



# VALHEIM THE TIDENDE



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Sep/Oct 2024

## DISTRICT 1 CONVENTION

Well THAT was FUN! Lee Grippen, Bill Fried and Karen Fried were delegates at the District 1 SofN Convention in Elmo Lake, Mn, August 21-23, 2024.

The last time Lee attended a convention was 1978 in Austin, Karen's last convention was in Rapid City in 2004 and this was Bill's first convention. Jill Storlie also attended as a non-delegate. The first two days were filled with break-out opportunities ranging from lectures on the statue of liberty, a sharing of what other lodges have been doing, leprosy in Norway, making gnomes, learning how to make Kvæfjordkake, historical Norwegian cooking, making lefse, along with many others.



Above: Karen, Bill, Lee and Jill proudly displaying the District 1 2023 Family Lodge of the Year certificate.

On Tuesday there was an optional bus trip that went to the MN state capitol, the Old Muskego Church, the Guthrie, Mindekirken and Norway House. Lee did the bus tour. There also was time to check out the Norwegian Market that was set up in the hotel.



There were several venders selling their wares. And there was a Silent Auction and the Folk Art exhibit (items made by anyone in our District) to look at and vote on People's Choice.

Monday and Tuesday nights were capped off with very nice banquets. At the Monday evening banquet District Awards were handed out, and our lodge received the **District 1 2023 Family Lodge of the Year (Small Lodge)**! Way to go team!! And, thanks to Jill for doing all the work of filling out the forms at the end of each year! Tuesday's banquet featured a bunad parade and a Hardanger Fiddler.



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

At the Zone Caucuses on Tuesday, Valheim Lodge received Gold Merit Certificates for 2022 and 2023!

Wednesday was the business meeting. There were a total of 112 delegates at the convention. (Unknown how many non-delegates). Bill sat in on the Rules and Resolutions Committee, and Karen was part of the Financial Committee. The morning meeting began with a key note speaker, followed by reports from the main office on financial matters, as well as the SofN Foundation. The most talked about matter, was the significant raise in annual dues. A simplified version of the increase in dues is: Sons of Norway has had to pay out insurance premiums, they have not sold as much product, and every thing has gone up in price. We are all hoping this increase in dues does not decrease our members. Sons of Norway is a great communi-



Our new Zone 5 Director: Betty Danielson (right) with alternate, Ann Romo (left)

ty, and we hope all of you chose to continue being a part of the Sons of Norway community.

There was not a whole lot of business to go over. Voting on rules and resolutions took the most time. Eventually there was the installation of the officers. We retained all of the regular District Officers (President, Treasurer, etc), just a few changes in Zone Directors.



It has not been decided where the 2026 Convention will be, but, wherever it is, it's a wonderful opportunity to learn new things and connect with wonderful, wonderful people from lodges from Minnesota, all the way down to Texas (District 1).

*Thank you for letting us represent Valheim Lodge!!*  
--- Bill, Karen & Lee



# July Meeting

In July we were guests of Solvang Lodge from Westby. We met at the LaCrescent community center and shared a pot luck supper.



We then were entertained by Spring Grove native, Pastor Kevin Doely. Kevin had MANY of his ventriloquist dummies with him. It was a very nice evening. Thank you Solvang Lodge!



Left: Roger Hanson, Solvang Lodge President



Right: Kevin Doely with one of his many "fiends"

# August Meeting

Tuesday, August 27, we traveled to Winona to meet with our NorWin Lodge friends. They provided an overwhelming amount of food for our meal.



After we ate, we learned about the stained glass windows that are in Central Lutheran Church (where they meet). The windows were installed when the church was built in 1955. They are amazing pieces of art portraying many different biblical events. Thank you Nor-Win Lodge!



**2024 Valheim Lodge Meeting Dates**  
**Thursday, SEPTEMBER 12, 6:00 pm;** Program: Rebecca Hanna - woodcarving; potluck  
**Saturday, OCTOBER 12, 11:00 a.m.;** Program - Miranda Moen; potluck lunch  
**Saturday, NOVEMBER 9, 11:00 a.m.;** Program - Intro to "Norway to America Migration Bicentennial Celebration Events"; potluck lunch  
**DECEMBER--** Christmas party; date undecided



# Upcoming September & October Meetings



Make sure you mark your calendars for our upcoming September and October meetings! **Thursday, September 12th, 6:00 p.m.**,

Rebecca Hanna from Decorah, who has many talents, will be sharing some of her woodcarving knowledge with us.

