



# Valheim the Tidende



Volume 27 Issue 4

Spring Grove, MN 55974

July/Aug 2025

## July Meeting



Laura Gentry

Our July meeting date is NOT on our regular meeting night...Please make PLANS to attend our **JULY MEETING, Tuesday, July 22, 5:30 pm in La Crescent**

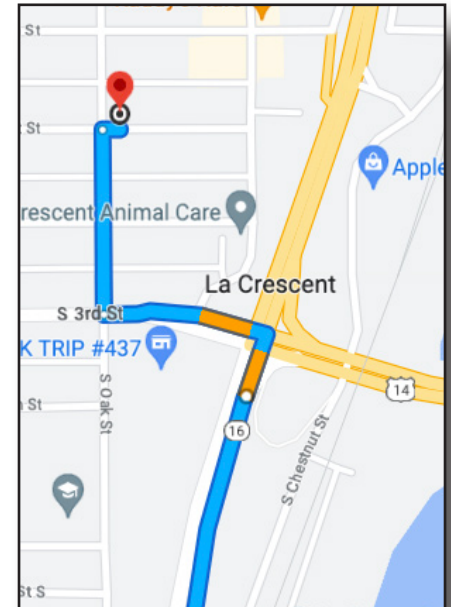
at the La Crescent Community Building (336 S 1st St, La Crescent). We will be meeting with Solvang Lodge from Westby.

Our program will be "Laughing Laura", Laura Gentry, a Master Teacher of Laughter Yoga. We have had her for our program before, but as with regular yoga, you attend more than one session! Laura is an ordained minister in the ELCA and a Laughter Ambassador. She leads laughter and motivational programs, often incorporating faith-based themes, and has been recognized for her contributions to global laughter by Laughter Yoga

International. It will be a relaxing, fun evening.

It will be a potluck supper and Westby will also be bringing food. It is our turn to "be hosts", so we will need to get set up, make coffee, and clean up afterwards.

The meeting is at 5:30. If you would like to car pool, please meet at Trinity Church parking lot by 4:30. Looking forward to a fun evening!



We will be meeting at the  
LaCrescent Community Building  
(336 S 1st St, La Crescent)

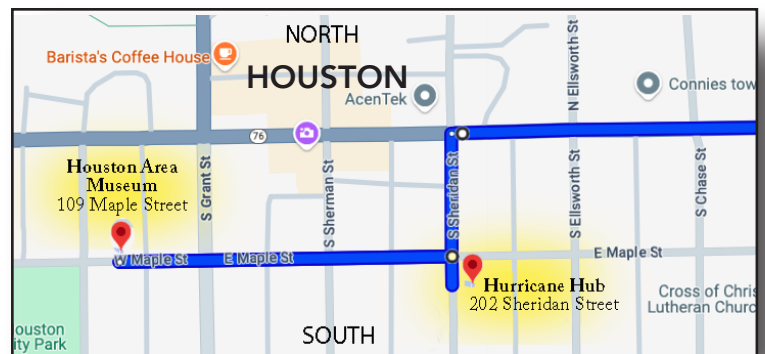
## August Meeting

### ROAD TRIP!!!

For our **Thursday, August 14th** meeting we are going to take a road trip!!

Our program will be Shelley Jerviss, who owns and operates the **Houston Area Museum (109 Maple Street, Houston, MN)**. To get the full feel of the museum, we will go to the museum to hear her program! Winona Lodge will be our guests for the evening

**Prior to the program**, we will enjoy a potluck supper. We can't have food in the museum, so arrangements have been made to gather for our potluck meal at the **Hurricane Hub (202 Sheridan St. Houston) at 5:00pm**; on the corner of



Maple and Sheridan streets in Houston.

We will have to get there a little early since we are hosting. Coffee needs to be made, get things set up, and then clean up. There are NO utensils or coffee pots at the Hub, so we need to bring everything with us! After we eat, we will travel down the street to the Houston Area Museum. If you would like to car pool, please meet at the Trinity Church parking lot at 4:00.



