



VALHEIM TIDENDE



Volume 27 Issue 3

Spring Grove, MN 55974

May/June 2025

Syttende Mai



IT'S THE MERRY MONTH OF MAY!

We have been having some April showers, so really looking forward to May flowers! And, also looking towards a few busy days to celebrate Syttende Mai!

Spring Grove will be holding it's annual Syttende Mai Festival Wednesday, May

14 (coronation and announcement of new honorees) through Sunday, May 18.

I'm hoping everyone will have time to celebrate with friends, new friends, family and neighbors. And, I also hope as a member of Valheim lodge, you will be able to help out with some of our activities during the celebration.

To begin, there is the **Barnetoget, FRIDAY, MAY 16 -- 1:15**, The Barnetoget is the Children's Parade down Spring Grove's Main Street from Spring Grove School to Viking Memorial Park. There will be games and activities for the children and WE (Valheim Lodge) will give all the children (close to 200 of them) a glass of Spring Grove soda, and a hot dog rolled up in a piece of lefse. We need **VOLUNTEERS** to get the hot dogs heated up, cut the lefse and roll the hot dogs in it, and ready to serve. Also pour the SG pop into glasses and serve. We are hoping, as in the past, that we will have some high school students to help serve. (If the weather is not cooperative, we will be serving in the cafeteria at school).

SATURDAY, MAY 17 9:00 -11:00 a.m. BAKE SALE

at Giants of the Earth Heritage Center, in the Welcome Room. **We are asking ALL members to donate baked goods for the Bake Sale.** Norwegian baking is preferable, but all baking will be appreciated! Please have your baked goods to Giants, packaged and priced by 8:30 a.m. Saturday morning. (You will find a suggested price list for your goods in this newsletter.) You can drop off your baked goods at Giants any time before Saturday. Giants is open 10:00 - 5:00 during the week. **VOLUNTEERS** will be needed to help man the bake sale and collect money. We are planning on having coffee available, possibly on the deck if the weather is cooperative. Also, we are debating if we will have any demonstrations or not. We don't have a lot of room.

PARADE at NOON, Saturday, May 17

Thank you to Jim Gray for volunteering to pull the boat through the parade BUT we need at least ten **VOLUNTEERS** to ride in the boat in the parade. You can "jump" on the boat, starting at 11:15, on North 1st Street -- behind Spring Grove Communications. From there, you will ride to the start of the parade line up. Audrey Almo will be playing here accordion to add a festive affair to the ride. After the "cruise" down Main Street, Jim once again will "dock" behind SG Communications for unloading. If you have a bunad, a red vest, a Norwegian sweater, or even a red shirt, that would be nice festive wear for the boat ride. It's a great way to see everyone who has come out to celebrate Syttende Mai.

At our May monthly meeting, I will be sending around sign up sheets to volunteer at any of these activities. If you don't make the meeting, and would like to help out, contact Karen Fried (sgfrieds@gmail.com or 507-498-5611).

At our planning meeting we decided to let Giants of the Earth be sole organizers of Taste of Norway. We totally support this event, but thought it would be less confusing, if it was not a combined event Please consider attending Taste of Norway (see more info on next page), or if you would like, they are looking for volunteers to make it a successful event. Contact Joe Grødahl if you would like to help out!

CARD SHOWER for JANET FOSSUM!

Our loyal, hard working
Sons of Norway member,
Janet Fossum is turning
98 on Monday, May 12!!

Let's "shower" her with
birthday cards!

Send to: Janet Fossum
22044 Newhouse Dr
Spring Grove, MN 55974
Spread the word!!



MAY MEETING

It's May, it's the time when we switch our monthly meetings from Saturday morning to **Thursday evenings!**

Our next monthly meeting will be

THURSDAY, MAY 8, 6:00 PM at Giants of the Earth Heritage Center. Bill Fried will be presenting a program about the "Ola and Per" cartoons that were drawn by Spring Grove native, Peter J. Rosendahl and were featured in the Decorah Posten for many years (1918-1935). We will have the program first (at 6:00), then a short business meeting, followed by a potluck "supper". After all of that, if you would like, you could go to second floor and check out the "Peter, Per & Ola" exhibit.

Also, you can take some time to check out the Spring Grove 6th Grade Academy tri-folds that will be on display through out Giants. Each tri-fold has a 6th grade student's family history.



