



The Valheim Tidende



Volume 20 Issue 4

Spring Grove, MN 55974

July/August 2018

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SUMMER!!!

Well, we made it through busy May and rainy June, what will July and August bring?

Be sure to attend our July meeting...
Solvang Lodge of Westby will be our guests!

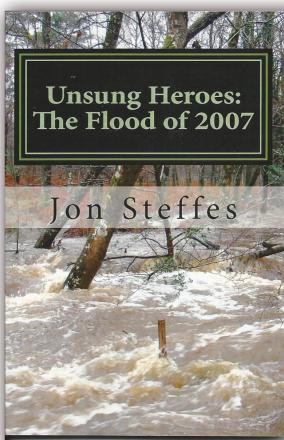
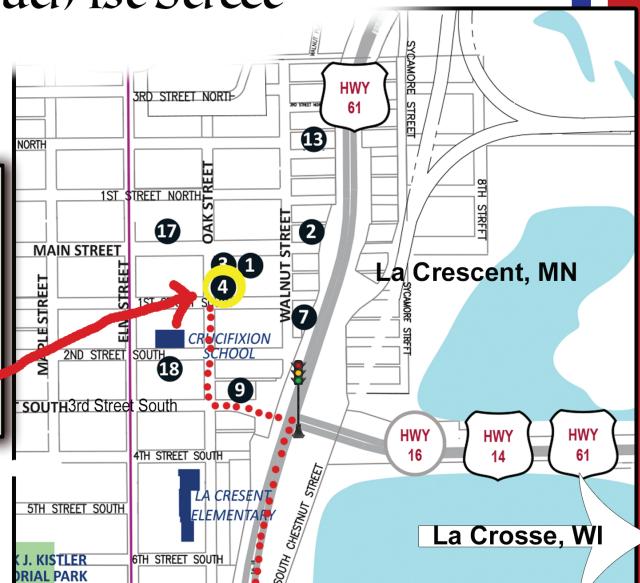
We will meet in LaCrescent, Mn

Thursday July 12th
at the La Crescent

Community Building/Fire Department
336 South 1st Street

If you wish to carpool
meet at Trinity Church
in Spring Grove at 5:00 pm

From Spring Grove
turn left at the signal lights, onto 3rd street.
Turn right onto Oak Street
It will be on your right,
when you cross South 1st Street
(#4 on the map).



We Hope You Can Join Us!!

6:00 Pot Luck Supper

There will be hot dogs & brats, baked beans, beverages, paper products, condiments, etc We ask all families attending to bring a potluck item of your choice.

7:00 Program

Jon Steffes author of
Unsung Heroes: the Flood of 2007

SYTTEnde Mai 2018

Lee Grippen >>>
sharing his mm-mm
good heart waffles
that he made!



<< Our AMAZING
Janet Fossum!!
Everyone loved the
rommegrøt that she
made!!!

David Susag >>
and his sharp
handmade knives.



Audrey
Almo>>
never sits
idle. Here
she shows
us her rug
braiding



Marsha Dowe Indahl and her mother
Betty Dowe, doing a little Rosemaling!



Teresa (Fossum)
Vernon and
her beautiful
Hardanger work



<<<
We had a Nisse
(and his friend)
bring us good
fortune all day!
<<<



Geneva Tweeten, always a smile and so
positive. She is the heart of our book club!



Steve Guberud,
a very talented wood
carver

Darlene
Fossum-
Martin >>>
having
a little
rommegrøt
during a
break from
Kolrosing



THANK YOU to our other
demonstrators at Syttende
Mai: Lynn Susag, James Miller, Georgia Rosendahl &
Geneva Tweeten and Karen Fried.

THANK YOU to everyone who
brought goods for our very suc-
cessful bake sale, and to Judy and
Jackie for keeping
it arranged and
Loretta for taking
care of the money!
Sytteende Mai is
always a great
time to see lots of
people and have
fun!



05/19/2018

We had a
BOAT LOAD
for the parade!
We even had
a BAND in the
boat....a great
addition to our
Sytteende Mai
Cruise Line!



Decorah's Nordic Fest

Come enjoy the celebration and fun of the 52nd Annual Nordic Fest July 26-28. Since 1967, over 1 1/2 million visitors from all over the world have attended our festival in Decorah, IA!

Your whole family will enjoy delicious food, traditional crafts, a colorful parade, lively entertainment, sporting events and our Saturday night fireworks display.

