



The Valheim Tidende



Volume 20 Issue 2

Spring Grove, MN 55974

March/April 2018

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2018 Officers

President	Karen Fried
Vice Pres.	Thomas Trehus
Secretary	Jillelyn Stolie
Treasurer	
Assistant Secretary	Bill Fried
Membership	Loretta Knutson
Social/Cultural	Lee Grippen
Marshals	Judy Melbostad
Greeters	Janet Fossum
Editors/Publicity	Morris/Geneva Tweeten
	Darrell & Oranda Sinclair
	Sibyl Floyd
Historian	Georgia Rosendahl &
Trustee	Karen Fried
Auditor	Georgia Rosendahl
Sports Director	Lawrence Knutson
	Karen & Jim Gray
	Diane Nerstad &
	Linda Nerstad-Kemp

make, maybe for special occasions or just everyday coffee, and are willing to share. Please mail or give your recipes to Karen Fried or Georgia Rosendahl on or before April 12th.

March came in like a Lamb....

Our March Monthly Meeting will be 11:00 a.m. on Saturday, March 10-- at the Giants of The Earth Heritage Center. The Highland Voices from the Caledonia area will be our entertaining program.

After a break of several months, the "Highland Voices," an all-female vocal group founded in 2008, has resumed making concert appearances. The group features "mature women," says director Jacolyn Mechtel. The group started shortly after Jacolyn retired and her friend Laurel Rusert suggested the formation of the singing group. "We called people, and the people that we called suggested others," she recalled.

The director has worked with many choirs and musical groups over the years, with participants including ages 4 through 90. The "Highland Voices" currently numbers 14 members, including our Valheim Lodge members Sibyl Floyd and Janice Dokken.



Thursday, April 12- Lanesboro Heimbygda Lodge are invited to join us at our April monthly meeting. Glenn Borreson will be presenting the program "Vikings at Lindesfarne". April is when we return to evening meetings, so we will be meeting at 7:00 p.m. at the Spring Grove Legion. Lets have lots of smiling Valheim members greeting our friends from Lanesboro!

Saturday, April 21 -- Will be our annual "Flatbread Day". We will make flatbread, as well as heart waffles, sandbakkels and who knows what else. We invite members to bring their ready to make recipes (or mix it at church). Together we will bake our goodies. We invite the public to attend and watch and maybe try rolling, dipping, baking, etc. This is a chance to get rid of that phrase "I don't know how to make it." The event is FREE and open to the public. Invite your friends to Trinity Lutheran Church kitchen for a morning of fun. We will be printing our *Learn, Laugh, Eat!* recipe booklet. If there are recipes you would like to include in the booklet, we encourage any member to submit recipes. Our booklet has a second chapter "Beste Mat" (best food). We are looking for recipes that you like to

Learn, Laugh, Eat!!!

Sops of Norway Valheim Lodge 364
invites you to

FLATBREAD DAY

& OTHER NORWEGIAN GOODIES
including Rosettes, Heart Waffles, Sandbakkels, Kransekake, Flatbread, and more

Saturday, April 21, 2018

Trinity Lutheran Church Kitchen Spring Grove, Minnesota

9-11 a.m.

Open to ANYONE & EVERYONE!
Come and stay for a bit or stay the whole time

No admission! IT'S FREE!!

and you can Taste test the results!

Watch -- Ask questions --Give it a try!

This is your CHANCE to learn how to make many Norwegian baked goods.

HELP CARRY ON THE TRADITION!



A Recipe booklet will be available for \$6

Any questions? Contact Janet Fossum or Karen Fried

19TH ANNUAL BARNELOPE



For the first time in many years, we had NO SNOW for the Barnelopet. Darlen Fossum-Martin (chariperson) thought this was only the second or third time with no snow over the 19 years of the Barnelopet. So, what do you do when there is no snow? You walk/run the event! We had only 16 Barnelopet participants, and almost that many volunteers. Jon and Mary Hart of Decorah once again sponsored the event which made it a free event for the participants. As the event was coming to a close, a

light snow did begin to fall giving it a wintery feel.

