

THE VALHEIM TIDENDE

Volume 13 Issue 1

SPRING GROVE, MN 55974

Jan/Feb 2011

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
 www.valheimlodge.org

Note about Monthly Meetings:

- Lodge meetings are held at the Spring Grove American Legion.
- April, May, June, July, September, October, November, meetings are the 2nd Thursday of each month at 7pm
- January, February, March meetings are the 2nd or 3rd Saturday at 11:00
- Potluck Suppers are held with the meetings in August & December at 6:30

JANUARY MEETING SATURDAY, JANUARY 22, 11 A.M. @ LEGION CLUB ROOM

"Eat Like a Viking." Come along with Owen and Elspeth Christianson on a trip back through time to the age of the Vikings. Owen uses Scandinavian turning to travel to the age of the Vikings, showing how the Vikings ate, drank, worked and played with objects made by turning on a lathe. Elspeth will describe Viking food and clothes. Invite your friends ...this should be a very interesting program.



OUR LUNCH will be our Souper Saturday event... bring a can of soup! We'll mix them all together and see what kind of tasty "stew" we come up with to eat!

2011 LUNCH SERVERS

2011 Servers

First person for each month is chairman of their lunch committee. Their job is to call the other servers for the month, buy Decaf Coffee, cups and napkins and then divide the cost with the rest of their serving committee. Couples bring 2 dozen sandwiches and 2 dozen bars. Singles bring 1 dozen of each.

- Saturday, January 22 - Judy & Verdayne Melbostad, Tom Murphy, Evonne Morken
 Saturday, February 12 - Georgia Rosendahl, Geneva Tweeten, Truman & Donna Omodt
 Saturday, March 12 - Jim & Lois Wilhelmson, Larry Lane, Dale Buxengard
 Thursday, April 14 - Diane Nerstad, Linda Nerstad Kemp, Nancy Carol Nelson, Sara Kroshus (If we are invited to Lanesboro, there will not be an April meeting and these servers will be added to October when Winona will be our guests)
 Thursday, May 12 - Norris & Betty Storlie, Bonnie Haugen, Mavis Johnsrud
 Thursday, June 9 - Lee Grippen, Rachel Storlie, Al & Lorraine Hagen
 Thursday, July 14 - Chuck & Pearl Holland, Dennis & Betty Holty
 Thursday, August 11 - Picnic / Potluck -- Officers in charge of coffee, etc
 Thursday, September 8 - David & Katie Peterson, Robert & Dode Stoskopf
 Thursday, October 13 - Jim Skree, David Verock, Lawrence & Loretta Knutson
 Thursday, November 10 - Judy Fruechte, Mike Schmidt, Jillellyn Storlie, Karen Fried
 Thursday, December 8 - potluck or restaurant



A BUSY FALL....

BUSTRIP

Judy Melbostad gathered together a bus load of eager people on November 9 and headed to the Plymouth Playhouse to watch another episode of "Church Basement Ladies". It was wonderful weather as well as theater performance. There were stops on the way up and back for nourishment. Thank you Judy for all of your work and thanks to all that went with to make it a successful outing!



Above: Loretta, Carmona and Edith enjoy breakfast at the stop on the way to the cities. Right: Judy doing a great job as tour director! Thanks Judy!



December Meeting

Valheimers eating out and sharing Christmas joy at the Skyline.

Roar Moe Shares the Old Ways

Roar Moe from Øy, Norway was the guest speaker at our November Sons of Norway meeting. We first had our monthly business meeting at the Ballard House. Then we adjourned to the Spring Grove Cinema next door to hear Roar speak about keeping traditions of old Norway alive by teaching young children/adults on "his" island in Norway. After his slide show and talk guests were invited back to the Ballard House for a little lunch.



Above left: Roar speaking at the Cinema; above: guests enjoying a little lunch at the Ballard House; left: Roar speaking with Mrs. Booman about historical items, for sure!?!?!?



Valentine's Day in Norway



St. Valentine's Day, also known in Norwegian as "All Hearts' Day", is celebrated on February 14th in honor of love and romance. Although the day is popular in many English speaking countries, in Scandinavia it still isn't an established or widely-accepted tradition.

