



VALHEIM TIDENDE



Volume 25 Issue 1

Spring Grove, MN 55974

Feb/March 2023

End of the Year Fun!



Yulebukkers! Who could they be?

The guesing went well. They turned out to be: Karen Fried, Rebecca Splitstoesser, Wendi Storhoff, Arden Auna, Sharon Auna, Lynn Susag, Nora Beckjord, David Susag & Lee Gripen



CHRISTMAS PARTY!



At our December meeting we began with (Christmas fooling) fun! Whoever wanted to come dressed, or get dressed up as a julebukker could, and then it was the job of everyone else to guess who they were.

We then enjoyed each others company while we dined on a Christmas “leftover” meal.

AND THEN, we had a White Elephant gift exchange. Lots of FUN gifts with a special good “fight” for the CHICKEN PURSE!

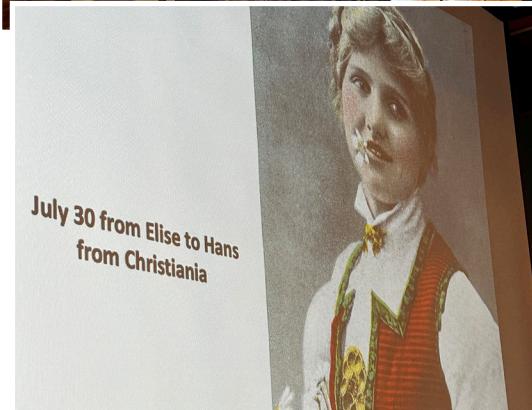
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Above, one of the postcards that was part of the slide show.
Right > Karla Brown



SONS of NORWAY did an online Survey in December...

What is your favorite Norwegian Christmas cookie?

1,744 people responded to the question.

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**OUR DECEMBER
BAKE SALE**
THANK YOU TO EVERYONE
who donated goods and/or helped out at our Bake Sale in December. We made over \$400! This was after we paid for the lefse and made a \$50 donation to Giants of the Earth Heritage Center.

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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
Editors: Georgia Rosendahl &
Karen Fried
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sgfries@gmail.com
georgia.rosefarm@gmail.com



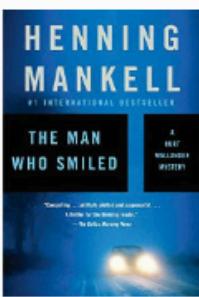
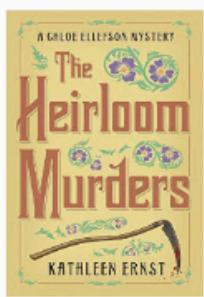
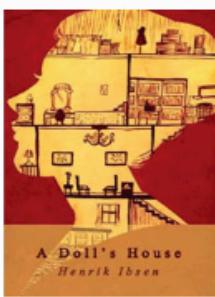
The Valheim Tidende is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.

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

Sons of Norway website:
www.sofn.com

SofN ONLINE BOOKCLUB

A special two-mystery month!



Main Read: "A Doll's House" by Henrik Ibsen

Mystery Read #1: "The Heirloom Murders" by Kathleen Ernst

Mystery Read #2: "The Man Who Smiled" (Kurt Wallander #4) by Henning Mankell

Discussion: February 23 at 7 p.m. ET and 7:30 p.m. MT

All interested readers should email SonsOfNorwayBookClub@gmail.com for the Zoom link and/or sign-on information.

Fødselsdagskringle

Birthday Tea Ring

The perfect substitute for those who do not want a cake on their birthday. Also pleasing anytime a good delicacy is called for. You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4 to 5 hours to raise twice.



Ingredients:

For the Dough

1 pkg. active dry yeast
1 Tbsp. water, lukewarm
2 eggs, slightly beaten
2 1/8 cups (300 g) flour
1/3 cup (50 g) sugar
1/4 tsp. salt
1 tsp. ground cardamom (preferably fresh)
7 oz. (200 g) room temperature unsalted butter



For the Filling

5 Tbsp. (75 g) butter
1/3 cup (50 g) sugar
1/2 cup (50 g) raisins
1/2 cup (50 g) citron, finely chopped
1/2 cup (50 g) almonds, chopped

Step 1 Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2 Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3 Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool space.

