

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

## Fra Presidenten

### Celebrating Syttende Mai!

**In Norway:** The signing of the Norwegian Constitution in Eidsvoll on May 17, 1814 marked the beginnings of an independent Norway. The earliest celebrations were among students and to this day remains a central theme. Every elementary school district has a parade filled with flag waving children. The Oslo parade is the most notable, with over 100,000 participants and television coverage as the children and marching bands pass the Royal Palace and are greeted by the Royal Family. Graduating students culminate their Russ celebration, wearing of red caps and colorful overalls. It is interesting that the constitution day celebrations focus is on citizens, not military.

**In Minneapolis:** Mindkirken is home to a large celebration this year on Sunday, May 17. The Norwegian Glee Club sings at 10:30am followed by a worship service at 11. A flag parade marches through the neighborhood shortly after noon ending back at Mindkirken for a picnic lunch. The afternoon is filled with music, dancing and a presentation by Judge Tunheim on the events leading to the constitution.

**In Stoughton, WI:** This is home to one of the largest festivals running from May 15-17. There are canoe races, running events, 17 mile walk, an art fair, performances by Stoughton Dancers and much more.

Tusen Takk  
Merle Tingelstad

## Celebrate Syttende Mai

May 19th at 6:30PM  
Lutheran Church of the Good Shepherd  
4800 France Ave South,  
Minneapolis, MN



Join us for an interesting evening with the first-ever curator in Minnesota Twins baseball history, Clyde Doepner, who catalogs, maintains, and collects Twins memorabilia items for historical purposes. Mr. Doepner has extensive knowledge of the Twins organization and is also the owner of one of the largest Twins memorabilia collections in the world.

Collecting various items from an early age, Clyde Doepner became known as Clyde the Collector. He began collecting Minnesota Twins baseball memorabilia in 1981 when the Twins moved into the Metrodome. When the Twins hired Doepner as the team curator, he became known as Clyde the Curator.



## COMING EVENTS

(Most meetings at the Lutheran Church of the Good Shepherd, 4801 France Ave. So., Mpls. The meeting room is downstairs and wheelchair-accessible, including elevators). Board meetings one hour prior. .

May 19—6:30pm Vonheim Meeting, Lutheran Church of the Good Shepherd, Minneapolis

June 16—6:30pm Vonheim Meatball Dinner, Mindekirken, Minneapolis

### June 16th Annual Meatball Dinner

#### A new location: Mindekirken,

924 E. 21st Street, Minneapolis at 6:30 pm

Entertainment: Skeets Langley returns with a new program featuring a quartette of musicians on violins, bass and accordion

Don't miss out on the delicious meatballs. Tickets \$15 Adult and \$7 Child.

For tickets, please call

Russ Tokheim 952-835-4241

Bob Hagen 952-920-2602

Merle Tingelstad 763-422-0202

### Vonheim Lodge Meeting Notes

Norwegian Experience at 7500 Cooperative  
Tuesday, April 21, 2015

30 members and guests attended our social meeting. We began with several games of Bingo until our candy prizes were exhausted. Thanks to Gene Brandvold and Gregg Iverson for for coordinating the games.

## Vonheim Lodge Meeting Notes (cont)

When Bingo was complete, we had a brief meeting. We apologized for any inconvenience caused by having to relocate the meeting. LCGS was caught in a delay that meant new carpeting was being installed while we should be meeting. The good news is that the newly remodeled Fellowship Hall will be available for our meeting on May 19. Erling Husby reported that Irene Sunt, Mildred B. Peterson and Bill Kelley have passed away and several other members were hospitalized. Marilyn Boe announced our next meeting agenda includes a program by Clyde the Curator from the Minnesota Twins at LCGS on May 19.

Members were asked if they knew what Norwegian custom had commenced on April 20. In a period called Russefeiring, graduating students wear red caps and colorful overalls leading up to Syttende Mai.

Norway just decided to become the first country in the world to eliminate FM Radio beginning in 2017. Like television broadcasts, FM is being replaced by all digital broadcasting. There is no compatibility with the many car and home radios that receive FM, as a converter would be needed.

Elaine Peik of Borton Overseas made a presentation on what Borton offers to Sons of Norway members. Borton has a long standing connection of support for Sons of Norway, including a 5% discount for trips planned through them. Elaine is the director of their Scandinavian travel group. They have several unique arrangements for groups and individual trips.

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

## Midsummer in Norway Historical Roots

St. John's Day or *Jonsok* is celebrated on June 24 and is a religious holiday commemorating the birth of St. John the Baptist. Prior to the introduction of Christianity to Norway, the date was used to celebrate of the summer solstice, the longest and brightest day of the year. Because of the dual history surrounding the date, the remaining Midsummer traditions are an amalgamation of both Pagan and Christian customs.

### Did you know?

- The practice of lighting bonfires during Midsummer comes from the belief that fire "awakens" the ground for the next growing season and gives renewed strength to the sun. It was also believed to scare away evil supernatural spirits and witches who were thought to roam more freely this time of year.
- According to folklore, medicinal plants and herbs were believed to be at their peak potency during the summer solstice, lending support to the belief that supernatural beings were prone to scour the countryside collecting ingredients for their potions at Midsummer.
- In the 19th century it was popular in western Norway for children to dress in bride and groom outfits and participate in mock weddings as a symbol of new life.
- According to Christian legends, the crucifix at Rødal stave church in Norway was believed to contain special powers. During Midsummer, the crucifix was said to sweat, giving off healing power to those who touched it. Devotees made annual pilgrimages to the church up until 1840.
- St. John's Day was observed as a public holy day in Norway until 1771.
- The most popular foods consumed on Midsummer's Eve are fire roasted items like hot dogs or pølse and picnic fare such as pickled herring, smoked salmon or open-faced sandwiches. Norwegian strawberries and *rømme-grøt* are also common treats.
- In celebration of Midsummer the Norwegian town of Ålesund constructed a massive bonfire of wooden palettes, topping out at 132.71 feet, in 2010.

## Scandinavian Summer Fest

**June 28th** at Minnehaha Falls

The day begins with a combined Norwegian and Swedish church service led by Pastor Kristin Sundt and Antonio Spargo. Followed by the Barnetog (Children's Parade), dancing around the Midsommarstang (Midsummer Pole) led by Elise Peters and the ASI Spelmanslag, and the afternoon program culminating with the crowning of Miss Svenskarnas Dag 2016.

The entertainment includes: Norwegian and Swedish performing groups, Leroy Larson and the MN Scandinavian Ensemble, ASI and St Paul Swedish Male Choruses, Norwegian Glee Club, Daughters of Norway Chorus, Svenskarnas Dag Girls Choir, Vasa Jr. Folk Dancers. In addition delightful and authentic Scandinavian foods, vendors, demonstrators, exhibitors and handicrafts. Fun for all ages.

### Lodge Picnic at Wabun

**July 28th at 6PM** come enjoy BBQ chicken and ribs from Caps

**Cost: \$13**

**Reservations required to Marilyn 763-420-9980**

The usual beans and cole slaw will round out the meal

The same location as last year and the delightful weather from then too.

There will be various activities for young and old.

# Vonheim Saga

Sons of Norway Vonheim Lodge #1-108  
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**May 2015**

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

## Order your June 16th Dinner Tickets by Mail

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Number Adult @ \$15 \_\_\_\_\_ - Number Child @ \$7 \_\_\_\_\_

Along with self-addressed stamped envelope, mail to

**Merle Tingelstad  
13636 Marigold Street NW  
Andover MN 55304-7500**

**Reminder: New Location—Mindekirken**

