



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

## Fra Presidenten

### Volunteerism!

**National Volunteer Week** is April 6-12. This is a time to celebrate the efforts of our volunteers who have a profound impact, not only within our lodge but also out in the community.

This is also an opportunity for us to look at how we can inspire and encourage more volunteers to come forward. A great big "Thank You" to the many volunteers that make our lodge successful!

Anyone involved as a board member is aware that it takes many hands to have to smooth running organization. People who give selflessly to making monthly meetings successful including shopping for meeting supplies and groceries, kitchen and dining room prep work, calling and organizing programs for us to enjoy, maintaining communication and fellowship among members.

Vonheim has a more formal recognition of members at our September meeting. Meanwhile, there are some things we can do to help. Each year, our secretary is required to file forms with the home office on our volunteer efforts. It would be helpful if each month, we could hear from you on what you have volunteered for and hours spent. I'd like to share your stories, if you email me at [mctingels@aol.com](mailto:mctingels@aol.com)

Fraternally,  
Merle Tingelstad

## 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.

Cost: \$10 for adults; \$6 for children

For tickets call: Gene Brandvold at (952) 831-4361; Russ Tokheim at (952) 835-4241; or Merle Tingelstad at (763) 422-0202

## Our May Joint Meeting: "Sing 'til the Cows Come Home."

We will celebrate the "Syttende Mai" on Tuesday, May 20, 6:30 p.m. at LCGS, Mpls. Vonheim meets jointly with the Oslo Lodge to welcome Peggy Larson with her enjoyable presentation of "Sing 'til the Cows Come Home," a performance and lecture about Norwegian herding calls.

Peggy studied Norwegian herding calls for her Master's thesis, traveling to Norway to interview singers and farmers, visiting folk archives to collect melodies and stories about kulokk.

Peggy sings and speaks on this ancient musical tradition, including melodies from several counties in Norway.

## SPRING HAS SPRUNG!

## COMING EVENTS

(Most meetings at the Lutheran Church of the Good Shepherd, 4801 France Ave. So., Mpls. The meeting room is downstairs and wheelchair-accessible, including elevators). Board meetings one hour prior.

Apr 15 Lodge Mtg: Lapskaus Dinner  
May 20 Joint Mtg: "Sing til Cows Come Home"  
June 17 Lodge Mtg: Meatballs/ Cliff Brunzell

Vonheim Saga (Permit #2101) is the official publication of Vonheim Lodge #1-108 Sons of Norway. It is published 11 times a year by Vonheim Lodge #1-108, 1491 Dodd Road, Mendota Heights, MN 55118. Non-profit bulk permit paid at Minneapolis, Minnesota. Annual membership in Vonheim Lodge includes subscription to this newsletter.

### Vonheim Lodge Meeting Notes American Swedish Institute Sunday, March 16, 2014

The Vonheim board met at 12:30pm. Membership is 406, a decline of 4 in the past month. We are planning our Arpil meeting to be Lapskaus. Cost was set at \$10 adult/\$6 child. May is a joint meeting with Oslo and Nidaros. Peggy Larson will do a program on Norwegian cattle calling. June is our Meatball Dinner with Cliff Brunzell.

Gregg Iverson should have been noted as the 6th delegate to District rather than Gerald Nelson.

Feedback on the reformatting of the newsletter for trifold has been very positive. Cost also seems to be reasonable with good quality and timely service. Color in the March issue was accidental, but we will look at impact of color in future issues.

Vonheim audit was completed in February. The lodge had a decline of net worth totaling \$6506. However, this is after a one-time donation of \$10,000 to Norway House, so the future years should potentially be positive.

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### Vonheim Lodge Meeting Notes (Continued)

We began our lodge meeting at 2:10 pm. We welcomed 7 visitors and guests who introduced themselves. Special welcome to Eunice Helgeson from Syttende Mai lodge.

After the national anthems of Norway and the USA were sung, we had reports. Marilyn Boe spoke about the upcoming programs, April Lapskaus, May Joint Meeting and June Meatball Dinner with Cliff Brunzell. Cheer report noted the loss of member Garry Espe, who was involved with our scholarship program and sent children to Skogfjorden for many years. Florence Espedal also passed away. A moment of silence was observed. Dennis Sorheim announced he had buttons from Syttende Mai committee, with this being the bicentennial celebration of the Norwegian Constitution.

Our program was Mike McCarron, of Gamle Ode, a producer of 3 special varieties of Aquavit. His story went well beyond the nuts and bolts of making a liquor.

Mike had been an IT Professional caught in the downsizing of 2000-2001. He found an opportunity to be a cross-country ski coach in Iceland. During 2 seasons of coaching in Iceland, he learned to love Dill Aquavit, only to learn upon his return that there was a void in this market.