And **Saturday, October 12th, 11:00 a.m.**, Caledonia native Miranda Moen, will be sharing with us something Norwegian!

Either updates on her architecture endeavors, or her extended stay in Norway in 2021 or maybe her trip to Norway this past year with her dad!?

Both meetings should be very interesting.

They will be potluck meals.

Invite friends and family!



< Rebecca Hanna      Miranda Moen Fadness >



Spring Grove's Uff Da Fest is quickly approaching! Friday October 4th through Sunday, October 6th. Since our July and August monthly meetings were not "in house", at our SofN Board meeting in August, we discussed what our lodge should contribute to the Uff Da Fest event.....and we decided on, two events: Kaffe Mat and Hot Dish Contest.

## *Kaffe Mat*

Saturday, October 4th from 10 - noon, we will have "Kaffe Mat" (coffee food) at Giants of the Earth. This is not a bake sale, but instead we will offer coffee and Norwegian treats; a place to sit and visit, and enjoy live music from Audrey Almo (and maybe Arland Folstad). We will be needing members to help set up, make coffee, donate some baked goods, host/help serve, and clean up. The whole event should take less than four hours. If you can help for two hours or all four, that would be wonderful! It will be a "free will donation" for people who come and partake.

## *Hot Dish Contest!*

Sunday, October 6th we will be hosting our SECOND Hot Dish Contest! It seemed to go over very well last year...so lets give it another try! It will be the same premise as last year. It's free to enter a hot dish, but people who come to taste the hot dishes and then vote

for their favorite one(s), pay \$4.99. If you bring a hot dish, the "judging fee" is waived. PRIZE for the Winning Hotdish: HALF of the money taken in.

We want people to register their hot dish ahead of time so we know how many hot dishes to plan for, and how to set up. There is an online way AND we will have registration forms available at Giants. (see poster on page 7) We hope to improve the way that people can keep track of the hot dishes they have tried--a numbered sticker on the container matching the hot dish number -- is a thought.

### **More details:**

The event will be from 11:30 - 1:00 on Sunday, October 6th at Giants of the Earth.

People entering hot dishes can drop off hot dishes starting at 10:30 until 11:20 (or when the event starts).

Ahead of the event, we will need

- People to help get set up (starting around 10:00).... tables for the hotdishes, set up signs by the hot dishes, chafing dishes and/or extension cords in place, tables and chairs for the "judges" to sit and eat at, direct the chaos!
- People to get stickers on the little "taste" cups

During the event, we will need:

- A person to accept judging "license" fees (take money), giving them their name tag and THREE tickets to vote with. They vote by putting their tickets into numbered containers that correspond with the hot dishes.
- The person taking money will explain the process, but maybe we should have a "host" to help direct people what to do.
- People to dish the hot dishes into the taste cups. One person can maybe handle two to three hot dishes. This means the number of people we need helping depends on how many hot dishes we get.....
- A person to keep an EYE on the judging buckets.
- Clean up!

*Looking forward to a Fun Uff Da Fest!!!*

# Easy Rutabaga Soup

Kålraabi or kálrot (rutabaga, in American English) is a root vegetable with a somewhat confusing name. It is a hybrid between a turnip and a wild cabbage, with a purple exterior and a yellow inside. Since rutabagas are hardy in cold climates, they thrive in Norwegian growing conditions and have been a staple of the Norwegian diet for centuries. Note: there is also a green root vegetable named kohlrabi in English - this is not the same vegetable.

4 servings

## Ingredients:

- olive oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 17.6 oz. (500 g) rutabaga, cubed
- 14 oz. (400 g) potatoes peeled, cubed
- 2 medium carrots, sliced
- 33.8 fl. oz. (1 l) vegetable stock (hot)
- 1/2 bunch of parsley, chopped
- 1 Tbsp. chopped dill
- salt, pepper
- chili flakes (optional)
- plain yogurt (for serving)
- some more chopped dill (for serving)



1. Peel the **onion** and **garlic** and chop it finely. Peel the **rutabaga** and cut it into cubes. If your rutabaga has leaves, you can use them as well (without the stems) and chop them finely. Peel the **potatoes** and cut them into cubes. Peel the **carrots** and cut them into thin slices. Wash, dry, and chop the **parsley**. Set everything aside.

