



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

Fra Presidenten

Thank You Volunteers!

We had a wonderful Julebord with lots of Nordic treats. The room was brimming with people including quite a number that had never experienced a Vonheim event before. We hope the friends and families of our members had a good time. A lot of photos with Santa were taken,

It always amazes me how much behind the scenes preparation go into an event like our Julebord. The social cultural team of Debbie Husby, Pam Rose and Marilyn Boe deserves recognition for weeks of work buying and assembling the items in the treat bags and getting ornaments. We had great help from a core of volunteers to prepare the rommegrot, riskrem, meatballs, herrings, lefse, vafler and other treats.

Thanks also to those who brought their items from home. It is this sharing that makes the Julebord a highlight event on the Vonheim calendar.

If you are wondering why I wrote the President's column, Don Teigen is getting some rehab for his hip.

Speedy recovery Don!

Tusen Takk,

Merle Tingelstad

Eric Dregni shares his stories from his book, *Vikings in the Attic*, at our January 13, 2018, lodge meeting at Norway House, at 1:00PM.

Growing up with Swedish and Norwegian grandparents with a dash of Danish thrown in for balance, Eric Dregni thought Scandinavians were perfectly normal. Who doesn't enjoy a good, healthy salad (Jell-O packed with canned fruit, colored marshmallows, and pretzels) or perhaps some cod soaked in drain cleaner as the highlights of Christmas? Only later did it dawn on him that perhaps this was just a *little* strange, but by then it was far too late: he was hooked and a dyed-in-the-wool Scandinavian himself.

In *Vikings in the Attic*, Dregni tracks down and explores the significant—and quite often bizarre—historic sites, tales, and traditions of Scandinavia's peculiar colony in the Midwest. It's a legacy of the unique—collecting silver spoons, a suspicion of flashy clothing, shots of turpentine for the common cold, and a deep love of rhubarb pie—but also one of poor immigrants living in sod houses while their children attend college, the birth of the co-op movement, the Farmer-Labor party, and government agents spying on Scandinavian meetings hoping to nab a socialist or antiwar activist.

For all the tales his grandparents told him, Dregni quickly discovers there are quite a few they neglected to mention, such as Swedish egg coffee, which includes the eggshell, and Lutheran latte, which is Swedish coffee with ice cream. *Vikings in the Attic* goes beyond the lefse, lutefisk, and lusekofter (lice jacket) sweaters to reveal the little-known tales that lie beneath the surface of Nordic America. Ultimately, Dregni ends up proving by example why generations of Scandinavian-Americans have come to love and cherish these tales and traditions so dearly. Well, almost all of them.

Eric Dregni is an associate professor of English and Journalism at Concordia in St Paul and oversees the student newspaper, *The Sword*. He has taught Intro to Lit, College Writing, Review Writing, Column Writing, Memoir, Travel Writing, and is in charge of internships in the English Department. Occasionally, he'll teach an Italian class and lead a student trip to Italy. In the summer, he is dean of the Italian Concordia Language Village, Lago del Bosco, in Hackensack, Minnesota. Dregni's written 16 books.

COMING EVENTS

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

Jan 13th 1:00PM Eric Dregni will speak at Norway House
Feb 10th 1:00PM Rosanne Bliss will speak at Norway House
Mar 10th 1:00PM Lodge Mtg at Norway House

Vonheim Lodge Meeting Notes

LCGS, Minneapolis, MN
Tuesday, December 19, 2017

About 70 members and guests attended our Julebord program. Everyone was treated to a delicious Christmas table with rommegrot, riskrem, meatballs, herrings, lefse, vafler, breads and cookies.

We had an important item on our agenda, which was the approval of a board recommended donation of \$10,000 to Norway House to give them the advantage of matching fund by both the State of MN and a private donor.

The highlight for the kids was a visit by Santa Claus with a treat bag for each and photo opportunity. This was followed by gathering around the Christmas tree for a sing-along while circling the tree.

Gregg Iverson asked that people keep collecting cancelled stamps for Tubfrim, cutting about 1/4 inch around the stamp.

Marilyn Boe announced the programs for January and February back at Norway House on the 2nd Saturday. Please read elsewhere for more detail.

