



VALHEIM TIDENDE



Volume 26 Issue 6

Spring Grove, MN 55974

Nov/Dec 2024

Fall Into More Fun!

A BIG THANK YOU to all of our lodge members who made our Uff Da Fest activities great successes!

And now on to more fun events!

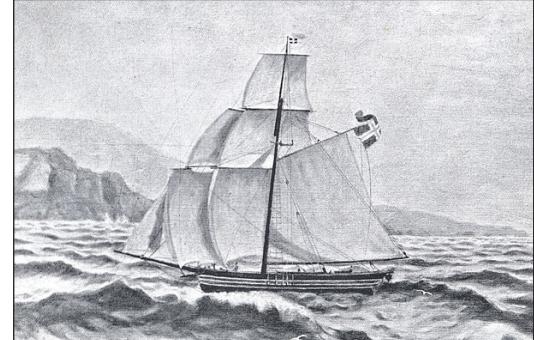
Join us for our NOVEMBER MONTHLY MEETING

Our November monthly meeting will be **Saturday, November 9,**

11:00 a.m. at Giants of the Earth Heritage Center.

July 4, 1825 the small Norwegian ship, the *Restaurasjonen* (Restoration) sailed from southwest Norway with 52 emigrants, most of whom were seeking religious freedom. It arrived in New York, fourteen weeks later, October 9, 1825. This is noted as the first major emigration from Norway to America. In the following years, through 1920, over 800,000 Norwegians left their homes and moved to other countries. The Restoration is often called the "Norwegian Mayflower."

What the Restoration may have looked like.



Passengers on this sloop and their descendants are often called the

"Sloopers" ("sluppfolket" in Norwegian). 2025 marks the 200th year of this first major emigration, and to kick off this coming year of celebrations, we will have Dale Goodman from the

Decorah area, sharing with us his connection to the Restoration.

First we will have our program, then a quick business meeting followed by a potluck lunch.

Please bring a dish to share.



Join us for our DECEMBER MONTHLY MEETING! It will be Our Annual Sons of Norway

CHRISTMAS PARTY!!!

Friday, December 13, 5:00 pm

at Giants of the Earth Heritage Center

5:00 - 5:30 Social Half Hour

5:30 Christmas Meal

After we are full of good food,

we will have a Sing-Along

followed by a White Elephant Gift Exchange!

HOPE YOU CAN ATTEND!!

This is NOT a potluck...

Just bring your holiday spirit and a White Elephant Gift to Exchange!

This is a great time to regift that special gift you may have received!

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



September Meeting

What a fun evening with Rebecca Hanna! At our September meeting she integrated her love of carving with the story of the Norwegian Primstav Calendar Stick which has carvings on it depicting special days...like when you should have your mittens made for winter.



Nora encouraged us to "get moving" and work on SofN Sports Medals!



(above photo) Some of the symbols that a primstav would have on it

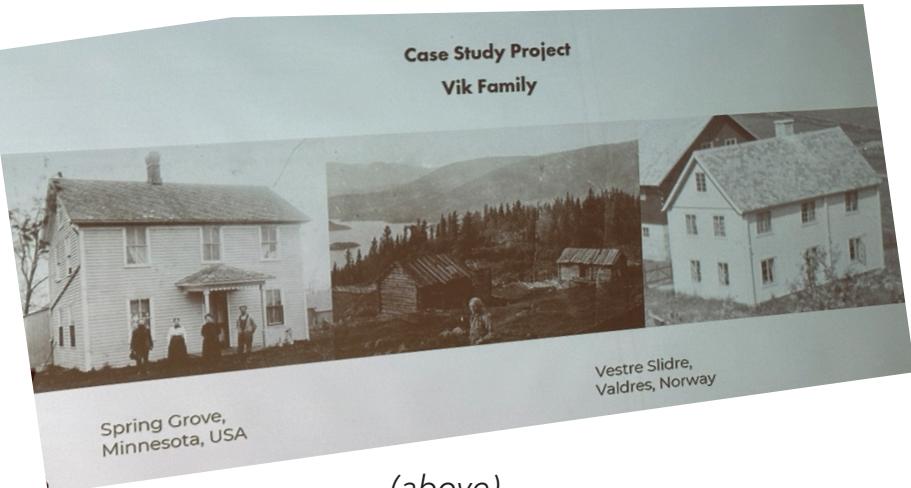
<< (left) Rebecca holding a Primstav that she has made.



President Karen told us all about the upcoming Uff Da Fest activities.