# SYTTENDE MAI BARNETOGET



Thank you to Doug, Arden, Lee, Audrey, Sharon and Gretchen for being at the log cabin early and getting the pop and hot dogs ready to serve to the students! Thanks also to our student helpers Grace Torgerson, Harper Reed and Claire Solberg as well as lodge members Judy and Jill, who helped serve the goodies. Lodge members Bill Fried was busy helping with organizing the Barnetoget; Rachel Storlie (Spring Grove Schools music teacher) coordinated the elementary students in doing a small musical program; and Jim Gray put the maypole in place



The Barnetoget was held on Friday, May 16. 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.



## BAKE SALE



Thank you to ALLLLLL lodge members who donated baked goods for the sale!! Thank you Karen Gray, Nora Beckjord, Lee Grippen, Jackie Parker, Donna

Rasmussen and others, for making the bake sale run smoothly. It was a very successful event, we took in over \$700.





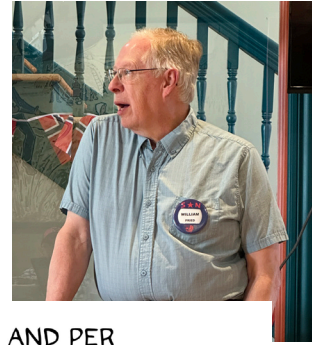
## June Meeting



In June we were looking forward to hearing David Amdahl speak about Crown Princess Martha, wife of King Olav. David was not able to make it, but he did share with us a film about the Martha and the royal family, especially highlighting the World War II years. An amazing pot luck was enjoyed by all!!

## May Meeting

At our May monthly meeting, Bill Fried shared with us some of the history of Peter J. Rosendahl and his cartoon strip "Ola and Per".



### OLA AND PER

THERE ARE TWO OLDER FELLOWS,  
WHOM I HOLD VERY DEAR;  
THE NAME OF ONE IS OLA,  
AND THE OTHER ONE IS PER.  
BUT WHETHER THEY ARE REAL,  
I CERTAINLY CAN'T SAY,  
I SEE THEM JUST AS FANTASY,  
A DREAM BY NIGHT OR DAY.

THE ROLES THEY PLAY  
IN OUR WESTERN HOME OUT HERE  
ARE MEANT TO EASE AND LIGHTEN  
THE BURDEN THAT YOU BEAR.  
FOR MOST OF US CAN SEE  
THAT WHEN EVERYTHING GOES WRONG,  
A LITTLE FUN AND FOOLISHNESS  
MAKE IT EASIER TO GET ALONG.

THERE ARE SOME FOLKS AMONG US  
WHO THINK IT IS BAD  
FOR US TO LAUGH AND JOKE,  
INSTEAD OF LOOKING SAD;  
BUT LET THEM LIVE THEIR OWN WAY  
IN SAD AND SOLEMN TUNE,  
AND THEN, LET THEM CRAWL BACK  
INTO THEIR OWN COCOON.

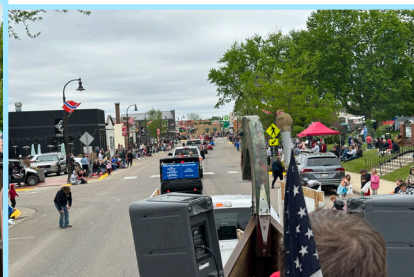
BUT WE ARE GLAD TO KNOW  
THAT LIVING HERE AND THERE  
ARE LITTLE BOYS AND GIRLS  
JUST WAITING FOR OUR PER,  
AND FOR OUR OLA, TOO,  
WITHOUT A CAP, BUT SNUG,  
PLUS POOR OLD DOCTOR LARS  
WITH HIS MUSTY, ANCIENT JUG.

PJR  
DECORAH-POSTEN, JANUARY 8, 1926, P. 5

## More SYTTENDE MAI PARADE

It was a cool Saturday for the parade, but that made it a GREAT day to wear Norwegian sweaters and Bunads!

