



# VALHEIM TIDENDE



Volume 27 Issue 2

Spring Grove, MN 55974

March/April 2025

## Hosting Duties

Thank you so much for the people who signed up to help host at our upcoming monthly meetings! As you can see from the list, we still have a few months in the need of hosts. Hosting duties include:

- Arriving at least a half hour before the meeting start time
- Make coffee (Sons of Norway has coffee in the basement at Giants)
- Get pitchers of water (or you can serve something else for non-coffee drinkers)
- Maybe have tablecloths for the serving tables
- If you would like, you could decorate the tables, not required
- Have something to drink out of (cups/glasses), eat off of (plates), eat with (tableware), and napkins This means you could purchase paper products, OR you could use what is available at Giants and wash the items when you are done. (You will have to provide napkins)
- The food will continue as pot luck, so help organize the food as it comes
- When eating is done, (sigh), wash any used utensils, and tidy up.

HOSTS:

**Saturday, MARCH 8, 11:00 a.m.; Juanita Lex**

**Saturday, APRIL 12, 11:00 am - meet with Lanesboro; Susan Schneider, Alison & John Rauk**

**Thursday, MAY 8, 6:00 pm; \_\_\_\_\_**

**Thursday, JUNE 12, 6:00 pm; Jackie Parker & Judy Fruechte**

**Tuesday, JULY 22, 5:30pm-- meet with Westby in LaCrescent; \_\_\_\_\_**

**Thursday, AUGUST 14, 6:00 pm-- meet with Winona; \_\_\_\_\_**

**Thursday, SEPTEMBER 11, 6:00 pm; Jill Storlie**

**Saturday, OCTOBER 11, 11:00 a.m.; Nora Beckjord**

**Saturday, NOVEMBER 8, 11:00 a.m.; Gretchen Anderson**

**DECEMBER-- Christmas party date undecided; Bill & Karen Fried**

## MARCH MONTHLY MEETING

In March we will be visiting Norway with Finn Brobakken, from Snertingdal, Norway. He will present a lecture and photographs titled "Places you didn't know to visit in Norway". It should be fun to hear about some hidden gems of Norway!



Thank you to Juanita Lex for volunteering to host our March meeting.

**Saturday, March 8, 11:00 a.m.**

**Pot luck**, please bring a dish to share.

## APRIL MONTHLY MEETING

At our **Saturday, April 12** meeting, Lanesboro's Heimbygda Lodge members will be our guests! The tradition of reciprocating visits with area lodges has been a long time tradition. (Note: in July we host Westby's lodge and in August, Winona's lodge. And then, next year, if the tradition continues, we are invited to their meetings in those months).

For our program will hear about Viking Crosses from retired Lutheran minister Glenn Borreson. Thank you to Susan Schneider, and Alison & John Rauk for volunteering to help host.

It will be **pot luck**, please bring a dish to share!

## WELCOME NEW MEMBERS!

- **Doug Peterson**, from south of SG
- **Juanita Lex** from Spring Grove
- **Betty Davie** from Decorah

# January Meeting

It was great fun to travel to Scandinavia with Rachel and David Storlie as they shared their trip with the Luren Singing Society in 2023. Many of our SofN members were on the trip, so it was fun to reminisce.



Rachel & David Storlie

The Luren Singing Society tour group.  
Can you pick out some of our Valheim lodge members??  
Photo taken in St. Mary's Cathedral in Tallinn, Estonia.



David sharing some of their many photos

# February Meeting

We were so lucky to have David & Lynn Susag from Lanesboro squeeze us into their busy schedule and tell us all about their travels to England and Scotland last year (2024). They visited Edinburgh, York, Durham and Glasgow following the Vikings. Along the way they found other interesting sites, food and a green-woodworking festival, with 21 spring poles lathes.

