



VALHEIM ETIDENDE



Volume 24 Issue 2

Spring Grove, MN 55974

Dec/Jan 2022-23

BEWARE! THE VIKINGS ARE HERE!



Our Vikings look pretty happy! Maybe because they all had NEW burlap outfits!?

Early in 2022 Loretta Knutson, our Membership chair, applied to Sons of Norway Foundation for a Lodge Vitality Grant. We were awarded \$900. With this money we needed to do something to give our lodge a little kick in the "buksa"! Our membership numbers have been dwindling, mostly because of people passing.

Through the year we pondered what to do, we finally settled on a Viking Fest. It was held as our November monthly meeting, and we invited many others to join in the fun!

As guests arrived they all donned a burlap outfit over their clothes. (even then, it was a little itchy around the neck), they received a name tag written in rune (as well as English), and they were handed a mug so they could abide in (non-alcoholic) ale or apple juice.

After friendly conversations amongst the "Vikings" Rachel Storlie entertained everyone with some Viking lore, information on the Vikings, and led us in a few songs.

Lunch was a meal made for VIKINGS! Travelers porridge, dried meats, cheeses, nuts, hard boiled eggs, flatbread, lefse, and rommegrot!

We offered to anyone who became a member in November a half-price deal.

WE WELCOME ALL of our new members: Mary & Lane Zaffke, Carolyn White, Sharon & Arden Auna, Ken & Gretchen Anderson, Gina Meinertz, Leonard & Rebecca Splitstoesser, Loren & Cathryn Esse, Paul & Heather Gray, Len & Janna Myrah, Kyle & Karna Gray, Eric Bunge, Judy Berg, Sean & Jean Young, Wendi Storhoff, Diane Schmidt

To all our members...our goal is that our lodge is enjoyable, fun, interesting and inviting. If you ever have any suggestions to improve our lodge, please let me (Karen Fried) or one of our other officers know.

VIKING FEST



REAL VIKINGS! Rachel Storlie & David Sussag



Enjoying each other's company.



Rachel Storlie sharing and singing



Viking Food!
The Traveler's Porridge >>
was good! Barley cooked in
ham/bacon broth.



Upcoming Valheim Events.....

DECEMBER CHRISTMAS PARTY

**Wednesday, December 28, 5:00 pm at
Giants of the Earth Heritage Center**

Since we are meeting between Christmas and the New Year, what would be the most logical thing to do? Go Julebukk-ing! Actually, we won't GO Julebukk-ing...we want you to come to Giants, and we will **Julebukk** amongst ourselves. We invite you to come dressed up (or bring your costume, and get dressed at Giants). What to wear to be a Julebukk-er? Anything you want. The idea is to disguise yourself...Halloween masks, paper bags with holes cut, hats on and scarfs wrapped around your head, etc. And of course a coat or clothes that others won't recognize as you! If you don't want to get dressed up...you can be a "guesser"! We need guessers, also.

We invite everyone to arrive between 5:00 and 5:30. By 5:30, we will send the "guessers" up to second and maybe third floor. Meanwhile, the "Julebukk-ers" will get ready (if they aren't already) and then they will go visit the "homes" upstairs and see how the guessing game goes! At the "homes" we will have treats that can be shared as people are guessed.



Julebukkers from long ago during Norwegian Christmas at Vesterheim. Lee is the one holding the goat.

We have never tried this before at a meeting --- so let's have fun with it!

After the Julebukk frivolity, we will enjoy our supper. Valheim lodge will provide a hotdish, a salad and drinks. We invite you to **bring any left over food** you have from Christmas to share in the meal. If you don't have any leftovers, that is fine. We want this to be fun and non stressful. After our tummies are full, we will have a **White Elephant gift exchange**.

Please bring a wrapped gift. It can be something nice, or silly or not so nice.

Hope you can be a part of the Christmas fun! And as always, feel free to invite guests.

The more the merrier!!

NORWEGIAN BAKE SALE

Saturday, December 17, 1:00 - 3:00 (or until everything is gone)
@ GIANTS OF THE EARTH HERITAGE CENTER

Before Covid, traditionally we had a Bake Sale every year before Christmas, and now after three years (our last Christmas one was in 2019) we are bringing back the bake sale!

