



# VALHEIM TIDENDE



Volume 25 Issue 4

Spring Grove, MN 55974

December 2023



## DECEMBER

We are heading into the last month of 2023!

Where did this year go? I have to apologize for not getting out a newsletter for the past several months, so this one is a bit of a catch up. With December upon us, Christmas is in the air. And it will be reflected in our upcoming Book Club, December monthly meeting AND Bake Sale! Read on!!

## DECEMBER MONTHLY MEETING

Our December monthly meeting will be Saturday, December 2 at 5:30 pm at Giants of the Earth Heritage Center. CHRISTMAS PARTY!

We are excited that Brit Eddy will be with us and for our program she will be sharing Norwegian Christmas traditions.

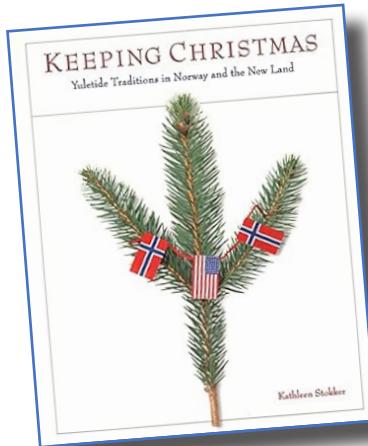


After the program, we will eat, and while the food is getting set up, we will sing some Christmas carols.

For our lunch/supper it will be a modified potluck. Meatballs, potatoes and lefse will be provided, but we are asking you to bring any of your holiday favorites to compliment the meal.... like a salad, or vegetable dish, another kind of meat, dessert, holiday treats, etc.

To wrap up (or actually un-wrap) the evening we will do a "RE-GIFT Exchange". We all get gifts that just aren't quite us, and here is your chance to pass it/them on! It can be a nice gift, or a silly gift, a useless gift, a big gift, a small gift, that is up to you! Whatever it is, you maybe will go home with the perfect gift....or not.

## VALHEIM BOOK CLUB!



All are welcome (members and non-members) to attend Valheim's book club on Tuesday, November 28 at 5:00 pm. at Giants of the Earth.

This month's book will be Kathleen Sokker's "Keeping Christmas". The book is available at the Spring Grove Public Library, can be purchased online or

at Giants...OR you or a friend may already have a copy!

"Kathleen Stokker's *Keeping Christmas: Yuletide Traditions in Norway and the New Land* brings home the stories of Christmas customs in both countries. Norwegian immigrants carried with them the folk traditions, developed over centuries, that shaped their identities, and they held those practices especially dear at Christmas time, remembering family members left behind. But in the U.S., they and their descendants met the newly evolving traditions of the highly commercial American Christmas, a powerful homogenizing force in a nation of immigrants. And the celebration of Christmas in Norway continued to evolve as well, as the holiday— influenced in the twentieth century by U.S. practices—became more child-centered and more commercial. Stokker describes and traces the development of folkways on both sides of the ocean, from their origins to their practice today.

If you have read the book or not, please consider attending, it will be a great time to reminisce about everyone's Christmas traditions.

Ours hostesses for the evening will be Jill Storlie and Audrey Almo. They will be providing a light lunch.

Hope to see you Tuesday, November 28, 5:00!

# Looking back...

## In July....

In July we hosted Solvang Lodge from Westby at the LaCrescent Fire Station. It was great to see our friends from Westby. It was a warm evening, but we were able to enjoy our festivities in the air conditioned fire station meeting room.

Following eating mass amounts of food, we enjoyed hearing stories from Chris Hardie who has written many, many human interest stories for the LaCrosse Tribune.



*Chris Hardie  
sharing one of his  
stories*



## In August....

In August over 20 NorWin lodge members made the trek to Spring Grove. Our program for the eveing was Bill Fried sharing the story of Giants of the Earth Heritage Center, talking about the murals in Immigrant Hall, and then everyone had a chance to tour the building. Then, even though we had had a fine potluck supper, we could enjoy a rootbeer or strawberry float to cap off the evening.



