

THE VALHEIM TIDENDE



Volume 21 Issue 5

Spring Grove, MN 55974

Sept/Oct 2019

Editors:

Georgia Rosendahl &
Karen Fried
18346 Bee Hill Dr.
PO Box 472
Spring Grove, MN 55974
507-498-5611
sgfries@gmail.com
rosefarm@springgrove.coop
<https://sgfries.wixsite.com/valheimlodge>

2019 Officers

President
Karen Fried
Vice Pres.
Thomas Trehus
Secretary
Jill Storlie
Treasurer
Jackie Parker
Membership
Loretta Knutson
Social/Cultural
Lee Grippen
Marshals
Judy Melbosta
Janet Fossum
Greeters
Geneva Tweeten
Sibyl Floyd
Darrell & Oranda Sinclair
Editors/Publicity
Georgia Rosendahl &
Karen Fried
Historian
Georgia Rosendahl
Trustees
Lawrence Knutson
Auditor
Karen & Jim Gray
Sports Director
Thomas Trehus

FALL!!

WOW! Where did summer go? Labor Day and Hesper Mabel Steam Engine Days have come and gone. School has started. The days are getting shorter and the evenings cooler. Time for some fun at Sons of Norway!!

SEPTEMBER MEETING

It will be held Thursday, September 11, 7:00 at Giants of the Earth Heritage Center. Our speaker will be **Norwegian woodcarving styles** with Judy Gates. It should be a very interesting program. It is always fun to hear about Judy's passion for carving. **Servers:** Lee Grippen, Howard Burtress, Janice Dokken, Rachel Storlie

KAFFE FEST

Saturday, October 5 we will be hosting our annual Kaffe Fest during Spring Grove's Uff Da Fest. We are asking **all members to bring baked goods** for our "uff da" Bake Sale....no prices, Free Will Donation. Bring plated or packaged goods. We invite people to purchase goods and coffee and sit back and visit at Giants.

You can drop your goodies off on Friday, October 4 (Giants is open until 5:00 pm) or Saturday morning by 9:30 a.m.. We will be purchasing lefse. Open face sandwiches will be made. Janet is going to be serving rømmegrøt and Lee is going to make Heart Waffles. We will be brewing several different kinds of coffee from local coffee venders, and some will be made the "egg coffee" way. Invite your friends to come and enjoy coffee, goodies and socializing!

Saturday, Oktober 5 10:00 - 1:00



~~MENU~~

Old Fashioned Egg Coffee
Fresh Ground Coffees
Heart Waffles, Doughnuts,
Rømmegrøt, Lefse, other
Norwegian Goodies
& Sandwiches (cheese &
cold meat)

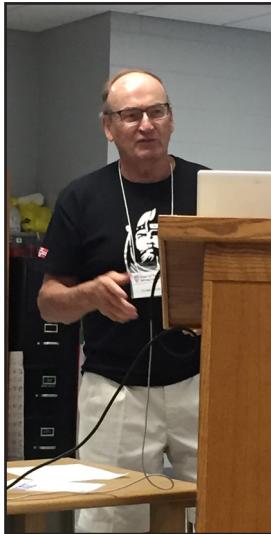


@Giants of the Earth Heritage Center
163 West Main, Spring Grove

JULY MEETING



*Did someone say potluck?
Lots, and lots of good food!*



(above) Cedric Veum, Westby President, welcomes us all

For our July meeting, Westby hosted our annual joint get together at the LaCrescent Fire Hall. We socialized with our friends from Westby, had a wonderful potluck supper, and an informative program about the Restauration, the first recognized Norwegian emigrant ship.



