

THE VALHEIM TIDENDE




Volume 19 Issue 5

SPRING GROVE, MN 55974

Sept/Oct 2017

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First Day of FALL is right around the corner!

The days are getting shorter, the nights are getting cooler, Mabel has had it's Steam Engine Days (with amazing weather), the Solar Eclipse has come and gone.... I guess it's time to get ready for some upcoming Sons of Norway events!!

Upcoming Events:

Thursday, September 14 Regular Monthly Meeting--
 Spirits and Sheep -- Christian Myrah

Saturday, October 7
10:00 - 1:00



~~ MENU ~~

Old Fashioned Egg Coffee
 Fresh Ground Coffees
 Baked Goods &
 Norwegian Treats
 Heart Waffles
 Doughnuts
 & also Sandwiches (cheese & cold meat)



Come on in!
 Have a cup of coffee
 and a "little lunch".

@Giants of the Earth Heritage Center

163 West Main, Spring Grove

Saturday, October 7 KAFFE FEST

This will resemble our Bake Sale but we will be "pushing coffee". We are going to make EGG COFFEE plus have some other fresh ground coffees. We are asking members to donate Norwegian Goodies, sandwiches or other baked items that go well with coffee. Lee Grippen has volunteered to make heart waffles during the event. The Kaffe Fest will be an "uff da".... nothing will be priced. Customers will pay by donation. We could use some extra helping hands. Bring your donation of goods by 9:30 a.m. to Giants. Contact Karen Fried for more info.

Thursday, October 12 Regular Monthly Meeting--

Norwegian Folk Arts - Lurann Gillbertson from Vesterheim

Tuesday, October 20 Book Club

Thursday, November 9 Regular Monthly Meeting -
 Rob Gross -- Veterans Cemetery

Thursday, December 14 CHRISTMAS PARTY

Saturday, December 16 Annual Norwegian Bake Sale @ SG Legion

JULY MEETING

For our **July Meeting**, once again, as we did last year, we traveled to La Crosse and enjoyed an evening with the Westby Lodge at Myrick park. It is a wonderful place to hold our joint meeting.



Valheim Members who took the trek to La Crosse:

(front l-r) Judy Melbostad, Howard Johnsrud, Howard Burtness,
Oranda Sinclair. (back) Lee Grippen, Bill Fried, Karen Fried, Loretta
Knutson, Georgia Rosendahl, Janet Fossum, Lawrence Knutson,
and Darrell Sinclair.



SEPTEMBER MEETING



Energy into opening up Spring Grove's own distillery, Rock Filter Distillery. In June, after several years in the making, they were able to open their tasting room to serve some of the finest bourbon in the state, maybe the whole country! Thursday, September 14th at the Legion, starting at 7:00 we will have a short business meeting. After the business meeting Christian will tell us all kinds of interesting facts as to what it takes to make bourbon and whiskey. After his talk we will have lunch. And after lunch, if you are interested, you are invited to take the short walk to the Distillery to try some of the "goods! It is interesting to hear how bourbon is made and what it takes to make bourbon. Be sure to come to our meeting and invite anyone you think might be interested in hearing about the distillery!!

Be sure to attend our upcoming **September Meeting**. Christian Myrah will be telling us about his sheep and his "spirits".

Christian is a sheep farmer who has been putting a lot of his en-



ARTFUL GIFTS FOR THE QUEEN



Tuesday, July 4, 2017, was a busy day of celebration. Americans celebrated the country's Independence Day, and Canadians celebrated the 150th Anniversary of Canada's new federation. In Norway, the festivities for the royal family and all of Norway centered on Her Majesty Queen Sonja's 80th birthday.

The queen was delighted with visitors and gifts throughout the day, including a statue of the queen inside the Palace Park unveiled by her grandchildren. A gift from the Norwegian Trekking Association (DNT), the statue depicts the queen resting on a rock in her hiking clothes—a representation of her deep love for hiking and the great outdoors.

The queen then officially opened the "Queen Sonja's Art Stable." Now an arena for art, culture and history, the gift from King Harald was once a stable for the royal horses until 1940. The opening exhibition includes an installation of Queen Maud's photographs and a fine collection of Norwegian graphic prints – 164 pieces in total. Like Queen Sonja, Queen Maud (King Harald's grandmother) was a dedicated photographer and art enthusiast. Many of the prints were donated by Norwegian artists as birthday gifts for the queen, and the photo installation of was a gift from the Norwegian Government.

