

THE VALHEIM TIDENDE




Volume 16 Issue 6

SPRING GROVE, MN 55974

Nov/Dec 2014

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 Linda Nerstad-Kemp

Valheim events between now and the end of the year....

November Meeting, November 13 7:00pm at the Spring Grove Legion. On the agenda: update on Christmas party; update on December bake sale; 2014 ballot. Emma and Lee are working on the ballot for our annual election. Officers needed are: Secretary and Vice President. If you are at all interested in serving our lodge in these capacities, please let Lee or Emma know. Glenn Borreson will be our program sharing historical info about ski jumping in Norway, Wisconsin and Minnesota. Everyone is asked to bring finger foods to share for lunch.

Tuesday, November 18, Book Club at SG Communications, 2:00 pm

Wednesday, December 3 Board Meeting, 4:15 at Ballard House

Thursday, December 11 -- Christmas Party at Ivy Grove.

6-6:30, social half hour. Appetizers will be paid for by the lodge.

6:30 meal. Attendees pay for your own meals. More info at our November meeting as to menu and cost. Most likely the cost will be about \$10/person. Please sign up at our November meeting or let Judy Melbostad know if you plan to attend. We also are asking members to bring item(s) for the food shelf as well as a white elephant gift. We may even have musical entertainment again this year!

Saturday, December 13 --

Norwegian Bake Sale at the Spring Grove American Legion

All members are asked to bring Norwegian baked goods, breads, pies, etc. If you are unable to donate baked goods, we ask that you donate \$20 to the lodge (can be given or sent to Loretta Knutson, 20096 State Hwy 76, Caledonia, MN 55921) Please have your baked items to the Legion by 8:30, packaged and priced. See suggested prices on page 7.

Tuesday, December 16,
 Book Club at SG Communications, 2:00 pm



WESTBY LODGE OUR OCTOBER GUESTS

Solvang Lodge from Westby, Wisconsin were our guests in October. It was a beautiful October evening. During the day Rachel Storlie worked her magic in the kitchen making an amazing chicken rice hotdish. Other Valheim members were at home making salads, desserts and other goodies that were part of the fulfilling evening meal. The serving group came early

and decorated and organized the food that was brought. Lefse was buttered. Coffee was made. When

Solvang Lodge arrived they enjoyed punch and socializing. Anthems were sung, accompanied by Rachel Storlie and lead by Gunnar Tolleson. A good majority of the food was consumed. Everyone then settled back and enjoyed being entertained by a few of Rachel Storlie's music students: Elise and Celia Storlie, Sterling and Gunnar Tolleson. Bill Musser shared an excellent program about the Seed Savers organization and his music group, the Footnotes.

Thanks to everyone who made the night so successful!



PREIKESTOLEN

The famous tourist attraction, Preikestolen, or the Preacher's Pulpit, is getting crowded. In 2014, the renowned cliff received 205,000 visitors due to favorable spring conditions, and in 2015 an additional 70,000 visitors are expected. The steep mountain platform stands 1,982 feet overlooking Lysefjorden, outside of Stavanger, in western Norway. The "pulpit's" nearly flat surface measures about 82 by 82 feet. Now the tourism association has to figure out what to do with the attraction's immense popularity.

Called one of the world's most spectacular views and natural attractions by Lonely Planet, Preikestolen was formed by a passing glacier around 10,000 years ago, and features a dramatic crack along its plateau. Geologists have confirmed that the plateau will eventually

separate and tumble into the fjord, though this will not happen any time soon. Folk tales claim that when seven Lysefjord sisters marry seven Lysefjord brothers, the plateau will plummet, resulting in a deadly tidal wave. Because of the recent increase in tourism the Preikestolen

Foundation is undertaking measures to limit how many tourists may visit the famous cliff at once. "It is quite crowded when there are 500 people up there," says Mayor Ole Tom Guse, in Forsand. He attributes the sharp uptick in visitors to the power of social media and photos of the area's breathtaking landscape. He adds, "The hike up to Preikestolen has come to stay. That is why we eventually have to find a way to regulate the stream of tourists." In 2013, a national scouting camp took place in Stavanger and sent 1,500 scouts per day for four days to the top of the mountain.

Hilde Charlotte Solheim, the Director of Travel and Culture for the commerce federation Virke, thinks Preikestolen's popularity is due to a mix of improved facilities and status. A project in 2013 and 2014 helped make the steep paths more user-friendly. Sherpas from Nepal were hired for a six-month project to widen paths and make them a little less rugged. These updates have already resulted in a drastic reduction of hiker injuries and rescue missions, and have helped ease trail congestion considerably.