*(above) Judy Berg helping  
with food prep*



*(above) All things  
wonderful at a  
potluck, including  
rommegrot!*



*Bill Fried talking to our full house with Winona  
lodge as our guests*

# In September...

Midge Kjome was our guest speaker at our September monthly meeting. She shared the story of Pastor Arne Fjellbu, who had a connection to Decorah when he was young. Later in life, he was the pastor at Nidaros Cathedral in Trondheim. When German forces occupied Norway, starting April 9, 1940, Arne was asked by professor Ole Peder Arvesen to keep a journal of what was taking place in Trondheim during the occupation and keep the journal secret so there would be an accurate record of what was happening. A very interesting story. After the program we all enjoyed another feast of food!



(left) Midge Kjome presenting the story of Pastor Arne Fjellbu.(pictured below)



# In October...

For our October monthly meeting, Dave Glomstad was our guest speaker. He told us all about Trolls...from mythology to modern times. Who knows, there may be trolls amongst us!??



NOTE: we had lots of great food at the October & November meetings, also!

# In November...

Our November meeting was a joint event with Giants of the Earth. Our special guest speaker was Per Lykke. Per is a lawyer in Norway, and is on the board for the Hardangervidda National Park in northern Telemark Norway. He presented many pictures of Hardangervidda along with information as to what the area is like.

Per has relatives in the United States, and comes often to visit and to hunt. Before coming to Spring Grove, he had been in South Dakota hunting with Minnesota's Governor Tim Walz.

Thank you to Sons of Norway members Wendi Storhoff and , who had met Per before, took time off of work to drive him to Spring Grove and helping in arranging for his visit.



Wendi Storhoff,  
Per Lykke and  
Sharen Storhoff  
=>

# Trøndersodd

## - Trøndelag Sodd Soup

Source: <https://www.matprat.no/>  
(<https://www.matprat.no/oppskrifter/tradisjon/trondersodd/> there is a video in Norwegian on how to make sodd)

If there was ever a separate national dish for Trøndelag, then it's probably sodd! In

Trøndelag, sodd is celebration food, and is served at all of life's big events, and has even got its own law. Sodd made from scratch is easy but time-consuming, so make a large batch when you go about making it. The delicious flatbread skjenning should be served along with it. These are important things for a true trønder.



### Make the stock:

2.5 kg (5.5 lbs) of boneless lamb or mutton from thigh or leg

4 liters of water (4.25 quarts or 135 oz.)

3 Tbsp. of salt

### Sodd Balls:

1 kg (2.2 lb) boneless lamb, ground

100 g (2/3 cup or 4 oz.) lard

1 Tbsp. salt

1.5 Tbsp. potato flour [can substitute with corn starch]

1 tsp. ground ginger

1 tsp. ground nutmeg

1 tsp. pepper

1 liter cream or half and half (4 1/4 cups or 1 quart)

5 whole carrots sliced or chopped

800 g (1 3/4 lb) potatoes



### Directions:

Allow plenty of time and preferably cook the meat at least a day before the sodd is to be served.

Place meat and any bones in a spacious pot, pour in cold water and bring to a boil. Add salt. Lower the heat and let the meat soak for approx. 2 hours, or until completely tender. Remove foam and impurities that form on the surface over time.

Lift out the pieces of meat and put them in a bowl. Cool and cut into pieces of approx. 1x1 cm. Keep cold until serving. Strain the stock and cool it completely. If necessary, remove some of the fat layer that has settled on top.

Make the meatballs: Cut the meat and fat/lard into cubes. Make sure the meat, lard and liquid are really cold. Grind the meat (traditionally it should be ground 14 times, with salt from the 2nd grinding).

Mix in potato flour (or corn starch) and nutmeg, ginger and pepper. Add cream or half and half.

You can use ground lamb or mix ground lamb and hamburger to make the meatballs. If you have the opportunity, grind the meat a few extra times, or run it in a food processor so that the ground meat is extra fine.

Heat the finished broth. Shape the ground meat into small, even balls with a teaspoon or a piping bag and add them to the hot stock as you go. Leave the meatballs to cook for 10-12 minutes.

Add the cubed meat and let it all heat through. Taste the sodd and, if necessary, adjust the taste with more salt.

Serve the stew steaming hot in deep plates with boiled potatoes and carrots, and scones or good flat bread.

Sodd was first described in Håkon the Good's saga from the 13th century. The word sodd means to seethe—the dish should therefore not boil, but simmer below the boiling point. In 2012, "Festsodd fra Trøndelag" received a protected geographical designation for sodd from Trøndelag, with its own sodd law.

## REMINDER....if you have completed any Sports Medal forms

please give them to Nora Beckjord, and she will  
order your sports medal!

