



The Valheim Tidende



Volume 20 Issue 1

Spring Grove, MN 55974

Jan/Feb 2018

Editors:

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

2017 Officers

| | |
|---------------------|---------------------------------------|
| President | Karen Fried |
| Vice Pres. | Thomas Trehus |
| Secretary | Jillelyn Stolie |
| Treasurer | Loretta Knutson |
| Assistant Secretary | Bill Fried |
| Membership | Loretta Knutson |
| Social/Cultural | Lee Grippen |
| Marshals | Judy Melbostad |
| | Janet Fossum |
| Greeters | Morris/Geneva Tweeten |
| | Darrell & Oranda Sinclair |
| | Sibyl Floyd |
| Editors/Publicity | Georgia Rosendahl & Karen Fried |
| Historian | Georgia Rosendahl |
| Trustee | Lawrence Knutson |
| Auditor | Kati & David Peterson |
| Sports Director | Diane Nerstad & Linda Nerstad-Kemp |

2018 is Underway!

January 6th we had our January monthly meeting. Miranda Moen, a Sons of Norway scholarship winner shared her experience as a student at the University of Oslo. We had many visitors and members listening to Miranda's enthusiastic talk about her summer in Norway. It was "Souper Saturday", everyone brought a can of soup which we mixed together. We had two different "Soups of the Day". Officers were in charge of bringing sandwiches and other treats.

In February we will hear from Tim Kindseth, who spent this last year processing and cataloging a collection of 2,000 portraits of notable Norwegians and Norwegian Americans at Vesterheim Museum in Decorah. We will be meeting at Giants of the Earth Heritage Center at 11:00 a.m. Saturday, February 10th. Lunch servers are Geneva Tweeten, JC & Darla Nerstad, Linda Nerstad Kemp

2018 Sons of Norway Meeting Dates **MARK THESE DATES ON YOUR CALENDARS!!**

- Jan. 6th -- **Miranda Moen, SofN Scholarship** - 11:00 a.m.
@ Giants of the Earth Heritage Center
- Feb. 10th -- **Tim Kindseth, Cataloging** at Vesterheim, 11:00a.m.
@ Giants of the Earth Heritage Center
- March 10th -- **Highland Voices** -- a musical program, 11:00 a.m.
@ Giants of the Earth
- April 12th -- **The Vikings at Lindesfarne** (Lanesboro Lodge our Guests) -- 7:00pm
Glenn Borreson, at SG Legion
- May 10th -- **Kubbstols, Carrying on the Tradition** -- Ron, Frieda & Naomi Nowland 7:00 pm at SG Legion
- June 14th -- **"History Alive" project** -- Dave & Ruth Amundson, 7:00 pm
at SG Legion
- July 12th -- **"The 500 Year Flood** -- Jon Steffes,
Westby Lodge our guests at La Crescent Fire Station
- August 28th -- at **Winona Lodge**
- Sept. 13th-- **Vesterheim Folk Art Tour** --Darlene Fossum-Martin, 7:00pm
at SG Legion
- Oct. 11th-- **Growing up in Norway** -- Katrine Myrah, 7:00pm
at SG Legion
- Nov. 8th-- **Norwegian Civil War Regiment** -- David Glomstad, 7:00pm
at SG Legion
- Dec. 13th--**Christmas Party** TBD

*Condolences to...
the family of Genevieve Holty.*

*Continued Healing Wishes to
Morris Tweeten who has been in the
hospital and out again.*



12/14/2017



12/14/2017



12/14/2017

December Meeting

For our December monthly meeting we gathered at Trinity Lutheran Church in Spring Grove on December 14th. Approximately 25 members were able to attend and enjoy the festive mood with a ham & meatball dinner, some fine fellowship, a white elephant gift exchange, and capped off with music from Audrey Almo and her accordion! It was a great way to wrap up another busy year.

JANUARY MEETING

Miranda Moen, a Caledonia graduate was a Sons of Norway Scholarship winner. She spent the summer of 2017 at the University of Oslo studying Norwegian architecture, old and new. She shared her experience with us. She had so much to share.



