



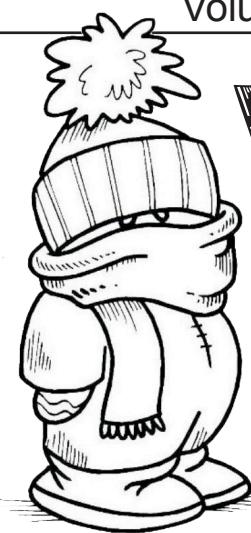
VALHEIM TIDENDE



Volume 26 Issue 1

Spring Grove, MN 55974

January/February 2024



WINTER!

Well, it's winter and just when I was getting used to no snow...it showed up. Without snow, it is so much easier to get around, and we don't have to worry about slippery spots underneath when we are out for a walk. Snow does make winter seem like winter... so bring it on!

In looking forward to what 2024 will bring, I would like to share with you the proposed monthly meeting dates for our Lodge:

- Saturday, JANUARY 13, 11:00 a.m.
- Saturday, FEBRUARY 10, 11:00 a.m.
- Saturday, MARCH 9, 11:00 a.m.
- Thursday, APRIL 4, 7:00 pm-- meet in Lanesboro
- Thursday, MAY 9, 6:00 pm
- Thursday, JUNE 13, 6:00 pm
- JULY -- meet with Westby
- AUGUST -- meet with Winona
- Thursday, SEPTEMBER 12, 6:00 pm
- Saturday, OCTOBER 12, 11:00 a.m.
- Saturday, NOVEMBER 9, 11:00 a.m.
- DECEMBER-- Christmas party date undecided

Please pencil these meetings in on your calendar!

At our January board/planning meeting we also discussed some events for 2024. We are hoping to once again co-sponsor with Giants the Taste of Norway event during Syttende Mai...but with a lot more planning and preparation for it. We also thought that the Hotdish Contest was a fun event and hope to have it again during Uff Da Fest.

If you would like to attend our board/planning meetings, which we usually hold once a month, ususally on a Wednesday, usually at 4:00...please let me know, and I will make sure you are on the email invite to attend.

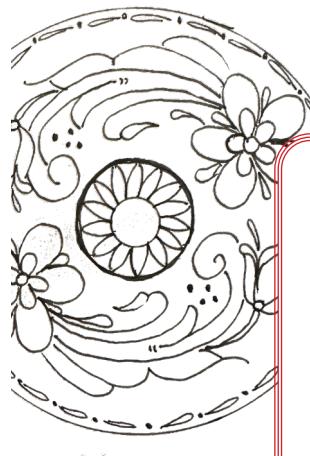
--K.Fried, Valheim Lodge President

JANUARY MONTHLY MEETING

Our January meeting will be held Saturday, January 13 at 11:00 a.m. at Giants of the Earth Heritage Center. We will begin by hearing from our speaker Rebecca Hanna, an excellent woodcarver from Decoah, Iowa.

After hearing passionate stories of woodcarving from Rebecca, we will have a quick meeting and then share in a potluck lunch.

Please bring a dish to share AND anyone you know that is interested in woodcarving or just getting together for an interesting program. Good people and good food! Karen and Jim Gray will be hosts for the meeting.



SONS OF
NORWAY
MISSION
Statement

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

Christmas Fun!

Christmas meeting/party



Brit Eddy grew up in Norway. She shared the traditions when she was a youth, and how these traditions continue. Also, how dark it can be in the valleys of Norway during winter months.



A couple of gifts that "got away!" (Fish slippers and a fish cribbage board)

(below) THANK YOU ARLAND! You bring more than just your keyboard! Besides speakers, mikes, lots of places to plug cords into, etc, YOU bring your love of music! Thank you for sharing it with us!



(above) Lawrence loves his new elf hat!



Christmas Bake Sale & Demos



THANK YOU to everyone who brought baked goods for our December Bake Sale. Also, thank you to those of you who came and purchased baked goods! AND a BIG thank you to Lee Grippen and Karen Gray for demonstrating during the bake sale. We profitted \$478!

Pictured left (far left) is Karen Fried demonstrating lefse. Visitor, Patti Roble (middle), rolled out and baked the shown lefse. Allison Rautman (right) was part of quality control!

