



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

Fra Presidenten

The Vonheim Lodge meeting at Norway House on April 8 featured Dave Swenson, a retired music teacher from Boone, IA, who is a talented fiddle player. He played a wide ranging selection of fiddle tunes, mostly from Norway. His concert was entitled "Norsetalgia". Tunes included waltzes, polkas, a reinlender, and the familiar tunes Niedelven and Hils Fra Meg Der Hjemme. A most enjoyable program! At program's end, a delicious lunch was served.

Future Programs:---

On Sat., May 20th, 1 PM, David Engen, a native Minnesotan who recently competed in Alt for Norge, a popular reality TV program which is only televised in Norway.

Each year 12 Americans with Norwegian ancestry compete for the designation of most Norwegian. This should be a very humorous program!

Scandinavian Summer Fest will be held all day on Sunday, June 25, at Minnehaha Park in Minneapolis. This event has a full program of entertainment and activities for all ages. Vonheim Lodge will be co-hosting a potluck lunch at 12 noon in the park pavilion. On May 17th Norwegians will be celebrating Norway's Constitution Day (See Facts Sheet on page 3).

So celebrate your heritage and have a Happy Syttende Mai!

Tussen Takk! Don Teigen



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)



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)

May 20th Lodge mtg at 1PM
June 10th Lodge mtg at 1PM
June 25th Scandinavian Summer Fest
July 25th Lodge Picnic at 6PM

Vonheim Lodge Meeting Notes

Norway House

Saturday, April 11, 2017

25 members and guests attended on a beautiful 74 degree Saturday. President Teigen returned from Arizona to lead the meeting. VP Tingelstad said that he had recently been informed by the post office that Golden Member, Alice Velandar had passed away in October 2015 at the age of 100. Dennis Sorheim and Hellen Opsahl had attended her 100th birthday celebration in July that year in Frederick, WI. It was unusual for it to take that long to get news of someone passing. Erling Husby had also recently visited 97 year old, Burre Schanche and he is doing well.

Marilyn Boe talked about our next program on May 20 at Norway House. David Engen will present his experiences as a participant in the Norwegian reality show, Alt for Norge. It is a humorous program of Norwegian Americans learning about their Norwegian roots. David won a trip to Norway to visit relatives This promises to be a fun time.

Our featured guest for the day, Dave Swenson, was introduced. He came with his mother from Austin, MN, where she was a Sons of Norway member. Dave lives in central Iowa near Des Moines and tries to plan events like this around times he can visit with his daughter in the Twin Cities. Dave was raised in a Sons of Norway household

that encouraged each of the children to take up music at a young age. Dave took on the violin, playing Norwegian tunes for Austin lodge events. He also played guitar in a 3pc band with his brothers, picking up some spending money by doing weddings.

Dave went to college at Luther in Decorah, IA, which is known to be a very Norwegian town in between bluffs with a river flowing through it. Dave played at a number of Nordic Days festivals. Dave graduated with a music major and having played violin in their symphony orchestra. He went on to become a violin instructor for a career. Now retired, he enjoys doing the Norsetalgia program. His daughter has also taken up violin instruction as a career.

Dave played examples of several dance pieces: polkas, waltzes, schottische, Reinlander and familiar tunes like Nidelven and Hils fra mig der hjemme. He explained that a violin and fiddle are essentially the same instrument, but that it is the technique of how it is played that differentiates fiddle music. The Hardanger Fiddle is an exception and is constructed quite differently, with 4-5 resonating understrings that give it a very distinct sound. Dave doesn't play a Hardanger Fiddle, but did a great job of trying to emulate the sound for one song using a lot of double stop technique. We enjoyed the program very much. Thank you, Dave!

Mindekirken celebrates Syttende Mai

A special festive service beginning at 10:30 a.m. on May 21st with a choral Prelude Concert, followed by a traditional Norwegian language service using the liturgy and hymns of the Church of Norway. Celebrating Norway's Constitution Day (May 17 actual date) Flag parade at noon and picnic & entertainment from 1-3PM.

Facts about Norway's Constitution

Most of us know that the Constitution was signed on May 17, 1814, a day that Norway celebrates today with massive parades and parties annually. But there are plenty more interesting facts surrounding this event, arguably Norway's greatest event in history.