*We all got “on the boat”,
the Restauration, and be one of the
actual passengers. It wasn’t very big.*



(left) A Skinnfell (stamped sheepskin) that was made by one of Westby’s members

*Healing Wishes to
Morris Tweeten,
Judy Melbostad,
Mavis Johnsrud
Kari Schultz -- granddaughter
of Janice Dokken*

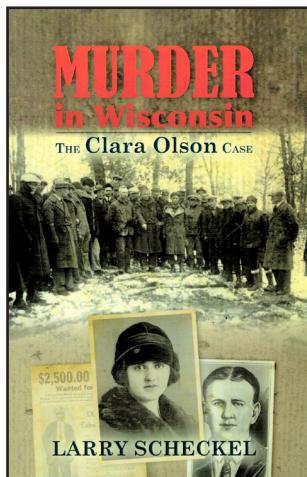
SONS OF NORWAY MISSION STATEMENT

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.

AUGUST MEETING



Winona Lodge members were our guests at our August meeting at Giants of the Earth Heritage Center. After we enjoyed lots of visiting with our friends from Winona and a great potluck supper, we listened to Larry Scheckel tell us of the “Murder of Clara Olson”.





**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

In 2020, Sons of Norway will be 125 years old.

Join Sons of Norway in celebrating 125 years reflecting on our rich history and looking ahead to a bright future.

Fun Fact

A group of Norwegian men (our founding fathers) met to determine a means to protect one another and their families. Many of these men originated from Trondheim, where in exchange for a small weekly fee, members were given access to medical care. The immigrants built on this idea and started to develop Sons of Norway.



Fun Fact

In 1942, Sons of Norway declared that English would become its official language.



VIKING HISTORY COMES TO LIFE



Tucked away in the fjords of Norway is a small town called Gudvangen that hosts a real-life Viking village, complete with real-life Vikings. Bringing in thousands

lived 1,000 years ago.

The community was built using traditional methods with only local materials found throughout the fjord. Ironwork is handmade by an experienced blacksmith and the food court serves dishes that are cooked in a pit, smoked or spit roasted. The village also has an undisputed king, Georg Olafr Reydarson Hansen, who for the past 20 years has worked to establish this Viking settlement.

Around 40 Viking reenactment groups in Norway are active participants in the village and help provide an unforgettable experience for visitors. To learn more, visit <https://www.uk.vikingvalley.no/>

of tourists every year, the village of Njardarheimr provides an authentic experience showing how Vikings

VALHEIM LODGE 90 YEAR ANNIVERSARY

December 7, 1928 Even B. Ager organized Valheim Lodge #364. That means we are over 90 years old, and we are going to celebrate! The 90th Anniversary Planning Committee (Jim & Karen Gray, Jackie Parker, Loretta Knutson, Lee Grippen & Karen Fried) met in July

SAVE THE DATE --- Sunday, November 17

We are hoping to have a concert, a small bunad parade, lots of people and food! We are looking for bunads to be modeled for the bunad parade. If you have a bunad you would like to share, or know someone else with a bunad, please let one of the committee members know.

Gratulerer med ørt jubileum! (Happy Anniversary to us!)