Loretta introduces Miranda.



Miranda getting ready to share her experience, which included meeting up relatives that she had never met before.



Miranda visiting with Steve and Linda Kemp.



Miranda's parents, grandparents and friends all came to hear what she had been up to in Norway.

It was January, that means our lunch was "Souper Saturday". Everyone brought a can of soup that was put together for everyone to enjoy. Here Judy is helping dish up some soup.



01/06/2018

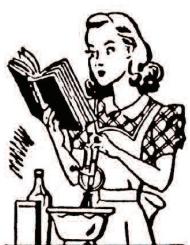
Matlyst Monthly

Cherry Cream Cake

(Kirsebærkremkake)

Recipe for the Cake

- 2 Cups almonds or other nuts
- 2 Cups confectioners' sugar
- 8 Egg whites
- Grind almonds twice, the second time with the confectioners' sugar. The almonds should have the consistency of flour.
- Whip the egg whites until stiff but not dry, and blend with the nuts.
- Divide and spread batter in two greased 9-inch (23 cm) springform pans, and bake at 320 degrees F 25 to 30 minutes.
- Cool slightly in pan before removing to rack to cool completely. Makes two 9-inch layers.



Recipe for the Cherry Cream

- 1/3 Cup whipping cream
- 2 Egg yolks
- 2 Tbsp confectioners' sugar
- 3 1/2 Tbsp chocolate sauce or syrup
- 3 1/2 Tbsp cherry juice

Beat the cream until firm and glossy. Add eggs and confectioners' sugar which have been whipped together until light and fluffy. Stir in the chocolate sauce or syrup, and add cherry juice to taste. Place one cake layer on platter, baked side down, and cover with half of the cream mixture. Add second layer, baked side up, and top with remaining cream. Keep refrigerated until serving time.



The Nineteenth Annual Barnelopet

The Barnelopet will be held **Saturday, February 3rd in Decorah**. This event is co-sponsored by Jon and Mary Hart, Vesterheim Norwegian American Museum in Decorah, Valdres Lodge No. 503 of Decorah, the Heimbygda Lodge No. 376 of Lanesboro, as well as our lodge.

The Barnelopet is a children's noncompetitive ski/walk event, that will take place at the Decorah Community Prairie, registration starting at 9:40 a.m. It is a FREE event but participants must provide their own skis. There are a limited number of children's skis for rent at Decorah Bicycles. For more information contact Vesterheim at 563-382-9681 or go to <http://vesterheim.org/events/annual/barnelopet>. Encourage any child ages 3-13 to participate... everyone is a winner!

2018 Valheim Officer Election & District One Convention

We have yet to vote for our 2018 officers. We have a MAJOR vacancy to fill -- the Treasurer position. Loretta Knutson who has done a wonderful job as our Treasurer for the last ?? unknown number of years, has decided she would like to step down from that position. She will remain Membership coordinator.

If we have ANY volunteers, please let us know. If you have any questions about the position, please feel free to ask Loretta. She says the biggest part of the job is the year end report. We hope to have a full slate of officers to vote on at our February monthly meeting.

Another great opportunity to consider is, June 2018 is the Sons of Norway District One Convention that will be held in Rochester. Lee Grippen is interested in being a delegate. We can send one more delegate, so if you are interested please let me (Karen Fried) or any other officer know. It is a very rewarding event to go to.

Sons of Norway Headquarters is Temporarily Moving

A purchase agreement has been signed and plans are underway for the redevelopment of Sons of Norway's Headquarters. The new multi-use building will be designed with a Nordic flair, and the property developers will welcome Sons of Norway back as an anchor tenant in approximately two years.

In the meantime, headquarters will relocate to temporary offices. Their mailing address and phone numbers will remain the same, but their physical location will be a few miles west from their current Uptown Minneapolis address. If you plan to visit them, as of March 5, 2018, you will find them at:
11100 Bren Road West
Minnetonka, MN 55343

It's all about- Volunteering!!

