

Vonheim Saga
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Vonheim Lodge #1-108
Sons of Norway

Fra Presidenten

The Vonheim Lodge meeting on February 11th featured Julie Ingebretsen from Ingebretsen's Market and Gift Shop in Minneapolis. She gave a very interesting presentation on the history and activities of the store. (See separate article reporting on the meeting.)

Some exciting programs are scheduled for upcoming months Sat., March 11 Karen Laumb will tell of her time in Norway during summer 2015. She will share stories of working as a "Wwoofer" in organic farming on an ecovillage in Norway. She will also talk about finding her ancestors' homes and her travels around Norway.

Sat., April 8. David Swenson, a fiddler presenting a concert of Norwegian fiddle music Sat., May 20. David Engen—an American who was selected as a winner and appeared last year as a guest on a Norwegian reality TV program. The Norwegians poked a lot of fun at our speaker.

All of our Vonheim Lodge meetings will take place at Norway House lower level for the rest of the year 2017 (except for the meeting in May

when we will meet on Sat, May 20.)

We are grateful to Norway House in making these facilities to us at a reasonable cost.

Tussen Takk,
Don Teigen



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

Karen Laumb, a member of Daughters of Norway Pauline Fjelde Lodge #51 (Minnesota), will tell of her time in Norway in summer 2015. She will share stories of working as a "Wwoofer" (Worldwide Opportunities for Organic Farming) on an økolandsby (ecovillage) and farm in Hurdal, about an hour north of Oslo. She will also talk about finding her great-grandparents' homes in Lauum/Laumb and Lunner, as well as her travels around Oppland, Sør-Trøndelag, and Møre-og-Romsdal.



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)

Mar 11th Losge mtg at 1PM
Apr 8th Lodge mtg at 1PM
May 20th Lodge mtg at 1PM

Vonheim Lodge Meeting Notes

Norway House

Saturday, February 11, 2017

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

President Teigen greeted us and began with a few Norwegian jokes. Each member and guest were given an opportunity to introduce themselves. Several guests and a new member prospect were present.

Manny Oyen, a very active member for many years before moving to Arizona, passed away on January 25.

Marilyn Boe spoke about our upcoming meetings at Norway House. In March, Karen Laumb will tell of her time in Norway in 2015, particularly her experiences of working as a volunteer on an økolandsby (ecovillage) in Hurdal, Akershus.

VP Tingelstad said a prospective new member was inquiring about where to get Norwegian lessons for her and her daughter. We agreed that Mindekirken would be a good place to begin for an adult. A youth can take Norwegian and obtain high school credit during a 4-week program at Skogfjorden each summer.

Our program was about the historic Ingebretsen's Meat Market that is on the 1600 block of East Lake Street. Charles Ingebretsen, Sr., grandfather to our presenter, Julie Ingebretsen, emigrated to the USA in the early 1900's and learned the butchering trade in Fargo, ND. He opened his first meat market in the Riverside neighborhood of Minneapolis followed by several other meat markets including the E.Lake St location in 1921, where a streetcar line increased accessibility.

Later, Julie's father, Charles Jr.(Bud) partnered with Warren Dahl who brought his signature Swedish Meatballs, sausages and other traditional Scandinavian foods to the shop.

Julie came onto the scene in 1974 to manage a new gift shop that was added to the meat market. Warren Dahl's son, Steve manages the meat market today. Ingebretsen's will feature local crafts people demonstrating their work as well as offering classes. Recently, Norway House asked Ingebretsen's to open a gift shop at their site. They also wanted someone to open a small coffee shop. Julie said they took on both items. She has learned a lot about the coffee shop business and has added a waffle specialty item. Ingebretsen's also has partnered with a family to open Ingebretsen's av Stockholm in a historic location in Stockholm, Wisconsin.

