

THE VALHEIM TIDENDE




Volume 19 Issue 2

SPRING GROVE, MN 55974

March/April 2017

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2017 Officers

President	Karen Fried
Vice Pres.	Thomas Trehus
Secretary	Jillelyn Stolie
Treasurer	Loretta Knutson
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
	Kati & David Peterson
	Diane Nerstad &
	Linda Nerstad-Kemp

sions 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 15th.

March is here....spring will follow....

Our March Monthly Meeting will be 11:00 a.m. on Saturday, March 11-- at the Giants of The Earth Heritage Center. Lee Grippen will present a program on his Dream Trip to Norway that his 12 Norwegian exchange students gave him for his birthday. The reunion in Norway hosted by one of his "sons" was attended by his 12 Norwegian exchange students and their families plus his two Swedish exchange students and families. The presentation will include his participation in the Syttende Mai celebrations in Oslo and a trip to Tubfrim in Nesbyen, Norway where the postage stamps collected from throughout the USA are stored and sold for the benefit of children that have various childhood diseases throughout Norway. Sons of Norway is a great sponsor of the organization.

Pictured are many exchange students that the Grippens hosted and Frida Bryn who lived in Spring Grove with Grippens daughter Rachel and David Storlie. The trip was a great memory for all.



Thursday, April 6- We are invited to Lanesboro to meet with them at their monthly meeting. We will car pool, leave from Trinity Lutheran Church in Spring Grove at 6:00 so we can arrive in time for the 7:00 meeting. We will have a sign up at the March meeting.

Saturday, April 22 -- Will be our annual "Flatbread Day". We will make flatbread, as well as doughnuts, 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 anyone 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. We are going to add a second chapter to our booklet "Beste Mat" (best food). We are looking for recipes that you like to 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 15th.

**Learn, Laugh, Eat!!!
Sons of Norway Valheim Lodge 364**

invites you to

FLATBREAD DAY
& other NORWEGIAN Goodies
including Heart Waffles, Sandbakkels & Doughnuts

Saturday, April 22, 2017

Trinity Lutheran Church Kitchen Spring Grove, Minnesota

9-11 a.m.

Watch - Ask questions -Give it a try!

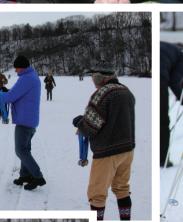
This is your CHANCE to learn how to make many Norwegian baked goods.
HELP CARRY ON THE TRADITION!

Open to ANYONE & EVERYONE!!!
No admission! IT'S FREE!!
and you can Taste test the results!



A Recipe booklet will be available for \$5
Any questions? Contact Janet Fossum or Karen Fried

18TH ANNUAL BARNELOPET



January 2017 had been a snowy month, but by the end of January, the weather had turned mild, and the ski trails at the Decorah Community Prairie had turned to ice, as well as the parking lot. Therefore the Barnelopet was moved to the soccer fields, near Pulpit Rock Park where the Decorah Parks Department laid out two new trails, a quarter mile and a mile. Saturday, February 4th was sunny, warm but a little breezy. Even with the location change and iffy skiing conditions we had 45 Barnelopet

participants. Jon and Mary Hart of Decorah once again sponsored the event which made it a free event for the participants.

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

<< Jackie Parker and Jill Storlie

For our January program **Jackie Parker and Jill Storlie** shared with us their adventures at the District I SON Convention in Cedar Rapids, IA last June. We all had a chance to learn a little more about Sons of Norway. Afterward we all enjoyed a wonderful soup lunch.



<< Alex Aakre and a college buddy

The February program was presented by Alex Aakre, a Luther College student from Holmen, WI. When he was a Senior in High School he chose to build a Norwegian Stabbur as his Eagle Scout project. His program included information on stubburs as well

as how he built his stabbur which now is part of the historic collection of heritage buildings on the grounds of Norskeden Nature and Heritage Center. Following the program a delicious lunch was provided by Geneva Tweenet, Linda Nerstad - Kemp, JC & Darla Nerstad .



WELCOME NEW MEMBERS

Laura Thorson
13498 County 28
Mabel MN

Karen & Jim Gray
502 E.Main St.
Spring Grove, MN

Matlyst Monthly Kvikk Lunsj with Apples and Mascarpone Cream

Adapted from newscancook.com

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during easter time family hikes and crosscountry ski trips to the mountains.

