



VALHEIM THE TIDENDE



Volume 27 Issue 6

Spring Grove, MN 55974

Nov/Dec 2025

Upcoming November Meeting

Plan to attend our November meeting, on **Saturday, November 8, at 11:00 a.m.** when Dave and Ruth Amundson, former educators, will share their story of traveling to New York City to witness the arrival of the "Restauration 2" at Pier 16 on October 9th. Dave and Ruth will share some photos taken in NYC to tell the story of the recreating of this voyage which was to commemorate the original trip of 1825.

Twelve years ago, Dave & Ruth started their History Alive organization to promote the story of early Norwegian immigration from Norway to America for all 9th grade students at Westby High School. They have done presentations to many organizations such as Sons of Norway Lodges, local church groups and libraries as well as local Nursing Homes, etc

After the program, and a short business meeting, we will have a **potluck lunch**. Hope you can make it, and as always, guests are welcome!



David & Ruth Amundson



The Restauration arriving in New York

Join us for our **DECEMBER MONTHLY MEETING!** It will be Our Annual Sons of Norway

CHRISTMAS PARTY!!!

Thursday, December 11, 5:00 pm

at **Giants of the Earth Heritage Center**

5:00 - 5:30 Social Half Hour

5:30 Christmas Meal

After we are full of good food, we will sing some

Christmas songs followed by a

White Elephant Gift Exchange

HOPE YOU CAN ATTEND!!

This is NOT a potluck...

Just bring your holiday spirit and a White Elephant Gift to Exchange!

This is a great time to regift that special gift you may have received!



September Meeting



At our September meeting Glenn Kinneberg shared a history of his flying years, which spans over 8 decades! Now at age 98, he only gave up flying a few years ago. His book "Flaps Up." 70 Years of Flying: A Flying Farmer's Memoirs" is available at the Giants gift shop.

Above right:
Our speaker
Glenn Kinneberg



Left: Lodge member Sue Schnieder sharing stories with Glenn.

Right: Lawrence Fruechte also enjoying visiting with Glenn



October Meeting

We had the honor of having Rolf Svanoe at our October meeting sharing the adventures of Vesterheim's Beer Brewing tour to Norway. Besides seeing some amazing parts of Norway, they also visited six small breweries and enjoyed some amazing local cuisine. We also had the chance to try Pulpit Rock Brewing's "Skål til Steinen", a lager style Kveik ale made with Norwegian yeast.



Rolf Svanoe, Vesterheim
Tour Director

Rolf decorated the tables with many ale bowls made by Rebecca Hanna



Crown Prince Haaken Visited Decorah!

Part of the celebration of the replica of the Restauration ship arriving in New York City, Crown Prince Haaken visited several mid-west areas, including Vesterheim and Luther College in Decorah. Here is a video that was made showing some of the events that took place during the celebration of the Restauration arrival, including a speech from Crown Prince Haaken. (about an hour long)

<https://vimeo.com/1126859874?fl=pl&fe=sh>

Crown Prince Haaken in Decorah,
October 6, 2025
Photo from Facebook.—



Successful!!

Fun!!

UFF DA FEST KAFFE MAT & HOTDISH CONTEST

Our Third Annual Hot Dish Contest was held on Sunday of Uff Da Fest. Eleven hotdishes were entered; a wonderful variety! Thank you to EVERYONE who took the time to make a hotdish and enter.

Thanks to everyone who came and enjoyed the hotdishes...and voted for their favorite ones!

Besides "local" hotdishes, we had hot dishes from all over the world!! Mila Friske (an exchange student living with Rachel and David Storlie) from Germany, Morten Bye from Norway (he spent a week with Joe Grødahl), and we had two hot dishes from "across the river"! (from the Westby area -Diane Piper and Amy Erickson Redington)

CONGRATULATIONS to our HOT DISH CONTEST WINNERS!!



