



VALHEIM TIDENDE



Volume 26 Issue 2

Spring Grove, MN 55974

March/April 2024

MARCH MONTHLY MEETING

Our March monthly meeting will be Saturday, March 9th, 11:00 a.m. at Giants of the Earth Heritage Center.

Our speaker will be David Engen from Minneapolis. David is a descendant of farmers who left the Valdres and Gausdal areas of Norway and came to America in the 1800s. Raised in a family steeped in Norwegian traditions, he enjoys studying the American-Norwegian immigrant experience, and its continued influence on us as descendants.

In 2015 he was a cast member in the 6th season of the Norwegian reality show "Alt for Norge". The show's premise is to give 12 Americans with verifiable Norwegian ancestry the opportunity to prove who was the "Most Norwegian of Them All". This was done through a series of unique experiences which focused on Norwegian culture and history. These included such things as skiing (Norwegians love watching non-skiers try to remain upright), a re-enactment of a WWII sabotage event,

experiencing life on a 19th century farm, and camping north of the Arctic Circle.

His approximately 30-45 minute presentation focuses not only on the experience of being on the show, but also how it increased his admiration for the people who left a world they knew in Norway to pursue a better life in an unknown world called America.



David Engen

It will be a lot of fun to hear about David's adventures in Norway. You can see the episodes David was in on YouTube. Search for Alt for Norge, Season 6. <http://tinyurl.com/yv6k47c3>

After the program we will have a quick business meeting and a pot luck lunch. Please bring a dish to share! AND be sure to invite friends to attend.

Bluster!

This has been a different winter. At this point, there hasn't been much of a winter. But, who knows what March and April will bring?

I do know they will bring some great programs at our Sons of Norway meetings.



March 9th, we will have David Engen (above). We watched all the Alt for Norge episodes that he was in, and I think he will have a very entertaining program.

Thursday, April 4th, we are invited to meet in Lanesboro with the Heimbygde Lodge. Our speaker there will be Dave Amdahl. We will

make plans to car pool, leaving around 6:00 from possibly Trinity Lutheran church parking lot. Stay tuned for any changes to that plan. It is always fun to get together with our friends from Lanesboro. They meet in their Lodge Building at 200 Parkway Ave S in Lanesboro.

At our February board/planning meeting we had more discussion on what we should be doing during Syttende Mai; as well as sending delegates to the upcoming District 1 SofN convention in August. We will be looking for your input for both of these events at the upcoming monthly meetings. Read more about them in this newsletter.

--K.Fried, Valheim Lodge President

Monthly Meetings

February

Joe Grødahl, from Norway House in Minneapolis was our fantastic program. He brought a lot of energy and good information about what Norway House is and their continual goal of being a cultural hub of all things Norwegian in the Twin Cities area. If you would like to find out more about Norway House, check it out online <https://www.norwayhouse.org>

We did not have a large crowd, but everyone there had a delightful time.



Samsung Galaxy A14 5G
President Karen doing a brief update of up coming events



Galaxy A14 5G
Joe and Georgia talking genealogy

Bill and Joe making plans for April 23

January

We did not get to hear Rebecca Hanna speak in January because of inclement weather. We cancelled our monthly meeting. We are hoping to hear her in September.



Young Galaxy A14 5G
The Terrific Trio -- Joe, Lee and Rachel!

SPRING GROVE DAY

at

Norway House

From Norway House's Website:

"Norway House is partnering with the Giants of the Earth Heritage Center in Spring Grove to bring a taste of Minnesota's first Norwegian settlement to Minneapolis.

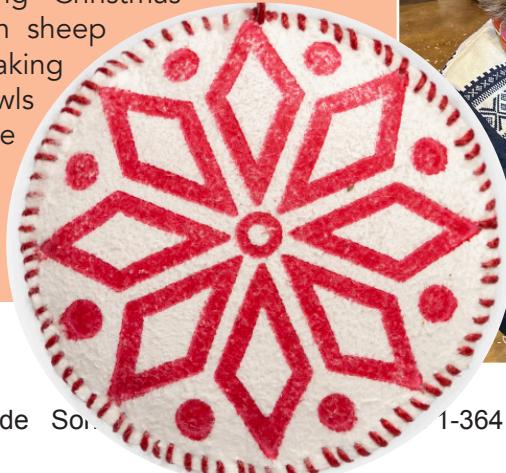
Spring Grove is a charming and vibrant town in southeastern Minnesota, a perfect focus as we work to highlight the many vibrant historically Norwegian communities around Norwegian America.