- 3 apples, peeled and coarsely chopped

- 2 lemons

- 2 tbs. icing sugar (powdered sugar)

- 1 tsp. cardamom

- ¾ cup mascarpone

- 2 tbs. icing sugar (powdered sugar)

- 4 Kit Kat™ bars (Kvikk Lunsj), coarsely chopped

Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsely chopped chocolate bars in a glass or a bowl and enjoy.



SONS OF NORWAY DUES TO INCREASE.....

In August 2016 at the International Lodge Meeting in Tacoma, a new dues structure was voted in by a strong delegate majority vote (121-32). This resolution applies to dues within the United States only.

Simplified Dues Resolution

WHEREAS the current dues structure and membership categories are complicated and very hard to explain to prospective members AND for current members to understand; and,

WHEREAS the 2014 meeting of the International Lodge passed a resolution for a committee to present a resolution in 2016 to simplify the current membership classifications to include Insurance/Social and Individual/Family and to make total dues for each lodge consistent within each country;

THEREFORE BE IT RESOLVED that the following law changes will be made to accommodate a more simple dues structure. As it states in the Constitution, the International Board of Directors will set dues annually at the Spring meeting. **Effective January 1, 2018**, the U.S. dues will be \$60 for an individual and \$95 for a family. The breakdown will be allotted as follows:

\$60 INDIVIDUAL DUES	INTERNATIONAL \$32 DISTRICT \$14 LOCAL \$14
\$95 FAMILY DUES	INTERNATIONAL \$42 DISTRICT \$25 LOCAL \$28

2016 -- Abbreviated Treasurers Report

INCOME

Lunches	\$268
Donations	\$40
2015 Christmas Bake Sale	\$24
Sytte Mai Bake Sale	\$882.66
Uff Da Fest Bake Sale	\$563
2016 Christmas Bake Sale	\$830.20
Interest	\$8.40
Revenue Sharing Ck	<u>\$22.32</u>
Total Income	\$2638.58

EXPENSES

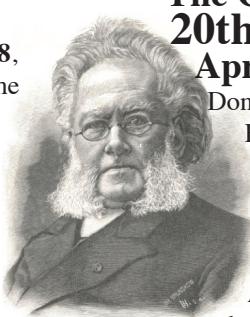
Community Organizations	
Barnelopet	\$75
Camp Winnebago	\$100
SG Library	\$100
American Legion	\$100
Myrick Park Shelter	\$300
Vesterheim(speaker)	\$75
Sytte Mai	\$50
HCHS (speaker)	\$50
Westby Hist.Society(memorial)	\$25
NRLC Scholarship	\$50

Fraternal

Newsletter Expenses	\$616.84
Postage	\$238
Speakers	\$285
Lefse & other supplies	\$356.43
Liability Insurance	\$98
Advertising	\$51.48
District I Convention	<u>\$807.36</u>
Total Expenses	\$3378.11

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

The Commonwealth in Lanesboro's 20th Annual Ibsen Festival April 21-23, 2017



Don't miss the 20th (and final) Annual Ibsen Festival. Enjoy a weekend of Scandinavian culture in Lanesboro, special presentations and more. The highlight of the festival is Commonwealth Theatre Company's production of Henrik Ibsen's "When We Dead Awaken". The Ibsen play will continue through June 17.

Spring Grove's Homecoming is fast approaching, and we thought it would be nice to see what we have to look forward to. This itinerary is subject to change. Be sure to check their website <http://www.springgrovemn.com>
You can register for events online.

HOMECOMING 2017 – SPRING GROVE, MINN.

Wednesday, June 21, 2017

- | | |
|---------------|---|
| 3 - 8pm | Welcome Center opens |
| 5:30pm - gone | Merchants Bank supper (funds donated to Homecoming Committee) |
| 6 - 8pm | Soft Serve Ice Cream sold as Homecoming fundraiser |
| 6:30 - 8pm | Music-in-the-Park featuring Jim Busta Band w/ Mollie B |
| 8pm | Golf Cart - ATV - Bicycle Parade (DuWayne Oakes 498-5814, questions) |

Syttende Mai Hus- Viking Memorial Park
Viking Memorial Park
Viking Memorial Park - Log Cabin
Gazebo – Viking Memorial Park
around Viking Memorial Park

