



Vonheim Saga
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Vonheim Lodge #1-108
Sons of Norway

Fra Presidenten

New Year's Resolutions

I hope that you enjoyed the Holidays, The conclusion is typically making New Year's Resolutions. This is taking an introspective look for things we can change and improve upon. Resolutions are made with good intentions. Many swear they are going to be more fit. Health clubs recruit heavily during this period. Reality is that many begin the journey of change, but most fall by the wayside. Change is uncomfortable for many and full of obstacles.

Vonheim is beginning a journey of change. A new board will be installed in January, This board will have the opportunity to look inwardly and find ways to make Vonheim better. We are certainly going to find ideas on how we can become more relevant to our membership. There are better ways we can meet your needs that will allow our lodge to grow. The challenge will be in setting our goals and having the persistence to push ourselves toward them. The easy path is to continue as we are. Unfortunately, the status quo is to continue a gradual loss of membership.

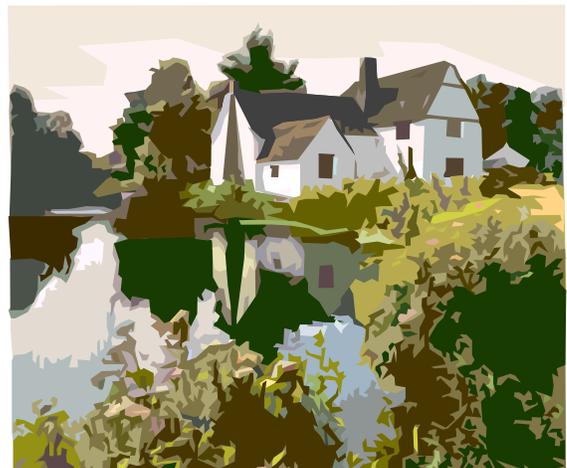
Vonheim is blessed with the resources to support growth initiatives. It is my hope that we can use those resources wisely and be determined in our efforts.

Tusen Takk!
Merle Tingelstad

Mark Twain

Grab your raft and join us for "Our Mighty Mississippi" A magical journey of song, storytelling and visual imagery celebrating America's greatest river, performed by Steven Marking. Steve is a current day Mark Twain with a gorgeous voice. Add in a touch of Garrison Keillor and a bit of Ken Burns and you will see why this program touches all who have ever dipped a toe into the Mississippi River, watched an eagle soar—or dreamed about it. He is recommended by many Sons of Norway members.

FEBRUARY 15, Sunday, 2:00 p.m. at the American Swedish Institute, 2600 Park Avenue, Mpls.



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.

January 18, February 15, March 15—2pm Vonheim Meeting, American Swedish Institute, Minneapolis.

Vonheim Lodge Meeting Notes Julebord at LCGS. Tuesday, December 16, 2014

The Vonheim board did not meet in December.

The Julebord was served at 6:45 to allow for some additional family members to arrive as they were delayed by traffic.

It was explained to the group that the rice pudding that was dished up might have an almond in the bottom of the bowl. The almond is a Norwegian tradition that entitles the lucky recipient to a special gift. Vonheim had special child gifts for those who found an almond.

We allowed the tables with young children to be first served. There was a fantastic selection of foods on the Christmas table. This included Riskrem (rice pudding), Scnadina-vian meatballs, Frucktsuppe (fruit soup), Rømmegrøt (sweet cream porridge), pickled herring, lefse, vaffler (waffles with toppings), julekage (Christmas bread) with gjetost (goat cheese), along with an incredible variety of Christmas cookies.

Our 3 months of winter meetings will change time and venue. We will meet at American Swedish Institute on the 3rd Sunday of each month at 2pm in January, February and March. Our January 18 meeting will be a baking demonstration with lefse and fattedmann. Our February 15 meeting will be a special presentation in story and song on Our Mighty Mississippi by baritone Steven Marking.

After announcements, Santa Claus appeared and visited with each child. Then he led us in our first carol around the Christmas tree.

Merle Tingelstad

2015 Language Camp Information New Deadline

The previously announced deadline for language camp applications has been significantly altered. The new deadline is **March 15, 2015**. Procedures for registration have been sent to 2014 scholarship recipients. If any new families are considering sending children or grandchildren to Skogfjorden, the Norwegian language sponsored by Concordia College near Bemidiji, they should contact Dennis Sorheim at 651-451-7313 and he will send the registration instructions. Vonheim Lodge has traditionally tried to award scholarships to all qualified applicants.

