



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

## Fra Presidenten

### Hilsen to Vonheim Lodge Members,

At the monthly Vonheim Lodge meeting at Norway House on January 14<sup>th</sup>, I was installed as the new President of Vonheim Lodge along with a slate of officers. Dennis Sorheim, Past International President, presided at the installation. I am honored to serve as your new President. Being of full Norwegian ancestry (all four grandparents emigrated from Norway to Wisconsin during the 1880's), I have always had a deep interest in Norwegian history, culture, and traditions.

Tussen Takk to Merle Tinglestad for his dedicated leadership and service over the past few years. Merle will continue to serve the Lodge in the capacity of Vice President giving me support.

Vonheim Lodge is one of the largest lodges in the Sons of Norway. We offer many opportunities for our members ranging from cultural and heritage programs to dinner and fellowship at our meetings. In addition, we offer scholarships at youth language camps as well as sports and recreational opportunities. All this from a strong financial benefit organization as well!

We realize, although the Lodge has a great past and mission and a lot worth preserving, we face challenges. We need to continue to offer interesting, well planned programs, recreational and service opportunities. We need to involve younger families and persons to assure our growth.

As your new President, I ask for your continued involvement and dedicated volunteer service.

Please feel free to contact me via phone or e-mail.

Tussen Takk,

Don Teigen



**February 11th at 1 PM at  
Norway House, 913 East  
Franklin, Minneapolis**

**Julie Ingebretsen**

South Minneapolis is well-known for Ingebretsens Market & Gift Shop. It has been a landmark since 1921. Charles Ingebretsen Sr. emigrated from Norway and was the founder. His granddaughter, Julie Ingebretsen, will be sharing tales from the “good old days” when (rumor has it) lodges worked with Bud, Charles Jr, in the basement preparing lutefisk steaks for lodge dinners.

Julie has great stories and photos she will share with us. Don't miss this “walk down memory lane.”



## 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)

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

### Vonheim Lodge Meeting Notes

#### Norway House

Saturday, January 14, 2017

27 members and guests attended Vonheim's first meeting in the Lilligren Room on the lower level of Norway House. Check out pictures on our Facebook page.

President Tingelstad had the sad duty to announce that our advertised program changed due to the sudden death of Jack Pearson on January 5, after being diagnosed with an aggressive lymphoma on December 27. Jack's wife, who is herself on medical disability with MS, was left with medical bills. There is a GoFundMe page if anyone can help.

Each member and guest were given an opportunity to introduce themselves. Mary Martin from Nidaros was present and gave a brief update on their lodge having a 25 year old president. That is hopefully a sign that youth can be engaged in active leadership and an opportunity for us to learn from their experiences.

Marilyn Boe spoke about our upcoming meetings at Norway House. In February, we will have a presentation on Ingebretsen's by Julie Ingebretsen. The story of this unique Norwegian market and gift shop will be most interesting. In March, we are planning to have the Waffle Lady from Norway House.

Tingelstad addressed the group in a final message as president. He said it has been both an honor and a challenge to serve the lodge the past 4 years. He was unable to reverse the aging trend and declining membership. He said that when Sons of Norway began, it was a way to connect Norwegians who immigrated and wanted to become Americans.

Their needs were both social and financial leading to the insurance business. In the 70's it was the success of District charter flights that hailed the greatest growth period, with a focus on helping connect Norwegian-Americans back to Norway. Today, while the financial business is important to Sons of Norway, our purpose must again reflect a need that is relevant to the current generation. The challenge is now how to connect to our community. Tingelstad hopes that Norway House will help that goal.

Dennis Sorheim was given the floor to perform an installation of officers. He expanded on what Tingelstad had offered, adding that it was Sons of Norway that kept the candle burning for the Norwegian-American community, and without us, Norway House would not likely exist.

Officers were installed and seated in their new roles. President Don Teigen took the gavel. The meeting closed and program introduced.

Jeffrey Mueller, Director of Operations for Norway House had graciously accepted our invitation to present to our group on a few days notice. He talked about the development of Norway House and future plans. He emphasized that there were 3 takeaways about their mission: Convener—providing a venue for events, Connector—bringing businesses and organizations together with contemporary Norway, and Collaborator—education, communication and programming support.

Norway House and Mindekirken now own and share space on the entire block. Vonheim made a significant contribution to their initial phase. In the near future they will tear down the Laundromat. A duplex will continue to be leased until they have raised funds to build the proposed event center (currently estimated at \$15 million). The existing building is a deep blue representing the color of fjords. The event center will be connected by tunnel with public space above ground. There will be an ocean motif with ship masts. An event space with 350 capacity is believed to fit best.

Jeff invited Vonheim to "come home to Norway House" by making them our ongoing meeting facility.

**For more information on Norway House  
Becoming a member  
Scheduled events, etc**

**[Go to norwayhouse.org](http://norwayhouse.org)**

## January Meeting photos

*Dennis Sorheim installs  
newly elected president Don*



*Jeffrey Mueller spoke on the present and future of Norway House*

## Warm Up Your February with Norwegian Baked Goods

You may not have realized it, but February marks “National Bake for Family Fun Month,” a perfect opportunity to try great recipes with your loved ones. Of course, Norway has a strong tradition of baking, giving you more than enough recipes to fill the month. From sweet to savory, Sons of Norway’s Recipe Box is a great resource to help you plan your month of baking.

Located in the members section of the Sons of Norway website, the Recipe Box offers many of the Norwegian classics; recipes for Fyrstekake, Berlinerkranser and Bløtkake are all at your fingertips. Don’t forget: baking isn’t reserved for desserts, either. You’ll also find recipes for meals like Nøkkelost Quiche or Pumpkin Waffles with Lingonberry sauce.

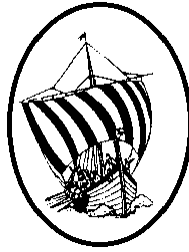
Keep in mind that many of the recipes found in the members section also qualify for the Sons of Norway Cultural Skills cooking unit. That means while you’re exploring traditional Norwegian baked goods you could be earning your way to a medal!

February also happens to be National Heart Month, making it an opportune time to kickstart a heart healthy diet. Norwegian baked goods tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like the traditional lefse (go easy on the butter!) or Almond Start. A good rule of thumb, though, is to remember enjoying these dishes in moderation will go a long way to keeping your heart healthy.

To access the members section you’ll need an account with a username and password. If you need an account, be sure to have your username and an email address handy. If you have questions about creating an account, contact Sherry at [fraternal@sofn.com](mailto:fraternal@sofn.com).

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**February 2017**

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

March 11th at 1 PM at Norway House, 913 E Franklin, Minneapolis

Marilyn Boe, our Social Director is working on something special for this meeting. Who doesn't like surprises?

The answer will appear in the next issue. But don't forget to mark your calendars for this event.



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