

THE VALHEIM TIDENDE



Volume 21 Issue 4

Spring Grove, MN 55974

July/August 2019

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Vice Pres.	Thomas Trehus
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Social/Cultural	Lee Grippen
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SUMMER! JULY MEETING

If you think you missed our regular 2nd Thursday monthly meeting....you didn't! This month we meet with Westby Solvang Lodge, and we will be traveling to La Crescent, **Thursday, July 25**. The meeting is at the La Crescent Fire Hall/Community Building, 336 South 1st St, La Crescent, which is where we met last summer with Solvang Lodge.

5:30 to socialize, 6:00 PM **POTLUCK** supper with the program to follow. The program is an exciting re-enactment of the saga of the first recognized Norwegian Emigrant Ship – “Restauration”.

Please spread the word to anyone, friends, neighbors, etc. The program should be very fun and informative! Westby is providing BBQ and buns, coffee and lemonade, paper products and plates, condiments, etc.

If you would like to Car Pool, meet at Trinity Church in Spring Grove at 5:00.

AUGUST MEETING

Thursday, August 8
we host Winona Lodge at Giants of the Earth Heritage Center. It also will be a **potluck** meal. We will have social at 5:30, eat at 6:00, with Program to follow. The program will be “The Murder of Clara Olson” by Larry Scheckel.

Servers in charge of the potluck are Audrey Almo, James Skree, Judy Tollefson, Rachel Storlie, and Mike Schmidt.

Hope you can make it!

**SONS of Norway Solvang Lodge of Westby, WI
INVITES**

VALHEIM LODGE of Spring Grove, MN
to their July Meeting which will be held in LaCrescent, MN
Thursday, July 25th
at the LaCrescent Community Building/Fire Department
336 South 1st Street



6:00 Pot Luck Supper

Solvang Lodge will provide BBQ and buns, coffee and lemonade, paper products and plates, condiments, etc. We ask all families to bring a pot luck item of your choice to add to the supper.

7:00 Program

“Someone Had To Be First”: *Re-enactment of the 1st Recognized Norwegian Emigrant Ship Saga! “Restauration”.*



JUNE MEETING



Joe Morken, shared his story with many photos, of his trip to Iceland, Denmark, Sweden and Norway that he and a friend had taken two years ago. In Norway, he was able to visit the Morken farm, which gave his trip special meaning.



(above) Joe fields a question from Richard Storlie
 (left) Joe with his uncle, Don & Jane Morken, Grandma Lois Morken, and dad, Bob Morken



Lee Grippen and Joe Morken

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.

