



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

## Fra Presidenten

### Christmas Bells Are Ringing!

Well, our potluck dinner and the Nordic American Thanksgiving Breakfast are behind us, but we are still in a festive mood. Christmas is around the corner and we will soon be enjoying our Julebord at our meeting Dec. 15 at LCGS. It is a great event that you don't want to miss. I understand even Santa wants to show up to have fun with the kids.

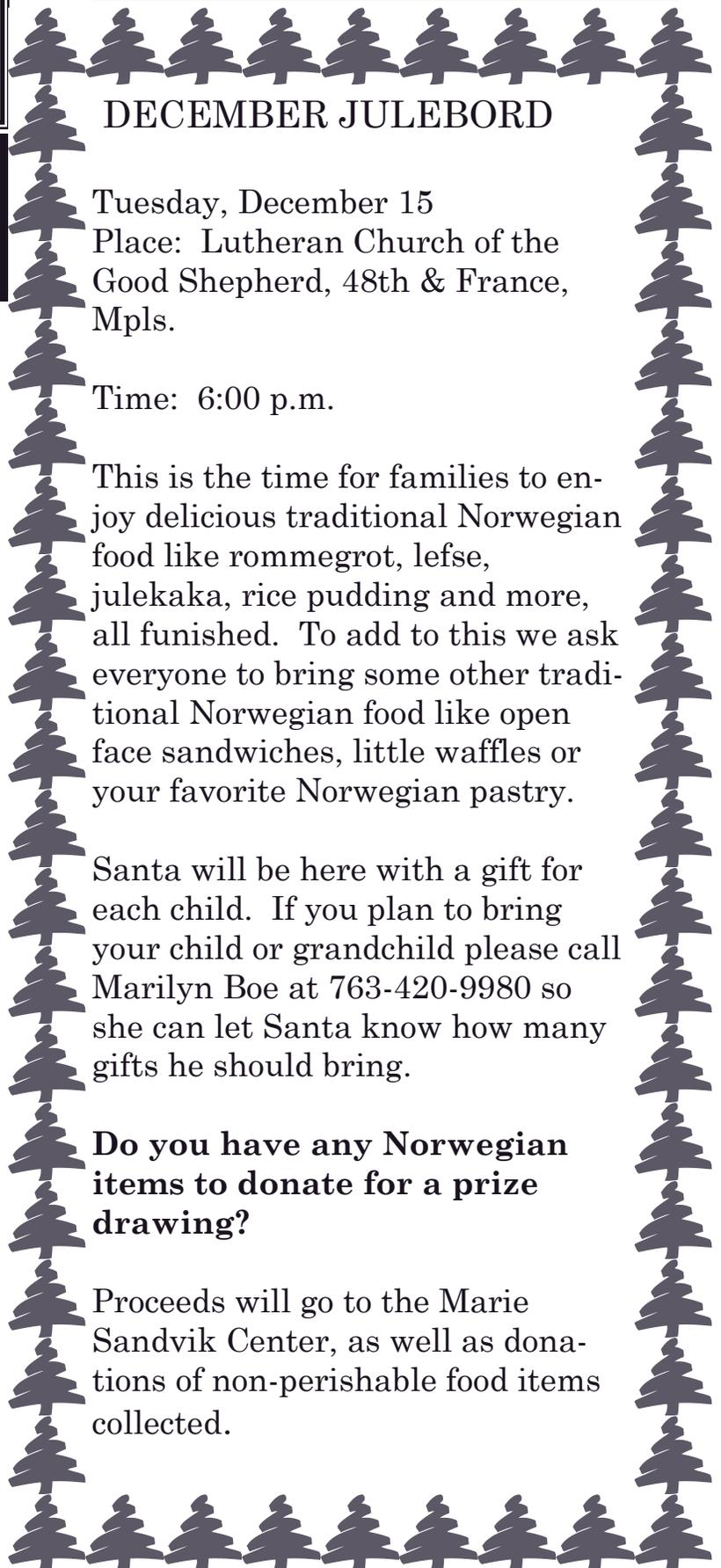
This is a season for giving. Vonheim will be collecting dry and canned food items at our Julebord as well as having prizes to raise funds for Marie Sandvik Center.

Dave Kompelien has also organized a day for Vonheim to be bell-ringers for Salvation Army.

The holiday times are great opportunities to reflect on our blessings and how we can benefit those less fortunate than us. While their needs are year 'round, holidays are particularly stressful for the homeless and needy. Hopefully, our contributions can make a difference in someone's life.

Thank you to all who are able to help in the causes Vonheim supports! Have a very Merry Christmas and blessings for a prosperous New Year.

Merle Tingelstad



## DECEMBER JULEBORD

Tuesday, December 15

Place: Lutheran Church of the Good Shepherd, 48th & France, Mpls.

Time: 6:00 p.m.

This is the time for families to enjoy delicious traditional Norwegian food like rommegrot, lefse, julekaka, rice pudding and more, all finished. To add to this we ask everyone to bring some other traditional Norwegian food like open face sandwiches, little waffles or your favorite Norwegian pastry.

Santa will be here with a gift for each child. If you plan to bring your child or grandchild please call Marilyn Boe at 763-420-9980 so she can let Santa know how many gifts he should bring.

### Do you have any Norwegian items to donate for a prize drawing?

Proceeds will go to the Marie Sandvik Center, as well as donations of non-perishable food items collected.

## COMING EVENTS

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

November 17—6:30pm Potluck Dinner,

December 15—6:30pm Julebord

January 17—2:00pm Don Ohman at ASI

February 21—2:00pm Program at ASI

### **Vonheim Lodge Meeting Notes**

Lutheran Church of the Good Shepherd

Tuesday, November 17, 2015

19 members and guests attended our Potluck Dinner. While our numbers may have been small, our skills as cooks are great! The variety of good food was amazing! It is always a pleasant surprise how people manage to fill in with delicious entrees, salads, side dishes and of course, desserts and cookies.

