



# THE VALHEIM TIDENDE



Volume 21 Issue 3

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May/June 2019

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## Spring--it's here--finally!

We just had our May monthly meeting so time to look ahead. Lots will happen between now and our June meeting.

### May 17 Barnetoget

To kick off Spring Grove's Syttende Mai celebration, there will be a Barnetoget (children's parade) on Friday, May 17. PreK - 6 graders will start at the school a little after 1:00 and walk to Viking Memorial Park (by Trinity church) wearing lots of red and waving flags. At the park there will be some games and a May Pole. WE (Sons of Norway) will be serving all the kids hot dogs wrapped in lefse and Spring Grove pop. If you can help at the park on Friday to get the hot dog/lefses ready and to serve the students, that would be fantastic! Meet at the Log Cabin kitchen anytime after 11:00 a.m. Come and join the festivities!!

### May 18 Syttende Mai Celebration

Many, many events including Classic Car Show, Bingo, Kids Pedal Pull, Nordic Dancers, Musik Fest,etc. <http://sgsyttendemai.com/schedule/>

### BAKE SALE & DEMONSTRATIONS --

We will be hosting our annual Norwegian bake sale and demonstrations. Our hours will be from 9:00 - 3:00 (closed during the parade). We invite everyone to bring baked goods by 8:30 am to the American Legion on that Saturday (May 18). If you can help work, it would be very much appreciated. Let Karen know, or just be there on Saturday. If you would like to demonstrate making a food or a craft or if you know of someone who maybe would demonstrate, let Karen Fried or Lee Grippen know.

### PARADE --

We need people to ride in the boat in the parade! The parade is at Noon. We will be loading the boat north of the Legion between 11:15 - 11:30. The Thankful Brass may be riding with us again, this year. They were a great addition last year. So nice to have music on the boat! Let's get a boat load!!

### JUNE 13, 7:00 pm -- Monthly Meeting

Our June meeting will be at Giants and our program will be Joe Morken-A Journey to Ancestral Homes. He will share with us his recent trip to Norway. Lunch servers are Lawrence & Loretta Knutson, Larry Lane, Georgia Rosendahl.

### JUNE Norwegian Ridge Language Camp --

Be sure to sign up your children, grand children, great grandchildren, and if you are a member of Valheim Lodge, you can get a \$50 scholarship for them

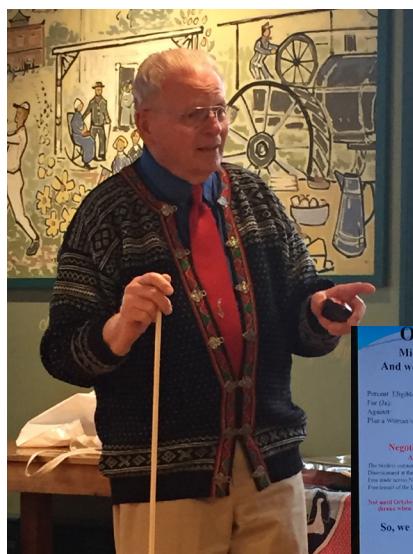
# APRIL MEETING



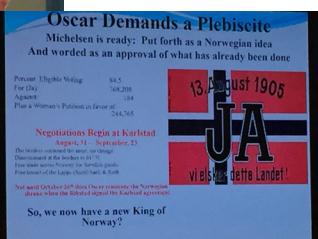
In April many Valheimers journeyed to Lanesboro to enjoy an evening with the Heimbygda Lodge. We learned about the updates they have done to their lodge building and then we were entertained with Irish music from a sister quartet. Of course, as always, we had a fabulous lunch and wonderful fellowship. Thank you Lanesboro, and we look forward to your visit to Spring Grove next April!