That means we are looking for donations of baked goods! Norwegian goodies would be great, but not limited to them. Anything you would like to make is appreciated. And, if you are in a crunch for time, because this is the time of year that there never is enough time, please do not feel obligated. We are just so glad that we can have the bake sale!

The Bake Sale begins at 1:00 pm Saturday, December 17, in the Welcome Center at Giants. You can drop off your goods anytime before noon on Saturday. Giants is open during the week 10:00 - 5:00, so you can leave things ahead of time as well. We would like things packaged up in dozen or half dozen size, or what-ever-seems-appropriate-for-someone-to-buy-size. Our lodge is purchasing lefse from Norseland to

package up and sell.

In this newsletter, on page 7, there is a price list with suggested prices. Feel free to mark your items, or leave them unmarked. If your items are something unique, you may want to label what it is.



Giants is also having a Julemarket at the same time. (kind of a craft sale, but can be other items as well) If you would like a small space to sell your goods, please contact Rachel Storlie (507-458-1255).

We of course will need some volunteers at the Bake Sale setting up, making sure items are marked, rearranging the baked goods, taking money. If you can be there on Saturday, your help would be appreciated. We will be setting up starting at 11:00 on Saturday.

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.



Sirupsniper

Sirupsniper are a classic Norwegian Christmas cookie, made with warming spices and cut into diamond shapes. God Jul!



Ingredients:

9 Tbsp. cream
1/2 cup + 2 1/2 Tbsp. Syrup
1/2 cup + 2 1/2 Tbsp. sugar
7 Tbsp. butter
2 cups flour
1/4 tsp. pepper
1/4 tsp. ginger
1/4 tsp. anise
1/4 tsp. cinnamon
3/4 tsp. baking powder
3/4 tsp. baking soda
almonds, blanched, for decorating



Directions:

Boil cream, syrup, and sugar together. Stir in butter and let mixture cool until lukewarm. Combine flour, pepper, ginger, anise, cinnamon, baking powder and baking soda. Whisk together the dry ingredients. Sift in dry ingredients and knead the dough to mix thoroughly. Chill overnight. Roll dough out as thin as possible and cut diagonal lines to make diamond shapes. Set sirupsniper on a greased baking sheet. Place half a blanched almond on each cookie. For a shiny finish, brush cookies with egg white. Bake at 350°F for 5 minutes.

Excerpted from December, 1999, Viking magazine article "Velkommen til Bords." Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

2022 Officers

President
Karen Fried

Secretary
Jillelyn Storlie

Treasurer
Jackie Parker

Assistant Secretary
Bill Fried

Membership

Loretta Knutson

Social/Cultural
Lee Grippen

Marshals

Judy Melbostad
Janet Fossum

Historian

Georgia Rosendahl

Auditor

Karen & Jim Gray

Sports Director
Nora Beckjord

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Valheim website:
[www.http://sgfries.wix.com/valheimlodge](http://sgfries.wix.com/valheimlodge)

Sons of Norway website:
www.sofn.com

We have had our own book club in the past, and would love to get it active again. But in the mean time any SofN member can join in this book club....

Sons of Norway Book Club

Open to all members!

All Sons of Norway members are invited to join this virtual book club. The popular book club is rapidly growing.

For December, the discussion is set for December 29 from 7-9 p.m. ET, 7:30-9:30 p.m. MT

Main Read: "For the Love of Cod" by Eric Dregni

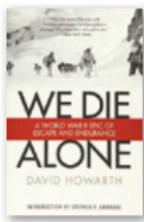
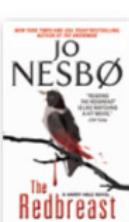
Mystery Read: "The Redbreast" by Jo Nesbø

For January, the discussion is set for January 26 from 7-9 p.m. ET, 7:30-9:30 p.m. MT

Main Read: "We Die Alone" by David Howarth

Mystery Read: "Eva's Eye" by Karin Fossum

To join the Sons of Norway Book Club, send an email with your name, lodge name and contact information (phone number and email address) to SonsofNorwayBookClub@gmail.com.



FABULOUS FACTS: CHRISTMAS IN NORWAY

1. Each year, Trafalgar Square in London features a massive Christmas tree. That tree is actually a present from Norway. Oslo has been sending a tree to England every year since 1947 as a thank you for British support during World War II.