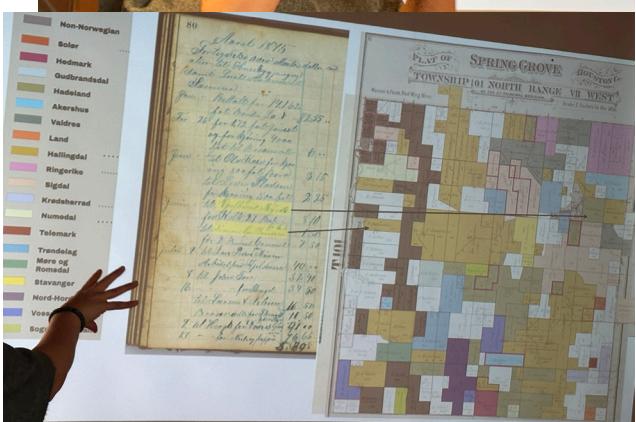
October Meeting

Saturday, October 12th we learned much about how the architecture of homes in Norway can be found right here, in our neighborhoods in Spring Grove and surrounding area. It was so much fun to hear from Miranda Moen Fadness, who is excited and passionate about her architectural studies and eager to share what she finds with others.



(above)
Comparing homes in Valdres Norway to Spring Grove, MN

(left) Miranda is working on color coding the farms in Spring Grove Township to where the first immigrants were from in Norway, and then comparing architecture of the two areas.



Uff Da Fest 2024 Photos!!



Kaffe Mat

Kaffe Mat...was a success with lots and lots of wonderful baked goods,
<< good helpers



...and the many people came to enjoy the food, live music, and some coffee!



<< Arland Folstad and Audrey Almo >> sharing their wonderful musical talents!! Thank you!



2ND ANNUAL HOT DISH CONTEST

We did not have as many entries as last year, but they were ALL just as amazing! Thanks to everyone who entered, everyone who came to be judges and all of you who helped out!



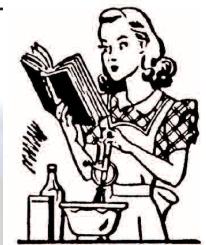
(above) First Place - Sue & Dale Scobie with their Morel Mushroom Hotdish. (upper right) Second Place - Jean Young with her Wild Rice & Vegetable Hotdish (right) Third Place

- Audrey Almo with her "I'm Dreaming of a White Castle Hot Dish". Congratulations to these winners! And also, congrats to everyone who entered, all the hotdishes were AMAZING!! Thank you for helping make it a successful event!

(above) "Judges" Truman and Juanita scooping up some goodness!



Lingonberry Cardamom Tart



This tart is as beautiful as it is rich, tart, sweet, spicy, savory and delicious, which will soon make it a family favorite.

Barrett Bridenhagen of Dirty Laundry Kitchen

Prep time: 1 day, 1 hour 30 minutes

Cook time: 1 hour 25 minutes

Ingredients:

- 1 1/2 cups or about 5 oz. fresh cranberries
- 1/2 cup plus 1/3 cup granulated sugar, plus more for sprinkling
- 1 Tbsp. water
- 1 egg white
- 8 oz. lingonberry jam
- 10 Tbsp. unsalted butter room temperature
- 3 large eggs
- 1/2 tsp. pure vanilla extract
- 6 oz. or about 1 1/4 cups slivered almonds
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 1/4 tsp. salt

Pâte Sucrée (Sweet Crust) Ingredients

- 1 1/4 cups all-purpose flour
- 4 1/2 tsp. granulated sugar
- 1/4 tsp. salt
- 1 stick cold unsalted butter, cut into small pieces
- 1 large egg yolk
- 2 Tbsp. ice water

Instructions:

1. To start, make the pâte sucrée crust.
2. Pulse flour, sugar, and salt in a food processor until combined.
3. Add butter, and process until mixture resembles coarse meal, about 10 seconds, or use a pastry blender or two knives to combine.
4. Lightly beat egg yolk with ice water.
5. With processor running, add yolk mixture in a slow, steady stream through the feed tube and process until dough just holds together (no longer than 30 seconds).
6. Turn out onto a work surface and shape into a disc.
7. Wrap in plastic and refrigerate for at least 1 hour (or up to 2 days).
8. Put fresh cranberries, 1/3 cup sugar, and the water into a saucepan over medium heat and cook.
9. Stir to dissolve sugar, until cranberries have just softened. 3-5 minutes.
10. Remove from heat and cool completely.