Vice President Merle Tingelstad presided in the absence of Don Teigen. Don is recovering from a hip injury. Don is doing OK but was unable to get out for the program.

Salvation Army Bell Ringing

12 Years

This was the 12th year that the Vonheim lodge rang the bells for The Salvation Army,

On December 7th at the Festival Foods in Bloomington we collected \$463.00. Every dollar that is collected will help a family in need.

The Vonheim volunteers for this year were:

Gene Brandvold, Dennis Sorheim, Russ Tokheim, Carolyn & Bob Hagen, Dale Settergren and his grand daughter Sara McGinniss, Mark Flom, LeRoy Weibel, and David Kompelien.

Many of the bell ringers have volunteered for all the 12 years.

Thank you for a job well done.

David Kompelien



Rice Pudding (*Riskrem*)

Adapted from arcticgrub.wordpress.com

Makes about 4 portions

- 2 cups rice porridge*
- 2 tbsp confectioners sugar or to taste
- 2 tsp vanilla sugar or vanilla extract
- 1 ½ cups heavy cream or coconut cream
- 50 grams or ¼ cup toasted almonds, chopped (optional)

Whisk coconut cream or heavy cream with the confectioners sugar and vanilla sugar/extract in stand mixer until fluffy. Fold the whipped cream with the rice porridge and sprinkle in the chopped almonds.

*Rice Porridge (*Risengrynsgrøt*)

- 1 cup short grain rice, such as Arborio
- 2 cups water
- 4 cups almond milk (or coconut milk)
- 1 vanilla bean pod, split in half
- ½ cup granulated sugar
- ½ tsp salt

Drain rinsed rice in a colander. Add water and rice to a pot and bring to boil. Lower temperature to a simmer and cook until all water has been absorbed. Add milk, insides of vanilla pod as well as shell, sugar and salt. Bring to boil while whisking constantly, do not allow milk to burn at the bottom. Lower temperature to simmer for 45 minutes or until porridge consistency. Pour into a bowl to cool for rice pudding or keep warm and serve with butter, sugar and cinnamon.



2018 NORWEGIAN LANGUAGE CAMP SCHOLARSHIPS

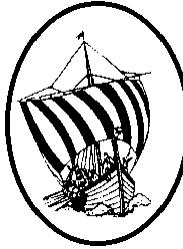
Vonheim Lodge will again be providing scholarships to youngsters who are children or grandchildren of lodge members in 2018. Grants will be made to attend either Skogfjorden Language Village near Bemidji, MN, sponsored by Concordia College, or Masse Moro, a Norwegian Heritage camp sponsored by District 5 near Eau Claire, WI.

Registration for Concordia Language Village will again be online at www.concordialanguagevillages.org. Proof of registration must be submitted to Vonheim's scholarship chair, Dennis Sorheim, at psorheim@juno.com. For any new families who are considering sponsoring young people to attend Skogfjorden, contact Dennis at the above e-mail address or call him at (507) 698-0111 if you have questions. Vonheim's deadline for this registration is March 15th.

The Masse Moro experience is a two-week camp in August held near Eau Claire, WI. This is a less expensive opportunity. Previous campers speak highly of this experience as well. The registration for Masse Moro is not until May, 2018, but if any families are thinking of sending young people there, please notify Dennis by March 15th as well. It is helpful to know the total number of campers attending both camps to facilitate the allocation of money for the individual scholarships. www.massemoro.org

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January 2018

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February Lodge Meeting—2/10—at 1 PM at Norway House

Rosanne Blis: A Pictorial Review of the early 1900's through a young Norwegian immigrant's postcards

Rosanne Bliss will give a snapshot of her grandmother Annie's life as a young Norwegian immigrant in her first two decades in America from 1905 to 1925. Bliss will illustrate the talk with select vintage postcards and photos Annie had in her collection and will add some personal stories and historical information relating to that time.

Rosanne's grandmother Annie lived in North Dakota, residing in a Sears Roebuck house on Chestnut Street in Grand Forks from 1923 until her death in 1969. Rosanne has also written the book: "Pitching My Way through World War II". It's an inspirational book of her uncle Vernon Ellingson's devotion, duty and love, expressed as he wrote faithfully to his family while serving with General Patton's Third Army in Europe.

