

THE VALHEIM TIDENDE




Volume 18 Issue 2

SPRING GROVE, MN 55974

March/April 2016

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Spring is in the air!

Our March Monthly Meeting will be Saturday, March 12-- and our program will be THE HISTORY OF NORWEGIAN SWEATERS. We will meet at 11:00 at Giants of the Earth Heritage Center. Laurann Gilbertson of Vesterheim will present the program. Learn about the history of different types and styles of Norwegian sweaters, including Setesdal, Fana, Marius, and Olympic. Gilbertson will also talk about the symbolism behind some of the patterns and colors on sweaters made today. Be sure to wear or bring your favorite sweater. Laurann Gilbertson is a native of Des Moines, Iowa. She holds a B.A. in Anthropology and a M.S. in Textiles & Clothing from Iowa State University. She has been the Textile Curator at Vesterheim Norwegian-American Museum in Decorah, Iowa, for 19 years and is now Chief Curator. She cares for the museum's artifacts, prepares exhibitions, leads textile study tours to Norway, and other tasks.

April 7 -- Possibly a day trip to Vesterheim. More info to come

Thursday, April 14- Lanesboro Lodge will be OUR GUESTS

Dennis Barnell will be with us sharing the Luren's recent trip to Norway. Officers will be in charge of lunch and would invite anyone who would like to bring food to do so.



Saturday, April 16 -- Will be our annual "Flatbread Day". We will make flatbread, as well as rosettes, doughnuts, sandbakkels and who knows what else. We invite members to bring their ready to make recipes (or mix it at church). Together we will bake our goodies. We invite anyone to attend and watch and maybe try rolling, dipping, baking, etc. This is a chance to get rid of that phrase "I don't know how." The event is FREE and open to the public. Invite your friends to Trinity Lutheran Church kitchen for a morning of fun. Once again we will be printing our *Learn, Laugh, Eat!* recipe booklet. If there are recipes you would like to include in the booklet, we encourage any member to submit recipes. Preferably Norwegian or traditional recipes that have been used by your family. Please mail or turn your recipes into Karen Fried or Georgia Rosendahl on or before April 7th
 Vær så god!

May 20-22 Syttende Mai in Spring Grove - We will be hosting a bake sale

and demonstrations. Members will be asked to bring baked goods and if you would like to demonstrate any thing. If you know of anyone who would like to demonstrate during the day, we welcome all.

VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MN

**Learn, Laugh, Eat!!!
 Sons of Norway Valheim Lodge 364**

invites you to

FLATBREAD DAY

**& other NORWEGIAN Goodies
 including Rosettes, Sandbakkels & Doughnuts**

Saturday, April 16, 2016

Trinity Lutheran Church Kitchen Spring Grove, Minnesota

9-11 a.m.

Watch - Ask questions -Give it a try!

This is your CHANCE to learn how to make many Norwegian baked goods.
 HELP CARRY ON THE TRADITION!

Open to ANYONE & EVERYONE!!!