Thursday, June 22

- | | |
|----------------|---|
| 10:30am | Screening of "Preserving Memories of Life on the Land Around Spring Grove" documentary |
| 11am - Noon | Semcac Senior Dining meal/fellowship- must have reservations CALL 507-498-3780 |
| 11am & 1pm | * School Tours - student lead tours (school open for wandering 8am - 5pm) |
| Noon - 2pm | Chair Volleyball - contact Doris Morken with questions at 507-498-5150 |
| Noon - 5pm | Bluff Country Artists Gallery - Paint by Number Mural Painting - (anyone can help out) |
| 2 - 4pm | Business Tours (stop by Welcome Center for list of businesses) |
| 2 - 6pm | Welcome Center open / Soft Serve Ice Cream sold as Homecoming fundraiser |
| 5:30 - 6:30pm | * Class Reunion Social Hour (SGHS graduating classes of 1936 - 1974) |
| 6:30 - 8:30pm | *Alumni Meal served for class reunion \$20 + Button (RSVP by June 1 for meal) |
| 9pm - Midnight | *Alumni Dance with Music by Section 8 \$5 + Button if not attend meal |

Spring Grove Cinema
Legion Front Room
Spring Grove Public Schools
Legion Front Room
behind Bluff Country Artists Gallery
throughout town
Syttende Mai Hus- Viking Memorial Park
Fest Building
Fest Building
Fest Building

Friday, June 23

- | | |
|----------------|--|
| 10am - 4pm | * Piecemakers Quilt Show – Display of quilts of many time periods and designs |
| 10am - 5pm | Bluff Country Artists Gallery - Paint by Number Mural Painting - (anyone can help out) |
| 10am - 6pm | Information Center @ Log Cabin opens / Soft Serve Ice Cream |
| 10:30am | Screening of " Preserving Memories of Life on the Land Around Spring Grove " |
| 11am & 1pm | *School Tours (school open for wandering 8am - 5pm)-Student lead tours |
| Noon - 5pm | Historical Displays of Spring Grove by Don Ellestad |
| Noon - 6pm | Kids Games – Old-Fashioned Games, bouncy games and more! \$10 wristband |
| 1 - 3pm | * Garden Tours - Hosted by Buds & Blossoms Garden Club – Register at Welcome Center |
| 1 - 4pm | Business Tours (stop by Welcome Center for list of businesses) |
| 1 - 5pm | Lystig Hus Nord (Old Hospital) tours (it is being remodeled into a motel)

* Rural Spring Grove Bus Tours (each about an hour) \$5.00 per tour

Pre-register by 1 pm for tours – Four tours (NE, NW, SE, SW) see sgmnheritage.org for more info |
| 1 - 6pm | Craft Fair / Flea Market – featuring unique handmade, repurposed items |
| 1:30 - 3:30pm | SGHS Staff Reunion (watch school website for list of teachers and staff attending) |
| 3 - 6pm | Alumni Marching Band Practice (led by Gary Reedy, retired band teacher) |
| 4 - 11pm | Peanut Gallery – Legion Brat Stand open |
| 5:30 - 6:30pm | * Class Reunion Social Hour (Grad classes of 1975 - present) |
| 6:30 - 8:30pm | *Alumni Meal served for class reunion \$20 + Button (RSVP by June 1 for meal) |
| 7 - 9pm | Night Swim with DJ and prizes – \$2 per person |
| 8pm - 12am | Live Music at Norski's Saloon |
| 9pm - Midnight | *Alumni Dance with Music by Section 8 \$5 + Button if not attend meal |

Media Center @ School
behind Bluff Country Artists Gallery
Syttende Mai Hus- Viking Memorial Park
Spring Grove Cinema
Spring Grove Public Schools
Trinity Center (by school)
Viking Memorial Park
in the country
around town
Old Hospital on S. Division Ave.
leave from Heritage Center (Main St.)

Practice Gym – SGHS
Cafeteria/Little Gym at school
Spring Grove Public School
Legion Post 249
Fest Building
Fest Building
Spring Grove Family SWIM Center

Fest Building

Saturday, June 24

- | | |
|---------------|--|
| 7 - 11am | * Lions Waffle Breakfast - Also collecting used eyeglasses to donate |
| 9am | Kubb tournament |
| 9 - 10:30am | Kid's Pedal Pull – \$5 registration – Must pre-register starting at 8:30am |
| 9am - Noon | * Classic Car Show - Contact Jeremy Lee with questions at 507-498-5000 |
| | Sons of Norway food/craft Demonstrations & Exhibits |
| | Lystig Hus Nord (Old Hospital) tours (it is being remodeled into a motel) |
| 9:30 - 11am | Formal dedication ceremony of Spring Grove Area Veterans Memorial |
| 10am | Bloody Mary Bar & Contests |
| 10am - 4pm | * Piecemakers Quilt Show – Display of quilts of many time periods and designs |
| 10am - 5pm | *School open for self-guided tours |
| | Bluff Country Artists Gallery - Visit with artist Adam Oldre , a metal worker |
| | Bluff Country Artists Gallery - Paint by Number Mural Painting - final day! |
| | Craft Fair / Flea Market – featuring unique handmade, repurposed items |
| 10am - 6pm | Welcome Center opens / Soft Serve Ice Cream sold as Homecoming fundraiser |
| 10am-Midnight | Peanut Gallery – Legion Brat Stand open |

