



# THE VALHEIM TIDENDE



Volume 19 Issue 6

Spring Grove, MN 55974

Nov/Dec 2017

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## Upcoming Valheim Events.....

### December Christmas Party and BAKE SALE!

We hope you ALL will be able to join us.

### Thursday, December 14

The fun will begin at 5:00 with a social half hour. Gather together to visit before our meal which will be buffet style at 5:30. The meal will be cheesy potatoes, ham, a vegetable, lefse, rommegrøt, dessert, coffee, milk, water. The cost of the meal will be \$10 per person. After we have had enough to eat we will be doing a White Elephant gift exchange. This means everyone needs to bring a gift -- nice, not so nice, funny, or maybe just something you want to get rid of. After the gift exchange we will have a sing along while Audrey Almo while she plays her accordion. It should be a very relaxing and enjoyable evening. God Jul!



### Saturday, December 16 --

#### Norwegian Bake Sale at GIANTS OF THE EARTH HERITAGE CENTER.

This is our MAIN FUNDRAISER for the year. We have other bake sales, but this is THE Bake Sale. All members are asked to bring Norwegian baked goods, or other baked goods such as breads, pies, etc. If you are unable to donate baked goods, we ask that a cash donation be made to the lodge (these can be given or sent to Loretta Knutson, 20096 State Hwy 76, Caledonia, MN 55921)

Please have your baked items to the Heritage Center (Ballard House) by 8:30 a.m., packaged and priced. Or you can drop them off on Friday until 4:30 pm, Stacy Wold will be there to help you. Suggested bake sale prices are on the next page.



# October & November Meetings

In October Laurann Gilbertson, Chief Curator at Vesterheim shared with us Norwegian Folk Art in America. Pointing out that there is folk art "tradition" and there is art that is done using "traditional" ideas.

In November Rob Gross had a very informative program about how the Veterans Cemetery in Preston came to be as well as who can be buried and upkeep of the fairly new Veterans Cemetery in Preston.



Rob Gross  
our November speaker



Geneva shared with us the importance of the poppy for Veterans Day, and always.



Laurann Gilberston  
from Vesterheim in Decorah



...and always a great lunch after the programs.....

## Suggested Price List For our December Bake Sale

Suggested Bake Sale Prices (December 2016)			
Fattigman	\$4/dozen	Pizzels	\$4/dozen
Flat Bread(pkg)	\$5 (2 "rounds")	Rosettes	\$8/dozen
Goro	\$8	Sanbakks	\$8/dozen
Fruit Cake/Julekake	\$5	Angel Food Cake	\$6
Kringle	\$5/dozen	Doughnuts	\$6/dozen
Krumkake	\$8/dozen	Fruit Pie	\$7
Lefse (2/pkg)	\$5	Fudge (6pieces)	\$2 for half dozen pieces
Norwegian Cookies	\$4/dozen	Pecan Pie	\$8
Rømmegrot	\$3 (small jar)	Sweet Soup	\$3 /cup
	\$4 (pint)		\$6/pint
Sweet Breads	\$3 (small)	Rømmegrot Bars	\$4/dozen
	\$4 (average)	Almond Cake	\$6 half cake
	\$5 (large)		\$12 full cake

# Doubt that we would have managed it today

It's been 50 years since Sweden switched to driving on the right side of the road. It was a huge undertaking, says a professor. First, traffic was quite quiet. Then the cars swung over the center line. Switching to right-hand driving is the biggest societal change in Sweden, says Professor Claes Tingvall. He works at Chalmers Technical College. Earlier, he worked with road safety at the Swedish Road Administration.

"It was a terribly big project. Probably the largest ever in Sweden," says Tingvall.

The change itself was completed quickly. It happened early in the morning on Sunday, September 3rd, 1967. At 4:45 a.m., all traffic was stopped. Then all cars drove carefully to the right side of the road. Here they stopped again. Then they waited until the clock struck five. Then the message came over the radio: Sweden had switched to right-hand driving.

Now the cars could drive. But no faster than 30 kilometers per hour [18.6 miles per hour].

"It is doubtful that we could have done something like this today. Suddenly, all people were supposed to change what they were very used to? Some researchers warned that it would end in a bloodbath. But it was successful," says Tingvall today. The changeover was carefully planned. All private cars were stopped between 1 a.m. and 6 a.m. for the change. In the cities of Stockholm and Malmö, it was even stricter. There was no private driving between 10 a.m. on September 2nd and 3 p.m. the day after.

After the change, traffic was monitored. More than 10,000 police watched. There were also people from the military in the streets all the time the following week. After the shift, there were fewer who died in traffic. Speed limits also became lower. Most Swedish cars were already built to drive on the right, according to Tingvall. These cars were the same as today, with the steering wheel on the left.

