



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

Fra Presidenten

'Tis the Season

We are in the midst of another busy holiday season. On behalf of Vonheim, I'd like to wish all of you a most joyous Christmas and a happy New Year.

A visit to Vonheim for our Julebord is a great way to experience family time together. We gather to enjoy our favorite Nordic holiday treats. Santa will be there for our children. We will sing carols around a Christmas tree. Invite your younger family members to join us this year.

This is also an opportunity to remember those less fortunate than us. We encourage you to bring donations for fundraising, as well as canned and boxed goods. Vonheim will donate these to the Marie Sandvik Center in Minneapolis to help provide the homeless with a good holiday meal. The homeless face challenges all year round, and we hope that the spirit of charity continues working in you beyond the holidays.

This is a great time to consider your charitable priorities as part of estate planning. Our Sons of Norway Foundation does wonderful things and is worthy of your support. Dave Kompelien, 651-454-6401, would enjoy helping you learn more about the Foundation.

Tusen Takk,
Merle Tingelstad

Baking Norwegian Style

Sunday, January 18 at 2:00 p.m.

At the American Swedish Institute
2600 Park Avenue South

A mother, daughter combination will show us some techniques in making delicious lefse, fattigmans and possibly other Norwegians favorites. Come to learn some helpful tips and enjoy some samples.

Fattimann

5 egg yolks
5 T. sugar
5 T. cream
1 T. cognac
1/4 tsp. cinnamon
1/4 tsp. cardamom
1 egg white
1 1/2 cups flour

Beat together egg yolks and sugar. Whisk in cream. Stir in cognac and spices. Beat egg white until it's stiff and carefully stir into other ingredients. Mix in a little more than half of the flour. Let dough stand, covered and in a cool place, overnight. Use the remaining flour-as little as possible-for rolling out the dough; the less flour you use, the more tender the fattigmans bakkels will be. Roll the dough out a little at a time and as thinly as possible. Use a fattigmann cutter to cut out diamond shapes. Make a small diagonal cut in the center of each diamond, and "thread" one point of the diamond through the cut. Heat lard to 350° F. Fry until golden brown.

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.

December 16—6:30pm Julebord , LCGS, Mpls.
January 18, February 15, March 15—2pm Vonheim Meeting, American Swedish Institute, Minneapolis.

Vonheim Board Meeting Notes Fjord Room, Sons of Norway Bldg. Wednesday, November 19, 2014

The Vonheim board met at 6:30pm. We reviewed the Potluck Dinner. Glee Club was great. Lodge attendance was down from expectation as newsletter didn't get to people before the meeting and weather issues.

Plans were made for the Julebord. An expenditure of up to \$200 for childrens gifts was approved. Arrangements for food items, Santa, tree, decorations and music made.

As part of membership drive, board has approved a \$5 discount on first year gift memberships effective immediately. To encourage attendance, we will have 3 drawings for \$10 beginning January.

It was noted that having a pianist made the last meeting more memorable. It will be a priority to find a pianist for our meetings for anthems and a closing song.

January will be installation of officers in addition to program.

Merle Tingelstad

Vonheim Lodge Meeting Notes Potluck Dinner at LCGS. Tuesday, November 18, 2014

There were about 50 people for the potluck dinner. The potluck is always delicious with all the good cooks in the lodge and the variety of foods is amazing. The tables were all decorated with pumpkins for a fall Thanksgiving theme, thanks to Carolyn Hagen.

Guests were introduced at the meeting as well as the strong turnout from the Norwegian Glee Club. It had been quite a few years since Vonheim was last entertained by them.

Election of officers was held. The name of Jason Opsahl was nominated for the open secretary position in the nominating committee report.

Our upcoming meetings were announced with the Julebord at LCGS on December 16. In January, we begin a series of 3 meetings on the third Sunday afternoons at 2pm at the American Swedish Institute. The January meeting will be a Norwegian cooking demonstration.

Our program was singing by the Norwegian Glee Club along with some interesting trivia about the members of their group. We enjoyed a great selection of songs and a teaser about their upcoming performance in the Julekonsert at Mindekirken on Dec 21.

Merle Tingelstad

Happy Holidays

Give the Gift of Heritage!

Receive a \$5 refund for the first year dues of any gift membership to Vonheim. Your loved ones will receive the Sons of Norway Viking magazine, the Vonheim Saga newsletter and all benefits of membership. Simply let us know who you are gifting to (call 763-422-0202 or email mctingels@aol.com). When we receive confirmation of membership, we will issue you the refund.

Marie Sandvik Center

Please bring a canned or dry good to our Julebord meeting for Marie Sandvik Center.

If you can donate **items of Nordic interest**, we will use them to raise funds for Marie Sandvik Center at the Julebord.

Svenn and Ole

Svenn and Ole bought a new car. They were so excited about it that when they got home, they locked the keys in the car. Svenn said to Ole "I thought you had the keys." Ole said "I thought you had the keys. You were the driver, the driver always has the keys."
"Vel" said Svenn "it doesn't much matter. Da question is vat are ve going ta do about it"
Ole said "I don't know but ve bedder come up vit something fast, because it looks like rain. And you had ta go and leave the top down."

Single Premium Whole Life Insurance

Lodge members ask two questions:

- 1) What are the current Sons of Norway Annuity Interest rates?
- 2) How Can I Set Something Up to Leave Money to My Loved Ones / Family, Children and Grand Children?

To answer the first question Sons of Norway Annuity rates are very strong in the current economy in comparison with other insurance companies. Even in this current "roller coaster" economy Sons of Norway is able to offer very good rates to its members with no market risk.

As far as leaving money to your loved ones you have probably read in the Advisor or in a recent mailer about the Sons of Norway's Single Premium Whole Life Insurance. The Single Premium Whole Life has been a big hit with our members since its release in July of 2011. By making a one-time premium payment you have a guaranteed paid up life insurance certificate that will pass to any designated beneficiary of your choice. Members have transferred funds from CD's, savings, and checking accounts to create an even larger gift than the premium paid to leave to their loved ones. All proceeds paid on life insurance pass to your beneficiary's income tax free.

Call me—Dave Kompelien at 651-454-6401

PIANIST WANTED

If you are willing and able to play the national anthems for us at meetings, please let Merle know.

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Dave Kompelien, Fin Benefits Counselor	651-454-6401
Erling Husby, Cheer Committee	651-484-5780

www.Vonheim108.org

December Julebord

Tuesday, December 16th

Place: Lutheran Church of the Good Shepherd, 48th and France

Time: 6:30 p.m.

This is the time for families to enjoy delicious traditional Norwegian food like rommegrot, lefse, julekake, rice pudding, fruit soup, and more, all furnished. To add to this we ask everyone to bring a favorite Norwegian pastry, cookies or dessert item.

Santa will be here with a gift for each child. If you plan to bring your child or grandchild please call Erling Husby at 651-484-5780 so he can let Santa know how many gifts he should bring.

Donated item proceeds and canned or boxed food items will be for the benefit of Marie Sandvik Center.