Events begin with Thursday night's opening ceremonies at 6:45 p.m., followed by two full days of fun activities for the whole family. Plans are already underway for the biggest Fest yet! Make your plans now to be part of the fun!



Norsk Høstfest

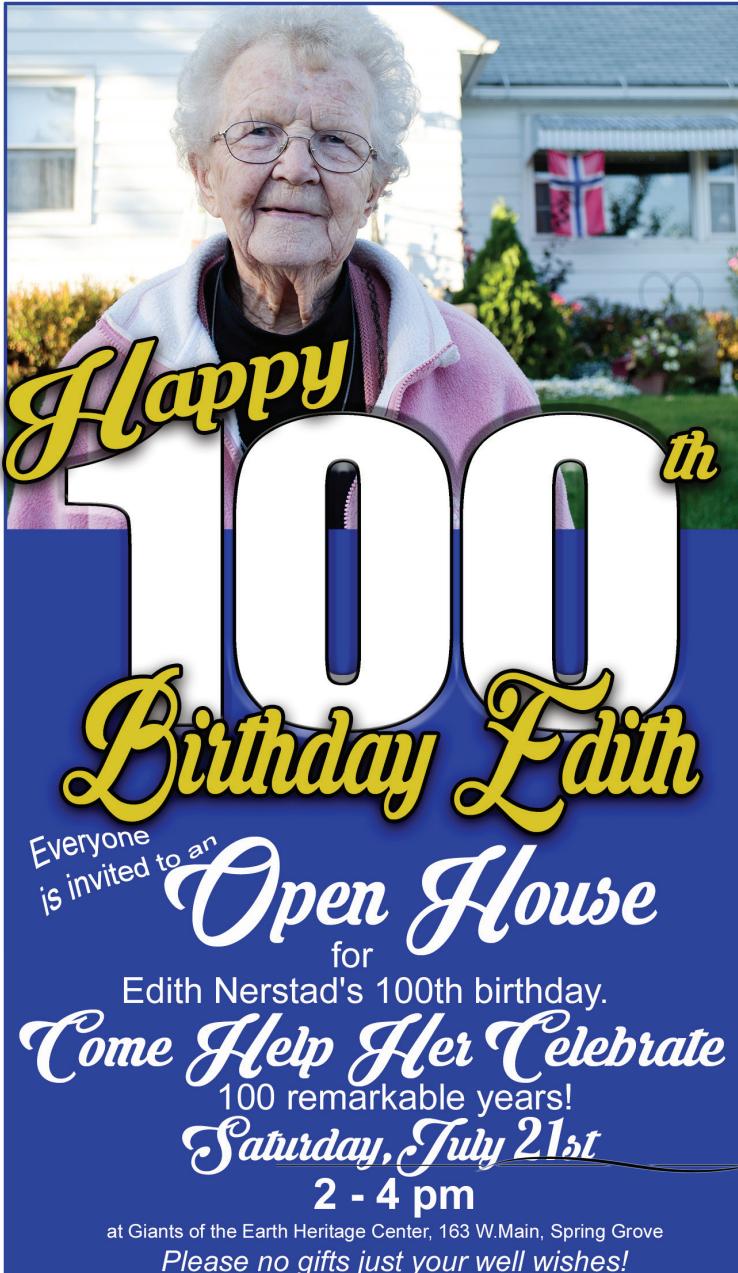
The festival features world-class entertainment, authentic Scandinavian cuisine, Scandinavian culture on display, handcrafted Norsk merchandise, plus a fine dining establishment lead by guest chefs.

Norsk Høstfest celebrates Scandinavian culture and heritage of the five Nordic countries of Denmark, Finland, Iceland, Norway, and Sweden. Each nation is represented in one of the halls in which the festival takes place, and each named after their country's capital city. The individual styles of each country's entertainment, food, clothes, art, and jewelry can be found throughout Norsk Høstfest and also in the Scandinavian Heritage Park, the only park in the world representing all five Nordic countries.world.

Date(s): September 26-29, 2018

Location: North Dakota State Fair Center
2005 E Burdick Expressway,
Minot , ND 58701
701-852-2368

www.hostfest.com hostfest@minot.com



NORSK HØSTFEST

PURE SCANDIMONIUM!

SEPTEMBER 26-29, 2018

Our Sons of Norway Library

We have more books in our "library" that can be borrowed at any time. Contact Georgia Rosendahl (498-3318 or rosefarm@springgrove.coop) to make arrangements.

New donations:

Geneva Tweeten donated "Recollections of an Immigrant" by Andreas Ueland.

