

# THE VALHEIM TIDENDE



Volume 18 Issue 1

SPRING GROVE, MN 55974

Jan/Feb 2016

Editors:

Georgia Rosendahl &  
Karen Fried  
18346 Bee Hill Dr.  
PO Box 472  
Spring Grove, MN 55974  
507-498-5611  
bfried@springgrove.coop  
rosefarm@springgrove.coop  
<http://sgfries.wix.com/valheimlodge>

## 2016 Officers

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## FIRST MEETING OF 2016

Saturday, January 9, 11am.

@ Giants of the Earth Heritage Center

Our first **PROGRAM** of 2016 will be Phil Paulson sharing with us some of his recent travels.

After the program our **LUNCH** will be our "Souper Saturday!" Every household please bring a can of soup. We'll mix them all together and see what kind of tasty "stew" we come up with to eat. Sons of Norway officers will be in charge of the rest of the lunch. After lunch, we will have a short **BUSINESS MEETING**.

Hope to see everyone there!



## 2016 Sons of Norway Meeting Dates

**MARK THESE DATES ON YOUR CALENDARS!!**

- Saturday, January 9 11:00a.m. @ Giants of the Earth
- Saturday, February 13 11:00a.m. @ Giants of the Earth
- Saturday, March 12 11:00a.m. @ Giants of the Earth
- Thursday, April 14 7:00 pm @ the Legion, w/ Lanesboro Lodge
- Thursday, May 12 7:00 pm @ the Legion
- Thursday, June 16 7:00 pm @ the Legion
- July -- Meet with Westby Lodge, hopefully in La Crosse
- August -- Meet with Winona Lodge, in Winona
- Thursday, September 8 7:00 pm @ the Legion
- Thursday, October 13 7:00 pm @ the Legion
- Thursday, November 19 7:00 pm @ the Legion
- Thursday, December 8 Christmas Party TBA

*Condolences to the family  
Larry Bjergum*

He was a brother to long time Valheim Lodge member Donna Omodt.



## DECEMBER MEETING

For our December monthly meeting we gathered at Ivy Grove restaurant in Spring Grove on December 10th. Approximately 25 members were able to attend and enjoy a fantastic meal, some fine fellowship, a white elephant gift exchange, a "skit" about Christmas traditions and music from Audrey Almo with her accordian! It was a great way to cap off a busy year.



## NOVEMBER MEETING

Blaine Hedberg was our guest speaker at our November Meeting. Thank you for sharing a wealth of info about the famous Restauration!



# The Seventeenth Annual Barnelopet

The Barnelopet will be held **Saturday, February**

**6th in Decorah.** This event is co-sponsored by Jon and Mary Hart, Vesterheim Norwegian American Museum in Decorah, Valdres Lodge No. 503 of Decorah, the Heimbygda Lodge No. 376 of Lanesboro, as well as our lodge.

The Barnelopet is a children's noncompetitive ski/walk event, that will take place at the Decorah Community Prairie, registration starting at 9:40 a.m. It is a FREE event but participants must provide their own skis. There are a limited number of children's skis for rent at Decorah Bicycles. For more information contact Vesterheim at 563-382-9681 or go to <http://vesterheim.org/events/annual/barnelopet>. Encourage any child ages 3-13 to participate... everyone is a winner!

## Celebrate Founders' Day!

Are you ready to show your Sons of Norway pride? January 16th marks Sons of Norway's Founders



Day, a day to celebrate the organizations beginning and acknowledge the contributions made by 18 Norwegian immigrants back in 1895. It's an amazing thing to see how our organization, which was founded to create a social safety net for Norwegian immigrants, has grown into the largest Norwegian cultural organization in the world! While Founders Day is a great day to celebrate Sons of Norway's past, it's also an opportunity to celebrate where we're headed. With thousands of hours dedicated to our communities and reputation built on strong, dependable financial products,

Founders Day is the perfect time to demonstrate your pride in being a part of Sons of Norway! So on January 16th, don't forget to wear your Sons of Norway pins proudly! And when anyone asks about your membership pin, explain with pride that you belong to Sons of Norway and then invite them to learn more at an upcoming lodge meeting!

