



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

## Fra Presidenten

### Summer Is Upon Us!

After our picnic on July 26 in Wabun Park, our lodge formally takes a break until our September meeting. However, the business of the lodge will continue.

It is not too early to plan for important business that must occur this fall. One of these, is election of a new board. Don Teigen has been serving as VP and intends to run for President.

We really need to hear from you in support of the continued operation of the lodge. Our board has been short-handed for the two year term that will complete in January. Without member engagement, we will struggle operationally. We already replaced the June Meatball Dinner, a long tradition. We didn't know if we could put on the Scholarship Torsk Dinner last fall. We were fortunate volunteers responded with a delicious and successful dinner.

We plea for your help. Consider taking a board role. There are positions suitable for young or old. The future of the lodge is in your hands. I'd love to see you as part of the board. You can call me at 763-422-0202 to discuss possibilities.

Tusen Takk  
Merle Tingelstad

## Picnic

Tuesday, July 26th, 6 PM  
Come enjoy BBQ chicken and ribs from Caps Restaurant

Cost: \$15

Reservations required to  
Louise 763-545-4827  
by July 20th

The traditional beans and cole slaw will round out the meal

The same location as previous years, area D, and the delightful weather too.

Wabun Park is located just east of M'haha Falls. Drive east along the north edge of the Falls and turn right just before the Ford Bridge. Take the first left and follow the road to the swimming pool area. You are there.

There will be various activities for young and old, including bingo with prizes.

Hope to see you there.

## COMING EVENTS

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

July 26th Picnic at Waubun Park

September 20th Lodge meeting

### Vonheim Lodge Meeting Notes

Lutheran Church of the Good Shepherd  
Tuesday, June 21, 2016

23 members and guests enjoyed an evening of Bingo and Conversation at our Ice Cream Social. We were all caught by surprise when the parking lot was closed after resurfacing and awaiting striping. It was an unfortunate case of bad timing.

We began the meeting by inviting guests to introduce themselves. We were joined by a few Oslo lodge members and a guest of Vonheim. We called attention to upcoming events at Scandinavian Summer Fest on June 26 and the joint BBQ Picnic at Wabun Park on July 26. The lodge then will take a break in August and return to meeting on Sept. 20.

We reviewed the happenings of the recently completed District convention. Several resolutions passed including splitting of Zone 2 and adding Zone 9 for the northern half. Delegates to international lodge were elected and included Don Teigen, Gene Brandvold and Gregg Iverson of Vonheim. They will attend convention in Tacoma, WA in August.

Don Teigen presented recruitment awards to Dave Kompelien and Dennis Sorheim.

President Tingelstad noted some current events in Norway, including heavy investment in new business startups to counter low revenues from oil and the potential impact of the Brexit vote in UK. A letter from Clarence Horsager was read. Unable to make the meeting due to distance, he wished to share some of his family history. His Norwegian roots were on family farms in Hovet, Stadsbygd and Røros. Thank you!

Bingo was played and ice cream served. A kransekake made by Lois Settergren was shared. A guided conversation time was held with seed questions in areas of Genealogy, Travel, Food, Sons of Norway and Current Events. It was a fun experience and chance to get to know each other better.



### Winter Youth Olympic Games Open (The Norway Post)

The winter Youth Olympic Games (YOG) opened in Lillehammer at the same venue that hosted the opening ceremony of the Olympic Winter Games of 1994.

The flame of the YOG cauldron was lit by 12 year old Princess Alexandra. Twentytwo years to the day that the princess father, Crown Prince Haakon, lit the cauldron to kickoff Norway's first Olympic winter games in Lillehammer.competition

The Opening Ceremony mared the beginning of the 10 days for the 1,100 young athletes from 71 National Olympic Committees taking part in Lillehammer 2016.

International Olympic Committee (IOC) President Thomas Bach addressed the athletes taking part in Lillehammer 2016, saying: "These Games will be about your love for sport. They will also be about learning and sharing and about making new friends. This is what the Youth Olympic Games are all about: bringing young athletes together from all around the world to enjoy competition and friendship."

## St. Olav's Day

Celebrated across Norway on July 29, Saint Olav's Day is an official Flag Day and Norwegian feast day commemorating the accomplishments, contributions and memory of Olav II Haraldsson, otherwise known as the Patron Saint of Norway, Norway's Eternal King or Saint Olav.

Olav was the first king to hold effective control over all of Norway, and was also responsible for establishing and spreading Christianity in Norway. After spending time as a Viking warrior in the Baltic region during his teenage years, and later discovering Christianity during his time in England, Olav returned home to Norway in 1015 where he fought for control of a country ruled by petty kings. At just 22 years old, Olav was accepted as the first king to reign over the entire nation Norway.

Upon receiving military pressure from the king of Denmark and resistance from some citizens because of his enforcement of Christianity, Olav was forced to flee the country in 1028. After two years of hiding in Russia, Olav returned to Norway to reclaim his throne. It was at the Battle of Stiklestad near Trondheim in 1030 where he was ultimately killed. The Icelandic tales from historian Snorre Sturlasson speak of miracles that occurred during the battle as well as at the king's grave in Trondheim. In the year following his death, Olav was declared both a martyr and a saint.

Each year in celebration of Olav, the Saint Olav's Festival or Olavsfestdagene is held in Trondheim. Taking place from July 28 – August 6, festival activities include concerts, lectures, pilgrimage and free events along with celebrations and services at the famous pilgrimage destination Nidaros Cathedral.

As an additional way to celebrate St. Olav's Day this year, take a walk along the pilgrimage routes known as St. Olav Ways. Whether you're able to start the actual pilgrimage to the Nidaros Cathedral in Trondheim, or want to make the journey at home by independently tracking your walking mileage through the Sons of Norway Virtual Pilgrimage and Sports Medals program, beginning the pilgrimage route can be a great way to celebrate Saint Olav this July.

### Lingonberry Bars From The Norwegian Kitchen by Kjell E. Innli

• Scant 2 cups of flour • 2 / 3 cup sugar • 1 tbsp baking powder • Scant 2 / 3 cup unsalted butter • 1 egg • ¾ cup lingonberry preserves

Topping: • 2 / 3 cup oatmeal • 3 tbsp butter • ½ cup sugar • ½ tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender. Add the egg and mix well. Spread into a greased 8x12" pan. Spread the preserves over the batter. Combine all ingredients for the topping and sprinkle over the batter. Bake 25-30 minutes, until golden. Cool in the pan.

# Vonheim Saga

Sons of Norway Vonheim Lodge #1-108  
Mailer: Dennis Sorheim  
1491 Dodd Road  
Mendoata Heights, MN 55118



Non-Profit Org  
U.S. Postage  
PAID  
Twin Cities MN  
Permit No. 2101

**ADDRESS SERVICE REQUESTED**

Dated Material Prompt Delivery Please

**July 2016**

## **OFFICERS AND CONTACTS**

Merle Tingelstad, President	763-422-0202
Marilyn Boe, Social/Cultural	763-420-9980
Louise Bakken, Editor	763-545-4827
Dave Kompelien, Fin Benefits Counselor	651-454-6401

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

Next issue of the Saga will be n August. Enjoy the summer.

**Men in the Church Ladies' Basement!!**  
**The Plymouth Playhouse hosts their sixth production in the series. What happens when the roosters are allowed in the hen house? Join us on Sunday, September 25th at 3PM. The cost is \$38. Reservations required by *August 28th*. Happy Hour prices on food and beverages in the Green Mill all day. Call Louise at 763-545-4827 for tickets.**