In Norway the practice of sending Valentine cards and gifts was first observed at the end of the 1980s in Oslo. In the last several years commercial interests and the Norwegian mail service have put millions of kroner into promoting the holiday and making it important in Norway. A similar tendency is seen in Sweden and Denmark, too. But that may be changing.

A study from 2004 showed that 70% of Norwegian men did not know when Valentine's Day was, while 7 of 10 women did. In 2010 the day had achieved a measure of popularity, particularly among people in established relationships. A third of all people in relationships said that they planned to celebrate Valentine's Day by sending their significant others or friends a greeting, gift or some other acknowledgement.

Nonetheless almost 70% of people with partners said that they were planning on ignoring Valentine's Day altogether. Just as in North America Valentine's Day can actually cause conflicts between partners, not least because of dissimilar expectations on how the day will be celebrated. The situation is extra chaotic in Norway where the holiday is so little accepted. Every year Norwegian newspapers publish tips on how people (especially men) can impress their partners, but many commentators advise people to skip the holiday altogether. For now it's very uncertain if Valentine's Day has come to stay in Norway.

Founders of Sons of Norway

January 16th marks the 116th anniversary of the founding of Sons of Norway, which began as a simple, practical way for members to support each other through times of hardship.

At the time it's likely that none of the founders would have guessed their fledgling group would go on to become the largest and longest-standing organization dedicated to promoting and preserving Norwegian culture.

In commemoration of the day, Sons of Norway is encouraging all lodges to participate in the first official Founder's Day celebration. First, all members are encouraged to wear their membership pins, vests, or any other Sons of Norway clothing. In addition, for lodges interested in celebrating further, consider taking an ad out in your local paper acknowledging Founder's Day, or maybe hosting a festive lodge event commemorating the 18 founders.

To learn more about Sons of Norway's history and about the founding of our 116-year-old organization, visit www.sonsofnorway.com/about_us and select the "history" link.

Norwegian Experience 2011

Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2011 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2012, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to



Charles Holland

Field Staff Representative

121 South Main St Mabel, MN 55954

MN Lic #20189121 WI Lic #02380377
IA Lic #0000219942

Business (507)493-5866
Cell: (507)421-4001
Fax: (507) 493-5809

Email: hollandc@mabeltel.coop
www.sonsofnorway.com

Matlyst Monthly Heart-Shaped Waffles

*The Norwegian Kitchen
by Astrid Karlsen Scott*

- 3 ½ cups flour
- ½-¾ cup sugar
- 1 tsp cardamom
- 3 eggs
- 1 quart whole milk
- 1 cup margarine
- 1 cup whipping cream



Whisk flour, sugar, cardamom, eggs and milk until smooth. Melt margarine and add with the cream. Strain. Refrigerate 1 hour. Bake in a waffle iron. Serve waffles with butter and jam

offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you! To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2011. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!

Valheim Lodge Meetings

October 14, 2010

The monthly meeting of the Sons of Norway, Valheim lodge 1-364 was called to order by President Karen Fried October 14, 2010, in the fellowship Hall of Trinity Lutheran Church. President Karen welcomed our 49 guests from the Westby lodge and Ken and Ruth Melby.

No Secretary's or Treasurer's reports were given.

President Karen thanked everyone that had prepared and served our evening lunch.

Announcements made were:

President Karen thanked everyone that had participated in the parade during Steam Engine Days in Mabel, Minnesota on September 11. She also thanked everyone that had participated in the bake sale at the Spring Grove Cinema during Uffda Fest Days on October 2. The freewill offering had brought in \$500.00.

We are invited to be guests of the Winona lodge on October 26. We will meet in the Trinity parking lot at 5:30 p.m. to carpool to Winona. The meeting begins at 7 p.m.

Jill Storlie announced that Sigmund Aarseth will be in Spring Grove October 14-30. He is painting a mural on the first floor walls of the Ballard house for "Giants of the Earth". Mr. Aarseth will be painting to music on Sunday afternoon the 24th at the Spring Grove Cinema. He will also be here for the dinner honoring Georgia Rosendahl on October 30th.

Geneva Tweeten reported that the book club was reading "Dual Obsessions" by Don Jacobson.

Judy Melbostad reported that she had 6 or 7 seats left on the bus going to the play "Church Basement Ladies Christmas" on November 9th. The performance begins at 1 p.m. so we should be back about 8 p.m.. The bus will depart Spring Grove at 7:30 a.m.

