



# Valheim the Tidende



Volume 26 Issue 4

Spring Grove, MN 55974

July/Aug 2024

# Thank You

A big shout out to ALL of our Valheim Lodge Members! YOU made our Bake Sale during Syttende Mai a HUGE success! There were lots and lots of wonderful baked goods that were brought in...and purchased! We took in over \$1,000!



< (left)  
A sampling of some of the baked goods.

There were a few expenses, but, needless to say, it was a big SUCCESS! Thanks to all who donated baked goods and/or helped out at the event!

(right)> Thank you Darlene Fossum-Martin for demonstrating how to make rømmegrøt and selling samples



ALSO... Thank you to everyone who rode in the boat in the parade! It was a lot of fun! Special shout out to Audrey Almo for providing music by playing her accordion AND to Jim and Karen Gray for pulling the boat through the parade. It was a great day for a parade!

Boat "voyagers" in the Syttende Mai parade included: Truman Omodt, Jackie Parker, Carla (Haugstad) Crepeau, Nora Beckjord, Karna Gray, Audrey Almo, Bill Fried, Wendi Storhoff, Chris Fried, Karen Fried, Judy Fruechte, Audrey's amazing friend Karen, and Jaunita Lex



# MORE SYTTENDE MAI



Arden, Audrey, Sharon, Gretchen and Nora getting the treats ready!



A Barnetoget was held on Friday, May 17. All of the Spring Grove elementary students took part in parading from the school to Viking Memorial Park. At the park, we (Valheim Lodge) gave them a treat of a hot dog rolled up in lefse and some Spring Grove pop. Thank you to our volunteers: Bill Fried, Audrey Almo, Sharon & Arden Auna, Gretchen Anderson and Nora Beckjord. They were an efficient group!



The Kindergartners got to ride in the Viking Ship! Thank you Jim and Karen Gray for pulling the ship and Rachel Storlie for being an amazing emcee/music coordinator of the event. Giants were in charge of games and activities at the park.

Giants of the Earth Heritage Center and Valheim Lodge Sons of Norway invite you to:

## Taste of NORWAY

### Saturday, May 18

at Giants of the Earth Heritage Center

A big THANKS to Nancy Gulbranson who volunteered to make the lutefisk! Here she is carefully putting it into "shot" glasses with a dollop of butter on top.



(above) Three different seating times were available

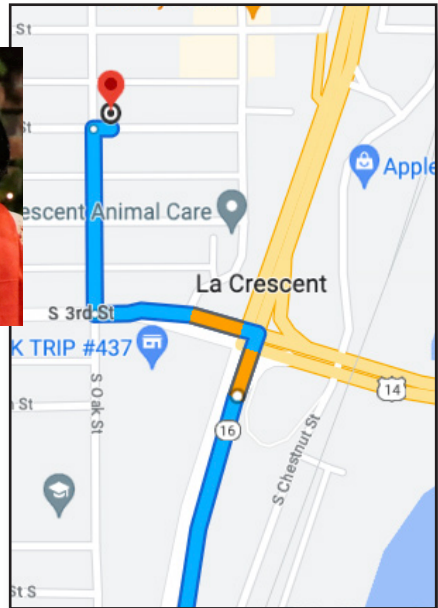
(above) A Taste of Norway attendee is going to give lutefisk a try....!!

Sons of Norway and Giants worked together and offered a "Taste of Norway" during Syttende Mai. There were many, many different foods to try/taste including "lutefisk shots". Thanks to all of the volunteers who helped make this event a wonderful event. Hopefully we will do it again next year...but with more volunteers!



# July Meeting

Make PLANS to attend our JULY MEETING in La Crescent at the LaCrescent Community Building (336 S 1st St, La Crescent) with Solvang Lodge from Westby. The program should be very entertaining...it is Kevin Doely, a Spring Grove native (son of Arlen and Janice Doely). Besides being a minister, he is a ventriloquist! It is potluck, bring a dish to pass. Westby will also be bringing potluck, along with a main dish.  
**Thursday, July 25, 5:30 at the LaCrescent Community Center.** If anyone is interested, we will meet at Trinity Church parking lot to car pool at 430. Make plans to attend and invite anyone who would enjoy an evening of light hearted fun!