TROMSØ: HUB OF THE ARCTIC REAL ESTATE BOOM

Norway's healthiest real estate markets have typically consisted of cities like Oslo and Stavanger, the country's North Sea energy capital. Thanks to a growing local economy, a newcomer is now at the forefront of Norway's real estate market, Tromsø. Known as Norway's "capital of the Arctic," Tromsø is a beautiful city and municipality set among mountains, fjords and islands. Locals and visitors alike enjoy the city's dramatic scenery as well as access to fantastic fishing, skiing and camping. Lying roughly 200 miles north of the Arctic Circle, Tromsø enjoys a warmer climate than other cities along the same latitude due to the Gulf Stream. With a population of 72,000, Tromsø is "the only big city in the northern part of Norway," says Einar Storhaug, an agent with Eiendoms Megler1, Norway's largest broker.

Economic expansion in Tromsø has fueled home prices over the past two years—jumping 10% in 2013 and an additional 8% in the first half of 2014—making the area Norway's most robust property market in terms of growth. Newly constructed higher end homes in the area have been exceeding 7 million kroner, or about \$1.13 million. Among the most prominent new developments in the area is Promenaden, a 62-unit building on the city's main island of Tromsøya. At roughly \$1,365 a square foot, Promenaden's 1,200 square foot penthouses are close to the average cost of apartments in prime locations of Paris.

Jan-Frode Janson, president of SpareBank1 Nord-Norge, credits the real estate boom in Tromsø to the strength of the local economy. Growth in areas such as fishing, construction and oil and gas as well as job expansion by energy companies Aker Solutions and Subsea 7 are expected to bring an influx of international professionals

to the area. In addition to interest among professionals, property directors are also seeing interest among empty nesters who have sold their family homes and are looking to relocate.

September Book Club well attended

Thanks to Geneva Tweeten for arranging to have Howard Sherpe, author of "Over the Back Fence" (and seven other books) September Book Club was very well attended.

(l-r)Richard Storlie, Morris Tweeten, Stewart Storlie, Geneva Tweeten, Darrell Sinclair, Oranda Sinclair, Judy Melbostad, Emma Lansom, Georgia Rosendahl, Glorianne Knox, Audrey Almo, (front row) Vernon Roble, Lee Grippen, the Sherpe's and Lorraine Hagen

MONTHLY MEETINGS

September 3, 2014

The Executive Board of the Sons of Norway Valheim Lodge 1-364 met on Wednesday, September 3, 2014, in Heritage Hall of the Giants of the Earth Heritage Center at 4:15 p.m.

Vice-President David Peterson spoke about the Steam Engine Days parade scheduled for Saturday, September 6, in Mabel, Minnesota and the Viking ship. He and Loretta Knutson suggested that we use cars again this year as Vice-President David is no longer able to set up and return the boat after the parade without additional help. He said he would talk with J.C. Nerstad to see if he may have a vehicle we can use.

It was reported that Winona Lodge enjoyed our visit to them in August and look forward to visiting us next year.

Loretta Knutson reported that her mother, long time member of the Sons of Norway Edith Nerstad, has had no improvement on her leg.

Geneva Tweeten reported that the Book Club will be reading "Over the Back Fence" by Howard Sherpe. There are 7 books in the series. Howard Sherpe was a guest at the last Book Club meeting. Geneva has a video of "Orphan Train" for the September meeting.

We will hold a free will offering bake sale at the Ballard House on Saturday, October 4, during Uff Da Fest, from 10 a.m. til 1 p.m. A member of Giants of the Earth will be available for genealogy research on Saturday as well. Volunteers to date are: Judy Melbostad, Morris and Geneva Tweeten, Lee Grippen, Lawrence and Loretta Knutson, Darrell and Oranda Sinclair. Vice-President David will order, pick up and deliver 50 rounds of lefse to the Ballard House. There was some discussion about entertainment during the sale.

The Trinity Church Fellowship Hall is available for our October 9 meeting when we entertain the Westby, Wisconsin lodge. Jill Storlie will be in charge of the food. She plans to have her hip surgery later in October. President Karen will e-mail Jill about the menu.

The dedication of the Enger Garden and the unveiling of the statue of Sigmund Aarseth will be held on Saturday, October 18, in the afternoon.

Our Christmas party will be held on Thursday, December 11 at the Ivy Grove. Social hour begins at 6 p.m.

Our annual Norwegian Bake Sale will be held on Saturday, December 13 in the American Legion meeting room. Set up begins at 7:30 a.m.. All baked goods should be there by 8:30 a.m. and priced. The sale begins at 9 a.m. Vice-President David will order, pick up, wrap and deliver 100 rounds of lefse for the sale.

