



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

## Fra Presidenten

### Frozen in June?

Anyone with young children knows the phenomenon of the movie “Frozen,” an animation inspired by Norwegian culture. It is about royal sisters. Elsa had powers to freeze things and abandoned Anna after a serious accident almost killed her when Elsa was making ice. Many scene settings are based on Norway.

Well it is time to get Frozen this June 21, as Norway Pavillion in Disney Epcot Center opens it its “Frozen Ever After” ride that replaces the “Maelstrom.” The ride takes you from Arendelle, past Troll Valley and up North Mountain to the Ice Palace. Movie characters make appearances during the ride including little “snowgies”—snowmen created each time Elsa would sneeze. There is also a Royal Sommerhus cabin where the family spent summers while the parents were alive. It sounds like great fun!

Tusen Takk  
Merle Tingelstad

**Tuesday, June 21, 6:30pm  
Lutheran Church of the  
Good Shepherd**

**Ice Cream Social!  
Bingo and Conversation**

**Enjoy the beginning of summer with us. Join us as we play Bingo. We will have ice cream along with your favorite toppings as we learn more about fellow members through guided conversations.**



## COMING EVENTS

Meetings are held at Lutheran Church of the Good Shepherd, 4801 France Ave. So., Mpls. The meeting room is downstairs and wheelchair-accessible, including elevators).

June 21st 6:30 PM Lodge mtg

June 26th Scandinavian Summer Fest

July 26th Picnic at Waubun Park

### **Vonheim Lodge Meeting Notes**

Lutheran Church of the Good Shepherd

Tuesday, May 17, 2016

19 members and guests attended our meeting and program. A brief meeting was held. It was noted that longtime member Jim Kleven passed away in April. A moment of silence was observed.

We announced the planning of an Ice Cream Social event for our June 21 meeting. The Scandinavian Summer Fest is at Minnehaha Park on June 26, the last Sunday in June. It begins at 10:30am and continues to 5pm. This is the merged Svenskar-nas Dag (Swedish) and Norway Day (Norwegian) festivals. While not organized, it is common for groups to bring some pot-luck items to share in the shelter. Our Wabun Park picnic is on the 26th of July featuring Capps BBQ chicken and ribs.

President Merle Tingelstad created a program on the Celebration of Syttende Mai. It was clarified why May 17 is not Norwegian Independence Day like the Fourth of July is in the United States. In the USA, the July holiday honors the signing of the Declaration of Independence in 1776, while the US Constitution was not ratified until 1789 after the colonies had fought Great Britain and won independence.

In Norway, the signing of their constitution on May 17, 1814 was the signal of their intent to be independent of Sweden, but was not actually achieved until Oct. 26, 1905. Hence Syttende Mai is their Constitution Day. It was noted that since 1905, the royal family has been an integral part of their celebration and the holiday is commonly or-called Norwegian National Day.

We reviewed the succession of Viking Kings that first unified independent Norsemen, later to lead to Kings that also ruled Sweden and the passing of the throne to Olav IV who already was King of Denmark. For a while Norway, Sweden and Denmark were ruled by a common King. Sweden fought for and achieved independence from this union in 1521. Norway was unable to win independence from Denmark. In 1812, Denmark fought as an ally of Napoleon against Sweden and Russia. They were forced to cede Norway to Sweden in the Treaty of Kiel in 1814, the same year that Norway held an assembly to create their constitution and appointed their own King, on May 17, 1814. The king was forced to abdicate, but Norway was allowed to operate under a limited constitution upon the confirmation of Swedish king Charles XIII in the Treaty of Moss. In 1905, the Storting (Norway's parliament) passed a resolution requiring separation from Sweden. They offered King Oscar of Sweden an opportunity to name one of his sons as King of Norway, but Oscar relinquished claims to Norway on Oct. 26, 1905.

We enjoyed video clips of actual Norwegian celebrations in Oslo including the stop at the Royal Palace and in Hovet, a small mountain village. A Syttende Mai music video with children reenacting the constitution assembly was shown. We closed with clips from Stoughton, WI and Mindekirken in Minneapolis, MN. A cake decorated as a Norwegian flag was enjoyed with other refreshments.

## **Men in the Church Ladies' Basement!!**

**The Plymouth Playhouse hosts their sixth production in the series. What happens when the roosters are allowed in the hen house? Join us on Sunday, September 25th at 3PM. The cost is \$38. Reservations required by Call Louise at 763-545-4827.**

### **Prisons Bursting at the Seam**

Norway's prisons are full. So full that they have signed a 3 year lease for the Netherlands to house 240 prisoners. It solves a problem for Norway as well as an economically depressed Netherlands.

It sounds like Norwegians are tough on crime until you look further into what is going on. With 3710 prisoners and total capacity for 3823, Norway has one of the world's lowest incarceration rates at 71 per 100,000 population. 35% are foreigners and climbing with influx of refugees.

It might surprise you to see the accommodations provided Norwegian prisoners (better than most college dorms). Flat panel TVs are in each room. They work a half day and are free for education, sports and leisure the rest of the day. They wear normal clothes, are referred to by name, can cook their own meals and use a well equipped computer center to Skype their friends and family.

Such a system could only work in Norway!

#### **Did you Know?**

Think you know everything there is to know about Norway? Test your knowledge with these unique facts.

1. Norway introduced salmon sushi to the Japanese in the 80s. It may seem hard to believe that what is now a staple ingredient in sushi, was actually the result of a successful seafood export initiative called "Project Japan" from the Norwegian seafood delegation in the late 80s.
2. Norway knighted a penguin. The result of a unique and long relationship between Hans Majestet Kongens Garde (His Majesty The King's Guard) and Scotland's Edinburgh Zoo, Sir Nils Egelien, a king penguin, was knighted by British Maj. Gen. Euan Loudon with the king's sword on behalf of H.M. King Harald V in 2008. A citation from the king read aloud at the ceremony described Nils as "in every way qualified to receive the honor and dignity of knighthood."
3. 8.2% of people in Norway eat tacos every Friday. Forget about "taco Tuesday," according to a study conducted by VG in 2012 400,000 Norwegians take part in the cultural phenomenon of "fredagstaco," enjoying tacos as their Friday dinner of choice.

# Vonheim Saga

Sons of Norway Vonheim Lodge #1-108  
Mailer: Dennis Sorheim  
1491 Dodd Road  
Mendoata Heights, MN 55118



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

**ADDRESS SERVICE REQUESTED**

Dated Material Prompt Delivery Please

**June 2016**

## **OFFICERS AND CONTACTS**

Merle Tingelstad, President	763-422-0202
Marilyn Boe, Social/Cultural	763-420-9980
Louise Bakken, Editor	763-545-4827
Dave Kompelien, Fin Benefits Counselor	651-454-6401

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

## **Joint Lodge Potluck at Scandinavian Summer Fest (Norway Day) June 26th**

**Bring a dish to share at noon in the pavilion**

**8:30 a.m. Midsommer Loppet 5K Family Fun Run**  
**10:30 Music prelude by Tjarnblom, musical group**  
**11:00 Norwegian/Swedish Church Service**  
**11:45 Barnetog (children's parade)**  
**12:00 Midsommarstang (May Pole) dancing and singing**  
**1:00 p.m. Norwegian and Swedish musical entertainment and dance all  
after noon**

**All day from 10 a.m. to 5 p.m.: authentic Scandinavian foods, vendors,  
demonstrators, exhibitors and handcrafts**