For the annual report that needs to be turned in every year to Sons of Norway Headquarters, Jill, our secretary needs to know how many hours of volunteer time we have given Sons of Norway. This is a hard thing to determine. We have all baked, driven, attended,etc. many events. Here is a form that breaks each month down. If you could take a few minutes to fill it out and then turn it into Jill Storlie (or mail it to her 20333 Cty 8, Sprng Grove, MN) that would help tremendously! All these events help promote our Norwegian Heritage, which in turn promotes awareness for the future generations. Thank you for all the time you have given Sons of Norway!

Fill in hours, or increments of hours. There may be other events, things that I haven't thought of...please count them!

| | | | |
|---|---|---|--|
| January <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps-Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL JANUARY | May <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Syttende Mai - Queens Tea <input type="checkbox"/> Worked at Syttende Mai event <input type="checkbox"/> Baked items for SM Bake Sale <input type="checkbox"/> Road in the ship in the SM Parade <input type="checkbox"/> Got ready for SM event <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL MAY | August <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting at Winona <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps - Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL AUGUST | November <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL NOVEMBER |
| February <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Made food -Barnelopet <input type="checkbox"/> Attended Barnelopet <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL FEBRUARY | June <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL JUNE | September <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL SEPT. | December <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Prepared food for Norwegian Bake Sale <input type="checkbox"/> Worked at Norwegian Bake Sale <input type="checkbox"/> Other _____ TOTAL DECEMBER |
| March <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL MARCH | July <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Helped serve food at our joint mtg with Westby in LaCrosse <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Cut out stamps - Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL JULY | October <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Prepared food for Uff Da Fest Bake Sale <input type="checkbox"/> Worked at Uff Da FEst Bake Sale <input type="checkbox"/> Cut out stamps-Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL OCTOBER | TOTAL HOURS Name: _____ Date: _____ |
| April <input type="checkbox"/> Board Meeting <input type="checkbox"/> Monthly Meeting <input type="checkbox"/> Officer Duties <input type="checkbox"/> Prepared food for Board &/or Monthly Mtg <input type="checkbox"/> Attended "Flatbread" Day <input type="checkbox"/> Prepared for "Flatbread Day <input type="checkbox"/> Cut out stamps -Tubfrim <input type="checkbox"/> Book Club <input type="checkbox"/> Other _____ TOTAL APRIL | | | |

New Sons of Norway Dues Structure For 2018

| | Intl. | Dist. | Local | Annual | Monthly |
|--------------------------|-------|-------|-------|-------------|---------|
| Individual | | | | | |
| Regular | \$32 | \$14 | \$14 | \$60 | \$5 |
| Golden | \$16 | \$14 | \$12 | \$42 | \$3.50 |
| Lifetime | 0 | 0 | 0 | 0 | 0 |
| Family | | | | | |
| Regular | \$42 | \$25 | \$28 | \$95 | \$8 |
| Both Golden | \$21 | \$25 | \$14 | \$60 | \$5 |
| One Golden/One Regular | \$32 | \$25 | \$21 | \$78 | \$6.50 |
| One Golden/One Lifetime | \$16 | \$14 | \$12 | \$42 | \$3.50 |
| One Regular/One Lifetime | \$32 | \$14 | \$14 | \$60 | \$5 |
| Both Lifetime | 0 | 0 | 0 | 0 | 0 |

Have dues Questions? Contact Sons of Norway

An easy way for members to information about the 2018 simplified dues structure is to submit questions to this dedicated email address: 2018dues@sofn.com. Staff will respond to inquiries in a timely manner. Or, feel free to call them at 800-945-8851. Information, including dues charts, is also available online at www.sonsofnorway.com in the Member Resources section.

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

Stovner Tower

Want to follow the path of the birds for an incredible view of Norway's capital? You're in luck. On Oct. 12, the district of Stovner in northeastern Oslo welcomed a new attraction: the Stovner Tower. As you meander along the 260-meter-long circling walkway, you'll gradually climb 15 meters up in the air where you'll find yourself walking among the treetops.