If you have any questions, ask Nora OR you  
can find information out on the Sons of Norway  
website. [sofn.com](http://sofn.com)

The Valheim  
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subscription to this newsletter.



# NORWEGIAN SWEATERS

It is well known that Norwegian sweaters have unmistakable characteristics and have stood the test of time. So how did they come to be?

It is believed that Norwegian sweaters have been knitted since the fifteenth century. They were knitted using local wool and plant-based dyes. The original hand-knit sweater known as the lusekofte is named after the “lice” stitch used in the sweater. Some of the other first patterns used in the sweaters were the Selburose motif and the Fana pattern. Over time, patterns, colors, and styles have evolved with new knitting techniques, tools, and dyes.

Today, Dale of Norway is one of the most well-known Norwegian sweater manufacturers. They have made the sweaters for the Norwegian Ski Team in the Olympics since 1956. The Marius-sweater is the other most common Norwegian sweater. In fact, it is the most hand-knitted pattern in Norway, making it a Norwegian icon. Not only are the sweaters loved within Norway, they have spread to other countries and have been adored by many others



## SONS OF NORWAY MISSION statement

To help promote and preserve the heritage and culture of Norway.



## CELEBRATE LILLE JULAFTEN

Christmastime is one of the high points of the year in Norway with many rituals

leading up to the big day of julafoten—Christmas Eve. Weeks of preparation include cookie baking, Christmas market visits and gift-buying, lending a festive atmosphere in every town. The anticipation is almost too much to bear! Thus, Norwegians get a head start on the merriment, celebrating *lille julafoten* “Little Christmas Eve,” on December 23rd.

But this is no recent addition- lille julafoten has been celebrated as early as the 12th century in Norway and other Nordic countries. Tradition dictates that this day is for cleaning the house to make way for the *juletre*, the Christmas tree: everything had to be tidy and the whole family bathed, to ensure no evil spirits could invade and spoil Christmas. Today Norwegians might buy their tree on the 23rd, without first having to banish the dark forces. Next comes tree decorating with popular ornaments such as Norwegian flags, candles, white lights, tinsel and red and white woven heart baskets.

For supper, it is common to enjoy creamy *risgrøt* (rice pudding) with a dash of cinnamon and sugar on top. Then it's time to settle in for some favorite shows: trivia quizzes like *Julenøtter* [Christmas stumpers], some favorite cartoons and Christmas films, the list of which grows longer every year.

Here are a few places, not that far away, that have great Norwegian heritage programming:

Giants of the Earth Heritage Center <https://giantsoftheearth.org>  
Vesterheim in Decorah <https://vesterheim.org>  
Norskedalen in Coon Valley <https://www.norskedalen.org>  
Norway House in Minneapolis <https://www.norwayhouse.org>

## METAL DETECTOR JACKPOT

After his doctor prescribed increased exercise, Erlend Bore [AIR-len BOO-reh] of Sola near Stavanger chose a metal detector as motivation to get more activity. He'd dreamt of becoming an archaeologist as a child, and within two months, he'd made a 1,500 year-old find, Norway's gold discovery of the century.

In late August 2023, Bore went to the island Rennesøy to hike and search. Having had no luck after hours, he looked around and thought, “Where would I have been, if this was a long time ago?” Near a rocky crag, the detector signal led him to uncover something he thought was a candy wrapper.

It turned out to be a huge cache of gold from the 5th century migration period. Bore's highly unusual discovery consists of nine gold pendants engraved with a horse from Norse mythology, along with ten gold beads and three gold rings.

The Cultural Heritage Act specifies that finds older than the year 1537 are considered state property, however, according to tv2.no, a finder's fee is commonly given, based on 10 percent of the current value of the metal, to be divided between the finder and the landowner. The gold pieces are now on display at the Archaeological Museum in Stavanger.



