



# VALHEIM TIDENDE

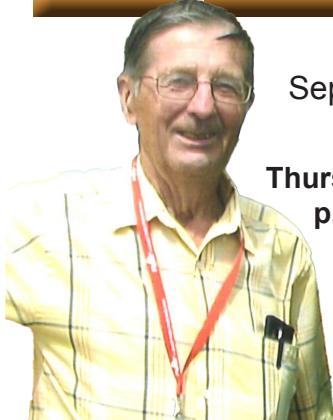


Volume 27 Issue 5

Spring Grove, MN 55974

Sep/Oct 2025

## Upcoming September & October Meetings



Glenn Kinneberg

**Thursday, September 11th, 6:00 p.m.**, Glenn Kinneberg, Spring Grove's flying farmer who has been flying planes for over 75 years will have lots of interesting stories to tell about flying.

Make sure you mark your calendars for our upcoming September and October monthly meetings! At these meetings we will have some well traveled gentlemen!

**Saturday, October 11th, 11:00 a.m.**, Vesterheim's Norway Tour Director, Rolf Svanoe, will be with us to tell us about Vesterheim's 2024 Beer Brewing Tour of Norway.

Both meetings should be very interesting. They will be potluck meals. Invite friends and family!



Rolf Svanoe



Spring Grove's Uff Da Fest is quickly approaching! Friday October 3rd through Sunday, October 5th. Once again we are hosting KAFFEE MAT on Saturday and our THIRD ANNUAL HOT DISH CONTEST on Sunday.

### Kaffe Mat

Saturday, October 4th from 10 - 1:00, we will have "Kaffe Mat" (coffee food) at Giants of the Earth. This is not a bake sale. It is a coffee time. We are inviting people to come in, get some coffee and a treat, and sit and visit. During this time, we would like to have some of our members, or (non-members) to do demonstrations. They do not have to last the whole three hours. For kids, we will be offering coloring pages, a craft activity and a story time. It will be a "free will donation" for people who come and partake.

To make Kaffee Mat a success we will need many helpers! People to set up, make coffee, donate some

baked goods, demonstrate, host/help serve, and clean up. The whole event should take less than four and a half hours. There will be a sign up sheet at our September meeting.

### Hot Dish Contest!

Sunday, October 5th we will be hosting our THIRD Hot Dish Contest! It will be the same premise as last year. It's free to enter a hot dish, but people who come to taste the hot dishes and vote for their favorite one(s), are asked to make a free will donation. This year, all the proceeds we take in, we will donate to Spring Grove's Food Pantry at Trinity Lutheran Church.

Consider entering a hot dish! Encourage others to enter a hot dish. All we ask is that you register that you are bringing a hot dish ahead of time so we know how many hot dishes to plan for, and make signage for. There is an online sign up, and we will have registration forms available at Giants. (see poster on page 7)

Just like the Kaffee Mat, we will need volunteers to help. There will be a sign up sheet at our September meeting.

*Looking forward to a Fun Uff Da Fest!!!*

## July Meeting

In July we hosted Solvang Lodge from Westby in LaCrescent at the community center. Aftering having a wonderful pot luck supper, we learned to feel better by doing laughter yoga with Pastor Laura Gentry. It was a very nice evening. Thank you to everyone who attended!



*Left: Joe Grødahl and his mom Kirsti, enjoy visiitng with Westby lodge member who shares "roots" in the same area of Norway.*

*Right & above: enjoying the abundance of pot luck supper, and visiting*



## August Meeting



*Above: Valheim & Nor-Win Lodge members gathering for supper.*

*Left: Bill, Lee, Geneva and Karen Gray at the Houston Area Museum*

*Below photos show some of the exhibits at the museum*



*Shelley Jerviss, main instigator in the formation of the Houston Area Museum.*

# The RESTAURATION at Sea!

## Restauration.

Two months ago, the Restauration left Savanger, following the route that was taken 200 years ago, they are planning on being in New York on October 9. Here is a post from the Skipper, Kjell-Morten Ronaes that was posted on Sunday, August 31.