2. The julenisse is Norway's elusive Christmas gnome, who sports a white beard and a red cap. Historically the julenisse has been known to help lighten the farmer's chores and keep the farm safe. Nowadays, the nisse brings gifts to well-behaved Norwegian children. Don't forget to keep him happy by leaving out a generous bowl of porridge!

3. "Tre nötter til Askepott," a Cinderella tale, has been a Christmas TV tradition since the 1990s. Strangely enough, this is a Czech version of the classic story, dubbed into Norwegian by a single actor. Watching it is so popular that it airs every year on NRK, Norway's national broadcasting channel. To see the trailer from the 2021 Norwegian remake of "Tre nötter til Askepott," go to: https://www.youtube.com/watch?v=a-YVi_UsGqo

4. Find the almond! This is a game where the family eats rice porridge on Christmas Eve. There is one almond hidden in the porridge, and whoever gets it is the proud recipient of... a pig made of delicious marzipan!

5. Everyone eats well during juletiden, or Christmastime, even the birds. It's common to see sheaves of wheat or oats that have been placed in the trees for the birds to feast on.



BEWARE THE JÓLAKÖTTURINN

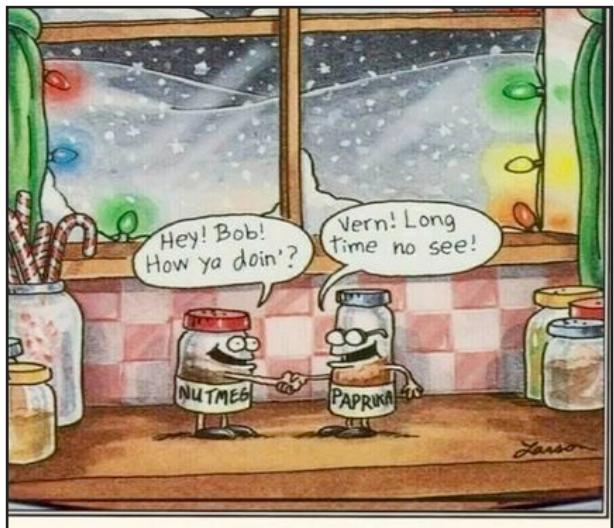


Something large and fluffy stalks across Iceland, its hot, hungry breath crystallizing in the frigid air, forming icicles on its bristly whiskers. Its ever-extended claws crunch deep into the snow as it prowls from place to place to place.

This is the Jólakötturinn, or the Christmas Cat. Resembling an enormous Norwegian Forest cat, it is the beloved pet of the 13 prankster Yule Lads who deliver presents, and their lovely troll mother Grýla. The Jólakötturinn seeks out anyone who does not receive new warm clothes for Christmas. If it finds you proudly wearing even one new mitten, it will pass you by. Otherwise, it's dinner time for kitty.

This may seem like a strangely specific motivation, but back in the day the whole family, including the children, spent their evenings carding, spinning and knitting wool. Family members found slacking off might not get new clothes for Christmas. In contrast, you could always gift fresh woolen garments to keep needy neighbors off the menu.

So, the next time Great Aunt Edda gifts you boring Christmas socks tell her, "*Takk fyrir!*" (thank you!) and take comfort in the fact you can face the long dark winter ahead, toasty-warm and uneaten!



Seasonings Greeting

Barneløpet Feb. 4, 2023



VESTERHEIM

FREE!

Enjoy the winter at this non-competitive ski/walk event for children ages 3-13.

Decorah Prairie, Ohio Street

Registration: 9:30 a.m.. Start time: 10:00 a.m.

Registered participants will receive a Barneløpet snowflake pin, medal and bib.

For Information:

Darlene Fossum-Martin, 563-419-4958

Cancellations: Check local radio

In collaboration with Sons of Norway Lodges: Valdres #503 in Decorah, IA, Heimbygda #376 in Lanesboro, MN and Valheim #364 in Spring Grove, MN and with support from Jon and Mary Hart in memory of Kjell Arne Bernstsen.