Step 4 Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch (15 x 86 cm) ribbon.

Step 5 Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

Step 6 Form the dough into a kringle (or ring) shape on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

Step 7 Brush the surface with egg and sprinkle with sugar and sliced almonds.

Step 8 Bake @ 375°F (190° C) for 25 – 30 minutes, or until golden brown.

Source: Ekte Norsk Mat – Authentic Norwegian Cooking by Astrid Karlsen Scott

Norway, Valheim Lodge 1-364 Spring Grove, MN 55974

SALMON EYE FLOATING EXHIBITION OPENS IN HARDANGERFJORD

There is a new, eye-catching feature in the middle of Norway's Hardangerfjord. The feature is called the "Salmon Eye" and is a floating exhibition created to educate visitors about the seafood industry and aquaculture. The idea was launched in 2019 by brothers Sondre and Erlend Eide, third generation salmon producers and owners of their family business, Eide Fjordbruk.

The installation's architecture was based on a fisheye and features 9,500 stainless steel plates to imitate fish scales. The interior, which is 650 square meters, is split into four floors and one is underwater. The structure can only be accessed by ferry and is aimed at discussing sustainable aquaculture.

Eide Fjordbruk has made significant strides in improving the environmental impact of salmon farming, being the first fish farming company to produce carbon-neutral salmon. They also will unveil a new technology that "enables farming in the fjord and sea with no negative impact on the environment or climate." With seafood being a major part of Norway's industry, the hope is that visitors will recognize the ocean as a vital food source.

WHAT'S IN YOUR HIKING BACKPACK?

Hva har du i langtursekkene?

February = *fjorten dager friluftsliv* =
14 days of *friluftsliv*

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv* (free-loots-leave). Roughly translated as "life in the free air," the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Whether you are taking part in the challenge of 14 Days of Friluftsliv this month (every other day), or working up to a major trek, these are a few things to consider for *utstyr* (gear). There is a Norwegian saying *ut på tur, aldri sur* – when you're on a hike, you're never unhappy. Being prepared has a lot to do with it.



Klær og Tilbehør - Clothing and Accessories

<i>eit jakke</i> – a jacket	<i>regntrekk</i> – rain gear
<i>en genser</i> – a sweater	<i>ullsokker</i> – wool socks
<i>fjellsko</i> – hiking boots	<i>ulltøy</i> – wool clothing
<i>ei/en turbukse</i> – hiking pants	<i>ei/en lue</i> – a hat
<i>hansker</i> – gloves	<i>solbriller</i> - sunglasses

Matlagingsutstyr – Cooking Equipment

<i>turmat</i> – trail food	<i>kaffe</i> – coffee
<i>appelsiner</i> – oranges	<i>KvikkLunsj</i> – Norwegian chocolate bar
<i>en turkopp</i> – a hiking mug	<i>et kjelesett</i> – pots, pans, spatula, etc.
<i>et spisesett</i> – mess kit (camping plate, bowl, cup and eating utensils)	
<i>en brenner</i> – a camp stove	<i>et grillspyd</i> – a grilling skewer
<i>fyrstikker</i> - matches	<i>en kniv</i> – a knife
<i>en termos</i> – thermos	<i>ei/en vannflaske</i> – water bottle

Turutstyr – Hiking Gear

<i>et turkart</i> – map	<i>et kompass</i> – compass
<i>fjellvettreglene</i> – The Norwegian Mountain Code	
<i>en kikkert</i> – binoculars	<i>et sitteunderlag</i> - a sit pad
<i>ei/en hengekøye</i> - a hammock	<i>en regnduk</i> – a rain tarp
<i>en hoftesekke</i> – a hip belt / fanny pack	<i>et telt</i> – a tent
<i>ei/en hodelykt</i> – a headlamp	<i>en turstol</i> – a camping chair
<i>myggspray</i> – bug spray	<i>god stemning</i> – a good mood
<i>ei/en førstehjelppakke</i> - a first aid kit	

Mark your Calendars! **2023 Lodge Meeting Dates**

Saturday, February 11 -- 11:00 a.m.

