

THE VALHEIM TIDENDE




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SPRING GROVE, MN 55974

Sept/Oct 2015

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Its Fall!

School is back in session, the days are cooler, and activities are picking up for Sons of Norway.

.....Upcoming Events:

Tuesday, September 15, Book Club, 2:00 SG Communications room 103. "Unbroken" by Laura Hillenbrand. Also a video on WWII POW camps in Minnesota

Wednesday, September 30 Board Meeting, 4:00 at Ballard House

Saturday, October 3 UFF DA FEST -- BAKE SALE

Norwegian Goodies and more! at Giants of the Earth Heritage Center

We are asking members to bring Norwegian goodies or baked goods of any kind. This bake sale is an "uff da".... no need to price any of the items, customers pay by donation. We could use some extra helping hands. Bring baked goods by 9:30. Contact Karen Fried for more info.



Thursday, October 8

Regular Monthly Meeting-- Cheryl Jostad will share her father's stories of being a POW during WWII

Tuesday, October 20 Book Club

Thursday, November 12 Regular Monthly Meeting, Blaine Hedberg

Thursday, December 10 CHRISTMAS PARTY

Congratulations to Ragnhild St.Mary, Audrey Almo's mother, will be 101 years old on October 14! Happy Birthday Ragnhild!

Condolences to Ragnhild, Audrey and their family. Ragnhild's sister Valborg Clauson passed away the end of August. She was 94.

Also Condolences to the family of **Agnes Swenson**. Agnes, who turned 100 this summer and had been a member of Sons of Norway for many years, passed away in August.

Healing thoughts and prayers to: Kati and David Peterson, Morris Tweeten, Janet Fossum...and also to the many members who have been doctoring over the summer.

Since our last newsletter we have had several events...

For our **July Meeting** we traveled to LaCrosse and had an evening with the Westby Lodge at Myrick park at the EcoPark Building. ----->

JULY MEETING

It was a wonderful place to hold our joint meeting. If we can make it work, there are hopes to have our joint meeting with Westby at the same place again next year.



^^Above: ^^ A beautiful room to gather in.

<--FOOD!
Entertainment --->
and sing along.

<--Everyone, looks great in their "Norwegian" shirts. Members from Westby and Spring Grove take a group photo.

Westby, Solvang Lodge President, --->
Sandra Iverson,
greets us.



AUGUST MEETING

Our **August Meeting**, we had Winona, NorWin Lodge as our guests. We met at Trinity Lutheran Church.



<--Our delightful food organizers, Lee, Betty, Diane, and Linda.

The Syttende Mai Royalty helped with serving.
Let's EAT!!!



HIGHLIGHTS FROM AUGUST AND SEPTEMBER BUSINESS MEETINGS:

The Boat: We have an amazing boat to have in parades and to have on display. It has a tendency to weave if you drive it down the highway. Do we get a new trailer? No. The major thing wrong with the boat trailer is the king pin. David is working on getting someone to fix the king pin. He is also working on getting enough Velcro to attach the skirting. The Velcro would replace the snaps.

Steam Engine Days Parade: At our September meeting we felt that there were not enough people available to fill the boat, and we didn't have anyone volunteering to drive a car, so we did not participate in the Steam Engine Days parade.

Lunch at Regular Monthly Meetings: After some discussion at our September meeting we voted to go back to the "old" way for serving lunch at meetings. This means there will be 2-4 servers per month, they bring all the food, set up, make coffee, serve, and clean up. No more potluck finger foods. There is a chance that people may have to serve a couple times a year. We still will have potlucks when we have our joint meetings with Lanesboro, Winona and Westby. This will go into affect in January. The next two months, October and November, we will still have potluck finger foods. December is our Christmas party.

Uff Da Fest, October 3. Bake Sale. 10:00 a.m. to 1:00 p.m. at the Giants of the Earth Heritage Center. Lee has asked Audrey Almo if she would play her accordi-

on for some entertainment and he asked Elaine Hegg if she would come and sell her books. If there is any other activity that you would like to see happen at our bake sale, please let Karen or Lee know. All members are asked to bring baked goods, not priced, to the Heritage Center on Saturday, October 3 by 9:30 a.m. If you are able to help set up, come by 9:00; if you are able to help out, we would love to have you.

