

THE VALHEIM TIDENDE



Volume 16 Issue 5

SPRING GROVE, MN 55974

Sept/Oct 2014

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2014 Officers

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Counselor Vernon Roble
Secretary Kati Peterson
Treasurer Loretta Knutson
AsstSec/Treas Jill Storlie
Membership Loretta Knutson
Social/Cultural Lee Grippen
Marshals Emma Landsom
Janet Fossum
Greeters Morris/Geneva Tweeten
Judy Melbostad
Editors/Publicity Georgia Rosendahl &
Karen Fried
Historian Georgia Rosendahl
Trustees Lawrence Knutson
Auditor Darrell Sinclair
Sports Director Diane Nerstad &
Linda Nerstad-Kemp

2014 is Winding Down.....Upcoming Events:

Thursday, September 11 -- Regular Monthly Meeting,

7:00 at the Spring Grove Legion; Don Amdahl, WWII in Trondheim

Tuesday, September 16, Book Club, 2:00 SG Communications room 103

Wednesday, October 1 Board Meeting, 4:15 at Ballard House

Saturday, October 4 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 10:00. Contact Karen Fried for more info.



Thursday, October 9

Regular Monthly Meeting-- WESTBY LODGE

will be our guests. We ask everyone to bring a dish to pass. Either a hotdish, salad or dessert. Our meeting that night will be at Trinity Lutheran Church at 6:30pm.

Tuesday, October 21 Book Club

Thursday, November 13 Regular Monthly Meeting

Thursday, December 11 CHRISTMAS PARTY @ Ivy Grove

Saturday, December 13 Annual Norwegian Bake Sale @ SG Legion

Congratulations to

Morris and Geneva Tweeten! They celebrated their 65th wedding anniversary July 30!!

Ragnhild St.Mary will be 100 years old on October 14! Happy Birthday Ragnhild! Be sure to send her a card.

Healing thoughts and prayers to: Edith Nerstad, Donna Omodt; Tom Murphy, Angela Murphy, Shelley Jerviss....and also to the many members who have been doctoring over the summer.

TRIP TO WINONA

ning with entertainment from Brian and Betsy Neil. It was a great time to catch up with Winona friends as well as relatives.

For our August Meeting we were guests in Winona at NorWin Lodge. It was a very lovely eve-



Above: Lee, Judy and Lee's aunt Marian Mason.

←Left: Geneva with David and Lori (Ingvanson) Belz

CONGRATULATIONS TO LEE GRIPPEN who was named Houston County Outstanding Senior Citizen Volunteer for 2014. We are so lucky to have Lee in Sons of Norway where he does a ton of volunteering. He also volunteers for the Houston County Historical Society, Norskedalen, Caledonia Lions Club, Immanuel Lutheran Church, as well as many other area organizations. Lee represented Houston County at the Minnesota State Fair where he was recognized also. Thanks for all you do and keep up the great work Lee!



"ALT FOR NORGE"

"Alt for Norge" (Everything for Norway) is a Norwegian reality series produced by Monster Entertainment for TVNorge. In the series, twelve Norwegian-Americans compete to see who is the "most Norwegian" with help from different Norwegian themed challenges. The series was named the best competitive reality show by Gullruten (Norwegian TV awards) in 2011, the best reality show by Gullruten in 2012, and was also nominated for best new program series in 2011 and awarded best clip/editing in 2012.

For five years in a row TVNorge has gone on a trip with twelve charming and outspoken Norwegian-Americans in search of their Norwegian family. This year the show has included, among others, an American football athlete, a pastor, a model and a marine biologist who writes novels about a sexy troll. To meet in Norway has brought out heavy emotions for all of the participants.

"Alt for Norge is founded on a real love for Norway, and participants have a genu-

ine motivation to find out more about their Norwegian roots. This makes the program more genuine and warm-hearted than many others. Additionally the Americans are not arrogant and will put themselves out there and those that do are easy to like," says the show's host, Henriette Bruusgaard. The show is filmed throughout Norway, and participants are competing to find out who is the most "Norwegian". They must go through a series of Norwegian challenges, and in the process bust myths about both Norwegians and Americans. The one who stands until the end wins a meeting with their Norwegian relatives.

The series is rated as one of TVNorge's largest achievements, and the concept has been sold to several countries. The new season was filmed from April to June and will be aired in the fall 2014.