*Sunday marks the end of the week — a time for reflection and new planning — both out on the Atlantic and here at home in Stavanger. With both skippers in place, you get both the adventure at sea and the voice from land.*

*The Atlantic crossing is nearing its end — today there are less than 300 nautical miles left. There's little wind, and at times, no wind at all. Then we stand still. We need to be in New York by October 9th, so we have to cheat a little to keep Restauration moving at all times. We're putting 3-4 kW on the propellers, and that keeps us moving forward. We also have crew members who need to catch flights home, so we're cheating with a clear conscience.*

*The days go by in routine. The air is less humid now, and we're beginning to smell land. Evenings and nights are filled with crystal-clear starlit skies, and we sit watching satellites darting over us in many directions — some fast, others very fast. The moon is rising, and when it lights up the sea like diamonds sparkling on the water, we really get that tropical feeling. It's beautiful.*

*There aren't many boats to be seen, but last night a huge container ship passed just behind us. It was a nice experience, with lots of lights showing the size of the vessel. It came from Savannah and was headed to Ceylon. A long journey for them too — but at a slightly better pace than*

*Everything is ready in St. Maarten. We've been in contact with Lagoon Marina and are expected there. We just need to "time" the drawbridge, which opens at set times. We were informed about renovations that affect the dredging in the lagoon. Not all charts are updated, but they will guide us in, so it should be fine. It will be exciting with a bit of change after four weeks of open ocean and a course mostly at 270 degrees — due west.*

*After St. Maarten, we'll head north and continue on a steady course toward New York.*

Since this Facebook entry, the Restauration successfully crossed the Atlantic and docked at St. Marten. From there they will go through the Caribbean and continue north to New York.

30 days to go!  
You can see their progress here <https://www.restauration.no/en#map> and they have a Facebook account: Restauration



**GIANTS OF THE EARTH HERITAGE CENTER & YE OLDE OPERA HOUSE invite young and old to the 4TH ANNUAL**

**Old-Time BARN DANCE**

Dust off your boots and get ready to swing to lively tunes from Bob Bovee and friends at Ye Olde Gray Barn. It's a perfect chance to enjoy good company, great music, and a night full of fun. We hope to see you there!

**Friday, October 3**

**7 - 10 pm**

**AT YE OLDE GRAY BARN**

Hwy 44, East Edge of Spring Grove

**OPENING ACT TBA!**

**Tickets: \$12 Adults, \$5 Students**

Beverages and concessions available for purchase



A documentary that informs what life is like when making your living on a farm and what it means for all members of a family who do it. It reveals compelling themes and moving stories.

Come see it at

**Spring Grove Cinema**  
November 1,  
11am, 3:30 pm,  
& 7 pm

**KOSELIG HELG**

**October 24-25, 2025**

An Immersive Weekend of Norwegian-American Language & Culture Experiences

Join us for a "cozy weekend" with old friends and new!

**FRIDAY EVENING: Social Hour**

**SATURDAY: a full day of learning**  
about local history, Norwegian language, baking, crafts and more!  
Also includes coffee breaks, lunch and dinner!

More info coming soon!  
Check out [www.giantsoftheearth.org](http://www.giantsoftheearth.org)

\$175 General  
\$150 Members

at Giants of the Earth Heritage Center  
163 W. Main, Spring Grove, MN



# World's Best Chocolate Mousse

Time to make: 60 min  
Chill time: 3 hours or overnight  
Makes 5 portions

## Ingredients:

### For the mousse:

130 g dark chocolate, 65% cocoa  
100 g egg yolks, room temperature  
120 g sugar (100 g + 20 g)  
160 g egg whites, room temperature  
optional: 2 Tbsp. rum, whiskey or cognac

### For chocolate straws:

100 g dark chocolate

### Additional garnish:

120 g blueberries  
2,5 dl whipping cream  
4 Tbsp. cocoa nibs

### How to make:

*Note: eggs should be brought to room temperature before making this dessert.*

### Make the mousse:

Chop the chocolate and melt it in a bowl over a simmering water bath, not boiling. Turn off the heat and let the chocolate melt slowly.

Beat room-temperature egg yolks and 100 grams of sugar until white and fluffy for about 8–10 minutes until it forms a thick foam.

Beat room-temperature egg whites stiff in another bowl with 20 grams of sugar to create a chewy meringue.



First fold 1/3 of the egg yolk mixture into the chocolate and distribute well with a whisk. Then add the rest of the egg yolk mixture and fold together with a spatula.

Then fold the stiffly beaten egg whites into the mousse and make sure everything is distributed well. Flavor with rum, whiskey or cognac if desired.

Carefully pour the chocolate mousse into a piping bag and pipe the mousse into small bowls, glasses or similar that hold approximately 2 – 2.5 dl. The mousse can also be spooned or poured directly into the bowls.

Refrigerate the chocolate mousse for at least three hours or overnight until the mousse has set.

### Garnishes:

Make the chocolate straws  
Chop the chocolate and melt it in a bowl over a bain-marie with simmering, not boiling, water. Turn off the heat and let the chocolate melt slowly.



Spread the melted chocolate in a very thin layer with a metal spatula on the back of a baking sheet or a cold marble slab. Let the chocolate set, approximately 25 minutes, without it becoming hard. Scrape or pull the spatula in a 45-degree angle towards you, so that small tubes or shavings automatically roll up. Place them on baking paper on a plate and store them in the refrigerator until ready to use.