Thank you to the Sons of Norway lodges from Lanesboro, Decorah and Spring Grove for making donations and a special thank you to Vesterheim Museum and Darlene Fossum-Martin. Also, thank you to Janet Fossum for making dozens of cookies that she donated to the event. They were very much enjoyed

MONTHLY MEETINGS



<< January meeting...For our January program Miranda Moen of Caledonia (shown here with her parents) shared her summer of 2017 as a scholarship student at the University of Oslo Summer School where she studied a Norwegian Architecture and Design course. Miranda was able to locate several ancestral areas in Norway and also seeing the home of her immigrant ancestor from Fyrsdal in Telemark, Norway.

Miranda is currently pursuing a Master's Degree in Architecture from the Iowa State University in Ames.

It also was our annual Souper Saturday, so we had lots of wonderful soup and goodies to go with it.



<<<February meeting
Tim Kindseth, archivist at Vesterheim, in Decorah, Iowa, has spent the past year processing and cataloging a collection of 2,000 portraits of notable Norwegians and Norwegian Americans, including church leaders, politicians, military officials, explorers, scientists, doctors, athletes, artists, writers, historians, and educators, among others.



Matlyst Monthly

Deviled Eggs with Prosciutto

- 10 large eggs
- ¼ cup plus 1 Tbsp. mayonnaise
- 3 cornichons (tiny dill pickles), minced
- 2 Tbsp. goat cheese at room temperature
- 2 tsp. Dijon mustard
- 1½ minced shallot
- 2 tsp. snipped chives
- Kosher salt and freshly ground pepper
- 1 oz. prosciutto, torn into 20 pieces



In a large saucepan, cover the eggs with cold water and bring to a boil over high heat. Remove eggs from heat and let stand in the hot water for 10 minutes. Transfer the eggs to cold water until chilled, about 5 minutes.

In a medium bowl, mix the mayonnaise, cornichons, goat cheese, mustard, shallot and 1 teaspoon of the chives. Peel the eggs and halve them lengthwise. Add yolks to the bowl, mix until smooth and season with salt and pepper. Thin the mixture with 1 tablespoon milk as needed.

Set the egg whites on a serving platter. Scrape the egg yolk mixture into a pastry bag fitted with a large, round tip and pipe the filling into the whites; alternatively, use a plastic ziplock bag with a corner snipped off or spoon in the filling with a teaspoon.

Top each egg with a piece of prosciutto, sprinkle with the remaining 1 teaspoon of chives and serve.

For a meatless option, substitute 1 oz. of thinly-planed slices of Norwegian gjetost (goat cheese) for prosciutto.

2017 -- Abbreviated Treasurers Report

INCOME

Lunches	\$188.91
Donations	
2016 Christmas Bake Sale	\$45
Homecoming Bake Sale	\$736.42
Uff Da Fest Bake Sale	\$439
2017 Christmas Bake Sale	\$1025
Interest	\$8.38
Revenue Sharing Ck	\$11.27
Rachel's Concert (designated to Norwegian Ridge Language Camp)	
	\$416
Total Income	\$2869.98

EXPENSES

Community Organizations

Barnelopet	\$75
Camp Winnebago	\$100
SG Library	\$100
American Legion	\$100
Giants of the Earth Heritage Center	\$100
Vesterheim(speaker)	\$75
HCHS	\$25
Royal Tea	\$58.14
Norsland Lefse	\$75

Fraternal - for the Lodge

Newsletter Expenses	
Postage & Printing	\$1042.57
Speakers	\$175
Language Camp Scholarship	\$50
Liability Insurance	\$95
SofN Pins	\$45
Total Expenses	\$2215.73

If you would like a detailed treasurers report, please see Loretta Knutson, Treasurer



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!