"It was actually very strange. This meant that before the change it was dangerous to pass. It was most often the passenger side that was hit hardest in a crash," Tingvall says.

Other countries still have left-hand driving. We probably know the United Kingdom best. But also African and Asian countries drive on the left side of the road. Among them are Australia, India, Cyprus, Pakistan, South Africa and Thailand.

Lee reminds us  
to save used  
postage stamps  
for Tubfrim.  
Bring them to  
any monthly  
meeting.

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.



## Smultringer

Smultringer is considered one of the seven Norwegian Christmas cookies (syy slag), with very interesting origins. Before smultringer, Norwegians were making similar-looking fried cakes called hjortetakk out of horn salt (ammonium bicarbonate) or what was earlier referred to as hjortetakksalt. It's suspected that hjortetakk came to Norway from Germany, as there are German recipes for them tracing back to the 1700s.

The word smultringer seems to have first appeared in relation to a Norwegian who emigrated to America and returned to Norway in 1892. He began baking the cakes we refer to as smultringer (lard rings). It is unknown if he invented the word himself, but this is the first mention of smultringer as a name. What separated smultringer from hjortetakk in regard to the ingredients, was that smultringer was made with baking powder instead of horn salt. Today, however, smultringer recipes can be found using horn salt as well – perhaps a result of overlapping the recipes over the decades. The most apparent difference between hjortetakk and smultringer is in the consistency between the two. Hjortetakk is firmer and crispier, while smultringer is softer – the result of the batter having more liquid.

It took some time for the word smultringer to catch on in Norway. However, the influence of the American doughnut was becoming increasingly apparent. A Norwegian cookbook from 1888 provides several recipes for hjortetakk, with the last one being titled "Amerikansk Hjortetakk (Fry-Cakes)". Other cookbooks appearing from the late 1920s and later on mention recipes called "donasser" and "donners" – Norwegian variants of the doughnut – showing that the American doughnut was gradually entering and being accepted into Norwegian baking.

It's quite clear that smultringer took inspiration from the American doughnut, becoming a variant that also leaned heavily on its Norwegian predecessor, hjortetakk. It became a household favorite and one that earned its spot as being one of Norway's most popular and beloved Norwegian Christmas cookies.

Typically, smultringer is served as is – with no glaze or icing or flavors.

from NorthWildKitchen.com

# Countdown to Implementation of New SofN Dues Structure

Review the facts about the new simplified dues structure by visiting [www.sonsofnorway.com](http://www.sonsofnorway.com). Click on the Member Resources box on the top of the homepage and navigate to the dues structure information pages. You can check out what lead up to the decision by the Sons of Norway International Board by clicking on the History button. An overview of the dues structure changes are outlined in the Membership Charts and Dues Information section. Still have questions? You may send them to [2018dues@sofn.com](mailto:2018dues@sofn.com).

Of course, we are also happy to take your calls at 800.945.8851

## Sons of Norway Book Club has Alaskan Adventure.....

The Sons of Norway Book Club met on Tuesday, November 21 and special guest was Joyce McCarthy of Caledonia who shared the experiences of the ten years Joyce and her husband Bob McCarthy taught in 4 different schools in Alaska. She brought many articles and books to share with the group who have spent the past two months reading stories about Alaska.

Pictured below is Joyce McCarthy with some Alaskan articles



Standing (l-r) Lee Grippen, Audrey Almo, Adele Twite, Judy Melbostad, Gloriane Knox, Georgia Rosendahl, Geneva Tweeten, Morris Tweeten and Joyce McCarthy sitting in the front.

## Rice Pudding (Riskrem)

Adapted from [arcticgrub.wordpress.cozz](http://arcticgrub.wordpress.cozz)

Makes about 4 portions

- 2 cups rice porridge\*
- 2 tbsp confectioners sugar or to taste
- 2 tsp vanilla sugar or vanilla extract
- 1 ½ cups heavy cream or coconut cream
- 50 grams or ¼ cup toasted almonds, chopped (optional)

Whisk coconut cream or heavy cream with the confectioners sugar and vanilla sugar/extract in a stand mixer until fluffy. Fold the whipped cream with the rice porridge and sprinkle in the chopped almonds.



## \*Rice Porridge

(Risengrynsgrøt)

- 1 cup short grain rice, such as Arborio
- 2 cups water
- 4 cups almond milk (or coconut milk)
- 1 vanilla bean pod, split in half
- ½ cup granulated sugar
- ½ tsp salt

Drain rinsed rice in a colander. Add water and rice to a pot and bring to boil. Lower temperature to a simmer and cook until all water has been absorbed. Add milk, insides of vanilla pod as well as shell, sugar and salt.