The design of the tower—called Stovnertårnet in Norwegian—was inspired by a bird's flight into the sky. Along the pathway to the top, there are several plateaus representing birds' nests where you can sit with your friends, relax, and enjoy the view. And what a view it is! In addition to a great perspective overlooking the trees and hills of the Grorud Valley, the view stretches all the way to the Oslo Fjord.

The posts that support the structure also serve as birdhouses for local species like the common swift, a type of bird that thrives as part of a flock. The walkway is accessible for disabled visitors and is also lined with railings more than a meter high, ensuring a safe and enjoyable experience for all. In the evening, the Stovner Tower comes to life in a whole new manner with captivating lights that serve to both emphasize its interweaving path and keep everyone safe.

The tower is near the Stovner shopping center by the Fossumberget mountain and can be easily reached from Oslo's city center in just about 30 minutes by taking metro No. 5 to the Stovner stop. Even better is that the experience is free and open all day year-round.

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

"Stovner and Holmenkollen both have spectacular views of the city," says Head of the District Committee Rashid Nawaz to Vårt Oslo. "Through the tower we're clarifying this for the whole capital and creating a local attraction that I hope brings children, the elderly, and all curious people to Stovner to see how wonderful it is here."

The creative force behind the tower is the landscape architects at LINK Arkitektur, an architecture firm known for combining modern architecture with natural landscapes. It was built in collaboration with the District of Stovner and the Municipality of Oslo's Agency for Urban Environment, and funding was provided by the city's Groruddalen project and the Agency for Urban Development.

The Groruddalen project is meant to contribute to improved services and local environments with the ultimate goal that residents will become more economically independent and participate more actively in their community. The project was first started in 2007 and has been

extended to 2026.

"The Groruddalen project has led to a transformation of the Stovner city center area. Together with Fossumparken in front of Stovner Senter and Jesperudjordet activity park, the Stovner Tower provides new and exciting opportunities for urban outdoor life," says Councilor for Urban Development Hanna E. Marcussen, who was present at the official opening of the tower, to Vårt Oslo.

If you're looking to see Oslo from a new angle, Stovner Tower may be just the right attraction for you.



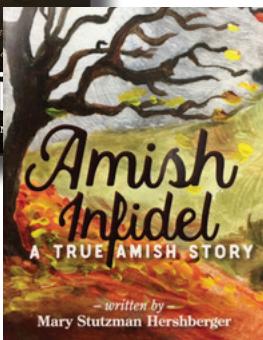
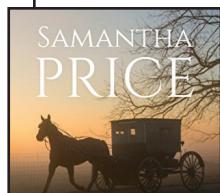
Photo: Jiri Havran / courtesy of Stovnertårnet
The Stovner Tower is open year-round, both day and night.

Activities

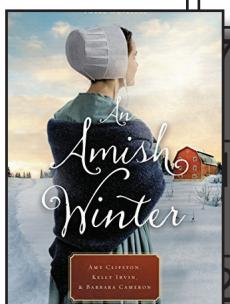
Bok Forening (Book Club)

Bok Forening (book club) meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library.

For January everyone was invited to read any book(s) about the Amish.



Besides discussing these books, a DVD was shown about the Amish way of life.



Tieing in with this, on Thursday, January 18, Mary Hersberger, author of "Amish Infidel" was at the Spring Grove Public Library at 7:00 pm. In February, the Amish discussion will continue. So keep reading books about the Amish. Contact Geneva Tweeten if you have any questions.

Special Birthday

Wishes to:

Beulah Onstad....turned 90, December 29th.