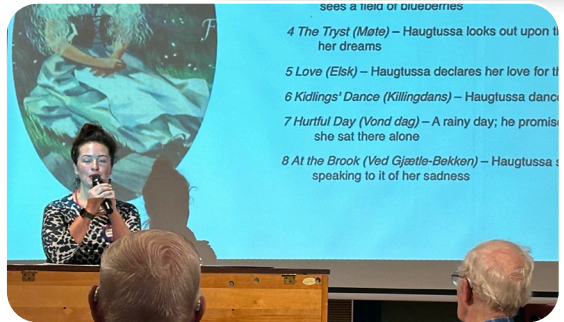


# May Meeting



(above) John Rauk telling us the story of Haugtussa

At our May monthly meeting John Rauk and Rachel Storlie joined forces and shared the "Story of Haugtussa". Haugtussa was a poem written by Arne Garborg which inspired Edvard Grieg to compose a song cycle using Garborg's text. It was performed by Norwegian opera star, Kirsten Flagstad. We learned about Kirsten and heard portions of her historic 1940 recording of Grieg's Haugtussa and the program concluded with a live musical performance and commentary by Rachel Storlie.



sees a herd of blueberries  
 4 The Tryst (Møte) – Haugtussa looks out upon her dreams  
 5 Love (Elsk) – Haugtussa declares her love for the man  
 6 Killings' Dance (Killingdans) – Haugtussa dances  
 7 Hurtful Day (Vond dag) – A rainy day; he promises she sat there alone  
 8 At the Brook (Ved Gjøtte-Bekken) – Haugtussa is speaking to it of her sadness

(above) Rachel Storlie sharing/singing parts of the song composed by Grieg (right) Ken Anderson shared his handmade Norwegian boats as centerpieces.



# June Meeting



At our June meeting, Denise Rostad and her brother Kim shared stories of their mother Mary Rostad who was part of the Resistance during WWII in Belgium. It was very interesting to hear the second hand stories of what their mother had done. Many had read her book "The Squirrel is Alive". It was a very well attended meeting.



(above) Rostads unite! Pictured Lynn Rostad-Anderson, Joycelyn Rostad, Kim Rostad, Denise Rostad, Marilyn (Rostad) Bunge, and Lynn (Bunge) Sussag



# Skoleboller

(School Buns)

School's out! Skoleboller are popular sweet cardamom buns filled with a bit of vanilla custard in the center and topped with icing and shredded coconut.

Servings: 12 buns

## Ingredients

### Skoleboller dough:

- 1.5 cups milk
- 4 tsp. instant yeast (or 50 g fresh yeast)
- 0.5 cup granulated sugar
- 2 tsp. ground cardamom
- 1 tsp. baking powder
- 1 tsp. vanilla sugar (or vanilla extract)
- 5 cups flour
- 7 Tbsp. butter (softened)

### Vanilla custard:

- 2 cups milk
- 0.5 cup granulated sugar
- 3 egg yolks
- 1 egg
- 2.5 tbsp flour
- 1.5 tbsp corn starch
- 1 vanilla bean

### Decoration:

- 1 egg (whisked for egg wash)
- 1 3/4 cups powdered sugar
- 2-3 Tbsp. water
- 1 cup shredded coconut

## Instructions

### For the dough:

- Heat the milk until it's lukewarm. Add the yeast and dissolve.
- Add the sugar, cardamom, baking powder, vanilla, and about 2/3 of the flour.
- Mix the dough together either by hand or in a mixer with a dough hook, slowly adding the rest of the flour. You might need a bit more or less flour to form dough that isn't too sticky to



knead. When the dough forms a nice ball, add the softened butter and continue to knead the dough for about ten minutes.

- Cover and let rise until doubled in size (about one hour).

### Vanilla custard:

- Heat the milk and half of the sugar in a saucepan. Split open the vanilla bean with a knife and carefully scrape out the seeds and add them to the milk.
- Mix together the rest of the sugar and the flour and corn starch in a bowl. Add the egg yolks and egg and whisk together until smooth.
- Once the milk mixture starts to bubble, pour about half of it into the bowl with the egg mixture, whisking quickly the entire time. Then return the saucepan to the heat and pour the egg and milk mixture from the bowl back into the saucepan, whisking the whole time. Let the custard cook for 2 minutes, whisking the entire time. By the end it should be quite thick and harder to whisk.
- After 2 minutes, remove the custard from the heat and pour into a clean bowl. Cover with plastic wrap, placing it directly touching the top of the custard. Let the

custard cool while the skolebolle dough finishes rising.

