



VALHEIM TIDENDE



Volume 27 Issue 1

Spring Grove, MN 55974



2025!!!

2024 was a good year. We had lots of fun and did lots of amazing things. We had amazing programs every month, thanks to Lee Grippen for lining them up. We had three different bake sales. Book Club met every other month with some great discussions. We helped celebrate Syttende Mai by serving goodies to the elementary students during the barnetoget; and helped with Taste of Norway. Three delegates (Lee Grippen, Karen & Bill Fried) attended the District 1 convention in August. We made lefse together for the December Bake Sale. And, so much more.

Thanks to all of our members for making 2024 a great year, and now we are looking forward to what 2025 will bring.

Our proposed monthly meeting dates for 2025 for our Lodge are:

- Saturday, JANUARY 11, 11:00 a.m.
- Saturday, FEBRUARY 8, 11:00 a.m.
- Saturday, MARCH 8, 11:00 a.m.
- Saturday, APRIL 12, 11:00 am - meet with Lanesboro
- Thursday, MAY 8, 6:00 pm
- Thursday, JUNE 12, 6:00 pm
- Tuesday, JULY 22, 5:30pm-- meet with Westby
- Thursday, AUGUST 14, 6:00 pm-- meet with Winona
- Thursday, SEPTEMBER 11, 6:00 pm
- Saturday, OCTOBER 11, 11:00 a.m.
- Saturday, NOVEMBER 8, 11:00 a.m.
- DECEMBER-- Christmas party date undecided

Please pencil these dates in on your calendar!

SONS OF NORWAY
MISSION STATEMENT
To help promote and preserve the heritage and
culture of Norway.

JANUARY MONTHLY MEETING

Our January meeting will be held on Saturday, January 11 at 11:00 a.m. at Giants of the Earth Heritage Center.

We will begin by hearing from our speakers



Rachel and David Storlie. They will present their travelogue of the Luren Singing Society's trip to Scandinavia in the summer of 2023. After their interesting talk, we will have a quick business meeting and then share in a potluck lunch. Please bring a dish to share.

WELCOME NEW MEMBERS!

- **Susan Schneider**, from Caledonia
- **Donna, Richard and Eric Rasmussen**, from the Hesper area
- **Kirsten Almo** from Edgerton WI; Audrey Almo's daughter
- **Joe Grødahl** from Minneapolis/Spring Grove; Executive Director at Giants

Christmas Fun!

Christmas meeting/party

It was great to get together for a Christmas party and just celebrate the great year that we had as a Lodge. We met on Friday, December 13 at Giants of the Earth Heritage Center. We enjoyed a meatball and julefisk meal, had a sing-a-long with Audrey Almo playing her accordion, and then had a lot of fun with a White Elephant gift exchange.



Skol!! Lee and Sharen enjoying a toast with glogg



Enjoying food and fellowship!



(left) Jim & Karen Gray dishing up one of the two DELICIOUS desserts they brought!

(right) Two of our treasures! Kristen and Audrey Almo. Thank you to Audrey for playing accordion for our sing along!



Jackie loves (?) her NEW Christmas head gear!



(left) Everyone showing off their "prized" white elephant gifts!

(right) The Elf Hat makes a comeback... finding a new home with Charles!



Christmas Bake Sale

THANK YOU to everyone who brought baked goods for our December Bake Sale; thanks to you who volunteered your time at the bake sale; and thanks to everyone supported the bake sale by purchasing items!



(left) YES! We had lefse! And a whole lot more.



(left & below) A great time to enjoy visiting

(right) Thank you Gretchen for taking care of all of the sales!



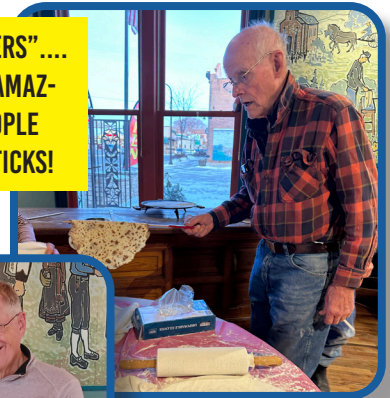
Making Lefse!

This year for our bake sale, we decided we should get together and make lefse. How hard could it be??

"Go big or go home" was the motto, because 45 pounds of potatoes were cooked, and we baked over 200 rounds of lefse! Uff da!