The evening will feature entertainment, a special dinner partnering with a Spring Grove farmer, and a presentation by Giants of the Earth Heritage Center about their center and their new exhibit about the iconic comic strip characters Ola and Per. (Ticket prices will be posted on the Norway House website soon)"

Vesterheim Koselig

In Norwegian culture Koselig describes a feeling of coziness, warmth, contentment, and relaxed interaction. Toppling Goliath and Vesterheim teamed up on Saturday, February 24 for a day of folk music, traditional Norwegian fare, and togetherness. There was live music, food, and folk art demonstrations.

Besides others, our associate Valheim members, Lynn and David Susag, shared their skills of making Christmas ornaments with sheep skin, and making wooden bowls on a spring pole turning lathe.



(above) David on his spring pole lathe, turning out a bowl
 (left) Lynn demonstrated how she makes sheepskin Christmas ornaments, inspired by the patterns found on skinnfell blankets in Norway using wooden blocks for the printing.

DAY/BUS TRIP!

To

Norway House

in Minneapolis

Tuesday, April 23, 2024

There is hope to put together a bus day trip for Spring Grove Day at Norway House event. It would be wonderful to get a large contingent of Spring Grove area residents, Sons of Norway members, and anyone with interest, on a bus to the Cities! While there, we would also see Mindekirken, and maybe more!

The event at Norway House is open to anyone. Not just the people on the bus.

Please encourage others to attend! People you know in the metro area that have a Spring Grove connection, or anyone who would just be interested in attending the event.

More information coming your way soon.

Suksessterte med Sjokolade og Appelsin

Success Cake with Chocolate and Orange



Source: Living a Nordic Life

Serves 12

INGREDIENTS

For the base:

- 4 egg whites
- 150 g / 5.3 oz. icing sugar or powdered sugar
- 150 g / 5.3 oz. chopped almonds, *but not ground. Leave the skins on because it gives the tart its characteristic color and texture*
- 1/2 tsp. baking powder
- 90 g / 3 oz. chopped chocolate or chocolate chips

For the topping:

- 100 ml / 3.5 fl. oz. double or heavy cream
- 125 g / 4 oz. sugar
- 4 egg yolks
- 150 g / 5.3 oz. butter, at room temperature
- Grated rind of 1 orange

For decorating:

- A little melted chocolate
- Thin strips of orange peel
- Or go crazy with some chocolate mini eggs, sprinkles or whatever takes your fancy!



Method:

Preheat the oven to 160°C / 320°F.

Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.

Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white, taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."

To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it.

Decorate with melted chocolate and orange peel or however you like!

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

Counties Go Separate Ways

In 2017, Norway's Storting voted to combine several fylker, and 19 counties became 11 regions in January of 2020. This administrative reform attempted to strengthen each region and improve coordination between municipalities, regions and state.

According to the website LifeinNorway.net, several of these combined regions decided that the set-up was not working and have rolled back the mergers as of January 1, 2024. Now there are a total of 15 counties.