# Mark your Calendars! 2023/24 Lodge Meeting Dates

## Monthly Meetings:

**Saturday, December 2, 5:30 pm**

Program: Brit Eddy - Norwegian Christmas Traditions

**Saturday, January 13, 11:00 a.m.**

Program: Rebecca Hanna- Woodcarving

## 2023 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

Auditors Karen & Jim Gray  
Sports Director Nora Beckjord  
Book Club Judy Berg  
Editors: Georgia Rosendahl &  
Karen Fried  
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[georgia.rosefarm@gmail.com](mailto:georgia.rosefarm@gmail.com)

			Book Club Nov 28 5:00	Board Mtg Nov 29 4:00		1	
3	4 Lawrence Knutson	5	6	7	8	9	6 Monthly Meeting 5:30pm @ Giants
10	11	12	13 Wendi Storhoff	14	15	16 Kinley Meiners Bake Sale	16
17	18	19	20	21	22	23 John Rauk	23
24 Izaak Morken	25 Paul Gray	26	27 Georgia Rosendahl	28	29	30 Sharon Auna, Nora Beckjord	30
31	January HAPPY NEW YEAR	2	3	4 Sharen Storhoff	5 Audrey Almo	6	
7	8	9	10	11	12	13 Monthly Meeting 11am@ Giants	13
14	15	16	17	18	19 Loretta Knutson	20	
21	22	23	24 Heather Gray	25	26 Diane Schmidt	27	
28	29	30	31 Gratulerer med dagen!				

## SEPTEMBER VALHEIM BOOK CLUB!



Judy Berg hosted our September Book Club at Giants of the Earth. The book that was discussed was "River Kings", which was about the influence of Vikings in the far corners of the world.

In attendance were: Jill Storlie, Geneva Tweeten, Audrey Almo, Rachel Storlie, Karen Fried, Judy Berg, Jim Gray, Bill Fried, Karen Gray, Allison Rautman, Allison's friend, Diane Rice from Mount Joy, PA, and Wendi Storhoff (in St. Paul) via zoom.



Did someone say lefse, rommegrot, lingonberry ice cream and pickles??? Maybe! During Spring Grove's Uff Da Fest (October 6-8) we offered those items and other food for a nice noon time snack on Saturday.

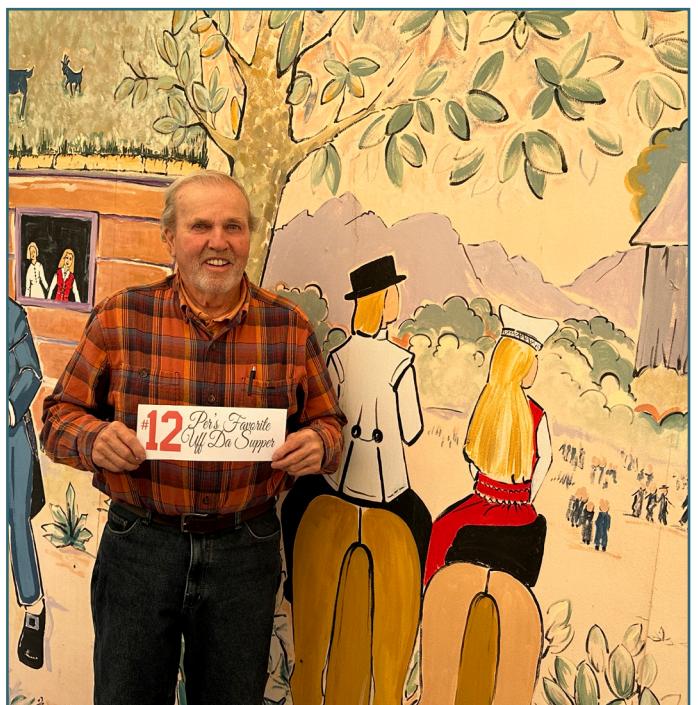


We held our first every Hot Dish Contest on Sunday of Uff Da Fest. Not knowing what we were getting into, we were very pleased with the turn out.

There were 14 AMAZING hot dishes entered and we had many, many people come and be the judges. Everyone who came made a donation and they were able to taste all of the hot dishes and were given three voting tokens.

After all the tasting and the voting was done, Dr. Jim Gray came away with 1st place with "Per's Favorite Uff Da Supper"; 2nd Todd Krueger "Tater Tot Hotdish"; 3rd Tatiana Deters "Shrimp Orzo".

Thanks to everyone who entered a hot dish, and to all of the "judges"!!



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

Return Service Requested



December 2023

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

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

krumkake~flatbread~rømmegrøt~rosettes~sandbakkels~flatbread

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

Sons of Norway  
Valheim Lodge #364

ANNUAL

# NORWEGIAN BAKE SALE

## Saturday December 16

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

9 a.m. - 11 a.m.

or until everything is gone

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