

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

## Fra Presidenten

Spring is here and brings with it the early migration of Snowbirds back to Minnesota. We were fortunate to have a milder winter. Of course, we also saw the earliest recorded tornados of the spring season.

We have a program on April 8 at Norway House at 1pm that is sure to warm and entertain us. You won't want to miss Norsetalgia, a fiddle program by Dave Swenson. Please share this with a friend.

The news of the passing of 91 year old, Ella Jensvold reminds us of two things. On the plus side. Norwegians have a long life expectancy. The other is that Vonheim has a lot of octogenarian+ members. New members will let us grow younger. Help us fill the room at our meetings!

Tusen Takk

Merle Tingelstad

April 8th at 1 PM at Norway House, 913 E Franklin, Mpls

David Swenson, a fiddler presenting a concert of Norwegian fiddle music. He is guaranteed to get your toes tapping and you humming along.

David grew up in Austin, MN. He learned to play violin and viola in the school orchestra program. He went to Luther College in Decorah, Iowa. He taught orchestra in Boone, Iowa for 35 years.

Don't miss this fun event.



## 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)

Apr 8th     Lodge mtg at 1PM  
May 20th    Lodge mtg at 1PM  
June 10th   Lodge mtg at 1PM

### Vonheim Lodge Meeting Notes

Norway House

Saturday, March 11, 2017

20 members and guests attended our March meeting and program. Vice President Tingelstad presided in the absence of Don Teigen. Our flags of Norway and the USA were brought to Norway House, so we began with the anthems of each country.

VP Tingelstad announced that Golden Member Ella Jensvold passed away mid February at the age of 91. A moment of silence was observed. Marilyn Boe reported on our upcoming meetings. Dennis Sorheim provided an update on camper scholarships. Gregg Iverson encouraged collection of stamps for Tubfrim.

Karen Laumb was our program. She had spent a summer in 2015 working on a økolandsby (ecovillage sustainable farm) in Hurdal, in Akershus county, Norway and finding her great-grandparents' homeplaces.

Karen began showing a picture of her great-grandmother. Her family came from Lunner in Oppland county. She was inspired to find out more and her mother was her financial sponsor.

She connected with the ecovillage where she would provide labor in exchange for room and board while in Norway. We were shown views from the farm. We were introduced to several of the people she stayed with including a girl from Scotland that became her best friend as native English speaking. Karen also became attached to an unnamed cat that took to her. Watching the playful young goats was always fun.

Karen's travels were limited to where she could hike to most of the summer, due to the farm duties. She had taken most of her pictures in this area. Karen did later get to Lunner to learn more about her ancestry. She found the church that replaced one of the older Stave Churches.

Karen was open to questions as she concluded her presentation. Thank you to Karen for sharing her Norway experience!



## The Smell of Cookies Boosts Coffee Sales

Pleasant aromas may tempt you to buy coffee or rolls, according to Swedish researchers. Is our desire to shop affected by smells on the street? Swedish researchers wanted to investigate whether consumers were more aware of shop signs when they were exposed to different scents.

They recruited 100 people on Kungsgatan, [a street] in Stockholm. They were equipped with special eyeglasses that can measure the eye's migration, so-called eye-tracking glasses. This enabled the researchers to see exactly what consumers' gaze fell upon.

Participants did not know that some of them were exposed to a steam machine, which pumped the aroma of chocolate chip cookies toward them as they unsuspectingly strolled past a certain café. More attentive The analysis of the goggles' data revealed what participants directed their eyes to, and for how long.

The participants who were exposed to the odor were 50 percent more attentive to the café signs than those whose noses did not smell delicious aromas, according to the researchers.

The researchers sprayed steam with the smell of chocolate chip cookies at the participants who passed by on the sidewalk.

A total of 27 percent in this group remembered that they had seen the signs on the sidewalk or on the wall afterwards. They were also more positive about the brand that sponsored the study.

In addition, their propensity to buy something at the café increased by 40 percent compared to the control group.

Fragrance in combination with signage "The sign material is crucial for the smell to have any effect on sales. The scent must be combined with relevant information in the environment," says Professor Anders Gustafsson in a press release from Karlstad University.

"The insights provided through the eye-tracking study help us optimize how we hang signage," said Leif Sjöblom, who is responsible for innovations in [the café].

## Almond Star Cookies

2 Sticks unsalted butter, softened  
1 Cup whole blanched almonds  
½ Cup Sugar  
2 Cups Flour  
¼ Tsp Salt  
1 Tsp Almond extract  
Powdered sugar, for dusting cookies

Puree ½ cup of the whole blanched almonds in your food processor and set aside. Coarsely chop the remaining ½ cup of almonds and reserve for later.

In a large mixing bowl whisk the flour and salt together and set aside

In another bowl cream the butter. Add the pureed almonds and sugar. Blend well. Add almond extract. Next, add the flour mixture

Prepare a lightly floured surface and pour out the dough, divide your dough in half. Shape each half of the dough into a disc and wrap it in plastic wrap. refrigerator to chill for at least an hour.

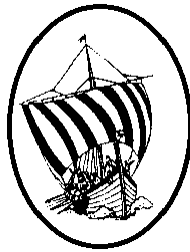
Preheat oven to 325°. Lightly flour your work surface and roll out one disc of dough until it is about 1/4" thick. Cut out your shapes using various star cookie cutters. Sprinkle with the coarsely chopped almonds.

Bake for 15-20 minutes. Place your cookies on a wire rack to cool. Dust them with the powdered sugar or with sanding sugar if you want more color. Another great option are luster pearl deco dots.

Makes about 4 dozen cookies. (*Note: These cookies can be stored in airtight containers for about a week.*)

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

## **David Engen, participant in Alt for Norge, will share his experiences with this Norwegian television program.**

David grew up in southern MN on a farm near Albert Lea. His 100% Norwegian paternal grandparents lived with his family for many years.

His grandmother's family came from the Gudbrandsdalen valley. His grandfather from Valdres. They emigrated in the late 1800's.

Alt for Norge is a popular reality show that each year selects 12 Americans with Norwegian ancestry. They compete as teams and individuals for the designation of the most Norwegian of all.

David competed in 2015 and received the prize of a family reunion with relatives still in Norway.



**See you at Norway House on May 20th at 1PM for coffee and a great program. (Note the date change)**