We had a "boat full" of happy travelers take the cruise down main street. Thank you to Jim and Karen Gray for being our "captains" and pulling the boat, and to Audrey Almo for playing her accordion and supplying music to our parade entry.





## The Norwegian Version of French Toast

Try this hearty, delicious version of French toast or breakfast or lunch. You can't go wrong!  
Makes 2 servings



### Ingredients:

- 3 slices of bread
- 2 eggs
- 2 Tbsp. sugar
- 1.5 dl milk
- 1 tsp. ground cardamom
- 1 tsp. ground cinnamon
- 2 Tbsp. butter for frying
- 1 orange
- 4 Tbsp. sour cream
- 4 Tbsp. blueberry jam
- 1 Tbsp. liquid honey



### Directions:

Beat together eggs, milk and sugar. Add cinnamon, cardamom and the zest of an orange. Stir well.

Dip the bread slices in the mixture and fry in butter over medium heat until golden brown.

Cut the orange segments out of the orange and cut into smaller cubes.

Serve warm with diced apples, liquid honey, a good dollop of sour cream and freshly made blueberry jam.

Source: <https://www.nrk.no/mat/arme-riddere-1.14976958>

## SPORTS MEDALS



In the boat, prior to the Syttende Mai parade, Nora Beckjord presented Wendi Storhoff with her first (Bronze) Sports Medal and at the June Monthly Meeting, Karen Fried present Nora Beckjord with her GOLD Sports Medal! Keep up the great work!

## NORWEGIAN PRINCESS IN AUSTRALIA

It has recently been revealed that Norway's Princess Ingrid Alexandra will be doing her university studies at St. Andrew's College in Sydney, Australia starting in August. The news was first leaked when an email went out to students from the college's principal and was soon confirmed in a press release from the palace.

Her schooling plans include a three-year Bachelor of Arts degree for international relations and political economy studies. The 21-year-old plans to live on campus, to best integrate into university life.

Due to her royal background, the school expects that there will be media interest and inquiries into the princess' time there, but the school will have ongoing reminders to students and others that the princess' privacy should be respected. The school is already well-versed in handling high profile students on their campus.

The princess follows in the footsteps of her mother, Crown Princess Mette-Marit, who also spent time studying abroad in Australia when she was a high school student



## SCHOLARSHIPS

Did you know that you (yes, you!) can apply for a scholarship to take a class at Vesterheim or another folk art school, or even a Concordia Nordic language camp? While youth scholarships are still a primary goal of Sons of Norway, District 1 is now offering adult scholarships for the study of Norwegian (and other Nordic countries) language, culture, and heritage for members of our district who are age 18 or older.

Applications will be accepted between August 1 and September 30, 2025, and more information is available on the [District 1 website](#).