Both David and Lynn are so knowledgeable in many Scandinavian artistic disciplines. In fact David is a Vesterheim Gold Medalist in woodworking. To earn such a medal, you must enter projects in Vesterheim's Norwegian-American Folk Art Exhibition. A panel of judges evaluate and award ribbons, which are worth points that accumulate toward a Vesterheim Gold Medal. David's first points in woodworking were in 2017. David loves his gold medal so much, he may have it bronzed! (haha -- David's words)



David & Lynn Susag

# Barneløpet

For the second year in a row, there was no snow for the Barneløpet. Even with no snow, there were 22, 3-13 year old entrants, who had a wonderful morning "racing" around the trail. Even though it isn't a race, many of the young contestants thought it was fun to run the whole way. Hot chocolate and cookies were enjoyed by all. Thanks to Vesterheim, Heimbygda Lodge, Valdres Lodge, Jon and Mary Hart and our lodge for partnering to make this a memorable event. A big shout out to Darlene Fossum-Martin who chairs the event.



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>

Norskeden in Coon Valley <https://www.norskeden.org>

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



## VALHEIM LODGE BOARD/PLANNING COMMITTEE 2025

Its another year! And it's another year of having meetings to plan all of our activities and events. Thank you to these members who take the time to help put together a great year of Valheim events. Front row (l-r) Lee Grippen, Audrey Almo, Karen Gray, Karen Fried. Back row: Bill Fried, Judy Berg, Jackie Parker, Nora Beckjord, Jim Gray and Jill Storlie. If you would like to be a part of this committee, let Karen Fried know. We usually meet once a month.

## Norwegian Potato Stew

Recipe source: <https://12tomatoes.com/norwegian-potato-stew/>

*This dish is great for leftover vegetables and meats, as well as simple vegetables you might have in the fridge*



Serves 6

15 minutes prep time; 30 minutes cook time

### Ingredients:

- 2 turnips, peeled and cubed
- 3 lbs. russet potatoes, peeled and cubed
- 2 carrots, peeled and cubed
- 1 stalk celery, cubed
- 1 onion, diced
- 8 oz. ham steak, cubed
- 2 Tbsp. salted butter
- 1 quart chicken broth
- 2 bay leaves
- 1 Tbsp. fresh parsley, minced
- Kosher salt and freshly cracked black pepper, to taste



Photo Credit: Dom Ruane, 12tomatoes.com

### Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.

2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.
3. Enjoy!

# A LITTLE VALHEIM HISTORY

We have had some of our Sons of Norway, Valheim Lodge's memorabilia tucked away at the school for many years. With the upcoming remodeling at school, it was time to take our stuff out of the cabinet where it has been sitting for over 20 years. In the cabinet there was the officer regalia (Bill Fried is wearing one in the Committee photo on page 4), song books, a couple secretaries books, some membership receipt books, some other odds n' ends, and this framed Charter for Valheim Lodge.

On the bottom of the document, it says the lodge was founded December 7, 1928, and the charter is dated October 17, 1933. Maybe someone knows why there is a lapse of five years with "founding" and getting a "charter"?

