



Vonheim Saga  
Published Monthly by  
Vonheim Lodge #1-108  
Sons of Norway

## Fra Presidenten

### Norway in the News

**Olympics**— Congratulations are due Norway with a very impressive Olympic medal count of 26, behind only Russia. They took home 11 Gold, 5 Silver and 10 Bronze. While expectations were high that Norway might lead the medal count this is still incredible for a small country with a tiny fraction of the population of the USA or Russia.

**Ambassador**— You may have heard that Minnesota delegations are fighting the Obama nomination of the new US Ambassador to Norway, George Tsunis. The businessman showed a complete lack of knowledge about Norway in Senate hearings.

**Nobel Peace Prize Forum**— About the time you receive this newsletter, the forum will be in its second week. Check out the Forum information for March 7-9 programs in Minneapolis on Law & Business, Science & Health and Global issues.

**District Convention Delegates**— Congratulations to Vonheim delegates elected at the February meeting. They are Merle Tingelstad, Joan Christenson, Gene Brandvold, Dave Kompelien, Gerald Nelson and Diane Sillerud.

Fraternally,  
Merle Tingelstad

## Our March Meeting: "Aquavit Makes a Comeback!"

Please join us on Sunday, March 18 at 2:00 p.m. at the American Swedish Institute, 2600 Park Ave So, Minneapolis, MN.

Our speaker, Mike McCarron will tell of his adventure in starting an Aquavit Business. He is attempting to connect with our Scandinavian traditions and heritage within the larger community of dill farmers, bartenders, restaurateurs, cultural groups, media writers, et al. He was featured in an extensive article in the December issue of the Viking magazine. He has said, "I've never felt more a part of our cities as I do now launching these aquavits."

## Our April Meeting: "Lapskaus is Back!"

Come and Enjoy lapskaus on Tuesday, April 15th, back at the Lutheran Church of the Good Shepherd, 48th and France, Mpls.

Our theme will be "Why Be a Member of the Sons of Norway?" Linda Pederson, Fraternal Director, will explore the benefits with us. Don't miss out on a great meal and Linda sharing the changes for the Sons of Norway.

Watch the April SAGA for more details.

## IS SPRING COMING?

## COMING EVENTS

(Meetings at the American Swedish Institute, 2600 Park Avenue So, Mpls. The meeting room is downstairs and handicapped accessible, including elevators). Board meetings one hour prior.

Mar 18 Lodge Mtg: Aquavit Makes a Comeback

Apr 15 Lodge Mtg: Lapskaus Dinner

May 20 Joint Lodge Mtg:

June 17 Lodge Mtg: Cliff Brunzell

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### Vonheim Lodge Meeting Notes

American Swedish Institute

Sunday, February 16, 2014

The Vonheim board met at 12:30pm. A motion was made and approved to cover the \$5 registration cost for officers attending the Zone 2 District Officers Training in Apple Valley on March 1.

Vonheim has been asked to consider sponsorship of the District Bowling Jamboree for a second consecutive year. This was tabled until other lodges are able to respond with interest.

Amanda Underwood met with the board to discuss her initial concepts of another Scandinavian Family Concert event this year. She is looking at a 3 day event spanning from Friday August 22 and ending with a Sunday afternoon family concert on the 24th (free will donations). The programs would include folk dance instruction and performance along with folk song.

Possibility to have a ticketed event on Saturday afternoon/early evening that could include Hardanger Fiddle and/or Jazz concert. Watch for more information as the events are finalized.

### Vonheim Lodge Meeting Notes (Continued)

We began our lodge meeting at 2:00pm. Several guests were introduced including visitors from Vennekretsen Lodge in Anoka, a few first time Sons of Norway meeting attendees and Hal Cropp of Lanesboro, MN.

Hal joined us to promote the Henrik Ibsen Festival. This is a citywide event in Lanesboro from April 11-13 this year. This is a beautiful time of the year in the rolling hills of Southeastern MN. Commonwealth Theatre will perform a premiere of a new adaptation of Ibsen's "Brand" by playwright Jeffrey Hatcher.

Cheer committee noted that John Davis had to get pins in his hips at Methodist hospital. John is at home recovering.

Delegates to the District Convention in Duluth on June 12-14 were elected. They were Merle Tingelstad, Joan Christenson, Gene Brandvold, Dave Kompelien, Gerald Nelson and Diane Sillerud.

Our program was a very interesting presentation on the Hardanger Fiddle and its ties to folk song, folk dance and regional culture of Norway. Amanda Underwood, from Fedje Family Productions (Fedje is an area of Norway) discussed the history of the Hardanger fiddle and its differences from a violin. The inlay decoration, the way it is held, flatter profile for multistring bowing and the extra resonating strings are evident.