Repairs on the Viking ship will be discussed at a future date. We need a new king pin and velcro to attach the skirting to start. We should contact the HIS store to see if they know how they might help us.

*Respectfully submitted
Kati Peterson
Secretary*

September 11, 2014

The September meeting of the Sons of Norway Valheim Lodge 1 - 364 was called to order by Vice-President David Peterson on September 11, 2014 at 7 p.m. in the American Legion meeting room.

The anthems were sung.

Lee Grippen welcomed guests Don and Jill Amdahl.

The baked goods need to be at the Uff Da Fest bake sale at the Ballard House on October 4 by 9:30 a.m., un priced. We will use a free will offering system instead. Direct any questions to Karen Fried or Janet Fossum.

Vice-President David Peterson will order and pick up 50 rounds of lefse.

A motion was made by David Peterson to get at least 3 estimates for a new king pin and installation for the boat hook up. The motion was seconded by Lee Grippen and passed by Sign of the Order. Vice-President David will get the estimates.

Geneva Tweeten reported that the Book Club will be reading books by Howard Sherpe. "The "Across the Back Fence and Down the Road" series has 7 books. Mr Sherpe has been invited to the September Book Club meeting. The Club will be reading "Orphan Train" by Christina Baker Kline in October.

Announcements were:

The scheduled dates for upcoming meatball dinners.

Schie Church will serve at both 11 a.m. - 1 p.m. and 4:30 p.m. until the food is gone.

Waterloo Ridge will hold their Social on October 5.

Beef Dinner in Hokah will be on October 11.

October 11 is a birthday party for Ragnald St. Mary in celebration of her 100th birthday, at the Spring Grove Nursing Home, where she is now living, beginning at 1:30 p.m.

The 2016 International Sons of Norway Convention will be held in Tacoma, Washington.

Morris and Geneva Tweeten are celebrating their 65th wedding anniversary.

Our Christmas party will be held on Thursday, December 11 at the Ivy Grove.

Our annual Bake Sale will be held on Saturday, December 13, at the American Legion.

Westby lodge will be our guests at our October 9th Meeting. We will serve hot dish. The members are asked to bring a salad, vegetable or dessert.

There is an exhibit at Vesterheim that features Spring Grove and children named with traditional Norwegian names. The exhibit is open from September 2, 2014 until April 2015.

Jill Storlie has 7 paintings of Western Norway on display that were done during her 3 month stay in Norway this summer.

Members are asked to think about a destination for a road trip next summer.

Lee Grippen introduced our speakers for the evening, Don and Jill Amdahl. They presented a slide show and commentary about their trip to Trondheim, Norway.

*Respectfully Submitted
Kati Peterson
Secretary*

October 1, 2014

The Executive Board of the Sons of Norway Valheim Lodge 1 - 364 met on Wednesday, October 1, 2014, at 4:15 p.m. in the Giants of the Earth Heritage Center.

President Karen Fried called the meeting to order. She announced that Valheim Lodge had received a check for \$50.00 from District for our membership growth.

The Uff Da Fest Bake Sale will be held from 10 a.m. to 1 p.m. at the Heritage Center on October 4. Janet Fossum requested that several more members bring rommegrott. Please have the baked goods at the Heritage Center by 9:30 a.m. President Karen has 2 new yard signs she will place in the park for advertising. Some of the lefse will be in bags and some will be individually cut, buttered and rolled. Loretta Knutson recently purchased paper goods and coffee. Janet Fossum, Judy Melbostad, Georgia Rosendahl, Geneva Tweenen and Karen Fried will all make extra rommegrott.

Loretta Knutson read her e-mail that was to be sent to the servers for the October 9 meeting to notify them of a planning meeting for that night. We host Westby Lodge at our October meeting. Loretta will stay in contact with Rachael Storlie about making the hot dish. Loretta will be there to help. The Board briefly discussed having Red's make the hot dish in place of the members.

The pulled pork and buns need to be taken out of the freezer at least 1 day before serving.

If the Westby Lodge arrives by 6 p.m. on October 9 we need to have the food at the church by 5:30 p.m. latest. We should probably use larger plates than the usual luncheon size.

Lee Grippen will speak to Jay Tolleson about his son, Gunnar, singing the National Anthem that night. Bill Musser will be the speaker that night.

Members are asked to bring a salad, vegetable or dessert.

Vice-President David reported that he had checked on the small movie screen at the Legion and it was in pretty bad shape. Geneva Tweenen reported that the Book Club will be reading "Orphan Train" by Christina Baker Kline. Geneva will also have the film.

