



VALHEIM TIDENDE

Volume 26 Issue 3

Spring Grove, MN 55974

May/June 2024



major events that we are part of during the weekend of May 17-19 and we will need many **volunteer** hours to help make it all go smoothly.

FRIDAY, MAY 17 -- 1:00, Barnetoget

The Barnetoget is the Children's Parade down Spring Grove's Main Street from Spring Grove School to Viking Memorial Park. Once the children arrive at the park, they will weave a Maypole which will have been set up by Jim Gray and the weaving directed by Rachel Storlie. Bill Fried will help coordinate traditional games like kubb, tug-of-war and sack races. All the children (close to 200 of them) will enjoy glasses of Spring Grove soda, and a hot dog in a piece of lefse served by us, Valheim Lodge. We need **VOLUNTEERS** to get the hot dogs heated up, cut the lefse and roll the hot dogs in it, and ready to serve. Also pour the SG pop into glasses and serve. We will have some high school students with us to help serve. (If the weather is not cooperative, we will be serving in the cafeteria at school).

SATURDAY, MAY 18 9:00 -11:00 a.m BAKE SALE

at Giants of the Earth Heritage Center

We are asking ALL members to donate baked goods for the Bake Sale. Norwegian baking would be preferable, but all baking will be appreciated! Please have your baked goods to Giants, packaged and priced by 8:30a.m. Saturday morning. (*You will find a suggested price list for your goods in this newsletter.*) You can drop off your baked goods at Giants any time before Saturday. Giants is open 10:00 - 5:00 during the week. (*Note: Friday afternoon, May 17, starting at 3:00 pm there is a special event happening, so this may NOT be a good time to drop off your goodies*)

VOLUNTEERS will be needed to help man the bake sale.

THE BUSY MONTH OF MAY!

Sytte Mai is the biggest, most important festival in Norway. In Spring Grove we have a Syttende Mai celebration and that kind of makes it our Sons of Norway's biggest/most important festival. We have three

Jackie Parker and Karen Gray will manage the money, but we will need some people to manage the baked goods. Darlene Fossum has volunteered to demonstrate/make rømmegrøt during the bake sale. If anyone else would like to do a demo of some sort, that would add interest to our event.

PARADE at NOON, Saturday, May 18

Thank you to Jim Gray for volunteering to pull the boat through the parade BUT we need at least ten **VOLUNTEERS** to ride in the boat in the parade. You can "jump" on the boat, starting at 11:15, on North 1st Street -- behind Spring Grove Communications. From there, you will ride to the start of the parade line up. After the "cruise" down Main Street, Jim once again will "dock" behind SG Communications for unloading. If you have a bunad, a red vest, a Norwegian sweater, or even a red shirt, that would be nice festive wear for the boat ride.

TASTE OF NORWAY, SATURDAY, MAY 18 4-7PM

We will be hosting this event with Giants of the Earth. For \$25 attendees will have buffets of foods to choose from.....open face sandwiches, flatbread, rommegrot, fish soup, meatballs, boiled potatoes, sweet soup, baked goods, lefse, beverages, etc. Since there will be many foods available, the serving sizes will be smaller to allow a "taste" of many.

There will be three different 45 minute seating times: 4:00, 5:00 and 6:00. Attendees will purchase tickets in advance for a specific time.

We have set up 4 different **VOLUNTEER** shift times to do jobs such as food prep, "running food", monitoring food, helping attendees get to their table with their food, clearing tables, washing dishes, re-setting tables for the next seating, etc. We are also hoping to have some high school students volunteer to work with us to make this a fun and successful event. Volunteer shifts are:

SHIFT 1: 1:30 - 3:30 (set up shift)

SHIFT 2: 3:15 - 5:00

SHIFT 3: 4:45 -- 6:00

SHIFT 4: 5:45 -- 7:15

THANK YOU for any involvement or help you can do to make this Syttende Mai very special festival!

