



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

## Fra Presidenten

At our Lodge meeting on January 13, Eric Dregni, local author and professor, gave a very dynamic and interesting presentation based on his book, "Vikings in the Attic." He explored the significant, even bizarre, historical sites, tales, and traditions of Scandinavians in the Midwest. He recalled the difficult passage of the immigrants to America and their life in the new country. He gave a tour of interesting Scandinavian sites throughout the Midwest. See some of the photos shown on the slide show can be viewed at [www.facebook.com/vonheim108](http://www.facebook.com/vonheim108).

Lodge Business: Norway House Letter was read thanking Vonheim Lodge for the \$ 10,000 Gift received for the Norway House Capital Campaign (Funds to be double-matched). At the Feb. 10 meeting, Delegates and Alternates for the District One Convention in Rochester on June 14-16 will be selected. If interested, contact either Merle Tinglestad or myself.

On a personal note, I am recovering nicely from my hip fracture. No surgery was needed but a lot of therapy and healing. Thanks for your thoughts and prayers.

Hilsen,  
Don Teigen  
dteigen@q.com



## 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.



# 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)

Feb 10th 1:00PM Rosanne Bliss will speak at Norway House

Mar 10th 1:00PM lodge mtg at Norway House

April 14th 1:00PM lodge mtg at Norway House

## Vonheim Lodge Meeting Notes

Norway House, Minneapolis, MN  
Saturday, January 13, 2018

20 members and guests attended our program. President Don Teigen returned after going home from rehab a week earlier. Don read a letter from Norway House acknowledging Vonheims gift of \$10000 was received and will have matching funds applied. The letter also acknowledged the relentless efforts of former governor Al Quie in gaining the State of Minnesota matching funds.

VP Merle Tingelstad noted that we need to elect delegates to District 1 convention in February. The convention is June 14-16 in the new Convention Center in Rochester, MN. The President and Secretary are automatic delegates and will leave 2-3 positions plus alternates to elect. It would be great if a Vonheim delegate came forward that would be interested in running for a district board position. International convention follows August 16-18 in Bloomington, MN hosted by metro lodges of District 1, including Vonheim.

Marilyn Boe talked about the February program. She thanked Merle for filling in some information about our presenter, Roseann Bliss. Read more about the program on page 1. The March program was not finalized as she is negotiating with the potential presenter.

Our presenter, Eric Dregni, was introduced. Eric began by reading from the preface of his book, *Vikings in the Attic*. Living in Norway for a year, he realized the influence of Nordic culture in Minnesota. He sheds light on immigrants. Passage to the USA was much harsher than promoted, in the hold of the sailing ship, facing disease, lice infestations and seasickness. Once here, they needed to pool their resources to survive, leading to fraternal organizations like Sons of Norway, farmer-labor organizations, socialist groups, etc. English was learned and spoken more to not arouse suspicion than assimilation.

Eric took a fun look at cultural icons. He shared photos of water towers in the form of rosemaled coffee pots and cups, and replica stave kirkes. We learned about foods like Swedish egg coffee, making of lutefisk, lawyer boils (eelpout), hotdish and of course, Jello. We learned that Mitchell, SD didn't have the only Corn Palace as there was one in Thief River Falls, MN. And he talked about the world's largest ball of twine.

It was an interesting program that any Scandinavian would find particularly entertaining.

Happy  
Valentines  
Day



## Fable of the Porcupine

It was the coldest winter ever. Many animals died because of the cold. The porcupines, realizing this situation, decided to group together to keep warm. This way they covered and protected themselves, but the quills of each one wounded their closest companions. After awhile, they decided to distance themselves one from the other, and they began to die alone and frozen. So they had to make a choice either accept the quills of their companions or disappear from the Earth. Wisely they decided to go back to being together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the heat that came from the others. This way they were able to survive.

Moral of the story: The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

So just learn to live with the pricks in your life!

(Borrowed from Synnove-Nordkap's newsletter)



## A Little Humor....

Ole, Lena, and little Ole went to the big City for the first time. They were walking down the street and looking in the windows of the big buildings. Little Ole spotted something that caught his eye and ran into a building. Big Ole and Lena followed him. There they all stood in front of a shiny metal door that was cut into a wall of black marble. A chubby, elderly, gray haired lady walked up and pushed a button on the wall next to the door. The door opened and she walked into the little room behind the shiny door. The door closed and the numbers above the door counted up and then down again. The shiny doors opened and a beautiful, well built, young lady walked out.

Little Ole said, "What kind of machine is dat, Pa?"

Big Ole replied, "I don't know little Ole, but push dat button and shove your Ma in der."

## Convention Delegate Election

Vonheim Lodge is looking for people interested in serving as a delegate to our District 1 convention in Rochester, MN on June 14-16. It will be held in their new Rochester Convention Center. Our election will be held at the February 10 meeting at Norway House.

We would like to give priority to candidates that are wishing to run for district board positions at the convention. Vonheim has not been represented at district for several years. Rules adopted 4 years ago require there are no nominations for office from the floor at district convention. Interested candidates need to be known before convention

Vonheim pays the delegate fees and reimburses half of each room (if more than 1 delegate stay in the same room, it is still only half reimbursed).

If interested, please let Merle Tingelstad 763-422-0202 know before our February meeting.

Merle Tingelstad  
[mctingels@aol.com](mailto:mctingels@aol.com)

# Vonheim Saga

Sons of Norway Vonheim Lodge #1-108  
Mailer: Merle Tingelstad  
12895 Kerry St NW  
Coon Rapids, MN 55448



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**February 2018**

## OFFICERS AND CONTACTS

Don Teigen, President	952-922-6282
Merle Tingelstad, Vice President	763-422-0202
Marilyn Boe, Social/Cultural	763-420-9980
Louise Bakken, Editor	763-545-4827
Adele Davis, Cheer Person	612-822-7663
Ray Brau, Fin Benefits Counselor	952-994-5762

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

[www.facebook.com/vonheim108](http://www.facebook.com/vonheim108)

Mark your calendar for March 10th at Norway House  
1:00 PM

Gary Legwold is author of The Lefse-Lutefisk Trilogy:  
The Last Word on Lefse, The Last Word on Lutefisk, and  
The Last Toast to Lutefisk!

His newest book, which was published in August, is  
Keep On Rolling! Life on the Lefse Trail & Learning to Get a  
Round.