VIKING GAMES

During the Viking Age, daily life involved a lot of heavy labor, particularly in agriculture. But the Vikings' lives were not without fun. In a recent study, Leszek Gardela, an archaeologist at the University of Rzeszów, matches descriptions from saga literature with excavated artifacts to reveal how Vikings entertained themselves during leisure time. They loved board games, gambling, sports challenges, dancing, music and crafts. Leisure activities were often associated with festivals, weddings, religious events, market days and other social gatherings, though not exclusively.

While being an amusing way to pass the time, many Viking sports served a secondary purpose of preparing men physically for battle, usually involving displays of strength, agility, masculinity and violence. An ideal warrior needed to be adept of body and mind, and the games were part of their preparation.

Weightlifting challenges used boulders as weights to determine the brawnliest competitor. Tug-of-war, or toga honk, was also popular. Wrestling (glíma) was widespread, and the object was to throw one's opponent off his feet onto his back using the strength of one's arms. The matches were violent and sometimes ended in broken limbs or worse. Warriors would also participate in weaponry games to hone their battle skills. Competitions in archery, sword fighting and spear- and stone-throwing offered prizes. Various other physical games were played including animal skin-throwing games (hornaskinnleikr or skinnleikr), full-contact ball games (knattfot), turf games (torfleikr), and scraper games (sköfuleikr), similar to hockey. Though these offered a slightly less rugged type of sport, tripping and shoving were fair play and even these "more civilized" games sometimes turned violent and proved fatal.

Board games were played to develop intellect, strategy and problem-solving abilities, and being adept at these games was considered noble. Hnefatafl was a favorite war board game for two players, an ancestor of chess by about four centuries, having been well-known by 400 A.D. The two players do not start with an equal number of pieces, however. One side is surrounded by the other's army, and outnumbered, and the object is to protect one's king and strategize your way to victory, or at least safety, by thinking like your opponent.

More peaceful hobbies were also pursued, such as woodcarving, whittling, and embroidery. Also, music and storytelling were other favored pastimes and epic historical tales survived by word of mouth. Being an engaging storyteller was a prized skill, and some people did it professionally.

While Vikings lived hard lives with little time for leisure activities, they were certainly adept at amusing themselves when the opportunity arose.



THE VIKING GAME "HNEFATAFL" PRONOUNCED NEF-AH-TAH-FEL, WAS THE MOST POPULAR BOARD GAME OF ITS TIME.

MONTHLY MEETINGS

July 10, 2014

The July meeting of the Sons of Norway, Valheim Lodge 1-364, was held on Thursday, July 10, 2014, in the American Legion meeting room; President Karen Fried presiding.

President Karen called the meeting to order at 7 p.m. The anthems were sung. President Karen welcomed our guest speakers, Howard and Linda Sherpe.

There was no Secretary's report.

Loretta Knutson gave the Treasurer's report. As of June 30, the checkbook balance was \$2938.00.

President Karen reported that our Lodge has received a Gold certificate award for our achievements in 2013. We received a Silver certificate for 2014. These awards were presented at the District 1 Convention in June.

President Karen thanked Darrell and Oranda Sinclair for representing the Lodge in the 4th of July parade in Eitzen, Minnesota.

Geneva Tweeten reported that she had been able to find only 2 copies of the book 'O Pioneers' by Willa Cather for the Book Club. Geneva will also have a film at the meeting. The Cather book was to be discussed at the June Book Club meeting. They had a road trip instead, so they will discuss it in July. A suggestion was made to check with the Spring Grove Library about the book. President Karen thanked Geneva for all her time and effort for the Book Club road trip. The Book Club members said they had all enjoyed the road trip.

President Karen thanked everyone that had helped with the coffee and luncheon for the Sons of Norway from Rochester on June 28. There were 30 people in their party.

President Karen announced that the Sons of Norway was responsible for delivering Meals on Wheels the week of August 4 - 8. Judy Melbostad and Janet Fossum said they would deliver on Monday. Darrell and Oranda Sinclair said they would deliver on Wednesday; Jackie Parker and Karen Fried said they needed to check their schedules.

We are invited to the Winona Sons of Norway picnic on August 26. Our Lodge will not meet on the second Thursday. We will meet at the Trinity Church parking lot and car pool to Winona. We will need to meet at 4:30 p.m. The picnic will be at the Lions Club park in Winona. President Karen suggested that we go earlier if there is another place we would like to visit before the picnic. Our trip to Winona will take the place of our regular meeting on the second Thursday of the month.

The next Executive Board meeting will be on July 30, 2014, at 11:00 a.m. at Ivy Grove.