Taste of

NORWAY

Saturday, May 18

at Giants of the Earth Heritage Center

163 West Main Street, Spring Grove, MN

Giants of the Earth Heritage Center
and Valheim Lodge Sons of Norway
invite you to:



We will be offering 3 different seating times

4:00^Σ or **5:00^Σ** or **6:00^Σ**

Decide which time is best for you...purchase your ticket for that time!

50 people limit for each 45 minute seating time

There will be buffet tables filled with
"taste size" portions of appetizers,
main course items and desserts
including such things as:

\$25
per person

havrekjeks, flatbrød, ost, smørbrød, djevelegg, eggesalat, kaffe,
rømmegrøt, smørbrød, kjøttboller med brun saus, potet, lefse,
fiskesuppe, pølse i lompe, sursild, brunost, fruktsuppe, vaffel,
sandbakelse, krumkake, kransekake, rosette, "shots" of lutefisk

Vin, øl og soda will be available on the deck for a cash donation

**ADVANCE TICKET
PURCHASE REQUIRED**

Purchase tickets online
www.giantsoftheearth.org
or at Giants of the Earth



1ST BRIGADE BAND

The 1st Brigade Band
will be playing in Giants Enger Garden
area from 5:00 to 6:00 PM.
**This is an open-air concert
for everyone to enjoy!**

For this event, we ask you to enter Giants through the deck doors (south/alley side)
Plenty of parking in the "alley behind the stores"!

MARCH MEETING



Four Beautiful Women!
Lee Grippen's past Norwegian exchange
student Lisa, and her daughters



Three good guys!
Greg Murphy, David Engen, Bill Fried

At our March meeting we enjoyed our speaker David

Engen from Minneapolis. It was great fun to hear about his adventures of being a cast member in the 6th season of the Norwegian reality show "Alt for Norge". It was a life changing experience.

One of David's slides: How do you qualify to be on "Alt for Norge"



Another good guy!
Lee Grippen

APRIL MEETING



We were guests of Lanesboro lodge for our April meeting. Dave Amdahl presented on the Dissolution of the Union between Norway and Sweden in 1905. Amazingly the union dissolved without a fight! After the program we had a wonderful lunch and time to visit with new friends from the Lanesboro area.
Thank you Heimbygda Lodge!

SONS of NORWAY

MEMBERSHIP BENEFIT – LIFE INSURANCE

Have you ever typed "affordable life insurance" into your browser, only to find yourself drowning in information overload? The sheer volume seems insurmountable and overwhelming.

As a Sons of Norway member, you don't have to navigate this maze alone. Membership comes with the invaluable benefit of access to a dedicated Insurance Professional. They can help you decipher the complexities of financial options and find a solution tailored to your needs and those of your family.

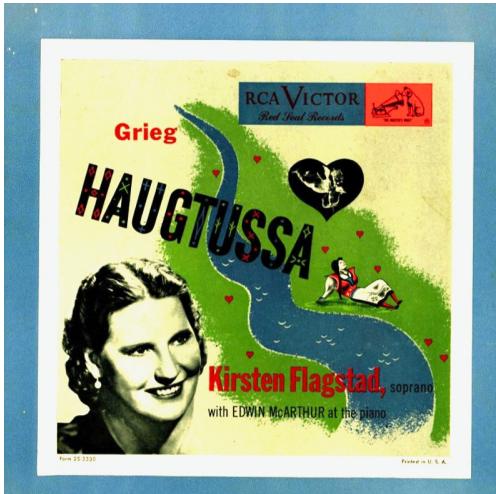
Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk and call us to get in touch with a professional in your area. Find an agent near you at www.sofn.com in the Financial Products section.

MAY MEETING

“ARNE GARBORG,
EDVARD GRIEG,
KIRSTEN
FLAGSTAD,
AND THE
STORY OF
HAUGTUSSA”

This will be an interesting lecture/performance by John Rauk and soprano Rachel Storlie. They will discuss Arne Garborg's prose poem, *Haugtussa*, and how its profound expression of Norwegian identity inspired Edvard Grieg to compose a song cycle using Garborg's text. They will then discuss the career of Norwegian opera star, Kirsten Flagstad, and hear portions of her historic 1940 recording of Grieg's *Haugtussa*. The program will conclude with a live musical performance and commentary by Rachel Storlie.

