



Vonheim Saga
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#1-108

Fra Presidenten

We celebrated our Julebord at the December 19th meeting. We were happy to see so many families gathering to celebrate our traditional Christmas party. Thanks to our members that brought such a great variety of wonderful holiday treats to share.

The lodge provided traditional dishes such as meatballs, pickled herring, julekake, lefse, riskrem, rommegrot and vaffler. We had amazing cooks that arrived early to prepare the food. The cooks and helpers were Marilyn Boe, Adele Davis, Bob and Carolyn Hagen, Debra Husby, Erling and Martha Husby, Dave Kompelien and Pam Rose. We are so lucky to have these dedicated members to depend on for our meetings. We would love to have more members stepping up and participating in our lodge meetings so that these traditions can be passed on.

After we finished our great meal, we had a surprise visit by Santa Claus. The children lined up to visit with Santa and received a wonderful gift bag that Debra Husby lovingly created for each child. We sincerely thank Debra for the amazing job she has done to assist Santa with the gift bags.

Next on the agenda was the carol singing in English and Norwegian and dancing around the Christmas tree. Thanks to Dennis Sorheim for providing the tree, song sheets and leadership. Lila Herschbach was a great dance and song leader. We were so happy to have Janet Ulvin accompanying the singing on the piano.

We hope your Christmas and New Year holidays were wonderful and safe. We look forward to seeing you at our next lodge meeting on Saturday, March 14th at Norway House at 1:00 p.m. in the Lillehaugen Room on the lower level. Information about the program for the March meeting is elsewhere in the newsletter.

Thanks to Marilyn Boe for continuing to arrange for our programs as the Cultural director. She is hoping to find someone that can take over the Cultural director position. Please let Marilyn or me know if you can step into this important position.

I look forward to seeing you at our next lodge meeting. Take care.

Tusen Takk,
Pam Rose
Vice President

Please join us for an introduction to genealogical research for Norwegian-Americans. We will focus on the records both here in the United States and in Norway, which tell the tale of our Norwegian ancestors. We will also take a look at the use of DNA for supplementing your genealogical research. After this presentation you should have the tools to start finding more about your Norwegian family history.

Bob Johnson is an attorney and holds a Certified Genealogist® credential. As a professional genealogist he has specialized in Scandinavian, U.S., German, and forensic genealogical research for over forty years. He studied in Sweden and is active in many genealogical societies throughout the U.S. and Scandinavia.

March 14th at 1:00 PM at Norway House.

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)

March 14th Lodge Mtg at 1:00 PM

April 11th Lodge Mtg at 1:00 PM

May 9th Lodge Mtg at 1:00 PM

June 13th Lodge Mtg at 1:00 PM

Do you know the name of the Norwegian Antarctic station?

Troll is a Norwegian research station located at Jutulsessen, 235 kilometers (146 mi) from the coast in the eastern part of Princess Martha Coast in Queen Maud Land, Antarctica. It is Norway's only all-year research station in Antarctica. It has an overwintering capacity of eight people and a summer capacity of 40. It is served by Troll Airfield, which is the base for the Dronning Maud Land Air Network.

Laughter

The most wasted of all days is one without laughter. ~e.e. cummings
I am thankful for laughter, except when milk comes out of my nose. ~Woody Allen
Laughter is an instant vacation. ~Milton Berle
What soap is to the body, laughter is to the soul. ~Yiddish Proverb
With the fearful strain that is on me night and day, if I did not laugh I should die. ~Abraham Lincoln
Remember, men need laughter sometimes more than food. ~Anna Fellows Johnston
Seven days without laughter makes one weak. ~Mort Walker
I've always thought that a big laugh is a really loud noise from the soul saying, "Ain't that the truth." ~Quincy Jones

2020 NORWEGIAN LANGUAGE CAMP SCHOLARSHIPS

Vonheim Lodge will again be providing scholarships to youngsters who are children or grandchildren of lodge members in 2020. 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 email 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, www.massemoro.org

This is a less expensive opportunity. Previous campers speak highly of this experience as well. The registration for Masse Moro is not until May, 2020, 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.



Six Things You Didn't Know About Ice

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

1. Two types of ice on Earth

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of salt water. "In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain.

"Old sea ice contains less than one percent salt," says Lien.

2. The world's oldest ice

"The southernmost continent of the globe has an extra layer of 'insulation' that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old," says Lien.

Other facts about ice:

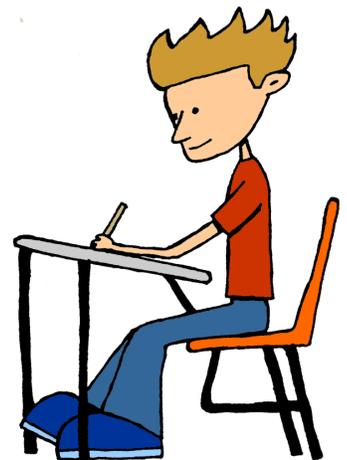
3. Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].
4. About 10 percent of the world's land area and about seven percent of the seas are covered by ice.
5. Ice reflects away 90 percent of the sunlight.

From the Desk of Len Carlson, Financial Benefits Councilor:

Did you know that a Qualified Charitable Distribution(QCD), also known as an IRA charitable rollover gift, allows individuals 70 1/2 or older to make a gift of up to \$100,000 from an IRA directly to the Sons of Norway Foundation or other charitable organization of your choice and exclude it from your taxable income. You can meet your required minimum distribution and do a lot of good at the same time for the charity of your choice. Please call me to explore more about this.

Also, are you looking for ways to spend your RMD? How about purchasing a gift of Life Insurance for your grandchildren. We have several plans where you can buy a Life Insurance policy with a one time, single premium.

Call me for details, 651-253-1943 or
e-mail at len.carlson253@gmail.com.



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Sons of Norway Vonheim Lodge #1-108

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April 11th Program

Marilyn is planning a terrific program.

More information will be in the next issue of the Saga.