We tentatively set the December Bake Sale on December 19. This will depend on the availability of the Legion.

SEPTEMBER MEETING

Barbara Scottson share with us how she gathered info and put it together into a book about the Winnebago valley. Pictured Barbara and Karen



Guys Serving Lunch!!
Richard and Stewart Storlie along with Jay Tollefson and his two sons Callaway and Gunner helped serve a fantastic lunch.

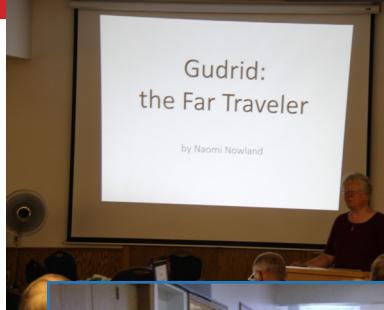


MORE PHOTOS from August Meeting.



Lee,
Edith
and
Audrey

Our program was given by Frieda Nowland.



Pretty Princesses Katelyn and Bree

Letting our helpers eat. 😊



TRIP TO WESTBY

Everyone was invited to go on a **Day Trip to Westby** on August 18. Lee had the whole day planned out. First we toured the Thompson house, which besides being a museum, is home to Westby Area Historical Society. We were greeted here by Blaine Hedberg. Blaine then showed us the way to the Coon Prairie Country Church. A

beautiful country church, with their "town" church less than two miles away.



We ate at Borgen's



After lunch, we toured the amazing Karen Hankee's home. Rosemaling everywhere, and an extensive horse regalia collection including many carriages.



And we ended the day with a quick stop/visit with Howard Sherpee



VALHEIM TIDENDE SONS OF NORWAY



FACTS ABOUT LEIF ERIKSON DAY

Leif Erikson Day - October 9th

Leif Erikson Day is upon us and in honor of the occasion we've put together some facts about the man, the legend and the celebration.

The Name

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling of Leif Erikson.

The Explorer

Leif was born around 960-970 A.D. in Iceland to Norwegian parents, and spent time in Norway and Greenland, so he is claimed by many, while also being referred to as Viking and Norse. He earned the nickname Leif the Lucky after rescuing a crew of 15 shipwrecked Icelanders. Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson was trying to find a place that his friend Bjarni Herjólfsson had told him about—Herjólfsson had sighted the coast in 986, without going ashore. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The Holiday

While Leif Erikson was first acknowledged on a national stage by President Calvin Coolidge in 1925, the official observance of Leif Erikson Day in the United States wouldn't begin until 1964. It was then that Congress approved a resolution proposed by Hubert H. Humphrey, and then Lyndon B. Johnson declared Leif Erikson Day to be October 9th. Almost 40 years prior, Calvin Coolidge had acknowledged the idea that Leif had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and took hold in South Dakota, Illinois, Colorado, Washington and California by 1956.

The Date

October 9th has no special connection to Leif Erikson—there is no record of the actual date that he set foot on North America—but the date plays a role in later Norwegian immigration. On October 9, 1825, the sloop "Restaurationen" landed in New York, carrying the first group of Norwegian Quakers, led by renowned pioneer Cleng Peerson. That passage began a wave of Norwegian immigration that lasted for over 70 years and brought hundreds of thousands of Norwegians to North American shores.

UffdaFest!

October 2-3 Spring Grove, MN • uffdafest.com

Friday, October 2, 2015

7 am - ?	City Wide Garage Sales
12 - 5pm	6th Annual Festival of Quilts Show & Sale at Fest Building; Admission by donation; Demos throughout the day - Quilt Boutique items for Sale
1 pm	Festival of Quilts Documentation Demonstration; Fest Building; Vendors on site - Quilt Boutique items for Sale; Demos throughout the day
8 pm- Midnight	DJ Music - Norski's Saloon

