



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

## Fra Presidenten

Our monthly program on June 9<sup>th</sup> featured a delightful musical couple. Reuben and Diane Ristrom. They introduced their program by having all of us sing “Ja vi Elsker Ddette Landet” led by our own Dennis Sorheim followed by singing of the beloved “Hils fra meg der hjemme” Reuben performed some jazz and other pop standards on his guitar and banjo. Diane and Reuben then sang (solo and duet) some pop standards. The District 1 Convention was held in Rochester on June 14-16. The theme was “Honor the Past—Build the Future”. Five Delegates from Vonheim (Dennis Sorheim, Merle & Kathy Tingelstad, Gregg Iverson, and myself) attended with over 100 delegates from other lodges in Dist. 1. Resolutions were passed. Mark Haugen, present Zone Director, was elected District 1 Vice President. Chris Elwell was elected our new Zone Director. Delegates (including Dennis Sorheim and Merle Tingelstad) were elected to be Delegates to the International Convention in Bloomington on August 15-18. Upcoming Event--Tuesday, July 31 Joint Oslo--Vonheim Lodge Picnic Waubun Park, Mpls. For Reservations Call Louise **763-545-4827** A Board Meeting will be held in July to plan the Program Schedule for Fall. Enjoy your summer! Fraternally.  
Don Teigen dteigen@q.com

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

**BBQ and Bingo**

**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 M’haha  
Falls. Following dinner  
there will be Bingo with  
prizes.**

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



## 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)

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

Sept 8th 1PM Lodge Mtg

### Vonheim Lodge Meeting Notes

Norway House, Minneapolis, MN  
Saturday, June 9, 2018

14 members and guests attended our program. President Don Teigen opened the meeting with announcements about the District 1 convention in Rochester the next week and the International Convention to be hosted here in the Twin Cities by District 1 in August. We will be looking for volunteers to bake cookies for convention breaks.

Marilyn Boe announced that we will be having a joint picnic with Oslo lodge on Tuesday, July 31.

Our program was Diane and Reuben Ristrom. Reuben played guitar and banjo and sang. Diane would normally accompany on piano and provide vocals. We were unable to have a piano so she sang along with Reuben and talked about many nostalgic memories. We began with the singing of the Norwegian National Anthem and *Hils til dem der hjemme*. Dennis Sorheim provided some translation and background information on the songs. The latter song being of Danish origin, but claimed by the Swedes and then Norwegians.

Diane talked about growing up and later teaching school in Robbinsdale, one of several Munson children. She sang the original *Somewhere Over the Rainbow* classic from her youth. It is such a moving piece and an all-time chart leader, yet we were told the movie studio did not want to include it in *Wizard of Oz*. It was there only by the insistence of Minnesotan Judy Garland.

Reuben sang a classic Hoagy Carmichael tune, *Rockin' Chair*. Reuben noted that his banjo was louder than most and nearly 100 years old.

We enjoyed the music and a lunch. A tray of deli meats, cheeses and buns made delicious sandwiches along with cookies, coffee and fruit punch. Thank you to those who organized and served.

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

### Norwegian Stick Bread (prepared on a BBQ Grill or Fire Pit)

8 cups Flour	4 Tbsp Sugar
1 tsp Salt	
3 tsp Baking Powder	Sticks for Grill- ing
2 1/4 cups Water	1 Tbsp Oil

Wash all sticks. Combine all ingredients in a large bowl and stir to mix well. Dust your hands with flour and knead the dough a few times. Form 1/2 cups of dough into a long ribbon and wrap around a stick until all dough is used. Place on the grill and rotate until browned on all sides.



## District 1 Convention Update

The convention was held in Rochester, MN on June 14-16. Representing Vonheim at the convention were Don Teigen, Merle and Kathy Tingelstad, Dennis Sorheim and Gregg Iverson.

A new board was elected for the biennium. The executive positions are Dennis Rusinko, President; Mark Haugen, Vice President; Diane Halvorson, Secretary; Claudia Bomier, Treasurer. Mark is former Zone 2 Director on the board for Vonheim and other metro lodges. Chris Elwell was elected our new Zone 2 Director,

Dennis Sorheim and Merle Tingelstad were elected among 26 delegates to represent District 1 at International Convention in August.

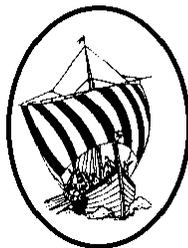
Several housekeeping resolutions were passed. The District passed a resolution to base the scholarship disbursements on a 5-year moving average of returns for greater stability. A resolution passed for a committee to develop suggestions for updating the Barne Norsk Clubb for youth. Other resolutions passed for consideration at International, include the creation of a cultural programming tab on the Sons of Norway website that contains the hot links to various subsections such as recipes, family matters, etc. and the opening of access to the public of more website material beneficial to youth engagement

**Happy National Coffee Month!** In Norway, a cup of coffee means more than just a boost of energy to help you power through your day. Instead, drinking coffee is largely recognized as a cultural custom or social norm that's been bringing people together for more than a century. Among other Scandinavian countries, Norway consistently ranks in the top three coffee drinking nations in the world. Statistics reveal each Norwegian consumes nearly 7.5 kilos (about 16.5 lbs.) of coffee beans per year—far exceeding the world average of just 1.3 kilos. Norway's love of coffee, and its rise in popularity, is rooted in history, and can be traced back to the 1800s when the country began trading its ample fish supplies for American coffee beans. But it wasn't until the early 1900s when Norway passed prohibition laws that coffee started to secure its status as the nation's preferred social drink. During this time when alcohol wasn't an option, Norwegians wanted another casual drink they could enjoy in social settings and found coffee a safer and healthier alternative. Nation-wide appreciation for coffee has existed ever since then. Learn more about coffee and the Nordic approach to brewing it from some of the world's most innovative coffee experts by checking out Viking magazine's November 2015 cover feature, "Norway's Love of Coffee," available with member login at [www.sonsofnorway.com](http://www.sonsofnorway.com).



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**July 2018**

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

**[www.facebook.com/vonheim108](https://www.facebook.com/vonheim108)**

**Enjoy August**  
**There will be no newsletter and**  
**no program**  
**See you in September**