4 EXCITED BAKERS ADDED FLOUR TO THE POTATOES AND MADE HUNDREDS OF "BALLS"

3 "FLIPPERS".... THOSE AMAZING PEOPLE WITH STICKS!



5 HOT LEFSE GRILLS --ALL PLUGGED IN SO NO CIRCUITS WOULD "BLOW"

6 STRONG ARMS ...ROLLED ...AND ROLLED ...AND ROLLED

3 HAPPY LITTLE ELVES PACKAGING UP THE "GOODS"!



10 WEARY BODIES RESTING THEIR SOULS



It was a learning event. We had made lefse before, but not in such a large quantity. Not all the rounds were perfectly round, maybe not too many at all... but in our hearts, you don't have to be round, to be lefse.

Berg, Arland Folstad, Lenny Myrah and Karen & Bill Fried for taking a day to make lefse!

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>

Soft Oatmeal Chocolate Chip Cookies

Recipe source: <https://www.nrk.no/mat/store-myke-sjokoladekjeks-1.6914054>



Ingredients:

- 160 g (1 and 1/3 sticks) butter at room temperature
- 200 g (1 cup) granulated sugar
- 150 g (heaping 3/4 cup) brown sugar
- 360 g (3 cups) flour
- 2 tsp. baking powder
- 1 tsp. vanilla sugar
- 1/2 – 1 tsp. ground cinnamon
- 3 eggs
- 350 g (or 1 3/4 cup) chocolate chips or chopped dark or milk chocolate
- 100 g (or 1 cup) oatmeal

Directions:

1. Mix together the sugar and butter in a food processor. Add the flour, baking powder, vanilla sugar and cinnamon and mix it together to a crumbly mass.
2. Add eggs and chocolate. Work the dough together quickly.
3. Form the dough into a thick sausage shape using baking paper. Let it rest in the fridge or freezer.
4. Cut the dough into 1 cm thick slices and bake at 180 °C (350°F) for 10–15 minutes.



BACK WHEN THE REBELS WORE BUNADS

A hundred years ago, you could be spat on for walking around town wearing a bunad. Back then, a bunad meant rebellion against the elite and Swedish power.

This is according to Anne Kristin Moe, cultural historian and conservator at the Norwegian Folk Museum.

In collaboration with author and publisher Laila Durán, she recently published the book *Embroidered Bunads: One Hundred Years of Norwegian Bunad History*.

Spat On

At the end of the 1880s, girls at Norwegian folk high schools began wearing village clothing as a symbol of Norwegian identity. It was a way to rebel.

The reactions were strong. In the cities, the girls were spat on, says Moe.

Hulda Garborg was a radical and ardent champion of all things Norwegian. She traveled around the country, teaching Norwegian folk dance. During her travels, she gained a lot of knowledge about Norwegian folk costumes. These were both everyday clothes and special occasion clothes, which were unique to people in a certain geographical area.

Garborg was the trendsetter of her day. Now even the city folk began to take an interest in how to make costumes inspired by the village clothes, says Moe.

Locally Crafted Clothing

Hulda Garborg thought that bunads should be a Norwegian alternative to the fashionable dresses from Paris and Rome, which had now become common in Norway.

The fabrics were to be wool, and they were to be woven in Norway. The colors were to be made from Norwegian plants.

For Garborg, it was important that most people could make the bunads themselves.

They wove the fabrics themselves, dyed the yarn and usually sewed the costume themselves. It took a long time, but it was manageable financially.

After the war, a new bunad ideology emerged. Then it became very important that the bunad be historically correct and linked to local traditions.

Most often, the old folk costume in the area was the most important piece of inspiration for new bunads. Where the folk costume could not be used, other things were collected, such as spoons, ladles, and cupboards with rosemaling, or embroideries from sleigh cushions.



LANESBORO
SONS OF NORWAY
INVITES YOU

Norwegian Chef Afternoon

Saturday, January 11, 2025
2:00-4:00pm



Sons of Norway Hall
200 Parkway Avenue South
Lanesboro, MN 55949

Slooper soup provided.
Free & open to the public.

SONS OF NORWAY
INVITES YOU

On the Piano: Heidi Dybing & Edvard Grieg

Saturday, February 1, 2025
2:00-3:30pm



Sons of Norway Hall
200 Parkway Avenue South
Lanesboro, MN 55949

Free & open to the public.