From left to right

3rd place: Sheila Livingstone (Shepard's Pie)

2nd Place: Jean Young (Minnesota Jambalaya)

1st Place: Sue Scobie (Mexicali Black Bean Hotdish)



*Diane and Amy from
Westby area*



*Rachel Storlie and their
exchange student Mila*



Morten from Norway

A free will donations was accepted from anyone who "judged" the hotdishes and the money was donated to Trinity Lutheran Church's food pantry. Thanks to the generous donations, over \$250 was donated!

Thank you to everyone who helped out on the day of the event...including Amy and Diane, from Westby!



*Sharon's shirt says: And then
God said: "Uff Da" and he
created Norwegians*



*Sharon & Sharen.... the
best dressed at our Uff Da
Fest Kaffe Mat!!!*

Thanks to everyone who donated food for our Uff Da Fest Kaffe Mat!

We had goodies, sandwiches, rommegrot and some great coffee.



*Getting samples of all the hotdishes to
try and vote on!*

Creamy Baked Barley Risotto with Mushrooms

A vegetarian comfort food perfect for a winter's day. It's both healthy and easy, since most of it is made in the oven.

While risotto is often associated with Italian cuisine, swapping rice for barley—a Nordic staple — gives the recipe a fresh twist.

Ingredients

For the Risotto:

- 4 cups chicken or vegetable broth
 - 1 cup water
 - 1 Tbsp. extra-virgin olive oil
 - 1 onion finely chopped
 - 2 garlic cloves minced
 - 2 tsp. chopped fresh thyme
 - 1 1/2 cups pearl barley
 - 1/2 cup dry white wine
 - 3/4 cup shredded parmesan cheese
 - 2 Tbsp. unsalted butter
 - Chopped fresh parsley or chives for serving
- Coarse salt and freshly ground pepper

For the Mushrooms:

- 2 Tbsp. extra-virgin olive oil
- 2 10-ounce packages cremini mushrooms (about 4 cups) cleaned and sliced
- 2 garlic cloves, minced
- 1 Tbsp. soy sauce
- Coarse salt and freshly ground pepper

Instructions:

Preheat the oven to 375 degrees. Heat the olive oil over medium heat in a large saucepan or Dutch oven with a tight-fitting lid. Add onion and sauté until soft and translucent, about 3-5 minutes. Add garlic and thyme and cook for one



more minute.

Add barley, 3 cups of the broth and 1 cup of water. Bring to a simmer and then cover the pot and remove from the heat. Transfer the pot to the oven and bake until the barley is tender, about an hour.

Meanwhile, cook the mushrooms: Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the sliced mushrooms. Cook, stirring frequently, until the mushrooms are tender and browned, about 10 minutes. Remove from the heat and add the soy sauce, scraping up any brown bits that have accumulated on the bottom of the skillet. Season to taste with salt and pepper and set aside.

Remove the pot from the oven and transfer to the stove top. Turn the heat to medium-low. Add the wine and remaining cup of broth. Stir constantly until the ingredients are incorporated

and the mixture is creamy, about 3 minutes.

Remove from the heat and stir in the butter and parmesan. Season to taste with salt and pepper. Gently fold in mushroom mixture, including any accumulated juices. Top with chopped fresh parsley or chives if desired and serve immediately.

Notes:

- You must use PEARL BARLEY for making risotto (also sometimes called medium barley). Hulled barley or a quick barley will not work in this recipe.
- You can use either chicken broth or vegetable broth.
- Any variety of mushroom will work in this recipe. The recipe calls for cremini mushrooms as they are easy to find and have good flavor.
- Just a splash of soy sauce added to the mushrooms at the end of cooking time brings a big umami boost to this dish.

Source:

Creamy Baked Barley Risotto with Mushrooms - True North Kitchen



Upcoming Valheim Lodge Meeting Dates

Saturday, NOVEMBER 8, 11:00 a.m.