Saturday, March 11 -- 11:00 a.m.

Saturday, April 1 -- 11:00 a.m.

Lanesboro Lodge our guests

Thursday May 11 -- 7:00 pm

Thursday, June 8 -- 7:00 pm

Thursday, July 13 -- 5:30 pm

Westby Lodge our guests

Thursday, August 10 -- 6:00 pm

Winona Lodge our guest

Thursday, September 14 -- 7:00 pm

Saturday, October 14 -- 11:00 a.m.

Saturday, November 11 -- 11:00 a.m.

December TBD

BACK BY POPULAR DEMAND!

REMINISCING WITH DR. GRAY

TUESDAYS AT 2:00
FEBRUARY 7, 14, 21 AND 28

AT GIANTS OF THE EARTH HERITAGE CENTER
163 WEST MAIN STREET, SPRING GROVE

COFFEE AND TREATS PROVIDED

FEB 7 -- FAMILY PETS
FEB 14 -- COUNTRY SCHOOL
FEB 21 -- EXTREME WEATHER
FEB 28 -- RURAL RECREATION

MEN AND WOMEN WELCOME

SHARE YOUR STORIES & BRING PHOTOS IF YOU WISH

QUESTIONS? CALL JIM AT 507.459.9188

Giants of the Earth of the Earth is sponsoring
“Reminiscing with Dr.Gray”.

One, and all, are invited to come and reminisce about the "old days". This years topics are Family Pets, Country School, Extreme Weather and Rural Recreation. It will be held the Tuesdays in February starting at 2:00 at Giants of the Earth.

Coffee and treats provided. If you have any questions
feel free to contact Dr. Gray 507-459-9188



Norwegian Ridge Birding
and Nature Trails is holding
their annual Hygge event
on Saturday, February 11.
4:30- 7:30 at the

Zaffke Sugar Shack.
For more information email
sgbirdwalk@gmail.com or
ask Mary or Lane Zaffke.

February/March						
	1	2	3			
Gratulerer med dagen!	5	6	7	8	9	10
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19 PRESI- DENTS DAY	21	22	23	24	25	Truman Omodt
26	27	28	1	MARCH	2	3
5	6	7	8	9	10	4
12	13	14	15	16	17	11
James Wilhelmsen					St. Patrick's Day	18
19	20	21	22	23	24	25
Arden Auna	26	27	28	29	30	31
						Mary Zaffke
						Monthly Meeting 11:00 a.m. @ Giants of the Earth

A blue-toned poster for a Hygge Event. At the top left is a cartoon owl perched on a bare tree branch. The main title "HYGGE EVENT" is in large, bold, dark blue letters. Below it, "NORWEGIAN RIDGE BIRDING & NATURE TRAIL" is written in a smaller, lighter blue font. The date "SATURDAY, FEBRUARY 11" and time "4:30-7:30PM" are prominently displayed. The location "AT THE ZAFFKE SUGAR SHACK | 17987 CTY 27" is below the date. A list of activities includes "BON FIRE -- SNOW SHOES", "MARSHMALLOWS/S'MORES -- HOT DOGS", and "HOT CHOCOLATE". At the bottom, contact information is provided: "For more information call 507-498-5823 or email sgbirdwalk@gmail.com". A note at the bottom right says "FREE WILL DONATIONS ACCEPTED". Two cartoon illustrations are at the bottom: a fox wearing a colorful winter hat on the left, and a reindeer wearing a blue patterned sweater on the right.

FEBRUARY MEETING

SATURDAY,
FEBRUARY 11,
11:00 A.M. AT at
Giants of the Earth Heritage Center, we will be in good company with our speaker Laura Gentry. According to her web site: Laura Gentry is a reckless purveyor of joy. Known as Laughing Laura, she is a Master Teacher of Laughter Yoga and was named a Laughter Ambassador by Laughter University in Bangalore, India. She has presented laughter and motivational programs on six continents and developed a number of resources including a book, a film and seven albums. She's on the faculty of the world's longest running Clown Camp in LaCrosse, Wisconsin. For 20 years, Laura has been an ordained minister in the Evangelical Lutheran Church in America and pastors a congregation in Lansing, Iowa. We will have a potluck lunch, please bring something to share.