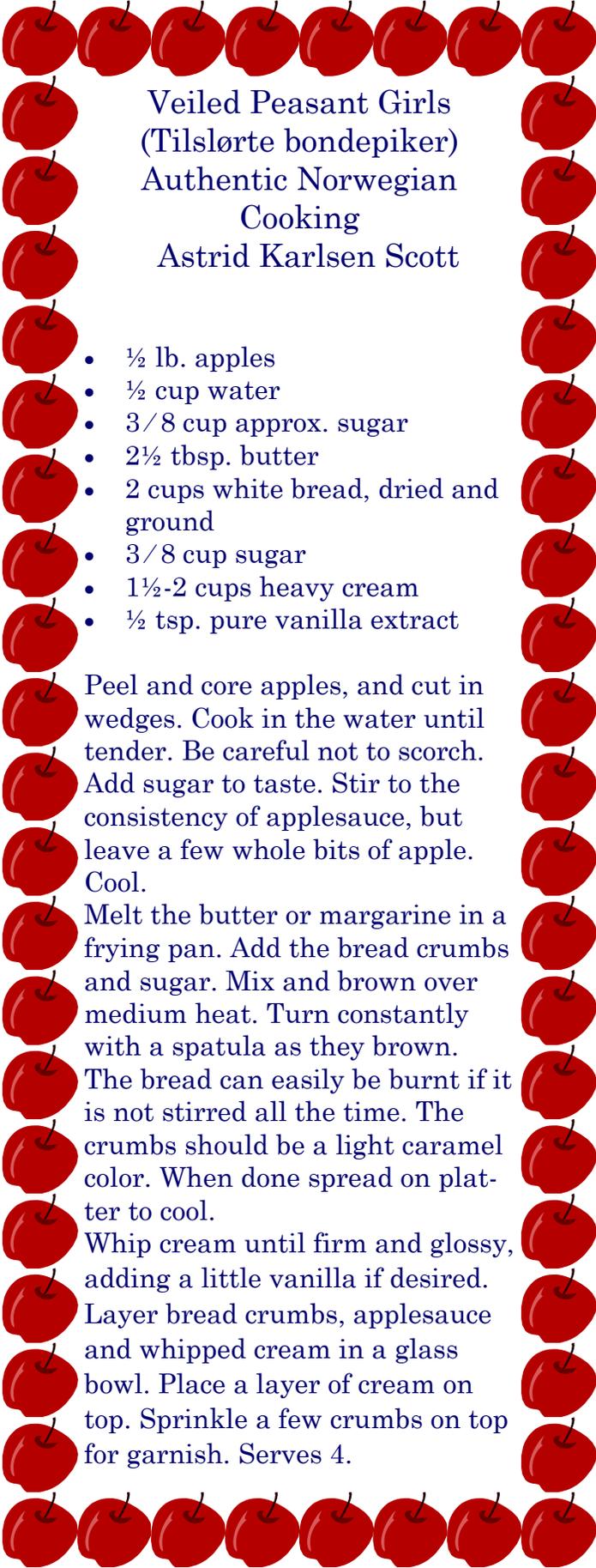
• Did you know...that the Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today? At the time it was also considered to be the most forward thinking and radically democratic Constitution ever written.

• Did you know...that the Constitution underwent a linguistic revision in 1903? The overall language of the Constitution has basically remained unaltered, and the 1903 language is still used when proposed changes are made to the Constitution.

• Did you know...that the document was inspired by the United States and French constitutions? The main difference was the text that referred to Norway as a Constitutional Monarchy.

• Did you know...that within the famous portrait of the Constituent Assembly at Eidsvoll, about 70 of the 112 delegates present were painted well enough to be identified?

• Did you know...that the representatives who put the Constitution together were under great pressure to finish the document? The Constitution was written and signed in 5 weeks. The January 14, 1814 Kiel Treaty said that Denmark would relinquish control over Norway to Sweden. During that transition of power Norway was considered an independent kingdom. In taking full advantage of that control a Constituent Assembly was put together, a King was appointed and a Constitution was written.



Veiled Peasant Girls (Tilslørte bondepiker) Authentic Norwegian Cooking Astrid Karlsen Scott

- ½ lb. apples
- ½ cup water
- 3/8 cup approx. sugar
- 2½ tbsp. butter
- 2 cups white bread, dried and ground
- 3/8 cup sugar
- 1½-2 cups heavy cream
- ½ tsp. pure vanilla extract

Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool.

Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown.

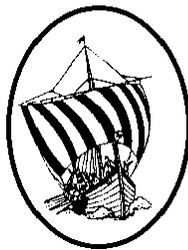
The bread can easily be burnt if it is not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool.

Whip cream until firm and glossy, adding a little vanilla if desired.

Layer bread crumbs, applesauce and whipped cream in a glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish. Serves 4.

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ICE CREAM SOCIAL! BINGO and CONVERSATION



Saturday, June 10, 1:00 p.m.
NORWAY HOUSE

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.