Program - Dave & Ruth Amundson -
The New Restauration travels to New York;
Gretchen Anderson Hostess

Thursday, DECEMBER 11, 5:00 pm--

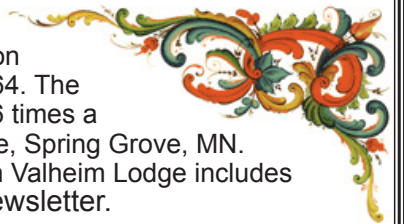
Christmas party! Meal provided,
Bill & Karen Fried hosts.
Bring a White Elephant gift!

**NO MONTHLY MEETING
JANUARY 2026**

Saturday, FEBRUARY 14, 2026, 11:00 a.m.

Monthly meeting --- **MEMBERSHIP 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>

Norskedalen in Coon Valley <https://www.norskedalen.org>

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

Sons of Norway To help promote and preserve the
Mission Statement heritage and culture of Norway.

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

Merry & Bright
 LIGHTS, BRUNCH,
 & GALA NIGHT

SPRING GROVE, MN

FRI, NOV 28
 LOG CABIN & PARK
 5:00pm Spaghetti Supper
 6:30pm Festival of Lights
 Ceremony & Caroling

SAT, NOV 29
 FEST BUILDING
 8-11am Brunch & Be Merry with
 Santa and Silent Auction viewing
 6:00pm District 297 Gala

Save the Date

**Sons of Norway
 Membership Event**

Saturday, February 14
 11:00 a.m. More info coming.....

GIANTS' GINGERBREAD LANE

SOMETHING NEW AT GIANTS for the HOLIDAY SEASON
 Make a gingerbread house on your own,
 or come in on a day (yet TBD) and work on one at Giants.
 Anyone and everyone is invited to bring in a Gingerbread
 House to be a part of the Gingerbread Village!!
 The Village will be on display for most of December.
 People's Choice Awards!

Holiday Cookie Walk
 SATURDAY
 December 13TH
 8:00 am - Until Gone!

"Tons" of cookies will
 be available for you to
 purchase by the pound!

Shop the Gallery this
 season for unique
 artisan made jewelry,
 greeting cards, pottery,
 mittens, wall art
 and more!

**BLUFF COUNTRY
 ARTISTS
 GALLERY**
 111 West Main Street
 Spring Grove, MN

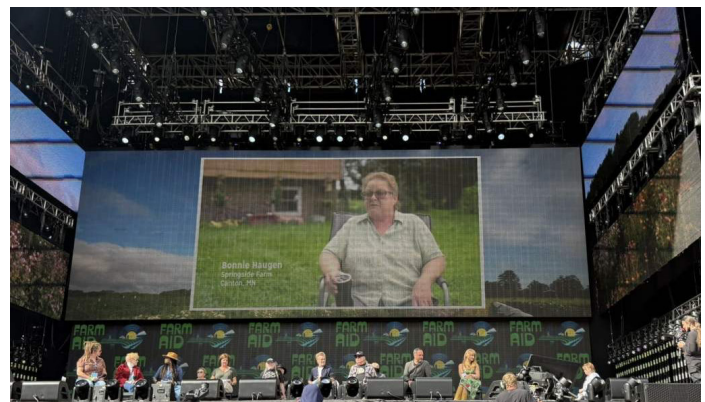
Fillmore County Farmers Featured at Farm Aid 40

Local farmers, Bonnie and Vance Haugen,
 take the stage to tell their story
[From the Root River Current](#) By Julie Fryer and John Gaddo,
 September 23, 2025

Willie Nelson, Neil Young and Bob Dylan weren't the only ones grabbing attention at this year's Farm Aid 40 in Minneapolis. Also sharing the stage during the 40th anniversary festival held on September 20th were Southeast Minnesota dairy farmers, Bonnie and Vance Haugen. (members of Valheim Lodge!)

The Canton-area residents joined other Minnesota farmers to tell their stories in a special event held before the concert opened at the University of Minnesota's Huntington Bank Stadium. Seated next to Farm Aid founders and board members, Willie Nelson, Neil Young, Dave Matthews, John Mellencamp and Margo Price, Bonnie and others shared the struggles small farms face in today's economy. ([Watch their video presentation here.](#))

While she focused on making their case for, and explaining the value of family farms, she also shared a poem she'd written for the occasion. The assembled audience of around 2000 people gave Bonnie a standing ovation for her words.