Our Christmas party will be held at the Skyline Supper Club on December 4 at 6:30 p.m.

After a delicious lunch and fellowship with our Westby guests, Lee Grippen invited everyone to Norsekedalen's annual 'Goulies in the Coulies' on October 24.

Lee introduced our speaker for the evening, Ken Melby. Mr. Melby read an excerpt from "Ole goes up the River".

Respectfully Submitted
Kati Peterson
Secretary

November 1, 2010

The Sons of Norway executive committee met on Wednesday, November 1, 2010, at 4:15 P.M. a Doc's Blue Moose; President Karen Fried presiding.

Judy Melbostad reported that all the arrangements for the bus trip to Plymouth, Minnesota, for the play have been finalized. The bus will pick up in Caledonia at 7:15 a.m. and in Spring Grove at 7:30 a.m.

Volunteers were requested and received for Meals on Wheels the week of November 15 to 19.

President Karen reported on some of the scheduled activities at the Buff Country Gallery on Saturday, November 6, 2010, from 7 to 9 p.m., Betty Dow will be on hand to demonstrate her rosemaking techniques. She will also hold a rosemaking class on Saturday, November 13, and Saturday, December 4 at the Gallery.

For the November 18th, regular monthly meeting, there was a motion made by Judy Melbostad and seconded by Lee Grippen to hold a short meeting at 6:30 p.m. at the Ballard House before going to the Cinema for a presentation by Roar Moe. Motion passed. The public has been invited to Roar Moe's presentation. A small lunch will be provided after the presentation at the Ballard House. Lee Grippen moved to purchase lefse for the event. Verdayne Melbostad seconded the motion. Motion passed. David Peterson will order the lefse from Rushford and pick it up as well. Roar Moe has been co-sponsored by Giants of the Earth and the Sons of Norway. Jill Storlie and Karen Fried will take care of the advertisements for the event.

In addition to inviting everyone to the Ballard House to celebrate her birthday, Jill Storlie reported that she had placed an article in "Inspire" magazine about Georgia Rosendahl about her work as local historian and genealogist.

A sign-up sheet was passed for the Christmas party on December 9 at the Skyline SupperClub. Lee Grippen moved that the lodge provide appetizers at 6 p.m. for half an hour of socializing. Geneva Tweeten seconded the motion. Motion passed. We will sit down at 6:30 and order off the menu. Each member is responsible for their own meal. Everyone is asked to bring a non-perishable item for the food shelf.

Lee Grippen moved to accept the slate of officers as presented. David Peterson seconded the motion. Motion was passed by Sign of the Order.

Discussion was held about this year's donation to the Festival of Trees. Emma Landsom moved that the lodge donate \$100.00, in place of auction items, to be split between the Food shelf and Care and Share. David Peterson seconded the motion. Motion was passed by Sign of the Order.

Loretta Knutson reported that she had requested and received matching funds at 50 cents on the \$1.00 from Thrivent for our annual Bake Sale. The Bake Sale will be held on Saturday, December 11, 2010, from 9 a.m. to 11 a.m. in the American Legion meeting room. David Peterson will bring the Sons of Norway sign to place outside the American Legion building. Volunteers for set-up should meet there at 7:30 a.m. David Peterson will order and pick up 100 rounds of lefse from Rushford. Janet Fossum and Emma Landsom are in charge of the Bake Sale. There will be no early sales. Karen has agreed to demonstrate lefse making. We will also have coffee and goodies to purchase. Advertising will be placed in The Bluff Country Reader, Spring Grove Herald, Caledonia Argus and the Abel Post newspapers.

As we did this past year, we will hold our lodge meetings on Saturdays at 11 a.m. for the months of January, February, and March. In January we will have a Souper Saturday. Each person brings a can of soup that is added to the soup on hand.

We will attend the Lanesboro, Minnesota, lodge's regular meeting in April in place of our own lodge meeting. However, there will be a committee meeting.

Respectfully Submitted,
Kati Peterson
Secretary

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

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.

November 18 2010

The monthly meeting of the Sons of Norway, Valheim lodge 1-364, was called to order by President Karen Fried on Thursday, November 18, 2010, at 6:30 p.m. at the Giants of the Earth Center in the Ballard House. She welcomed guests Howard Burtness, David and Lynn Susag, Don and Betty Dow (members of the Tampa, Florida, lodge.)