To conclude the birthday celebrations, Queen Sonja held a picnic for all inside the Queen's Park. In order to find their seats, guests participated in a fun, kid-friendly scavenger hunt and were treated to a delicious meal.



DO YOU HAVE ANY QUESTIONS ABOUT THE CHANGES IN SON DUES?

Find Answers with these Handy Resources Sons of Norway's 2018 simplified dues structure goes into effect on January 1. Check out the following resources for more information.

Website – www.sonsofnorway.com The website is now updated with a detailed dues structure chart and dues information. More frequently asked questions and answers have also been added. The history of how the dues changes came about remains on the site, and online information will continue to be supplemented on an as-needed basis.

Publications – Watch for informative articles in our communication channels. The August issue of Viking contained the updated dues information, and our other member newsletters will provide more information as implementation gets closer.

Email – To make it even easier for members to get their questions answered, they may submit them 24/7 to a dedicated email address, 2018dues@sofn.com. Staff will respond to inquiries in a timely manner.

NEW CONVENIENCES FOR MEMBERS COME WITH DUES STRUCTURE CHANGES

Here are a few items that are part of the changes coming with the simplified dues structure, beginning Jan. 1, 2018.

Automatic monthly withdrawal available – Effective with their 2018 dues renewal, members in U.S. lodges will have the option to pay their dues by automatic monthly withdrawal from their U.S. bank account. Annual payment of dues by check or credit card will continue to be available.

Local currency applies – No more confusion about adjusting dues based on the exchange rate for Canadian and Norwegian memberships. Beginning January 1, International dues for Canadian and Norwegian memberships are based on the local currency (Canadian dollars or Norwegian kroner), and hence will no longer be subject to exchange rate fluctuations. (Dues paid by credit card from a non-U.S. bank may be subject to an exchange rate and/or service fee set by the bank and/or credit card processor.)

Dues more easily explained to potential members – The new dues structure is simplified to maintain consistency throughout the U.S., making it easier for lodges to sign up new members and to discuss the dues with others outside of their lodges and districts.

Have questions on the above? Send an email to Sons of Norway 2018dues@sofn.com, and staff will provide timely answers.

Matlyst Monthly

Norwegian Apple Pie(Eplepai)

The Great Scandinavian Baking Book

by Beatrice Ojakangas

Makes one 9-inch pie

Although this is called a "pie" in Norway, we would think of it as a cake. Incredibly simple to make, it's a perfect last-minute dessert when fresh apples are in season.

- 1 egg
- $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup chopped almonds
- 3 medium-sized tart apples, pared, cored and diced

Topping

- 1 cup whipping cream
- 2 tablespoons powdered sugar

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.



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

NORSKEDALEN

Coon Valley, WI

www.norskedalen.org



October 13-15— Civil War with Company B

October 21-22 Pumpking Carving

Ghoulees in the Coulees -

Thursday, October 26: Family Trick or Treat Night
Friday, Saturday, October 27 - 28

Old Fashioned Christmas -

December 3 10 a.m. - 6 p.m.

TOUR GROUP FROM NORWAY



Spend a few hours with a group from Norway!! On October 4 a tour group from Norway is stopping in Spring Grove. They will be arriving in the morning and will tour Giants, they then will eat lunch and do a walking tour of Spring grove. At 12:45 they will be back at Giants... and this is where YOU come in. They would like to visit with anyone who would be interested in visiting. They are especially interested in immigration from Norway stories/history. If you have any stories to share, you are invited for dessert and conversation at Giants, starting at 12:45, Wednesday, October 4. For more info contact Bill Fried (498-5611). The group will be heading west, out of town, around 2:00.

Milestone Birthday Greetings to: **Ragnhild St.Mary**, Audrey Almo's mother, will be 103 years old on October 14! Happy Birthday Ragnhild!

AND TO: Marland Bjerke. He turned 90 on 9/9 (September 9th)! Happy BIRTHDAY!!

Condolences to :

Judy Tollefsrud and her family. Her daughter Beth Peterson (42) died suddenly in August.

Judy Fruechte's family, her brother Orlin Larson (85) passed away in August.

Geneva & Morris Tweeten, their son-in-law Bruce Wolfgran (68) passed away in August.

Healing thoughts and prayers to: **Edith Nerstad**. She has been doing some doctoring, and has spent a few days in the hospital.