## MAY MEETING



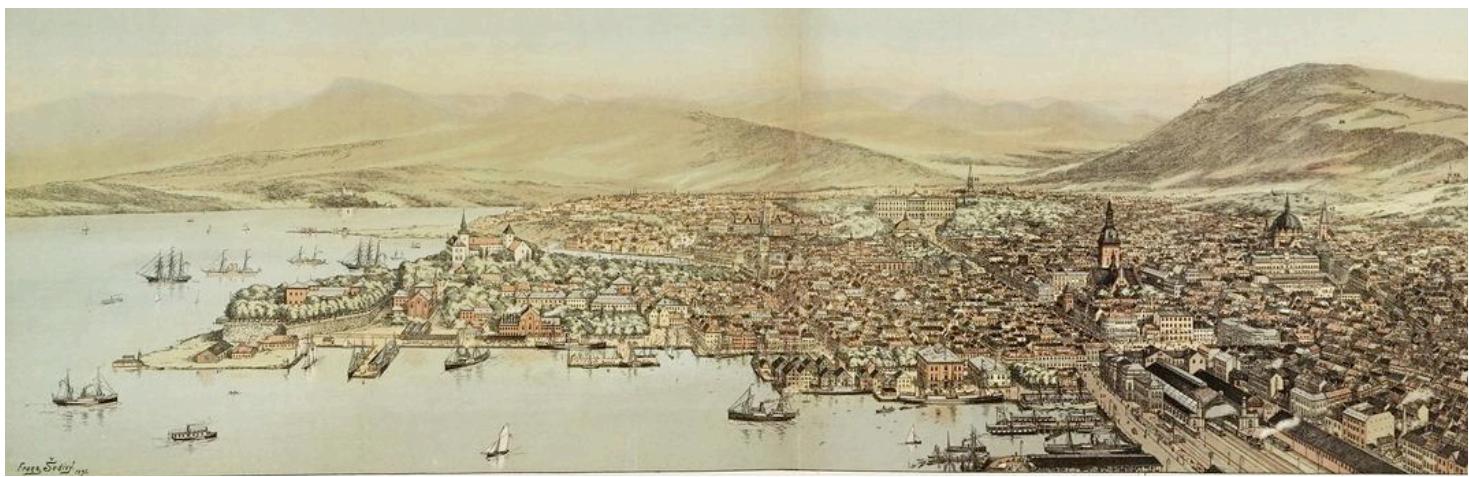
In May Dave Amdahl returned and shared with us how Norway got its first King after its dissolution with Sweden in 1905. It was a very interesting chain of events.



## BOAT RIDE SATURDAY!!!

Inviting Valheim members to ride in the viking boat in the parade Saturday, May 18. Meet at the Legion at 11:00....or at the beginning of the parade.





*Christiania in 1895*

## HOW DID KRISTIANIA BECOME OSLO?

The name Oslo originally was given to a settlement at the north tip of the Oslo Fjord, now called Gamlebyen (Old City). In the Middle Ages, the name was spelled in various ways in Old Norse, including Anslo, Ásló, and Ósló (first in 1225). In Low German it also was written Anslo, perhaps due to its nasal pronunciation. The word Oslo is a compound of two words, os meaning "river mouth," and lo meaning "flatland."

After storbrannen (The Great Fire) that destroyed Oslo in three days in August 1624, the city was rebuilt on the west side of the Bjørvika inlet and renamed Christiania, after King Christian IV of Denmark and Norway. In the late 19th century, the name was respelled with a capital K instead of a C, to make it more Norwegian, first by the national government 1877 and then informally by the city in 1897. The switch from C to K was never formalized, so the two spellings coexisted, along with contractions such as Chr. and Chra, as well as Xania, as the letter X was then much used as an abbreviation for Christ in personal names and in church registers.

In the 1860s, prominent city residents, including painter and women's liberationist Aasta Hansteen began using the name Oslo. After the dissolution of the Union with Sweden in 1905, public opinion increasingly favored the name Oslo, culminating in July 1924 with a decision by the Storting (Parliament) that as of Jan. 1, 1925, the capital was to revert to the name Oslo.