Fest Building
by Family SWIM Center
Fest Building
Lee Auto Body
Legion front room
Old Hospital on S. Division Ave.
Viking Memorial Park
Norski's Saloon
Media Center @ School
Spring Grove Public Schools
Bluff Country Artists Gallery
behind Bluff Country Artists Gallery
Practice Gym – SGHS
Syttende Mai Hus- Viking Memorial Park
Legion Post 249

*Button Required – no button needed for those ages 5 and under.

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.

HOMECOMING 2017 SCHEDULE CONT'D

Saturday, June 24 - continued from previous page

11am - gone	Athletic Boosters - Pork Burgers & Pork Chop on Stick
11 - 5pm	Norwegian Food Stand by Trinity, Black Hammer, Wilmington, Calvary churches
Noon - 5pm	Historical Displays of Spring Grove by Don Ellestad
Noon - 5pm	Kids Games - Old-Fashioned Games, bouncy games and more! \$10 wristband
10am - 5pm	Face Painting and Balloon Making (additional fees may apply) - on Maple Drive near Viking Memorial Park
1:30pm	GRANDE PARADE - featuring many marching bands, alumni band and more! <i>High School Marching Band Festival & Competition sponsored by SG Communications – Awards Ceremony following parade at football field</i>
After parade	Bean Bag Tournament – Registration fee for team – Register at Welcome Center before parade
3:30pm	Soap Box Derby – \$3 trip – By corner of Ivy Grove and Corner Store
3 - 5pm	Merchants Bank Corn Pile Coin Hunt
4:30pm	*First Brigade Band Concert – Civil War period brass band music with antique instruments
5pm	Chainsaw Art exhibit
5 - 8pm	*Alumni Baseball Game - check out the new concession stand and baseball dugouts
6:30pm	Chain Saw Art Auction - proceeds raised go to Homecoming Committee
9pm-Midnight	FREE Swimming & Friends of Pool Fundraiser
	*Beard Contest followed by Ye Olde Oprah House Reunion Show (Button plus entry fee)
	Street Dance

in front of The Corner Store
Cafeteria/Little Gym at SGHS
Trinity Center by school
Viking Memorial Park

Main Street
following parade at football field
Maple Street by Wilmington Ins Bldg
S. Division Avenue
Fest Building
Large Gym at SGHS
Fest Building Parking Lot
Blayne Onsgard Memorial Field
Fest Building
Family SWIM Center
Fest Building
Behind Norski's Saloon

Sunday, June 25

8:30am	Alumni Pick-up Choir rehearsal (anyone who loves to sing invited to join alumni)
9:15am	Trinity Lutheran Church service w/ Alumni Choir
9:30am	Wilmington Lutheran Church service
10am	Faith Lutheran Church of Black Hammer service
	Waterloo Ridge Lutheran Church service
10:45am	Calvary Church Service (Sunday school 9:30am)
10:45am-Noon	Trinity Church Parsonage Open House - 139 Maple Drive
11am - til gone	*Homecoming Meatball Family Dinner – (\$15 Adults / \$7 Kids 5-13)
11am - 5pm	Peanut Gallery – Legion Brat Stand open
12 - 4pm	Bluff Country Artists Gallery - artwork from the class 'Painting History' by Jillelyn Storlie
3pm	Luren Singing Society concert - The society is the oldest Norwegian-American male chorus

Trinity Lutheran Church
Trinity Lutheran Church

Fest Building
Legion Post 249
Bluff Country Artists Gallery
Trinity Lutheran Church

Activities that can be done anytime on your own:

