

Vonheim Saga
Published Monthly by Vonheim Lodge #1-108
Sons of Norway
1491 Dodd Road
Mendota Heights, MN 55118

Vonheim Saga



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Fra Editor

Welcome to 2013

I was given permission to use this column at this interim time. I want to thank Carolyn for her years of service, as I'm sure do all of you. We've enjoyed terrific programs and food events during these past years. Many hours of work behind the scenes are required for this to happen. Carolyn made it look easy. Although Carolyn told me she can't sing, if you were at the Julebord, you too noticed her leading the songs beautifully.

Since we have averted the Mayan calendar/world coming to an end issue, we can focus on the many events Vonheim's new officers have planned.

Please remember your suggestions are always welcomed.

Thank you and see you in 2013.

Louise Bakken, Editor

Join us at 6:30pm on Tuesday, January 15th at the Lutheran Church of the Good Shepherd, 4801 France Ave So, for chicken wild rice soup and salad, installation of Vonheim's new board and a presentation on the International Summer School (ISS) program in Oslo, Norway.

Merle Tingelstad will provide an ISS presentation that promises something of interest for everyone based on his son, Erik's, experience in 2012. If you have family members that are in college or will be attending college in the future, you will learn about a cost-effective Study-Abroad credit program with potential for scholarship help from Sons of Norway. Part of the ISS program offerings includes guided excursions to various locations in Norway. This presentation will be part travelogue showing ISS events and tours around Oslo as well as trips taken to Hallingdal (highlands, wildlife) and Bergen (Fjords, funicular, Troidhaugen, Fish Market) and discussion of layover in Iceland when flying Iceland Air.



Coming Events

(Meetings at the Lutheran Church of the Good Shepherd, 4801 France Ave So, Mpls. The meeting room is downstairs and handicapped accessible, including elevators)

Jan 15 Lodge Mtg 6:30PM

Jan 22 Board Mtg 7:00PM in the Fjord Room/SON

Feb 19 Lodge Mtg 7:00PM

Stamps! Stamps! Stamps!
Gregg is cutting and counting.
Do not let him run out. Please bring
your collection to the next meeting.

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Read the third quarter First District newsletter, The Friendly First Posten, on the website

SOFN-1.com

FOUNDATION SCHOLARSHIP APPLICATIONS AVAILABLE ONLINE

It's time to think scholarships! The Sons of Norway Foundation offers college scholarships for current Sons of Norway members, or children and grandchildren of current Sons of Norway members. There are six different scholarship funds, and approximately 25 scholarships are awarded each year. They range in awards from \$1,000 up to 50% tuition, depending on the field of study and scholarship fund. Please have your college-aged students check out these excellent opportunities by going to www.sonsofnorway.com, click on **foundation**, then click on **scholarships**. All applications must be completed on-line. Mailed applications will not be accepted. Contact Cindy Olson at foundation@sofn.com with your questions.

2013 NORWEGIAN LANGUAGE CAMP SCHOLARSHIPS

The deadline for registering for the 2013 Skogfjorden language camps to obtain 2012 pricing has now passed. I am happy to report that Vonheim Lodge has 12 young people who have registered for 24 weeks of learning the Norwegian language and culture at the camps sponsored by Concordia Language Villages. Scholarships will be determined by February 1 and sponsoring families will be notified accordingly.

Masse Moro

Masse Moro is a two week Norwegian Heritage camp (July 21 to August 3) sponsored by Sons of Norway District No 5, located near Eau Claire, WI. for ages 9-15. The cost is \$600. Whereas the deadline for registering is not until May, any Vonheim family which is considering sending youth to this camp, **must** contact me by January 20 to indicate their interest. This is necessary to determine the total number of campers by that date who will be eligible to obtain scholarship assistance. Contact me as well for information regarding registration as these registrations will all be submitted to me along with a \$50 non-refundable deposit.

So please contact me by telephone (leave a message) at (651) 451-7313 or you may e-mail me at psorheim@juno.com.

Dennis Sorheim, 2013 Vonheim Scholarship
Coordinator.