### Assembly

- After the dough has risen, turn it out onto your counter and roll into a long cylinder. Cut it into about 12 even slices. Roll each slice into a round ball and place them all on baking sheets lined with baking paper. Make sure to leave plenty of space between the buns, as they'll grow in the oven.
- Flatten each ball a bit and then use a spoon and/or your fingers to press down a good well in each bun. Be sure to press the dough all the way down and make a bigger well than you'll actually need, as the dough will puff back up a bit in the oven.
- Use a piping bag or spoons to place vanilla custard in the well of each bun (about 1 – 2 Tbsp. of custard). Cover with plastic wrap and let rise again for 30 minutes.
- Preheat oven to 410°F (210°C) top/bottom heat. Whisk egg (you can add a splash of milk if you like) and gently brush each bun with egg wash. Bake for about 10–14 minutes in the middle of the oven, until golden brown.

### Decoration

- Slowly add water to powdered sugar and stir until you get a thick icing. Pour shredded coconut out onto a shallow bowl or plate.
- Once the buns are cooled, spread the icing over the top of the skoleboller, around the custard center. Then dip the bun in the coconut, pressing flat to coat the entire top.



# Potetlompe

(Potato "lefse")



## Ingredients:

- 2.2 pounds (1 kg) starchy potatoes, for example Russet
- 1 teaspoon salt
- 3/4 cup (90 grams) all-purpose flour, plus extra for rolling
- 1/2 cup (50 grams) sifted rye flour

## Instructions:

- Boil potatoes with the skin on. Peel them right after cooking.
- While still warm, mash or rice the potatoes together with the salt.
- Mix in all-purpose flour and rye flour. Do not use more flour than necessary. The lomper

will become tough with too much flour.

- Divide the dough into 12-14 pieces, and using a rolling pin, roll out into rounds, approx. 20 cm in diameter. (8 inches)
- Cook the lomper in a dry frying pan or on a griddle until they are light in color, but with brown spots. After cooked through, stack the lomper, covering with a towel so that they stay soft.

You can serve potetlomper with hot dogs or sausages and your favorite toppings, such as crispy onions, pickled cabbage, and of course, ketchup, relish and mustard. Also try lomper rolled up with jam, or as a wrap with fenalår (cured lamb), or with herring and potatoes.



# NORWEGIAN BERRIES



lingonberry --- *tyttebær*

The growing season in Norway is short, so only certain fruits can thrive. Cooler summer weather and long daylight hours make for ideal berry growing, and Norwegians are wild about foraging and picking. Berry season begins in late June with strawberries and lasts through mid-October with black currants. *Jordbær*, strawberries, are considered a high point of the summer, and the whereabouts of wild strawberry patches are well-guarded family secrets. Strawberries are usually enjoyed fresh with sugar and/or cream, or in *bløtkake*, a layered cream cake.

*Multer/Molter/Moltebær*, cloudbberries, are the crown jewel of Norwegian fruit. They grow above the Arctic Circle in mountain swamp areas and resemble large orange-pink raspberries. Multer only grow in the wild and cannot be farmed, so unless you forage your own, they are expensive and can be hard to source. Known as *viddas gull* (highland gold), multer are delicately juicy, flavored like sweet-tart apples.



cloudbberries -- *moltebær*

Other berries include *tyttebær* (lingonberries) which taste similar to cranberries, *krøkebær/krekling* (crowberries) which resemble blueberries but are black and are mainly used in juice, *moreller* (Morello cherries), *bjørnebær* (blackberries) grow in many yards, *blåbær* (bilberries/Arctic blueberries) are used in juices, tea, desserts and syrup. *Bringebær* (raspberries), grown in the wild and in gardens, are used in sauces, cakes, and jams. *Rips* (red currants) and *solbær* (black currants) are harvested late into September and are used to make juice, wine, liqueur and jam. *Elgbær* (moose berries) grow close to the ground, and if you see some, you should be on the lookout for nearby moose.

## VIKING SWORD FISHED OUT OF RIVER

Magnet fishing is a hobby where powerful magnets are used to see what lost or discarded items of value can be discovered. Sometimes it yields worthless junk and has even been known to pick up dangerous items such as live grenades. Once in a while, however, a priceless and rare treasure can be found. Such was the case for Trevor Penny when he was magnet fishing in Oxfordshire's River Cherwell in southeastern England in November of 2023.