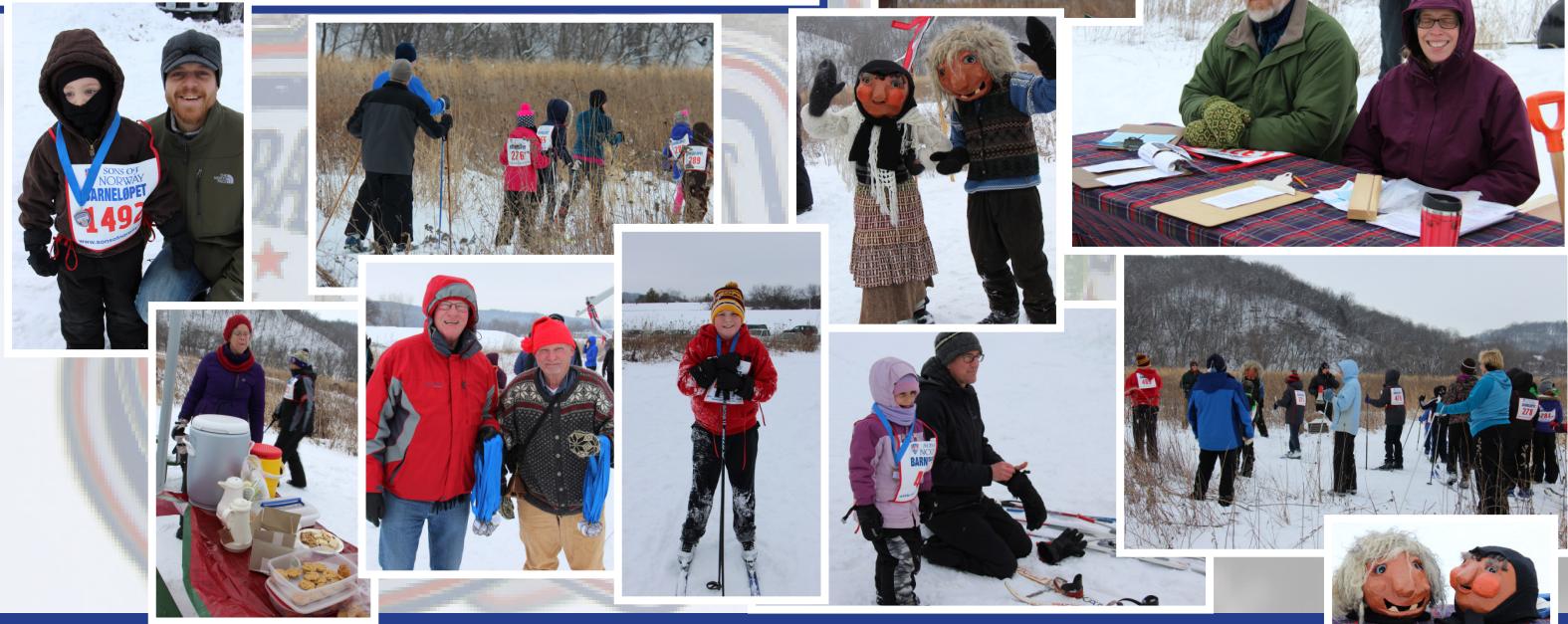
No admission! IT'S FREE!!

and you can Taste test the results!



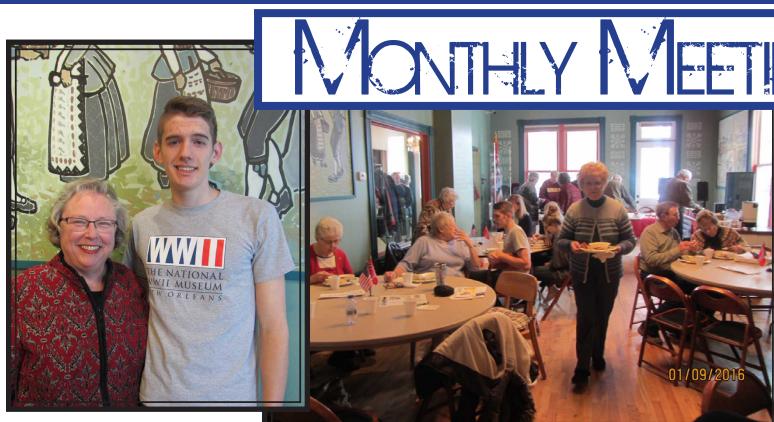
A Recipe booklet will be available for \$5
 Any questions? Contact Janet Fossum or Karen Fried

17TH ANNUAL BARNELØPET



February 6, 2015 was a calm, mild (in the 20's) overcast day with perfect snow! Almost 40 participants took part in the Barneløpet. Jon and Mary Hart of Decorah once again sponsored the event which made it a free event for the participants.

Thank you to the Sons of Norway lodges from Lanesboro, Decorah and Spring Grove for making donations and a special thank you to Vesterheim Museum and Darlene Fossum-Martin and her family who do tons of work to make this event enjoyable for everyone!



^^ Cheryl Jolstad and Phil Paulson

For our January program **Phil Paulson**, from Caledonia, shared his travelog on his Normandy Academic Scholarship that included the WWII Museum in New Orleans and then to Normandy, France where he participated in a special series of presentations on Normandy's involvement in the war. He was the recipient of the scholarship by friends of Karen and Cheryl Jostad of Caledonia whose father was a WWII POW. Phil is the son of Mike and Kay Paulson of Wilmington. We all enjoyed a wonderful soup lunch afterwards.