Please bring a dish to share for our POT LUCK lunch which will follow the program. We will have a short business meeting to finalize Syttende Mai events. We will have sign up sheets for times to volunteer at our many Syttende Mai activities. Hope you can make it to the meeting, it should be enjoyable and entertaining. Invite friends!



THURS-
DAY,
MAY 9,
6:00 PM

Over-natten-grøt

Overnight Porridge

While you are sleeping, breakfast is being made in the fridge. Oatmeal, milk and yogurt can be topped with fruit or seeds to suit your taste.



Makes 1 serving

Ingredients:

- 2/3 cup oatmeal (1,5 dl)
- 3/4 cup + 1.5 Tbsp milk (2 dl)
- 1/4 cup plain Greek yogurt, vanilla Greek yogurt or lowfat cottage cheese (0,5 dl)
- 1 Tbsp. chia seeds, flax seed, sunflower seeds or other seed mix (optional)
- 1 pinch salt



How to make:

Mix all the ingredients together and put into a glass or small bowl. Feel free to use a small mason jar. Cover the jar or bowl and leave the mixture in the fridge overnight or for at least six hours. Stir well before serving.

Variations:

- Chopped fruit or mashed berries can be stirred in along with the other ingredients.
- Mix cocoa powder or chopped dark chocolate into the porridge.
- Sweeten porridge with liquid honey, brown sugar or another sweetener.
- Oatmeal can be replaced with a mixture of lightly cooked barley and oatmeal (golden barley).
- Sprinkle in spices such as vanilla, cinnamon, ground ginger and cardamom.
- Milk can be substituted with almond, soy or coconut milk.
- Add fresh berries, fresh fruit and roasted nuts or similar right before serving so that it stays crunchy and looks tempting.

JUNE MEETING

Rostad will be our program. She is the daughter of Mary Rostad, the Belgian teenager who sabotaged Nazi cars and tanks, carried messages, and smuggled arms and ammunition during World War II as a member of the Belgian resistance and French underground. Mary wrote the book “Squirrel is Alive” about her life during Nazi Germany, and Denise will be sharing Mary's story.

It will be pot luck lunch, please bring a dish to share.

Guests encouraged!

THURSDAY,
JUNE 13, 6:00 PM

Denise



**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

SPRING GROVE DAY AT NORWAY HOUSE!

Norway House in Minneapolis hosted a Spring Grove Day April 23. And with a generous donation from an anonymous donor, anyone from the Spring Grove area, had a chance to hop on a bus to go to the event for a very affordable price. The bus tour included: attending the Tuesday noon program at Mindekirken, followed by a meal, a chance to explore Norway House in the afternoon, have an amazing banquet meal (lamb & cabbage) in the evening with a program promoting Spring Grove lamb, music and Giants, then stay overnight at the Danish-American Center and ride home on the bus to Spring Grove the next day. What fun!! Thank you Norway House and the anonymous donor!!



Joe Grødahl from Norway House gathering the group to head to Mindekirken (in the background)



(left and above) Joe educating the group about Mindekirken



(above) Enjoying a noon meal at Mindekirken along with a program



Our Bus Group!

(front row l-r) Lilly Jacobson, Lee Grippen, Truman Omodt, Burnell Roble. (row two) Our bus driver, Heather Jacobson, Carolyn Gaustad, Jane Krogstad, Jill Storlie, Karen Fried. (third row) Juanita Lex, Beth Rotto, Nancy Engrav, Darlene Fossum-Martin, Gretchen Anderson, Ken Anderson (fourth row) Judy Berg, Bill Fried, Carol Hagen, David Judisch (back row) Jim Skree, Shelly Jervis, Sue Schnieder, Alison Rautman, Yvonne Krogstad



(above & left) There were about 140 in attendance at the evening banquet at Norway House's Sundet Family Aula (Great Room) celebrating Spring Grove Day! The program included Bill Fried sharing info about Giants and Spring Grove, Joe & Christina from Norway House, Carol Sundet-Meeker, Heidi Eger (sheep in the SG area) and Beth Rotto (SG music).
Spring Grove, MN 55974



Our overnight accommodations were at the Danish-American Center.