JUNE BOOK CLUB

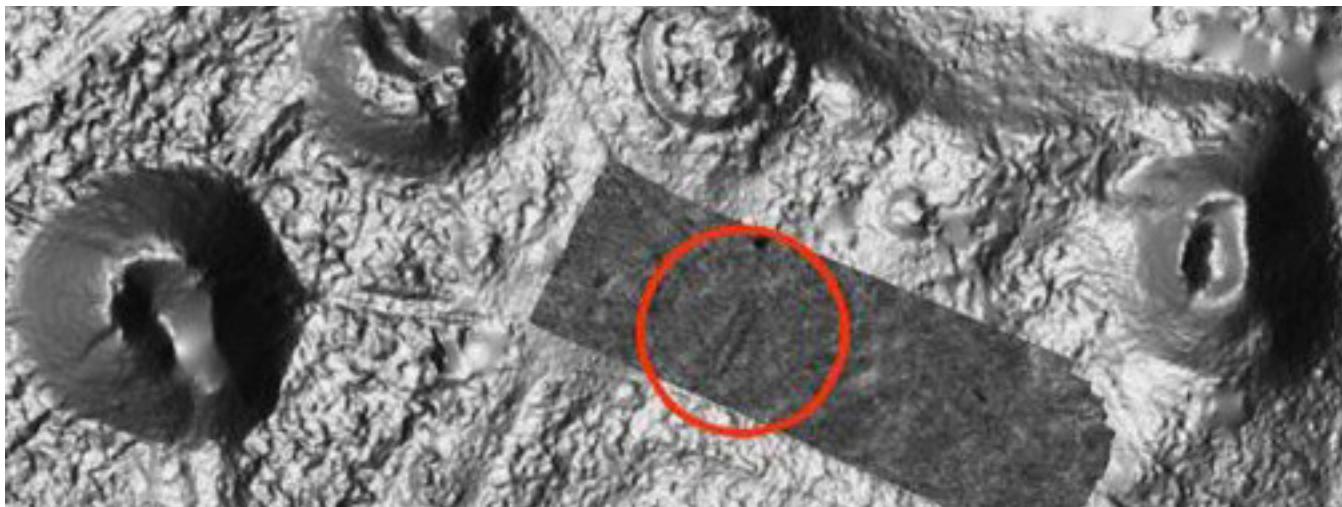


We had a delightful afternoon discussing the books of Laura Ingalls Wilder and we were fortunate to have Elaine Myhre Hegg of Waterville, IA as our guest speaker. Elaine shared many interesting facts of Laura and her life as she played the part of Laura. Elaine added many details in addition to what the book about the Ingalls family in Burr Oak mentioned.

Audrey and Judy each shared a delicious cheesecake with us after the discussion along with coffee.

After much discussion, it was decided to meet at the Spring Grove Manor from now on. We met at the City Council Chambers for the June Book Club.





TODAY'S TECH REVEALS VIKING BURIAL SHIP

One can only imagine what the Vikings of old would think if they knew the burial ship of their long-entombed brethren was discovered millennia later by technology known as ground penetrating radar (GPR).

That is exactly what happened in March 2019 in the well-known Borre National Park in Vestfold County, south of Oslo, where a team of experts discovered the outline of the Viking vessel by using GPR. The exciting find complements an array of other Viking graves and burial mounds in the park, the most anywhere in Northern Europe. Some of the graves are estimated

VIKING BURIAL SHIP

to date back to the seventh century. The "boat graves" are believed to be the final resting place of Vikings belonging to the upper-echelon, including kings.

GPR uses radar pulses to image the subsurface and detect objects via reflected signals. The method is used in industries such as building construction and archeological projects and does not disturb objects revealed by the technology.

For now, those resting in peace will remain so; there are no immediate plans to unearth the ancient Viking tomb.

GREENEST WAYS TO TRAVEL NORWAY

Norway's efforts toward the use of eco-friendly and renewable resources have earned it a spot on the top 10 list of greenest countries on earth. Transportation is a primary focus of Norway's commitment to reducing pollution and carbon production. Here are a few options to help you navigate the country and support a clean environment for all.

One way to travel green is by taking an electric city car. There are more than 10,000 charging stations across the country. Electric cars have gained such popularity in Norway that, for the first time ever, they now outsell traditional cars. To travel the coast, book passage on

a Hurtigruten ship propelled by liquid natural gas and battery power. All Hurtigruten ships will be hybrid by 2021. One of the most popular ways to travel Norway is by taking the train. Electrically powered, the train will take you on the trip of a lifetime through fjords, mountains and scenic countryside.

Next time you're traveling through Norway, consider taking an eco-friendly form of transportation.

To learn more about how Norway is going green, visit <https://bit.ly/2Wz9I46>

VALHEIM LODGE 90 YEARS YOUNG

December 7, 1928 Even B. Ager organized Valheim Lodge #364. That means we are over 90 years old, and we are going to celebrate!

At our June meeting a committee was formed (Jim & Karen Gray, Jackie Parker, Loretta Knutson, Lee Grippen & Karen Fried). They are meeting this week to start planning a celebration that hopefully will happen in November. The committee will keep you posted as they progress.