Condolences to the

Ronald Lane family. Ron was a brother to Valheim member, Larry Lane

Congratulations to

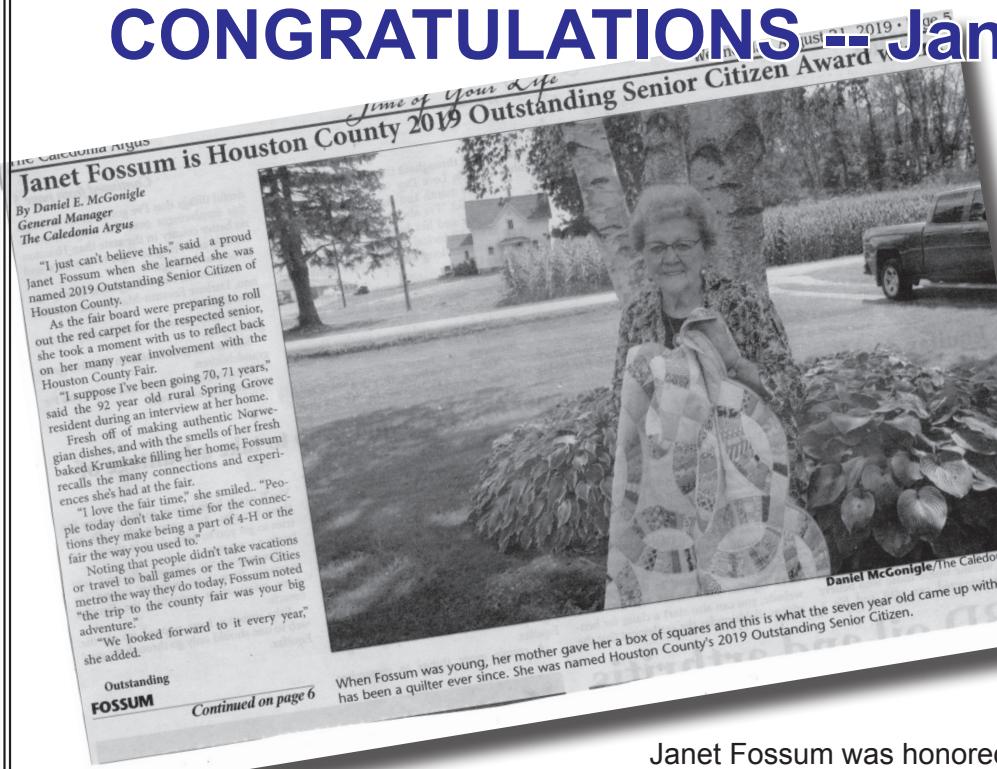
Morris and Geneva Tweeten -- they celebrated their 70th wedding anniversary the end of July!

Sibyl Floyd -- she had a big 80th birthday party celebration August 31!

Marlys Bjerke -- 90 years young September 2!

Janet Fossum -- 2019 Outstanding Senior Citizen of Houston County!

CONGRATULATIONS -- Janet Fossum!



Janet Fossum was honored as Houston County's Outstanding Senior Citizen. This "won her a trip" to the Minnesota State Fair! August 29 at the State Fair she was recognized with Outstanding Senior Citizens from all over the state. She said it was "quick" but it was a lot of fun.

NORSKEDALEN

Coon Valley, WI

608-452-3424 email: info@norskeden.org
www.norskeden.org



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!

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

Civil War Immersion Weekend October 11-13

Company B 2nd Wisconsin Civil War Re-enactors bring history to life during the Civil War Heritage Weekend held on the grounds of Norskedalen.

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.

OSLO LOVES HOT DOGS

For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in lompe with ketchup, mustard and crispy onions.

It is most common to serve hot dogs in lompe: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination.

The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party.

In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close.

But some have held their ground, and Erlend Dahlbo and his Syverkiosk on Alexander Kielland's Square is one of them. Syverkiosken has become a symbol of old Oslo.

Syverkiosken is a popular destination for hungry people

throughout the day. Last year, the kiosk was mentioned in the British newspaper The Guardian, which described the hot dogs as "at once comforting yet also deliciously spiced."

It was his father who taught Erlend everything he knew to make the perfect hot dog. The trick? A secret broth that is boiled before the hot dogs are added. He jokingly refuses to reveal what the successful recipe consists of. Some secrets must be kept.

Whatever toppings you prefer: mustard, ketchup, crispy onions, dressing, bacon, relish, be assured that there is a hot dog for you!



Matlyst Monthly POLSE MED LOMPE

Step 1

Follow the recipe below for making Lomper, or Small Potato Cakes.

Step 2

Use your favorite style of sausage, brat or hot dog for the filling. Grilled, boiled or fried — they all taste amazing on fresh lompe.

Step 3

Dress it up — add your typical brat or hot dog fixings. Try out something new — you could add sauerkraut, cole slaw or salsa.



Lomper – Small Potato Cakes

Ingredients

2 lbs. potatoes

1 tsp. salt

1 1/4 cups, approximate, barley flour

Step 1

Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic,

thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the lompe. Cool.