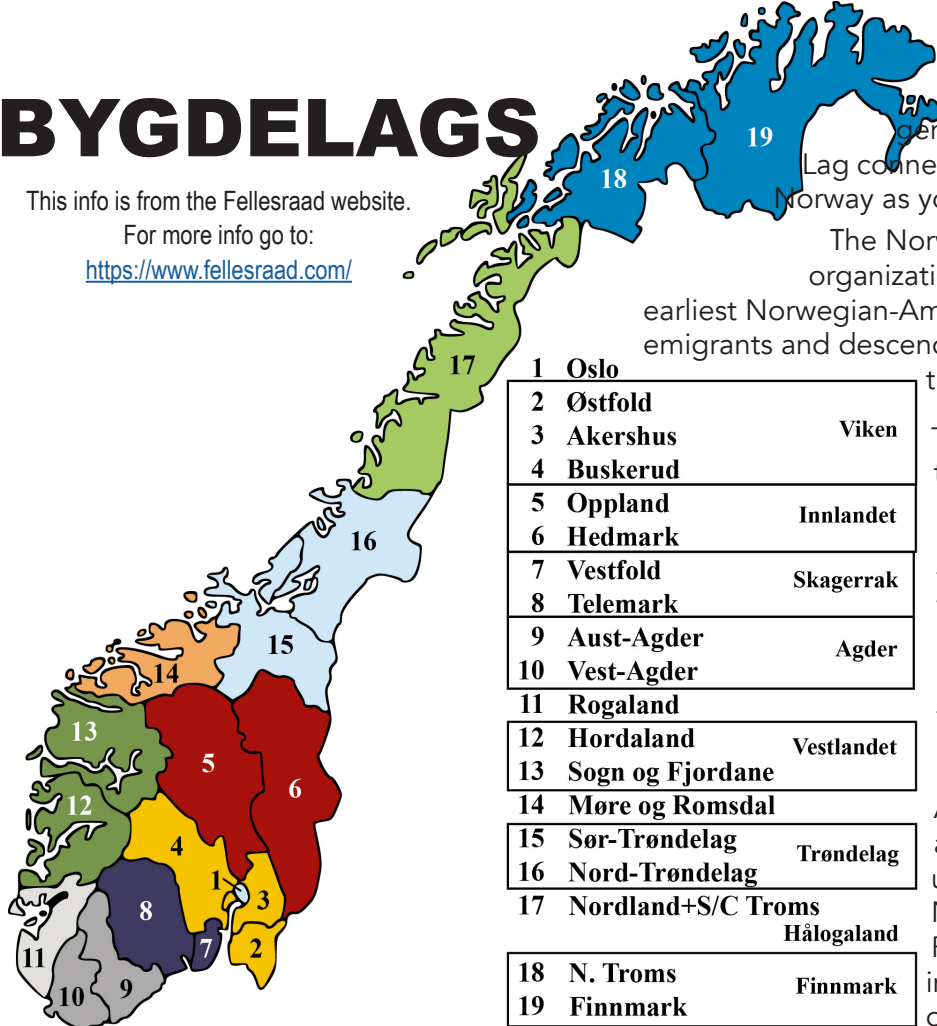


# BYGDELAGS

This info is from the Fellesraad website.

For more info go to:

<https://www.fellesraad.com/>



1	Oslo	
2	Østfold	
3	Akershus	Viken
4	Buskerud	
5	Oppland	Innlandet
6	Hedmark	
7	Vestfold	Skagerrak
8	Telemark	
9	Aust-Agder	Agder
10	Vest-Agder	
11	Rogaland	
12	Hordaland	Vestlandet
13	Sogn og Fjordane	
14	Møre og Romsdal	
15	Sør-Trøndelag	Trøndelag
16	Nord-Trøndelag	
17	Nordland+S/C Troms	Hålogaland
18	N. Troms	Finnmark
19	Finnmark	

If you are interested in your genealogy, becoming a member of a Lag connects you to people from the same area of Norway as your relatives are from.

The Norwegian term bygdelag refers to a societal organization from a regional area of Norway. The earliest Norwegian-American bygdelag were organized by emigrants and descendants of emigrants who settled mainly in the Midwest.

The first bygdelag organized in 1899 and through the years more than 140 local and national lags have been formed but, unfortunately, most discontinued due to the world wars and lack of leadership. Today, twenty-nine Midwest lags continue to be active, holding annual conventions in varying locations and focusing on cultural and educational programs.

After 1914, several lag officers found a need for an umbrella organization to unify and support bygdelag activities. Norwegian-America Bygdelagenes Fellesraad (NABF) council was formed in November of 1916 to be an advisory organization, to support and guide in the development of the bygdelag movement

and to influence the cultural activities. NABF has managed cooperative projects for the good of all bygdelags and visitors.

"Norwegian-America Bygdelagenes Fellesraad" when translated into English can be explained as "The Council of Norwegian-America Organizations, Each Having A Common Culture, Interest Or Language That Originates From A Specific Regional Area".

