



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

Fra Presidenten

Our monthly program on May 12 featured author Gordon Frederickson, along with his co-author wife Nancy, who told of his experiences of growing up in the 1950's on his parents' small dairy farm near New Market, MN. As a young child, he worked on the farm and attended local schools, then served in the US Army, obtained a master's in education, and taught school for awhile. He eventually took up farming in western MN and later returned to the family farm. He is now retired from farming and gives presentations that promote farm heritage. He has written a collection of farm stories, for young and old, that are based on his experience growing up on a farm. In addition, he has written short stories, plays, poems, and a novel. His goal is to continue writing entertaining stories that accurately depict family life on a small farm in 1950's. By sharing these memories, Gordy and Nancy re-create memories, preserving a vanishing way of life which hopefully will never pass completely.

We have a very special musical treat on Sat., June 9 at 1 PM at Norway House when musicians Reuben and Diane Ristrom will entertain us with a wide variety of music--- Reuben on the guitar and banjo and both of them singing. Please come and bring your friends.

Sons of Norway events this summer include the District 1 Convention in Rochester on June 14-16 and the International Convention in Bloomington on August 15-18.

Don Teigen
Lodge President

Join us on June 9th at 1 PM
at Norway House
for Reuben & Diane Ristrom
Reuben plays the guitar and
banjo and they both sing.
Diane has taught vocal music
and is an organist & choir
director at this time. Reuben
plays all styles of music, has
a Master of Fine Arts Degree
from the U of M. Together,
Diane and Reuben are a
great team, they sing and
play a wide
variety of
music &
are delightful
entertainers.
I know you
will enjoy them.



Scandinavian Summer Fest "Svenskarnas Dag"

June 24th at Minnehaha Falls from 9:30-4:30

A run/walk begins at 9:30AM

Church Service at 11:45AM

Dancers and singing at 1:00PM

Coronation of Miss Svenskarnas Dag

There will be many displays of cultural items and food booths.

The Norway Day committee has disbanded for lack of new members.

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)

June 9th 1:00PM lodge mtg at Norway House

June 24th Scandinavian Summer Fest at M'haha Falls

July 31st (Tues) 6:00PM lodge picnic at Waubun Park

Vonheim Lodge Meeting Notes Norway House, Minneapolis, MN Saturday, May 12, 2018

18 members and guests attended our program. President Don Teigen opened the meeting with announcements about the upcoming District 1 convention in Rochester this June and the International Convention to be hosted here in the Twin Cities by District 1 in August.

Marilyn Boe announced that the program originally scheduled for April will be coming to our June 9 meeting. We are fortunate that Diane and Reuben Ristrom were able to reschedule after the poorly timed blizzard forced cancellation of our April meeting.

Our program for May featured Gordon Fredrickson, author of several books about growing up on a family farm in the 1950 timeframe.

Gordon talked a bit about what inspired him to write these books. First he said that there was a National Geographic book about farming that struck him. Their book on American farms was printed in China.

It also included stories from only 13 states, missing important agricultural centers of the Midwest. Gordon felt it important to preserve the history he knew from growing up on a challenging Minnesota family farm with modest tillable acreage and rocky soil on hills.

Gordon's style of writing was inspired by the children's book, "Twas The Night Before Christmas" also known by the preceding title that he preferred "A Visit By St. Nicholas". The writing is in verse. Gordon adopted a couple of devices. His stories are based on real events but involve fictional characters. He also would position a character doing things the old ways on one page and a character doing things the modern way on the facing page.

Gordon talked about his growing up on a Minnesota farm acquired by his parents in the 1940's with little money. The farm had been abandoned and the owner eager to sell. The farm house was terribly run down. His parents could only afford to expand and improve the farm through extreme hard work as they could sell a crop or milk some cows.

Gordon pointed out that he wasn't necessarily trying to preserve the "Good old days" because they weren't always so good. However there was a time where hard work paid off.

Gordon has a new book project for a book on Farm Country Haying. He is interested in including your stories and photographs in his book. You will get a free hard cover collector book and your name printed in the book as author of that personal story if selected for inclusion. You can get in touch with Gordon through his website at www.gordonfredrickson.com

Gordon Fredrickson and his wife, Nancy



Cardamom Ring Cake



For the Cake

- 3 Packets active dry yeast
- ½ Tbsp. salt
- 1 Tbsp. cardamom
- 4 Tbsp. raisins
- 4 Tbsp. candied citron
- 3 eggs (1 for brushing the cake)



For the Filling

- 9 Tbsp. butter
- 4 ½ Tbsp. sugar



- 3 ½ Tbsp. sugar
- ¾ Cup tepid milk
- 11 Tbsp. butter
- 4 Cups all-purpose flour
- 4 Tbsp. chopped almonds

- Step 1 Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.
- Step 2 Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.
- Step 3 Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Set side covered in a cool space.
- Step 4 Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34 inch long ribbon.
- Step 5 Spread this filling all over the roll. Sprinkle with raisins and chopped, candied citron, and chopped almonds for extra taste, if desired.



In Memoriam

Alice Akenson passed away at the age of 94. She was currently a resident in Alexandria, MN. She briefly worked at the Sons of Norway headquarters because of her Norwegian language skills. She was a member of Vonheim for 74 years. Our sympathies to her family.

Spring Jokes

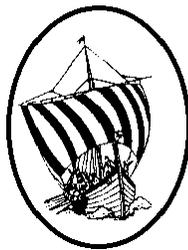
When do monkeys fall from the sky?
During Ape-ril showers!

Can February March?
No, but April May!

Why is everyone so tired on April 1?
Because they've just finished a long, 31 day March!

Vonheim Saga

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



Non-Profit Org
U.S. Postage
PAID
Twin Cities MN
Permit No. 2101

ADDRESS SERVICE REQUESTED

Dated Material Prompt Delivery Please

June 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

www.facebook.com/vonheim108

Picnic! Picnic! Picnic!
Tuesday, July 31st, 6 PM

Come enjoy BBQ chicken and ribs
Cost: \$15

The traditional beans and cole slaw will round out the meal The same location as previous years, area D, at Waubun Park just east of Minnehaha Falls. Following dinner there will be Bingo with prizes.

Reservations Required by July 23rd to Louise
763-545-4827