In February, lodge member Bill Fried

told us the story of the paintings and the names on the walls at the Giants of the Earth Heritage Center.

We celebrated Valentines Day by wearing lots of red, heard a Valentine's story from Loretta (found on page 4) and looked at some very old Valentines that Lee Grippen had brought. Emma was in the Valentine's mood....she was giving out kisses!! (they may have been Hershey Kisses).



Matlyst Monthly

Norwegian Baked Cheesecake with Brunost-Pecan Caramel

Adapted from nordicnibbler.com

Crust:

- 225g (2 2/3 cup) graham crackers
- 50g (1/3 cup) unsalted butter

Filling:

- 300g (1 1/3 cup) skjørost cheese (or cottage cheese)
- 450g (2 cups) Snøfrisk cheese (or cream cheese)
- 225g (1 1/8 cup) caster sugar
- 3 large eggs
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 175g (3/4 cup) sour cream

Topping:

- 160g (3/4 cup) sugar
- 40ml (2 1/4 tbsp) water
- 180ml (3/4 cup) double cream (or heavy cream)
- 50g (1 1/4 oz) brunost, sliced
- pecans, roughly chopped



Preheat oven to 170°C (325°F). Crush crackers with a rolling pin or a food processor. Pour into a bowl and add melted butter. Mix well. Line the bottom of a 22-24 cm (9 inch) diameter springform cake tin with baking paper (not necessary if using a nonstick tin) and pour in crumb mixture. Press the crumbs down firmly to create a level base. Bake for ten minutes and let cool on a rack.

Put cheeses and sugar in a bowl and blend with an electric mixer until fluffy. Add one egg at a time to filling, mixing as you go. Add lemon juice, zest and sour cream and mix briefly. Use tin foil to wrap the bottom and sides of tin and place in a baking tray filled with 2-3 cm (3/4-1 inch of water). Pour the filling onto the top of the cake base. Place in 150°C (300°F) oven and bake for 70 minutes. Turn off the oven and open door slightly, allowing cake to sit in oven for another 30 minutes. Cake should have a slight jiggle at center but be set on sides. Chill in fridge.

Topping:

Heat sugar and water in a pan, over medium heat. Once sugar dissolves, stop stirring and continue heating until mixture turns an amber color. Take off heat so the sugar doesn't get too dark and add the cream and brunost. Stir well. Pour into a measuring cup and place in fridge to cool completely.

Cake is best served when chilled for 4-5 hours. Top with poured caramel and chopped pecans.

2015 -- Abbreviated Treasurers Report

INCOME

Lunches	172.75
2014 Christmas Bake Sale	55
Syttende Mai Bake Sale	704.13
Uff Da Fest Bake Sale	477
Christmas Bake Sale	<u>931.77</u>
Total Income	\$2340.67

EXPENSES

Community Organizations

Barnelopet	75
Syttende Mai	50
Festival of Trees	100

Other

Newsletter Expenses	892.04
Flowers for Ragnhild and Agnes	32.06
Lefse for Sales	228.50
Food for Winona	106
Christmas Party	55
Liability Insurance	101
Advertising	47.40
Supplies	25.33
Monthly Speakers	375
Total Expenses	\$2086.33

If you would like a detailed treasurers report, please see Loretta Knutson, Treasurer

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

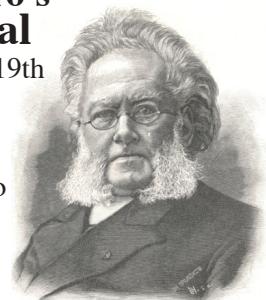


FOOD SHELF

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

The Commonwealth in Lanesboro's 19th Annual Ibsen Festival

April 15-17, 2016 Don't miss the 19th Annual Ibsen Festival, featuring "The League of Youth" by Henrik Ibsen and adapted by Jeffrey Hatcher. Many other activities will be happening in Lanesboro over the weekend of April 15-17. The Ibsen play will continue through June 11. <http://www.commonwealththeatre.org/league.html>





At our February meeting Loretta read to us this historical fiction story that she wrote. Thank you Loretta for sharing your talents!