Get your tickets **NOW** for **Taste of NORWAY**

SATURDAY, MAY 17

at Giants of the Earth Heritage Center

Attend and enjoy buffet tables full of Scandinavian appetizers, main course items, and dessert items!

This is a taste, so there will be many different foods to choose from, serving sizes will be smaller so you can have a TASTE of many!

There will also be a donation/cash bar.

Advance Tickets Recommended!

TWO SEATINGS
3:30 & 5:30

Purchase
Tickets Online
giantsoftheearth.org

OR Purchase

at Giants of the Earth Heritage Center
163 W. Main St, Spring Grove, MN
507-498-5070

\$30 General
\$25 Giants members

We will once again be serving
LUTEFISK "SHOTS"!

*Your chance
to give
Lutefisk
a chance!*



MARCH MEETING

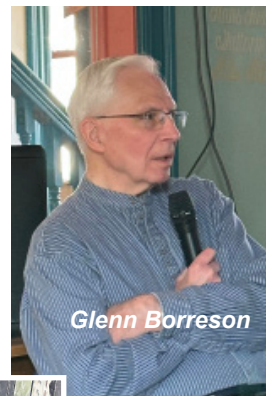
At our March meeting Finn Brobakken from Norway, shared with us out-of-the-way places to visit in Norway.



Bill, Finn and Arden discussing places to visit in Norway



Finn Brobakken



Glenn Borreson

In April, Glenn Borreson returned as our speaker. This time he shared with us an informative talk about "Viking Age Crosses; What Ten Crosses can tell us about Vikings & Christianity"



As always, we had a wonderful potluck at both meetings!



ANNE-CATH. VESTLY: THE CHILDREN'S SPOKESPERSON WHO REINVIGORATED NORWEGIAN CHILDREN'S LITERATURE

Anne-Cath. Vestly's debuted with "Ole Aleksander Filibom-bom-bom" in 1953. Her first works were designed to be read on the radio, making the language to a greater extent oral than in her later books. Through the Norwegian children radio program "Barnetimen for de minste" she developed a large audience for her children stories. Some of her books were adapted into movies. Anne-Cath. Vestly herself played the role as the grandmother in the films about "Mormor og de åtte ungene". An interesting aspect of Vestly's books are that she created her own little town, "Tiriltoppen", where many of her characters live. Hence, earlier protagonists reoccur in later book series when their lives intertwine.

Through the 50 books she wrote up to 2004, she introduced new perspectives on children, childhood, family and social life.

Researcher Agnes-Margrethe Bjorvand at the University of Agder (UiA) believes Anne-Cath. Vestly is still relevant.

Children should be both heard and seen. Bjorvand says that Vestly's books are best suited for the age group of four to seven. Children like to read about someone who is the same age as or a little older than themselves.

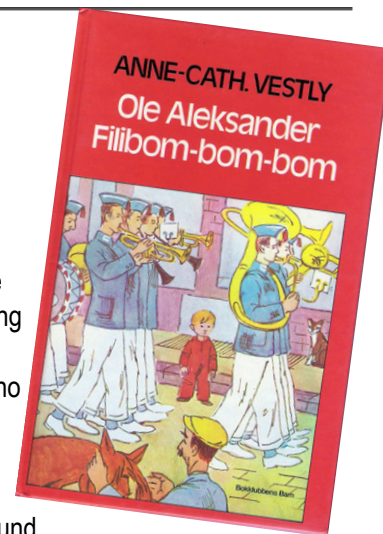
What is new in Anne-Cath. Vestly's view of children and childhood?

Bjorvand goes on to say that in Vestly's books, children are taken seriously. Children are an important part of society and democracy. They are given responsibility, they are listened to, and they are recognized. Children are seen as equal to adults.

"All the books are about being human, a person who learns to interact with

those around them. The books are based on values such as community, respect for other people, equality and the fact that everyone deserves a second chance."

"Vestly wrote and told stories for children for over 50 years. She helped to boost children's literature after the Second World War. Anne-Cath. Vestly was also much more than an author. She was a cultural figure and an authority to be listened to."



Sosekjøtt & Spring Mashed Potatoes

As winter fades into spring, temperatures start to rise, and outdoor activity increases, try this delicious, hearty dish that is sure to fill you up.

