



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

Fra Presidenten

God Jul!

Thanksgiving is past us and many anxiously await Christmas. While we know that Christmas is rooted in the birth of Jesus, Norway has many secular traditions for the Jul season. Julbukking is a cross between Halloween and Christmas caroling. People dress in masks and costumes to go door to door and may include singing at the doors of neighbors for treats and candy. You might have seen straw goat decorations without knowing that they are the Yule Goats that pulled Thor's chariot through the sky.

Modern Norwegians are likely to have a Christmas meal of pork ribs or lamb ribs. Sorry, but Lutefisk and Turkey are not usually to be seen.

Vonheim keeps alive some traditions of the Julebord. An excess of cookies and treats is common in Norway. Food like Rommegrot and rice pudding with an almond are common. We sing and dance around the Christmas tree while our favorite Julenisse, Santa Claus visits.

We invite you to join us at LCGS as we celebrate. Vonheim provides the basics but we do enjoy the variety of cookies and treats our members share.

Tusen Takk,
Merle Tingelstad

December Julebord

Tuesday, December 18th

Place: Lutheran Church of
the Good Shepherd, 48th and
France, Mpls

Time: 6:00 p.m.

This is the time for families to enjoy delicious traditional Norwegian food—all furnished.

To add to this we ask everyone to bring a favorite Norwegian pastry.

Santa will be here with a gift for each child. To be sure Santa has enough gifts, please call Marilyn Boe to confirm a child.

763-420-9980



imagenesy dibujos para imprimir.com

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)

Dec 18th 6PM Julebord @ Lutheran Church of the Good Shepherd, 48th and France, Mpls

The instrument is closely associated with folk dances. Viktoria played sample tunes from Schottische, polska, valz, brudmarsch, rils, etc.

Mixed in with the music were several Ole and Lena type jokes, some simple one-liners and a much more elaborate joke about Lena and friend Mabel dying about the same time and meeting each other on the way to Heaven and talking to each other about how they died.

We enjoyed a great potluck lunch. It is always amazing to see the variety of dishes brought without any coordination. Thanks to everyone for sharing your cooking!

Vonheim Lodge Meeting Notes

Norway House, Minneapolis, MN
Saturday, Nov 10, 2018

17 members and guests attended our program. Vice President Merle Tingelstad opened the meeting noting that we were not ready to have officer elections yet and will postpone until December. Don Teigen has assumed Treasurer duties and Merle has also been authorized to sign checks with Gene Brandvold moving.

Dale Settergren passed away. His funeral was held the morning of our meeting. Dale had been an active member of Vonheim since 1978 and had reached 91 years old. Erling Husby attended the funeral service and the church was full, a testament to Dale's engagement with church and organizations. Vonheim had sent flowers and will be sending a \$50 memorial to the Sons of Norway Foundation.

We discussed a proposal to not have lodge program meetings next January and February. While there are some administrative items that will require officer activity, it was agreed that after the December meeting at LCGS, we would resume with programming in March.

Marilyn noted that December 18 is our Julebord meeting. Please see the meeting announcement for details. Erling would like parents to contact him with how many boys and girls will be coming to see Santa.

We enjoyed a program by Viktoria Borgesson, playing the Swedish Nyckelharpa (keyed string instrument). She has been playing the Nyckelharpa for 14 years. It is an old instrument similar to a fiddle with 4 bowed strings plus 12 underlying resonant strings. Instead of fingering the frets, there are 3 rows of keys pressed into the strings to act as frets. There are approximately 300 Nyckelharpa in the USA and thanks to a revival of interest, about 10,000 in Sweden.

In Memoriam

Dale Settergren passed away on November 3rd at the age of 91. He was a member of Vonheim for 40 years.

Richard Johnson, "Uncle Dickie", passed away on November 2nd at the age of 89. He was a member of Oslo 2 for 72 years, but attended many Vonheim events.

TUSEN TAKK

Upon my leaving my duties as Lodge President, I would like to thank Vonheim Lodge members for the support you gave me during the two years I served as Lodge President. We have had, I feel, some very good program speakers and presenters over the last two years.