Ole & Lena celebrate Valentine's Day

Original story by Loretta Knutson, 2/13/2016

Ole and Lena's parents were from the "Old Country" and they grew up following most of the ways of their forefathers. For instance, in Norway, affection is not shown in public – ever!! Valentine's day never existed in Norway – the only time they used hearts as a decoration was on their Christmas Tree. They celebrated Christmas and Easter like all good old Norwegian Lutherans and that was it!

When Ole and Lena came to Spring Grove, Minnesota, they wanted to be with other Norwegian friends so they joined the local Sons of Norway, Valheim Lodge. Oh, how they loved to go to meetings since they always had a dance after the meeting – many times Bill Sherburne played his fiddle to the old waltzes, schottisches, and polkas. Oh, how their feet would fly!!

When their children started school they came home one day in February and said they were to bring valentines for all the classmates. Well, Ole thought this was a complete waste of his hard earned money, but he wanted the children to fit in so he consented to buying valentines for the classmates. On valentine's day the children were so happy when they came home from school with all of the valentines they had received from the classmates, and even a small box of candy from the teacher!! Ole wondered about these new fangled ideas!

Soon Lena became close friends with Tena and they were busy hatching plans for everything!! Tena was listening in on Clara Belle and Gudrun on the party line one day and a they were talking about the nice time they had last year at the Black Hammer Church's "Sweetheart Dinner". Tena excitedly called Lena and told her all about the good food prepared by Ross Otterness, special speakers, etc. out there on the Black Hammer, so they decided they were going to get Ole and Lars to take them to this "Sweetheart Dinner". Of course, Ole and Lars did not want to hear anything about a "Sweetheart Dinner".

Well, time was drawing near when tickets needed to be purchased, and Tena and Lena wondered how they would ever get Lars and Ole to go. They decided to tell them Black Hammer was going to have a Lutefisk dinner, complete with lefsa and all the trimmings. Of course Ole and Lars that this would be great! So the big night approached. Ole and Lena picked up Tena and Lars in their vehicle and proceeded to the Black Hammer. As they entered the church, Ole looked at Lars and said "Sure does not smell like a Lutefisk dinner"! About then the girls know their game was over and they had to confess they had bought tickets to the "Sweetheart Dinner" and this is how they tricked the men into going along. Well, Ole and Lars were hungry so they decided to stay anyway. Oh, the food was so good, as you know that Ross Otterness is an excellent cook. And the desserts were to die for! Of course, all Ole and Lars talked about during the dinner was slopping hogs and the price of corn!! Pretty hard to change an old Norwegian who wasn't going to show any emotion at a "Sweetheart Dinner".

Things are slowly changing at the homes of Ole and Lars though. This year they decided to purchase Valentine cards for their wives – but "Oh, No, none of that candy or flowers!!"

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.

Abbreviated Minutes

Valheim Lodge Meeting

FEBRUARY 13 Sons of Norway Valheim 1-364 Met Saturday 11:00a.m. at Giants of the Earth Heritage Center

Meeting led by Karen Fried President, with Secretary Jill Storlie, Treasurer Loretta Knutson and 20 officers and others in attendance. Two member guests from Hartland MN joined us. Jill Storlie's cousin Rachel Knutson and her fiancé Martin Johnson.

Treasurer reported that Friends of the Library sent a thank you for the Lodge's \$100 donation toward a new DVD player. Our book club will also enjoy using this equipment. Camp Winnebago also sent a thank you note for \$100 gift from the lodge.

A reminder that members' End of Year report of volunteer activities is due to the Secretary.

Karen reported that the "Seven lag Stevne" will be in Austin, MN July 13-16 2016

Book Club report by Geneva Tweeten: February 16, Tuesday Grandfather's Knocking Sticks to be discussed. The January meeting was postponed due to the weather. Bill Fried will be there to talk about Native Americans in this area. We will watch the video on how the Ojibwe came to be in Minnesota. Bring your artifacts that family has collected over the years from the area. The group will also talk about Home Remedies. Geneva also read a book Three Came Home (a family in a concentration camp) by Agnes Keith and suggests it for other who enjoyed last fall's series of WWII camps.

Vesterheim's Barnelopet was held Feb. 6 in Decorah. It was supported financially by our lodge (\$75 donated), Lanesboro's Lodge, Decorah's lodge and individuals. Janet Fossum made cookies and Karen Fried attended.