Recipe source: <https://northwildkitchen.com/sosekjott-spring-mashed-potatoes/>
(Serves 4-6)



Ingredients

For the sosekjøtt:

- 2.2 pounds (1 kg) chuck steak or shoulder steak (høyrugg/bog)
- 3 Tbsp. butter, for frying
- 1 large onion, cut into thin wedges
- 6 Tbsp. butter
- 5 Tbsp. flour
- 4 cups (1 liter) beef stock
- 1 bay leaf
- Salt and pepper

For the spring mashed potatoes:

- 1 1/2 pounds (about 700 g) starchy potatoes, peeled and cut in half
- 3 Tbsp. lightly salted butter
- 1 cup (240 ml) milk
- Salt and pepper, to taste
- 1 cup (150 g) green peas
- 1 bunch dill, chopped
- 2 spring onions, chopped

Directions:

- To make the stew, start by cutting the meat into large chunks, about 1 1/2 inches (4 cm).
- Season well with salt and pepper.
- In a large, heavy-bottomed pot or dutch oven, heat 1 tablespoon of butter over medium-high heat, until hot and bubbling.
- Brown the meat in 3 batches (to avoid overcrowding), turning with tongs, for about 3-5 minutes per batch; add one tablespoon more butter with each batch (adding more if necessary).
- Transfer the meat to a large plate and set aside.
- In the same pot, add the 6 tablespoons of butter and melt over medium-high heat.
- Add in the flour, whisking to combine. Cook for about 5 minutes or until the mixture has turned dark brown, whisking often to ensure it doesn't begin to burn. The darker the color, the darker the stew will be. Slowly pour in the beef stock, whisking until blended.
- Add in the browned meat, onion wedges, and bay leaf.
- Bring to a simmer. Lower the heat and cover with a lid, cooking for 2 hours until the meat is tender.
- Remove the lid, return the stew to a gentle simmer, and cook for 30 minutes more until thickened slightly.
- Remove from the heat.
- While the stew is cooking for the remaining 30 minutes, prepare the spring mashed potatoes. In a large pot, cover the potatoes with cold salted water and bring to a boil.
- Lower the heat and simmer for 15 minutes or until the potatoes are barely tender when pierced with a knife.
- Drain the potatoes and return them to the pot. Add the 3 tablespoons butter, along with the milk, and mash until creamy.
- Season with salt and pepper. Gently stir in the green peas, dill, and spring onions.
- Serve the spring mashed potatoes immediately with the warm sosekjøtt.



DIGITAL COPIES of the Valheim Tidende!

For this month's newsletter, I emailed a digital copy of the newsletter to SofN Valheim Lodge members that I had emails for. In the email, I asked them to fill out a form to respond as to how they would like to receive their future issues. Either via email, or, would they rather have a hard copy mailed to them.

I don't have everyone's email address...are you one of them? Would you rather just get a digital copy of the newsletter? Let me know by scanning the QR Code and filling out the form OR email me at: sgfrieds@gmail.com. In the email, please indicate that you would like to receive your Valheim Tidende via email and make sure you indicate what email you would like the newsletter sent to.

If you want to continue receiving your newsletter in the mail, do nothing!

Thanks! Karen Fried, Editor



MAY 8 - LIBERATION DAY - NORWAY

Norway was occupied by Nazi Germany for five long years during World War II. It was heavily fortified during the war: several hundred thousand German soldiers were stationed in Norway, in a ratio of one German soldier for every eight Norwegians. The economic consequences of the German occupation were severe. Norway lost all its major trading partners the moment it was occupied. Germany became the main trading partner, but could not make up for the lost import and export business. While production capacity largely remained intact, the German authorities confiscated a very large part of the output, leaving Norway only 43% of its production. Combined with a general drop in productivity, Norwegians were quickly confronted with a scarcity of basic commodities, including food. There was a real risk of famine. Many, if not most, Norwegians started growing their own crops and keeping their own livestock. City parks were divided among inhabitants, who grew potatoes, cabbage, and other hardy vegetables. Fishing and hunting became more widespread. Gray and black market provided for flow of goods. Norwegians also learned to use ersatz products for a wide variety of purposes, ranging from fuel to coffee, tea, and tobacco.