We were pleased to have our Zone 2 District Director, Mark Haugen, in attendance. He was invited to talk to our group. Mark is trying to focus on how we can grow our lodges younger. There is so much that competes for young families time, but it is essential to attract the 40-50 year old parents.

Our special guest for the evening was Cindy Olson from the Sons of Norway Foundation. The Foundation is a Win-Win organization for Sons of Norway members. They provide culture/heritage grants to lodges to reimburse part of costs for special programs where the presenter may need mileage funds. They will work with lodges to sponsor cultural events such as the Birkebeiner or Barneløpet (youth skiing). This is a way that younger families can be engaged in Sons of Norway.

Cindy pointed out that the foundation currently has about a \$6 million fund for humanitarian assistance. When disaster strikes and a Sons of Norway member loses their home, the Foundation is able to provide a \$1000 gift to help in the transition. Cindy provided several stories of how this money was used.

The Foundation also supports programs like Ski For Light and scholarships.

Of course, the Foundation is also looking for ways to make it easy for us to provide our financial support. They can set up named scholarships. They will provide assistance to help you and your Financial Benefits Counselor perform estate planning. This allows you to efficiently designate how your gifts are used while decreasing taxes.

Your gifts to the Foundation will allow them to do even more for our membership

### **Alt For Norge**

Perhaps you have heard about the award winning Norwegian reality show, "Alt For Norge" or alternatively "The Great Norwegian Adventure." This is a show that flies 12 Norwegian-American contestants to Norway for a few months while they compete for a \$50,000 prize and discover their Norwegian roots through various challenges.

It turns out that the show really likes Minnesota and did an open casting on October 28 at the Mall of America for season 7.

The winner of season 6 was a Minnesota pastor as well as several finalists. If you have never been to Norway and have a great desire to immerse yourself in the culture, you can follow future castings at Oconnor Casting Online at <http://oconnorcasting.tv/norway/>

## Sleep more, remember better

When you sleep, your brain moves memories from short-term memory to long-term memory. A new Swedish study shows that your memory serves you well after just a half night's sleep. But not if you are also exposed to stress.

“Although one night with little sleep may not affect memory, it can fail if sleep deprivation is combined with acute stress,” says Christian Benedict of the Department of Neuroscience at Uppsala University. He joined forces with Jonathan Cedernaes to conduct the study, which is now being published in the journal, *Sleep*.

The two researchers believe that more measures should be taken in order to ensure that more of us get enough sleep. “Measures to help people with sleep problems can certainly be appropriate, such as a later school start or more flexible hours,” states Benedict. He believes that such measures will help people remember better in stressful situations. Thus, they might also do better at school or work.

**Whole and half nights** The two scientists used simple games to research memory after sleeping. 15 subjects participated in two sessions. In the first session, they studied a computer screen with 15 pairs from a deck of cards. Then some of them slept for a full night, while the rest slept half a night. The morning after, the participants were to try to locate as many of the pairs on the computer screen.

The researchers saw that those who had slept half the night did just as well as those who had slept a full night. But not if they were stressed. The test was repeated after the participants were exposed to stress for 30 minutes. They had to try to remember a bunch of words they had just learned, while they were subjected to disturbing background noise.

When the test was repeated, it turned out that those who had only slept half of the night did 10 percent worse in the test. The memory of those who had slept a whole night, however, was not affected by stress.

**Sleep secures memories** It is well known that sleep and memory are closely linked. Ståle Pallessen, professor of psychology at the University of Bergen, explains that the brain is disrupted far less when it sleeps, and that it therefore consolidates memories during sleep. “By consolidation, we mean that there are permanent structural changes in the brain that are the basis for memory. There are permanent changes in connections between nerve cells,” Pallessen explained. Thus, sleep disorders have negative consequences both for memory and learning.

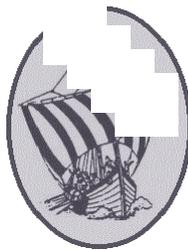
The Swedish project only examined the effects of one night of insufficient sleep. “An important next step will be to investigate how chronic sleep deprivation and chronic stress combined weaken the ability to recall facts,” stated Benedict.

*litt på norsk... Sov mer, husk bedre  
Når du sover, flytter hjernen minnene  
dine fra korttidsminnet til lang-  
tidsminnet. En ny svensk studie viser  
at du kan huske godt etter bare en  
halv natts søvn. Men ikke hvis du i til-  
legg blir utsatt for stress.*

*– Selv om én natt med lite søvn kan-  
skje ikke påvirker hukommelsen, så  
kan den svikte om søvnmangel kom-  
bineres med akutt stress, sier Chris-  
tian Benedict ved det nevroviten-  
skapelige instituttet ved Uppsala uni-  
versitet. Sammen med Jonathan Ced-  
ernaes har han utført undersøkelsen,  
som nå blir publisert i tidsskriftet  
*Sleep*.*

# Vonheim Saga

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**December 2015**

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**[www.Vonheim108.org](http://www.Vonheim108.org)**

## **MEMORIES THROUGH THE LENS BY DOUG OHMAN**

Many of you know Doug Ohman and his wonderful photography with stories. After sixteen years of being the manager of Camp Snoopy, Doug decided to pursue his love of photography and history, and his camera became his pen. Through the years he has traveled throughout Minnesota taking pictures of places and sites that tell us a story. Come and enjoy beautiful photography and experiences that can be delightful, amusing and sometimes sad.

January 19th at 2PM at the American Swedish Institute, 26th and Park, in Paulson Hall (lower level of the old manor)