Step 2

Add flour to a small

portion of potatoes at a time, stir just enough to make a firm, easily-handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 3-4" rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.

Step 3

Place lompe on medium hot lefse or other griddle and turn often with a pliable spatula.

Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.

NOTES:

If the griddle is too hot, lomper will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese.

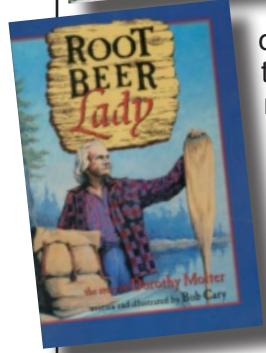
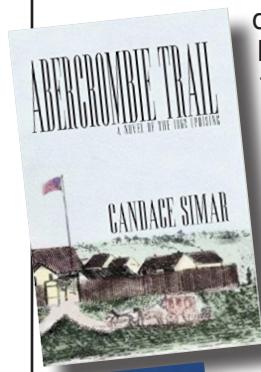
Ekte Norsk Mat—Authentic Norwegian Cooking is available for purchase through the Vesterheim bookstore. Call toll free at (800) 979-3346.



BOK FORENING

(Book Club)

Bok Forening (book club) meets at the Spring Grove Manor. 2:00 p.m. the third Tuesday of each month



For September, they will be discussing Candace Simar's book, "Abercrombie Trail", a fictionalized account of the Sioux Uprising of 1862. It centers on the life of her fictional character Evan Jacobson, an immigrant Norwegian stage coach driver. The stops along Jacobson's stage line reveal the families who live along the trail between Fort Snelling and

Fort Abercrombie (just south of Fargo) and their ultimate fate in the, until now, untold story of the northern fringe of the 1862 Sioux (Dakota) Uprising and the siege of Fort Abercrombie.

A special invite to ANYONE who has first or second hand stories of the Sioux Uprising. How it may have affected their family.

Book club will also be watching a DVD about "The Root Beer Lady" which is the book they read last month. If you have any questions feel free to contact Geneva Tweeten!



Decorah, IA www.vesterheim.org

Free First Thursdays--Vesterheim offers free admission to the museum the first Thursday of the month

CLASSES

Billedvev (Picture Weaving)—Norwegian Tapestry Techniques

September 12-15, 2019 (Thurs. 1:00-5:00, Fri. and Sat. 9:00-5:00, Sun. 9:00-1:00) with Robbie LeFleur

Art Weaves of Norway and Sweden

September 21-25, 2019 with Jan Mostrom

Nordic Julebord—Now and Then

October 11-13, 2019 (Fri. and Sat. 9:00-5:00, Sun. 9:00-noon) with Dennis and Carole Johnson and Darlene Fossum-Martin

Forging Fundamentals

October 25-26, 2019 with Brian Fuhrmann

Introduction to Sámi-Inspired Embroidery

October 19, 2019 with Norma Refsal

Knit Lace of Vesterheim

October 28-30, 2019 with Arnhild Hillesland

Landscape with Os Rosemaling Border

September 12-15, 2019 with Jan Norseter

Mezen Painting

September 19-20, 2019 with Patti Goke

SEPTEMBER/OCTOBER

1	2 Marlys Bjerk	3 Janice Dokken	4 Board Meeting 4:00@ Giants	5 Jim Skree	6	7
8	9	10	11	Sons of Norway Meeting 7pm	13	14
15	16	17 Book Club	18	19	20	21
22	23	24	25	26	27	28 Judy Fruechte
29	30	1 October	2	3	4	5 KAFFE FEST
6	7	8	9	Bill Fried.	10 Sons of Norway Meeting 7pm	11
13	14	15 Book Club Georgia Roble	16	17	18	19
20	21	22	23	24	25 Garrett Fort	26
27	28 Vance Haugen Darla Nerstad	29	30	31	Gratulerer med dagen!	