Stoughton Dancers to Perform in Holmen

On Sunday, April 22, 2018, the internationally known Stoughton Norwegian Dancers from Stoughton, WI, will present a "Norse Afternoon of Fun." The performance will be at 2:00 p.m. at Holmen High School, 1001 McHugh Rd., Holmen, WI. The performance is sponsored by the Wergeland Sons of Norway Lodge of La Crosse.

This lively group of dancers will present a program that includes humorous, gymnastic, and audience participation dances that are appealing to all ages. Bring your children and grandparents to make it a family event. The Stoughton Norwegian Dancers have been thrilling audiences for 65 years all across the United States, Canada, and in Norway. They perform approximately 60 times every school year and never leave their audiences disappointed. They have performed at Disney World, in Washington DC, at the Sun Bowl in Arizona, for the King of Norway, and countless other places across the country. Admission for adults is \$9.00. Children who are ages 6-18 are \$4.00. A bake sale featuring authentic pastries and baked goods will be available for purchase.



© Smith Photography

Call for Entries!

2018 International Folk Art Competition & Exhibition

Show off your talent and celebrate Norwegian culture by participating in the International Folk Art Competition & Exhibition, part of the 2018 International Convention in Bloomington, Minn., August 16 -19. Check-in for the event will begin on August 15, and the exhibits will be open for public viewing August 17 and 18.

Amateur and professional Sons of Norway members can compete or exhibit work in several Norwegian folk art categories including rosemaling, hardanger embroidery, hand knitting, photography and several others. All participants will receive a certificate of recognition and have the option to compete for 1st, 2nd and 3rd place ribbons.

Members will also have the chance to compete for the Best in Show Award given to judges' overall favorite item and the People's Choice Award, selected by popular vote.

Register in Advance!

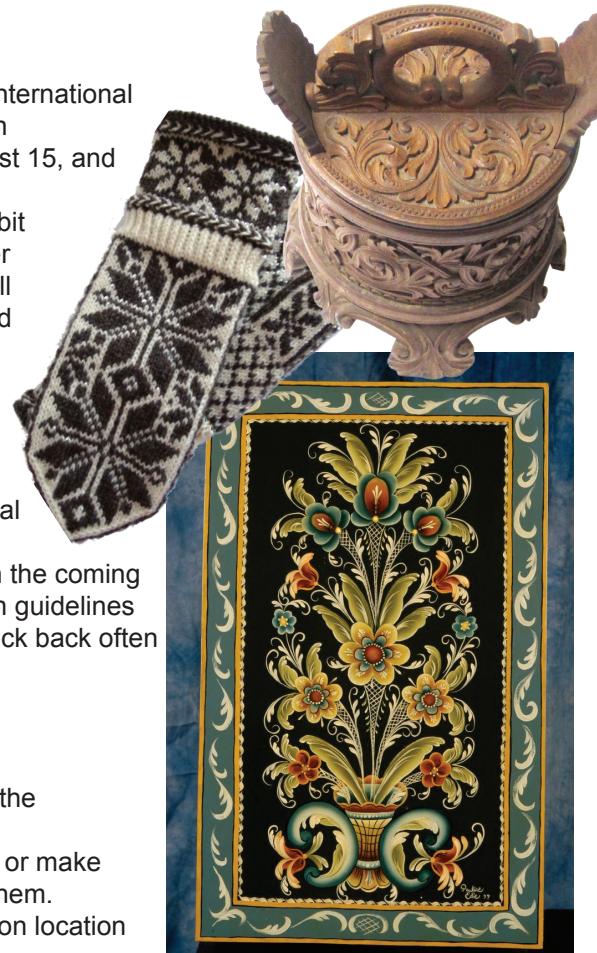
Pre-registration is the only way to guarantee an artist's spot in the International Folk Art

Competition & Exhibition – space is limited. Registration will be available in the coming weeks, and more information regarding requirements, categories, competition guidelines and more will be posted online at www.sonsofnorway.com/folkart. Please check back often for details.