Sons of Norway biannual District convention is in Cedar Rapids June 9-11. \$225/delegate. We can send two delegates. Jill Storlie and Jackie Parker are interested in attending. There is a folk art exhibit and/or competition. The international convention is in Tacoma in August.

Zone 5 workshop invitation to March 12 9:30-1 in Owatonna was announced by President Fried. This is the same day as our March monthly meeting. Karen will email to let them know that we will not be attending.

FLATBREAD DAY annual April event. The date when the church is open will dictate; Janet is checking on the date.

SYTTENDE MAI Demonstrations 9-Noon and after the parade. Jacki suggests Katie Wiste might demonstrate making Goat Cheese. JULY meeting, Myrick Park has been reserved from 5:15 on. (\$100 an hour) July 26th Tuesday.

Norwegian Ridge Language Camp: This June. \$195 and \$295. Lee made a motion to give \$50 scholarships to lodge members, their children, their grandchildren and/or great grandchildren. Vote was taken and passed.

Lee Grippen, Tolleson, JC, Darla, Linda were lunch servers.

Jackie moved to adjourn and Emma seconded.

Remarks for the Good of the Order:

Exhibits at Vesterheim.

Harley Refsal is leading an event in LaCrosse as a fundraiser. Lee Grippen presents some of the old Valentines from his family. Loretta created a story about Valentine's Day with Norwegian Americans. Including Ole and Lars and a Sweetheart dinner. PROGRAM: Bill Fried presented the story of the murals at Giants of the Earth Heritage Center.

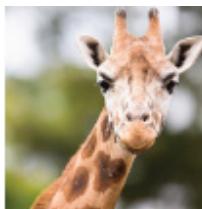
The Valheim Tidende is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.

ATTRACTIIONS IN NORWAY

Tourists to Norway are often familiar with the country's top attractions, visiting natural sites like Preikestolen as well as cultural gems like Oslo Opera House and Bergen's famous wharf. But which attractions and destinations are among Norwegians' favorite ways to spend their summers? Survey results from the Norwegian Hospitality Association highlight the most popular sites. Here are five that made the list:



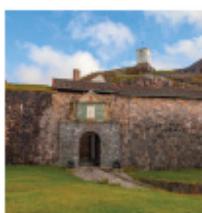
The National Gallery - nasjonalmuseet.no/en/ Founded in 1837, the Nasjonalgalleriet in Oslo houses the country's largest public collection of paintings, drawings and sculptures, including works by Munch, Manet and Cézanne. According to the survey, more than four out of every ten Norwegians have visited the gallery.



Kristiansand Zoo and Amusement Park - dyreparken.no/ A popular destination, nearly 75% of all Norwegians surveyed have visited this zoo and amusement park. In addition to over 800 animals, the zoo also includes theme parks inspired by cultural works like Cardamom Town, modeled after the famous children's book by Thorbjørn Egner, and Captain Sabertooth World, which was created after characters in a theater production.



Nidaros Cathedral - nidarosdomen.no/en/ Visited by nearly 400,000 tourists annually, Nidaros Cathedral is Norway's national sanctuary and stands over the grave of the country's patron saint, St. Olav. Restored many times since initial construction began in 1070, the cathedral has survived several fires and lightning strikes over its long history.



Fredriksten Fortress - visitlosfjord.no/en/halden/Fredriksten-fortress/ Constructed in Halden to protect Norway against incursions by the Swedish in the latter half of the 17th century, Fredriksten Fortress is now a national monument. Today, a variety of cultural activities and offerings attract visitors to the historic site, such as restaurants, guided tours, museums and nature trails.

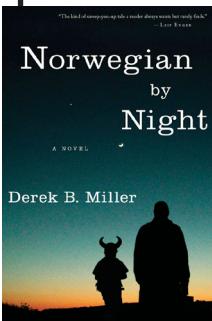


The Lofoten Islands - lofoten.info/en Distinctively beautiful, the Lofoten Islands are often described as one of the most picturesque places in Norway. Visitors flock to the area to take in the dramatic coastline and sandy white beaches while enjoying hiking, biking, kayaking, whale watching and more.

