

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 Presidenten

### The Age Old Challenge

Thank you for returning me to the presidency of the lodge after a 20 year hiatus in other board positions as counselor and treasurer. We installed the new board at our January meeting. I was thrilled to see some young guests among family members present for installation.

Before moving on, I first wish to thank Carolyn Hagen for her leadership through the past 6 years. She took on a lot of behind the scenes organizing and work to make our meetings successful. It is not a small matter and was done out of her love for and dedication to the continuity of the lodge. Carolyn went beyond the president's role, also handling social functions. I know that there were frustrating times mixed in with the good. With the completion of her term, she can look back and take pride in what she meant to the lodge. I'm confident that Carolyn will be there to support my efforts as well.

Looking forward, we need to face the age old challenge, or should I say the old age challenge. The age distribution within our lodge is not a nice Bell curve, but is highly skewed to the ages beyond 70 years old. There are nearly twice as many members over 70 as there are members between 21 and 70. We need to start shifting this age distribution downward or it will be difficult to remain viable.

I am confident in our new board and ask them to think in terms of strategic vision and goals. We need to envision what we would like the lodge to look like in 5 years, ask ourselves what we can do to get there and have goals.

You can help us! Increasing membership begins with those who are already members and making sure that we are serving their needs. If you are getting value for your membership, you are more likely to talk about it and promote the lodge. So please let us know what we are doing right and what we could be doing differently for you. Feel free to email me at [mctingels@aol.com](mailto:mctingels@aol.com) or phone 763-422-0202.

Are your brothers and sisters, children and grandchildren members? If not, is it because they don't know about us? Or do you or they feel that Vonheim/Sons of Norway doesn't offer enough that appeals to them? Sons of Norway just launched a new web portal "NorwayConnects" with a broad resources to help particularly younger generations succeed in life. Lets not keep this a secret. Check it out and tell your families about it whether they are members or not.

Wishing you a great year!

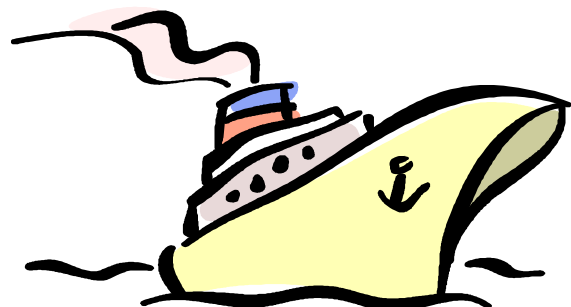
Merle Tingelstad

## A Norway Passage: The Most Beautiful Voyage

**Travel with us on February 19th at  
6:30PM  
from the Lutheran Church of the Good  
Shepherd on  
46th and France Avenue**

*A Norway Passage: The Most Beautiful Voyage* is the story of a voyage along more than 1,100 miles of Norway's spectacular coastline on the Hurtigruten ship *Nordnorge*.

This unforgettable journey presents stunning images as it takes its viewers from the cosmopolitan city of Bergen to Kirkenes in the far North, stopping along the way at the astounding Geirangerfjord, a UNESCO World Heritage site; the old Viking town of Trondheim, Norway's traditional historic, religious and cultural capital; the picture postcard lovely Lofoten Islands, whose special beauty is praised by National Geographic; Tromsø, the gateway to the Arctic Ocean; Nordkapp, - North Cape - with its 1,000-foot-high sea cliff, at the very top of Scandinavia; and through the Barents Sea to the Russian border.





## 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)**

**Feb 19 Lodge Mtg 6:30PM at Good Shepherd**  
**Mar 17 Lodge Mtg 2:00PM at Am Swedish Inst**

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### Norway's Northern Lights

In Norway it is possible to see the Northern Lights between October and February. The polar lights in the northern hemisphere are called aurora borealis or northern lights, while the polar lights in the southern hemisphere are called aurora australis or southern lights. You can see the northern lights in southern Norway, but the lights are much stronger and more frequent in the north. Although there is no guarantee you will see them, it is all dependent on meteorological conditions.

