



# VALHEIM TIDENDE



Volume 25 Issue 2

Spring Grove, MN 55974

May/June 2023



Our Sons of Norway Board has been meeting, and planning for the upcoming month of May. There will be lots of possibilities to learn, volunteer, eat, visit and have fun during the whole week of Syttende Mai!

**NOTE: There will NOT be a regular May monthly meeting.**

We will be kicking off Syttende Mai with a Community **BAKING OF SCANDINAVIAN TREATS.** Anyone (everyone) is invited to come to Giants on **TUESDAY evening, MAY 16, 4:30 pm** and watch, and try your hand at making Norwegian Treats. No cost to attend, and you get a sample of each treat that will be made to take home. Spread the word! We will be demonstrating rosettes, sandbakkels, krumkake, flat bread and heart waffles...and maybe more!

**WEDNESDAY, MAY 17** -- starting around **1:15,** will be the Barnetoget (Children's Parade) down Main Street from Spring Grove School to Viking Memorial Park. Once the children arrive at the park, they will weave a Maypole, and play games like Kubb, tug-of-war, sack races, and (here is where SofN

comes in...) they will enjoy a glass of Spring Grove soda, and a hot dog served in a piece of lefse. We will need volunteers to get the lefse cut, heat the hot dogs, pour the SG pop into glasses and serve. (If the weather is not cooperative, we will be serving in the cafeteria at school). If you can help, please plan on being at Viking Memorial park at 12:15. Contact Bill Fried if you have any questions (507) 381-9293 or email him at [giantbill1@gmail.com](mailto:giantbill1@gmail.com)

**MAY 17 @ 5:15 PM**

Giants of the Earth is having a Celebration of Immigrants, and you are invited! During the short program you will learn about the six newest immigrant names that have been added to the walls at Immigrant Hall. Hearty hors d'oeuvres will conclude the event in time to attend the Queen's Coronation at Viking Memorial Park.

**We will NOT be having a Bake Sale.**

**SATURDAY, MAY 20 9:00 -11:00 a.m**

We (Sons of Norway at Giants) will be sponsoring **FOOD DEMOS and TASTING.** We have a few people lined up to demonstrate,



Community  
Baking of  
**Scandinavian  
Treats**

Learn from experts  
**May 16**  
**4:30 PM until...**

**Free**  
You can take a  
sampler home

Giants Kitchen  
163 West Main

but if you would be interested in demonstrating, contact Lee Grippen (507) 450-4534 or Karen Fried (507) 498-5611, email [sgfries@gmail.com](mailto:sgfries@gmail.com). At each station, attendees can make a donation if they would like a taste.

Also, we will be selling lefse. Packaged or individually We will have butter available if people would like to enjoy it right there!

### **PARADE at NOON**

We invite any Sons of Norway member to ride the Viking ship in the parade. You can "jump" on the boat, starting at 11:15, on North 1st Street behind Spring Grove Communications. Jim Gray will "tow" the boat to the start of the parade line up. After the "cruise" down Main Street, he once again will "dock" behind SG Communications for unloading. If you have a bunad or Norwegian sweater, please consider wearing it for the boat ride.

### **AND NOW FOR THE BIG EVENT.....**

This is something we have never done before, so we are working out the details for this, and continues to be a work in progress.

### **SATURDAY, MAY 20 3-5 PM**

We will be hosting with Giants of the Earth, "**A TASTE OF NORWAY**" Middag meal. Attendees (\$25) will have a variety of foods to choose from.....open face sandwiches, flatbread, dried meat, rommegrot, fish soup, travelers porridge, sweet soup, baked goods, lefse, beverages, etc. To make this a successful event we will need volunteers AND we will need attendees!