11. On a lightly floured work surface, roll out pâte sucrée dough to a 12-inch circle, 1/8 to 1/4 inch thick.
12. Transfer to an 8-by-2-inch springform pan, pressing crust into bottom and up sides. Trim excess flush with rim. Refrigerate 30 minutes.
13. Preheat oven to 350° F. Prick tart crust all over with a fork. Line dough with a round of parchment paper and fill with pie weights (or dried beans). Bake 10 minutes.
14. Beat egg white.
15. Remove weights and parchment and brush crust lightly with egg. Return to oven and bake until pale golden (25 minutes). Reserve remaining egg white.
16. Let crust cool in pan on a wire rack for 10 minutes.
17. Raise oven temperature to 375° F.
18. Spread jam over bottom of tart crust.
19. Beat butter and remaining 1/2 cup sugar with a mixer on medium-high speed until pale and fluffy (3 minutes).
20. Add eggs, 1 at a time, beating well in between. Beat in vanilla.
21. Reduce speed to medium. Slowly add ground almonds, cinnamon, and salt and beat until just combined.
22. Spread mixture over jam-covered crust.
23. Bake tart until filling is set and has darkened slightly (45+ minutes. If top darkens too quickly, cover loosely with foil).
24. Remove tart from oven, brush top with remaining egg white and sprinkle with sugar. Return to oven and bake for 5 minutes more.
25. Let cool on a wire rack for 15 minutes.
26. To serve, remove from pan and top with candied cranberries. Slice. Add a dollop of crème fraîche to bring it to the next level. And who wouldn't want to do that?

Notes

It's easy to spread this recipe out over a couple of days. Make a day ahead if you like. Store on the counter, wrapped. Serve warm or at room temperature.

SONS OF NORWAY MISSION STATEMENT

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

Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be "cranberry." But if you've recently had lunch at IKEA, you might default to answering "lingonberry." Are there differences, and if so, what are they?

Let's start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.



They look quite a bit alike...
above, Lingonberries
below, Cranberries



Nora Beckjord awarding Wendi Storhoff her Bronze Medal

SONS OF NORWAY SPORTS MEDALS!

REQUIREMENTS FOR IDRETTSMERKE MEDAL

Age	Bronze	Silver	Gold	Enamel
14-40	1200	1500	2700	3600
41-55	1275	1800	2400	3300
56-70	1050	1500	1890	2400
71+	900	1200	1560	1980

Activity	Duration	Points
Aerobics (Land)	10	10
Aerobics (Water)	10	12
Backpacking/Hiking	10	6
Badminton	10	5
Baseball	10	8
Basketball	10	15
Bowling	10	5
Broombal	10	12
Curling	10	5
Dancing	10	6
Football	10	12
Golf	10	5
Handball	10	8
Jogging	10	10
Kayaking	10	12
Rollerblading	10	8
Jumping Rope	10	12
Rowing	10	12
Soccer	10	15
Tennis	10	12
Volleyball	10	8
Walking	10	4
Weightlifting	10	15
Wrestling	10	15

Congratulations to Wendi Storhoff for receiving her first sports medal...

....and the first sports medal given out in our Lodge in quite some time!

You can receive sports medals in biking, hiking, swimming, skiing and general fitness. Included here are the General Fitness (Idrettsmerke) requirements. Earn points by doing an activity for a certain duration (the chart is in minutes); earn points; keep track; meet the required points for your age group; let Nora Beckjord know! Once you earn a medal, you restart tracking for the next medal. Find out more info on the Sons of Norway website.

VALHEIM BOOK CLUB!

The Rømmegrøt Diet



Reflections on the
Norwegian Immigrant Story
by Rolf Svanoe



Rolf Svanoe with
his book "The
Rømmegrøt Diet".

November Book Club will feature guest author, Rolf Svanoe. He will join us on **Saturday, November 16th** to discuss "The Rømmegrøt Diet". In Rolf's booklet, he tells the story of Norwegian emigration to the United States and the many kinds of porridge brought to this country. Through personal stories, Rolf conveys what life was like in Norway in the 19th century and what drove many Norwegians to seek a better life in America.

This is a quick, interesting read. We hope many of you will attend, along with any of your friends! Open to the public.

10:30 – 11/11:15AM* – book club discussion led by Rolf Svanoe

11:15 – potluck brunch/lunch - please bring a dish to share; rømmegrøt will be provided

Signed copies of "The Rømmegrøt Diet" are available at Giants of the Earth. (*Note – there will be an option for remote individuals to join via Zoom).



Scenes from the September book club discussion of "Swede Hollow". Thank you to Wendi Storhoff for sharing a very interesting slide show of Swede Hollow in St Paul, today and in days past.