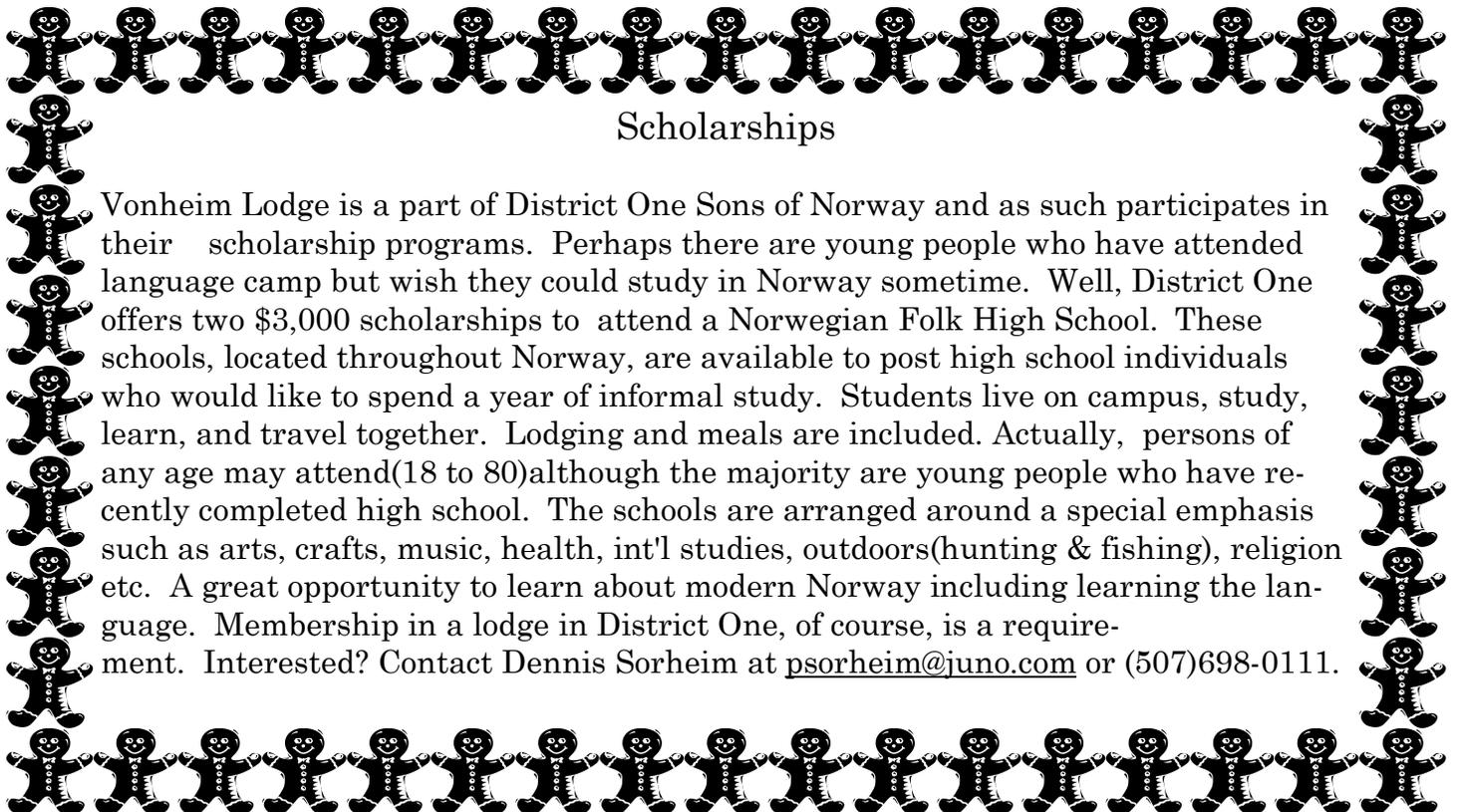


February Meeting photos

Customers lined
up outside at
Ingebretsens



Julie Ingebretsen

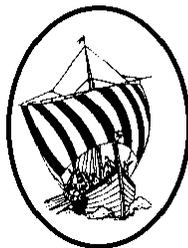


Scholarships

Vonheim Lodge is a part of District One Sons of Norway and as such participates in their scholarship programs. Perhaps there are young people who have attended language camp but wish they could study in Norway sometime. Well, District One offers two \$3,000 scholarships to attend a Norwegian Folk High School. These schools, located throughout Norway, are available to post high school individuals who would like to spend a year of informal study. Students live on campus, study, learn, and travel together. Lodging and meals are included. Actually, persons of any age may attend (18 to 80) although the majority are young people who have recently completed high school. The schools are arranged around a special emphasis such as arts, crafts, music, health, int'l studies, outdoors (hunting & fishing), religion etc. A great opportunity to learn about modern Norway including learning the language. Membership in a lodge in District One, of course, is a requirement. Interested? Contact Dennis Sorheim at psorheim@juno.com or (507)698-0111.