If you have any ideas or thoughts about the celebration, please let one of the committee people know.

Gratulerer med vårt jubileeum! (Happy Anniversary to us!)



Condolences to the

Edith Nerstad family. Edith had been a long time member of Sons of Norway, and always had so much to contribute. She loved to read, and enjoyed being part of the Book Club. She was shy of her 101st birthday. She will be missed

John Nerstad family. A brother to Loretta Knutson, and father to JC Nerstad.

Gordon Pitel family. Gordon had been very active in Valheim lodge at one time.

Evelyn Veldez family- An aunt to Larry Lane

~~~~~  
Continued  
Healing  
Wishes to

Morris Tweeten,  
Lorraine Hagen,  
and Mavis Johnsrud



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.



## 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!

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

VELKOMMEN

# NORDIC FEST since 1967 DECORAH, IOWA

NORWAY SWEDEN FINLAND DENMARK ICELAND PARADE

RØMMEGRØT lutefisk VARME PØLSE smørkaker

UFF DA LEFSE MUSIC

KUBB craftshow NISSE ROCK THROW

VÆR SÅ GOD

JULY 25-27, 2019 DECORAH IOWA

A vibrant poster for Nordic Fest in Decorah, Iowa, featuring the text "VELKOMMEN" at the top, followed by "NORDIC FEST since 1967 DECORAH, IOWA". The poster is filled with large, stylized text in red and blue, including "NORWAY SWEDEN FINLAND DENMARK ICELAND PARADE", "RØMMEGRØT lutefisk VARME PØLSE smørkaker", "UFF DA LEFSE MUSIC", "KUBB craftshow NISSE ROCK THROW", and "VÆR SÅ GOD". It also features the Norwegian flag and the words "JULY 25-27, 2019 DECORAH IOWA" at the bottom.

# Matlyst Monthly

## AGURKSALAT

(Cucumber Salad)

*Agurksalat is the side dish of summer  
by Christy Olsen; FieldTaste of Norway Editor*

With a little salt, sugar, and vinegar, cucumber slices are transformed into a refreshing side dish. Agurksalat, or cucumber salad, is a classic side dish on the Norwegian table. It is a quickly pickled cucumber salad, often served with fish, such as laks (salmon) or makrell (mackerel).

There are many different variations on agurksalat, this is just one of them.

A few notes:

- English cucumbers are typically wrapped in plastic at the grocery store. The author prefers them because of their thin skin and tiny seeds, but you can substitute regular cucumbers that have been peeled.

- A mandoline slicer makes very quick work of slicing into thin rounds, but a good knife or



an østehøvel (cheese slicer) will also work.

- You can use flat-leaf parsley or it's also really nice with fresh dill.

- Given the brine's acidity, it will keep well in a glass jar in the fridge for several days, but the flavor will grow more intense.

- 2 English cucumbers
- ½ cup white vinegar
- ½ cup water
- 2 tbsps. white sugar
- 2 tsps. kosher salt
- ¼ cup Italian flat-leaf parsley, finely chopped

With a mandoline or sharp knife, thinly slice the cucumber into rounds. Alternatively, slice with an østehøvel (cheese slicer).

In a medium bowl, combine vinegar, water, sugar, and salt. Stir until the sugar is dissolved. Add cucumber slices and parsley to the bowl and toss to combine. Chill in the refrigerator for at least 30 minutes to allow the flavors to marry.

Traditionally served a side dish for fish, it is a delightful summer accompaniment for any dinner or picnic.

*This article originally appeared in the June 28, 2019, issue of The Norwegian American. To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.*

## VAFLER MED SITRONSMÅK

(Lemon Waffles)

Ingredients

- 5 eggs
- 1/4 cup sugar
- 1 cup flour
- 1/2 tsp. lemon peel (freshly grated)
- 1 cup sour cream
- 1/4 cup butter, melted
- 1 tsp. lemon juice, fresh

Directions

Sift together the flour and freshly grated lemon peel.

