

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

Growth and Retention

I apologize that last month, I prematurely pronounced that spring was upon us. I write this as we have had two major snowstorms in the latter half of April.

One of our most critical goals is to increase Vonheim's membership among the 45-60 year age group, a key to the long-term health of the lodge and developing future leaders. There are two phases to increasing membership; recruitment and retention. We could spend a small fortune in promoting membership, but it must be accompanied by a focus on retention or it won't benefit anyone.

Sons of Norway did a poll of all 45-60 year old members that left the organization to better understand their needs. We get a laundry list of reasons they left including not a priority, not fitting in (age gaps), cost was more than they valued, etc. I'd like to focus on improving the things that they say would increase their retaining memberships. These include access to expert information on Norwegian heritage, culture and travel; learning opportunities on traditional and contemporary Norway culture and language; availability of useful information online (favorite recipes), special travel promotions, fellowship (involvement) and scholarships. Let's help our members recognize the value of Sons of Norway!

Tusen Takk!

Merle Tingelstad

May 21st Celebrate

Syttende Mai

The Metro Lodges, Vonheim 108, Nidaros 1, and Oslo 2, invite you to join their celebration of Syttende Mai. The life and music of the first-generation Norwegian-American woman composer Theodora Cormontan (1840-1922) is performed by Michael and Bonnie Jorgensen. Theodora's story is fascinating as it is told in a power point presentation in addition to songs and music.

Coffee and cookies will be served.

LOCATION: Lutheran Church of the Good Shepherd,
4801 France Avenue, Mpls.

TIME: 6:30 p.m.



Coming Events

Lodge Meeting Notes

April 16, 2013

Lutheran Church of the Good Shepherd

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

Board meetings one hour before meetings

May 21 Metro Lodge Mtg at 6:30PM at LCGS

June 18 Lodge Mtg at 6:30PM at LCGS

Picnic at Wabun

Vonheim's board met for one hour prior to the lodge meeting. Board highlights include scheduling a strategic planning workshop on Saturday, April 27 from 11am to 2pm to discuss actions needed to grow the lodge membership in the 45-60 year age group. A committee was formed to review the lodge bylaws and report back with necessary changes. The General Fund money is nearly depleted and we need to be able to access more of our housing fund money to operate the lodge. Appointed to this committee were Merle Tingelstad, Gene Brandvold and Russ Tokheim.

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The lodge meeting began at 6:45pm. The lodge had 5 guests attending who were introduced. Tickets for the Meatball Dinner at LCGS on June 18 at 6:30 pm were announced to be available for sale. Buttons for Syttende Mai were available. The lodge received a check for \$548 from Sons of Norway for our Revenue Sharing from insurance proceeds.

New Land, New Life: Norwegian Immigration to Minnesota, 1825-1925

St. Paul Sons of Norway Synnove Nordkap lodge created a 20-panel exhibit showing through June 20 in the Ramsey Co. Historical Society north gallery on the main floor of the Landmark Center, 5th & Washington in downtown St. Paul. The exhibit is free and open to the public. Grants for the project were provided by the Minnesota Clean Water, Land and Legacy Fund and the Sons of Norway Foundation. A day of Children's programs is planned for May 18, including crafts and troll stories along with performances by the Peer Gynt Dancers, a junior youth group of the St. Paul Sons of Norway, led by Susan Stow.

For two years, Synnove Nordkap engaged its members in developing this high quality exhibit featuring 20 panels of text and photographs. The text was reviewed by historian-authors Dr. Odd Lovoll of St. Olaf College and Dr. Betty Bergland of UW-River Falls. Two lodge members served as the graphic design team. Cultural and social events run concurrently with the exhibit at the Landmark. Events include members demonstrating cultural skills such as wood carving, Norwegian knitting, Hardanger embroidery, Skin fell, the Runes, Genealogy; The Hardanger Fele group will play a concert; and the Psalmodikon group will play and display a psalmodikon. Many artifacts in the exhibit represent families of local community significance. A DVD featuring Lodge members telling the stories of these artifacts will be played at the exhibit. Author Candace Simar will discuss her historical novels, Abercrombie Trail, Pomme de Terre, and Birdie featuring Norwegian immigrants displaced during the Dakota War of 1862 in an "Author Talk" Sunday afternoon's from 2-3 pm at the Central Library in downtown St. Paul across from Landmark.

Lodge President, Kathy Stevens, commented, "We are eager for the public to see this great exhibit. This project embodies the time, energy and passion of so many volunteer members of our Lodge. We believe it will touch the hearts of many Minnesotans, whether they are Norwegian or not. The history and stories are timeless for so many that came to this land from far away."

Cheer Committee reported that they were aware of two members who passed away, Inez Skjervold in December and Pearl Halvorson in March. A moment of silence was held.

Our program for April was introduced. Marty Bergland is a retired professor and master gardener. Her program "Preserving Your Family Garden History" was focused on container gardening in Minnesota. She talked about the tremendous variety of plantings that can be made to create high yielding produce fresh from your own garden. She covered the planning of your garden from locations with different sun exposure, to maximizing yield through staged plantings based on plant height and time to maturity. There are several things that can be placed into a single container. Some of the immigrants' Norwegian cooking utensils were on display. They were amazing. It was fascinating. Marty provided a handout that will be available on our website Vonheim108.org

Members enjoyed a fresh fruit salad provided by Lois Settergren and Marilyn Boe, along with coffee and cookies.

Merle Tingelstad
mctingels@aol.com

VONHEIM BOWLING TEAMS END SEASON

The two Vonheim men's bowling teams have finished the current season at AMF Southtown Lanes, Bloomington. The teams compete in the Southtown Senior Classic League which consists of 8 teams. Vonheim members on the two teams include: DAVID KOMPელიEN, DENNIS SORHEIM, DON STUMNE, LYLE BIGWOOD, BOB HAGEN, ERLING HUSBY, and GENE BRANDVOLD.

The team named – Sons of Norway – finish tied for second place and the team – Vonheim Lodge – completed the season in fifth place. The Sons of Norway team had the league's second high handicap series (3,109) and the Vonheim team rolled the second high handicap game (1,079). Individual awards were earned by: DENNIS SORHEIM for the league's high handicap game of 292; GENE BRANDVOLD with a 263 scratch game for third high; and GENE BRANDVOLD with the third high league average of 191.

The teams bowl at 1 PM on Wednesday and the league will start bowling in the fall on September 4, 2013. GENE BRANDVOLD, Sports and Recreation Director, says we can use one or two new bowlers in the fall. Age and bowling average is no barrier. Several league bowlers are over 90 year's young, with some averaging in the 120's. But don't worry, it is a handicap league. If interested call GENE at 952 – 831 - 4361.

June Events

Danish Days on June 2nd at Danebo, Lake Street and the West River Road, many activities are planned and food available.

Svenskarnas Dag on June 26th at Minnehaha Falls with a church service, raising of the Midsommar Pole, music and

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Dave Kompelien, Financial Benefits Counselor

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June 18th Vonheim's Meatball Dinner

One of our favorite events of the year is having Cliff Brunzell and Trio play music for us at our Meatball Dinner. Cliff always puts together a special selection of his music, including American and Scandinavian pieces.

LOCATION: Lutheran Church of the Good Shepherd, Mps.

TIME: 6:30 - 9:00

TICKETS: \$15 for Adults, \$7 for children 12 years and younger.

For reservations call Erling Husby at (651) 484-5780 or Bob Hagen at (952) 920-2602 or Russ Tokheim at (952) 835-4241

Invite your family, friends, and neighbors!