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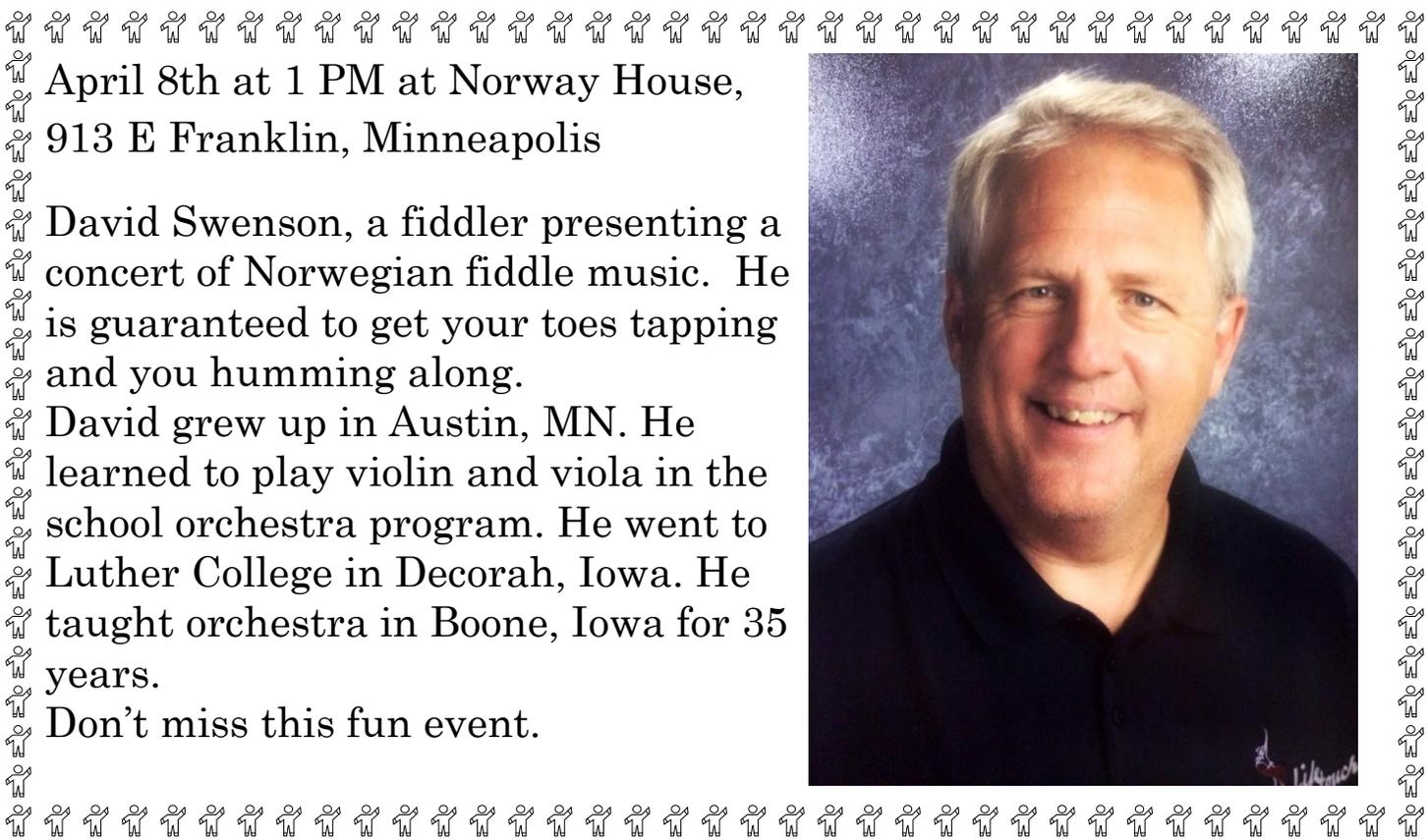
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March 2017

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April 8th at 1 PM at Norway House,
913 E Franklin, Minneapolis

David Swenson, a fiddler presenting a concert of Norwegian fiddle music. He is guaranteed to get your toes tapping and you humming along.

David grew up in Austin, MN. He learned to play violin and viola in the school orchestra program. He went to Luther College in Decorah, Iowa. He taught orchestra in Boone, Iowa for 35 years.

Don't miss this fun event.