## How do you say that?

"Bygdelagenes", say "big-da-log-eh-ness";

"Fellesraad", say "fell-es-road"

"Fylke", say "fill-ka"

"lag", say log.

## What do those words mean?

*bygd*: a region or area with a common language or culture.

*Fellesraad*: a council.

*Fylke*: a region of Norway similar to a State in America.

*lag*: an organization of people having a common purpose or interest.

**Several Lags have had their stevnes (meetings) this year, but these stevnes are still upcoming in 2025:**

**July 9-12 7+ Lag Stevne** will be held in Austin Minnesota at the DoubleTree Inn Convention Center; Hosted by Landingslag. 7+ Lag is a partnership of: Agderlag, Hadeland, Landingslag, Numedalslågenlag, Ringerike Drammen Districts, Sigdalslag, Telegelag of America and Totenlag

**July 24-27 The Stevne for the Hallinglag of America** will be held at the Sheraton Hotel in Sioux Falls, SD.

**August 5-8 Flere Lag Stevne** at Stoney Creek La Crosse/Onalaska, Wisconsin  
Flere Lag Stevne is a partnership of: Gudbrandsdalslaget, Nord

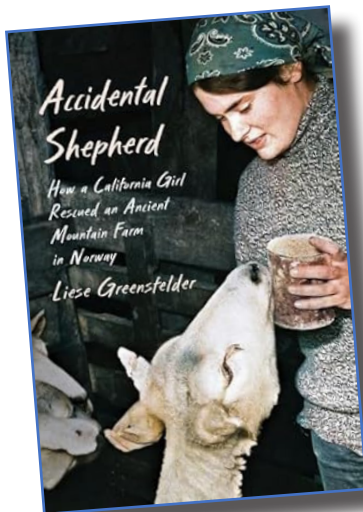
Hedmark og Hedemarken Lag, Romerikslaget i Amerika, Solørlag of America, and Trønderlag of America.

**August 14-16 Sognefjordlag** Stemne in Albert Lea, MN at Grace Lutheran Church, 918 Garfield Avenue, Albert Lea, MN 56007.

**September 14 Nordfjordlag** meets in Spicer, Mn. at Green Lake Bible Camp.

For more info on any of these Stevnes, go to <https://www.fellesraad.com/>





## VALHEIM BOOK CLUB!

All are invited to attend July **Book Club**, Thursday, July 10, 5:00 pm. at Giants of the Earth Heritage Center.

The read for this evening will be "Accidental Shepherd" by Liese Greensfelder.

This is a auto-biographical event telling the story of when Liese arrived in the small Norwegian town of Øystese to startling news: Johannes, the farmer who hired her for the summer, had just been hospitalized after a stroke. Could she please watch over his place for a month or so, until he got back on his feet? Twenty years old and with no farming experience, Liese was dropped off the next day at a centuries-old mountain farm at the end of a dirt road high above the magnificent Hardanger Fjord—with 115 sheep, two cows, one calf, a draft horse, and a Norwegian herding dog to care for.

Also, during the potluck supper, there may be some wrap up discussion about the book club read -- "The Night of the Scourge" by Lars Mytting.




**On a side note, if you have some time, you could head to Moorhead, Minnesota, September 29.** Norwegian Author Lars Mytting will be there, having an author discussion. 7:00 pm - 8:30pm at Concordia College.

In 2018, Mytting began The Sister Bells trilogy with The Bell in the Lake, set in 19th-century Norway. The trilogy explores ideas of tradition, change, and the supernatural, and has been highly regarded for its rich storytelling. It is a Free event. It also will be live streamed: <https://video.ibm.com/channel/concordia-college> OR.... Vesterheim has interviewed Lars on all three books, which you can watch the youtube videos anytime: <https://vesterheim.org/bokprat-lars-myttings-bell-in-the-lake/>

Gratulerer med dagen!