Bring to boil while whisking constantly, do not allow milk to burn at the bottom. Lower temperature to simmer for 45 minutes or until porridge consistency. Pour into a bowl to cool for rice pudding or keep warm and serve with butter, sugar and cinnamon.



## Sons of Norway Mission Statement

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

# Norwegian Holiday Tradition – The Julenis

The Christmas season is a perfect time to embrace your Norwegian heritage and share the culture with your loved ones. One way to do this is by incorporating a new or different tradition into your celebrations each year.

This season, why not invite an icon of Norwegian folklore, the Julenis, into your holiday home? Both farm protector and bearer of Christmas cheer, the nisse is a charming, yet sly fellow whose legacy lives on in Norway and around the world to this day.

The classic tale declares that small gnome-like nisser hide in houses and barns to bring good luck or make mischief, depending on how well they are treated by the ones who live there. Try having fun with this family friendly legend and hunt for the nisse living in your own home. Simply search for photos of the nisse on the internet, print them out and hide them around your home, then send your guests on the nisse hunt of the year.

Check out the 2010 November issue of Viking for a nisse cut-out, along with other Nordic games and activities you can enjoy over the holidays. You can also learn more about the nisse and its Norwegian legend in the 2012 December issue of Viking.

The Viking archive may be found online at [https://www.sofn.com/viking\\_archive](https://www.sofn.com/viking_archive) (member login required).



## Special holiday offer from Dale of Norway



### Exclusive for Sons of Norway members!

Receive 30% off Dale of Norway styles through Dec 24.

At checkout, enter promotional code: *sonsofnorway2017*

Please note: Sons of Norway promotional offer is valid through 12/24/2017.

Code is valid for one-time purchase, and will expire once the code is used. The code may not be applied to items in the sale section of the Dale of Norway website. Code is only valid at [us.daleofnorway.com](http://us.daleofnorway.com). Code is not valid at retailer locations. Shipping costs are not included.

Visit Dale of Norway  
<http://us.daleofnorway.com/>

## Saturday, December 16, 2017 Velkommen til *Juletrefest*

*You and your family are invited for some fun for kids and adults. Light refreshments will be served.*

**2:00-4:00pm** Creating traditional Norwegian tree decorations; Chain links, woven hearts, stars and Christmas ornament painting

**4:00-4:30pm** Caroling around the tree and a visit from the Nisse

**4:30-6:00pm** Tasting locally created spirits for adults Children & youth to continue with crafts

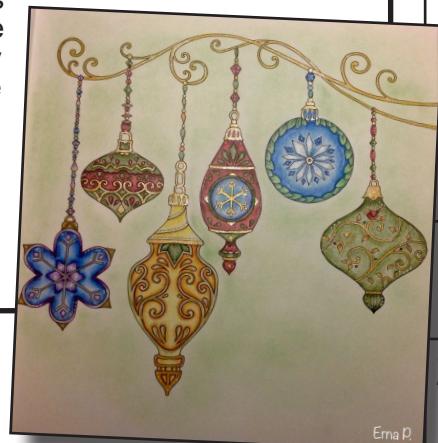


# Bok Forening

(Book Club)

In December Book Club you are asked to read any book about Christmas. After discussing the different books there will be a video to watch.

Book Club meets at 2:00 on the third Tuesday at Spring Grove Communications, room 103. For more info on book club, feel free to contact Geneva Tweeten.



# November/December

Gratulerer med dagen!

			1 JC Nerstad Ashley Schwartzhoff	2	3 Lynn Reniers	4
5	6 Geneva Tweeten	7 Jillellyn Storlie	8 Aiden Fort	Monthly Meeting 7:00 p.m. @ American Legion		10 Genevieve Bentley
12	13 Sharon Buxengaard	14 David Peterson	15	16	17	18 BevAnn Brevig
19	20	Book Club Devon Nerstad	22 Vernon Roble	Turkey		24
26	27	28	29	30	1	2
3	4	5 David Virock	Board Meeting 4:00 @ Giants		7	8
10	11	12 Lawrence Knutson	13 Betty Storlie	Christmas Party @Trin- ity Lutheran Church 5:00 Happy 1/2 Hr; 5:30 Meal		15
17	18	Book Club	20	21	22 Dylan Orth	23
24	25 Izaak Morken	26	27 Georgia Rosendahl	28	29 Beulah Onstad	30
31						

## @Vesterheim

Decorah, IA

# Koselig

December 1, 2017 - April 22, 2018

When days are short and nights grow long, it's time to celebrate community the Norwegian way—with warm drinks, wool socks, close friends, and an untranslatable word—koselig! To really get a feel for koselig, Vesterheim is hosting a series of free community events, including Koselig Cake Break, Nordic Noir Film Nights, and Board Game Nights.