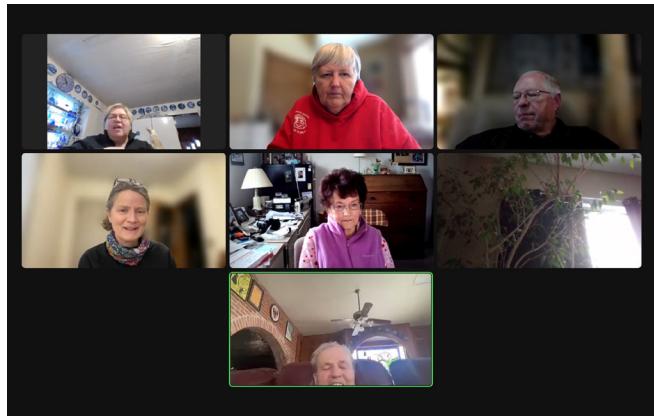


*You are Invited
to*
**MAY VALHEIM
BOOK CLUB!**

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,**
Tuesday, May 28, 5:00 at Giants! Not required, but if you would like, you can bring a light snack to share.

Our May book is: "Squirrel is Alive" by Mary Rostad. "A Teenager in the Belgian Resistance and French Underground is the incredible story of Mary Rostad's early life. Rostad was 16 years old when the Nazis conquered her home city of Brussels in 1940. She joined the resistance movement, serving in Belgium and later France, primarily as a courier of underground documents. At the end of World War II, Rostad met U.S. Army Staff Sergeant Allen Rostad." Allen and Mary were married and moved to Houston, MN Allen's hometown.

We thought it would be nice to read the book, so at our June monthly meeting, when Mary Rostad's daughter Denise speaks about her mother, we would be more informed.



APRIL BOOK CLUB!

The winter of 2024 was very mild, BUT, the night of April 2 was very blustery, wet, snowy, etc, so we decided to have our April Book Club via zoom. We had a little trouble with the zoom meeting, so not everyone was able to get connected at the same time, but we were able to have a good discussion and people enjoyed reading the "Reindeer Hunters" by Lars Mytting. Looking forward to the third book of the "Bell in the Lake" series.

Gratulerer med
dagen!

May/June

				 May Day	2	3	4
5	6	7 Mike Schmidt	8	5:00 SG 6th Grade Academy 6:00pm Monthly Meeting @ Giants	0	11	
12 Jackie Parker & Janet Fossum	13	14	15	16 Syttende Mai! 1:00 Barnetoget		9-11 Bake Sale Noon-Parade 4-7 Taste of Norway	
19	20	21	22	23	24	25	Gretchen Anderson
26	27 	28	29	30	31	1	June
2 Isaac Nerstad	3	4	5	6	7	8	
9	10 Judy Melbostad	11 Kyle Gray	12	13 Monthly Meeting 6:00 pm @ Giants of the Earth	14 	15	
16 Karen Fried & Melanie Smith	17	18	19 Karen Gray	20 David Susag	21 Carolyn White	22	
23	24 Lane Zaffke	25	26	27	28	29	
30 Larry Lane							

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

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>
Norskedalen in Coon Valley <https://www.norskedalen.org>
Norway House in Minneapolis <https://www.norwayhouse.org>

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.