July/ August

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

## 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.





# The Restauration is On It's Way!!



*This is a message written by Odd Kenneth Tollefsen, sailor on the Restauration, written after leaving Stavanger on July 4, 2025.*

After months of hard work and preparations right up to the last minute, Restauration is finally underway on our symbolic voyage to New York. The vessel is now fully loaded with provisions – much of it generously sponsored –

and the journey has begun.

Our departure from Stavanger was nothing short of unforgettable. As the centerpiece of the 200th anniversary celebration of Norwegian emigration to America, Restauration took center stage. The entire royal family participated in the event, along with a sea of people gathered in the city center. Our high patron, Liv Ullmann, cast off the lines and wished us fair winds. The royal yacht followed us out of the fjord, with the King and Queen waving us off – a truly memorable moment for all on board.

Our first stop was a lunch event at Dusavik, where we were warmly welcomed with music, speeches, and great attendance.

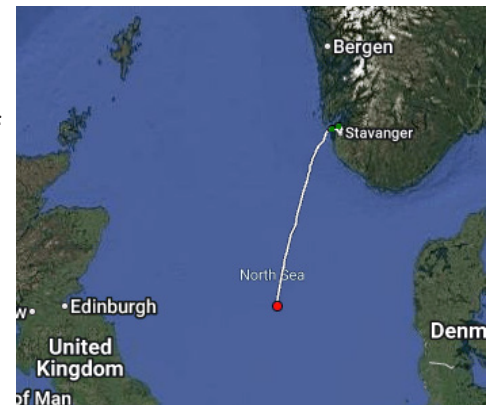
A representative of the Norwegian government wished us well on behalf of the government, and the U.S. Ambassador was also present to send us off with kind words and good wishes.

We have now arrived at beautiful Kvitsøy, where we were greeted by the mayor and local residents. Both the mayor and the U.S. Ambassador held speeches, once again underlining the significance of this voyage – both historically and in the present. Now it's time to get properly shipshape, make final preparations, and get truly ready for sea before setting course for Fulhalm. Spirits on board are high, and we all feel both the responsibility and the joy of being part of this special journey.

We look forward to sharing more as we continue toward our final destination: New York.

You can “watch” the progress of the Restauration through this link:

<https://forecast.predictwind.com/tracking/display/Restauration/>



## Spring Grove has it's OWN RESTAURATION!



Thanks to Ken and Gretchen Anderson! (members of Valheim Lodge) we have a model of the Restauration in Spring Grove. Ken has a passion to build things....and in his spare time he built a scale model of the Norwegian sloop, the Restauration. He has donated it to Giants of the Earth Heritage Center where it rests, hanging from the ceiling in the hall entryway.

On July 4, 2025 there was a Christening/Dedication event at Giants of Ken's model boat; meanwhile, that same day, the life size replica of the Restauration that had been made in Norway set sail from Stavanger following the route that the “sloopers” took 200 years ago.

<< Ken and Gretchen pictured in the stairway at Giants with the model Restauration hanging from the ceiling





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

## Return Service Requested

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

### **2025 Valheim Meetings**

**Tuesday, JULY 22, 5:30pm**-- we host  
Westby in LaCrescent; **Laura Gentry** --  
Humor

**Thursday, AUGUST 14, 5:00pm**-- we  
host Winona in Houston; **Shelley Jerviss** -  
Houston Area Museum

**Thursday, SEPTEMBER 11, 6:00 pm;**  
Glenn Kinneberg - Flying Farmer

**Saturday, OCTOBER 11, 11:00 a.m.;**  
Rolf Svanoe - Norway Beer Tour

**Saturday, NOVEMBER 8, 11:00 a.m.;**  
Dave & Ruth Amundson - The New Restaura-  
tion travels to New York

**DECEMBER**-Christmas Party



Ye Olde Opera House  
presents

### **"Something Rotten"**

at Ye Olde Gray Barn

**July 16-19**

8:30 pm

Call 507 498-JULY  
to reserve your seats!

### **Decorah's** COMMEMORATING **Nordic CROSSINGS** **Fest**

**July**  
**24 - 26,**  
**2025**



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