Hope you can join us, it should be a ton of laughs, and as 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>
Norway House in Minneapolis <https://www.norwayhouse.org>

Heimbygda Lodge of Lanesboro, MN invites young and old to its **FIRST ANNUAL Burmeister Memorial Game-A-Thon** to take place on Saturday, March 11, 2023, from 12-7pm.

During this time, anyone can drop in and play one of our provided card or board games, or bring their own games. We will set a time for a planned bingo game. Coffee, lemonade, and water is provided. People can bring their own snacks.

Hope you can join the fun, If you have any questions please contact David Susag-Lanesboro's Social/Cultural directr. 507-467-0100

SONS OF NORWAY INVITES YOU

Burmeister Memorial Game-A-Thon

Saturday, March 11, 2023

12-7pm

Sons of Norway Hall
200 Parkway Avenue South
Lanesboro, MN 55949

Coffee, water & lemonade provided.
Free & open to the public.

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

Return Service Requested

Feb/March 2023

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

Barneløpet February 4, 2023

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



 VESTERHEIM

FREE!

(each participant must provide their own skiis)

Decorah Prairie, Ohio Street
Registration: starts at 9:30 a.m.

Start time: 10:00 a.m.
Registered participants will receive a Barneløpet snowflake pin, a 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 & Mary Hart in memory of Kjell Arne Bernsten.

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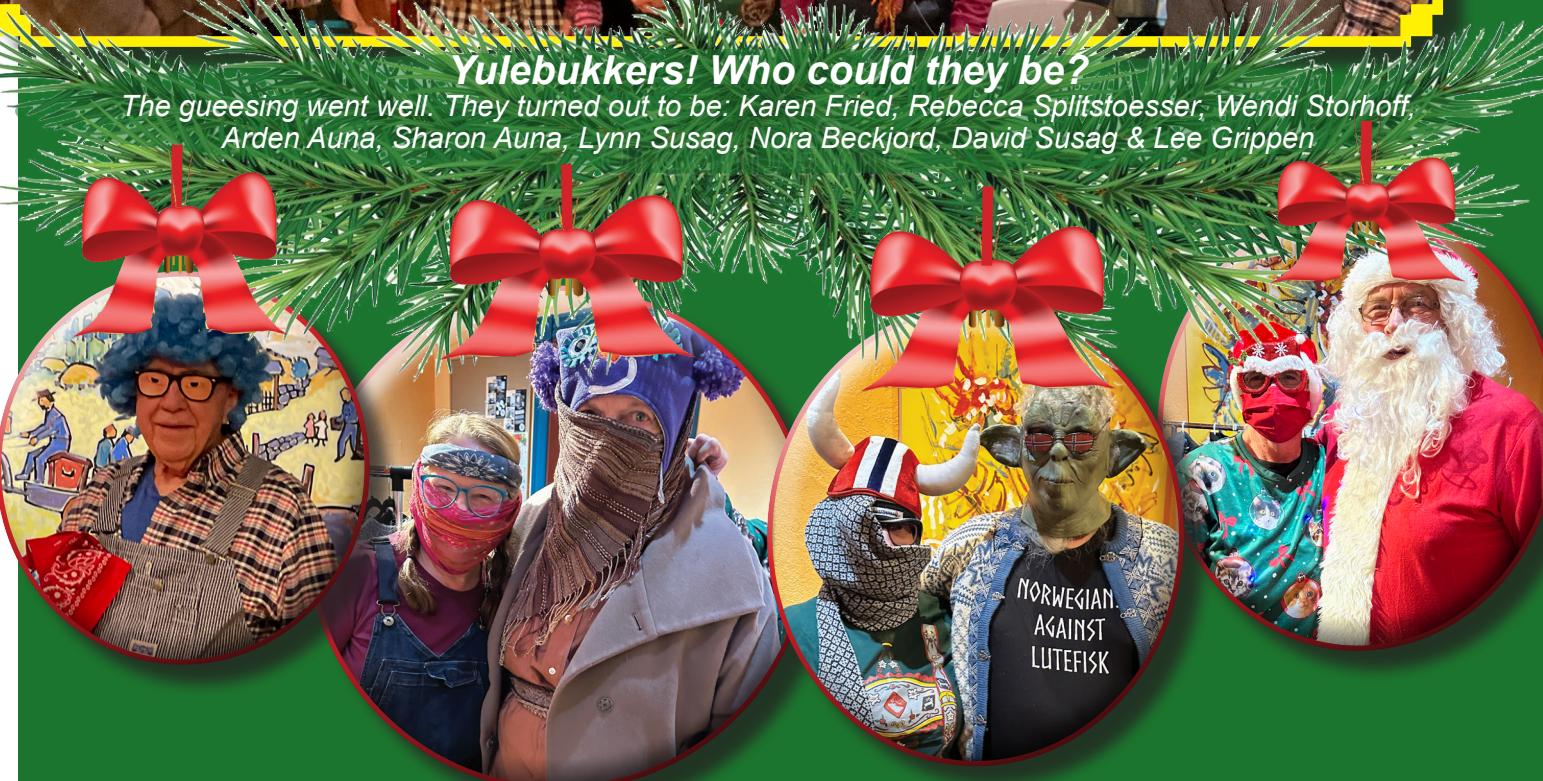
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Secretary
Jillelyn Storlie