2. Add some **oil** to a large pot (or Dutch oven) and heat up. Add the **onions** and sauté until soft and glossy. Add the **garlic, rutabaga, potatoes, and carrots** to the pot and continue cooking for 2-3 minutes while stirring often. Add the hot **veggie stock**, chopped **parsley**, and chopped **rutabaga leaves** (if you have some), season with salt and pepper and bring everything to a boil. When the soup starts boiling, cover the pot, reduce the heat and let everything simmer for about 25-30 minutes or until the veggies are done.

3. Add the chopped **dill** and continue cooking for 2-3 minutes. Use an immersion blender or a potato masher and puree/mash a small part of the veggies in order to get a soup with a thicker consistency – this is optional. Season with more salt and pepper. If you like it hot, add some chili flakes as well. Serve with some **yogurt** and more chopped **dill** sprinkled on top.

Source: <https://baketotheroots.de/easy-kohlrabi-veggie-soup/>



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## Sons of Norway Mission Statement

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

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.



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>



# SONS OF NORWAY SPORTS MEDALS!

## Let's DO THIS!!

**I**t was a lot of fun watching the Olympics this summer and all the amazing athletes. They put in HOURS and HOURS of training. And what do they get? A medal! WELL....you can do the same! Through the Sons of Norway's Sports Medal Program.

**T**he SofN Sports Medal Program offers medals in **General Fitness, Skiing, Swimming, Biking and Walking** and there are rewards at four different levels of achievement: Bronze, Silver, Gold and Enamel. Here's how to earn your pins:

- Work through the Sports Medal Program of your choice in a sequence, beginning with the bronze pin.
- The requirements for each level should be met within 365 days.
- As you engage in your selected activity, log the time or distance on your record card.
- If you achieve a level in less time, you can immediately begin working on the requirements for the next level of the sequence.
- You must start at zero every time you begin earning points for your next pin.

We are going to try and promote this at all of our Lodge Meetings; sharing who is doing well in their "events". Our Sports Director, Nora Beckjord has the record forms for each of the events and will gladly share with you. Or, you can download them from the Sons of Norway website.

Let's do this!

**Adult!**  
**Norwegian**  
**Ridge**  
**LANGUAGE & CULTURE CAMP**  
**October 17-19, 2024**  
at Giants of the Earth Heritage Center  
163 W.Main, Spring Grove, MN

**G**iants of the Earth Heritage Center announces their first ever ADULT Norwegian Ridge Language and Culture Camp!

**H**ave you ever wanted in on the fun of camp but have been too old to join? Have you been wanting to learn Norwegian or improve your language skills? Now is your chance!

**T**his first edition of Adult NRLCC, is geared specifically towards grown ups! It all begins with lunch on Thursday, October 17 at noon and concludes on Saturday evening (October 19) with the evening meal. In between those times learn to cook Norwegian foods and treats, make fun Norwegian crafts, and study

Norwegian language and culture from the talented instructors.

**R**egistration is open now! Tuition for the 3-day event is \$275, if you register before October 1. After October 1, cost will be \$300. It includes all of your classes\* as well as noon and evening meals, and coffee break with treats. (Tuition does NOT include lodging)

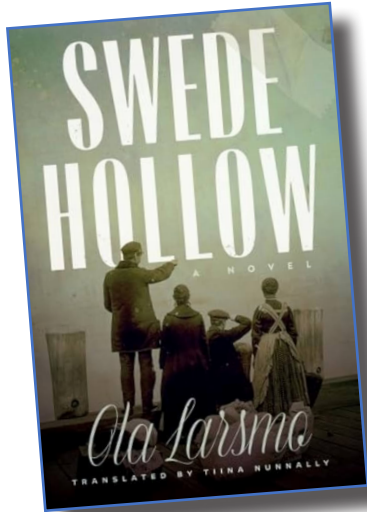
**R**egister by going to Giants' website: [www.giantsoftheearth.org](http://www.giantsoftheearth.org). Or call (507) 498-5070 or stop by Giants at 163 West Main Street in Spring Grove. Payment needs to accompany registration. NOTE: Members of Giants receive a 10% discount on the registration fee.

