



**SONS of
NORWAY**

Vikingland Lodge 1-495



LODGE NEWSLETTER

May/Mai 2018

PUBLISHED MONTHLY BY VIKINGLAND LODGE 1-495

SONSOFNORWAYDL.ORG

Sons of Norway Mission Statement

The mission of the Sons of Norway is to promote & preserve the heritage & culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.



Calendar of Events

- May 1 Første Mai - Norwegian Labor Day
- May 8 5:30 PM Board Meeting
7:00 PM Lodge Meeting
Frigjøringsdag (Independence Day)
- May 17 Syttende Mai (Constitution Day)
- May 28 Memorial Day

Hei Alle Sammen! Fra Presidenten

Hei alle sammen!! (Hi all) The sol (sun) is shining bright, the storm has passed (to the South...thank goodness), the temperaturer (temperatures) are supposed to be in the 50's and into the 60's this week. It is getting more clear to me that Spring is about to skje (happen)...finally!!

To update you, our April Foundation fundraiser... the Stille (Silent) Auction, went very well. Unofficially, we made about \$1,100 which is about \$100 more than last year. A big "Thank You" to all that brought items to give away and for others to purchase. Hopefully, everyone went home either lykkelig (happy) that they purchased something, or happy that they got rid of something, or both. Your gifts of items or dollars will be used wisely to help those in our samfunnet (community) who experience need in their family.

The Board received a \$200 Gift Card from SON Headquarters for the good recruitment efforts of members at our last Membership Dinner. After much diskusjon (discussion), we elected to put that \$200 in the projector fund, which has a balance of about \$450-\$500. If



Marshmallow Shelter Program presentation at April meeting.

you wish to donere (donate) towards this cause, please provide a check to one of the board members.

A board komiteen (committee) was established to begin work on the Scandinavian Festival for 2019. If you would like to work as a committee member, please contact: Dorothy Hoover, Carol Turner or Bonnie Mohs.

And finally, we will basically operere (operate) our meetings much like we have been doing. Our survey results were very positive and with good comments. The Board will work to

keep meetings to about 30 minutes and programs to about 45 minutes. Takk (Thanks) for your input.

Velsignelser (Blessings) on your reise (journey) through life.

Joe Merseth, Presidenten



Greetings from the Social Director

This month's program will be Bob Satterlie from Pelican Rapids. He is a pastor in Pelican Rapids and usually has Fridays as his day off. He has written a book called "Friday Poems". He tells me that writing poems has been a hobby of his for quite some time, and Fridays are when he puts his thoughts on paper. He will have his book for sale if anyone is interested in making a purchase.

Looking ahead to June, Trio Con Brio from Sweden will be returning to Detroit Lakes for another concert. We have been fortunate to have them entertain us in the past and know that it is an

evening of beautiful music. A change in location: This year the concert will be held at First Lutheran in Detroit Lakes on June 19, at 7pm. A free will donation and open to the public. Watch for posters and newspaper information.

Our silent auction last month was a huge success! All proceeds go to community based projects, so thanks to all for your contributions and purchases.

Hope to see many of you in May, enjoy the warm weather!

Dorothy Hoover, Social Director

Greetings from the Foundation Director

Happy Spring! Even though it's late in coming, there is hope we will have warmer weather, the robins are back.

A great big thank you to all who participated in our Silent Auction for the foundation fund raiser in April. We had some wonderful donations, the baked goods all looked yummy, the Big Roc meat was a success and all the other items as well. There was such a nice variety of things that you brought. Your

financial support means we will be able to continue giving Christmas gifts to needy families as well as donations to other organizations in the community. We raised over \$1,100 dollars this year, amazing! We will be deciding how to distribute these funds at our next board meeting, if you have suggestions please let me or any board member know.

Mange tak, (many thanks),
Carol Turner, Foundation Director

Friendly Reminders...

STAMPS: Remember to save the stamps (leaving a quarter inch around the edges). Please bring these to Dorothy Hoover.

SCHOLARSHIPS: Remember there are two \$300 scholarships available to attend a Norwegian Folk High School. Our district also sponsors scholarships to attend Concordia Language villages this summer studying Norwegian, Danish, Swedish or Finnish. Applications are due May 10th. Contact Roger Josephson for additional information. You can also apply online at <https://sonsofnorwaydl.org/summer-camps/>

Ready, Set, Go!