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

Editors:
Georgia Rosendahl &

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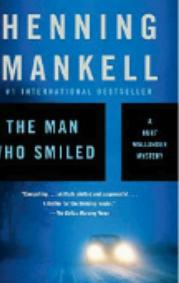
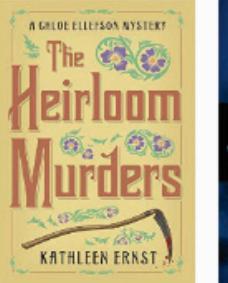
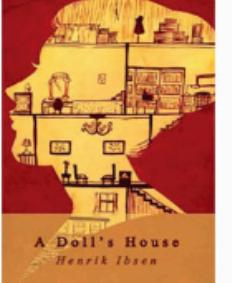
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[www.http://sgfries.wix.com/valheimlodge](http://sgfries.wix.com/valheimlodge)

Sons of Norway website:
www.sofn.com

SofN ONLINE BOOKCLUB

A special two-mystery month!



Main Read: "A Doll's House" by Henrik Ibsen

Mystery Read #1: "The Heirloom Murders" by Kathleen Ernst

Mystery Read #2: "The Man Who Smiled" (Kurt Wallander #4) by Henning Mankell

Discussion: February 23 at 7 p.m. ET and 7:30 p.m. MT

All interested readers should email SonsofNorwayBookClub@gmail.com for the Zoom link and/or sign-on information.

Fødselsdagskringle

Birthday Tea Ring

The perfect substitute for those who do not want a cake on their birthday. Also pleasing anytime a good delicacy is called for. You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4 to 5 hours to raise twice.



Ingredients:

For the Dough

1 pkg. active dry yeast
1 Tbsp. water, lukewarm
2 eggs, slightly beaten
2 1/8 cups (300 g) flour
1/3 cup (50 g) sugar
1/4 tsp. salt
1 tsp. ground cardamom (preferably fresh)
7 oz. (200 g) room temperature unsalted butter



For the Filling

5 Tbsp. (75 g) butter
1/3 cup (50 g) sugar
1/2 cup (50 g) raisins
1/2 cup (50 g) citron, finely chopped
1/2 cup (50 g) almonds, chopped

Step 1 Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2 Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3 Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool space.

Step 4 Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch (15 x 86 cm) ribbon.

Step 5 Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

Step 6 Form the dough into a kringle (or ring) shape on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

Step 7 Brush the surface with egg and sprinkle with sugar and sliced almonds.

Step 8 Bake @ 375°F (190° C) for 25 – 30 minutes, or until golden brown.

Source: Ekte Norsk Mat – Authentic Norwegian Cooking by Astrid Karlsen Scott

Norway, Valheim Lodge 1-364 Spring Grove, MN 55974



WHAT'S IN YOUR HIKING BACKPACK?