Amanda had many musical samples to show regional differences. She sang some pieces for us and involved the audience in the beat for Telemark music.

Merle Tingelstad  
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## Lifblood of Vonheim Lodge

Maintaining a healthy Sons of Norway lodge involves many things, but one of the most important is attracting new members. There are potential new members almost everywhere one looks...beginning with our own families and friends, says Russ Tokheim, Vonheim Vice President.

It may be as simple as inviting someone to an event with a program topic you think would interest that person. Vonheim dinner meetings are a natural, too.

All kinds of organizations go through a natural life progression where some people are no longer able to participate. As people drop out of membership, it weakens the lodge unless there is an on-going inflow of new members. "We need to step up our activity in inviting guests and then presenting them with an opportunity to join our fraternal fellowship." Membership application forms are available at lodge meetings or through Dave Kompelien, our Fraternal Benefits Counselor.

### Cheer Report

John Davis is at home recovering from a fracture. We wish him a speedy recovery

## District 1 Convention in Duluth!

We look forward to an exciting, culture-filled convention in Duluth, June 12-15. The beautifully refurbished Holiday Inn will lodge attendees. Delegates will enjoy watching ships in Lake Superior's harbor from the Duluth Entertainment and Convention Center – an experience you will long remember!

Among the many interesting cultural presentations is the tale of Captain Gerhard Folgero's 1926 voyage from Bergen, Norway

## Learning About Fjord Horses

Children and grandchildren of members... along with members themselves...will have an opportunity to see a dozen Fjord horses when the Minnesota Horse Expo is held at the Minnesota State Fair-grounds the last weekend in April, according to Kristin Lee of the Midwest Fjord Horse Club.

Main dates of the event are April 25-27 when there will be demos involving these little horses that were native to Norwegian farming areas where small acreage farms often backed up the side of mountains.

Expo set up begins Thursday, April 24; folks who come in the evening could see horses in their stalls, with chances for petting these gentle creatures. Watch for details or check the Midwest Fjord Horse Club web site.

### Have you heard this one?

**Ole texted Lena: "Lena, I'm having just one more beer with Sven. If I'm not home in an hour, read this message again."**

to America in a replica of the wooden Viking ship Leif Erikson sailed. Folgero's successful voyage gives credence to the fact that Norsemen reached North America in 997, nearly 500 years before Columbus – and that skilled Norwegian seafarers have used waterways to venture beyond their borders for over a thousand years. The presenter will share how the famous Leif Erickson Viking ship sailed into the Duluth harbor in 1927 and still remains there today.

# Vonheim Saga

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## Meeting Reminder:

**March 18 at 2:00 p.m. at the  
American Swedish Institute,  
2600 Park Ave So,  
Minneapolis, MN.**

**"Aquavit Makes a Comeback!"**

**See page 1 for details—**



**SONS OF NORWAY**  
2014 INTERNATIONAL CONVENTION

Jacksonville, Florida | [www.sonsofnorway2014.com](http://www.sonsofnorway2014.com)

## Fiskekaker (Norwegian Fish Cakes)

Adapted from [gooseberrymoosberry.com](http://gooseberrymoosberry.com)

Makes 6 cakes

- 1 lb white fish fillets (such as cod or haddock)
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/8 tsp ground nutmeg
- 1 egg white
- 1 1/2 tbsp corn starch
- 1/2 to 1 cup ice-cold milk, more if needed
- 1 tbsp finely chopped chives
- 1-2 tbsp canola oil for frying

## Remoulade Sauce (makes 1 1/2 cups)

- 1 1/4 cups mayonnaise
- 1/4 cup mustard
- 1 tbsp sweet paprika
- 1-2 tsp cajun or creole seasoning
- 2 tsp prepared horseradish
- 1 tsp pickle juice (can substitute lemon juice or vinegar)
- 1 tsp hot sauce
- 1 large clove garlic, minced and smashed

Dry fillets with paper towels and cut into large pieces. Process fillet pieces in a food processor. Add egg white, corn starch, salt, pepper and nutmeg to processor and grind until blended. Set the processor to a low speed and slowly add milk through the chute until the mixture has a paste-like consistency, using as much milk as the mixture can absorb without becoming too watery to form the cakes. Add chives to mixture and process. Move mixture to a bowl.

Heat oil in a large pan on medium heat. Divide mixture into 6 portions and form into cakes (roughly 2-3 inches wide). Fry cakes for four minutes each side or until golden brown. Serve and enjoy.