The 2018 Sons of Norway new member campaign is underway. Recruiting members will be recognized with this exclusive pin. The beautiful design celebrates Norway's mountains and Northern Lights.

HAPPY BIRTHDAY!!!

May 2018

- 3 Virginia Earley
- 11 Cassidy Steinbach
- 12 Walt Aanenson
- 15 Kermit Lyngaas
- Janice Ness
- 16 Tom Dalen
- Gayle Seter
- 18 Bruce Dahlberg
- 21 Janet Raymond
- 24 Sandra Huwe
- 26 Karen Merseth
- 29 Karen Hill



Make your own
Kransakake
Almond Cake for
your Birthday!
Get the recipe at:
www.sonsofnorwaydl.org/kransakake



Solskinn Hjørne - Sunshine Corner -

Please send warm thoughts (varme tanker) and prayers (bønner) this month to Terry and Betty Carlisle and Larry and Cheryl Olson on the passing of Terry and Cheryl's sister Pat Burzette. Also sympathies to Chuck and Gothe Jensvold on the passing of Chuck's sister. We also send prayers to JoAnn Schott and family as JoAnn's granddaughter was born pre-mature and is still in NICU. Also to Bob Hoover who is undergoing treatments for bladder cancer that has returned.

If you know of someone who should be added to our Solskinn Hjørne (Sunshine Corner), please email Dorothy Poffenberger at dndpoff@arvig.net or call 218-847-8288.



Cardamom Ring Cake

Ingredients

For the Cake

- 3 Packets active dry yeast
- 3/4 Cup tepid milk
- 3 Eggs (1 for brushing the cake)
- 4 Cups all-purpose flour
- 3 1/2 Tbsp. sugar
- 1/2 Tbsp salt
- 1 Tbsp cardamom
- 11 Tbsp butter
- 4 Tbsp. raisins
- 4 Tbsp. candied citron
- 4Tbsp. chopped almonds



For the Filling

- 9 Tbsp. butter
- 4 1/2 Tbsp. sugar

Directions

Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles

coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Set side covered in a cool space.

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic.

Roll out into a 6 x 34 inch long ribbon.

Spread this filling all over the roll. Sprinkle with raisins and chopped, candied citron, and chopped almonds for extra taste, if desired.

Roll together and form into a twist on a baking sheet, put away to rise once again. Brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400-450 degrees F).

Greetings from the Culture Director // Experience Trollstigen

Have you ever had a scary adventure? If your in Norway this one will do the trick. Trollstigen-the Troll's Road. Steep slopes and sudden turns to see stunning surrounding mountains and maybe troll's humps. Norwegians do not recommend traveling this road if you have problems with height. It resembles a giant troll's back.

In spite of all the risks, unbelievable waterfalls and mountains make the road a very popular tourist attraction drawing around 600,000 drivers every season which lasts from May or June to October or November when the way is not blocked with snow. If Norway is having our winter weather, I would wait till after June to drive.

They still recommend to check weather forecasts for the foggy days which could hide all the beauty. Each of the 11 hairpin turns has its own name, often named after the person who supervised the construction work on that particular section. Some of the road is carved into the mountain and other places built in stone.

Opened in 1939 it wasn't long before it became a tourist attraction. There is a restored hiking path to climb for those who wish to experience Trollstigen by foot.

Trollstigen is part of the National Tourist Route Geiranger. A two-hour drive that runs all the way from Trollstigen to the bottom of the famous

Geirangerfjorden.

So many things to see in Norway. What a great adventure!

Till next time, Happy Spring! Things are starting to grow.

Cindy Sauer



The "Troll's" road from Trollstigen to Geirangerfjorden, Norway.



Hurray, It's the 17th of May!

As the nation's most celebrated holiday, Syttende Mai honors the anniversary of the signing of the country's constitution in 1814. Over time the day and what it represents to the people of Norway has evolved greatly. Historically, May 17 stood as a day of politics involving speeches and rallies; today it is filled with national pride, festivities and tradition.

Each year, thousands of people in Norway—and around the world—take part in waving Norwegian flags, marching in city parades and professing their love of Norway. Many of today's festivities are centered on music, food, children and graduating high school students. The largest parade takes place in Oslo and consists of more than 75 schools and marching bands, and is even attended by the Royal Family.