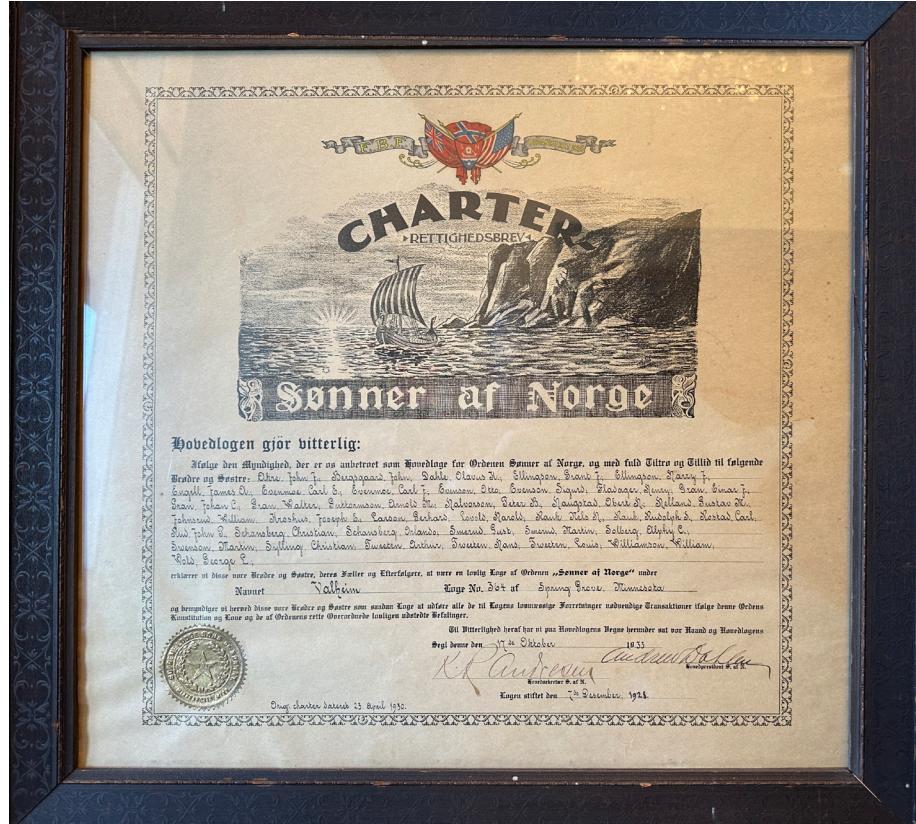
The printing is in Norwegian and it roughly translates (using Google translate) to :

"According to the Authority, which is entrusted to us as the Main Body of the Order Sons of Norway, and with full faith and trust in the following Brothers and Sisters".... then there is the hand written list of Valheim members, followed by, "we declare these our brothers and sisters, their followers and successors, to be a lawful lodge of the order Sons of Norway".

From the best that I can read someone else's penmanship, this is a list of the members on the charter:

John Akre, John Bergsgaard, Olavus Dahle, Grant Ellingson, Harry Ellingson, James Engell, Carl E. Evenmoe, Carl F Evenmoe, Otto Evenson, Sigurd Evenson, Henry Fladager, Einar Gran, Johan Gran, Walker Gran, Arnold Guttormson, Peter Halvorson, Obert Haugstad, Gustav Helland, William Johnsrud, Joseph Kroshus, Gerhard Larson, Harold Lovold, Nels Rauk, Rudolph Rauk, Carl Rostad, John Rud, Christian Schansberg, Orlando Schansberg, Gust Smerud, Markin Smerud, Alphy Solberg, Markin Swenson, Christian Sylling, Arthur Tweeten, Hans Tweeten, Louis Tweeten, William Williamson, George Wold.

I think we have a few current members related to some of these charter members....

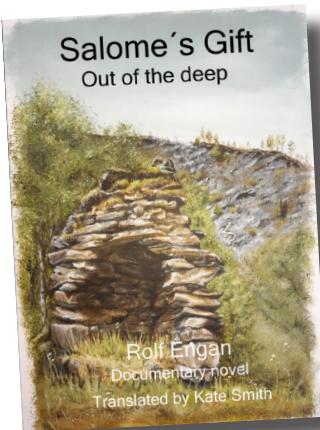


## HOW OSLO GOT ITS NAME

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'As' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI



of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.



## You are Invited to **MARCH VALHEIM BOOK CLUB!**

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

**Attend... Thursday,  
March 20, 5:00 pm at Giants!**

**We will be discussing "Salome's Gift" by Rolf Engan.**

The book follows the lives of Salome Raaen (1759-1848) who lived for more than 50 years in the depths of a ravine in Ruglraaen – south of Trondheim, Norway. The story transitions to Salome's grandson's, Iver, Bersvend and Ingebrigrt. It chronicles the contrasting lives of the brothers alternating between Bersvend in Norway and Iver and Ingrebrigrt who emigrated to America in 1853 and eventually settle in Waterloo Ridge. Drawing upon the faith passed down to him, Iver becomes the first priest for the Waterloo Ridge community. This novel is based on letters Iver Raaen (Salome Raaen's grandson) sent to Norway in the mid-1800s from America.

Valheim Lodge member Donna Rasmussen, who is a relative to the characters in this book, will lead our discussion.