SONS OF NORWAY
INVITES YOU

3rd Annual Burmeister Game-A- Thon ft. Whist

Saturday, March 1, 2025
2:00-3:30pm



Sons of Norway Hall
200 Parkway Avenue South
Lanesboro, MN 55949

Snacks provided.
Free & open to the public.

Sons of Norway Heimbygda's Lodge in Lanesboro invites the public to several winter activities.

Soup, music and games!

All events are at their Sons of Norway Hall, 200 Parkway Ave. South, Lanesboro, and start at 2:00 pm, Free and open to the public.

For more information, check out the Lanesboro Chamber of Commerce

<https://business.lanesboro.com/list/member/sons-of-norway-heimbygda-lodge-228>

NORDIC LITERARY EVENT AT LIBRARY OF CONGRESS

The Library of Congress recently collaborated with the Nordic embassies in Washington D.C. to celebrate fiction and non-fiction works being published in those countries. Each embassy invited an author to represent their country at the forum, which was attended by Norwegian Ambassador Anniken Huitfeldt.

The authors in attendance included: Josefine Klougart from Denmark, Hanna Pylväinen from Finland, Hanne Ørstavik of Norway, Hildur Knútsdóttir from Iceland, and Moa Hengren from Sweden. During the separate panel events, two different themes were discussed.

One theme dealt with the Nordic landscape, which featured heavily in the works of the Danish and Finnish authors. Pylväinen's work, "The End of Drum-Time" and Klougart's "On Darkness" both move beyond the usual assumption in their writings that the Nordic landscape is cold and forbidding.

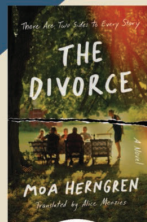
The second theme revolved around the keeping of secrets – both from others and ourselves. This theme is found in the other three authors' work – Ørstavik's "Ti Amo," Hengren's "The Divorce,"

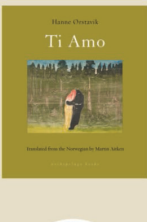
Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, MN 55974

LIVE!


AT THE LIBRARY

As we move toward hygge season, when the temperatures get cooler and we start bundling up for the fall and winter, join us for at the Library of Congress for a celebration of vibrant fiction and nonfiction being published in five Nordic nations: Denmark, Finland, Iceland, Norway and Sweden.










and Knútsdóttir's "The Night Guest." During this panel, Norwegian author Ørstavik discussed her own longing for truth, being vulnerable, and emphasized the need for having a listener in your life. She also suggested that books can even fill these needs at times.

You are Invited to

JANUARY VALHEIM BOOK CLUB!

Book Club is open to one and all! Lodge members and non lodge members.

Attend.. Thursday,

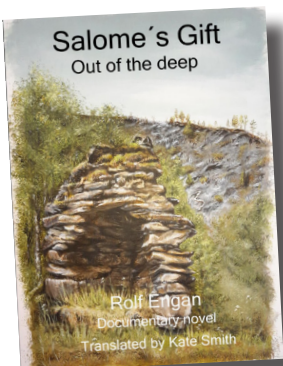
January 16, 5:00 pm at Giants!

This month everyone is asked to share any book that they have read. A chance to hear about some books that you may want to read!! Not required, but if you would like, you can bring a light snack to share. If you have any questions, contact Judy Berg.

NOVEMBER BOOK CLUB!



Several individuals attended book club in November when we discussed the book "Rømmegrøt Diet," including the author, Rolf Svanoe. It was a pleasure to have Rolf tell us about his background, share excerpts from his work, and provide insights into his book. It always is fun to hear stories from Rolf. We also talked a bit about "self publishing".



LOOKING AHEAD

At the time of this newsletter, the tentative book for March will be "Salome's Gift: Out of the deep" by Rolf Engan and is available on Amazon.

January/February

Gratulerer med dagen!