Bok Forening

(Book Club)

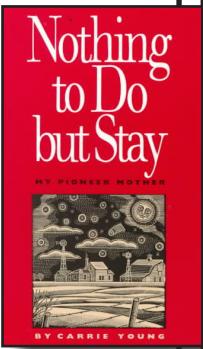
Book Club will meet March 15 at Spring Grove Communications, room 103 at 2:00 to discuss the February book "Norwegian by Night" by Derek Miller.



The book follows a cantankerous Jewish widower transplanted to Norway who becomes party to a hate crime. The book is a combination of: part memory novel, part police procedural, part sociopolitical tract and part existential meditation.

The April book "Nothing to Do but Stay, My Pioneer Mother" by Carrie Young is the true story of Carrine Gafkjen who in the early 1900's, by herself, homesteaded in North Dakota.

We welcome all to join. Contact Geneva Tweeten if you would like more information.



VESTERHEIM CLASSES

Decorah, IA

Check out all the happenings at Vesterheim at www.vesterheim.org

March 11-13
Exploring Your Heritage: A Writing Sampler Weekend
with Kathleen Ernst

March 12-13
Kolrosing with Darlene Fossum-Martin

April 2
Baking and Decorating the Kransekake
with Carrie Solberg

April 2-3
Figure Carving with Bill Jaeger

April 2-3
Spoon Carving with Fred Livesay

April 2-3
Getting Loopy: A gathering of Nalbinders

April 7-10
Norwegian Sweater Design Workshop
with Arnhild Hillesland

April 9
Sami Inspired Bracelet with Norma Refsal

April 10
Sami Inspired Bracelet with Norma Refsal

April 28-Mar 1
Rosemaling in the Gulbrandsdal Style with Pam Rucinski

April 28
Beginning Basics in Rosemaling with Acrylic Paints
with Candace Larson

April 29-May 1
Beginning Rosemaling with Acrylic Paints
with Candace Larson

March/April		2	3	4	5
6	7	8	9	10	11
13 James Wilhelmsen	14	15 Book Club	16	17	18
20 Palm Sunday	21	22 Lee Grippen	23	24	25 Robert Newhouse
27 Easter Sunday	28	29	30 Emma Landsom	31	April 1 Deb Nelson- Gourly
3 Kolton Nerstad	4	5	6 Board Meeting 4:00 @ Giants	7 Vesterheim Trip	8 Kennedy Grippen Mavis ohnsrud
10	11	12	13	14 Regular Monthly Mtg 7:00 p.m.	15 16 Flatbread Day
17	18	19 Book Club	20	21	22 Miranda Knutson
24	25	26	27 Gratulerer med dagen!	28	29 30

April 29-May 1
Learning the Language of the Kubbestol
with Steve Speltz and Rebecca Hanna

May 5-8
Beginning Rosemaling with Patti Goke

May 5-8
Letter Incising in Wood with Jock Holmen

May 9-11
Introduction to Post and Beam Carving with Jock Holmen

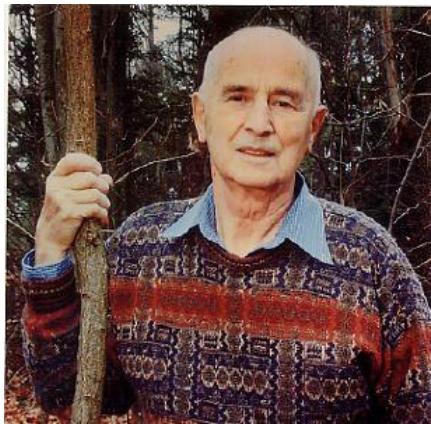
EXHIBITS AT VESTERHEIM

FROM UNDERWEAR TO EVERYWHERE: NORWEGIAN SWEATERS August 22, 2015 to April 24, 2016

WOOD CARVED FIGURES, NORDIC ROOTS September 19, 2015 - April 17, 2016

FROM TRADITION TO PROTEST: LILA NELSON'S WEAVING LIFE December 5, 2015 to November 13, 2016

We are planning a car pooling event to VISIT VESTERHEIM on Thursday, April 7. We would be able to see all of these exhibits as well as all the permanent exhibits AND we will stop and have a little lunch somewhere along the way! Sign up at our March monthly meeting or call Lee Grippen 507.450.4534.