- Walk the Norwegian Ridge Birding and Nature Trail - trailhead behind Red's IGA
- Swim at Spring Grove Family Swim Center – Daily 1-6pm (extended hours on Friday and Saturday nights)
- Visit Giants of the Earth Heritage Center - Exhibits include: Peter J. Rosendahl, Fladager, Settling Spring Grove and Langland Retrospective
- Eat at local restaurants (downtown) and food vendors (in the Viking Memorial Park and school areas)
- Stop by the new Rock Filter Distillery (next to Wilmington Insurance) - Cocktail room, guided tours and whiskey tasting
- Paint at the Bluff Country Artists Gallery - Paint by number on their community mural
- See a movie at the Spring Grove Cinema - Thursday no movie, Friday 7pm, Saturday 4 & 7pm, Sunday 4 & 7pm

This is a tentative schedule - some events may be shifted slightly before June - Please continue to check online at sghomecoming.com

*Button Required – no button needed for those ages 5 and under.

Housing/places to stay:

Lorilyn Dehning - 507-459-5955 or lorilyndehning@gmail.com – is seeking local families in the Spring Grove area as well as hostels and other non-traditional lodging to supplement the motels available for lodging in the Spring Grove area.

The Spring Grove tourism site has a link to area motels and hotels to stay. That list can be found at:

www.springgrovemn.com/lodging-dining-shopping.

Contact Lorilyn if you wish to be on the list for any local housing that can be found.

Parking for Saturday:

Parking will be at a premium on Saturday when all of the people are in town for the memorial's dedication as well as the parade.

When you arrive in town, please look for the signs for parking lots we are securing around the edges of town – by the LaX Fabricating building, Gundersons Tweenet Care Center, the football field, the Fest Building and other places here and there.

We will have buses and horsedrawn wagons to move people from the parking areas to the downtown and school areas.

Trinity Lutheran Church's parking lot will be designated for handicap parking only that day – only those with a handicap permit will be allowed in that lot.

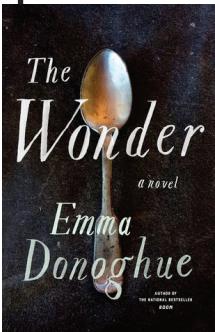
The Valheim Tidende is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.

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 21 at Spring Grove Communications, room 103 at 2:00 to discuss the March book "The Wonder" by Emma Donoghue.

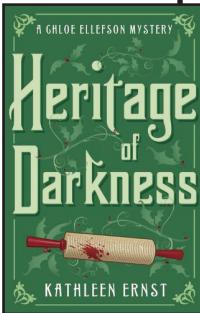


The Irish Midlands, 1859. An English nurse, Lib Wright, is summoned to a tiny village to observe what some are claiming as a medical anomaly or a miracle - a girl said to have survived without food for months. There also will be a film about Ireland shown. The April book is "The Heritage of Darkness" by Kathleen Ernst.

A murder mystery that takes place at Vesterheim Museum. The novel is framed with details of Norwegian history, customs, folklore, and artifacts.

There is talk of maybe going to Vesterheim on May 4 (Free Thursday) to check out the "murder scene".

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 5-6

Learn the Basics of Forging Steel with K.J. Groven

March 7-8

Hand Forging Norwegian Knife Blade with K.J. Groven

March 9-10

Hand Forging Norwegian Knife Blades with K.J. Groven

March 10-12

Beginner Scandinavian Folk Musuc with Vidar Skrede

March 11-13

Viking Era "P" Lock with Tom Latane

April 1

Sami Inspired Friendship Bracelet- Introduction

with Norma Refsal

April 1

Kransekake: The Queen of Cakes with Carrie Solberg

April 2

Sami Inspired Friendship Bracelet- Introduction

with Norma Refsal

April 7-9

Intermediate & Advanced Scandinavian Folk Music
with Vidar Skrede

April 12, 19, 26 & May 10, 17, 24

Whittling Klubb for Kids

with Rebecca Hanna

April 20

Sami Inspired Friendship Bracelet
with Norma Refsal in Michigan

March/April

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

Gratulerer
med dagen!

April 20-22
Carving & Decorating Wooden Spoons
with Harley Refsal in Michigan

April 22-23
Figure Carving with Bill Jaeger

April 22-23
Spoon Carving with Fred Livesay

April 27-30
Beginning Rosemaling in Acrylics
with Candace Larson

Say Hello!

If you have some time, give Edith Nerstad a call or maybe you can stop by and visit her at Spring Grove Assisted Living, 130 5th Ave SE, Apt. 315 498-5590 or Mavis Johnsrud at Tween Apartments, 150 Ave SE, Apt 5 498-5738

Codfish/Lutefisk/Meatball Dinners

Fridays, Noon-8pm
March 3-April 14, 2017

All-You-Can-Eat with Sides
including Norsland Lefse!