For more facts about Syttende Mai and details on how the day is celebrated, check out the Sons of Norway blog at https://www.sofn.com/blog/2017/05/16/148/syttende_mai_10_fun_facts.

Also, while you're celebrating with family, friends or your lodge, remember to take lots of photographs. The Viking magazine's District Happenings Section is the perfect place to showcase your Norwegian celebrations. For information on how to take and submit photos for consideration in the Viking magazine District Happenings Section, check out the updated Viking Photo Guide found in the Member Resources section of the website: https://www.sofn.com/_asset/wj4q66/District-Pages-Photo-Guide.pdf.



Dressed in traditional Norwegian dresses, bunader, the people of Bergen process in the Syttende Mai parade down the Bryggen, or wharf, a UNESCO World Heritage Site.

Norwegian Startup Brings Robots to the Classroom

Norwegian startup company No Isolation is helping children and young adults around the world use robots to battle loneliness and involuntary isolation.

Founded in 2015, No Isolation's mission is simple: to be a thought leader on issues related to loneliness and find solutions for individuals living in vulnerable situations because of it. Research has proven that social isolation and loneliness among children in particular can lead to many lifelong physical and psychological disorders like depression and anxiety. No Isolation believes a big factor in battling this social issue is simply allowing these individuals to participate in everyday

normal life.

To help in this endeavor, No Isolation created the world's first telepresence robot called AV1. Specifically developed for children and young adults unable to attend school due to long-term illnesses, AV1 allows them to participate in classes, learning environments and social settings from home, hospital bed or anywhere else they might be.

AV1 is built like an avatar and can be brought indoors and outdoors. It acts as the eyes, ears and voice of the student from inside the classroom as they watch, participate and interact through a hand-held tablet. AV1 is not only instrumental in helping these students learn in ways not possible before, but it also lets them

maintain relationships with their school friends—making any return to school easier and more comfortable.

No Isolation currently helps more than 400 individuals across the globe, and has been granted The European Commission's Seal of Excellence Certificate. The company also took home awards for Best Social Tech Startup and Best Newcomer at the 2017 Nordic Startup Awards.



Eirik and his AV1, Photo courtesy No Isolation

Expanded Coverage Sponsored By **cora+krist**

Proud to support the marketing and digital efforts of Vikingland Lodge

Learn More at coraandkrist.com



11,000 year-old Bones Found at the Bottom of the North Sea

Between Britain and Denmark, in the middle of the North Sea, there was a vast land mass 6,000 years ago. People lived there for thousands of years. [In the picture shown] you see a part of a human skull and a cattle bone in which a pattern has been cut. The pattern has been made by humans. The skull is dated at around 11,000 years old, while the cattle bone is around 11,500 years old.

But these bones were not found in an archaeological excavation. Both of them have been pulled from the seabed in the North Sea between Britain and Denmark by fishing boats over the past 10 years.

And no one threw these bones into the North Sea at any point. It's been no more than 6,000 years since this was dry land. A dense land area of almost 750,000 square kilometers is now below sea level, and both humans and Neanderthals lived there for a long period of human history.

Doggerland

The area is called Doggerland. It was probably a fertile region, and among other things, mammoths have been found at the bottom of the North Sea.

This is also not the first time human bones have been pulled up by fishing boats. In 2009, a Neanderthal skull was pulled from the bottom of the North Sea. It turned out to be more than



This engraved bison bone was found in the North Sea.

40,000 years old.

The sea level was much lower at the time than it is now. While northern Scandinavia was covered by thick ice, about 13,000 years ago the sea level was around 60-80 meters below today's level. As the ice melted, Doggerland became slowly but surely flooded. Hence, the living area for the people who lived here also disappeared.

The Pattern

The skull is not complete, so there's not much for scientists to interpret from it. A description of the skull and cattle bone was published in the journal *Antiquity*.

The researchers can't tell if this was a woman or man, but it was an individual between 22 and 45 years old. Bone analysis shows that the person probably lived mainly from food that came from

farming.

The animal bone comes from some kind of cattle. The most sensational thing about this leg is that someone has embellished it. Someone carved several rows of a zigzag pattern with a thin, pointed tool.