**SONS OF NORWAY
INVITES YOU**

Norwegian Movie Afternoon

Sat., February 3, 2024
2:00-4:00pm

Sons of Norway Hall
200 Parkway Avenue South
Lanesboro, MN 55949



Sons of Norway Heimbygda's Lodge in Lanesboro invites the public for a winter Norwegian movie afternoon at their Sons of Norway Hall, 200 Parkway Ave. South, Lanesboro. Starting at 2:00, a Norwegian themed movie will be played. Snacks provided but you can bring your own too!

Free and open to the public.
(If you ask David Susag, he may tell you what movie is going to be shown)



"Two"
beautiful!

Valheim Lodge 1-364 Spring Grove, MN 55974

HOSTS FOR EACH MEETING

To help spread the fun, we are hoping each of you would help host at least one monthly meeting during the year. This could be done with another person or another couple

Duties would include:

- Arriving at least a half hour before the meeting start time
- Make coffee (Sons of Norway has coffee in the refrigerator at Giants)
- Get pitchers of water (or you can serve something else for non-coffee drinkers)
- Maybe have tablecloths for the serving tables
- If you would like, you could decorate the tables, not required
- Have something to drink out of (cups/glasses), eat off of (plates), eat with (tableware), and napkins. This means you could purchase paper products, OR you could use what is available at Giants and wash the items when you are done. (you will have to provide napkins)
- The food will continue as pot luck, so help organize the food as it comes
- When eating is done, (sigh), wash any used utensils, and tidy up.

We will have a sign up sheet at upcoming meetings. You don't have to sign up now if you don't know what you are doing for sure during the upcoming months. Thanks to Karen and Jim Gray for hosting now in January, and than you so much for considering hosting in an upcoming month.

Grov Rengakake

Whole Grain Spiral Rolls



From Rana, Nordland

Translated from norsktradisjonsmat.no

Despite the name, rengakake is not a cake, but rather a type of bread which is eaten with butter and toppings. Savory cold cuts, cheese and jam are often enjoyed on these spiral-shaped rolls. Scholars debate whether it should be brown cheese or aged cheese.

No one knows how long rengakake has existed as a baked good, but it has probably been several hundred years. The farmers in Rana grew barley, and thus barley flour could be used to bake rengakake.

In the past, rengakaka was an everyday staple, but today it is most often baked for holidays such as Christmas and Easter. It is a traditional bake in many homes. Rengakake is baked in both whole grain and white flour variants. But in the eyes of many, it is the whole grain rengakake that is the

authentic one. Rengakake keeps well and can be stored for longer than yeasted breads.

Ingredients:

4 cups (400 g) barley flour
3/4 cup (100 g) wheat flour
1/2 cup or 1 stick (100 g) margarine
2 Tablespoons horn salt*
13.5 oz or 1 cup plus 2 Tablespoons (4 dl) milk
2 Tablespoons sour cream

Directions:

Mix together dry ingredients. Crumble in the margarine, sour cream and sprinkle with milk. Mix into a dough that should be easy to roll into long thin ropes. Knead the dough well and divide into small pieces, rolling into smooth ropes about the width of a pencil and between 25-30 inches (65-75 cm long).



Coil the dough into a spiral on a baking sheet- each rengakake should have 5-6 rings and be roughly palm-sized. Leave a small opening in the middle. Taper the outer end of the end of the rope and tuck it under the edge, so the rounds are completely flat.

Optional: once all of the dough is ready to bake, brush roll tops with milk, to give it a shiny finish. Bake at 400° to 425°F / 200°C to 225°C degrees for approximately 25 minutes or until golden brown.

*In lieu of horn salt, substitute with baking powder or baking soda. Please note that these alternatives will slightly change the texture and flavor of your rolls.

REMINDER....if you have completed any Sports Medal forms

please give them to Nora Beckjord, and she will order your sports medal!

If you have any questions, ask Nora OR you can find information out on the Sons of Norway website. sofn.com

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.

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>

Norskeden in Coon Valley <https://www.norskeden.org>

Norway House in Minneapolis <https://www.norwayhouse.org>

15 FUN FACTS ABOUT NORWAY

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.



COMBATTING THE LONG WINTER



As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of

indirect sunlight, however its inhabitants don't seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was "no increase in mental distress during the winter." Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mind-set toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.

