

Vonheim Saga



Vol 111, No. 2

April 2020

Vonheim Saga
Published Monthly by Vonheim Lodge
#1-108

Fra Presidenten

We are in unprecedented times. It is quite a challenge to make plans for future events, particularly those in the next few months. Our meeting facility, Norway House, is closed indefinitely. Concordia Language Villages offices are closed until at least April 16. Sons of Norway has postponed all District and International Conventions until 2022. Norwegian genealogy fairs have cancelled their big annual event in Duluth this June.

Vonheim's top priority in planning is to not put member health at risk. As such, we had to postpone our March meeting to comply with MN Dept of Health guidelines. We do not foresee any significant change by April 11 and are postponing that meeting also. At this time, we hope there will be an easing of restrictions before May and June meetings, accepting the possibility we might have to postpone them.

Meanwhile, please keep yourself safe. Wash hands frequently, practice social distance. Stay home if you are not feeling good. We look forward to seeing you again!

Tusen takk, Merle Tingelstad

Join us May 9th at 1PM

At Norway House

Arna Rennan and her husband, Brian Dack, will entertain us with traditional Norwegian folk melodies. Arna will perform slaatter og stev fiddle tunes and the songs that go with them. The repertoire is predominantly springar and gangar from the region of Telemark.

Brian Dack accompanies Arna with guitar playing.

This will be a delightful program you do not wish to miss.



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 9th Lodge Mtg at 1:00 PM

June 13th Lodge Mtg at 1:00 PM

July 28th Lodge Picnic at Wabun

Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]."

Norwegians Give Sámi Name to Distant Star and Planet

A star and planet 200 light years from Earth were officially given Sámi names recently, following a national naming campaign in Norway. The star in the distant solar system has been named Násti, meaning "star," while the planet is called Albmi, or "heaven."

The naming took place as part of a worldwide campaign by the International Astronomical Union (the organization in charge of naming newly discovered stars and planets) in celebration of its 100th anniversary. The global campaign, known as NameExoWorlds, invites every country worldwide to name a designated planetary system consisting of a star and an orbiting planet. Each star can be seen from its assigned country and is visible through a small telescope.

Norwegians submitted a total of 824 proposals to name the star and planet duo. The winning proposal was submitted by high school student Emma Stefanussen, who said the idea for the names was suggested to her by an ethnic Sámi friend. Stefanussen is a resident of Andøya, an island in the far north of the Lofoten archipelago.

A Little Humor

Knute, was traveling along HWY 35 when a highway patrol car commenced following him with flashing lights blinking wildly. Knute did not slow down or respond, so the patrolman pulled up along side him, gesturing for Knute to stop. Still Knute drove on. So the patrolman, now in the lead, maneuvered his patrol car so it forced Knute to stop. "What's the big idea?" bellowed the patrolman. "Don't you know you're supposed to stop when I have the lights and siren on?" "Vell", said Knute, "It's like dis. Three veeks ago a highway patrolman ran off with my wife, and I just figured he vas trying to bring her back."

Bergen Rum Balls

Submitted by: Vesterheim Museumsbutikk

Ingredients

For the pastry

3 1/2 Tbsp. sugar
3/4 cup flour
1/3 cup margarine

For the cream puffs

2/3 cup water
3 Tbsp. margarine
1/2 cup flour
2 eggs

For the filling

2 egg yolks or 1 egg
1 1/2 Tbsp. sugar
1 3/4 Tbsp. corn starch
1 cup full-fat whole milk
2-3 Tbsp. rum
Scant 1/2 cup whipping cream
12-14 cocktail cherries



Instructions

For the pastry

Combine sugar and flour and cut in the margarine. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour.

Preheat the oven to 210 C (425 F).

For the cream puffs

Bring water and margarine to a boil. Add the flour and stir until the mixture forms a ball.

Remove from the heat. Cool slightly, then beat in the eggs, one at a time.

The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.

Roll out the pastry. Cut out round cookies with a 6-7 cm (2 1/2") cutter. Drape them over the balls and press carefully against the baking sheet.

Bake until golden, 25-30 minutes.

For the filling

Whisk together eggs, sugar, cornstarch and milk in a saucepan. Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally. Stir in rum. Whip the cream and fold into the rum mixture.

Puncture the bottom of the cream puffs. Fill a pastry tube with rum cream and pipe the mixture into the cream puffs. Top each with a cherry.

From the Desk of Len Carlson, Financial Benefits Counselor:

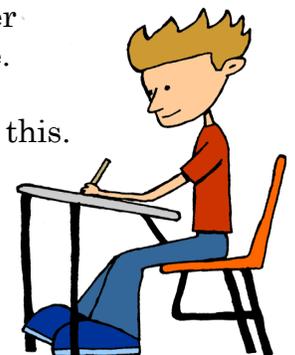
Did you know that a Qualified Charitable Distribution (QCD), also known as an IRA charitable rollover gift, allows individuals 70 1/2 or older to make a gift of up to \$100,000 from an IRA directly to the Sons of Norway Foundation or other charitable organization of your choice and exclude it from your taxable income.

You can meet your required minimum distribution and do a lot of good at the same time for the charity of your choice. Please call me to explore more about this.

Also, are you looking for ways to spend your RMD? How about purchasing a gift of Life Insurance for your grandchildren.

We have several plans where you can buy a Life Insurance policy with a one time, single premium.

Call me for details, 651-253-1943 or e-mail at len.carlson253@gmail.com.



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Sons of Norway Vonheim Lodge #1-108

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April 2020

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June 13th Program

Dick Enstad tells the story of the thousands of Norwegian coastal farmer/fishermen who would make the dangerous winter journey north to the fishing grounds of the Lofoten Islands.

Dick's powerpoint presentation tells the historic story of the fish, the products plus the life of the fishermen and the tools and techniques of their trade.