The following is a list of the books that were donated by Patty McManimon-Moe. They belonged to Patty's mother-in-law Florence L. Thompson Moe-Olson.

1. *Engelsk-Norsk – Gyldendals Ordbøker* – ved B. Berulfsen – Oslo 1947
2. *Beginning Norwegian* – A grammar and Reader by Einar L Haugen, 2nd Edition – 1946-New York F. S. Crofts & Co.
3. *Spoken Norwegian* – Einar Haugen – 1976
4. *Reading Norwegian* – Einar Haugen – 1947
5. *Nordahl Rolfsens Lesebok & Annet Bind Smakryp og Svaere Tomg ved Jams Bergersem* – 1939
6. Einar Sigstad – *Villbring I Vegkanten* – Fra livet I ei Mjøsbygd – 1977
7. *Engelisk – Norsk – Norwegian English* – Berlitz – 1977
8. *Norwegian for Travellers* – Berlitz – 1972
9. *Grosset's Scandinavian* – Danish-Norwegian-Swedish Phrase book and Dictionary for Travelers. 1973
10. *Astri, My Astri: Norwegian Heritage Stories* by Deb Nelson Gourley – 2005
11. *Norwegian Table Prayer* written on a blue heart with rose-malling along the edges.
12. *Norse Test* – Florence Thompson

Thank you to Jill Storlie for taking time to be our delegate at the Sons of Norway District 1 Convention in Rochester in June. We look forward to hearing about her experience at upcoming meetings.

Call for Recipes

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sonsofnorway.com. For a chance to be featured, simply email your recipe to jkohlnhofer@sofn.com. Feel free to include a high quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.

Valheim Lodge helps at Giant's Language Camp



(left) Josephine Jaster of Spring Grove, a camper at the Norwegian Ridge Language & Culture Camp, shows off the cute nisse she made during language camp.

We had several Valheim Lodge members helping with different aspects during language camp (June 11-16). These members included Karen & Jim Gray,



(above) Campers enjoying a hearty noon meal which was prepared by several Valheim members



They could be "poster children" for SofN...
Lee Grippen and Judy Melbostad.

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

Meatballs in a Gjetost Sauce

For the Meatballs

- 2 Lbs Ground Beef
- 1 Tsp Salt
- $\frac{1}{2}$ Tsp Pepper
- 2 Eggs - lightly mixed
- 1 Cup Milk or 1 Cup Beef Broth
- $\frac{1}{2}$ Cup Flour or $\frac{1}{2}$ Cup Fine Dry Breadcrumbs

For the Sauce

- 2 Tbsp Butter
- 2 Tbsp Flour
- $\frac{3}{4}$ Cup Light Cream
- $\frac{1}{2}$ Cup Chicken Broth
- 1 Cup Shredded Gjetost Cheese
- $\frac{3}{4}$ Cup Sour Cream
- 2 Tbsp Chopped Parsley or 2 Tbsp Fresh Dill



Making the Meatballs

In a large bowl combine the ground beef, salt, pepper, eggs, milk or broth, flour or breadcrumbs using your hands or an electric mixer.

Moisten your hands and shape the mixture into 3/4 inch meatballs. In a large frying pan at medium heat add 2 tbsp of oil.

Add meatballs to the pan and shake the pan gently to turn the meatballs. Cook the meatballs for about 10 minutes and then remove as they start to brown. Place meatballs on a plate lined with paper towels to drain prior to serving. Save the pan and the cooked-on bits to make the sauce.

Making the Sauce

Remove as much of the oil from the pan as possible. Melt butter, add flour, making a roux.

Evenly stir in the light cream.

Add the chicken broth, with medium heat and bring to a boil. Make sure to stir evenly until thickened.

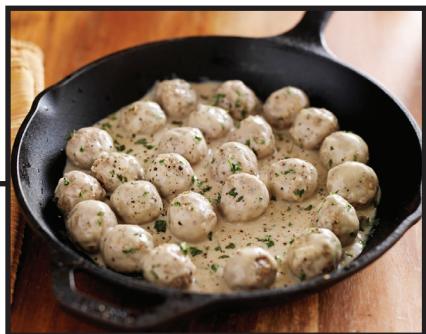
Reduce the heat to low and stir in the gjetost.

Mix a small amount of the sauce into the sour cream, return the sour cream to the pan of sauce.

Add the chopped parsley or dill.

Return the meatballs to the pan and simmer until heated through.

Serve with
cooked rice,
potatoes or egg
noodles.