Hva har du i langtursekkene?

February = *fjorten dager friluftsliv* = 14 days of *friluftsliv*

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv* (free-loots-leave). Roughly translated as “life in the free air,” the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Whether you are taking part in the challenge of 14 Days of Friluftsliv this month (every other day), or working up to a major trek, these are a few things to consider for *utstyr* (gear). There is a Norwegian saying *ut på tur, aldri sur* – when you’re on a hike, you’re never unhappy. Being prepared has a lot to do with it.



Klær og Tilbehør - Clothing and Accessories

<i>ei jakke</i> – a jacket	<i>regntrøkk</i> – rain gear
<i>en genser</i> – a sweater	<i>ullsokker</i> – wool socks
<i>fjellsko</i> – hiking boots	<i>ulltøy</i> – wool clothing
<i>ei/en turbukse</i> – hiking pants	<i>ei/en lue</i> – a hat
<i>hansker</i> – gloves	<i>solbriller</i> – sunglasses

Matlagingsutstyr – Cooking Equipment

<i>turmat</i> – trail food	<i>kaffe</i> – coffee
<i>appelsiner</i> – oranges	<i>Kvikklunsj</i> – Norwegian chocolate bar
<i>en turkopp</i> – a hiking mug	<i>et kjelesett</i> – pots, pans, spatula, etc.
<i>et spisesett</i> – mess kit (camping plate, bowl, cup and eating utensils)	
<i>en brenner</i> – a camp stove	<i>et grillspyd</i> – a grilling skewer
<i>fyrstikker</i> – matches	<i>en kniv</i> – a knife
<i>en termos</i> – thermos	<i>ei/en vannflaske</i> – water bottle

Turutstyr – Hiking Gear

<i>et turkart</i> – map	<i>et kompass</i> – compass
<i>fjellvettreglene</i> – The Norwegian Mountain Code	
<i>en kikkert</i> – binoculars	<i>et sitteunderlag</i> – a sit pad
<i>ei/en hengekøye</i> – a hammock	<i>en regnduk</i> – a rain tarp
<i>en hoftesekke</i> – a hip belt / fanny pack	<i>et telt</i> – a tent
<i>ei/en hodelykt</i> – a headlamp	<i>en turstol</i> – a camping chair
<i>myggspray</i> – bug spray	<i>god stemning</i> – a good mood
<i>ei/en førstehjelpspakke</i> – a first aid kit	

SALMON EYE FLOATING EXHIBITION OPENS IN HARDANGERFJORD

There is a new, eye-catching feature in the middle of Norway's Hardangerfjord. The feature is called the “Salmon Eye” and is a floating exhibition created to educate visitors about the seafood industry and aquaculture. The idea was launched in 2019 by brothers Sondre and Erlend Eide, third generation salmon producers and owners of their family business,

Eide Fjordbruk. The installation's architecture was based on a fisheye and features 9,500 stainless steel plates to imitate fish scales. The interior, which is 650 square meters, is split into four floors and one is underwater. The structure can only be accessed by ferry and is aimed at discussing sustainable aquaculture.

Eide Fjordbruk has made significant strides in improving the environmental impact of salmon farming, being the first fish farming company to produce carbon-neutral salmon. They also will unveil a new technology that “enables farming in the fjord and sea with no negative impact on the environment or climate.” With seafood being a major part of Norway’s industry, the hope is that visitors will recognize the ocean as a vital food source.

Mark your Calendars! 2023 Lodge Meeting Dates

Saturday, February 11 -- 11:00 a.m.

Saturday, March 11 -- 11:00 a.m.

Saturday, April 1 -- 11:00 a.m.

Lanesboro Lodge our guests

Thursday May 11 -- 7:00 pm

Thursday, June 8 -- 7:00 pm

Thursday, July 13 -- 5:30 pm

Westby Lodge our guests

Thursday, August 10 -- 6:00 pm

Winona Lodge our guest

Thursday, September 14 -- 7:00 pm

Saturday, October 14 -- 11:00 a.m.

Saturday, November 11 -- 11:00 a.m.

December TBD

Spring Grove, MN 55974

Feb/March 2023