Beat eggs and sugar until thick and fluffy, about 10 minutes.

Alternately fold in the flour and sour cream. Stir in the melted butter and lemon juice.

Set batter aside to rest 10-15 minutes.

Heat a heart-shaped waffle iron. It is hot enough when drops of water sprinkled on its surface sputter. Pour approximately 3/4 cup batter into the center of the iron.

Lower cover and bake until the steaming stops, 30-60 seconds on each side. Do not peek during baking period.

Makes 6 waffles.



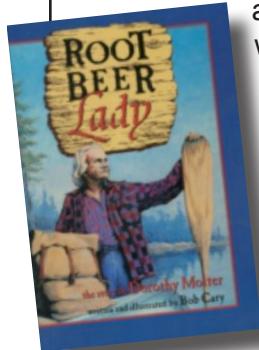
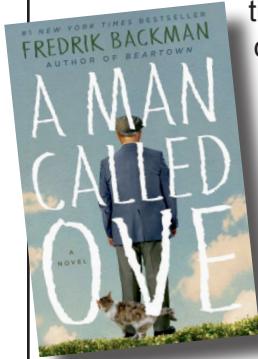
*Recipe from "Ekte Norsk Mat—Authentic Norwegian Cooking," available for purchase through the Vesterheim book-store. [www.vesterheim.org](http://www.vesterheim.org)*

# ACTIVITIES

## BOK FORENING

(Book Club)

**There is a change in location for the Bok Forening (book club). From now on, they will be meeting at the Spring Grove Manor.** Same time, 2:00 p.m. the third Tuesday, different place.



For July, they will be watching the movie "A Man Called Ove" which is based off of the book by Fredrik Backman with the same name. This movie, set in Sweden, tells the story of Ove, who can best be described as a curmudgeon. The story takes place after the death of his wife, and shows how healing can occur with the unlikeliest of people, in the unlikeliest of ways.

In August, the book is "Root Beer Lady" by Bob Cary. An ice-cold glass of root beer and a warm welcome greeted thousands of weary paddlers who stopped at the Isle of Pines to meet Dorothy Molter, the courageous, independent woman who

became a North Woods legend. Bob Cary, Dorothy's longtime friend, captures her life and spirit in Root Beer Lady. Join the conversation! If you have any questions contact Geneva Tweeten.

## NORSKEDALEN

Coon Valley, WI

608-452-3424 email: [info@norskedalen.org](mailto:info@norskedalen.org)  
[www.norskedalen.org](http://www.norskedalen.org)

### Threshing Bee Dinner

The Threshing Bee was a time when neighbors came together to help each other with the harvest. While every family would bring food to share, it fell to the host family to insure that there was enough food for all. The result was a feast of farm-fresh foods second to none, and friendships that span the generations.

The Threshing Bee Dinner will wrap up the Music in the Valley series on Wednesday, August 8th, 5:30 – 7:30 pm, and celebrate the friendships that define Norskedalen! All are welcome to enjoy the evening and the live music.

## JULY/AUGUST

|                  | 1                     | 2                           | 3                              | 4                          | 5                  | 6                 |
|------------------|-----------------------|-----------------------------|--------------------------------|----------------------------|--------------------|-------------------|
| 7                | 8<br>Darrell Sinclair | 9                           | Board Meeting 1:00 @ Ivy Grove | 11                         | 12                 | 13                |
| 14               | 15                    | 16<br>Book Club             | 17                             | 18                         | 19                 | 20                |
| 21               | 22                    | 23<br>Rachel Storlie        | Sons of Norway Meeting 6pm     | 26<br>Judy Tollefšrud      | 27                 |                   |
| 28<br>James Gray | 29                    | 30                          | 31                             | 1<br>AUGUST                | 2<br>Thomas Trehus | 3                 |
| 4                | 5                     | 6                           | 7                              | Sons of Norway Meeting 6pm | 9                  | 10                |