Bonnie on the BIG SCREEN at Huntington Bank Stadium
 Picture from "The Root River Current"

VALHEIM BOOK CLUB!

Sons of Norway/ Giants BOOK CLUB will meet Thursday, November 20, 5:00pm at Giants of the Earth.

First, we want to mention how wonderful it was to have Odd S. Lovoll join us at last month's book club via phone/zoom to discuss his book "Two Homelands. His thoughtful reflections added such richness and meaning to our conversation. Hearing his perspective as the author--and learning more about the inspiration behind his work--gave us all a deeper appreciation of the story. Thank's to Odd for the time he shared with us and in making the evening such a memorable one.

For our November 20th book club discussion, we have selected "Heritage of Darkness" by Kathleen Ernst which is set at Vesterheim in Decorah.



Synopsis:
For curator Chloe Ellefson, a family bonding trip to Decorah, Iowa, for rosemaking classes seems like a great idea until the drive begins. Chloe's cop friend Roelke takes her mother's talk of romantic customs good-naturedly, but it inflates Chloe's emotional distress higher with each passing mile.
After finally reaching Vesterheim Norwegian-American Museum,

Chloe's resolve to remain positive is squashed when she and Roelke find Petra Lekstrom's body in one of the antique immigrant trunks. Everyone is shaken by the instructor's murder, and when Chloe's mom volunteers to take over the beginners' class, Chloe is put in the hot seat of motherly criticism. As she investigates, Chloe uncovers dark family secrets that could be deadly for her mom...and even herself.

The book is available at the Spring Grove Library and is available at Giant gift shop.

Invite your friends to attend, and please bring a dish to share.

Houston County Historical Society in Caledonia Christmas Open House: "An Outdoor Winter"

Saturday, December 6 11:00 a.m.-3:00 pm
Sunday, December 7 noon - 3:00 pm
Come and enjoy this free family event!



November/December

Gratulerer med dagen!

2 Judy Berg	3	4	5	6 Geneva Tweeten	7 Jill Storlie	8 Ashley Schwartzhoff Monthly Meeting 11 am @ Giants
9	10	11	12	13	14 Lynn Susag	15
16	17	18 BevAnn Brevig Sean Young	19	20 BOOK CLUB 5:00	21	22
23	24	25	26	27 Bonnie Haugen	28	29
30 DECEMBER	1	2	3	4	5 Donna Rasmussen	6
7	8	9	10	11 CHRISTMAS PARTY 5:00 pm @ Giants	12	13 Juanita Omdt Wendi Storhoff
14	15	16 Kinley Meiners	17	18	19	20 BAKE SALE
21	22	23	24 Izaak Morken	25 Julefest	26	27 Georgia Rosendahl
28	29	30 Sharon Auna Nora Beckjord	31			

At the Houston Area Museum:

Guest Speaker

at the Houston Area Museum

Presenters:
Linda Norlien

Sunday
November 16th,
2025
at 2 pm



Chaplain Norlien, US Army Retired, will share powerful stories from her career as an active duty Army chaplain, highlighting the vital role of military chaplaincy in supporting our service members.

At VESTERHEIM in Decorah

Norwegian Christmas Celebration
December 6, 2025 10:00 a.m.-4:00 p.m.

Recruit New Valheim Members!!!

Sons of Norway was organized as a fraternal benefit society by 18 Norwegian immigrants in Minneapolis, Minnesota, 1895. The purposes and goals of the Founders were to protect members of Sons of Norway and their families from the financial hardships experienced during times of sickness or death in the family. Over time, the mission of Sons of Norway has expanded to include the preservation of Norwegian heritage and culture in our Society.