He and a friend were casting from a bridge when he felt something attach and pulled it up. Not immediately recognizing what it might be, a quick Google search kept pointing him to it being a Viking sword. Understanding the archeological implications of his find, he contacted the county so that it could be handed off to museum officials for authentication.



Trevor Penny and the Viking Sword he "fished" out of the river

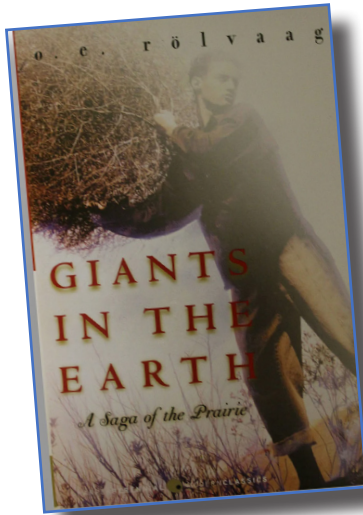


Officials authenticated the sword as having Viking origins and confirmed that the rare find dates back to between 850 and 975 A.D. During that time, Vikings traveled to the British Isles to plunder, conquer and sometimes trade with the Saxons. The find was celebrated not only for it being the oldest artifact to be found in the country by magnet fishing, but that it was also completely intact. The sword is currently in the care of Oxford Museum services with the eventual goal of hopefully having it go on display.

Swords were of great importance to their Viking owners, not only for battle but were also sometimes passed down in families and sometimes featured craftsmanship through decorative engraved patterns.

While Trevor Penny is not likely to ever find something like this again, he is proud of the historical find he made.





# VALHEIM BOOK CLUB!

Gratulerer med dagen!

## July/ August

Book club has been meeting every other month (or so). The end of May, they gathered and discussed Mary Rostad's book "Squirrel is Alive". It was a timely time to read the book, since our June meeting was Denise & Kim Rostad, Mary's children, who shared with us stories of their mother. It was hard to believe what Mary had done. Mary grew up in Belgium, and when WWII was raging all around her, she became part of the resistance as a teenager. She left her home without a word to her parents, as to what she was going to do, because she felt it was safer for them if they did not know.

|            |    |                                      |   |                                      |                                 |                  |
|------------|----|--------------------------------------|---|--------------------------------------|---------------------------------|------------------|
|            |    |                                      | 3   | 4<br>JULY                            | 5                               | 6                |
| 7          | 8  | 9                                    | 10<br>BOOK CLUB 5:00  | 11<br>Darlene Fossum                 | 12                              | 13               |
| 14         | 15 | 16                                   | 17  | 18                                   | YOOH Summer Musical 8:30pm      |                  |
| 21<br>YOOH | 22 | 23                                   | 24<br>Monthly Meeting 5:30 pm @ LaCrescent<br>Rachel Storie | 25                                   | 26<br>Nordic Fest               | 27<br>James Gray |
| 28         | 29 | 30                                   | 31<br>August  | 1                                    | 2<br>Vendela Parker             | 3                |
| 4          | 5  | 6<br>Ken Anderson                    | 7   | 8                                    | 9                               | 10               |
| 11         | 12 | 13                                   | 14  | 15                                   | Houston County Fair 14th - 18th |                  |
| 18<br>Fair | 19 | 20                                   | 21  | 22                                   | 23                              | 24               |
| 25         | 26 | 27<br>Monthly Meeting 5:30 in Winona | 28  | 29<br>Dale Buxengaard<br>Camdyn Orth | 30                              | 31               |

### Wednesday, July 10, 5:00 pm at Giants, you are invited to attend July Book Club.

If you would like, you can bring a snack to share. The book on the agenda will be "Giants in the Earth" by O.E. Rølvaag. It is Ole Edvart Rølvaag's own recollections as well as those of his wife's family who were immigrant homesteaders, *Giants in the Earth* is the riveting story of a Norwegian family forging a new life amid the harsh, desolate climate of the Dakota Territory. Rølvaag recounts the hardships they endured on the high prairie—blizzards, locust storms, poverty, hunger, loneliness, homesickness, and culture shock—as well as their simple joys, culminating in a magnificent epic that bridges Norwegian culture and the history of the American dream. It is a good read. You really feel what the homesteaders went through. And because of them, we are here. If you have any questions please contact Judy Berg.