There are few examples of bone art that are this old, so it's an amazing stroke of luck that this particular bone was drawn from the seabed. Dutch researchers mention a few similar discoveries from Europe: A horse jaw from Wales, moose antlers from Poland and a deer antler from France, all with similar motifs, and all dated as being between 10,000 and 12,000 years old.

There are probably many more remains from animals and humans who lived on Doggerland on the seabed in the North Sea, so there is still a lot that could emerge.



Syttende Mai Dinner

Free Will Offering Norwegian Dinner



Scandinavian Meatballs, Gravy, Mashed Potatoes, Glazed Carrots, Lefse, Flat Bread, Dinner Rolls, Rommegrot, Krumkake, Spritz, Norwegian Almond Cake, and Many Other Specialties

Thursday, May 17, 2018 - 4:00 pm to 7:00 pm

Trinity Lutheran Church | 315 East Mill Street, Pelican Rapids, MN



Vikingland Lodge 1-495
 Detroit Lakes, Minnesota

PO Box 1477 | Detroit Lakes, MN 56502-1477

PRSRT STD
 US POSTAGE PAID
 DETROIT LAKES, MN
 56501
 PERMIT NO. 707

Please support these businesses who help make this newsletter possible.

cora+krist
 Advanced Digital Marketing for
 Today's Digital World.
 Learn More at www.coraandkrist.com

SONS of NORWAY
Linda Briard
 Financial Benefits Counselor
 Phone: 701-866-6586
 eMail: lbriard@yahoo.com



WEBBER
 FAMILY MOTORS
 Drive Home
 218-847-2601 • webberfamilymotors.com

NESS GRANITE WORKS, INC.
 PO Box 1166
 20237 US Hwy. 59
 Detroit Lakes, MN 56502
 218-847-5191 • Fax 218-847-1251
 1-800-309-5191
 BUY DIRECT AND SAVE

SPANKY'S STONE HEARTH
 34785 HWY 4
 FRAZEE, MN 56544
 218.334.3555
www.spankysstonehearth.com
 FRESH SEAFOOD
 CHARCOAL GRILLED STEAKS
 RESERVATION ACCEPTED



BREMER
 BANKING • INVESTMENTS • TRUST • INSURANCE
 Detroit Lakes • 847-9292
 800-908-BANK (2265) • Bremer.com
 Member FDIC

R & G SUBARU
 218-847-2498
 1140 US HWY 59 S | Detroit Lakes, MN
WWW.RGSUBARU.COM



Country Kitchen
 218-847-0472
 705 Hwy. 10 East • Detroit Lakes



GMC
 SALES & LEASING
NORSEMAN MOTORS, INC.
 425 HIGHWAY 10 EAST, DETROIT LAKES, MN 56501
 BUS: (218) 847-4415 FAX: (218) 847-9572
WWW.NORSEMANSONS.COM



West~Kjos
 Funeral Home
 Cremation Services
 DETROIT LAKES, MN CHUCK STANDAL
 218-847-7279 TROY DIGGINS

DETROIT LAKES
FLORAL
 WASHINGTON SQUARE MALL | 218-844-5860



POSTCARD LETTERHEAD BANNER FORM
ENVELOPE RECEIPT FULL COLOR PRINTING
 Precision Printing of Minnesota, Inc. 219 Front Street West
 Detroit Lakes MN 56501
218-847-3101 ppofmn@arvig.net
INVITATIONS MENU GRAPHIC DESIGN
BUSINESS CARD NEWSLETTER CALENDAR

La Barista
 COFFEE • WINE • BEER • FOOD
 808 Washington Ave • Detroit Lakes, MN 56501
 218-847-8870 • Brooke & Courtney Wenzel



Sandbar It's a party!
 Buck Burger Nite Every Monday
 Friday Steak Fry \$10.95
 Mexican Nite All Day Wednesday!
 DAILY HAPPY HOUR 2-6PM
 RANDOLPH ROAD • DETROIT LAKES • 846-1779



DAVID-DONEHOWER
 FUNERAL & CREMATION SERVICE
 609 HWY. 10 E • DETROIT LAKES
 218.847.4147
 SHAWN NYGAARD PATRICK VOLESKY
 LYNN DREWES