November/December

							1	JC Nerstad Ashley Schwartzhoff	2	Judy Berg
3	4	5	6	Geneva Tweeten	7	Jill Storlie	8	Aiden Fort	9	Monthly Meeting 11 am @ Giants
10	11	12	13		14	Lynn Susag	15		16	BOOK CLUB 10:30
17	18	19	20	BevAnn Breyig Sean Young	21		22		23	
24	25	26	27		28	Bonnie Haugen	29		30	
1	2	3	4		5	Lawrence Knutson	6		7	
December				Board Meeting 4:00						
8	9	10	11		12	Wendi Storhoff	13		14	CHRISTMAS PARTY 5pm@ Giants
15	16	17	18	Kinley Meiners	19		20		21	BAKE SALE 10-noon
22	23	24	Izaak Morken		25	CHRISTMAS	26	Georgia Rosendhal	27	Julefest
29	30	31	Sharon Auna Nora Beckjord							

*Gratulerer
med dagen!*

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>

Sing A New Julesang

What is your favorite Norwegian Christmas carol? Chances are, if you live in the US or Canada, it's Jeg Er Så Glad Hver Julekveld, a song written by Marie Wexels, published in her 1860 collection of children's songs. This carol gained popularity just as Amerika fever broke out, and was carried cross the Atlantic on the lips of Norwegian immigrants.

A much newer carol with similar staying power is En Stjerne Skinner i Natt—A Star Shines Tonight. With a melody by composer and music professor Tore W. Aas and words by pastor and prolific lyricist Eyvind Skeie, the text to both carols mention an angelic chorus, the newborn child in the manger and bring stars shining above. While Jeg Er Så Glad remembers the prayers of the little ones, En Stjerne underscores peace on earth.

Both of these carols became the most famous work by their respective authors.

In 1992, the Oslo Gospel Kor (choir)—founded by Aas—was in the studio, and the song was written in time, to be added to their Christmas album. Three decades later, En Stjerne Skinner i Natt has been incorporated into several songbooks and recorded by a score of other artists.

Listen to this new classic on YouTube:

<https://www.youtube.com/watch?v=BhwKEv51dIM>



CHRISTMAS IS COMING!!!

NORWEGIAN CHRISTMAS AT VESTERHEIM

Saturday, December 7, 10am - 4 pm

CHRISTMAS OPEN HOUSE

at the Houston County Historical Society in Caledonia

Saturday, December 7, 10am - 3 pm
& Sunday December 8, noon - 3:00 pm

LUREN CHRISTMAS CONCERT

Sunday, December 15 in St. Lucas, IA

JUELETREFEST at Giants of the Earth

Saturday, December 28, Time TBA



Oslo Gospel Kor (choir)

EN STJERNE SKINNER I NATT

A Star Is Shining Tonight

Tore W. Aas

1. Nå er den hellige time (Now is the holy hour.)
Vi står i stjerne skinn (We are in starlight)
Og hører klokkene kime (And hear the bells chime.)
Nå ringes julen inn. (Now Christmas is being rung in.)

Refrain:

Englene synger høyt i kor

(The angels sing loudly in chorus)

Synger om fred på vår jord

(Sing about peace on our earth)

Verden var aldri helt forlatt

(The world was never completely abandoned)

En stjerne skinner i natt.

(A star shines tonight.)

2. En nyfødt kjærlighet sover (A newborn love sleeps)
Nå er Guds himmel nær (Now God's heaven is near.)
Vår lange vanding er over (Our long walk is over;)
Stjernen har stanset her. (The star has stopped here.)

Refrain:

3. Se himmelen ligger og hviler (Watch the sky rest)
På jordens gule strå (On the yellow straw of the earth.)
Vi står rundt krybben og smiler

(We stand around the crib and smile)

For vi er fremme nå (For we are guests now.)

Her kan vi drømme om den fred,

(Here we can dream of peace)

som vi skal eie en gang (that we should own once,)
for dette barn har himmen med

(for this child has filled heaven)

og jorden fylles med sang. (and earth with song.)

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.

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

Return Service Requested



Nov/Dec 2024

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

lefse~krumkake~flatbread~rømmegrøt~rosettes~sandbakkels~lefse~krumkake
 Sons of Norway
Valheim Lodge #364
ANNUAL
NORWEGIAN BAKE SALE
Saturday December 21
at Giants of the Earth Heritage Center
163 W. Main St, Spring Grove, MN
10 a.m. - noon
or until everything is gone
krumkake~flatbread~rømmegrøt~rosettes~sandbakkels~flatbread

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