Guidelines overview

- All participants must be Sons of Norway members.
- All items must have been completed within the last two years.
- Members do not have to compete in the district level in order to compete in the international level.
- Artists must bring items to the Folk Art Competition & Exhibition themselves or make arrangements for an attending member of their district to bring the items for them.
- Items mailed to Sons of Norway Headquarters or the International Convention location site will not be accepted.

If you have questions regarding the competition and exhibition, please contact Sons of Norway Headquarters at (800) 945-8851.



Sons of Norway Mission Statement

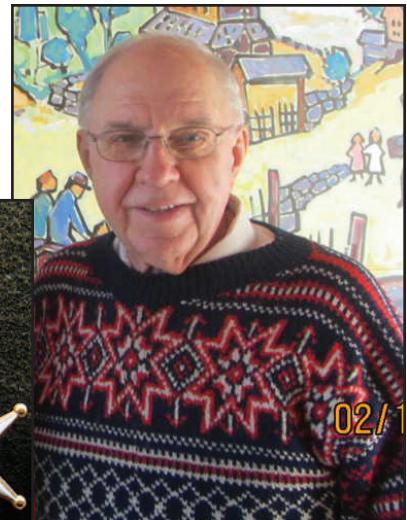
The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

CELEBRATION!!!

Valheim Lodge member Lee Grippen is set to receive the distinguished Order of St. Olav Medal! It will be presented by the Norwegian Counsel General of the Norwegian Consulate in Minneapolis. The presentation will be on Friday March 16th at Giants of the Earth Heritage Center in Spring Grove.

The award is in recognition of "outstanding services rendered in connection with the spreading of information about Norway abroad and for strengthening the bonds between expatriate Norwegians and the home country."

A public reception will be held on Thursday March 22nd at Giants of the Earth Heritage Center in conjunction with a presentation by Roar Moe on Maritime Norway at the Cinema in Spring Grove. There will be refreshments served at Giants of the Earth Heritage Center following the program. We are asking Valheim Lodge members to bring a dessert tray if possible. We will have a sign up at our March monthly meeting. March 22 is also Lee's 75th birthday, so let's CELEBRATE!



Crown Prince Haakon visited 'heavy water' plant 75 years after WWII action

POSTED BY: GERARD TAYLOR, March 1 2018 in Norway Today

It has been 75 years since the sabotage of the "heavy water plant at Vemork during the Second World War, which was marked on Wednesday night. For that reason, Crown Prince Haakon visited the last part of the sabotage route with soldiers from the Special Armed Forces.

On Wednesday afternoon, they came up the gorge that splits the valley where Vemork is located. It was here that the Norwegian saboteurs came up when they carried out the successful action against the German occupation power's production of 'heavy water', wrote The Norwegian Royal House.

The visit on skis and on foot in the snow took approximately five hours.

"It was a dramatic story, and amazingly impressive what they achieved. They managed to sneak in without discovery until they were in the basement where the production of 'heavy water' was taking place. They managed to blast explosives, blow up the plant and retreat without faltering. Everyone survived and managed to get away. So it was a success story which was recognised internationally", said Crown Prince Haakon, according to VG newspaper after the trip was



completed.

In total, eleven Norwegians participated in the Vemork action against Hydro's plant. They were the 'Heroes from Telemark' (as they were called in the famous Hollywood production of 1965). The purpose of the action was to prevent Nazi Germany from accessing 'heavy water', a necessary component in the development of nuclear weapons.

According to the Crown Prince, it was an uncomfortable climb.