Saturday October 3, 2015

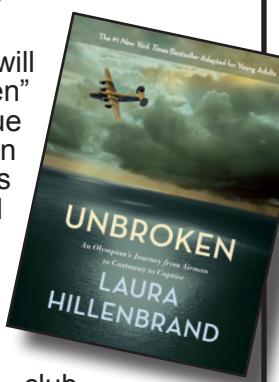
7 am - ?	City Wide Garage Sales
7 am - 6pm	UffDa BBQ Competition (KCBS Rules) - Red's Hometown Market Lawn - Sponsored by Red's Hometown Market; judging begins at 3:00 pm
Time TBD	Scavenger Hunt - Norwegian Ridge Nature & Birding Trails
8:30 - 9:30 am	Registration and Check-in for LØVE LOPE 5k Run/Walk - Sponsored by Spring Grove Lions Club
9am - 3pm	"Rusty Update" Flea Market & Farmers Market
9am - 4pm	Festival of Quilts Show and Sale at Fest Building
9:30 am	Uff-Da Fest Bowl - Flag Football (Grades 1-3 at 9:30am) - Morrie Miller (Grades 4-6at 10:30am) at the Football Field
10 am	LØVE LOPE 5k Run/Walk begins - Sponsored by Spring Grove Lions Club; this is a fund-raiser for community improvements.
10 am - 1pm	Norwegian Goodies - at Giants of the Earth - by Sons of Norway
10:30 am - 2pm	Pork Burgers by the SG Athletic Boosters - Viking Memorial Park
10:30 am - 2pm	Homemade Apple Pie sale - Dollars for Scholars - Syttende Mai Hus
11am - 2pm	Music by Mike McAbee - Viking Memorial Park; RAIN LOCATION: Norski's
11am - 2pm	Old Fashioned Kids' Games - Viking Memorial Park
11am - 2pm	Food-on-a-Stick - Viking Memorial Park Log Cabin
Noon	Bean Bag Tournament - Spring Grove Legion Post 249
Noon - 3pm	Balloons by Kevin - Viking Memorial Park
1pm	Ole & Lena LIVE! - Spring Grove Cinema
1:30pm	Festival of Quilts- Julie Wurzer of Patch Abilities - Trunk Show; Vendors on site - Quilt Boutique items for Sale; Demonstrations throughout the day by vendors and guild members
2 - 6:30pm	Corner Store Beer Tent (BBQ Contest) - at Red's Hometown Market Lawn
3 - 4pm	UffDa BBQ Contest Judging - Red's Hometown Market Lawn
3-6pm	UffDa BBQ Tasting - Red's Hometown Market Lawn
4-6pm	Adult Viking Games - Bale Toss - Rock Throw - Lutefisk Toss - Dunk Tank - Tweenet Healthcare Center Lawn
8pm	Spring Grove Lions Club Truck Drawing at Norski's; Call JC (507.951.0379) for your tickets, or get there early to buy (if there are any left!)
8 pm- Midnight	"Big Liquor" Live Music - Norski's Saloon
8 pm - Midnight	DJ/Karaoke - American Legion Post 249

Event Details &
Registrations online: **uffdafest.com**

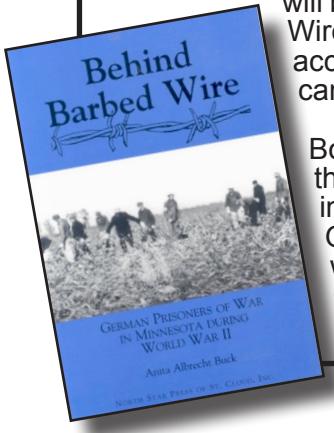
Bok Forening

(Book Club)

In September Book Club will discuss the book "Unbroken" by Laura Hillenbrand. The true story of a young American in Japanese POW camps during WWII. They also will be watching a DVD about POW camps in the United States during WWII.



To follow the theme of WWII, in October book club will be reading "Behind Barbed Wire" by Anita Buck. This is an account of the fifteen POW camps that were in Minnesota.



Book Club meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library. We welcome all to join. Contact Geneva Tweeten if you would like more information.

Sept/Oct

2	3	4	5
Marlys Bjerke	Janice Dokken	Jim Skree	
6	7	8	9
Marland Bjerke	Monthly Meeting 7:00 p.m. @ American Legion	11	12
13	14	15	16
	Book Club	17	18
20	21	22	23
Aubrey Orth		24	25
27	28	29	Board Meeting 4:00 @ Ballard House
Judy Fruechte			OCTOBER
4	5	6	7
			Monthly Meeting 7:00 p.m. @ American Legion
11	12	13	14
			Ragnhild StMary
18	19	Book Club	15
			Georgia Roble
25	26	27	16
Garrett Fort	Jay Tolleson	Howard Burtress Betty Holty Bob Stoskopf	17
		Vance Haugen Darla Nerstad	18
			Leif Erickson Day
			Caleb Nerstad
			Bill Fried
			Kati Peterson
			Dorothy Stoskopf
			Uff Da Fest
			Bake Sale
			Gratulerer med dagen!