SUGGESTED BAKE SALE PRICES

Almond Cake	\$5 half/\$10 full	Pie, Fruit	\$10
Doughnuts	\$8/dozen	Pie, Pecan	\$12
Pizzels	\$6/dozen	Rommegrot	\$2 cup, \$5 pint
Fattigman	\$5/dozen	Fruit Cake/ Julekake	\$8
Flat Bread	\$5 (2 "rounds")	Rommegrot Bars	\$6/dozen
Fudge	\$4 (half dozen pieces)	Rossettes	\$8/dozen
Goro	\$8 dozen	Sanbakksels	\$8/dozen
Kringle	\$6/dozen	Sweet Breads	\$4 (small) \$5 (average) \$6 (large)
Krumkake	\$8/dozen	Lefse	\$5 (2/pkg)
Cookies	\$5/dozen	Sweet Soup	\$4 cup \$8 pint

For our May 18 Bake Sale, please bring your items packaged and priced. This is a SUGGESTED price list.

There always are variables, like the size of the pieces, what ingredients went into making it, etc. Feel free to price accordingly.

Baked goods need to be at Giants by Saturday, May 18 8:30 a.m. They can be dropped off ahead of time during Giants regular hours. Thank you!

SEWING START-UP MAKES FOLK COSTUMES ACCESSIBLE AND GREEN

Norwegian bunads are famously a major investment that can run from \$3,000-\$5,000, depending on the region and what extent of silver jewelry is involved.

Thanks to a sewing start-up called Fæbrik, showing your fashion sense and cultural pride just got a lot more accessible. According to flokk.com, the group was born out of necessity- four friends, Jenny Skavlan, Ingrid Bergtun, Mari Norden, and Ingrid Vik Lysne needed a studio space, and once they were in the same room, the ideas started to flow.

The foursome got to work making accessible patterns to help people sew their own fæstdrakt (or unofficial folk costume) out of recycled fabrics. The beauty of the fæstdrakt is that it is based on re-use, and there are no rules, unlike the stricter requirements of an official bunad. Do you prefer to wear fuchsia? Tassels and pompoms? Your fæstdrakt can be made in any hue, pattern or texture to suit your personal style and shape.

Fæbrik (a wordplay on the English “fabric”



and the Norwegian word for “factory”) also makes downloadable patterns, step-by-step videos and offer user-friendly tailoring tips so that each person can create their ideal fit.

Just like that, a pair of lace curtains gain new life as an apron, and a hand-stitched pillowcase is reimagined as a vest. The group has hosted fæstdrakt parades in Oslo’s Frogner Park- see the photos in Aftenposten in the pattern for the myriad ways to express one’s creativity in this modern take on a folk costume. Find examples of patterns here:

<https://faebrik.no/products/faestdrakt>

2024 Valheim Meetings

Thursday, MAY 9, 6:00 pm
Program: John Rauk & Rachel Storlie - Kristen Flagstad; potluck lunch

Thursday, JUNE 13, 6:00 pm
Program: Denise Rostad - “The Squirrel is alive”, WWII; potluck lunch

JULY --
meet with Westby, potluck lunch

AUGUST --
meet with Winona

Thursday, SEPTEMBER 12, 6:00 pm
Tentative Program: Rebecca Hanna - woodcarving; potluck lunch

Saturday, OCTOBER 12, 11:00 a.m.
Tentative Program - Miranda Moen; potluck lunch

Saturday, NOVEMBER 9, 11:00 a.m.
Tentative Program - Intro to Norway to America Migration Bicentennial Celebration Events; potluck lunch

DECEMBER - Christmas party date undecided

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

Return Service Requested

May/June 2024

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

May Monthly Meeting
Thursday, May 9 6:00 pm
@ Giants of the Earth Heritage Center

Sytte Mai 2024
May 17 - 1:00 Barnetoget
May 18 - 9-11 Bake Sale
@ Giants of the Earth Heritage Center
Noon- PARADE

4-7 Taste of Norway @
Giants of the Earth Heritage Center



OLAF KJOME RETROSPECTIVE



@ Giants of the Earth Heritage Center
163 W.Main St Spring Grove

Giants of the Earth Heritage Center is excited to announce the Opening of the Olaf Kjome Retrospective exhibit on Friday May 17. There will be an open house reception from 3:00 - 4:00 on May 17.

Free admission over Syttende Mai weekend.
The exhibit will remain open for many months to come!