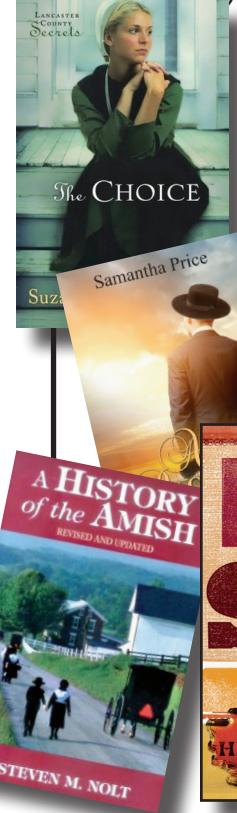
"It was about minus 20 cold, and nine meters per seconds of wind, so it was a bit fresh, yes, but it went well. We had OK equipment, and weren't there for so long. The five "Grouse" saboteurs were onsite for three months, and waited for reinforcements before they could carry out the operation, so what we did today was relatively simple compared to that," he said with admirable understatement.

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.

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

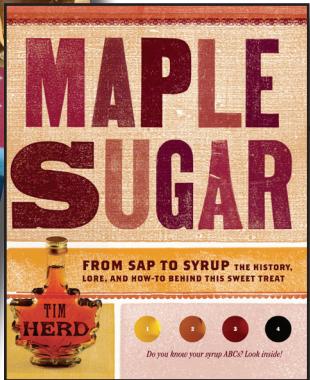
Bok Forening

(Book Club)



Book Club will meet March 20 at Spring Grove Communications, room 103 at 2:00. They will be discussing more Amish books, your choice. Also, you are asked to bring a poem to share. And for icing on the cake, there will be discussion about the book "Maple Sugar" by Tim Herd. There are hopes to go visit the Zaffke maple syrup set up at some time!

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

March 7, 21, 28 & April 4, 11, 18, 2018

Whittling Klubb for Kids with Rebecca Hanna

March 9-11

Beginner Scandinavian Folk Musuc with Vidar Skrede

April 6-8, 2018

Tripod Candle Holder with Tom Latané

April 7

Kransekake: The Queen of Cakes with Carrie Solberg

April 12 - 15

Rosemaling in the Hallingdahl Style with Julie Anderson

April 13-15

Rosemaling in the Telemark Style with Linda Miller

April 20-23

Rosemaling in the Setesdal Style with Louise Bath

April 20-22

Intermediate & Advanced Scandinavian Folk Music with Vidar Skrede

April 24-25, 2018

Forging Knife Blades with K.J. Groven

April 26-29, 2018

From Forging to Handle and Sheath—Craft It All with K.J. Groven

March/April

					1	2	3
4	5 Oranda Sinclair	6	7	8	9	10 Monthly Mtg 11 a.m. @ Giants of the Earth	
11	12	13 James Wilhelmson	14	15	16	17	
18	19	20 Book Club	21	22 Lee Grippen	23	24	
25 Palm Sunday Robert Newhouse	26	27	28	29	30 Emma Lansom	31	
1 Easter Sunday April	2	3 Kolton Nerstad	4 Board Meeting 4:00@ Giants	5	6	7	
8 Mavis Johnsrud	9	10	11	12 Monthly Mtg w/ Lanesboro 7:00 p.m.	13	14	
15	16	17 Book Club	18	19 Alfred Hagen	20	21 Flatbread Day	
22	23	24	25	26	27	28	
29	30						

Gratulerer
meddagen!

April 27

Sami Inspired Friendship Bracelet- Introduction
with Norma Refsal

April 28

Viking "Knit" Chain Bracelet with Liz Bucheit

April 27-29, 2018

Scandinavian Style Flat-Plane Figure Carving with Harley Refsal

April 28

Sami Inspired Bracelet - A Continuation
with Norma Refsal

April 29

Pierced Celtic Knot with Michael Seiler

April 28-29, 2018

Decorating on Wood with Rebecca Hanna and Darlene Fossum-Martin



SYTTENDE MAI
SPRING GROVE, MN

May 18-20, 2018

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

Healing Wishes to

- Lorraine Hagen who is healing from a tumble she took.
- Karen Gray who had knee surgery.
- Morris Tweeten, who has had a few visits to the hospital. Geneva says he is doing okay.
-and anyone else who has had any illnesses through this cold, slippery winter.