Giants of the Earth Heritage Center to host JOSEPH LANGLAND RETROSPECTIVE AND ASK FOR YOUR INPUT

Giants of the Earth

Heritage Center in Spring

Grove is planning May 22, 2016 to be a special day to commemorate the life and achievements of Joseph Langland. Next year marks the 100th anniversary of his birth in Spring Grove.

Giants is inviting anyone who has photos and papers from the Bekken School, or Joe's days at Spring Grove High School,

NORSKEDALEN

Coon Valley, WI www.norskedalen.org

Winter Hours:

January thru March M-F 8 am - 4 pm

Norskedalen Benefit Rummage Sale

with Lunch & Lefse, Bake Sale

Saturday March 19 8 am - 3 pm

Coon Valley Village Hall

Norskedalen Nature Egg Hunt - A Different Kind of Egg Hunt

Saturday, March 19th

10 a.m - Noon

Call to Sign Up for Your Time-

Visit 4 Bird Habitats & Search for its Egg

The
Houston
County
Historical
Society
Book
Sale

MARCH
19 & 20

Books Wanted

Used books wanted for 21st annual
Houston County Historical Society Book Sale

You can drop off your used books at 104 History Lane on
Monday, Tuesday or Wednesday from 10am-4pm prior to sale date

21st Annual HCHS Book Sale

104 History Lane, Main Street entrance, Caledonia, Minnesota

Saturday, March 19, 2015 8am-3pm

Sunday, March 20, 2015 1pm-4pm

Norwegian Ridge
norwegianridge.org
High quality experience with
classroom and activities utilizing the
immersion technique to language learning.

LANGUAGE
CAMP

June 13-17
Language Camp for Ages 5-7

June 20-24
Language Camp for Ages 8 - 100

LANGUAGE
CAMP

Discounts and SCHOLARSHIPS available for Norwegian Ridge Language Camp

NRLC will be held this year June 13-16 is for the 5-7 year olds from 8:30 until 2:30. Fee is \$195.

June 20-24- those from 8 to any age are welcome. The hours are 8:30 until 5:30 with optional evening activities. Fee is \$295.

For more info on the camp www.norwegianridge.org

Giants is offering a **\$50 discount** if Registration is completed and paid by **April 1**. Our Lodge, Valheim Lodge is offering **\$50** Scholarships to any **Valheim member**, member's child, grandchild or great grandchild. These must be applied for by **June 1**.

Valheim scholarship funds are limited, so contact Loretta Knutson **NOW for more info.**

Loretta Knutson: (507) 724-2140 landlknutson@gmail.com

20096 State 76 Caledonia MN 55921-4780

If you qualify, checks will be written out directly to Norwegian Ridge Language Camp

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

Return Service Requested



MARCH/APRIL 2016 VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

2016 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.

MARCH - **Audrey Almo**, Sibyl Floyd, Jackie Parker, Thomas Trehus, James Wilhelmson

APRIL - we host Lanesboro; officers and others will serve lunch

MAY - **Lawrence & Loretta Knutson**, Rachel Storlie, Janice Dokken, Emma Landsom, Robert Newhouse, Geneva Tweeten

JUNE - **Janet Fossum**, Bob & Dode Stoskopf, Dale Buxengard, Larry Lane, Diane Nerstad

JULY - We host Westby in La Crosse -- **Judy Melbostad**, Howard Burtness, Judy Fruechte, Charles Holland, Mike Schmidt, David Virock---**POT LUCK**

AUGUST - Meet with Winona lodge in Winona

SEPTEMBER - **Karen & Bill Fried**, Betty Dowe, James Skree, Judy Tollefsrud

OCTOBER - **Georgia Rosendahl**, Deb Gourley, Al & Lorraine Hagen, Betty & Norris Storlie

NOVEMBER - **Jill Storlie**, Bonnie & Vance Haugen, Donna & Truman Omodt, David & Katie Peterson

DECEMBER - Christmas party.

**LEARN,
LAUGH, EAT!
FLATBREAD DAY
2015 --
SATURDAY, APRIL
16**

at Trinity Lutheran Church. Be sure to come. Bring a friend or two and have a fun time!!

**ROAD TRIP TO
WESTERHEIM
THURSDAY
APRIL 7**

**SYTTENDE MAI,
SATURDAY,
MAY 21ST**
Bake Sale, Displays & Demonstrations at the Legion, Saturday, More info to come.