At Norsland Lefse

in Rushford, 210 West Jesse Street

BACK BY POPULAR DEMAND! It's that time of the year again, and from now through Easter, Norsland Lefse is serving up delicious all-you-can-eat codfish (battered or boiled), lutefisk and meatball dinners. This is family-style dining, and no one cooks it quite like your friends at Norsland Lefse!

Sides in the all-you-can-eat fare include potatoes, baked beans, coleslaw, and (of course) LEFSE! Enjoy these dinners with your friends and family, or bring a busload! (Just call ahead for large groups, please!) Here's the perfect way to experience your first taste of perfectly cooked lutefisk--or just satisfy those Friday afternoon hunger pangs.

*Continued Healing Wishes to
David & Katie Peterson*

NORSKEDALEN

Coon Valley, WI www.norskedalen.org

Winter Hours:

January thru March M-F 8 am - 4 pm

Treats & Treasures Sale

March 18 @ 8:00 am - 3:00 pm

Ukrainian Egg Painting Class

April 1 @ 8:00 am - 5:00 pm

Healthy Habits: Nature Hike

April 3 @ 3:30 pm - 4:30 pm

Figure Carving with Becky Lusk

April 8 @ 9:00 am - April 9 @ 5:00 pm



Condolences to

David Peterson; his son David Peterson, Jr died in a traffic accident in Missouri in December.

Deb Nelson Gourley on the passing of her mother, Charlotte Nelson.

Books Wanted

Used books wanted for the 22nd Annual
Houston County Historical Society Book Sale

You can drop off your used books at

104 History Lane, Caledonia, Mn

Monday, Tuesday or Wednesday from 10am - 4pm prior to sale date

22nd Annual HCHS Book Sale

Saturday, March 18 8am -3pm

Sunday, March 19 1pm-4pm

Norwegian Ridge
norwegianridge.org
High quality experience with
classroom and activities utilizing the
immersion technique to language learning.

LANGUAGE
CAMP

June 5-9
Language Camp for Ages 5-9

June 12-16
Language Camp for
Ages 10 & older

LANGUAGE
CAMP

Discounts and SCHOLARSHIPS available for Norwegian Ridge Language Camp

NRLC will be held this year June 5-9 is for the 5-9 year olds from 8:30 until 2:30. Fee is \$195.

June 12-16- those from 9 to any age are welcome. The hours are 8:30 until 5:30 with optional evening activities. Fee is \$295.

For more info on the camp www.norwegianridge.org

Our Lodge, Valheim Lodge is offering **\$50** Scholarships to any **Valheim** member's child, grandchild or great grandchild. (up to 18 years old) Must apply by **June 1**.

Valheim scholarship funds are limited, so contact Loretta Knutson **NOW for more info.**

Loretta Knutson: (507) 724-2140 landlknutson@gmail.com

20096 State 76 Caledonia MN 55921-4780

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 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!

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 - Lawrence & Loretta Knutson, Sibyl Floyd, Jackie Parker, Thomas Trehus
APRIL - invited to Lanesboro;

MAY - Judy Melbostad, Dale & Sharon Buxengaard, Judy Fruechte, Mike Schmidt

JUNE - Janet Fossum, Larry Lane, Charles Holland, Georgia Rosendahl

JULY - Meet with Westby in La Crosse -- Westby is in charge of hosting, we bring some food, more info to come

AUGUST - Winona Lodge our guests--**Audrey Almo**, Diane Nerstad, Howard Burtness, Lorraine Hagen

SEPTEMBER - Karen & Bill Fried, James Skree, Judy Tollefsrud, Truman Omodt

OCTOBER - Jill Storlie, Bonnie & Vance Haugen, Norris & Betty Storlie, and Jim Williamson

NOVEMBER - Lee Grippen, Janice Dokken, Rachel Storlie, David Virock

DECEMBER - Christmas party.

**LEARN,
LAUGH, EAT!
FLATBREAD DAY
SATURDAY, APRIL 22**
at Trinity Lutheran Church.
Be sure to come. Bring a friend or two and have a fun time!!

**SYTTENDE MAI
QUEEN'S TEA,
SATURDAY, MAY 13**

Put on by Syttende Mai/ Homecoming Committee, Giants and Sons of Norway, a tea for the 2017 Queen Candidates.

**SYTTENDE MAI,
BARNETOGET
WEDNESDAY, 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.