Fjell og Fjord Junior Lodge & Dancers

**Activities for Junior Lodge
From the desk of Chris Elwell**

Jan 26th, 2013 Saturday NOON MN History Center Global Hotdish Variety Show We'll meet at noon in the lobby for a short meeting and to distribute tickets. Then we can spend a little time in the museum until 1:15 when pre-show activities begin. Fjell og Fjord lodge will pay for the admission.

RSVP by SUNDAY, JANUARY 13TH. This event may be cancelled if no one rsvp's positively. Global Hotdish Variety Show: 2013 Season

Time: 2 to 3:30 p.m. (Pre-show activities start at 1:15 p.m.)

Fee: \$12/\$10 MHS members, \$6 children ages 6 to 17. Tickets include museum gallery admission.

Feb 10th, 2013 Sunday 2:00-4:00pm Lebanon Hills Park in Eagan

This is a wonderful facility to cross country ski, hike, skate, and sit by the outdoor fire (or indoor one if preferred) J Feel free to bring snacks and/or beverage to share.

Mar 17th, 2013 Sunday 9:00am-11:00a Abelskiever Breakfast at Danebo in

Minneapolis. Let's meet in the nice lobby area at 9am; breakfast begins at 9:30. It's \$8.50 per person. The youth will be paid for by the Fjell og Fjord lodge. **PLEASE RSVP BY SUNDAY, MARCH 10TH EITHER YES OR NO.**

Contact Chris Elwell at 651-688-0698

DOING THE MOST GOOD. \$364.30 was raised for the Salvation Army programs.

Dave Kompelien reports that Vonheim Lodge volunteered to ring the bell for the Salvation Army on Dec.6th.

The location was a Festival Foods store in Bloomington. Thanks to the following bell ringers:

Gene Brandvold, Russ Tokheim, Bob Hagen, Dale and Lois Settergren, David Kompelien, Dennis Sorheim and Wally Bothum and son.

The High Cost of Saying Goodbye

Did you know that the cost of laying a loved one to rest typically cost \$10,000 or more. Legal fees, unpaid medical bills, taxes, outstanding debts. Even if you have already planned for funeral costs, there are many expenses that your family could face. To make sure that your final expenses are covered, Sons of Norway has now a simplified Whole Life policy up to \$9,999.00. No medical exam is required. Just answer a few easy questions.

A sample of the premium for this policy is as follows:

For a 65 year old female the premium for a \$9,999.00 policy would be \$5,141.00 guaranteed. The idea is to plan now to avoid the stress

**Please contact me at 651-454-6401 or David Kompelien,
Financial Benefits Counselor**

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January 2013

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Dated Material-Prompt Delivery Please

Rubber Ducky Fund Raiser

Many lodges raise money for worthy causes in their communities, but how many do so with something so simple as a rubber duck bath toy? One lodge in Norway, Dalbuen 8-22, has been having an annual "rubber duck drop" for the past 8 years to raise money for worthwhile causes in their community. The lodge, which is located in Hauge I Dalane, has over 100 members, many of whom have been involved with the fundraiser throughout the years.

What exactly is a duck drop? Event participants sponsor a rubber, toy duck, which is then entered in a race. The ducks are dropped in a river to be carried by the current toward the finish line. The sponsor of the first duck crossing the line is declared the winner.

Dalbuen's annual event has become a perennial success. The 2012 event raised over 70,000 Kroner (over \$12,200). This year's money went towards the purchase of a minibus for a local nursing home. While the minibus has a cost of over 700,000 Kroner (nearly \$123,000), the lodge and other partners in the community have already raised 420,000 Kroner (over \$73,000).

What contributed significantly over the past 8 years to the event's success is that Dalbuen has created an efficient system. The month before the event, normally May, members sell tickets every Thursday, Friday and Saturday. Another 20 members of the lodge work the day of the event to ensure everything runs smoothly and to create an exciting, fun time for all in attendance. Their hard work has paid off; Dalbuen alone has raised over 400,000 Kroner (over \$70,000) in eight years for various local causes. In fact, they're so efficient lodge President Tordis Stenberg remarks "The big challenge each year is how high or low the river will be when the ducks are released!"