I will continue to be involved in Lodge activities since I have taken over the duties of Lodge Treasurer upon the relocation of former Lodge Treasurer Gene Brandvold.

Don Teigen

B R U N K A K E (Brown Cookie)

1 cup real butter, room temperature)

1 cup white sugar)

2 tsp. vanilla sugar, rounded)

2 Tbsp. Lyle's Golden Syrup, level

Mix first four ingredients well with mixer

2 cups flour, unsifted, plus a bit more if too sticky to roll

1 tsp. soda

Add flour and soda and mix well.

Make the dough into a large roll on the counter; divide dough into 4 parts and roll each of them into a long roll (large hotdog thickness) on a cookie sheet the long way, two on each sheet, leaving room for expansion in between. Use two cookie sheets.

Bake in 350 oven about 10 minutes; (on air-bake cookie sheets 20 minutes, the best).

Watch carefully and bake until golden brown, remove from oven, immediately slice diagonally while hot, using a pizza cutter or chef's knife. Let cool on pan then remove to cooling racks.

Should be crisp cookies, not doughy.

About 4 ½ dozen cookies.

Can make 5 or 6 rolls for more and smaller bar cookies.

Ingebretsen's has Lyle's Golden Syrup and Vanilla Succor (Norwegian powdered vanilla sugar) and most Byerlys or Lunds. May have to ask for them.

Editor's Note: This cookie was served at a lutefisk dinner I attended and found it so delicious I asked for the recipe from Shirley Evenstad of Norsota Lodge, designer of the Christmas ornaments. Also I bought the two unusual ingredients from Amazon. Enjoy!

SCHOLARSHIP PROGRAM - VONHEIM'S PRIDE

3 of the 2018 campers who couldn't attend our October scholarship meeting sent 'thank you' notes.

Simon Weed wrote :It was my ninth year at Skogfjorden, second as a high school credit camper. 'Tusen takk to everyone at Vonheim Lodge for making it possible for me to attend Skogfjorden.

Eliza Weed (7 year camper) wrote: Thank you for the scholarship to attend Skogfjorden. It is a place like none other. It has allowed me to learn Norwegian, make new friends, and step out of my comfort zone. Thank you for everything. I wouldn't be me without you.

Langston Chaffee wrote: I went to Skogfjorden for my 8th summer. All of the people I met were wonderful, and the counselors were, as usual, kind and helpful. Thank you so much for the scholarship and helping to provide this experience for me.

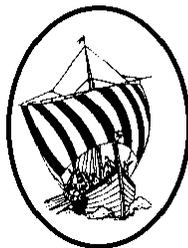
THANKS TO ALL THE MEMBERS who again sent in their donations for the 2019 language program. The winners in the drawing were Carol Christensen, James Nygaard, Sue Fairchild, and Cynthia Pestholdt. Hopefully, these donations plus earnings from our scholarship investments, will provide the necessary funds for next year's scholarships.

Since the end of the year is a time when many persons make charitable contributions, the membership should probably be reminded that Vonheim Lodge has its own permanent Scholarship Fund. Only the earnings of this fund are used for grants or scholarships. Since the principal of the fund is invested with Sons of Norway international, donations to this fund should be made by check payable to Sons of Norway, with Vonheim Scholarship Fund written on the memo line. Checks should be sent to the Trustee of the fund: Russell Tokheim, Apt 426, 7500 York Avenue S, Edina, MN 55465.

Vonheim Lodge can justifiably be proud of its long history of proving scholarships for the children and grandchildren of members to learn the Norwegian language and experience some of the heritage brought by the Norwegian immigrants to their new homeland.

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

December 2018

OFFICERS AND CONTACTS

Merle Tingelstad, 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

Winter Meeting Schedule

Vonheim Lodge will not meet in January and February 2019.
There will be no newsletter in January.

March will resume the yearly schedule at Norway House. Your
Officers urge you to be careful when it is snowy and icy.

Have a Merry Christmas and Happy New Year.