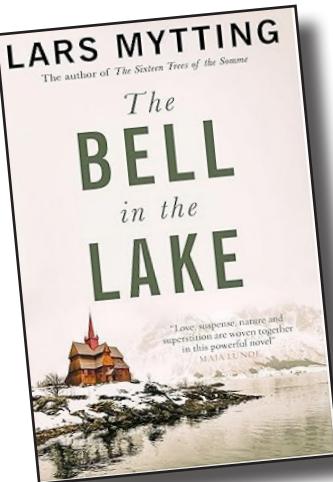
ICE BATHING

This winter, how would you like to start every Saturday morning with a refreshing ice bath? That is what Norwegian Anne Kristin Møller has done every Saturday since 2015.

She became infatuated with the activity after participating in an event to set a new ice bathing record in Oslo. She



stated, "The rush you feel in your body and the contrast of going from cold to warm is an absolutely fantastic experience." Additionally, Møller enjoys seeing nature from a new angle at each location she has ice bathed which includes Oslo, Tromsø, Karmøy, and Svalbard to name a few. Ice bathing has become quite popular in Norway, with over 100 ice bathing clubs around the country. It is a great social activity that also has many health benefits, such as aiding with fatigue and stress. In a survey conducted, 1 in 5 Norwegians said they were planning on ice bathing in the winter. If you'd like to take a page from their book, here are some tips: bring something hot to drink right afterwards and always swim with others for safety.



You are Invited to **JANUARY VALHEIM BOOK CLUB!**

Book Club is open to one and all! Lodge members and non lodge members. Avid readers or just want to hear what the book was about. **Join us, January 30,**

5:00 at Giants! Not required, but if you would like, you can bring a light snack to share.

Note: The SG Public Library supposedly has ordered some copies of the book to be on hand, check with them for availability. (507) 498-5800

Synopsis: As long as people could remember, the stave church's bells had rung over the isolated village of Butangen, Norway. Cast in memory of conjoined twins, the bells are said to ring on their own in times of danger. In 1879, young pastor Kai Schweigaard moves to the village, where young Astrid Hekne yearns for a modern life. She sees a way out on the arm of the new pastor, who needs a tie to the community to cull favor for his plan for the old stave church, with its pagan deity effigies and supernatural bells. When the pastor makes a deal that brings an outsider, a sophisticated German architect, into their world, the village and Astrid are caught between past and future, as dark forces come into play.

January/February

Gratulerer med
dagen!

January	1	2	3	4	5	6	
				Sharen Storhoff	Audrey Almo		
7	8	9	10	11	12		Monthly Meeting Jan 13 11am@ Giants
14	15	16	17	18	19	20	Loretta Knutson
21	22	23	24	25	26	27	Diane Schmidt
28	29		Book Club Jan 30 5:00	31	1	2	3 Barne-lopet
4	5	6		Board Mtg Feb 7 4:00	8	9	10 Monthly Meeting 11am@ Giants
11	12 Allison Rautman TeresaVernon	13	14	15	16	17	Mckenna Meiners
18	19	20	21	22	23	24	Truman Omodt
25	26	27	28	29			

NOVEMBER VALHEIM BOOK CLUB!



Audrey Almo and Jill Storlie hosted the November Book Club at Giants of the Earth. The book that was discussed was "Keeping Christmas" by Kathleen Stoker. It was interesting to share what Kathleen had written and then visit about what some of our traditions are and see how they compared.

In attendance were: Jim Gray, Bill Fried, Karen Gray, Judy Berg, Jackie Parker, Sharen Storhoff, Rebecca Splitstoesser, Audrey Almo, Lee Grippen, Jill Storlie, Karen Fried, and Wendi Storhoff (in St. Paul) via zoom. Consider joining in at the next book club, January 30, 5:00pm.

BARNELOPET

February 3, 2024 | 10:00 a.m.

COME CELEBRATE 25 YEARS OF BARNELOPET!

Get outside and enjoy the winter at the 25th annual Barneløpet, a non-competitive ski or walk event for the community's youngest skiers, ages 3-13. The collaborative Vesterheim Museum and Sons of Norway event will be held at the Decorah Community Prairie at 10:00 a.m., with registration beginning at 9:40 a.m.