Lee Grippen introduced our speakers, Howard and Linda Sherpe from Westby, Wisconsin. Mr. Sherpe has returned to his hometown, Westby, after 30 years in the newspaper business in Milwaukee, Wisconsin. He continues to be a part-time journalist and newspaper publisher.

*Respectfully Submitted
Kati Peterson, Secretary*

July 30, 2014

The Executive Board of the Sons of Norway, Valheim Lodge 1-364, met on Wednesday, July 30, 2014, at 4:15 p.m. in the Giants of the Earth Heritage Hall; President Karen Fried presiding.

The Treasurer reported a balance of \$ 2500.00 in the checkbook.

Parade invitations from Steam Engine Days in Mabel, and Canton's Day Off were discussed. The Board decided to attend Mabel's Steam Engine Days but not Canton's Day Off. The boat needs repairs before we can take it farther than Mabel. Vice-President David Peterson said that more help is needed to get the boat ready for a parade.

Motion was made by Lee Grippen and seconded by Emma Landsom to take members in cars rather than the boat. Motion was passed by Sign of the Order. We will need to find cars to use.

The Houston County Fair will be held on August 14 - 16, 2014. Lee Grippen is being honored at the Fair as Senior Volunteer of the Year.

Giants of the Earth Heritage Center will be unveiling a statue of Sigmund Aarseth as well as other gala happenings on the weekend of October 18 and 19.

Lee Grippen read a letter from Jill Storlie, who is spending the summer in Norway.

Uffda Days is October 4, 2014. After discussion the Board agreed that we would hold a free will offering Bake Sale at the Giants of the Earth Heritage Center (Ballard House). The Bake Sale will be open from 10:30 a.m. to 1 p.m.

We need to contact Trinity Lutheran Church to see if we may have our meeting of October 9, 2014, in their Fellowship room and kitchen. We are host to the Westby Sons of Norway Lodge. A question was raised about Jill Storlie being home in time to chair for the food part of the evening. Janet Fossum will talk with Trinity Church to find out if it is available for our October meeting. Members need to be at Trinity by 6:00 p.m. to help to get the set up done before the Westby Lodge arrives.

The dues for District 1 have been raised to \$6.50 from \$5.50 per member. The District meeting in 2016 will be held in Cedar Rapids, Iowa.

Our annual Christmas Bake Sale is scheduled for December 13, 2014, at the American Legion meeting room.

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

The next Board meeting is scheduled for Wednesday, September 3, 2014, at 4:15 p.m. at Giants of the Earth Heritage Hall.

*Respectfully Submitted
Kati Peterson, Secretary*

August 26, 2014

On Tuesday, August 26, 2014, members of the Spring Grove Sons of Norway, Valheim Lodge 1-364, met at 4:30 p.m. at the Trinity Church parking lot to travel by car pool to be the guests of the Winona Sons of Norway. The location was changed from the park to Central Lutheran Church. Approximately fifteen Valheim members attended and enjoyed the evening while being entertained by Brian & Betsy Neil. The trip to Winona took the place of our regular meeting.

*Respectfully Submitted
Kati Peterson, Secretary*



Leif Erikson Day October 9

Leif Erikson Day – Oct 9
An official U.S. holiday, Leif Erikson Day commemorates the achievements of famous Norse explorer, Leif Erikson. Credited with being the first European to reach the North American continent, Erikson arrived almost four centuries before Columbus. Why October 9? - The official date of Leif Erikson Day doesn't directly correlate to Erikson's arrival in North America. Instead—in a nod to the same explorative spirit that fueled Erikson's journey—the date marks the arrival of the very first immigrant ship from Norway, the Restauration, to New

York in 1825. Exactly 100 years later, 1925, President Coolidge declared Erikson the first European to discover America during a commemorative address in Minnesota. In the years that followed several U.S. states adopted the date as a state holiday and in September of 1964 Congress approved a public resolution authorizing President Johnson to declare October 9 as Leif Erikson Day nationwide.



Judy Melbostad sold her house and has moved to the Spring Grove Manor. Best wishes to Judy in her new home!