The Norwegian underground resistance was very active throughout the war, both on land and at sea, and was responsible for some of the most effective sabotage missions carried out against Germany. Approximately 50,000 Norwegians were arrested by the Germans during the occupation. Of these, 9,000 were consigned to prison camps outside Norway, including Stutthof concentration camp. A total of 10,262 Norwegians lost their lives during conflicts or while imprisoned.



Norwegian Royal family waving at the crowds in Oslo upon returning from exile

On May 8th, 1945, German forces surrendered to the allied forces in Norway, leading to the country's freedom. The liberation was followed by trials of collaborators; 25 Norwegians, including Quisling (whose name has become a byword for a "collaborating traitor"), were sentenced to death and executed, and some 19,000 received prison sentences.

Norway's Liberation Day is a day of remembrance for those who lost their lives during the war and a reminder of the sacrifices made during this difficult period. It is commemorated much like we do Memorial Day. It's a public holiday, and most people take the day off to spend time with family and friends. Many people attend church services, while others lay flowers at the graves of loved ones who lost their lives during the war. There are also parades and speeches held across the country, and people often gather to listen to music, dance, and enjoy traditional Norwegian food. It's a day of unity, and the Norwegian flag is flown high. It marks the end of Norway's occupation and the beginning of a new chapter in the country's history.

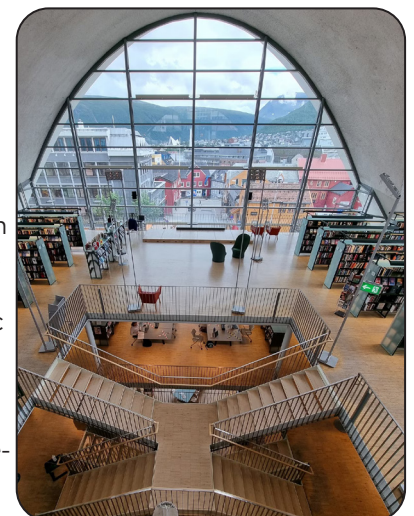
LIBRARY INVESTMENT

In 2021, an International Reading Literacy Study was conducted with 65 countries participating around the world. When the results were published last year, it found that Norwegian youth's reading levels declined from the previous measurements in 2016 and ranked 18th overall. Of the more than 7,000 students tested, it was 10-year-olds that had the largest decline of all the Nordic countries. The survey found that of those children tested, one in five fell at or below reading mastery levels for their age.

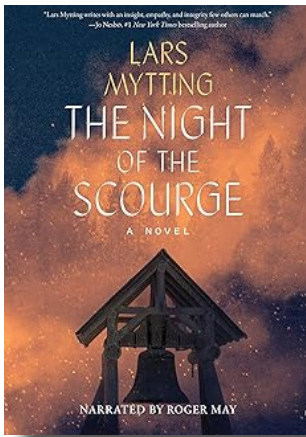
The results of the survey have led the Norwegian government to get involved. To turn this concerning trend around, they are investing 25 million kroner (\$2.36 million US Dollars) into school libraries. In particular, they are focusing on libraries in areas with poorer living conditions. The funds will help increase library hours, give children access to more books, and encourage reading for pleasure. The initiative will also promote libraries as safe and

inclusive social gathering spots for youth.

Researchers are unsure what has led to the drop in scores. They theorize that the drastic increase in streaming and electronics plays a role and that possibly, the Covid pandemic and the push to digital learning played a part as well. This library investment is part of the Norwegian government's larger reading strategy initiative to set a better reading culture across the country.



Interior of Tromsø Library



You are Invited to **VALHEIM'S JUNE BOOK CLUB!**

Book Club is open to one and all! Lodge members and non lodge members. Avid readers or myabe you just want to hear what the book was about.

Join us, Thursday, June 5, 5:00
at Giants! Not required, but if you would like, you can bring a light snack to share.

For our June read, we complete "The Sister Bells Trilogy" by reading "The Night of the Scourge" by Lars Mytting.

"Butangen, Norway, the years before WWII: Astrid Hekne has inherited the fighting spirit and hypersensitivity of her grandmother, who was a protector of the mythic Sister Bells that had once hung in the village's centuries-old stave church.

The once-traitorous priest Kai Schweigaard, now in his eighties, is wondering how his death, prophesied in a centuries-old tapestry, will come true. Schweigaard tries to understand the myths about the Night of the Scourge, which, according to old village beliefs, is the night when the known world will fall and the Earth will be scraped down to bare rock."