Masso Moro is a considerably less expensive language camp which is sponsored by District 5, Sons of Norway, located near Eau Claire, WI. This camp is only a single two week session, offered from July 21 through August 1, 2015. If any families are interested in sending youngsters to this camp, contact Dennis Sorheim at the # above also.

Rosemaling Class

This is the fifth year we are offering a Beginning Rosemaling Class-- a collaboration between Vesterheim Museum and the Sons of Norway--as a way to further promote our Norwegian heritage and also a means for people in the Sons of Norway Cultural Skills Program to earn their rosemaling pin. Class will be held at Church of the Good Shepherd, 48th and France, Minneapolis, Minnesota, January 24, 31, and February 7, 14, 2015 four Saturday mornings from 9:00 a.m. to 11:30 a.m. Price is \$85 per members for Vesterheim and Sons of Norway members and \$105 for non-members.

Registrations will be made through Vesterheim. To register, contact Vesterheim Museum at 563-382-9681, or info@vesterheim.org.

Shirley Evenstad, instructor, was born in northern Minnesota and graduated from the University of North Dakota with a B.S. in Business Education. She has been a rosemaler since 1977 and lived in Richfield, MN for over 40 years. Shirley has studied with several master Norwegian teachers both at Vesterheim and in Norway. Evenstad earned her Gold Medal in rosemaling from Vesterheim in 1983. She participated in a painting project at Epcot Center in the Norway Pavilion, Orlando, Florida, in March 1988. Shirley currently teaches rosemaling classes through the community education program in Richfield, paints by commission in her home, and considers every invitation to travel out of state to teach. She is a member of Norsota lodge in Lakeville, MN.

Ole & Lena

Svenn went to visit Ole's house. Only Lena was home, so soon their visit was getting a bit cordial. The phone rang; Lena answered. Svenn said, "I better go." Lena said, "Nah, no hurry. That was Ole and he said he'd be awhile cause he's playing cards with you."

Tromsø: Hub of the Arctic Real Estate Boom

Norway's healthiest real estate markets have typically consisted of cities like Oslo and Stavanger, the country's North Sea energy capital. Thanks to a growing local economy, a newcomer is now at the forefront of Norway's real estate market, Tromsø.

Known as Norway's "capital of the Arctic," Tromsø is a beautiful city and municipality set among mountains, fjords and islands. Locals and visitors alike enjoy the city's dramatic scenery as well as access to fantastic fishing, skiing and camping. Lying roughly 200 miles north of the Arctic Circle, Tromsø enjoys a warmer climate than other cities along the same latitude due to the Gulf Stream. With a population of 72,000, Tromsø is "the only big city in the northern part of Norway," says Einar Storhaug, an agent with EiendomsMegler 1, Norway's largest broker. Economic expansion in Tromsø has fueled home prices over the past two years—jumping 10% in 2013 and an additional 8% in the first half of 2014—making the area Norway's most robust property market in terms of growth. Newly constructed higher end homes in the area have been exceeding 7 million kroner, or about \$1.13 million. Among the most prominent new developments in the area is Promenaden, a 62-unit building on the city's main island of Tromsøya. At roughly \$1,365 a square foot, Promenaden's 1,200 square foot penthouses are close to the average cost of apartments in prime locations of Paris. Jan-Frode Janson, president of SpareBank1 Nord-Norge, credits the real estate boom in Tromsø to the strength of the local economy. Growth in areas such as fishing, construction and oil and gas as well as job expansion by energy companies Aker Solutions and Subsea 7 are expected to bring an influx of international professionals to the area. In addition to interest among professionals, property directors are also seeing interest among empty nesters who have sold their family homes and are looking to relocate.

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www.Vonheim108.org

Baking Norwegian Style

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

At the American Swedish Institute

2600 Park Avenue South, Minneapolis

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.

Karen Hogenson, who learned about making lefse on a wood stove as a child from her mother, will share some techniques that she learned through the years. Her daughter Ellen Evju and husband, Jon, will demonstrate some old traditional recipes learned while they lived in Norway for five years. Ellen & Jon's daughter, Hannah, will be a helper wearing her hand-made bunad received at her recent confirmation. **Please note the new day, time, & location**