We encourage Sons of Norway members, and anyone else who would like, to volunteer to make this new endeavor a success! The good news is, you don't have to be at the event all day. We are looking at having 2 hour shifts, although, we would take any amount of time, or "overtime" volunteer help. Shifts will begin at 8:00 a.m. A rough outline of some of the tasks for each shift is something like this (we will need more people in the afternoon than in the morning)

- 8am-10am: food prep, helping set up for demonstrations, greet people who come to the demo event, sell lefse
- 10am-12pm: food prep, greet attendees, rearranging tables after demos, sell lefse
- 12pm-2pm: food prep, decorating and setting tables, start setting up food, getting beverages moved into place
- 2pm-4pm: food prep, "running food", serving food, clearing tables, washing dishes
- 4pm-6pm: running food, serving food, clearing tables washing dishes, cleaning up

All of these shifts are not set in stone, example: if it works for you to come 1:00 - 3:00, that's great. Also, if you can only help for an hour sometime during the day that would be awesome, also!

To sign up for a time you can go to this google doc  
<https://forms.gle/hi5z2VZt1kH51kAR9>

OR call Giants (507) 498-5070

In advance I would like to say THANK YOU for any involvement or help you can do to make this Syttende Mai very special festival!

It's going to be a BUSY week, but it will be lots of fun!!

# **Passport to Norway: May 20 "TASTE OF NORWAY" DINNER**

*Join us after the parade for this wonderful "middag" meal!*



Happy Syttende Mai!

**ONLY 50 TICKETS AVAILABLE!**



**3--5PM**

**\$25**

Dinner hosted by Sons of Norway  
Valheim Lodge at Giants of the Earth  
Heritage Center, Inc.  
Spring Grove, MN  
[www.giantsoftheearth.org](http://www.giantsoftheearth.org)



**Our "Fest Bord" Meal includes traditional Nordic foods, baked goods, desserts, and beverages**

Purchase your ticket by May 12. Call 507-498-5070 to pay w/card, stop in at  
Giants--163 W. Main St., or send check to PO Box 223, payable to Valheim Lodge.



## FEBRUARY MEETING

We had lots of laughs with Laura Gentry in February. Known as Laughing Laura, she is a Master Teacher of Laughter Yoga and she shared some of her skills with us to laugh along with.



< Rachel Storlie, Laura Gentry and Lee Grippen

Below..Judy Melbostad laughing with Laura



## MARCH MEETING



In March, Lori Dubczak, Executive Director of Norskedalen, told us about the great happenings at Norskedalen as well as how they have classroom curriculum and online class offerings. It was fun to hear about all the great things that Norskedalen has to offer. Be sure to consider taking a day trip there or attend one of their special events. <https://www.norskedalen.org/>

## APRIL MEETING



In April, Bill Fried, Acting Executive Director of Giants of the Earth Heritage Center, shared the restoration project at Giants through the past three years and also some of the history of the building and the story of the Sigmund Aarseth paintings. Lanesboro lodge were our guests, and at the conclusion of Bill's talk, everyone had a chance to explore the other floors at Giants. <https://giantsoftheearth.org/>

Georgia, Adele and Geneva sharing stories over lunch.



# SYTTENDE MAI SCHEDULE OF EVENTS

## TUESDAY, MAY 16th

- 4:30 - ?? BAKING of SCANDINAVIAN TREATS Hosted by Valheim Lodge Sons of Norway @ Giants of the Earth

## WEDNESDAY MAY 17th

- 1:15 BARNETOGET - CHILDRENS PARADE
- 4PM - 7PM MUSIC IN THE PARK Food served by the Syttende Mai Committee
- 5:15 CELEBRATION of IMMIGRANTS @ Giants of the Earth
- 7PM - QUEEN CORONATION & HONOREE ACKNOWLEDGEMENT

## THURSDAY MAY 18th

- 5PM - Spring Grove 6th Grade Academy Reception - Giants of the Earth Heritage Center