UffdaFest!

SPRING GROVE OCTOBER 6 & 7, 2017

Friday, October 6, 2017



7 am - ? • City Wide Garage Sales

8pm • Music at Norski's Saloon

Saturday October 7, 2017

All Day • City Wide Garage Sales

All Day • Norwegian Ridge Nature & Birding Trails - Trailhead located behind Red's IGA

8:30 – 9:30 am • Registration and Check-in for LØVE LOPE 5k Run/Walk

10 am • LØVE LØPE 5k Run/Walk and TOFF NORSK Challenge begins - Viking Memorial Park - Sponsored by Spring Grove Lions Club; this is a fundraiser for community improvements.

9am - 3pm • Flea Market & Farmers Market + Vendors - Viking Memorial Park

10 am • 'Walk Spring Grove' loops/stations open - maps/info at Viking Memorial Park - Sponsored by Spring Grove Parks Committee

10 am - 1pm • Kaffe Fest - at Giants of the Earth Heritage Center - by Sons of Norway

10 am - 1pm • Exhibits - Bluff Country Artists Gallery

10:30 am - 2pm • Pork Burgers by the SG Athletic Boosters - Viking Memorial Park

10:30 am - until gone! • Homemade Apple Pie sale by Scholar Dollars - Syttende Mai Hus - whole pies or by the slice a-la mode

11am • Uff-Da Fest Story Walk - Viking Memorial Park - by ECFE; more info coming soon.

11am - 2pm • Music by Mike McAbee- Viking Memorial Park Gazebo

11am - 2pm • Kid's Games including Batting Cages, Kubb, Corn Pile - Viking Memorial Park

11am - 2pm • Food Stand - served by SG Youth Football - Viking Memorial Park

11am - 2pm • SG Soda Ice Cream Floats - served by SGHS Drama Club - Viking Memorial Park; proceeds benefit Drama Club

Noon • Bean Bag Turney - Maple Drive near Viking Memorial Park; register at Noon

Noon - 3pm • Balloons by Kevin - Viking Memorial Park

4pm-? • Abby's Concessions - Viking Memorial Park

4pm-? • Bourbon & Brisket - FatPat's BBQ at RockFilter Distillery

4pm-? • Beer Tent - Viking Memorial Park - Fundraiser for Spring Grove Fire Department; tentative.

8pm • Spring Grove Lions Club Truck Drawing at Norski's Saloon; Call 507-498-3456 for your tickets, or get there early to buy (if there are any left!)

8 pm- Midnight • DJ - Norski's Saloon

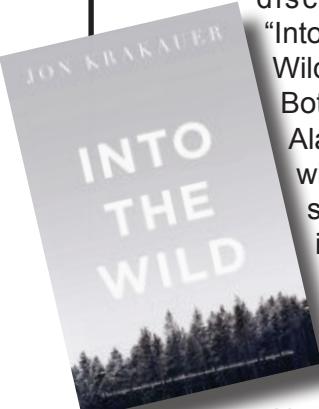
8 pm - Midnight • Music - American Legion Post 249

Celebrating Autumn in Spring Grove, Minnesota

UffdaFest.com

Bok Forening

September 19th Book Club will be discussing "Snow Child" by Eowyn Ivey. They may also be discussing "Into the Wild" by Jon Krakauer.



Both books take place in the Alaskan wilderness. Helen Solum will also be at the meeting to share her experiences teaching in Alaska.

For the October meeting there is a good chance they will be reading "Tisha" by Robert Spekt. This also takes place in Alaska, the story of young teacher.

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.