The book is available for purchase at Giants (if you are a member of Giants, there is a discount!) and online.

Any qustions...contact Judy Berg!

MARCH BOOK CLUB!



Donna Rasmussen pictured in front of a slide of the author of the book. He is standing behind Salome's "rock"

In March we gathered and discussed "Salome's Gift" by Rolf Engan. Valheim member, Donna Rasmussen lead the discussion with the aid of a power point that was put together by the author Rolf Engan. It was interesting to see photos of the area where the book was set in Norway, along with insight by the author.

Thank you Donna, and all the other relatives, that made it a very interesting read.

May/June

Gratulerer med dagen!				1 May 4:00 SG 6th Grade Academy 6:00pm Monthly Meeting @ Giants	2	3
4	5	6	7 Mike Schmidt	Sue Schneider	9	10
11	12 Jackie Parker & Janet Fossum	13	14	15 Sytte Mail!	1:15 Bar-netoget	9-11 Bake Sale Noon-Parade
18	19	20	21	22	23	24
25 Gretchen Anderson	26 Memorial Day	27	28 4:00 SofN Board/Planning Meeting	29	30	31
1 June	2 Isaac Nerstad	3	4	5 5:00 Book Club	6	7
8	9	10 Bettie Ann Davie & Judy Melbostad	11 Kyle Gray	12 Monthly Meeting 6:00 pm @ Giants of the Earth	13	14 FLAG-DAY
15	16	17 Karen Fried & Melanie Smith	18	19 Karen Gray	20 David Susag	21 Carolyn White
22 Kristen Almo	23	24	25	26	27	28
29	30 Larry Lane					

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.

SUGGESTED BAKE SALE PRICES			
Almond Cake	\$5 half/\$10 full	Pie, Fruit	\$10
Doughnuts	\$8/dozen	Pie, Pecan	\$12
Pizzels	\$6/dozen	Rommegrot	\$2 cup, \$5 pint
Fattigman	\$5/dozen	Fruit Cake/ Julekake	\$8
Flat Bread	\$5 (2 "rounds")	Rommegrot Bars	\$6/dozen
Fudge	\$4 (half dozen pieces)	Rosettes	\$8/dozen
Goro	\$8 dozen	Sanbakkels	\$8/dozen
Kringle	\$6/dozen	Sweet Breads	\$4 (small) \$5 (average) \$6 (large)
Krumkake	\$8/dozen	Lefse	\$6 (2/pkg)
Cookies	\$5/dozen	Sweet Soup	\$4 cup \$8 pint

For our May 17 Bake Sale, please bring your items packaged and priced. These are SUGGESTED prices.

Baked goods need to be at Giants by Saturday, May 17, 8:30 a.m. They can be dropped off ahead of time during Giants regular hours. Thank you!

REMINDER....if you have completed any Sports Medal forms

please give them to Nora Beckjord, and she will order your sports medal!
If you have any questions, ask Nora OR you can find information out on the Sons of Norway website. sofn.com



Above- Nora Beckjord is presented her second sports medal (silver) from President Karen Fried

2025 Valheim Meetings

Thursday, MAY 8, 6:00 pm; Bill Fried - Ola and Per

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, 6:00pm-- 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 Svanoë - 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

MEMBERSHIP BENEFIT-ANNUITIES

Annuities are designed to offer RELIABLE INCOME for the long term. An annuity may be a great fit if:

- You or your spouse have maxed out your 401(K) plan or IRA
- You prefer to start a retirement account with a lower premium
- You like the idea of guaranteed growth
- You want access to free withdrawals
- You would like to transfer assets without probate

Take advantage of the guaranteed safety of your principal and earn a guaranteed minimum interest rate while still having access to your money should the need arise. Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk. Contact Sons of Norway (800) 945-8851 sonsofnorwaysales@sofn.com

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

Return Service Requested



May/June 2025

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

Check out all the activities during
Sytende Mai in Spring Grove, go to:
sgsyttendemai.com

Sons of Norway **BAKE SALE**

Lots of Norwegian Goodies!!
We'll have the coffee on -- on the deck!

Saturday, May 17
9:00 - 11:00

Giants of the Earth Heritage Center
163 West Main Street