Matlyst Monthly Vanilla Cheesecake with Lingonberries & Cardamom Whipped Cream

adapted from <http://alittlezaftig.com>

- 2 lbs cream cheese (room temp.)
- ½ cup unsalted butter (room temp.)
- 1 tbsp vanilla extract
- 1½ cup sugar
- ½ cup less 1 tbsp cornstarch
- 7 large eggs
- 2 cups heavy cream
- ¼ cup lemon juice

Berry Topping

- 1 cup fresh lingonberries
- ¼ cup sugar

Cardamom Cream

- 2 cups heavy cream
- ¼ cup sugar
- 1 tbsp vanilla extract
- 1 tbsp freshly ground cardamom seeds



Move rack to upper 1/3 position and preheat oven to 350. Beat cream cheese and butter with electric mixer until smooth. Add sugar, vanilla and cornstarch and beat well. One at a time add the eggs, beating well between each addition. With the mixer set to low, gradually add the cream and lemon juice. Pour into a buttered 9x13 pan. Place pan in a bain marie (directions below) and bake for 30 minutes. After 30 minutes, increase oven temperature to 375 and rotate cheesecake 180 degrees in the oven. Bake for additional 15 minutes or until the top is a golden brown. Allow cheesecake to cool to room temperature. Carefully run a knife around the edge of the pan to release the cake and invert onto a serving tray. To prepare the topping, sprinkle lingonberries with sugar and stir until sugar dissolves. Allow to rest for 30 minutes. Whip cream, sugar, vanilla and cardamom seeds with electric mixer. Spoon berries and cardamom cream onto each piece of cake and serve.

To make a bain marie, fill a pan one size larger than your 9x13 cake pan with boiling water. Do not fill more than 1/3 of the pan. Slowly lower your cake pan into the pan of boiling water, covering the sides of the cheesecake pan half of the way. Add or remove water to reach correct level and place both pans in the oven.

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

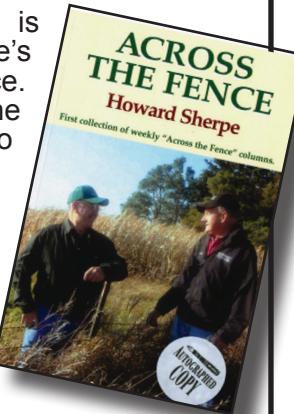
The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

Bok Forening

(Book Club)

In September Book Club is reading Howard Sherpe's books, Across the Fence. Howard will also be at the meeting. Be sure to attend to meet the author!!

Orphan Train will be the October read and also the viewing of a video by the same name.



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 Tweenen if you would like more information.

Sept/Oct

			3	4	5	6
		Marlys Bjerke	Janice Dokken	Jim Skree		Steam Engine Days
7	8	9 Marland Bjerke	10 Monthly Meeting 7:00 p.m. @ American Legion		12 Calloway Tolleson	13
14	15	16 Book Club	17	18	19	20 Aubrey Orth
21	22	23	24	25	26	27
28 Judy Fruechte	29	30 October	Board Meeting 4:15 @ Ballard House	2 Kati Peterson	3 Dorothy Stoskopf	4 Uff Da Fest
5	6	7	8 Leif Erickson Day Caleb Nerstad		10	11
12	13	14 Ragnhild StMary	15 Georgia Roble	16	17	18
19	20	21 Howard Burtness Betty Holty Bob Stoskopf	22 Book Club	23	24	25 Garrett Fort Eric Reque
26 Jay Tolleson	27	28 Vance Haugen Darla Nerstad	29	30 Gratulerer med dagen!		

VESTERHEIM CLASSES

Decorah, IA

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

September 12-14 Birch Bark Weaving Using the Double Diagonal Technique with Phyllis Knutson

September 16-19 Bentwood Boxes with John Balstad

September 20-24 Grindbygningen—Traditional Norwegian Timber Framing with Owen Christianson

September 24-28 Beginning Weaving with Laura Demuth

September 27-28 Back to the Basics, Valdres Design with Sara Tollefson

October 3-5 Basics in Rosemaling for Beginners with LoyAnn Nasby

October 4-5 Sewing a Busserull, Norwegian Heritage Shirt with Carol Colburn

October 6-10 Weaving a Nordhordland Banded Coverlet with Jan Mostrom

October 17 Hedebo Needlework with Roger Buhr

October 17-19 Kolrosing, Chip Carving, and Painting with Judy Ritger

October 18-19 Tatting Needlework with Judy Hansen

October 23-26 An Exploration of Three Mystery Rosemaling Styles with Patti Goke

October 24-26 Letter Incising in Wood with Jock Holmen

October 24-26 Os Rosemaling in Acrylics with Lois Mueller

October 25-26 Wrist Warmers in the Skinnfell Technique with Kate Martinson

November 6-7 Knitting Sámi Mittens with Laura Ricketts

November 7-9 Chip Carving with Ellen MacDonald

November 7-9 Carving for Christmas—Figures and Toys with Harley Refsal

November 8 Brewing Beer and Scandinavian Mead (Honey Wine) with Mark Rhodes

November 10-11 Knitting the King's Sweater with Laura Ricketts

NORSKEDALEN

Coon Valley, WI

- September 20 Threshing Bee
- Saturday & Sunday, October 11 & 12 Civil War Immersion weekend
- Thursday, October 23 Ghoulees in the Coulees - Pumpkin Walk - No Scaring, 530-730 pm

Friday and Saturday, October 24 & 25. Haunted Hikes, Hike start times from 6pm to 9pm- MUST HAVE PRE-PAID RESERVATION-Call Norskedalen, 608-452-3424!