December/January							
	Gratulerer med dagen!				1	2	3
4 Lawrence Knutson	5	6	7	8	9	10	
11	12	13	14	15	16 Kinley Meiners	17 Bake Sale	
18	19	20	21	22	23	24	Izaak Morken
25 	26	27 Georgia Rosendahl	Christmas Party @GIANTS of the EARTH 5:00pm		29	30 Nora Beckjord & Sharon Auna	31
January		3	4 Sharen Storhoff	5 Audrey Almo	6	7	
Happy New Year		10	11	12	13	Monthly Meeting 11:00 a.m. @ Giants of the Earth	
15	16	17	18	19 Loretta Knutson	20	21	
22	23	24	25	26	27	28	
1	2	3	4 Barnelø- pet				

Velkommen til Julefest 2022 Saturday, Dec. 17

1pm: Julemarket, Bake Sale, & Live Music

2pm: Craft stations, baking demos, lighting of the tree

Giants of the Earth

Julefest is a wonderful cultural event. Please consider attending...and bring the kids and grand kids.

If you would like a small space to sell your goods at the Julemarket please contact Rachel Storlie (507-458-1255).

Be sure to check out Giants online Julekalender...something new each day before Christmas.
<https://giantsoftheearth.org/>

JANUARY MEETING

SOUPER SATURDAY

Saturday, January 14, 11:00 a.m. at GIANTS OF THE EARTH HERITAGE CENTER

Our first monthly meeting of the new year!

Officers will be in charge of lunch (it will not be a pot luck) and we think it

will be a soup-er meal! Members, please bring a canned good that we will donate to a local food shelf.

Our program will be "Take a Vicarious Trip to Norway with me in 1908" presented by Karla Brown. Karla comes to us from Decorah. While working at Vesterheim, Karla gained more interest in her Norwegian heritage, particularly because of growing up in what had been the house of her dad's great-aunt, Elise Sandager Hoiness. In 1908 Elise and her husband Andrew Hoiness took a 2 ½ month trip to Norway to visit his parents, and Karla has letters from that trip that Elise wrote to her sister Emma in Calmar, Iowa, as well as postcards sent to Emma, brother Hans, mother Ragnhild, and niece Esther. Today Karla will take us on a trip back in time to experience their time in Norway in 1908.

Hope you can join us, and always, visitors are welcome!



To help "promote and preserve the heritage and culture of Norway."here are a few places not that far away that have great programming:

Vesterheim in Decorah <https://vesterheim.org>
 Norskedalen in Coon Valley [https://www.norskedalen.org/](https://www.norskedalen.org)
 Norway House in Minneapolis <https://www.norwayhouse.org/>

Suggested prices for Bake Sale Items

These are only a suggestion. Some items depend on size, or how big the pieces are cut....

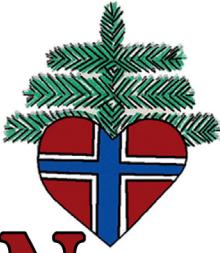
Almond Cake	\$5 half cake \$10 full cake	Pie, Fruit Pie, Pecan	\$10 \$12
Doughnuts	\$7 dozen	Pizzels	\$5 dozen
Fattigman	\$5 dozen	Rommegrot	\$3 cup \$6 pint
Flat Bread (pkg)	\$5 (2 rounds)	Rommegrot Bars	\$6-\$7 dozen
Fruit Cake/Julekake	\$6	Rossettes	\$8 dozen
Fudge	\$4 -\$5 (half dozen pieces)	Sandbakkels	\$8 dozen
Goro	\$8		\$4 small
Kringle	\$6 dozen		\$5 medium
Krumkake	\$8 dozen		\$7 large
Lefse	\$5 (2/pkg)		\$4 cup
Norwegian Cookies	\$5 dozen		\$7-8 pint

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

Return Service Requested

Dec/Jan 2022-23 Valheim Tidende Sons of Norway, Valheim Lodge 1-364 Spring Grove, Minnesota 55974

~ lefse ~ krumkake ~ flatbread ~ rømmegrøt ~ rosettes ~ sandbakkels ~ lefse ~ krumkake ~ flatbread ~ rømmegrøt ~ rosettes ~ sandbakkels ~ lefse ~ flatbread ~ rømmegrøt ~ rosettes ~ sandbakkels ~ lefse

 Sons of Norway
Valheim Lodge

NORWEGIAN BAKE SALE

Saturday, December 17

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

1:00 - 3:00
or until everything is gone



~ lefse ~ krumkake ~ flatbread ~ rømmegrøt ~ rosettes ~ sandbakkels ~ lefse ~ krumkake ~ flatbread ~ rømmegrøt ~ rosettes ~ sandbakkels ~ lefse