Condolences to the families of:

- Long time Sons of Norway member Norris Storlie who passed away in January. He was passionate of his Norwegian heritage. Besides being able to speak Norwegian and playing the character of Ola, of Ola & Per, he was an excellent lefse maker, visited Norway several times, and loved to tell stories of days gone by over a cup of coffee.
- We also will miss Kati Peterson, who recently passed away. She was our super efficient secretary for many years. She was a champion seamstress as well as an amazing sweet soup maker.



CONGRATULATIONS TO THESE VALHEIM MEMBERS AND THEIR YEARS OF DEDICATION!

Back--Loretta and Lawrence Knutson (25 years),
Dr. Dale Buxengard (30 years), Vernon Roble (25 years)
Front--Janet Fossum (40 years), Lee Grippen (50 years),
Georgia Rosendahl (40 years)

Annual HCHS Used Book Sale

104 History Lane, Main Street entrance
Caledonia, Minnesota

Saturday, March 17, 2018 8am–3pm
Sunday, March 18, 2018 1pm–4pm

Norwegian Ridge norwegianridge.org

High quality experience with classroom and activities utilizing the immersion technique to language learning.

June 4-8
Language Camp for Ages 10 & older
June 11 - 15
Language Camp for Ages 5-9

Discounts and SCHOLARSHIPS available for Norwegian Ridge Language & Culture Camp

June 4-8- those 10 and older....even adults! The hours are 8:30 until 5:30. Fee \$295.
June 11-15 is for the 5-9 year olds from 8:30 until 2:30. Fee \$195.

For more info on the camp www.norwegianridge.org

Our Valheim Lodge is offering \$50 Scholarships to any Valheim member's child, grandchild or great grandchild. (up to 18 years old). To apply talk to Loretta Knutson or Karen Fried by June 1 for more info.

Valheim scholarship funds are limited.

Loretta Knutson: (507) 724-2140 Karen Fried 507 (498) 5611

If you qualify, checks will be written out directly to Norwegian Ridge Language Camp

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

Return Service Requested



March/April 2018

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

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.

March 10 - Saturday - Jill Storlie, Thomas Trehus, Bill & Karen Fried, Audrey Almo, Judy Fruechte

April 12 - Lanesboro here - L & L Knutson, Jackie Parker, Howard Johnsrud, Laura Thorson

May 11 - Judy Melbostad, Dale & Sharon Buxengard, Howard Burtness

June 14 - Janet Fossum, Larry Lane, Georgia Rosendahl, Mike Schmidt

July 12 - With Westby in La Crescent at Fire Hall - Audrey Almo, Diane Nerstad, Karen & Bill Fried, Jim & Karen Gray, Robert Newhouse

August 9 - Meet with Winona Lodge, in Winona

September 13 - Lorraine Hagen, Bonnie & Vance Haugen, Jim Wilhelmson, Judy Tollefsrud

October 11 - Lee Grippen, Betty Storlie, Janice Dokken, James Skree

November 8 - Rachel Storlie, David Verock, Adele Twite, Truman Omodt

December 13 - Christmas Party TBD

**Learn,
Laugh, Eat!
Flatbread Day
Saturday, April 21**
at Trinity Lutheran Church.
Be sure to come. Bring a friend or two and have a fun time!!

**Sytte Mai
Queen's Tea,
Saturday, May 12**

Put on by Sytte Mai Committee, Giants and Sons of Norway, a tea for the 2018 Queen Candidates.

**Sytte Mai,
Barnetoget
Thursday, May 17**

Childrens Parade (PreK -6th grade) from school to Viking Memorial Park. At the park there will be games and treats for the children.