VESTERHEIM CLASSES

Decorah, IA

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

Norwegian Stave Container

September 16-20, 2015, with Owen Christianson

Norwegian Pick-Up Bandweaving

September 17-19, 2015 with Heather Torgenrud

Nålbinding—A Practical Fiber Art

September 18-20, 2015, with Kate Martinson

Kolrosing—Wood Incising

September 20, 2015, with Darlene Fossum-Martin

Wheat Weaving for the Holidays

October 16-17, 2015, with Bev Schrandt

Rosemaling Basics for the Very Beginner

October 1-4, 2015, with Patti Goke

Rosemaling in Acrylics

October 23-25, 2015, with Lois Mueller

Carving Christmas Ornaments

October 18, 2015, with Rebecca Hanna

NORSKEDALEN

Coon Valley, WI

www.norskedalen.org

Twilight Tour Historical Walk - September 13

Corn Maze - September

Civil War Immersion -

Saturday and Sunday, October 10 & 11

Ghoulees in the Coulees -

Thursday, October 22: Pumpkin Walk - No Scaring, 530-730 pm;

Friday and Saturday, October 23 & 24: Haunted Hikes. Hike start times from 6PM to 9PM- MUST HAVE PRE-PAID RESERVATION-Call Norskedalen, 608-452-3424!

Old Fashioned Christmas -

December 5 10 a.m. - 4 p.m.
& December 6 11 am - 3 pm

Spring Grove's Perk Up Our Park Day



Saturday, August 15 at Trollskogen Park

The City of Spring Grove invited volunteers to help perk up Trollskogen Park. Our Sons of Norway chipped in. We applied for a Thrivent Grant, which we got, and with the \$250, paint and painting supplies were bought that went into painting the Sons of Norway shelter in the park, as well as some of the other shelters.

It was a warm day, but there was a nice breeze and everyone stayed quite cool in the park. There were a few Valheim members painting, but the bulk of the volunteers were members of the Spring Grove basketball teams, as well as many other towns people.

It's great to work together and see results. All of the park shelters look shiny and bright!



Matlyst Monthly **Fried Brunost with Cloudberries and Parsley**

- 10-14 oz. Brunost brown cheese
- 1½ Cup panko (Japanese style bread crumbs)
- ½ Cup Flour
- 2 Eggs
- 1 Bunch flat leaf parsley
- 4 Cups cooling oil for frying
- 2 Cups of cloudberries
- ½-⅓ Cup sugar



Put the flour, eggs and panko bread crumbs into separate shallow containers. Pie plates or wide bowls are perfect. Wash the parsley and set aside on a towel to dry. Slice the Brunost into

sticks. Dredge the cheese in the egg, flour and bread crumbs. Once you have coated all of the cheese place it on a plate and let it cool in the fridge.

While the cheese is cooling combine the cloudberries, lemon juice, zest and sugar.

Stir gently until the sugar has dissolved. Stir occasionally while you cook the cheese until all of the ingredients are well combined and the cloudberries are lightly mashed.

Add the cooking oil to the frying pan and warm over medium high heat. You want a decent amount of oil in the pan, enough to let the cheese float and fry evenly. Fry the cheese quickly on both sides until it has a golden brown crunchy crust. Set the fried cheese on a paper towel to let some of the excess oil drain. Fry the parsley until it is crisp.

Serve with the cloudberries and parsley.

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

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 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.

Sons of Norway
Valheim Lodge 1-364
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Return Service Requested



SEPT/OCT 2015

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

2015 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".

Thursday, October 8-- Jill Storlie, Mike Schmidt, Judy Tollefsrud, Rachel Storlie

November 12, Thursday - Bob & Dode Stoskopf, Cheryl Skifton, David Virock

December 10, Thursday - Christmas Party! Ivy Grove

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

A photograph of a brown paper grocery bag filled with various food items. Inside the bag are several cans of different sizes and colors, some fresh vegetables like broccoli and carrots, and some small red fruits like tomatoes or cherries.

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!