### Serving:

Cut the blueberries in half and spread over the chocolate mousse. Garnish with lightly whipped cream, cocoa nibs and chocolate shavings.

## Sons of Norway Mission Statement

To help promote and preserve the heritage and culture of Norway.

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>

## 2025 Valheim Lodge Meeting Dates

### Thursday, SEPTEMBER 11, 6:00 pm

Program: Glenn Kinneberg - Flying Farmer; potluck; *Jill Storlie Hostess*

### Saturday, OCTOBER 11, 11:00 a.m.

Program - Rolf Svanoe - Vesterheim's Norway Beer Tour; potluck lunch; *Nora Beckjord Hostess*

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

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

### DECEMBER-- Christmas party; date TBD

# SONS OF NORWAY SPORTS MEDALS!



Congratulations to Sue Schneider. Here she is pictured receiving her first Sports Medal from Nora Beckjord, our Sports Director.

# Leif Erikson

Leif Erikson [Leiv Eiriksson] was a Norse explorer, known for the discovery of Vinland around the year 1000. Leif and his companions may thus have been the first Europeans to "discover" America.

Leif was the son of the Norwegian-born Eirik Raude [Erik the Red] and his Icelandic wife Tjodhild. He grew up in Greenland.

According to Erik the Red's saga, Leif Erikson sailed to Norway in 999. Here he was baptized and commissioned to introduce Christianity to Greenland. His father is said to have refused to accept the new faith, while his mother was baptized and built the first Greenlandic church.

We do not know for sure when Leif died. He is last mentioned alive in 1019, and was probably dead before 1025, because according to the *Fostbrødrene* saga, his son Torkell had by then become chieftain in Eiriksfjord and lived on Brattalid.

## The Vinland Expedition

According to Erik the Red's saga, Leif went off course on his way home to Greenland from Norway in 999 and discovered a land with self-sown wheat fields and vines (Vinland). In *Grønlendingenes* saga, however, it is said that Leif's discovery of Vinland was the result of a planned expedition.

A Norse settlement was found in the 1960s at L'Anse aux Meadows, on the northern tip of Newfoundland in Canada. This has been interpreted as the Vinland of the sagas. If Vinland refers to a land where wine grapes grow, the latter option is most likely.

## The memory of Leif's voyage to Vinland

The memory of Leif Erikson and the significance of his discovery were seriously raised at the end of the 19th century. At the World's Fair in Chicago in 1893, which was dedicated to the 400th anniversary of Christopher Columbus' first voyage to America, Christian Krohg's painting of Leif Erikson was sent from Norway, and the ship Viking, a copy of the Gokstad ship, was taken by Magnus Andersen across the Atlantic to Chicago and became the subject of great attention.

In 1964, US President Lyndon B. Johnson proclaimed October 9 as an official national day of remembrance in memory of Leif Erikson's discovery. The date of Leif's arrival in Vinland is not specified in the sagas, but it is said to have been in the autumn. October 9 was chosen because the Norwegian emigrant ship *Restaurasjonen* arrived in New York on this date in 1825.



# Best in the World

Chocolate lovers can celebrate a new winner declared during the International Chocolate Awards in the dark chocolate category. The top prize went to Vigdis Rosenkilde, a Norwegian chocolate maker for her 70% cacao Quellouno bar. She splits her time between Norway and Peru, where she sources the heirloom variety of cacao from a family farm. The combination of high altitude and other factors give the beans a unique flavor that varies a bit each harvest. The award-winning chocolate only has two ingredients – cacao and sugar; but the process of making each batch is complex.



Rosenkilde's bar was judged alongside many other submissions and part of the International Institute of Chocolate Tasting competition, in which more than 50 judges select winners in various categories. By the end of the competition, four final winners were declared, including the dark chocolate Quellouno bar. The artisan credits letting the cacao speak for itself with its unique and complex flavor profile that included berries, pecans, cream, port wine, and hints of other fruits.

# September/October

## VALHEIM BOOK CLUB!

Sons of Norway/ Giants BOOK CLUB will meet Thursday, September 25, 5:00pm at Giants of the Earth.

This month's book is "Two Homelands: A Historian Considers His Life and Work" by Odd S. Lovoll. Professor emeritus of history at St. Olaf College,

Odd S. Lovoll is the author of many books on the Norwegian American immigrant experience. In "Two Homelands" Odd tells his story, of being an immigrant, beginning in Norway, where he was born. At a young age, his family immigrated to America, and like many international migrants returned to his homeland for a period during his young adult life

before settling permanently in the United States. Through autobiographical tales interwoven with details of his research, this book links Lovoll's experience with that of other immigrants and points to intriguing intersections in his professional and personal lives.