## FRIDAY MAY 19th

- ALL DAY - City Wide Garage Sales
- ALL DAY - Norwegian Ridge Birding & Nature Trail
- 10AM - 2PM - Merchants Bank Community Appreciation Lunch
- 10AM - 5PM - Giants of the Earth Heritage Center Open
- 12PM - 5PM - PIECE MAKERS QUILT GUILD QUILT SHOW - 504 E Main Street (Former Vet Clinic), FREE ADMISSION
- 7PM - 10PM - TEEN DANCE - Fest Building

## SATURDAY, MAY 20th

- ALL DAY - City Wide Garage Sales
- ALL DAY - Norwegian Ridge Birding & Nature Trail
- 7:30 - 10:30AM - DAD'S WAFFLE BREAKFAST- Fest Building - \$10, age 5 & under free - Spring Grove Lions Club
- 9AM - RUNNING WITH MY GNOMIES - MORE INFO HERE!
- 9AM - 11AM Norwegian Food Demos and Tasting - Hosted by Valheim Lodge Sons of Norway @ Giants of the Earth
- 9:30AM - 10:30AM Spring Grove School Tours - Enter through Door 1
- 10AM - 11:30 - KOHLROSING Demonstration by Darlene Fossum Martin - Bluff Country Artists Gallery
- 10AM - 4PM - LEFSE SALE (until sold out) - Bluff Country Artists Gallery
- 10AM - 5PM - PIECE MAKERS QUILT GUILD QUILT SHOW - 504 E Main Street (Former Vet Clinic), Free Admission
- 10AM - KIDS PEDAL PULL - Fest Building - Registration at 10AM, Pulling starts at 10:30AM
- 10AM - 4PM - PARK ACTIVITIES - Inflatables, Yard Games, Nerf War - Trinity Church Yard, Petting Zoo, Bingo - Syttende Mai Hus (Log Cabin), Human Hamster Balls - Trinity Church Yard, Balloons by Kevin, Tappy's Face Painting - \$, Vendors, Souvenir Shirt and Button Shop - Syttende Mai Hus (Log Cabin)
- 10AM - 5PM - Giants of the Earth Heritage Center Open
- 10AM - 10PM - Legion Brat Stand (closed during the parade)
- 10:30AM - NORDIC DANCERS - Viking Memorial Park - Watch for them in the Grand Parade
- 11AM - 2PM - PORK BURGERS by THE ATHLETIC BOOSTERS - In front of Corner Store

### • 12PM - THE GRAND PARADE

- 1PM - 4PM Mike McAbee - City Park Gazebo
- 1PM - Corn Pile - \*Following the parade - SPONSORED BY MERCHANTS BANK
- 1PM - 4PM - Kaptain Kirby Train - Trinity Church Yard
- 1PM - SOAP BOX RACES - South Division Ave. Cost is \$3.00

## Mandelbarer

### Almond Bars

Spruce up your Syttende Mai party with these delicious bars. Great for sharing and enjoying a "taste of Norway."



### Ingredients

#### Bars:

- 1/2 cup butter, softened
- 1 cup sugar
- 1 egg
- 1/2 tsp. almond extract
- 1 3/4 cups flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 Tbsp. milk
- 1/2 cup sliced almonds



#### Glaze:

- 2 cups powdered sugar
- 1/2 cup milk
- 1/2 tsp. almond extract

### Directions:

Preheat oven to 325° F / 165°C.

Line baking sheets with silpat pads or parchment paper.

In a mixing bowl, cream together the softened butter and sugar.

Add the egg and almond extract and beat until mixture is fluffy.

Add the flour, baking powder and salt until you have a soft dough.

Divide the dough into four parts.

Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches wide with your hands. Leave 4 inches or so between each rectangular bar.

Brush the tops with the milk and sprinkle on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned.

While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.

Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.

Drizzle glaze over diagonal sections.

per run and helmets are provided. All ages welcome!

