ridge Language and Culture Camp.
An indoor/outdoor immersive experience at Giants of the Earth Heritage Center.

For all ages (5 - 18 year olds) camp will be from 9:00am - 3:00pm, Monday - Friday
\$250 per camper for an entire week of fun and learning!

Name of Camper #1 _____ Age _____

Name of Camper #2 _____ Age _____
(if more than two campers, please list on another sheet of paper)

Parent/Guardian Name _____

Email _____ Phone Number _____

Mailing Address _____
(address, city, state, zip)

Please send this completed form with your check to:

Giants of the Earth Heritage Center, P.O. Box 223, Spring Grove MN, 55974 Add "NRLCC 23" in the memo line.

For more info please contact us at: (507) 498-5070 or at www.giantsoftheearth.org

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

July/August 2023 7

**Register
NOW**



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

Return Service Requested



July/August 2023 Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, Minnesota 55974

Mark your Calendars! 2023 Lodge Meeting Dates

Monthly Meetings:

Thursday, July 27 -- 5:30 pm
Westby Lodge our guests in LaCrescent

Tuesday, August 22 -- 5:00 pm
Winona Lodge our guests at Giants
Program: Bill Fried

Thursday, September 14 -- 6:00 pm
Program: Midge Kjome

Saturday, October 14 -- 11:00 a.m.
Program: Dave Glomstad-Norwegian Folklore

Saturday, November 11 -- 11:00 a.m.
Program: Rebecca Hannah - Carving

December TBD
Program: Britt Eddy - Norwegian Christmas Traditions

IT'S NORDIC FEST TIME! JULY 27-29

Scan this for the
Nordic Fest Program



Vikings and Gnomes and Trolls, Oh My!

**NORDIC
2023
FEST**
Decorah, Iowa

For more info go to nordicfest.com