Please join us on September 25. We will begin at 5:00 by enjoying a light potluck supper (bring something to share if you can, but not required) and then at 5:30 Odd will join us via zoom (or telephone call) to help us in our discussion of his book! What a great opportunity to ask him any questions about being an immigrant, or growing up in Norway during WWII or living in North Dakota, or whatever!

Book Club is open to one and all!



## Going Paperless

Beginning September 1, membership cards will no longer be mailed for annual renewals.

Members can print off their card from the website under their profile or save a digital copy to your phone to show proof of membership. For members that belong to a lodge with property, card mailings will stop December 1.

This change is being made due to the ongoing rising costs of postage and our desire to continue to be good stewards of our resources. Please encourage members to create a profile so that they can access the card and print from their computer.

Gratulerer  
med dagen!

				3	4 Jim Skree Jean Young	5	6
				10	11 Monthly Meeting 6pm@ Giants	12	13
14	15	16	17	18	19	20	
21	22	23	24	25 BOOK CLUB 5:00	26	27	
28 Judy Fruechte	29	30 Board Meeting 4:00	1 October	2	3	4 KAFFE MAT	
5 HOT DISH CONTEST Fest	6	7	8	9 LEIF ERIKSON DAY	10 BEER CHOIR Bill Fried	11 Monthly Meeting 11 am @ Giants	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25 Kuselig Helg Garrett Fort	
26	27	28 Vance Haugen Darla Nerstad	29	30	31	1 DEAR LAND	

## LARS MYTTING will be in DECORAH!!

For any of you who read Lars Mytting's books for book club (The Sister Bells Trilogy: The Bell in the Lake, The Reindeer Hunters, and The Night of the Scourge) he will be at Vesterheim, Wednesday, October 1 for a presentation and discussion

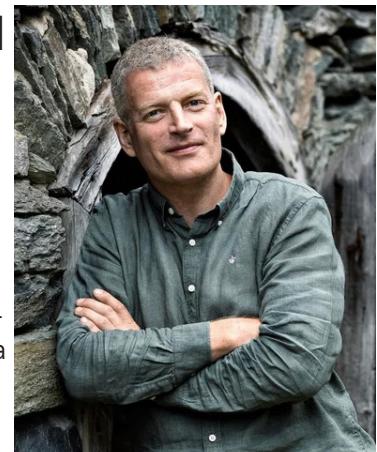
7:00 -8:30 pm

Location: In-Person in Vesterheim Commons and Online on Zoom

He will be visiting Vesterheim from Norway to talk about The Sister Bells Trilogy! Lars is one of Norway's most acclaimed authors, with more than 2 million books sold, available in 24 languages around the world.

You must register for this free class by September 17, 2025.

Vesterheim.org under Calendar & Events or call Vesterheim at 563-382-8828



Lars Mytting

Uff Da Fest

# HOT DISH CONTEST

11:30 A.M. - 1:00PM

SUNDAY, OCTOBER 5

AT GIANTS OF THE EARTH HERITAGE CENTER

## ENTER A HOT DISH!

Sign up/register your hotdish by 8pm, Saturday, October 5

Bring your hot dish to Giants between 11:00 and 11:30 Sunday, October 6

**Free to enter a Hotdish!**

**Winners will be decided by Peoples Choice**

**FREE WILL Donation\* to Taste and VOTE!**

Taste all the hot dishes, vote for your THREE Favorite Hotdishes.

MOST VOTES -- WINS!

AMAZING PRIZES  
for top THREE HOTDISHES  
plus BRAGGING RIGHTS!!

\*Money Taken in will  
go to Trinity Lutheran Church's  
Food Pantry

**REGISTER your HOTDISH!**  
by 8pm Saturday, October 4.      Open to  
All Ages!

**It's Free to enter a hot dish!**

Register by going to this link: <https://forms.gle/NRbkzyk34NfFPvXq6>  
Or stop at Giants and fill out a registration form.



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

Return Service Requested



Sep/Oct 2025

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

UFF DA FEST!!

Sons of Norway Valheim Lodge Invites you to



*Kaffe Mat*  
translates to "coffee food"

**Saturday  
October 4  
10:00-1:00**

@ Giants of the Earth Heritage Center  
163 West Main Street

Stop in  
for a cup of coffee and  
a baked good...or two!

We also will be having a variety of demonstrations  
staggered throughout the time as well as  
activities for kids!



*Free Will  
Donation!*

Check out Giants Gift Shop  
& the exhibits on 2nd & 3rd floors!

UFF DA FEST!!