Skiers must provide their own skis.

Darlene Fossum-Martin with two friendly trolls at the barneløpet



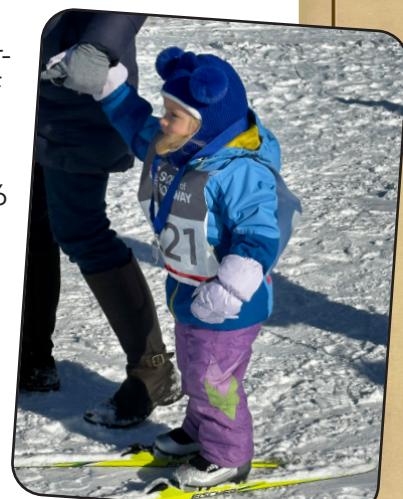
Barneløpet is open to children of all skill levels and is a great event for the entire family. Participants receive a Barneløpet snowflake pin, medal, and race bib. We will serve hot chocolate and homemade cookies as you warm up by the fire.

No snow or skis? Then join in the fun with a walk through the tall prairie grasses!

Barneløpet, (pronounced BAR-nuh-lop-it) is Norwegian for "kids race" and Sons of Norway lodges all over the country sponsor Barneløpet events. It is modeled after the Barnebirke, a children's cross-county ski race held each year as a part of the world-famous American Birkebeiner in Hayward, Wisconsin.

The Decorah Community Prairie is accessed by car at the south end of Ohio Street, near Aase Haugen Homes. The trail will be in a loop, with the start and finish at the site of the butterfly garden.

Barneløpet is a partnership with three Sons of Norway Lodges—Valdres #503 in Decorah, Iowa, Heimbygda #376 in Lanesboro, Minnesota, and Valheim #364 in Spring Grove, Minnesota. It is free thanks to support from Jon and Mary Hart of Decorah in memory of Kjell Arne Berntsen.



Spread the word!!

Check Vesterheim's website and social media for possible cancellations.



Giants of the Earth Heritage Center

once again is sponsoring Reminiscing with Dr. Gray, Tuesdays during February. PUBLIC is invited!!

IT'S THAT TIME OF YEAR!

REMINISCING WITH DR. GRAY

TUESDAYS AT 2:00
FEBRUARY 6, 13, 20 AND 27
AT GIANTS OF THE EARTH HERITAGE CENTER
163 WEST MAIN STREET, SPRING GROVE

COFFEE AND TREATS PROVIDED

Feb 6 - Country General Store
Feb 13 - Family Car Trips & Ghost/Super-natural events
Feb 20 - "My Parents were Unique" & My Personal Collections
Feb 27 - 4-H, FFA County & State Fair & Hilarious or Meaningful Church Experiences

MEN AND WOMEN WELCOME

SHARE YOUR STORIES • BRING PHOTOS IF YOU WISH

QUESTIONS? CALL JIM AT 507.459.9188

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

Return Service Requested



Jan/Feb 2024

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

Mark your Calendars! 2024 Lodge Meeting Dates

Saturday, January 13, 11:00 a.m.

Program: Rebecca Hanna- Woodcarving

Saturday, FEBRUARY 10, 11:00 a.m.

Program: Joe Grodahl - Norway House

Saturday, MARCH 9, 11:00 a.m.

Program: David Engen - Alt for Norge

Thursday, APRIL 4, 7:00-- @ Lanesboro

Program: Dave Amdahl

Thursday, MAY 9, 6:00 pm

Tentative Program: John Rauk & Rachel Storlie - Kristen Flagstad

Thursday, JUNE 13, 6:00 pm

Tentative Program: Denise Rostad - "The Squirrel is alive"

JULY -- meet with Westby

AUGUST -- meet with Winona

Thursday, SEPTEMBER 12, 6:00 pm

Tentative Program: David & Rachel Storlie - Luren
2023 Scandinavian trip

Saturday, OCTOBER 12, 11:00 a.m.

Tentative Program - Miranda Moen

Saturday, NOVEMBER 9, 11:00 a.m.

Tentative Program - Intro to Norway to America
Migration Bicentennial Celebration Events

DECEMBER-- Christmas party date undecided