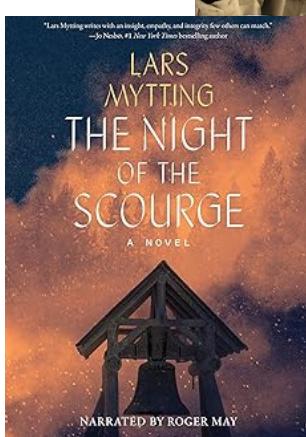
Please bring a dish, snack or refreshment to share.

"Salome's Gift" is available for purchase on Amazon.

Happy reading!

## LOOKING AHEAD...

At our upcoming May book club meeting, we will complete Lars Mytting's "The Sister Bells Trilogy" by reading "The Night of the Scourge". Copies are available for purchase at Giants (if you are a member of Giants, there is a discount!) and online.



## March/April

**Gratulerer med  
dagen!**

2	3	4	5	6	7			
9	10	11	12	13	14	15		
16	17	18	19	Book Club March 20 5:00	21	22		
23	24	25	26	Arden Auna	28	29		
30	Richard Rasmussen	31 April 1	2	3 Kolton Nerstad Leonard Splitstoesser	Giants Sail into Spring	5		
	Gracia Grindal event at Giants	7	8 Mavis Johnsrud Owen Knutson	9	10 Kalan Meiners	11	Monthly Meeting 11am@ Giants	Arland Folstad
13	14	15	16	17	18	19		
20	21	22	23	24 Charles Beckjord	25	26		
27	28	29	30					

## LOOKING BACK....



Jim Gray and Audrey Almo sharing the books they had read.

At our January Book Club, there was not a "chosen" book. Everyone who attended shared a book that they had read, giving a short synopsis, and if they would recommend it for others to read. It was a nice evening of sharing.

# Sports Medals

**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](http://sofn.com)**

Congratulations Jackie Parker and Nora Beckjord for receiving their first **sports medals!!** Keep up the great work!



Above - Jackie Parker receiving her medal from Nora Beckjord.

Left- Nora receiving her medal from President Karen Fried

**Two big events coming up at**

## Giants of the Earth Heritage Center

for more information, talk to Joe!

Or check out Giants website: <https://giantsoftheearth.org/>

**KOSELIG HELG**

**March 14 -16, 2025**

*An Immersive Weekend of Norwegian-American Language & Culture Experiences*

Join us for a Spring Grove-style cozy weekend, or “*koselig (koo-sheh-lee) helg*”

**\$175 General  
\$150 Giants  
Members**

*Includes:*  
Friday evening musical social hour  
Saturday classes, lunch & dinner

Programs at Giants are timed to allow locals and visitors alike to explore other “*koselig*” activities, including

Ye Olde Opera House’s *The Dinner Party*

*Classes in:*

- Unique local history
- Norwegian language learning
- Lefse, flatbread, and färirkål
- Skinnfell, card weaving, and story-writing

**GIANTS OF THE EARTH HERITAGE CENTER**

## Sailing into Spring Grove

# A Giants Musical Celebration

Luren Concert, Dinner, Milestones!

Dr. David Judisch's 50th year Directing Luren & Immigration Bicentennial

**Friday April 4<sup>th</sup>  
6pm @ the Fest Building**

**200 CROSSINGS**

**GIANTS OF THE EARTH HERITAGE CENTER**

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

## Return Service Requested



March/April 2025

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

## **Mark your Calendars! 2025 Lodge Meeting Dates**

**Saturday, MARCH 8, 11:00 a.m.; Finn Brobakken; Glimpses of Norway**

**Saturday, APRIL 12, 11:00 am** - we host Lanesboro in SG; **Glenn Borreson - Viking Crosses**

**Thursday, MAY 8, 6:00 pm;** Bill Fried - Peter J. Rosendahl

**Thursday, JUNE 12, 6:00 pm;** Dave Amdahl Atlantic Crossing, Princess Martha

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

**Thursday, AUGUST 14, 6:00 pm**-- we host Winona in SG; **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 Restauration travels to New York

**DECEMBER**-Christmas Party

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