## Matlyst Monthly

### Lapskaus

Adapted from [nordicnibbler.com](http://nordicnibbler.com)

Makes 6-8 servings

- 2½ lbs chuck steak, cut into ¾-inch pieces
- 6 large carrots, chopped into ¾-inch pieces
- ½ lb parsley roots, chopped into ¾-inch pieces
- 1½ lbs rutabaga, chopped into ¾-inch pieces
- 2½ lbs potatoes, chopped into ½-inch cubes
- 6 + 1/3 cup chicken stock
- 2 tbsp butter
- Freshly chopped parsley to garnish
- Salt and freshly ground pepper to taste

Brown batches of meat in a casserole pot with melted butter. Add meat, chopped vegetables and chicken stock to the pot. Season as desired with salt and pepper and bring to a boil. Skim top of stew if needed. Cover with a tight fitting lid and simmer for 2½ hours. Stir carefully so that vegetables do not break down and become mushy. Taste and adjust seasoning as needed. If stew is too dense, thin with stock or water. Serve in bowls with a sprinkle of parsley and your favorite bread.



### Norwegian Pancakes - Pannekaken

Adapted from [allrecipes.com](http://allrecipes.com)

Makes 6 servings

- 3 eggs
- 1½ cups milk
- 1 cup all-purpose flour
- 1 tsp sugar
- ¼ tsp salt
- topping of your choice

Lightly mix eggs and milk in blender. Add flour, sugar and salt and blend until smooth and no lumps remain. Heat pan over medium-high heat. Coat pan with butter or cooking spray and add ¼ cup of pancake batter. Tilt pan to coat evenly with batter. Cook until the top of the pancake looks dry, roughly 30 seconds. Use spatula to carefully flip the pancake and cook for a few seconds on the other side until browned.

Roll served with your favorite topping of fresh berries, syrup or lingonberry jam.



# It's all about Volunteering!!

For the annual report that needs to be turned in every year to Sons of Norway Headquarters, Jill, our secretary needs to know how many hours of volunteer time we have given Sons of Norway. This is a hard thing to determine. We have all baked, driven, attended, etc. many events. Here is a form that breaks each month down. If you could take a few minutes to fill it out and then turn it into Jill Storlie (or mail it to her 20333 Cty 8, Sprng Grove, MN) that would help tremendously! All these events help promote our Norwegian Heritage, which in turn promotes awareness for the future generations. Thank you for all the time you have given Sons of Norway!

*Fill in hours, or increments of hours. There may be other events, things that I haven't thought of...please count them!*

## January

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Cut out stamps-Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL JANUARY**

## February

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Made food -Barnelopet
  - Attended Barnelopet
  - Meals on Wheels
  - Prepared food for Board &/or Monthly Mtg
  - Cut out stamps -Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL FEBRUARY**

## March

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Cut out stamps -Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL MARCH**

## April

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Attended "Flatbread" Day
  - Prepared for "Flatbread Day"
  - Cut out stamps -Tubfrim
  - Book Club
  - Immigrant Panels --Reception
  - Other \_\_\_\_\_
- TOTAL APRIL**

## May

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Syttende Mai - Queens Tea
  - Worked at Syttende Mai event
  - Baked items for SM Bake Sale
  - Road in the ship in the SM Parade
  - Got ready for SM event
  - Cut out stamps -Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL MAY**

## June

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Cut out stamps -Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL JUNE**

## July

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Cut out stamps - Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL JULY**

## August

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Cut out stamps - Tubfrim
  - Book Club
  - Other \_\_\_\_\_
- TOTAL AUGUST**

## November

- Board Meeting
- Monthly Meeting
- Officer Duties
- Prepared food for Board &/or Monthly Mtg
- Meals on Wheels
- Cut out stamps - Tubfrim
- Book Club
- Other \_\_\_\_\_

**TOTAL NOVEMBER**

## December

- Board Meeting
  - Monthly Meeting
  - Officer Duties
  - Prepared food for Board &/or Monthly Mtg
  - Prepared for Norwegian Bake Sale
  - Worked at Norwegian Bake Sale
  - Other \_\_\_\_\_
- TOTAL DECEMBER**

**TOTAL HOURS**

Name:

---

Date:

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**TOTAL OCTOBER**

# **S**upport the Sons of Norway Foundation with Klubb

The Sons of Norway Foundation has a new Foundation level of giving program entitled Klubb 250, Klubb 500 and Klubb 1,000. This program is a sustaining membership drive that may be done on-line by credit card or by check. Donors will be given three choices to support: Heritage & Culture Fund for grants, Scholarship Funds or Humanitarian Fund. Sons of Norway members have been very loyal donors to the Foundation. We want to encourage members to make an ongoing commitment to growing the Foundation assets. You will be hearing the specific details by email blasts, newsletter articles, Sons of Norway's blog and Viking magazine.