Respectfully Submitted
Kati Peterson
Secretary

October 9, 2014

The monthly meeting of the Sons of Norway Valheim Lodge 1 - 364 was held on Thursday, October 9, 2012, in the Fellowship Hall of the Trinity Lutheran Church. President Karen called the meeting to order at 6 p.m. She welcomed the Westby Lodge, our guests for the evening.

The anthems were sung. Gunnar Tolleson lead us in the National anthem.

Lee Grippen led the Norwegian Table Prayer and explained the plan for serving dinner.

Rachel Storlie played Norwegian Heritage music on the piano. Rachel also accompanied while Elyse and Celia Storlie sang "Let It Go" from the movie FROZEN and Sterling Tolleson sang a solo for us.

Lee Grippen reported that the statue of Sigmund Aarseth would be unveiled the weekend of October 18. He also reported that the Luren Singers would give a concert at Trinity in Spring Grove on the 19th and Viroqua, Wisconsin, on October 26 at 3 p.m.

Geneva Tweenen reported that she had more copies of "Orphan Train" for the Book Club. She also has a film coming.

Lee Grippen introduced Bill Musser, our speaker for the evening. He discussed the Seed Saver exchange as well as The Footnotes, both of these entities are preserving our heritage in two different ways. Seeds and music.

A member of the Westby Lodge thanked Valheim for the invitation, delicious dinner and fine program. President Karen responded with appreciation for their visit.

Respectfully submitted
Kati Peterson
Secretary

Congratulations to Jim and Lois Wilhelmsen--they celebrated 50 glorious years of marriage at an Open House at Trinity Church in Spring Grove on November 2.

Continued healing thoughts to: Jill Storlie, Al Hagen, Edith Nerstad, Angela Murphy, Shelley Jerviss....and also to the many members who have medical issues.

Sympathy to: the family of Norman Storlie. Norman had been a member of Valheim Lodge for 50 years. He was a kind and gentle man and will be missed.



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

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.

Bok Forening

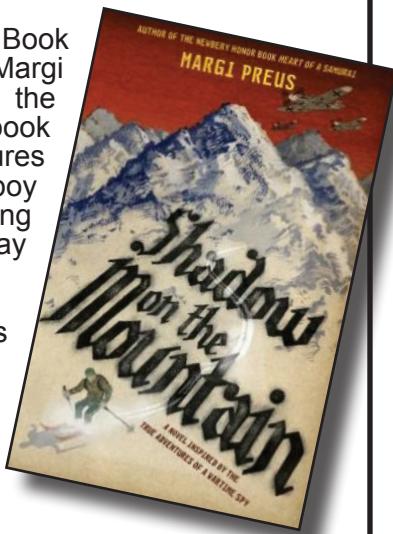
(Book Club)

In November Book Club is reading Margi Preus' "Shadow on the Mountain". The book recounts the adventures of a 14-year-old boy named Espen during World War II in Norway and the resistance.

Geneva also invites attendees to share artifacts as well as stories they have heard of WWII in Norway and the Resistance.

The December read has not been decided upon yet.

For more info on book club, feel free to contact Geneva Tweeten.



Nov/Dec

2	3	4	5	6	7	8	1 JC Nerstad Ashley Schwartzhoff
9	10	Veterans Day Genevieve Bentley	12	13 Monthly Meeting 7:00 p.m. @ American Legion David Peterson	14	15	
16	17	1 Book Club Harriet Ellingson	19	20	21	22	Devon Nerstad Vernon Roble
23	24	25	26		28	29	Bonnie Haugen
30	December 1	2		4 Board Meeting 4:15 @ Ballard House David Virock	5	6	Lawrence Knutson
7	8	9	10	11 Christmas Party @ Ivy Grove 6-6:30 social; 6:30 meal	12		Betty Storlie
14	15	16 Book Club Pearl Holland	17	18	19	20	Genevieve Danielson
21	22	23 Gunnar Tolleson	24 Dylan Orth	25 Izaak Morken	26 Christmas Tree	27	Georgia Rosendahl
28	29	30 Beulah Onstad	31		Gratulerer med dagen!		

VESTERHEIM

Decorah, IA

Check out all the happenings at Vesterheim at www.vesterheim.org

December 4, 2014

Free First Thursday; Activity to be announced.



December 6, 2014

Norwegian Christmas Celebration

This festive celebration features holiday traditions with a variety of music, demonstrations, folk art, stories, food, and hands-on experiences.

December 6, 2014

Chicago Norske Klub

Exhibition opens.