President Karen read a thank you from the Valdres lodge in Decorah, Iowa, for attending their 40th anniversary celebration and our gift of Spring Grove pop.

President Karen called on Assistant Zone Director David Susag, who presented our lodge with a Silver Merit certificate for 2008, President Karen with Silver Merit certificate for 2008, our lodge with a Bronze Merit certificate for 2009 and President Karen with a Bronze Merit certificate for 2009 from the Sons of Norway convention held in Rochester, Minnesota, this past June.

Geneva Tweeten reported that Joe Kramer would be a guest speaker at the next Book Club meeting. He will talk about skiing and ski contests. The December Book Club meeting will be held on December 14, 2010, at 2 p.m. in room 103. The topic is "Christmas around the World."

Judy Melbostad reported that 47 people had attended the play on November 9th. She also reported that the playhouse is planning another "Church Basement Ladies" play for Fall 2011. President Karen thanked Judy for all of her time and efforts in planning the trip.

President Karen thanked everyone that had helped with Meals on Wheels this week.

Verdayne Melbostad reported that he had made reservations at the Skyline Supper Club for 6 p.m. on December 9 for our Christmas party. He had arranged for hors d'oeuvres from 6 p.m. to 6:30 p.m. provided by the lodge. We would be seated at 6:30 to order off the menu. Each member would be responsible for their own meal. The lodge is requesting non-perishable food for the Food Shelf.

The annual Bake Sale is to be held on Saturday, December 11, 2010, at the American Legion meeting room from 9 a.m. to 11 a.m. Items for the Bake Sale should be at the Legion by 8:30 a.m. wrapped and priced. Motion was made by David Peterson and seconded by Marland Bjerke to purchase lefse for the sale. David will pick up plastic bags and order and pick up 100 rounds of lefse from Rushford. Demonstrations are also being planned.

Loretta Knutson reported that all of our donation checks have been sent.

Our monthly lodge meetings will be held on the second Saturday of the month in January, February, and March at 11 a.m. in the American Legion meeting room. The January meeting will be held on January 22, due to conflicts, and will be a Souper Saturday. Each person should bring a can of soup, a bowl, and a spoon to the meeting.

Lee Grippen reported that Norskedalen was holding their annual Old Fashioned Christmas on December 4th and 5th. Vesterheim Norwegian Museum will be hosting their Christmas on December 4th and 5th as well, in Decorah, Iowa.

The meeting was adjourned by Sign of the Order. We then went to the Cinema, next door, to see and hear Roar Moe's presentation about his efforts to keep the old cultural skills alive in Norway.

Following his presentation we returned to the Ballard House for lunch with Norwegian goodies.

Respectfully Submitted
Kati Peterson
Secretary



The Valheim Tidende (Permit #11) is the official publication of Valheim Lodge 1-364. The Tidende is published 6 times a year by Valheim Lodge, Spring Grove, MN. Nonprofit bulk permit paid at Spring Grove, MN. Annual membership in Valheim Lodge includes subscription to this newsletter.

December 9, 2010

The December meeting of Norway, Valheim lodge 1-364, was held on Thursday, December 9, 2010, in the Skyline Supper Club dining room. The meeting was called to order by President Karen Fried at 6:15 P.M.

Discussion took place regarding the annual Bake Sale scheduled to be held on Saturday, December 11. The members decided to go ahead and hold the sale even though bad weather was forecast for the entire weekend. David Peterson will order and pick up 100 rounds of lefse from Rushford. Judy and Verdayne Melbostad volunteered to help fold and package the lefse on Friday before the sale. Weather permitting; set-up for the sale, being held in the American Legion meeting room, will begin at 7:30 A.M. The key for the meeting room still needs to be picked up. Edith Nerstad has the red table covering; Lee Grippen has CD's and a player for background music; David Peterson will set up the Sons of Norway sign outside the Legion. Edith and Diane Nerstad will cashier for the items to be sold and also for the coffee bar. Lee Grippen will bring rommegrott; Janet Fossum will bring rosettes or krumkake and a coffeepot and David and Kati Peterson will provide hot chocolate mix and another coffeepot.

Geneva Tweeten reported that the Book Club was meeting next Tuesday, December 14, and will be discussing Christmas around the world with each member discussing a different country.