Why begin now? Currently only one in five qualified scholarship applicants receive funding. These students are Sons of Norway's future. By doubling or tripling our current assets of \$6M we can provide scholarship aid to many more students (50-75). They will attain their degrees and move into the workforce as productive citizens.

Enlarging the Heritage & Culture Funds of the Foundation will give our local lodges and their communities the funding needed to bring quality Nordic themed programming to their areas: Festival participation, cultural presenters, art exhibits, musical offerings to name a few. We receive over 100 applications annually. We are able to partially fund approximately 70. Imagine larger Norwegian events in more locations. These will increase Sons of Norway's membership through better visibility. Sons of Norway will thrive.

Our Humanitarian Fund has been called on many times since its inception in 1997. To date we have given over \$500,000 in natural disaster aid. In 2004 the Foundation created the Helping Hands to Member grants. Every year since then, Sons of Norway members across the US and Canada have received individual grants to help them recover following natural disasters including hurricanes, tornadoes and floods. Growing the Humanitarian Fund assets will allow this to continue. It is the true meaning of fraternalism to care about each and every member. You may donate online at [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation).

# **GRANT FUNDS AVAILABLE FOR LODGES AND MEMBERS**

What is your lodge or community planning where extra funding could enhance the experience? All grant applications are done online at [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation).

## **General Heritage & Culture Grants—**

**Due Feb. 1, 2016**

For community-wide Norwegian themed events, musical & theatrical performances, cross-cultural exchange groups, Nordic cultural fairs, etc. Funds up to \$1,500 for events happening within the 2016 calendar year.

## **Helping Hands to Children Grants—Due Feb. 15,**

2016 For lodges helping in local schools with student mentoring, school supplies, or Norwegian themed presentations, lodge events for children. Matching funds up to \$500.

## **Sons of Norway Foundation Post High School Scholarships—deadlines begin March 1, 2016**

The Sons of Norway Foundation offers college scholarships starting at \$1,000 for current members, children, or grandchildren of current members. Have the college students in your family check out [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation). We currently offer seven categories of scholarships for different areas of study.

All scholarship applications are done online.



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

## **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!



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.

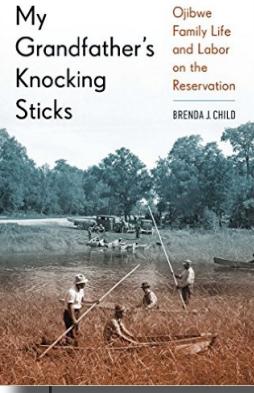
# Activities

## Bok Forening

(Book Club)

Bok Forening (book club) meets at 2:00 p.m. the third Tuesday of the month in room 103 at the Spring Grove Public Library.

The book for January is "My Grandfather's Knocking Sticks" by Brenda Child. While telling her own



family's stories from the Red Lake Reservation, as well as stories of Ojibwe people around the Great Lakes, Child examines the disruptions and the continuities in daily work, family life, and culture faced by Ojibwe people of Child's grandparents' generation—a generation raised with traditional lifeways in that remote area. Government employees and programs controlled reservation economies and opposed traditional practices.

## January/ February

Gratulerer  
med dagen!

1	2						
Sons of Norway Meeting Souper Saturday 11 a.m.	Linda Nerstad Kemp						
3	4	5 Audrey Almo	6	7	8		
10	11	12	13	14	15	16	
17 Martin Luther King Day		Book Club Loretta Knutson	20	21	22	23	
24	25	26	27 Donna Omodt	28	29	30	
31 February	1	2	3	4	5	6 Ground Hog's Day	Barnelopet
7 Lila Mahr	8	9	10	11	12	13 Sons of Norway Mtg 11 a.m.	20
14 President Day	15	16 Book Club	17	18	19		21
21	22	23	24 Truman Omodt	25	26	27	
28 Cole Melbostad (H)	29						

## Vesterheim Classes

Decorah, IA [www.vesterheim.org](http://www.vesterheim.org)