**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>

**August Meeting** Our August Monthly meeting will be Tuesday, August 27 with Nor-Win Lodge in Winona at Central Lutheran Church (259 W Wabasha St--off of Huff Street) at 5:30 pm. More information to come about the program, but mark your calendar!

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.



# District 1 Convention

## AUGUST 19-21, 2024

Lee Grippen, Bill & Karen Fried will be delegates at the Convention at Lake Elmo, MN. Jill Storlie will be attending as a non-delegate. I'm sure they will have lots to report back to the lodge in one of the following months

Activities at the Convention will include tours, classes, meetings and food. One of the special activities at the Convention is the Folk Art Exhibit and Competition.

### These are open to any Sons of Norway member.

If you would like to enter an item(s) please fill out the Registration form (to the right) and mail, email or call Chris Elwell to let him know **by AUGUST 1** that you would like to enter an item(s) in the Folk Art Exhibit. You can send your item(s) to the convention with Lee, Bill, Karen or Jill.

Some Rules:

- 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 sub category.
- All items submitted must have been made by the person who enters it and must have been finished within the past two years.

If you would like a complete list of rules contact Karen Fried.

### Categories

#### a. Rosemaling

b. **Fiber arts** (Textiles & Stitching) Sub Categories:

- Weaving
- Hardangersøm
- Needlework
- Klostर्सøm, 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,

svedekor (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
- Luferjold wire work

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

Valheim Tidende Sons of Norway, Valheim Lodge 1-364

## Nordic FOLK ART EXHIBIT & COMPETITION REGISTRATION ENTRY FORM

Mail to:

Chris Elwell, 4343 Andromedaway, Eagen, MN 55123  
(651)688-0698 cae1261@gmail.com

OR bring to Convention.

Please circle one: Amateur; Intermediate;  
Advanced-Professional; Youth

Artist Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Lodge # & Location: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Category: \_\_\_\_\_

Sub-Category: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_

Value of Item: \_\_\_\_\_ For Sale \_\_\_\_\_ NFS \_\_\_\_\_

Competition: Yes / No Exhibit Only \_\_\_\_\_

Will someone other than entrant pick up item at the end of Convention? Yes / No ; if so who?

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

*Waiver of Responsibility: I understand that the host lodge & Dist. 1 personnel will do their utmost to protect the item(s) I am entering in the SofN Dist 1 Folk Art Exhibition/Competition. I do hereby waive any claim against SofN for any damage, breakage, marring, scratching or other losses that may occur to any item that I enter in the Exhibition/Competition.*

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

*This will serve as an Official Registration. Bring the item(s) to the Folk Art Exhibition Area.*

*Keep one copy for your records*

*Fold Here for Identification Label used for Judging*

Item # \_\_\_\_\_ Category: \_\_\_\_\_

Sub Category: \_\_\_\_\_

Level: Amateur / Intermediate / Adv-Prof / Youth

Competition: Yes / No Exhibit only



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

## Return Service Requested

July/August 2024 Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, Minnesota 55974

### **2024 Lodge Meeting Dates**

**Thursday, JULY 25, 5:30 pm** in LaCrescent  
meet with Westby (Solvang Lodge); potluck  
Program: Kevin Doely -- ventriloquist

**Tuesday, AUGUST 27 at 5:30 --**  
meet in Winona with Nor-Win Lodge

**Thursday, SEPTEMBER 12, 6:00 pm**  
Tentative Program: Rebecca Hanna - woodcarving;  
potluck

**Saturday, OCTOBER 12, 11:00 a.m.**  
Tentative Program - Miranda Moen; potluck lunch

**Saturday, NOVEMBER 9, 11:00 a.m.**  
Tentative Program - Intro to Norway to America Migration  
Bicentennial Celebration Events; potluck lunch

**DECEMBER--** Christmas party date undecided

 **Ye Olde Opera House Presents**  
2024 Summer Musical

**9 to 5**

**July 18-21**

Ye Olde Opera House  
presents

**"9-5"**

at Ye Olde Gray Barn

**July 18-21**

8:30 pm

Call

507 498-JULY

to reserve your seats!

**DECORAH'S  
NORDIC FEST  
JULY 25-27, 2024**

**UFF DA!**  
**NORDIC  
2024 FEST**  
Decorah, Iowa

For more info go to [nordicfest.com](http://nordicfest.com)