Rachel Storlie made a motion to accept the slate of officers, as presented, for 2011. Lee Grippen seconded the motion. Motion was passed by Sign of the Order.

Lee Grippen reported that Lee Owen Christianson, Marshfield, Minnesota, will provide a program about Vikings for the January 22, 2011 Souper Saturday meeting.

The next committee meeting will be held on Wednesday, January 12, 2011, at Doc's Blue Moose at 4:15 p.m.

Door prizes were won by Lee Grippen, Edith Nerstad, Lawrence Knutson, Diane Nerstad, Diane's daughter and Roar Moe.

The meeting was adjourned.

After the meeting the members enjoyed their meal and fellowship.

Respectfully Submitted
Kati Peterson
Secretary

good wishes...

- to Vernon Roble who had eye surgery
- to Steve Kemp (Linda Nerstad-Kemp's husband) who had both knees replaced in December. He has been seen out, getting around!
- to Al Hagen. He had one knee "done" in December, and is planning on "doing" the other knee in January. Good luck!

sympathy to the family of.....

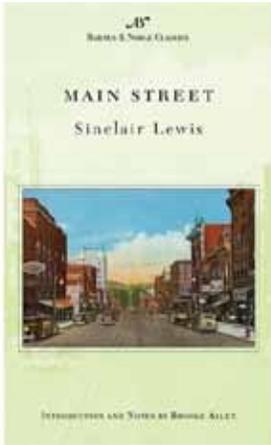
- Mike & Diane Schmidt on the death of Diane's sister Kathy Young.

Activities

Book Forening

(Book Club)

The January read is "Main Street", originally published in 1920, is the story of a sophisticated young woman who moves to a small town in the American Midwest in 1912 and struggles against the small-minded culture of the citizens who live there. The town, Gopher Prairie, is closely patterned on Sauk Centre, Minnesota, which is where Sinclair Lewis grew up, although the book makes clear that it could be any of thousands of towns across the heartland.



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

January/February

						1
2	3	4 Orla Roble	5	6	7	8
9 Linda Nerstad Kemp	10	11	12 Board Meeting 4:30 @ Doc's	13	14	15
16	17	18 Book Club	19 Loretta Knutson	20	21	Sons of Norway Meeting Souper Saturday 11 a.m.
23	24	25	26	27 Donna Omodt	28	29
30	31 February	1		3	4	5 Barnelopet
6	7	8 Lila Mahr	9	10	11 Kenneth Olsen	Sons of Norway Mtg 11 a.m.
13		15 Book Club	16	17	18	19
20	21	22	23	Evone Morken Truman Omodt	2 Gratulerer med dagen!	
27	28					

Vesterheim Classes

Decorah, IA

Beginning Rosemaling

A Vesterheim/Sons of Norway Collaboration Class in Minneapolis, Minnesota with Shirley Evenstad

January 22-February 12, four consecutive Saturday mornings from 9:00 a.m. to 11:30 a.m.

Carving in Horn, Bone, and Antler

with Harley Refsal
February 18-20

Hedebosøm with Roger Buhr

February 19

Carved Door Decor with Phil Odden

March 11-13

Scandinavian-Style Flat-Plane Figure

Carving with Harley Refsal
March 11-13

Bluff Country Artists Gallery

Main Street, Spring Grove

January 9, 2011

Tom Eickhoff photography exhibit - A Photographic Look at Spring Grove, MN - Artist Reception: Noon-4 p.m.; Eickhoff to speak at 2 p.m.

January 4-30, 2011

Tom Eickhoff Exhibit - A Photographic Look at Spring Grove, MN: open 11 a.m. to 5 p.m. Tues-Sat.; noon-4 p.m. Sunday

February 5-2011

Clay for Adults Class - taught by Nate and Hallie Evans of Allamakee Wood Fired Pottery - Dates and times TBD (the gallery, or call Larry & So Blegen

at 507-498-3570

2011 Officers

President	Karen Fried
Vice Pres.	David Peterson
Counselor	Vernon Roble
Secretary	Kati Peterson
Treasurer	Loretta Knutson
AsstSec/Treas	Verdayne Melbostad
Membership	Loretta Knutson
Social/Cultural	Lee Grippen
Marshals	Emma Landsom Janet Fossum
Greeters	Morris/Geneva Tweeten Judy/Verdayne Melbostad
Editors/Publicity	Georgia Rosendahl & Karen Fried
Historian	Georgia Rosendahl
Trustees	Lawrence Knutson Milford Landsom
Auditor	Darrell Sinclair
Sports Director	Diane Nerstad & Edith Nerstad

A SNOWY BAKE SALE!! UFF DA.