Here is the current line-up of fylker:

Continuing as merged (in 2020):

- (1) Agder (previously Vest-Agder and Aust-Agder)
- (2) Vestlandet (was formed from Hordaland and Sogn og Fjordane counties)
- (3) Trøndelag (made up of Nord-Trøndelag and Sør-Trøndelag)
- (4) Innlandet (once was Oppland and Hedmark)

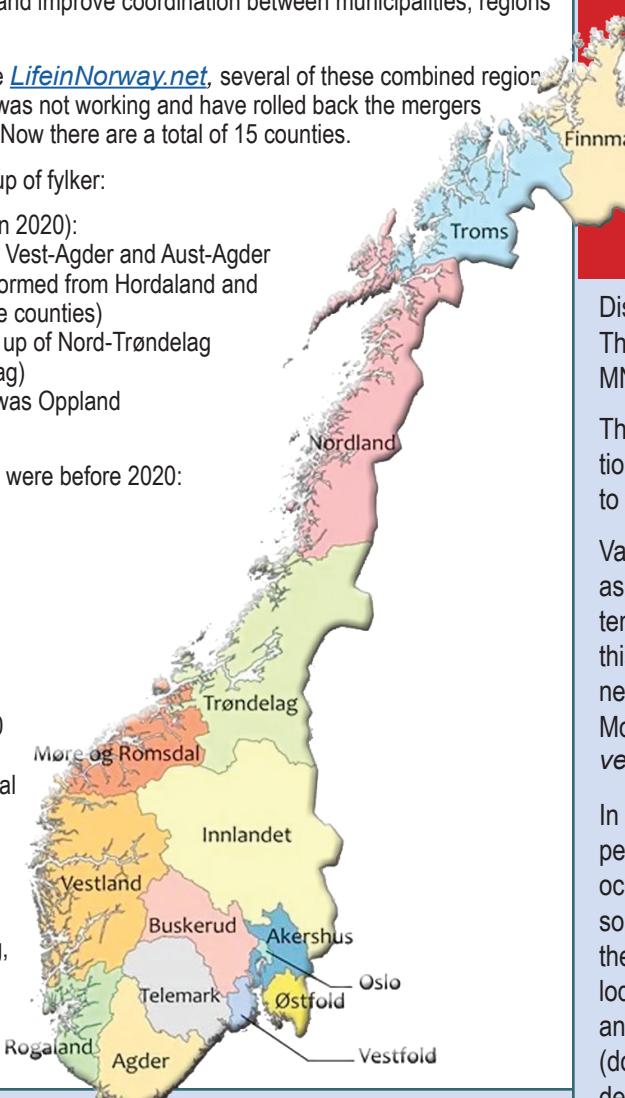
Going back to what they were before 2020:

- (5) Troms
- (6) Finnmark
- (7) Buskerud
- (8) Akershus
- (9) Østfold
- (10) Vestfold
- (11) Telemark

Unaffected by both 2020 and 2024 changes:

- (12) Møre og Romsdal
- (13) Nordland
- (14) Oslo
- (15) Rogaland

Not everyone was in favor of the restructuring, including the police service, who will need more resources and officers to cover the increased number of counties.



Delegate Registration

Delegate Registration includes the following:

- Delegate packet
- Monday 8/19: President's reception and dinner
- Tuesday 8/20: Breakfast, lunch, breaks, cultural activities and classes plus the evening Banquet and entertainment.
- Wednesday 8/21: Breakfast, lunch, breaks.

Registration does not include field trips or excursions outside of the convention space.

Some classes may have supply fees.

Cost: \$340 (does not include lodging)
(Price after April 15th will be \$390.)

Non-Delegate Registration

Non-Delegate Registration includes the following:

- Tuesday 8/20: Breakfast, lunch, breaks, cultural activities and classes
- Wednesday 8/21: Breakfast, lunch, breaks.

Registration does not include field trips or excursions outside of the convention space.

Some classes may have supply fees.

Cost: \$70/day
(does not include lodging)
Banquet meals can be purchased, also.

2024 DISTRICT 1 SONS OF NORWAY CONVENTION

New Land, New Life:

1825-2025,

*Creating Pathways
to the Future*

August 19 – 21, 2024

Holiday Inn and Suites,

Lake Elmo MN

District 1 Sons of Norway holds a convention every other year. This is the year! And the convention will be held in Lake Elmo, MN just to the east of Saint Paul, MN.