Aurora Polaris (refers to both aurora borealis and australis) is a physical phenomenon. The northern lights appear when southern winds are stronger than normal and combine with large electrically charged particles that are then drawn towards the earth. The particles of electrons and protons form light when they collide with the gases in earth's atmosphere. Polar lights show themselves as waves of light that vary in both shape, color and strength from dark blue in green and yellow, to red and orange. The colors of the polar lights are dependent on how high the phenomenon occurs in the atmosphere. Not surprisingly, the northern lights have been a subject for discussion in stories and legends as long as there have been people to listen to them. When the northern lights blaze across the sky on a winter night, onlookers experience a truly magical feeling.

### Nordlysene i Norge

I Norge er det mulig å se nordlyset mellom oktober og februar.

Polarlys på den nordlige halvkule kalles aurora borealis eller nordlys, mens polarlys på den sørlige halvkule kalles aurora australis eller sørlys. Du kan se nordlys lenger sør i Norge, men lyset er sterkere og hyppigere i nord. Men noen garanti har man ikke, for dette avhenger av spesielle meteorologiske forhold.

Aurora polaris er et fysisk fenomen. Nordlysene forekommer når solvinden er kraftigere enn normalt, med store elektriske utladninger som slynger elektrisk ladete partikler mot Jorden. Partiklene er elektroner og protoner som danner lys når de kolliderer med gassene i jordas atmosfære.

Polarlys viser seg som et bølgende lys som varierer både i form, farge og styrke, fra mørkeblå innom grønn og gul, til rød og oransje. Fargen på polarlyset avhenger av hvor høyt i atmosfæren fenomenet oppstår. Ikke så overraskende har nordlyset vært gjenstand for historier og legender så lenge det har vært mennesker til å lytte til dem. Når nordlyset flammer over himmelen en vinternatt, opplever man en helt spesiell og trolsk stemning.

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

## Sons of Norway Foundation Scholarships

Are you or one of your children/grandchildren attending college this fall? It's an exciting time for the whole family, but many face the concern of how to afford it. Thanks to the Sons of Norway Foundation, that may not be as pressing an issue as it once might have been.

The Foundation has a number of scholarships available for Sons of Norway members who wish to attend a post-secondary educational institution. Members who are studying everything from physics to the exploration of Norwegian and American heritage are eligible for scholarships from the 7 different funds available from the Foundation.

If you are interested in learning more, be sure to visit

[www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) and review the qualifying information and online applications. Some scholarship deadlines are coming up on March 1st, so be sure to get your applications in on time. Questions about the various scholarship opportunities can be e-mailed to [foundation@sofn.com](mailto:foundation@sofn.com).

## **Fjell og Fjord Junior Lodge & Dancers**

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

**Mar 17<sup>th</sup>, 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 10<sup>TH</sup> EITHER YES OR NO.**  
Contact Chris Elwell at 651-688-0698

New members are very welcome. Don't miss out on these fun activities.

### **First District Folk Dance Workshop on Sunday, March 3rd, 2013**

at The Tapestry Folkdance Center  
3748 Minnehaha Avenue South, Minneapolis

from 10-4—snacks and lunch included

Becca Larson who studied at the Manger Folkehogskule in Norway for one year is teaching three regional dances: Haling, Telegangar, and Nordlandspols

All ages and skill levels invited  
The cost is \$7.50

Checks must be received by February 23rd made out to Chris Elwell, 4343 Andromeda Way, Eagan MN 55123-1823 For further information: 651-688-0698 [celwell@farmington.k12.mn.us](mailto:celwell@farmington.k12.mn.us)

### **Have a New Child or Grandchild?**

Check out the Viking Voyager, a Children's life insurance from Sons of Norway. It makes a great gift and provides a level of term insurance up to \$25,000 and is convertible at age 26 to three times the original amount. The rates are very affordable.

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

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**February 2013**

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Financial Benefits Counselor	

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## **March 17th Meeting**

The American Swedish Institute has reserved Sunday afternoon, March 17, for our Lodge to meet in the newly renovated room where we used to meet. It is now called Paulson Hall. The Institute is open from 12 noon to 5 p.m. Members may enjoy a tour on their own of the Institute, a stop at the lovely restaurant called, "FIKA," or spend some time in the much expanded Gift Shop before or after our meeting.

Mark your calendars for March 17th at 2:00PM

Location: American Swedish Institute, 2600 Park Ave, Mpls

More specific details will be in the March Saga.