So it has been since then. Oslo is Oslo. But the city has nicknames, most enduring perhaps Tigerstaden (Tiger Town), after a poem by Norwegian poet and 1903 Nobel literature laureate Bjørnstjerne Bjørnson describing a fight between a tiger and a horse, with the tiger representing the dangerous and unfriendly city, and the horse representing the safe rural village. In commemoration of its millennium in the year 2000, the City of Oslo commissioned the bronze statue of a tiger that now stands in the square in front of the Oslo S main rail station.



Further reading: Two publications (in Nynorsk) by Åse Wetås, both entitled "Namneskiftet Kristinia-Oslo" (Name change Kristiania-Oslo): paper in Språknytt ("Language news," a professional journal published by the Language Council of Norway) issue 4, 1997: [www.sprakradet.no/Vi-og-vart/Publikasjoner/Spraaknytt/Arkivet/Spraaknytt\\_1997/Spraaknytt\\_1997\\_4/Namneskiftet\\_Kristiania-Oslo\\_](http://www.sprakradet.no/Vi-og-vart/Publikasjoner/Spraaknytt/Arkivet/Spraaknytt_1997/Spraaknytt_1997_4/Namneskiftet_Kristiania-Oslo_), and a book, Oslo, published by Novus Forlag in 2000.

*This article originally appeared in the May 3, 2019, issue of The Norwegian American. To subscribe, call (206) 784-4617.*



## SYTTENDE MAI DISPLAYS

Giants of the Earth is looking for folk art, hand mades or artifacts that you would like to display for Syttende Mai weekend.

Many of you have interesting "stuff" and maybe others would like to see it! You are invited to bring them to Giants Friday, May 17. Have your name on it (them) and maybe a short discription of what it is, where it came from, if it is handmade, who made, etc. Items do not have to be "Norwegian". All items should be picked after the weekend, starting Monday, May 20. If you have any questions, please contact Jill Storlie.

# LANGUAGE PRACTICE

*with Christie Ericson*



The 17th of May will soon be here again (Snart er det atter en gang 17. mai) and Norwegians are preparing to celebrate (og nordmenn er i ferd med å gjøre seg klare til å feire) Norway's Constitution Day (Norges grunnlovsdag). The huge children's parade (Det enorme barnetoget) on (på vei opp) Karl Johans gate in Oslo

is a well-known image of Syttende Mai (er et kjent syttende mai motiv), but Norwegian groups around the world (men grupper av nordmenn rundt omkring i verden), both large and small (både store og små), also celebrate (feirer også) their heritage (kulturarven sin) on this day (på denne dagen).

One of Norway's (Én av Norges) most well-known national songs is (mest kjente nasjonale sanger er) "Norge i rødt, hvitt og blått" and on (og på) Syttende Mai it's very popular (er det veldig populært) to decorate in red, white, and blue (å pynte med rødt, hvitt og blått) and wave the Norwegian flag (og å vifte med det norske flagget). Many people also wear (Mange

har også på seg) ribbons in red, white, and blue (sløyfer i rødt, hvitt og blått).

It is also customary (Det er også vanlig) to wear a (å bruke en) bunad or (eller) folkedrakt on Syttende Mai. A woman's bunad (En damebunad) generally consists of (består vanligvis av): a shirt (en skjorte), a bodice (et liv), a skirt (en stakk), an apron (et forkle), a shawl (et sjal), and shoes (og sko). Accessories include (Tilbehør inkluderer): a bag (en veske), a knife (en kniv), a cape (en cape), and a cap (og ei lue).

A man's bunad (En herrebunad) generally consists of (består vanligvis av): a jacket (en jakke), a shirt (en skjorte), a vest (en vest), long pants (langbukser) or knee breeches (knebukser), stockings (strømper), garters (hosebånd), suspenders (bukseseler), a hat (en hatt), and shoes (og sko).