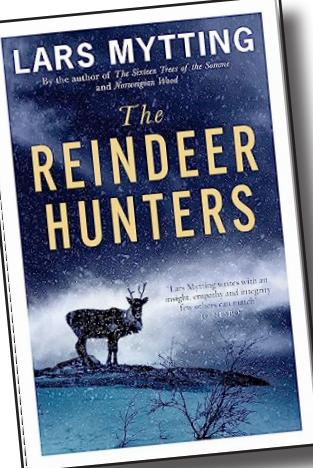
There will be cultural activities and tours, the Folk Art competition, and opportunities for Sons of Norway convention delegates to mix and mingle and help chart the future for our lodges.

Valheim Lodge can send 3 delegates. Other members can go as non-delegates. We do have several people interested in attending, and maybe you are interested, also. We will discuss this at our March meeting because registration of our delegates needs to be done by mid April to get an "early bird" discount. More info can be found on the District 1 website: <https://convention.sofn-1.org>

In the past, Valheim Lodge has paid the convention fee (\$340/person) for the delegates and their lodging (\$140+/room, double occupancy). We have not recently had any non-delegates go, so we don't have a history of what Valheim should pay for. At the February Board/Planning meeting it was proposed that our lodge would pay for up to 3 delegates (event fee and lodging) and 3 non-delegates (\$140 per non-delegate) and lodging (double occupancy). Beyond these 6, others can go as non-delegates, but they would have to pay their own way.

Since sending delegates is quite a bit of money, we will vote at the March monthly meeting as to how much Valheim Lodge will support (pay registration and/or lodging) for our delegates and non-delegates to attend the convention.

If you are interested in attending, please let Lee Grippen or Karen Fried know. If we have too many interested, the lodge will vote on who to send as delegates and which non-delegates we would pay for.



You are Invited to **APRIL VALHEIM BOOK CLUB!**

Book Club is open to one and all! Lodge members and non lodge members. Avid readers or just want to hear what the book was about. **Join us, Tuesday, April 2, 5:00**

at Giants! Not required, but if you would like, you can bring a light snack to share.

This is the second novel in Lars Mytting's Sister Bells trilogy. **Synopsis:** The year is 1903. Twenty-two years after the events of *The Bell in The Lake*, Astrid Hekne's son, Jehans, is now a young man. Driven out by his family, he lives on a homestead in the mountains near the village of Butangen, where he relishes the freedom of his life apart, fishing and hunting for his livelihood. One August morning, Jehans kills a massive reindeer, and at the same moment encounters an enigmatic hunter.

At the new church in Butangen, Pastor Kai Schweigaard is living with the consequences of his past, Kai becomes obsessed with finding the ancient tapestry woven by the conjoined sisters in whose memory the bells were cast, with the hope that the tapestry will bring him redemption.

A story about love, sorrow, and courage, as well as taming waterfalls and the first flash of electric light in the village night, *The Reindeer Hunters* is a grand and thrilling novel about what it takes to live in and embrace a new era.

March/April

**Gratulerer med
dagen!**

						1	2
	4	5	6	7	8		
10	11	12	13	14	15		Peter, Ola& Per Open House
17	18	19			21	22	23
24	25	26	27	28	29	30	
31	1	2	3	4	5	6	
	APRIL	Book Club April 2 5:00	Kolton Nerstad Leonard Splitstoesser	Monthly Meeting 7:00pm in Lanesboro			
7	8	9	10	11	12	13	
Eric Bunge	Mavis Johnsrud Owen Knutson		Kalan Meiners		Arland Folstad		
14	15	16	17	18	19	20	
21	22		24	25	26	27	
28	29	30	Charles Beckjord			Janna Myrah	

JANUARY BOOK CLUB!

Karen & Jim Gray hosted the January Book Club at Giants of the Earth. The book that was discussed was "The Bell in

the Lake" by Lars Mytting. There was a lot of good discussion, and everyone liked the book so much, it was decided to read the next book of the trilogy for the April book club meeting.

In attendance were: Bill Fried, Jackie Parker, Jill Storlie (on the monitor), Elizabeth Hermeier, Judy Berg, Len Myrah, Karen Gray, Alison Rautman, Jim Gray, Janna Myrah, Sharen Storhoff, Lee Gripen, Karen Fried, Judy Fruchte, Lawrence Fruchte. Not pictured: a friend visiting Judy Berg, and via Zoom: Wendi Storhoff, and Nora Beckjord.