### Whittling Klubb for Kids—Session I

January 6, 13, 20, 27, and Feb 3 & 10, 2016,  
with Rebecca Hanna

### Beginning Rosemaling

January 23, 30, & Feb. 6, 13 with Shirley Evenstad  
in Minneapolis

### Scandinavian Style Flat Plane Figure Carving

February 5-7 with Harley Refsal

### Weaving on a Band/Tape Loom

February 10-12 with Reggie Delarm

### Band Loom Carving and Bandweaving, Valentine's Day Classes for Couples

February 13-14 with Woodcarver-Roger Abrahamson and  
Weaver - Reggie Delarm

### Scandinavian Bowl Turning on a Spring Pole Lathe

February 10-12 with Roger Abrahamson

### Whittling Klubb for Kids—Session II

March 2, 9, 16, 23, 30 and April 6 with Rebecca Hanna

### Exploring Your Heritage: A Writing Sampler Weekend

March 11-13 with Kathllen Ernst

### Kolrosing

March 12-13 with Darlene Fossum-Martin

## Exhibits at Vesterheim

FROM UNDERWEAR TO EVERYWHERE: NORWEGIAN  
SWEATERS August 22, 2015 to April 24, 2016

WOODCARVED FIGURES, NORDIC ROOTS

September 19, 2015 - April 17, 2016

FROM TRADITION TO PROTEST: LILA NELSON'S  
WEAVING LIFE December 5, 2015 to November 13, 2016

## Norskedalen

Coon Valley, WI [www.norskedalen.org](http://www.norskedalen.org)

Winter Hours: January thru March M-F 8 am - 4 pm

Weekends: Member-Use-Only-Program In Effect:

Parking Pass in Windshield

### 3rd Annual Candlelight Snowshoe Hike!

Friday, February 12th

Come between 5:30 & 8:30 to hike one of Norskedalen's trail systems, beautifully lit by candlelight!

Adults: \$8 Children: \$5 Family Rate: \$21

Members & Children under 5 are complimentary! Your admission includes snowshoe rental, hot cocoa, and s'mores.

Cross country skiers are welcome - bring your skis!

## ANNUAL NORWEGIAN BAKE SALE

It was a gorgeous Saturday for our annual Norwegian Bake Sale that we held on December 19. This year we switched our location to the Giants of the Earth Heritage Center.

**THANK YOU TO ALL OUR LODGE MEMBERS**  
who brought goods, worked at the bake sale, bought goods  
and/or donated money.

This is one of our main fundraisers for the year. We had a grant from Thrivent which helped pay for the advertising as well as the lefse. We took in a little over \$900!

Thanks to all for making it a successful event!



Valheim Lodge Member Jill Storlie spoke in Westby at their November meeting. She also was able to visit with Karen Henke and see Karen's house with all it's rosemaling as well as the "Henke Collection"!



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

Return Service Requested



JAN/FEB 2016

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

## 2016 LUNCH SERVERS

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

Reminder: we voted in December to go back to the "old way" of serving. The people listed are the only ones who 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. With this method, members do not have to bring food every month....of course there are a few potlucks, and times that we entertain other lodges when more food will be needed.

FEBRUARY - **Audrey Almo**, Darla & JC Nerstad, Linda Nerstad Kemp, Jay Tolleson

MARCH - **Lawrence & Loretta Knutson**, Sibyl Floyd, Jackie Parker, Thomas Trehus, James Wilhelmson

APRIL - we host Lanesboro; **servers TBA**--most likely **Pot Luck**

MAY - **Rachel Storlie**, Lee Grippen, Janice Dokken, Emma Landsom, Robert Newhouse, Geneva Tweeten

JUNE - **Janet Fossum**, Bob & Dode Stoskopf, Dale Buxengard, Larry Lane, Diane Nerstad

JULY - We host Westby in La Crosse -- **Judy Melbostad**, Howard Burtness, Judy Fruechte, Charles Holland, Mike Schmidt, David Virock---**POT LUCK**

AUGUST - Meet with Winona lodge in Winona

SEPTEMBER - **Karen & Bill Fried**, Betty Dowe, James Skree, Judy Tollefsrud

OCTOBER - **Georgia Rosendahl**, Deb Gourley, Al & Lorraine Hagen, Betty & Norris Storlie

NOVEMBER - **Jill Storlie**, Bonnie & Vance Haugen, Donna & Truman Omodt, David & Katie Peterson

DECEMBER - Christmas party.