Sympathy to the families of

Ragnihld St. Mary, She was 103 years old and had been a member of Valheim Lodge for many years, as well as a volunteer for the Houston County Historical Society and her church. She always was busy and had great stories to share. Her daughter Audrey Almo is a very active member of Valheim Lodge.

-- Emma Landsom. Emma joined Valheim lodge in 1972 and led Valheim Lodge as it's first woman president in 1980's. She had lots of "vim and vinegar", loved her Norwegian heritage, and had visited Norway many times. Sympathy to the family which includes her sister Geneva Tweeten, who is also a spark plug for our lodge

Special Birthday Greetings

THE 90 CLUB!

-- Darrell Sinclair turned 92 on July 8.

-- Morris Tweeten turns 92 on July 19.

-- Edith Nerstad will be celebrating

100 years on July 21

Be sure to attend the Open House, July 21,
2-4 pm at Giants of the Earth Heritage Center



June: Dave and Ruth Amundson told us of their very involved "History Alive" project in Westby.



May:

The Nowlands (Ron, Frieda and Naomi) shared their experience of taking a kubbestol class at Vesterheim and hoping to carry on the tradition of making kubbestols as Frieda's grandfather Halvar Landsverk did.



Bok Forening

(Book Club)

At the June meeting Gordon Eddy was the guest speaker and he shared history of Rolvalg connections to Black Hammer.

July is going to be catch-up-month!

There will be discussion on some of the books they have been reading over the past few months including Nightingale by Kristin Hannah, Fjord Magic by Margaret Gilseth and Divided Hearts by Dorothy Burton Skardal. Members are also encouraged to read "Unsung Heroes: The Flood of 2007" by Jon Steffes since we are going to hear him speak at our July monthly meeting.

Book Club meets the third Tuesday of the month at 2:00 p.m. in room 103 at the Spring Grove Public Library. We welcome all to join. Contact Geneva Tweeten if you would like more information.



July/August 4

					5	6	7
8 Darrell Sinclair	9	10	11			14	
15	16	17 Book Club	18	19 Morris Tweeten	20	21 Edith Nerstad	
22	23	24	25 Rachel Storlie Laura Thorson	26	27	28 Jim Gray	
29	30	31 AUGUST		2 Thomas Trehus	3	4	
5	6	7	8	9	10 Lays @ Trinity Food & Music	11	
12	13	14	15	16	17	18	
19	20	21 Book Club	22		23 Gratulerer med dagen!		
26	27	28 Meet w/ Winona Lodge in Winona 6:00pm Central Lutheran	29 Dale Buxengaard	30	31 Sibyl Floyd		



Vesterheim

The National Norwegian-American
Museum & Heritage Center

Decorah, IA

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

Classes

Introduction to Iconography

July 9-12, 2018 with Randi Sider-Rose

Rosemaling in the Gudbrandsdal Style

July 21-25, 2018 with Andrea Herkert

Fun with Os Rosemaling

July 21-25, 2018 with Nancy Schmidt

Stave Vessels from the Past to the Present

July 22-25, 2018 with Owen Christianson

Rosemaling in the Agder Style—Acrylics

July 29-August 1, 2018 with Karen Nelson

Freyja's Fantasy Filigree

July 29-30, 2018 with Liz Bucheit

Traditional Filigree: Sweet Sølje Pin

July 31-August 1, 2018 with Liz Bucheit

Crafting the Norwegian Tollekniv

July 21-25, 2018 with Gene Tokheim

Original Ale Bowls

July 29-August 2, 2018 with Phil Odden

Style—Acrylics

August 4-7, 2018 with Karen Nelson

Flax to Linen 101

August 4-7, 2018 with Andrea Myklebust

Rosemaling in the Os Style - Acrylics

August 4-7, 2018 with Karen Nelson

At Vesterheim during Nordic Fest

DEMONSTRATIONS, DISPLAYS, AND SALES

The National Norwegian-American Folk Art Exhibition, a judged show and sale of exceptional pieces of knifemaking, metalworking, rose-maling, weaving, and woodworking by contemporary American artists. Find more info [here](#). Sponsored by Decorah Bank and Trust.

Folk Art School Demonstrators in courtyard outside the Main Building from 9:00 a.m. – 5:00 p.m. each day. Students and instructors of Vesterheim's Folk Art School demonstrate a variety of folk arts.

Living Heritage Demonstrators: Blacksmithing, forging, leatherwork, spoon carving, stave and bentwood container construction, rosemaling, acanthus and dragonstyle carving, and post and beam carving. Sponsored by Decorah Bank and Trust.