Consider attending the next book club, April 2, 5:00pm.



25 YEARS OF BARNELOPET!

It has been a winter of very little snow and mild temperatures.

Even though it was a Barneløpet with no snow, there was lots of laughter and fun as the 16 participants walked the Barneløpet course and enjoyed special "25 Year" cookies and hot chocolate at the end after getting their medals.

The Barneløpet was a partnership with three Sons of Norway Lodges—Valdres #503 in Decorah, Iowa, Heimbygda #376 in Lanesboro, Minnesota, and Valheim #364 in Spring Grove, Minnesota. It was free to participate thanks to support from Jon and Mary Hart of Decorah in memory of Kjell Arne Berntsen.

A big THANK YOU to Darlene Fossum-Martin who is the head organizer. She orders the supplies, contacts volunteers, gets things set up and takes everything down. Thank you DARLENE!!

Darlene
made
cookies
decorat-
ed with
"25"



Giants of the Earth Heritage Center

163 West Main Street

Spring Grove, MN 55974



SATURDAY, MARCH 16
1:00 - 4:00

2:00 INTRO TO PETER J ROSENDAHL
& THE EXHIBIT BY BILL FRIED



THIS EXHIBIT WAS MADE POSSIBLE IN PART BY THE PEOPLE OF MINNESOTA THROUGH A GRANT FUNDED BY AN APPROPRIATION TO THE MINNESOTA HISTORICAL SOCIETY FROM THE MINNESOTA ARTS AND CULTURAL HERITAGE FUND. ANY VIEWS, FINDINGS, OPINIONS, CONCLUSIONS OR RECOMMENDATIONS EXPRESSED IN THIS EXHIBIT ARE THOSE OF THE AUTHORS AND DO NOT NECESSARILY REPRESENT THOSE OF THE STATE OF MINNESOTA, THE MINNESOTA HISTORICAL SOCIETY, OR THE MINNESOTA HISTORIC RESOURCES ADVISORY COMMITTEE.

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

Return Service Requested



March/April 2024

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

SYTTENDE MAI -- Our time to Shine!

The Spring Grove Syttende Mai committee would like to know what Sons of Norway is planning to do for the weekend. May 17-19

So far, the possibilities are:
SATURDAY MORNING

Demonstration/Tasting Event

We did this last year; need 5-10 people to demonstrate making Norwegian treats. **OR** a **Norwegian Bake Sale**; we have done this other years; all members bring baked goods, lots of Norwegian goodies, and we would need workers at the event.

SATURDAY AFTERNOON -- be part of

"Taste of Norway" with Giants of the Earth. We were a part of this last year. It was a little chaotic, but had a great outcome. People who attended enjoyed it, and we made some money! It would involve making Norwegian treats as well as some "main courses" on site, and working the event.

Other ideas? It would be nice to get YOUR input/ideas.

We will discuss/decide at the March Monthly meeting.

Saturday, MARCH 9,

11:00 a.m.

Program: David Engen - Alt for Norge

**Thursday, APRIL 4, 7:00 pm
-- @ Lanesboro**

Program: Dave Amdahl

Thursday, MAY 9, 6:00 pm
Tentative Program: John Rauk & Rachel Storlie - Kristen Flagstad

Thursday, JUNE 13, 6:00 pm

Tentative Program: Denise Rostad - "The Squirrel is alive", WWII

**JULY -- meet
with Westby**

**AUGUST -- meet with
Winona**

**Thursday, SEPTEMBER 12,
6:00 pm**

Tentative Program: Rebecca Hanna - woodcarving

**Saturday, OCTOBER 12,
11:00 a.m.**

Tentative Program - Miranda Moen

**Saturday, NOVEMBER 9,
11:00 a.m.**

Tentative Program - Intro to Norway to America Migration Bicentennial Celebration Events

**DECEMBER -- Christmas party
date undecided**