### KOSELIG CAKE BREAKS

Some researchers suggest that empathy is the key to high levels of happiness in the Scandinavian countries. Every Wednesday, 3:30-4:00 p.m., from December 6 through April 22, Vesterheim invites the community to the museum to eat treats and learn more about empathy during Koselig Cake Break.

### NORDIC NOIR FILM NIGHTS

Vesterheim and Luther College's Nordic Studies Program invite you to settle in for some unsettling crime films from Scandinavia during Nordic Noir Film Nights at 7:00 p.m. on January 9, February 13, March 13, and April 10 in the museum's Main

Building. Each film will feature an introduction and discussion led by members of the Nordic Studies Program. Check back for a full list of films.

### BOARD GAME NIGHTS

Join Vesterheim, Games XP, and future close friends for Koselig Board Game Nights Board from 7:00-9:00 p.m. on January 23, February 27, and March 27 in the museum's Main Building. When Norwegians want to get koselig, they play board games with close friends and family. Bring your favorite game to share, and come ready to learn to play new ones with new friends.

The exhibit is sponsored by Kate, Robin, and James Martinson with support from Jerry and Mary Paulson.

Check out all the happenings at  
Vesterheim at [www.vesterheim.org](http://www.vesterheim.org)

# KAFFE FEST/BAKE SALE

Thanks to everyone who made our first Kaffe Fest super fun and successful! Thanks to everyone who contributed food items; and a special thank you to Lee, Sybil, Audrey, Georgia, Geneva, Judy, Janet, Karen (pictured at left), Bill, and anyone else who helped out that day. We took in over \$400! The building was alive with music, people visiting drinking Carlson Coffee from Houston (some made the "egg coffee" way), and enjoying fantastic baked goods.



*The Newhouses enjoying coffee and treats before heading to California.*



*Lots of people came in to enjoy coffee and baked goods.*



*(above) Geneva and Georgia taking a well deserved break in the kitchen after making egg coffee and open face sandwiches.*



*(Above) Geneva, Lee and Audrey planning Uff Da things to do!*



*(left) Janet busy serving rommegrot.*



*(right) Willy and Bekah enjoying some good treats!*

## Our Sympathies

To James Wilhelmson and family. His wife Lois passed away in September. She had been a member of the lodge and was always a joy to be around. Also Jim's sister died suddenly in October.

Also to Lynn Marie Reniers. Her mother Millie Briggs died recently.

## Healing wishes

To Janet Fossum's daughter, Michelle Schwartzhoff. She has been doing treatments and so far is doing great.

To Loretta Knutson had hip surgery and says the pain was turned off like a light switch. Modern medicine is amazing.

Doc Buxengaard -- Just had cataract surgery on Monday, we wish him well.

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

## Return Service Requested



Nov/Dec 2017

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

## Lunch Servers

FIRST ONE ON THE LIST IS TO CALL THE OTHERS FOR THAT MONTH!

The people listed will bring food (serving group can decide what they would like to serve, normally we have between 20-30 people at a meeting), and they are responsible for making coffee, setting up, serving and clean up.

**DECEMBER 14th- Christmas party** --- buffet meal at Trinity Lutheran Church. Menu: cheesy potatoes, ham, vegetable, lefse, rommegrøt, dessert, coffee, milk, water. Cost: \$10 / person. Please let Karen Fried know if you are planning on attending.

January 13 - Souper Saturday - officers

February 10 - Saturday - Geneva Tweeten, JC & Darla Nerstad, Linda Nerstad Kemp

March 10 - Saturday - Jill Storlie, Thomas Trehus, Sibyl Floyd, Judy Fruechte

April 12 - Lanesboro here - L & L Knutson, Jackie Parker, Howard Johnsrud, Laura Thorson

May 11 - Judy Melbostad, Dale & Sharon Buxengard, Howard Burtness

June 14 - Janet Fossum, Larry Lane, Georgia Rosendahl, Mike Schmidt



**FOOD SHELF**  
If you bring food shelf items to a monthly meeting ---we will see that they get delivered to the Houston County Food Shelf!

### Monthly Meetings:

- Lodge meetings are held at the Spring Grove American Legion.
- April, May, June, July, September, October, November, meetings are the 2nd Thursday of each month at 7pm
- January, February, March meetings are the 2nd or 3rd Saturday at 11:00 a.m.
- Potluck Supper is held with the meeting in August
- December we have a Christmas party