Silver (Sølv) is also an important part of a (er også en viktig del av en) bunad and can include (og kan inkludere): brooches (søljer), buttons (knapper), clasps (spenner), and cufflinks (og mansjettknapper). The Norwegian Council of Folk Costume (Norsk Institut for bunad og folkedrakt) has rules (har regler) for what can be considered (om hva som kan betraktes som) an official bunad (en offisiell bunad).

*This article originally appeared in the May 3, 2019, issue of The Norwegian American. To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.*

Norwegian  
Ridge

LANGUAGE  
& CULTURE  
CAMP

## NORWEGIAN RIDGE LANGUAGE & CULTURE CAMP

JUNE 10-14 & 17-21, 2019

**Valheim Lodge is offering up to \$400 in \$50 scholarships**

To every Valheim members' children, grand children or great grandchildren who attend camp, \$50 per child (18 years or younger) is available. Please register for camp by May 17. We will be donating the unclaimed scholarship dollars to the camp directly. Contact Jackie Parker or Karen Fried. For more information about camp <http://www.norwegianridge.org> or contact Karen Gray

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.

# Matlyst Monthly

## Norwegian Knekkebrød

Enjoy this flavorful and easy to prepare treat.

Recipe from Christopher Mohs,

Vikingland Lodge 1-495, Detroit Lakes, MN

### Ingredients

1 cup whole wheat flour  
1/3 cup flax seeds  
2/3 cup rolled oats  
1/3 cup sunflower seeds  
2/3 cup hazelnuts (ground)  
1 1/2 tsp salt  
1 cup water



### Directions

Preheat oven to 350 degrees F. Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water. Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score

your Knekkebrød into rectangular pieces and bake for 60 minutes. Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite jam.



Find more of Christopher's recipes on his blog at <https://www.pumpernickelandrye.com/>

## VALHEIM LODGE BANNER

We used to have a lodge banner. Back in the day, it was displayed at every lodge meeting and then it would travel to the biannual District Conventions. Somewhere in our moving about, we have misplaced the banner. Has anyone seen it, or have any idea where it might be? If not, we are planning on making a new one.....does anyone have a picture of the Valheim banner? Maybe it is in the background of a picture??

If you have any information at all, that would be greatly appreciated. Contact Karen Fried or Jill Storlie.



## CONGRATULATIONS JUDY!

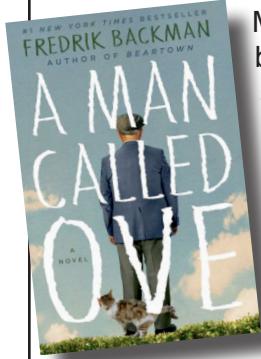
After being church secretary at Waterloo Ridge Church for--- ever, Judy has retired. She is sporting a very pretty brooch that she received for her YEARS of service.

# ACTIVITIES

## BOK FORENING

(Book Club)

Bok Forening (book club) meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library.



May's book is "A Man Called Ove" by Fredrik Backman. This novel, 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 June book club will be reading "Laura Ingalls Wilder: The Iowa Story" by William Anderson and are planning on a road trip to Burr Oak, IA to see the Ingalls' house there. Join the conversation! If you have any questions contact Geneva Tweeten.