- Norskedalen Corn Maze Open Weekends August 30 - October 28: Sat. 10 - 5, Sun. 12 - 5.

Flashlight Nights: October 3 & 4, 630-830 pm, October 17-18, 630-830 pm.

Cost: \$5 per body

UFF DA FEST 2014

Friday, October 3 - Saturday, October 4

Spring Grove MN



FRIDAY, OCTOBER 3, 2014

•7 am - ? City Wide Garage Sales

•noon - 5pm Festival of Quilts Show and Sale at Fest Building; Admission by donation; Demonstrations throughout the day by vendors and guild members; Vendors on site - Quilt Boutique items for Sale

•3 pm Festival of Quilts Documentation Demonstration; Fest Building

•5:00 – 7:00 pm Registration and Check-in for Leve for Farge 5k Colorful Run at Bluff Country Artists Gallery; Race begins at 10 a.m. Saturday; Rain or Shine!

•7 pm SGHS Homecoming Football game - Food stand/concessions; come cheer on the Lions! Post Game party at Norski's Saloon; DJ 8-12

•5-8 pm SGHS Alumni Get Together - featuring 'celebrity servers' - Norski's, downtown Spring Grove; DJ to follow



SATURDAY OCTOBER 4, 2014

•7 am - ? City Wide Garage Sales

•7:30 am - 3:30 pm Ga På Tur Nature Walk – Norwegian Ridge Nature & Birding Trails - Stop in at the Ballard House and get your map!

•8:30 – 9:30 am Registration and Check-in for Leve for Farge 5k Colorful Run at Bluff Country Artists Gallery; Race begins at 10 a.m.

•9:00 am Uff-Da Fest Bowl (Flag Football Game; Grades 1-3) at the Football Field

•9am - 4pm Festival of Quilts Show and Sale at Fest Building

•9am - 4pm Genealogy Experts - Ballard House

•10 am Leve for Farge 5k Colorful Run; Starting line in Viking Memorial Park; More details [here](#)

•10:00 am Uff-Da Fest Bowl (Morrie Miller Youth Football Game; Grades 4-6) at the Football Field; selling concessions

•10:30 am - 1:00 pm Norwegian Goodies - at Giants of the Earth Heritage Center - by Sons of Norway

•10:30 am - 3pm Pork Burgers by the SG Athletic Boosters - Viking Memorial Park

•11am - 1pm Homemade Apple Pie sale - Dollars for Scholars - Syttende Mai Hus; whole pies or by the slice a-la mode

•11am - 2pm Live Entertainment/Music- Viking Memorial Park; RAIN LOCATION: Norski's Saloon

•11am - 2pm Kids' Games - Viking Memorial Park

•12pm - 4pm Farmers Market - Viking Memorial Park

•1pm - 2pm 'Best of' Tasking Event-- breads, jellies, produce, and more! - Viking Memorial Park

•1:30pm Festival of Quilts Speaker Sherri K Falls, Fest Building Trunk Show; Vendors on site - Quilt Boutique items for Sale; Demonstrations throughout the day by vendors and guild members

•5:00 - 9:00pm Live music at Norski's Saloon

•6pm Spring Grove Lions Club Truck Drawing at Norski's Saloon; Call JC Nerstad (507.951.0379) for your tickets, or get there early to buy (if there are any left!)

•6:30pm - 9pm Adult Viking Games - in the alley behind Doc's/Norski's

Sons of Norway
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Return Service Requested



SEPT/OCT 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".

September 11, Thursday - Diane Nerstad, James Skree, Betty Storlie

Thursday, October 9-- Westby Lodge our guests; Jill Storlie, Richard Storlie, Bob & Dode Stoskopf, Judy Tollefsrud, Jay Tolleson, Cheryl Skifton, Rachel Storlie

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

December 11, Thursday - Christmas party at Ivy Grove



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