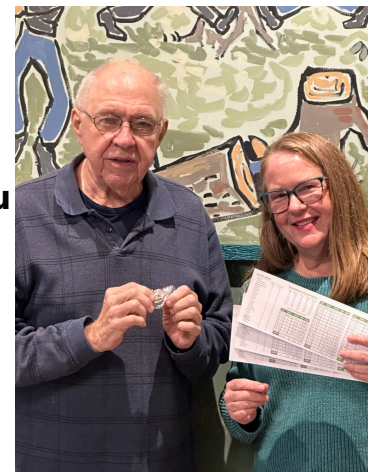
January			1 HAPPY NEWYEAR	2	3	4 Sharen Storhoff
5 Audrey Almo	6	7	8	9	10	Monthly Meeting Jan 11 11am@Giants
12	13	14	15	Book Club Jan 16 5:00	17 Eric Rasmussen	18
19	20	Board Mtg Jan 21 4:00	22	23	24	25
26 Diane Schmidt	27	28	29	30	31 February	Barne-lop
2	3	4	5 Joe Grødahl	6	7	Monthly Meeting 11am@Giants
9	10	11	12 Allison Rautman	13	14	15
16	17 Mckenna Meiners	18	19	20	21	22
23	24 Truman Omodt	25	26	27	28	

SPORTS MEDALS

Congratulations Lee Grippen for receiving his **bronze sports medal!!** Keep up the great work!

REMINDER....if you have accumulated enough points for a medal,

please submit your times/points to Nora Beckjord. She will process and get your sports medal to you! If you have any questions, ask Nora OR you can find information out on the Sons of Norway website. sofn.com



November Meeting



Our speaker, Dale Goodman, is a descendent of the people who traveled on the Restauration

At our November meeting, we thoroughly enjoyed Dale Goodman's presentation on the transatlantic voyage of the Restauration in 1825, the first ship carrying a significant number of Norwegian emigrants to the United States. The presentation extended beyond the journey itself, delving into the history that preceded it, the transatlantic crossing, and the experiences of the emigrants upon arriving in New York.

This year, 2025, marks the bicentennial of this pivotal event, and there will be many events in the upcoming months to help commemorate and celebrate, many can be found on this website <https://crossings.norwegianamerican.com/>



**MINNESOTA
DIGITAL
LIBRARY**

The Minnesota Digital Library has a great collection of many things, including the Centennial Celebration of the Restauration. Even a film that was made... <https://collection.mndigital.org/catalog/p16022coll518:245>

BARNELØPET

Another Year! Another Barneløpet!

Saturday, February 1, 2025 | 10:00 a.m.

Get outside and enjoy the winter at the annual Barneløpet, a non-competitive ski or walk event for the community's youngest skiers, ages 3-13. The collaborative Vesterheim Museum and Sons of Norway event will be held at the Decorah Community Prairie at 10:00 a.m., Saturday, February 1, with registration beginning at 9:40 a.m. Skiers must provide their own skis. (Decorah Bicycles does have a limited supply of skis to rent.)

Encourage any young children you know, to attend! The Barneløpet is open to children of all skill levels and is a great event for the entire family. It is FREE to participate, and participants receive a medal, and race bib, as well as hot chocolate and homemade cookies. No snow or skis? Then join in the fun with a walk through the tall prairie grasses. Check vesterheim.org for more info!



At the 2024 Barneløpet, there was no snow; but the kids had a great time "running" the loop!



2024 Barneløpet Volunteers from Vesterheim, and Sons of Norway Lodges of Decorah, Lanesboro, and Spring Grove

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

Return Service Requested



Jan/Feb 2025 Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, Minnesota 55974

**UPCOMING EVENTS
 AT GIANTS!!**

(Jim Gray is an amazing Valheim Lodge member!!!)

Special Event ALL are INVITED to a
Meet & Greet!
 OPEN HOUSE
 WELCOME GIANTS OF EARTH'S
New
EXECUTIVE DIRECTOR
JOE GRODAHL
Saturday
January 18, 2025
Starting at 2:30pm
 163 West Main Street | Spring Grove, Minnesota




(Joe joined our lodge!!)

2025
REMINISCING
 WITH
DR. GRAY
TUESDAYS AT 2:00
FEBRUARY 4, 11, 18 AND 25
 AT GIANTS OF THE EARTH HERITAGE CENTER
 163 WEST MAIN STREET, SPRING GROVE

COFFEE AND TREATS PROVIDED

February 4: Where I met my Spouse
 Where We Spent our Honeymoon

February 11: How my Grandparents were Unique
 How my immediate Family was Unique

February 18: My First Job; My Hardest Job

February 25: Spring Grove Livestock Exchange
 My Advice and Suggestions to Live a Long and Happy Life

MEN AND WOMEN WELCOME
 SHARE YOUR STORIES ~ BRING PHOTOS IF YOU WISH

QUESTIONS? CALL JIM AT 507.459.9188