



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

Fra Presidenten

The Lodge meeting on Sat., Sept. 9, on the Viking Age presented by Dennis Rusinko, District 1 President, was most interesting and colorful. Dennis, in his Viking chain-mail costume, with sword and shield, explained how the Vikings were more likely to be farmers, hunters, or tradesmen than warriors. Various artifacts including axes, hatchets, and carvings were on display. For full report on the program see separate article in this issue.

Upcoming Vonheim events through year-end:

Tues., Oct. 17, at 6:30 PM at Lutheran Church of the Good Shepherd in Mpls. Torsk-Meatball Scholarship Fundraiser Dinner

Sat., Nov. 11 at 1 PM at Norway House—DVD on Travels to ancestral farms in Norway. Presented by Chris Falteisek. His Christmas Music DVD's will be available for purchase. A Potluck Lunch will be served afterwards

Tues., Dec. 19, 6 PM at Lutheran Church of the Good Shepherd in Mpls. Annual Christmas Julebord. Family event.

Looking forward to seeing you at the above activities of Vonheim Lodge.

Hilsen,

Don Teigen Vonheim Lodge President

**Annual Torsk and
Meatball Dinner
Tuesday, Oct 17th
6:30 PM**

**Lutheran Church of the
Good Shepherd
48th & France S
Mpls**

**This is our Scholarship
Fundraiser to help send
kids to language camp**

**Tickets are \$15 for adults
and \$7 for children
12 and under**

Tickets available from:

Gene Brandvold

952-831-4361

Bob Hagen

952-920-2602

Erling Husby

952-484-5780

Russ Tokheim

952-835-4241

CAKES NEEDED

Call Marilyn

763-420-9980

if you can bring one

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)

Oct 17th Dinner at 6:30PM at
Lutheran Church of the Good Shepherd
Nov 11th Lodge Mtg at 1:00PM
Potluck at Norway House
Dec 19th Julebord at 6:00PM at
Lutheran church of the Good Shepherd

Vonheim Lodge Meeting Notes

Norway House
Saturday, September 09, 2017

13 members and guests attended our monthly meeting at Norway House. Vice President Merle Tingelstad chaired the meeting in the absence of the president. We were pleased to have District President Dennis Rusinko in attendance as both our featured speaker and to answer Sons of Norway questions. Dennis talked about the 2018 international convention to be hosted by District 1 in the Twin Cities next August. The hotel and an event at US Bank Stadium will be accessible from the Hiawatha light rail line. Volunteer support will be needed from metro lodges.

Dennis talked about the home office building. We have heard that it was sold to a developer. Sons of Norway has a lease back option built into the purchase agreement for space required by the home office. As far as we know, the developer might be reconstructing and would require Sons of Norway to relocate to temporary quarters.

Financial Benefits Counselor, Ray Brau, was present to give Vonheim a check for \$313, a lodge benefit based on amount of insurance in force.

Marilyn Boe talked about upcoming programs. Our October meeting will be a scholarship dinner held

at Lutheran Church of the Good Shepherd on Tuesday, October 17 at 6:30pm. Our November meeting is back at Norway House on Saturday, November 11 at 1 pm. It will be a potluck dinner. There are limited outlets in our meeting room, so it is encouraged that we not have a lot of crock pots.

Dennis Rusinko is a co-founder of the Viking Age Club, along with Gary Anderson. Dennis came to speak to us about the real Vikings, as there were a number of misconceptions and about the them

First of all a real Viking was more likely a farmer, hunter or a tradesman than one to go out and battle. The mortality rates for those in battle was approaching 80%, so it would not be a good occupation. However, the Vikings were great explorers and made many encampments for trading along various waterways. The early Vikings has navigation tools for both latitude and longitude. We know that Dublin was founded by Vikings in 988AD for a trading center and became the largest city in Ireland There are early excavations in York, England as well.

Dennis wore a Viking costume, that would have represented a person of some wealth as it had ornate trim and blue colors that we difficult to obtain. He wore a necklace common for both men and women. He had a leather belt, but a cloth sash would have been more common. He also had legging cloths that were tied around the pants that would keep them close to the body and could be used to tie onto a carcass to drag back to camp. A knife was commonly worn on the belt. It was a universal tool for clearing brush, cutting meat and many other uses. A Viking going into battle may have many things. A hand held ax (hatchet) might be used in close combat. A Viking sword was light and flexible to be able to move very swiftly with minimal effort. A long ax (often used for chopping trees) had a sharp curved blade that would be easy to dislodge and was capable of cutting through chain mail.

Dennis showed an iron helmet with long chain mail to protect the neck line. This was another sign of wealth due to the cost of the iron and armor. A more common helmet would be soaked leather.

The Viking shield had wood boards with the grain going across the width. The boards were held together with metal straps and an iron center grip that would protect the hand from arrows. The grain would allow an enemy weapon to penetrate enough to be lodged and could then be pulled down with the shield to expose the opponent. The wood was replaced often after battle.

Dennis put on body armor (chain mail) that took over 600 hours to assemble and weighed 45 pounds. This would protect the torso from swords. The most vulnerable part of the Viking was the legs and resulted in most mortality.

Dennis showed us a couple of wood carvings that he had done. The more ornate had taken him over 650 hours to complete.

EVENT ALERT

33rd Annual Nordic American Thanksgiving Breakfast

Bringing together people of Nordic heritage to celebrate freedom, faith, family and friends

WHEN: Tuesday, November 21, 2017
Doors open at 6:30 a.m., program begins at 7:00 a.m.

WHERE: DoubleTree by Hilton, Grand Ballroom
7800 Normandale Blvd., Bloomington, MN

TICKETS: Tickets are \$25 per person, \$20 for students and \$250 for a 10-person reserved table.

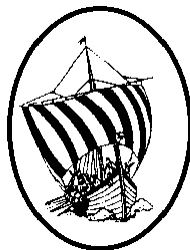
Ticket sales begin October 1, 2017. Purchase online at www.sonsofnorway.com or call Sons of Norway at (612) 821-4640.

Denny Rusinko shared information on his woodcarving expertise and life during the Viking age



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Sons of Norway Vonheim Lodge #1-108
Mailer: Merle Tingelstad
12895 Kerry St NW
Coon Rapids, MN 55448



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October 2017

OFFICERS AND CONTACTS

Don Teigen, President	952-922-6282
Merle Tingelstad, Vice President	763-422-0202
Marilyn Boe, Social/Cultural	763-420-9980
Louise Bakken, Editor	763-545-4827
Adele Davis, Cheer Person	612-822-7663
Ray Brau, Fin Benefits Counselor	952-994-5762

www.Vonheim108.org

Check your recipe box and find that special item.

Sat., Nov. 11 at 1 PM at Norway House—time for our annual Potluck Lunch

Our program is a DVD on Travels to ancestral farms in Norway presented by Chris Falteisek. His Christmas Music DVD's will be available for purchase.