## 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

### Classes at Vesterheim:

#### Silversmithing—The Jeweler's Palette

June 19-20 with Michael Seiler

#### Advanced Silversmithing—The Jeweler's

Palette June 21-23 with Michael Seiler

#### Luffarslöjd (Wire Art) June 22-23

with Faith Clover

#### Make Your Own Metal Sculpture

June 8-9 with Kelly Ludeking

#### American Rogaland Rosemaling

June 6-9 with Ruth Green

#### Setesdal, Over the Top June 20-23

with Patti Goke

#### Understanding and Painting Telemark

June 20-24 with Nancy Schmidt

#### Painting Your Stories through Nisser

and Trolls June 27-30 with June Nyberg

#### Acanthus Woodcarving—Beginning

& Intermediate June 3-7 with Steve Speltz

#### Acanthus Woodcarving—Intermediate &

Advanced June 10-14 with Steve Speltz

## MAY/JUNE

						Board Meeting 4:00@ Giants	2	3	4
5	6	7 Mike Schmidt	8			Sons of Norway Meeting 7pm	10		1 QUEENS TEA & MOLLIE B
12 Janet Fossum Jackie Parker	13	14	15	16	17 BARNE TOGET				Marsha Indahl SYTTENDE MAI
19	20 Lorraine Solum	21 Book Club	22	23	24		25		
26	27	28		30	31	JUN 1			
2 Isaac Nerstad	3	4	5	6	7	Lorraine Hagen	8		
9	10 Judy Melbostad	11	12			Sons of Norway Meeting 7pm	14	15	
16	17 Karen Fried	18 Book Club	19 Karen Gray	20	21		22		Loren Indahl
23	24	25	26	27	28		29		
30 Larry Lané						Gratulerer med dagen!			

## NORSKEDALEN

Coon Valley, WI

608-452-3424 email: [info@norskeden.org](mailto:info@norskeden.org)

[www.norskeden.org](http://www.norskeden.org)

### Midsummer Fest

**Saturday June 22th 10 a.m. – 4 p.m.**

Join us for the 35nd annual Midsummer Fest. Midsummer is the second most important yearly celebration in Norway, after 17 May. It is a happy day that marks the full return of the light. It is also a sad day because the next day we begin the descent into darkness.

Rain or shine there is fun for the entire family at Midsummer Fest. Norskedalen is bustling with activity throughout the weekend.

Regular admission prices to Norskedalen get you into this enjoyable summer event (\$6 for adults, \$3 for kids or \$15 for families). Admission for Friends of Norskedalen are complimentary.

# BAKE SALE - SATURDAY May 18 9:00 - 3:00 at the Legion (closed during the parade)

Please bring baked goods, by 8:30 a.m. Please price them.

SUGGESTED PRICE LIST FOR BAKE SALE			
<b>Almond Cake</b>	\$4 half cake \$8 full cake	<b>Pie, Fruit</b>	\$7
<b>Doughnuts</b>	\$6 dozen	<b>Pie, Pecan</b>	\$8
<b>Fattigman</b>	\$4 dozen	<b>Pizzels</b>	\$4 dozen
<b>Flat Bread (pkg)</b>	\$5 (2 rounds)	<b>Rømmegrøt</b>	\$2 cup \$4 pint
<b>Fruit Cake/Julekake</b>	\$5	<b>Rømmegrøt Bars</b>	\$4 dozen
<b>Fudge</b>	\$2 (6 pieces)	<b>Rosettes</b>	\$8 dozen
<b>Goro</b>	\$8 dozen	<b>Sandbakels</b>	\$8 dozen
<b>Kringle</b>	\$5 dozen	<b>Sweet Breads</b>	\$3 (small)
<b>Krumkake</b>	\$8 dozen		\$4 (average)
<b>Lefse</b>	\$5 (2/pkg)		\$5 (large)
<b>Norwegian Cookies</b>	\$4 dozen	<b>Sweet Soup</b>	\$3 cup \$6 pint



**MAY BIRTHDAY GIRLS!!**  
Happy May Birthdays to Janet Fossum (92) and Jackie Parker! They also got to serve lunch together at the May meeting!

*Continued Healing  
Wishes to  
Morris Tweeten, Loretta Knutson  
and Mavis Johnsrud*



## 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!

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



May/June 2019

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

## UPCOMING 2019 PROGRAMS

**Thursday, JUNE 13, 7:00 pm**

**A Journey to Ancestral Homes**

with Joe Morken

**Servers:** Lawrence & Loretta Knutson, Larry Lane,  
Georgia Rosendahl

**Thursday, JULY 23, 7:00 pm**

***Guests of Westby Lodge..***

**Location to be announced -- POTLUCK**

**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 Civil War Regiment**

with Dave Glomstad

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



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

**Norwegian woodcarving styles**

with Judy Gates

**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**