



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

Fra Presidenten

God Jul!

As we close out 2016, it is a good time to reflect on where we have successes and where we need to improve. One of the goals that I had a few years ago was to find a way to use the new Norway House facility. Finally, we had an offer just before our November meeting that was attractive. It isn't permanent, but will give us an opportunity to meet there in January, February and March. These are the months we had moved to the American Swedish Institute already. We have agreed to meet at Norway House on the 2nd Saturday of each month at 2pm.

Membership has continued to decline as well as attendance at most meetings, that is of serious concern for the long-term future. Our initial thoughts were that Norway House could give us exposure to new groups of potential members. We still hold that hope, but need to think of how to reach out to them.

A new board was elected in November, ending my term as President when the new board is installed in January. I will still be active on the board. There is much planning to do as we figure out the best path for Vonheim. Certainly the new board can use the help and assistance of the member.

**Tusen Takk,
Merle Tingelstad**

December Julebord

Tuesday, **December 20th**

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

Time: **6:00 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.

Santa will be here with a gift for each child. Call Marilyn, 763-420-9980, if you are bringing a child or grandchild. Santa wants an accurate count.

A raffle will be held for donated items with the proceeds going to the Marie Sandvik Center.



COMING EVENTS

Meetings are held on Saturday at Norway House, 913 E. Franklin Avenue, adjacent to Mindekirken in Mpls. (Lillegren Room on the lower level)

Jan 14th Lodge mtg at 1PM
Feb 11th Lodge mtg at 1PM
Mar 11th Losge mtg at 1PM

New Officers for 2017

President Don Teigen
952-922-6282
dteigen@q.com

Vice President
Merle Tingelstad

Secretary Carolyn Hagen
Cheer Person Adele Davis
612-288-7663

All other officers remain the same as previously.

Change of Lodge meeting location for the winter months of January, February, and March. Norway House, 913 E Franklin Avenue, Minneapolis. Norway House is located adjacent to Mindekirken.

Facts About Lutefisk

The state of Wisconsin exempts lutefisk from classification as a toxic substance in its laws regulating workplace safety.

Sterling silver should never be used in the preparation or eating of lutefisk, as it will stain the silver.

Left overnight, residual residue from lutefisk preparation is nearly impossible to remove.

Much of the lutefisk sold by Olsen Fish Co. comes from Alesund, Norway.

The self-proclaimed "lutefisk capital of the world" in Madison, MN., home to fiberglass codfish, Lou T. Fisk.

The first written preparation of lutefisk in literature is in the writings of Olaus Magnus in 1555. In his writings, he notes that it should be served with salted butter.

(Borrowed from the Sioux Falls Gjoa lodge newsletter)

Handel's Messiah is being presented at St John's Lutheran Church, 4842 Nicollet Ave So, Mpls on Saturday, December 10th at 7PM and Sunday, December 11th at 4PM. This program features St John's Oratorio Choirs, orchestra, and soloists. This is a delightful introduction to the holiday season.

More information 612-827-4406

Vonheim Lodge Meeting Notes

Lutheran Church of the Good Shepherd

Tuesday, November 15, 2016

Twentyfive members and guests attended our lodge meeting. The evening began with an always delicious potluck dinner. It amazes me that we get this to work so well without a sign up sheet for guidance on what to bring.

We were honored to have Mark Haugen, and his wife Lynette, our district zone director in attendance. Marilyn Boe brought guests to see the program on Wish books. A few friends from Oslo 2 lodge were also there.

President Tingelstad asked for a moment of silence for departed member Harold Lee in October. Harold was 93 years old. The board was asked to meet after the program for their approval of our winter meeting location at Norway House. Marilyn Boe announced our next meeting at LCGS on Dec 20. This is our Julebord with Santa visiting.

Per Breihagen, wife, Lori Evert, and daughter Anja shared the story behind the creation of their New York Times bestseller, "The Christmas Wish". Per is a professional photographer that takes pride in not using PhotoShop type programs to fix his photos. Lori wrote the book about the little Norwegian girl who sought Santa with the help of Arctic animals. Anja was at a perfect age to be photographed. Scenery includes Norwegian winterscapes, with Anja typically interacting with wolves, reindeer or polar bear. Photos took great patience for a young girl and use of tamed animals. Anja played a couple of fiddle songs and sang one song for us. It was a very enjoyable time with spectacular photos. The table of items for sale was extensive using the photos. Books were

St. Lucia Day

Celebrated across Scandinavia, St. Lucia Day marks the start of the Christmas season and a time to embrace lighter days to come. The national feast day, part of the Christian Calendar of Saints, is celebrated throughout Norway on December 13.

Though the holiday was first introduced with the spread of Christianity, many of the traditions truly took root when the holiday was readopted during the 20th century in Norway. Reclaiming its derivations from the Latin word for light, St. "Lucia" is honored with parades of light during the darkest time of year.

In schools across Norway, children celebrate with holiday programs and processions. Throughout hospitals, school buildings and city centers one can find parades of children clad in white, handing out Lussekatte (Lucia cats), saffron-flavored buns, to those passing by.

As a way to enjoy the start of the holiday season, families can celebrate this holiday of hope and light by baking the traditional Lussekatte – a recipe for the buns can be found online at <https://food52.com/recipes/8318-saffron-buns-lussekatte>. Or, in honor of the Norwegian tradition families can join together in singing the St. Lucia Song (lyrics provided below).

Sankta Lucia (Norwegian) Svart senker natten seg i stall og stuer. Solen har gått sin vei, skyggene truer. Inn i vårt mørke hus stiger med tente lys, Sankta Lucia, Sankta Lucia! Natten er mørk og stum. Med ett det suser i alle tyste rom som vinger bruser. Se på vår terskel står, hvitkledd med lys i hår, Sankta Lucia, Sankta Lucia!

Saint Lucia (English) Black night is falling in stables and homes. The Sun has gone away, the shadows are threatening. Into our dark house enters with lit candles, Saint Lucia, Saint Lucia! The night is dark and silent; suddenly a rush in all quiet rooms, like the waving of wings. See, at our threshold stands, dressed in white with lights in her hair, Saint Lucia, Saint Lucia!

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www.Vonheim108.org



Jack Pearson, Minnesota folk musician and author/storyteller, will be performing for us at **Norway House** on Saturday, **January 14th** at **1PM**. Jack's award-winning style of folk music and storytelling has delighted family audiences around the country for over thirty years. Be prepared for some sweet pickin' and singin' as Jack serves up Scandinavian favorites like "Josefin" and don't be surprised if Sven, Ole and Lena put in an appearance! Rumor has it that Jack's even promised to bring his ... *amplified toy box lid* ?! Come on out for a good old-fashioned family time!