- 1PM - CORN HOLE (after parade) - Maple Drive - Check in at 1:00pm - Bags Fly at 1:30 pm - \$20 per person/\$40 per team
- 2PM - Local author JOANNE GRIFFIN reading from and signing her new book - Bluff Country Artists Gallery
- 3PM - 5PM - Passport to Norway: Taste of Norway - Giants of the Earth Heritage Center
- 4PM - 7PM Fat Pat's Brewery Wood Fired Pizza & Craft Beer - 500 East Main Street

## SUNDAY MAY 21st

- ALL DAY - Norwegian Ridge Birding & Nature Trail
- 10AM - 2PM - PIECE MAKERS QUILT GUILD QUILT SHOW - 504 E Main Street (Former Vet Clinic), Free Admission
- 10:30AM - Sold Out - MEATBALL DINNER - Trinity Lutheran Church

## BARNEBUNADER



The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!

## LEE HAD A BIRTHDAY PARTY!!

Lee Grippen turned 80 on March 22...through March 26! There were celebrations at restaurants, in schools, in churches...it was almost declared a national holiday! With the help of his children, other family, friends and exchange student, Lisa, there were several events with lots of friends and family

and of course, lots of food!!! Happy Birthday Lee, and many, many more!



Above, a sampling of the Norwegian goodies at the Sunday Open House.

Right> Lisa and Lee

Below, some of the Luren singers sang for Lee's birthday



# Sons of Norway

## Coloring Contest

As a creative challenge, SofN is holding a coloring contest. Show off your coloring skills to have your artistic talents featured on Epost and sofn.com! Share this page with your family members of all ages.

To Enter:

Either pick up a coloring page at Giants of the Earth Heritage Center or download the PDF and print out the coloring page. <https://www.sofn.com/wp-content/uploads/2023/04/Coloring-Contest-Sofn.pdf>

Color the page using the medium of your choice: crayons, markers, paint, pens, ink- use your creativity! Digitally-colored entries will not be accepted.

Scan or take a picture of your masterpiece and submit your entry by email to: [culture@sofn.com](mailto:culture@sofn.com). Entries must be received before 11:59pm CDT, May 31, 2023. Your email entry must include the subject line "17 Mai Coloring Contest," your digital photograph/scan of your completed coloring sheet, full name, age (at time of entry), and email address.

Winners:

Entries will be reviewed by a panel of Sons of Norway staff.

Winners will be notified in early June and results will be announced on sofn.com.

Three artists will be chosen in each of the following age categories: 10 and under, 11-16, 17 and older.

Three (3) artists per age group (for a total of nine (9) pages) will have their work displayed in the June 2023 edition of Epost. The top winner in each age category will have their work posted on the rotating banner at sofn.com.

Happy Coloring!

Gratulerer med  
dagen!

## May/June

	1 	2	3	4	5	6
7 Mike Schmidt	8 	9	10	11	12 Jackie Parker & Janet Fossum	13
14	15 	16 	17 1:15 Barnetoget 5:15 Immigrant Memorial	18 5:00 SG 6th Grade Academy	19 	20 9-11 Food Demos Noon-Parade 3-5 Taste of Norway
21	22	23		24 Gretchen Anderson	25	26
27	28 	29	30	31 	1 June	2 Isaac Nerstad
3	4	5	6	7	8 	9
10 Judy Melbostad	11 Kyle Gray	12	13	14 	15	16 17 Karen Fried & Melanie Smith
18	19 Karen Gray	20 David Susag	21 Carolyn White	22	23 Cathryn Esse	24 Lane Zaffke
25	26	27	28	29	30 Larry Lane	

## Mark your Calendars! 2023 Lodge Meeting Dates

(July and August have been changed)

### Monthly Meetings:

**Thursday, June 8 -- 6:00 pm**

**Thursday, July 27 -- 5:30 pm**

Westby Lodge our guests in LaCrescent

**Tuesday, August 22 -- 6:00 pm**

Winona Lodge our guests

**Thursday, September 14 -- 6:00 pm**

**Saturday, October 14 -- 11:00 a.m.**

**Saturday, November 11 -- 11:00 a.m.**

**December TBD**



# JUNE MEETING

was designed to promote physical activity through participation in life sports. In the Sports Medals Program, each participant completes a set of mileage or point requirements, resulting upon completion in the awarding of a bronze, silver, gold or enamel medal.