Hallingdal Expanded

September 20-24, 2019 with Pam Rucinski

Rosemaling Basics for the Very Beginner

September 21-22, 2019 with Patti Goke

Ryfylke/Gammel (Old) Rogaland—The Integration of Telemark, Hallingdal, and Agder

October 10-13, 2019 with Nancy Odalen

Painting a Traditional Bowl

October 17-20, 2019 with Lois Mueller

Rosemaling Traditions—Gudbrandsdal

October 19-23, 2019 with Andrea Herkert

Fika Fun!

October 25-26, 2019 with Sandy Braun

Traveler's Trunk

September 12-15, 2019 with Robby Pedersen

Decorating on Wood

September 14-15, 2019 with Darlene Fossum-Martin

Adventures in Birch Bark—Baskets and Boxes

September 19-22, 2019 with Fred Livesay and Beth Homa-Style

Large-Scale Dragon Carving

October 10-13, 2019 with Jock Holmen

UffdaFest!

SPRING GROVE

SATURDAY, OCTOBER 5

Garage Sales, Quilt Show, Uff Da Fest Market, 5K Run/Walk, Scholar Dollar Apple Pie Sale, Pork Burgers, Face Painting, Balloons by Kevin, Uff Da Card Tournament, Live Music, Lions Club Truck Drawing, etc....AND Sons of Norway Kaffe Fest!!!

QUICK KAFFE QUIZ

How much do you know about this lodge favorite? Take the quiz below to find out.

1. Which country has the highest coffee consumption per capita?

- A. USA
- B. Norway
- C. Canada
- D. Finland

2. What is “Karsk?”

- A. Scum that forms on top of coffee that has been sitting in the pot a little too long
- B. The most popular chain of coffee houses throughout Norway
- C. A Norwegian cocktail that mixes coffee and moonshine or vodka
- D. The nickname for decaf coffee in Norway



3. What is the origin of coffee as a popular beverage in Norway and elsewhere?

- A. Eric the Red discovered coffee plants (of course) and brought them back to Norway. His family soon cooked up a stimulating drink for cold winter days and popularized roasting the beans.
- B. Viking traders in the dark ages drank coffee on their voyages to stay warm and awake during long nights at sea. Eventually they carried it home to great acclaim, and the coffee habit spread through Europe.
- C. Centuries ago an Ethiopian goat herder noticed his animals frolicking after eating a red berry, so he tried it for himself. In the 1600s an Indian pilgrim smuggled plants out of Arabia, beginning the European coffee trade that spread to all Nordic countries.

(Sources — Q1 & Q2: <https://www.worldatlas.com/articles/top-10-coffee-consuming-nations.html>; Q3: <http://www.pbs.org/food/the-history-kitchen/history-coffee/>)

Answers: 1: D — Finland is #1. Norway comes in at #2, Canada is #10 and the USA is a distant #25.)
2: C — Karsk is a popular cocktail from rural Norway.
3: C — Those must have been some happy, active goats!

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

Return Service Requested



September/October 2019 Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, Minnesota 55974

UPCOMING 2019 PROGRAMS

Thursday, SEPTEMBER 12, 7:00 pm

Norwegian woodcarving styles
with Judy Gates

Servers: Lee Grippen, Howard Burtness, Janice Dokken, Rachel Storlie

Thursday, OCTOBER 10, 7:00 pm

Norwegian Civil War Regiment
with Dave Glomstad

Servers: Jim & Karen Gray, Bonnie & Vance Haugen

Thursday, NOVEMBER 14, 7:00 pm

Sons of Norway Foundation
with Blaine Hedberg

Servers: Geneva Tweeten, Robert Newhouse, Jim Wilhelmson, Laura Thorson

DECEMBER 12---

Annual Christmas party

Christmas Party! Servers: Bill & Karen Fried



Saturday, Oktober 5
10:00 - 1:00



@Giants of the Earth Heritage Center
103 West Main, Spring Grove