VESTERHEIM CLASSES

Decorah, IA

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

Fiber Arts

Billedvev (Picture Weaving)—Norwegian Tapestry Techniques

Sept. 14-17, 2017 with Robbi LaFleur

Twined Knitting

Oct. 25-27, 2017 with Arnhild Hillesland

Danskbrogd Weaving

Nov. 2-5, 2017 with Jan Mostrom

Nov. 11-14, 2017 with Jan Mostrom

Food

The Seven Cookies of a Norwegian Christmas

Nov. 12, 2017 with Darlene Fossum-Martin

Jewelry

Sámi Inspired Embroidery

Nov. 4-5, 2017 with Norma Refsal

Sámi Inspired Rings

Nov. 11, 2017 (9:00-1:00) with Norma Refsal

Nov. 11, 2017 (2:00-6:00) with Norma Refsal

Sept/Oct

3	4	5	6	7	8	9
Janice Dokken	Jim Skree Isaih Jaffer					Marlys Bjerke
10	11	12	13	14 Monthly Meeting 7:00 p.m. @ American Legion	15	16
17	18	19	20	Aubrey Orth	22	23
24	25	26	27	28	29	30
October				Board Mtg	Judy Fruechte	
1	2	3	4	5	6	7
Kati Peterson	Dorothy Stoskopf					Kaffe Fest
8	Leif Erickson Day	10	11	12 Monthly Meeting 7:00 p.m. @ American Legion	13	14
Caleb Nerstad	Bill Fried				Ragnhild StMary	
15	16	17	18	19	20	21
Georgia Roble		Book Club				Howard Burtress Bob Stoskopf
22	23	24	25	26	27	28
			Garrett Fort			Vance Haugen Darla Nerstad
29	30	31				Gratulerer med dagen!

Rosemaling

Rosemaling in the Valdres Style

Sept. 13-17, 2017 with Pam Rucinski

Rosemaling in the Os Style

Sept. 14-17, 2017 with Karen Nelson

Beginning Rosemaling

Sept. 30-Oct. 1, 2017 with Linda Miller

Landscape Painting in Oils

Oct. 13-16, 2017 with Jan Norsetter

Rosemaling Telemark in Acrylics

Oct. 19-22, 2017 with Lois Mueller

Woodworking

Viking Era Carving

Oct. 16-20, 2017 with Jay Haavik

Decorating on Wood—Making Your Pieces Come Alive

Oct. 20-22, 2017 Rebecca Hanna & Darlene Fossum-Martin

Carved Ale Vessel

Nov. 2-5, 2017 with Becky Lusk

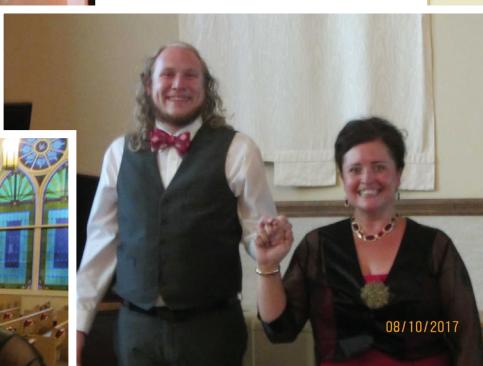
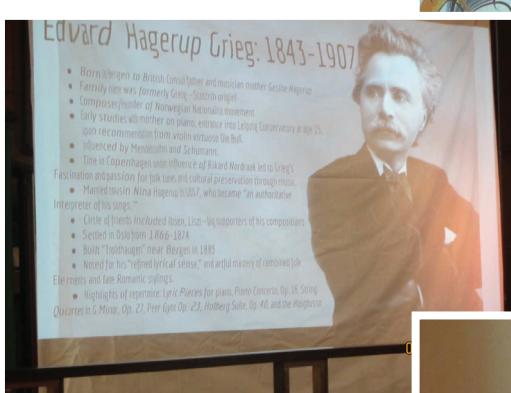
Carving for Christmas

Nov. 3-5, 2017 with Harley Refsal

Chip Carved Ornaments for Christmas

Nov. 11-12, 2017 with Marty Leenhouts

AUGUST 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
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Return Service Requested



SEPT/OCT 2017

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

2017 LUNCH SERVERS

FIRST ONE ON THE LIST IS TO CALL THE OTHERS FOR THAT MONTH!
The people listed will bring food (serving group can decide what they would like to serve, normally we have between 20-30 people at a meeting), and they are responsible for making coffee, setting up, serving and clean up.

SEPTEMBER 14th - Program: Spirits and Sheep--Christian Myrah.

Servers: Audrey Almo, James Skree, Judy Tollesrud, Truman Omodt

OCTOBER 12th- Program: Norwegian Folk Arts--Laurann Gilbertson. (meet at Legion)

Servers: Mike Schmidt, Bonnie & Vance Haugen, Norris & Betty Storlie, and Jim Wihelmsen

NOVEMBER 9 th - Program: Veterans Cemetery--Rob Gross. (meet at Legion)

Servers: Lee Grippen, Janice Dokken, Rachel Storlie, David Virock

DECEMBER 14th- Christmas party --- TBA

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 July and August
- December we have a Christmas party



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!