December 16, 2014

Barnetimen (Children's Hour)

For all pre-schoolers and their caregivers. 10:00 a.m., free

NORSKEDALEN

near Coon Valley

Daily admission \$6 for adults,

\$3 for children ages 5 - 17,

\$15 for families (parents or grandparents with their children or grandchildren under age 18)



Norskedalen's 30th Annual Old-Fashioned Christmas

Saturday and Sunday, December 6 10 a.m. - 4 p.m. & December 7th 11 am - 3 pm.

GIANTS OF THE EARTH HERITAGE CENTER



Giants of the Earth will be holding their annual Juletrefest, Saturday December 13, starting at 3:00. A wonderful afternoon with Christmas activities, music and treats.

HOUSTON COUNTY HISTORICAL SOCIETY



The Houston County Historical Society will be hosting their 15th annual Old Fashioned Christmas Open House at the museum by the fairgrounds on Saturday, December 6, 11am – 4pm and Sunday, December 7, 1pm – 4pm. The Flatten-Swenson Pioneer Home and Daley School will be open and decorated. The new museum will hold many holiday displays.

Pumpkin Pie Cake

Recipe from Dode Stotskopf

If you were at our October meeting, this was on the dessert table. Dode, thank you for sharing!

- 29 oz can pumpkin
- 1 cup sugar
- 13 oz can evaporated milk
- 3 eggs
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1 yellow cake mix
- 1 cup pecans and walnuts, chopped as you like
- 2 sticks melted butter or margarine, I use one of each
- 8oz cream cheese
- 1 cup powdered sugar
- 8 oz cool whip

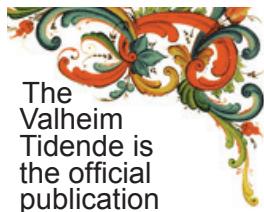


Grease a 9x13 cake pan well. Mix first 7 ingredients together and pour into pan.

Layer with half the cake mix, then nuts, then other half of cake mix. Drizzle the melted butter all over the mixture. Bake at 350°. Test with toothpick.

When cake is cooled, top with: Beat together cream cheese, powdered sugar and cool whip. Beat more gentle than fast and strong. Nice frosting texture.

Frost the cake, sprinkle with nuts. Refrigerate.



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.



Thanks to everyone who brought baked goods for our Uff Da Fest Bake Sale. Thank you to David for getting the lefse and to those who took time to man the event!

Also...a **big thank you** to Judy, Janet, Lee, Georgia, Darrell and Geneva for bringing Norwegian

treats to serve after the unveiling of the Sigmund Aarseth statue at the Heritage Center on October 19.



FOR OUR
DECEMBER
BAKE SALE,
HERE IS A
LIST OF
SUGGESTED
PRICES.

Suggested Bake Sale Prices (December 2014*)			
Fattigman	\$4/dozen	Pizzels	\$4/dozen
Flat Bread(pkg)	\$5 (2 "rounds")	Rosettes	\$8/dozen
Goro	\$5	Sanbakksels	\$6/dozen
Fruit Cake/Julekake	\$5	Angel Food Cake	\$6
Kringle	\$5/dozen	Doughnuts	\$6/dozen
Krumkake	\$6/dozen	Fruit Pie	\$7
Lefse (2/pkg)	\$5	Fudge (6pieces)	\$2 for half dozen pieces
Norwegian Cookies	\$4/dozen	Pecan Pie	\$8
Rømmegrot	\$3 (small jar) \$4 (pint)	Sweet Soup	\$3 /cup \$6/pint
Sweet Breads	\$3 (small) \$4 (average) \$5 (large)	Rømmegrot Bars	\$4/dozen

Sons of Norway
Valheim Lodge 1-364
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Return Service Requested



NOV/DEC 2014

VALHEIM TIDENDE SONS OF NORWAY, VALHEIM LODGE 1-364 SPRING GROVE, MINNESOTA 55974

2014 LUNCH SERVERS

First person is the chairman. This person calls the others on the list. As servers, your responsibilities are to set up the lunch items, provide coffee and other beverages, paper products and clean up.

Each month, ALL MEMBERS bring "finger foods".

November 13, Thursday - Linda Nerstad-Kemp, Thomas Trehus, David Virock, Lois Wilhelmson

December 11, Thursday - Christmas party at Ivy Grove, 6:00-6:30, social; 6:30 meal (has not been finalized, but most likely about \$10/meal); bring a white elephant gift and goods for the food shelf.



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!

Monthly Meetings:

- Lodge meetings are held at the Spring Grove American Legion.
- April, May, June, July, September, October, November, meetings are the 2nd Thursday of each month at 7pm
- January, February, March meetings are the 2nd or 3rd Saturday at 11:00 a.m.
- Potluck Supper is held with the meeting in August
- December we have a Christmas party