Loretta Knutson turned 80 on January 19



Vesterheim Classes

Decorah, IA www.vesterheim.org

Beginning Rosemaling

January 20, 27, & Feb. 3, 10 with Shirley Evenstad in Minneapolis

Whittling Klubb for Kids—Session I

January 10,17,24,31 & February 7,14 2018 with Rebecca Hanna

Scandinavian Style Flat Plane Figure Carving

February 2-4 with Harley Refsal

Norsk Skole - Norwegian School

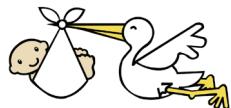
February 7, 14, 21, 28 March 7,14 Luther College Nordic Studies Program

January/ February

Gratulerer
med dagen!

| | | | | | | |
|----|---------------------------|----------------------|-------------------------------|-------------|---|--|
| 1 | 2 | 3 | 4 | 5 | | |
| | | | | Audrey Almo | Sons of Norway Mtg "Souper Saturday" 11 a.m. @ Giants | |
| 7 | 8 | 9 Linda Nerstad Kemp | 10 Board Meeting 4:00@ Giants | 11 | 12 | 13 |
| 14 | 15 Martin Luther King Day | 16 Book Club | 17 | 18 | 19 Loretta Knutson | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 Ground Hog's Day |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 Sons of Norway Mtg 11 a.m. @ Giants |
| 11 | 12 Teresa Fossum Vernon | 13 | 14 Valentine's Day | 15 | 16 | 17 |
| 18 | 19 | 20 President Day | 21 | 22 | 23 | 24 Truman Omodt |
| 25 | 26 | 27 | 28 | | | |

Judy Melbostad and Janet Fossum are anxiously awaiting the births of Great-Grandchildren.....



Shrinkbox with Scandinavian Chip Carving and Painting

February 24-28, 2018 with Jörgen Sundqvist

Kuksa Carving: Traditional Scandinavian Drinking Cup

February 26-28, 2018 with Alexander Yerks

Kuksa Carving: Traditional Scandinavian Drinking Cup

March 2-4, 2018 with Alexander Yerks

Exploring Your Heritage: A Writing Sampler Weekend

March 2-4, 2018 (Fri. 6:00-8:30, Sat. & Sun. 9:00-5:00) with Kathleen Ernst

Beginner Scandinavian Folk Music

March 9-11 2018 (Fri. 6:00-9:00, Sat. & Sun. 9:00-4:00) with Vidar Skrede

Annual NORWEGIAN Bake SALE

It was a gorgeous Saturday for our annual Norwegian Bake Sale that we held on December 16 at Giants of the Earth Heritage Center.

THANK YOU TO ALL OF OUR LODGE MEMBERS
who brought goods or made a donation, those who worked at the bake sale, and everyone who purchased items. This is one of our main fundraisers for the year. We had a grant from Thrivent which helped pay for the advertising as well as the lefse. We took in almost \$1000! Thanks to all for making it a successful event!



Janet serving rommegrot with a smile and a little butter!



Lee with his daughter Rachel >



Lee with Audrey



And there is always time to sit and enjoy some coffee with friends at Christmas time.



12/16/2017



Lee making Heart Waffles!



Fun People!
Lara, Willy, Bekah & Rachel



SG Class of 1949 --
Georgia and Tilford



Anastasia brings her daughter in for her first SofN Bake Sale.



Loretta waiting to add up the customers' purchases.

Audrey and her wonderful Accordian.
We are so very lucky for all the talents that Audrey shares with us.



Karen rolling out some lefse



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 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.



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.

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

Return Service Requested



Jan/Feb 2018

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

2018 LUNCH SERVERS

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

Serving group can decide what they would like to serve, normally we have between 20-30 people at a meeting.
Servers are responsible for bringing food, making coffee, setting up, serving, clean up, etc.

- January 6 - Souper Saturday - all families bring a can of soup, officers serve
- 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
- July 12 - With Westby in La Crescent Fire Hall - Audrey Almo, Diane Nerstad, Karen & Bill Fried, Jim & Karen Gray, Robert Newhouse
- August 9 - Meet with Winona Lodge, in Winona
- September 13 - Lorraine Hagen, Bonnie & Vance Haugen, Jim Wilhelmson, Judy Tollefsrud
- October 11 - Lee Grippen, Norris & Betty Storlie, Janice Dokken, James Skree
- November 8 - Rachel Storlie, David Verock, Adele Twite, Truman Omodt
- December 13 - Christmas Party TBD