It was a blizzard...but we are in Minnesota, so we decided to go ahead with our Bake Sale on December 11th. The amount of goods we had for sale were down, and so were our amount of customers, but in the end, it all worked out. It is tradition to do a bake sale in December, so we did. Thanks to all who hardied the weather and contributed and those who came to buy.

This is our lodge's main fund raiser, so if you were unable to contribute any goods for the day, we would appreciate a \$10/member donation. Send donations to Loretta our treasurer.

Left: Is that flour on our sign?? NOT!; Right: Truman bringing krumkake and a smile! Below: Georgia, Geneva and Judy being hostesses with the mostesses!



Giants of the Earth Heritage Center

Main Street, Spring Grove

A big heads up! Giants of the Earth Heritage Center and the Bluff Country Artists Gallery are collaborating and putting together a "Folk School".

The purpose of the Giants/Gallery Folk School is to preserve the history and cultural heritage of Spring Grove (once known as Norwegian Ridge) by providing educational experiences in folk art traditions and culture in a manner that assures access to all people in our area. Both classes and events will be offered. The school will result in a new generation of community residents participating in experiential learning in a variety of Norwegian-inspired arts.

Many details are still being worked out, but the "ball" should be rolling and classes will be beginning soon. Check out the Giants of the Earth web site (springgrovemnheritagecenter.org) for class schedules and cost. In the near future, there will be class information in print. To make this adventure a success attendees are needed to participate, your verbal support is key in spreading the word and lending enthusiasm. Giants hope that you will find many classes that will spark your interest. Check it out! Spread the word. Since this is the first year of what Giants hope will become a forever school, your advice would be welcome also. Ideas for classes, events and instructors would be very valuable.

First Classes: Genealogy Classes begin January 12 and on following Wednesdays at the Ballard House at 11:00 and 4:00 weekly; Rachel Storlie is set to go with the Hootenanny on Jan 12 and weekly thereafter from 3:30 until 4:30 at the Cinema. For more info call 498-5617.

Details are being finalized for six other classes to begin in February. A total of 43 different classes will be offered in 2011 with some meeting once or twice and some ongoing for weeks.

This is the start of something Giant!

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



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

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JAN/FEB 2011

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



Barneløpet Children's Ski/Walk Event at Decorah Community Prairie

DECORAH, Iowa — Help your kids shake off their cabin fever at the twelfth annual **Barneløpet Saturday, February 5, at 10:00 a.m.** The event is sponsored by Sons of Norway Valdres Lodge #503 in Decorah, Iowa, Sons of Norway Heimbygda Lodge #376 in Lanesboro, Minnesota, and Sons of Norway Valheim Lodge #364 in Spring Grove, Minnesota, along with Vesterheim Norwegian-American Museum.

Barneløpet is a non-competitive ski or walk event for children ages 3-13. It is open to girls and boys of all skill levels and is a great event for the entire family to get out, get involved, and enjoy winter.

The event will take place at the Decorah Community Prairie, which is accessed by car at the south end of Ohio Street, near Aase Haugen Nursing Home. The trail will be in a loop, with the start and finish at the site of the butterfly garden. Participants will have three different loops to choose from. Along with the main loop for skiing, there will be a shorter one for younger skiers and a specific loop for walkers.

If in doubt about weather conditions, listen to local radio stations for cancellations.

The terrain is flat and the trail is groomed. Caregivers can walk or ski the course with the children, or may choose to stand along the course and cheer. Participants register the day of the event between 9:40 and 10:00 a.m. After completing the course, participants are welcome to hot chocolate and cookies.

Everyone's a winner! Each registered participant will receive a printed bib for the event and a medal. This event is modeled after the American Birkebeiner race held in Hayward, Wisconsin. The entry fee is \$3, and participants must provide their own skis. There are a limited number of children's skis for rent at Decorah Bicycles, and you can call them to make reservations. For more information about the Barneløpet event contact Vesterheim at (563) 382-9681.