Filigree jewelry making by jeweler Liz Bucheit (Saturday only).

Ropemaking demonstrations by Dick Enstad.

Psalmodikon (stringed instrument) demonstrations by Beatrice Hole.

Beautiful woodcut prints of the Decorah area by popular local artist Carl Homstad.

Country Gallery Antiques, specializing in Scandinavian antiques—textiles, jewelry, decorated woodenware, sewing tools, kitchenware, prints, and painted furniture.

Vesterheim Ribbon-Winning Rosemalers Sales Shop, with rose-maling for sale by Vesterheim ribbon-winning artists.

Oneota Weavers and Spinners Guild Sales Shop with hand-felted Santas and Christmas ornaments/figures, hand-woven rugs, scarves/shawls, table runners, and more.

Vesterheim Museum Store: Open 9 a.m.-8 p.m., Thursday through Saturday. Sweaters, jewelry, folk art, cooking supplies, books, and more.

BARNETOGET 2018



To celebrate Syttende Mai (May 17) a Barnetoget (childrens' parade) was planned by Giants of the Earth Heritage Center. To help with the festivities, our lodge obtained a Thrivent Action Team grant and provided lefse with a hot dog in it and Spring Grove pop to all of the students who participated (preK-6th grade), a little over 200 kids! The kids enjoyed

the parade down main street, playing kube, doing a Maypole Dance, and the refreshments. Thanks to our members as well as the JH student volunteers we had for helping serve the food. It was a very colorful event.



Norskedalen



Near Coon Valley, WI
M-F: 9 a.m. to 5 p.m.
Sa: 10 a.m. to 5 p.m.
Su: 11 p.m. to 4 p.m.

Music in the Valley

Every Wednesday during July and first two Wednesdays of August @ 5:30 pm - 7:30 pm

Food and MUSIC



FRIDAY, AUGUST 10

**Trinity Lutheran Church
Spring Grove**

You are invited to sit down for a catered meal with fellow Norwegian heritage enthusiasts -- members of the Hallinglag and the Sognefjordlag in the Fellowship Hall (basement)

at 5:00 p.m. \$13/person

Following the meal and fellowship head upstairs to enjoy a concert by the Luren Singing Society, (concert -free will donation)

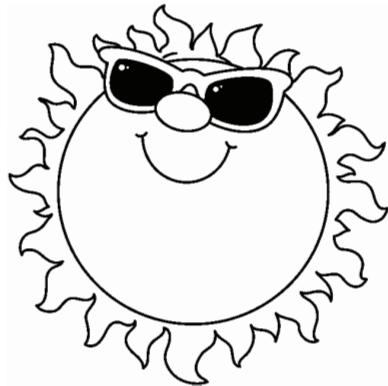
If you can't make the meal, you can still attend the concert!

Please let Bill Fried know by August 2 if you plan to attend the meal (507) 498-5611



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

Return Service Requested



July/August 2018

2018 LUNCH SERVERS

FIRST ONE ON THE LIST IS TO CALL THE OTHERS FOR THAT MONTH!

Serving group can decide what they would like to serve, normally we have between 20-30 people at a meeting. Servers are responsible for bringing food, making coffee, setting up, serving and clean up.

July 12 - With Westby in La Crescent at Fire Hall - Audrey Almo, Howard Johnsrud, Jim & Karen Gray, Robert Newhouse. **Program:** Jon Steffes, "The 500 Year flood of 2007"

August 9 - Meet with Winona Lodge, in Winona, 6:00 pm, Central Lutheran. **Program:** Norwegian Fjord Horses

September 13 - Lorraine Hagen, Bonnie & Vance Haugen, Jim Wilhelmsen, Judy Tollefson. **Program:** Darlene Fossum-Martin "Folk Art Tour in Norway"

October 11 - Lee Grippen, Betty Storlie, Janice Dokken, James Skree. **Program:** Katrine Myrah "Growing up in Norway"

November 8 - Rachel Storlie, David Virock, Adele Twite, Truman Omodt. **Program:** David Glomstad "Norwegian Civil War Regiment"

December 13 - Christmas Party TBD

Monthly Meetings:

- Lodge meetings are held at Giants of the Earth Heritage Center
- April, May, June, July, September, October, November, meetings are the 2nd Thursday of each month at 7pm
- January, February, March meetings are the 2nd Saturday at 11:00 a.m.
- Potluck Supper are held in July and August
- December we have a Christmas party

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