Another career later, Mike decided to make Dill Aquavit in 2011. There were many steps to learn, but he worked with 45th Parallel, a couple of NE Minneapolis guys that do custom distilling across the border in WI. They used locally grown fresh dill to infuse flavor into the vodka and caraway base. With help of Danish Center testers, he has added Celebration and Holiday Aquavits.

Merle Tingelstad  
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## Skolebrød (School Bread)

Adapted from <http://fiveandspice.com>, makes 20 buns

### Buns:

- 1 stick (8 tbsp) melted butter
- 2 tsp ground cardamom
- 3 cups warm whole milk
- 1 tsp salt
- 1 cup sugar
- 6 cups flour, plus more for kneading
- 1½ tbsp yeast
- 1 egg, lightly beaten, for egg wash

### Custard filling:

- 1 cup heavy cream
- 1 cup whole milk
- 1 egg
- 2 egg yolks
- 1 tbsp cornstarch
- ½ cup plus 2 tbsp granulated sugar
- 1 tsp vanilla extract

### Icing:

- powdered sugar glaze (1 tbsp milk + 1 tsp vanilla extract blended with powdered sugar until it reaches icing consistency – probably close to a cup)
- 1 cup unsweetened shredded

Mix melted butter, warm milk and sugar in a bowl. Sprinkle yeast over mixture and let stand for 5-10 minutes or until yeast is frothy. Stir in salt and cardamom. Carefully add flour, stirring between additions, until you create a sticky dough. Knead dough on a floured surface for 5 minutes. Dough consistency should be sticky (dry dough will not yield good texture) yet workable. Place dough inside a lightly greased bowl and cover with a damp cloth. Leave in a warm place to rise for 1 hour or until dough doubles in size.

To make the custard filling, whisk egg, egg yolks, cornstarch and sugar. Bring milk and heavy cream to a light simmer in saucepan. Add ¼ cup of hot mixture to the egg mixture and stir to prevent curdling. Repeat last step with another ¼ cup. Pour the eggs back into the saucepan a cook at a medium-low temperature, stir constantly until mixture is nearly the texture of pudding. Remove from heat and add vanilla extract. Set aside to cool.

After dough has risen, punch it down and place on a floured surface. Separate into 20 equal pieces. Form each into a ball and then pulling gently, form into a thick disk. Create an indent in the center of each with your fingers and place on a parchment lined baking sheet. Cover with cloth and allow to rise for 30 more minutes. Preheat oven to 350°F. Add a spoonful of the cooled custard to the center of each bun. Brush the edges of each bun with egg glaze. Bake on a baking sheet until golden brown, roughly 15 minutes. Remove to cooling rack.

Once buns are cooled, place shredded coconut in a shallow bowl. Make icing and spread onto bun, avoiding the custard center. Gently dip iced bun into coconut and set aside to dry. Repeat the process with remaining buns.

## Cheer Report

Garry Espe and Florence Espedal passed away. Long-time member, Manny Oyen had heart surgery.

## Viking Voyager Children's Life Insurance

What is VikingVoyager?

Viking Voyager is a simple economic way to introduce children to the benefits offered by the Sons of Norway. It is a way for parents and grandparents to help the next generation learn about the importance of owning life insurance. Viking Voyager provides level term life insurance that is convertible at age 26. Certificate may chose to make either annual payments or a one time single payment that provides a life insurance benefit. The rates are affordable. For more information contanct your Financial Benefit Counselor, Dave Kompelien at 651- 454-6401.

Did you know:

### Princess Ingrid Alexandra turns 10 years old!

Her Royal Highness Princess Ingrid Alexandra was born at the Riks Hospital in Oslo on January 21, 2004. The princess is second in line to the throne after her father Crown Prince Haakon and is the first woman who was born with the right to throne. Assuming the monarchy still subsists; Ingrid Alexandra will be the first reigning Queen of Norway since Margrete I.

Her Royal Highness Princess Ingrid Alexandra's Godparents are: His Majesty the King, His Royal Highness Crown Prince Frederik of Denmark, Her Royal Highness Crown Princess Victoria of Sweden, His Royal Highness Prince Felipe of Asturias, Princess Märtha Louise and Marit Tjessem (maternal grandmother).

The Princess started preschool on January 4, 2006 and on August 19, 2010 she began Kindergarten at the Jansløkka School in Asker. The Princess enjoys music and playing the piano.

# Vonheim Saga

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**April 2014**

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## Meeting Reminder:

**April 15 at 6:30 p.m. at the  
Lutheran Church of the Good  
Shepherd, 4801 France Ave. S,  
Minneapolis, MN.**

**"Lapskaus is Back!"**

**See page 1 for details—**



**SONS OF NORWAY**  
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## Order your Lapskaus Dinner Tickets by Mail

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Number Adult @ \$10 \_\_\_\_\_ - Number Child @ \$6 \_\_\_\_\_

Along with self-addressed stamped envelope, mail to

**Merle Tingelstad  
13636 Marigold Street NW  
Andoverl MN 55304-7500**