\*a few craft classes may have additional material fees



# VALHEIM BOOK CLUB!

In July we had a great discussion about Ole Rølvaag's classic "Giants in the Earth". Many had read the book before, but in re-reading it many were intrigued by what they re-learned about the hardships and kin ships of the homesteaders in the Dakota Territory.



## SEPTEMBER BOOK CLUB will meet

**Saturday, September 21.**

We will start the morning off at 10:30 with a slide presentation "Swede Hollow: An Urban Adventure of Historic Proportion" from Wendi Storhoff. Wendi has made a hobby of visiting and photographing Swede Hollow (an

actual place in St. Paul) while reflecting on its transformation from a poverty-stricken enclave for new immigrants beginning in the 1860's to its identity as an elusive city park today. The slide show will be a great compliment to our discussion of this month's book club pick, a historical fiction, "Swede Hollow" by Ola Larsmo. It follows the story of the Swedish Klar family, consisting of husband, wife and three children, who decide to leave their untenable situation in Sweden and start a new life in America. The year is 1897.

Please bring a brunch item to share, which we will partake in while we discuss the book.



Above photo: Swede Hallow circa 1930

Left Photo: Wendi Storhoff at the Drewry Tunnel entrance point to Swede Hollow, St. Paul, MN

# September/October

*Gratulerer med dagen!*

			4 Jim Skree Jean Young	5	6	7
			11	12 Monthly Meeting 6pm @ Giants	13	14
15	16	17	18 Board Meeting 4:00	19	20	21 BOOK CLUB 10:30
22	23	24	25	26	27	28 Judy Fruechte
29	30 October	1	2	3	4 Ella Owusu	5 KAFFE MAT Uff Da Fest 4th-6th
6 HOT DISH CONTEST Fest	7	8	9	10 Bill Fried	11 BEER CHOIR	12 Monthly Meeting 11 am @ Giants
13	14	15	16	17	18 Norwegian Flag	19 Adult Norwegian Ridge Language & Culture Camp
20	21	22 Adel Twite	23	24 Garrett Fort	25	26
27	28 Vance Haugen Darla Nerstad	29	30	31		



Uff Da Fest

# HOT DISH CONTEST

11:30 A.M. - 1:00PM

SUNDAY, OCTOBER 6

AT GIANTS OF THE EARTH HERITAGE CENTER

## ENTER A HOT DISH!

Sign up/register your hotdish by noon, Saturday, October 5  
Bring your hot dish to Giants between 10:30 and 11:20 Sunday, October 6

**Winners will be decided by Peoples Choice**  
by "Licensed Judges"

Judge  
License Fee  
Free Will  
**DONATION**

## BE A JUDGE!

Come and taste & cast your votes!

**CHAMPION HOTDISH** will win **HALF** of the proceeds

that are paid in on Sunday, October 6 from all of the judges! More judges, more money to win!

**There also will be fantastic prizes given to 2nd and 3rd place hotdishes!**

## REGISTER your HOTDISH!

by noon Saturday, October 6.

It's Free to enter a hot dish!

Register by going to this link: <https://forms.gle/NRbkzyk34NfFPvXq6>

Or stop at Giants and fill out a registration form.

Open to  
All Ages!!



Sponsored by Sons of Norway Valheim Lodge



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

Return Service Requested



Sep/Oct 2024

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

UFF DA FEST!!

UFF DA FEST!!

Sons of Norway Valheim Lodge Invites you to



# Kaffe Mat

translates to "coffee food"

**Saturday  
October 5  
10:00-Noon**

@ Giants of the Earth Heritage Center  
163 West Main Street

*Free Will  
Donation!*

**Stop in  
for a cup of coffee and  
a Norwegian treat...or two!  
And live music!**

Check out Giants Gift Shop  
& the exhibits on 2nd & 3rd floors!