To entice people to give Sons of Norway a try, we (Valheim Lodge) are offering a rebate to anyone who becomes a NEW MEMBER. (This Rebate is only valid for OUR Valheim Lodge) We hope that they like it so much, that when the time comes, they will renew their membership!

VALHEIM LODGE 1-364



SONS of NORWAY

NEW MEMBER 50% Cash Back REBATE FORM

**To be eligible for this Rebate, you must be a NEW Member to Valheim Lodge.
Joining between now and December 31, 2025.**

1. Join Sons of Norway, Valheim Lodge 1-364. Pay full price for membership.

You can join by either logging onto sonsofnorway.com and JOIN, (pick Valheim Lodge 1-364)

OR Fill out a membership form, and mail with membership payment to:

Sons of Norway, 1455 West Lake St, Minneapolis, MN 55408

2. At some point, you will receive, either by email or snail mail, your membership number.

3. Fill out this form and mail or deliver to our Treasurer: Jackie Parker

119 2nd St NW, Spring Grove, MN 55974

OR email her with the information that is asked on this form: jackie.amethyst@gmail.com

Name _____ SofN Membership # _____

Address _____

Date joined SofN _____ Phone or email _____

This information must be received by Jackie Parker by January 20, 2026. Once Jackie (our Treasurer) receives the info and confirms you have met the requirements, she will send you a check for HALF of your membership.

We are excited that you have joined Sons of Norway!

NOVEMBER - LODGE OFFICER ELECTION!

At our upcoming November meeting, a ballot will be presented for all members to vote on for our Valheim officers. The people on the ballot may look a lot like the officers we have at this time. The floor will be open for nominations for additions to the ballot. (We are in need of a Vice President & a Secretary)

Being an officer in SofN is kind of fun! We have a board meeting most every month, and have a great time discussing upcoming events! Think about being an officer. Here is a "short list". We do not need to fill them all, but we do like to have the core, essential ones filled.

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

President: Responsible for ensuring lodge compliance with the Sons of Norway Charter and Constitution while overseeing and guiding all lodge activities; **Vice President:** Leads lodge recruitment efforts and strategies while helping develop programming that encourages new membership and member retention; **Secretary:** Manages daily operations of the lodge; **Treasurer:** Oversees all lodge finances; **Membership Secretary:** Handles membership records; **Social Director:** Plans social activities and quality programs to enhance the sense of enjoyment, excitement, commitment and community within the lodge; **Sports & Recreation Director:** Plans and supervises a well-rounded activity program that interests all members and enhances their well-being; encourages the Sports Medal program; **Trustees:** Manage and maintain the lodge's physical assets; **Counselor:** This position is typically held by the previous Lodge President to guide the current lodge president and the board; **Youth Director:** Plans social activities and quality programs for youth members of our lodge; **Publicity Director:** Publicizes interesting lodge events and promotes Sons of Norway within the immediate community; **Foundation Director:** Increase members' awareness of the Foundation and its value and helping it grow financially; **Editor & Assistant Editor:** Keeps lodge members informed of lodge news and events via a lodge newsletter. **Historian:** keep track of newsletters and other interesting documents that pertain to the lodge; **Volunteer Coordinator:** help line up volunteers for lodge events.

A couple that aren't Official SofN offices, but would be nice to have: **Greeters:** Welcome members and guests at meetings and events; **Sunshine:** Send sympathy, Thinking of you and Get Well cards to members of our lodge; **Kitchen Coordinator:** if anyone needs help finding something in the Giants kitchen, you would be the go-to-person

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

Return Service Requested



Nov/Dec 2025

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

lefse~krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~lefse~krumkake

Sons of Norway
Valheim Lodge #364
ANNUAL
CHRISTMAS BAKE SALE
SATURDAY, DECEMBER 20
9:00 a.m -11:00 a.m. *or until gone*
Giants of the Earth
Heritage Center
163 W.Main St., Spring Grove, MN

krumkake~ flatbread~ rømmegrøt~rosettes~sandbakkels~lefse~krumkake