| 11               | 12                    | 13                          | 14                             | 15                         | 16                 | 17                |
| 18               | 19                    | 20<br>Book Club             | 21                             | 22                         | 23                 | 24                |
| 25               | 26                    | 27<br>Gratulerer med dagen! | 28                             | 29<br>Dale Buxengard       | 30                 | 31<br>Sibyl Floyd |

## VESTERHEIM

Decorah, IA [www.vesterheim.org](http://www.vesterheim.org)

**Free First Thursdays**--Vesterheim offers free admission to the museum the first Thursday of the month

### SPECIAL EXHIBITS

National Norwegian-American Folk Art Exhibition

On view June 21 - July 27, 2019

*What's happening today in the world of Norwegian-inspired folk art?*

*Find out at The National Norwegian-American Folk Art Exhibition, a collection of amazing work by fantastic contemporary artists from all over the country, open at Vesterheim from June 21 through July 27.*

### Tattoo: Identity Through Ink

*For more than 5,000 years, tattoos have been used to document the history of humanity one painful mark at a time. Spanning cultures and continents, tattooing has adorned European nobility and Native Americans, celebrities and Scandinavian sailors, punks and presidents, and seemingly everyone else in between. Today, tattoos have never been more popular.*

*June 1, 2019 - April 26, 2020*

# BARNETOGET



The weather did not want to cooperate, so the children had an indoor Barnetoget. We had lots of great help getting the hotdogs rolled up in lefse and into the children's hands

# SYTTENDE MAI



Jackie organizing our baked goods



Karen & Audrey's friend minding the goods



Loretta & Jackie taking care of business!



Audrey telling us how to braid rugs



Steve sharing his carvings



Georgia making strul



Karen flipping the lefse

Thanks to all who made our Syttende Mai Bake Sale and Demonstration Event a SUCCESS. Lots of baked goods, many helping hands and good weather.



Alex & friend from Luther checking out the Book Club Display



**A boat load of trouble!!**

Thank you Jim Gray for revamping the steps to get into the boat, getting the skirt on the boat and for driving us through the parade.

Thanks to everyone who road in the boat, including the Thankful Brass.



The rommegrot family!  
Janet with her granddaughter, and daughters (Shelly, Teresa & Darlene)

Sons of Norway  
Valheim Lodge 1-364  
Georgia Rosendahl &  
Karen Fried  
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## Return Service Requested



July/August 2019

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

## UPCOMING 2019 PROGRAMS



### Thursday, JULY 25, 6:00 pm

**Guests of Westby Lodge..**

#### **At LaCrescent Fire Hall -- POTLUCK**

Program: Re-enactment of the saga of the first recognized Norwegian Emigrant Ship – “Restauration”.

### Thursday, AUGUST 8, 7:00 pm Winona Lodge **our guests -- POTLUCK**

#### **The Murder of Clara Olson**

with Larry Scheckel

**Servers:** Audrey Almo, James Skree, Judy Tollefson, Rachel Storlie, Mike Schmidt

### Thursday, SEPTEMBER 12, 7:00 pm

#### **Norwegian woodcarving styles**

with Judy Gates

**Servers:** Lee Grippen, Howard Burtress, Janice Dokken, Adell Twite

### Thursday, OCTOBER 10, 7:00 pm

#### **Norwegian Civil War Regiment**

with Dave Glomstad

**Servers:** Jim & Karen Gray, Bonnie & Vance Haugen

### Thursday, NOVEMBER 14, 7:00 pm

#### **Sons of Norway Foundation**

with Blaine Hedberg

**Servers:** Geneva Tweeten, Robert Newhouse, Jim Wilhelmson, Laura Thorson

### DECEMBER 12----

#### **Annual Christmas party**

**Christmas Party!** **Servers:** Bill & Karen Fried