AND we will visit on the possibility of “firing up” our Sons of Norway Book Club. For years Geneva Tweeten would guide us through book club discussions. It was always well attended. When Covid dive bombed everyone, it put a stop to our book club. We are hoping to rejuvenate it. Come and hear more. It will be potluck, so please bring something to share.

To help “promote and preserve the heritage and culture of Norway.” ....here are a few places, not that far away, that have great programming:

Vesterheim in Decorah <https://vesterheim.org>  
Norskedalen in Coon Valley <https://www.norskedalen.org>  
Norway House in Minneapolis <https://www.norwayhouse.org>

## FIVE TRIPS EN ROUTE TO 50

This summer both Crown Prince Haakon and Crown Princess Mette-Marit will turn 50. They will mark their special year with five trips to various parts of Norway, each excursion highlighting a different theme.

In February, Haakon went on a business trip to Stord in Vestland. At the end of March, the pair visited the towns of Vinje, Telemark and Bykle in Setesdal.

First they spent time at the Raulandsakademiet in Vinje, an institution of Norwegian folk tradition and artisanship. Crown Princess Mette-Marit was thrilled to receive a pair of hand-embroidered monogrammed mittens while Crown Prince Haakon was gifted a harmonica.

Hovden Ski High School was next to play host. The crown prince pair love to be active in nature and took in a mountaintop view with students and teachers. After a chat at 1209 m/3966 ft over vafler and a bonfire, the crown prince returned on back-country skis.

That evening, the royals were treated to a concert in the old Bykle church, a parish dating back to the 13th Century. The unique music and dance traditions from Setesdal

THURSDAY,  
JUNE 8, 6:00 PM  
We will learn more about Sons of Norway's Sports Medals Program. The program started in 1984 and

SPORTS MEDAL PROGRAM



were recently added to the UNESCO list of intangible cultural heritage.

Other destinations include Finnmark in April to connect with Sámi culture, and Træna, Nordland in May, to embrace maritime life. In August they'll throw a joint birthday bash at the Palace gardens.

When asked how it feels to be turning 50 soon, the crown prince replied: “Det er fint, det.” — “It’s nice.”

## 2023 Officers

President Karen Fried  
Secretary Jillelyn Storlie  
Treasurer Jackie Parker  
Assistant Secretary Bill Fried  
Membership Loretta Knutson  
Social/Cultural Lee Grippen  
Marshals Judy Melbostad  
Janet Fossum  
Historian Georgia Rosendahl  
Auditor Karen & Jim Gray  
Sports Director Nora Beckjord  
Editors: Georgia Rosendahl &  
Karen Fried  
PO Box 472  
Spring Grove, MN 55974  
507-498-5611  
sgfrieds@gmail.com  
georgia.rosefarm@gmail.com

Valheim website:  
[www.http://sgfrieds.wix.com/valheimlodge](http://sgfrieds.wix.com/valheimlodge)

Sons of Norway website:  
[www.sofn.com](http://www.sofn.com)

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

Return Service Requested



Ma/June 2023

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

## Syttende Mai 2023 Prep & Events

**May 16 - 4:30 Scandinavian Baking event**

@ Giants of the Earth Heritage Center

**May 17 - 1:15 Barnetoget**

**- 5:15 Celebration of Immigrants**

@ Giants of the Earth Heritage Center

**- 7:00 Queen Coronation & Announcement  
of Honorees** @ Viking Memorial Park

**May 20 - 9-11 Norwegian Food Demos & tasting**

@ Giants of the Earth Heritage Center

**- Noon- PARADE**

**- 3-5 Taste of Norway**

@ Giants of the Earth Heritage Center

