



Fjordland Lodge 1-508
Brookings, South Dakota

Fjordland Nyheter

juli & august 2018 Published 10 times per year No. 7



A crowd enjoyed the picnic at the July meeting.

Program Reflections

Sons of Norway Fjordland Lodge Meeting, July 26, 2018

Phil Wagner, President, Brookings County Agricultural Museum, was the featured presenter. Mr. Wagner presented an overview of the origins, growing years and present operation of the Museum.

Following a question and answer session, the Lodge members were invited to "conduct" self guided tours of the five buildings housing the Museum's extensive collection of area agricultural history. Several member of the Museum Board were present to provide insight into several unique exhibits.

The July meeting and program was deemed a success as one member suggested that this ought to become an annual event. Rationale: great meeting turnout and there is so much to see at the museum.

A special thank you to Norma Hansen and Cindy Jacobson for making the July Board and Lodge meeting arrangements.

KALENDAR

August 13, 2018 - Board Meeting, 7:00 pm, Brookings Library

August 23, 2018 - Lodge Meeting, 7:00 pm, First Lutheran Church.

September 10, 2018 - Board Meeting, 7:00 pm. Brookings Library

September 27, 2018 - Lodge Meeting, 6:30 pm, First Lutheran Church

August 23, 2018
First Lutheran Church, Brookings SD
7:00 pm
Pie and Ice Cream Night

Program: Kool Beans Coffee
Kurt Osborne

Chairs: Garry and Marge Grorud
Arnold & Doris Brown

Serving Committee:
Elinor Evenson, Gerald & Bev Bjerke, LeWayne Erickson, Verne & Norma Hansen, Arlie & Donna Steenson, Duane Sander

September 27, 2018
First Lutheran Church, Brookings Sd
Potluck
6:30 pm

Program: Belize Project
Dr. Mary Moeller and SDSU Students

Chairs: Dennis and Florence Holm
Dennis & LaDonna Micko

Serving Committee:
Sue Aho, Jorleif Andol & Janis Andol Reinschmidt, Larry & Jan Fjeldos, Doris Haugen, Ruth Hevle, Arvid and Alvina Melquist, Anthony & Kerin Sprbeck, Mary Quissell

BOARD MINUTES Fjordland 1-508



Marge- Happy Birthday in July 2018

Clark congratulates Marge as
the sole August Birthday



Dennis July door prize

Darrell presents Dennis Hanson
with the door prize



Visit Fjordland 's website.
Fjordland Lodge Website - Sons508.com

FJORDLAND 1-508 LODGE MEETINGS WILL BE HELD IN THE BASEMENT OF THE FIRST LUTHERAN CHURCH AT THE CORNER OF 8TH STREET AND MAIN AVENUE. THERE IS AN ELEVATOR AVAILABLE. THE MEETINGS ARE NOW HELD ON THE FOURTH **THURSDAY** OF THE MONTH. (EXCEPT IN DECEMBER) Please note that the doors at the church lock automatically at 8:00 pm. If you anticipate arriving late for the meeting, you should arrange for someone to meet you at the door

Meeting of the Officers and Directors of Fjordland Lodge was called to order Monday, July 9, 2018 at 7:00 p.m. at the Brookings Public Library. The agenda and previous board minutes were approved. Jim Thvedt presented the Treasurer's Report which reflects a positive financial status of the lodge (accepted as submitted). Programs for the remainder of the year are in place. Members are encouraged to pass along program ideas to the President and/or Social Director. Linda Vaa reported the recent activities of the youth dancers, including participation in the Fourth of July parade. Jeff Jung advises the 2018 directories have been distributed to the membership.

Clark Hanson reported on the District 1 convention held in Rochester, Minnesota in June. Clark was nominated and will represent District 1 at the International Convention in Minneapolis in August.

We look forward to the July lodge meeting pot luck in Volga and tour of the museum.

The September 15th Waffle Feed approaches and its success depends on our members selling tickets, being a part of the work force and attending the event.

It was moved/seconded/approved that at this time the lodge will decline the offer of another concert by Kai Robert Johansen in the near future. We will hope to host a similar event at a later date.

Next Lodge Meeting: July 26, 2018, 6:30 p.m. pot luck at Volga Museum shelter.

Next Board Meeting: Monday, August 13, 2018, 7:00 p.m.

Barbara Horten
Secretary, pro tem

Do You Need a Ride?

Do you need a ride to lodge meetings? Nearly every member would be glad to give you a ride. Don't know who to ask? Call Linda Vaa at 695-6737 or Jeff Jung at 692-6086. Do you drive? Call a member who you know doesn't drive (particularly at night) and volunteer to give them a ride.

**FOR COMPETITIVE INTEREST RATES,
CHECK WITH SONS OF NORWAY. CALL
GARRY AT 605-690-2589**

LUNCH COMMITTEES

Please attend the meeting before the month that you are listed to serve, in order to plan your menu for the following month. Also if you are unable to serve in the month you are listed, please let the Chairs know ahead of time.



The Dancers dressed up for practice and a formal photograph for Joshua Chrysler.

Youth and Dance news

On June 23rd three cars of dancers went to Watertown Zoo and danced for their Cultural Days.

It was a beautiful day so we danced and enjoyed the afternoon. Some stayed and toured the zoo, went shopping, ate or just headed home.

On July 4th after expecting rain all day, we got in line for the parade and the sun came out to give us a beautiful day. We had 3000 frozen Ice Pops that we passed out to the youth and any smiling person. We did have a few left that I took to the Boys and Girls Club to share with the kids.

On July 24th Joshua Chrysler came to our dance practice and took pictures of our dancers for a Cultural Class he was taking. We wore our Bunads and had a great time. And it was fun to meet Joshua and learn of his life.

Linda Vaa

Summary Lodge Meeting, July 26, 2018

President Clark Hanson called the July Sons of Norway Fjordland Lodge meeting to order at 6:30 P.M., Thursday, July 26, 2018. The meeting was held at the Volga Community Park picnic shelter.

The Canadian and Norwegian national anthems and "America the Beautiful" were sung by those attending.

Lodge members and the Brookings County Agricultural Museum Board members introduced multiple guests.

A Moment of Silence was held in memory of Duane Allison.

Marge Grorud was recognized for having a birthday in July. Dennis Hanson won the \$5.00 door prize.

President Hanson announced Board of Director's action canceling the October concert.

Announcements:

Thank you Serving Committee:

Chairs: Jeraldine Weinacht, Sue Ann Gorder, Marge & Gary Grorud

Serving Committee Members: Signe Anderson, Jeff Jung, Klye & Sally Lee, John Mackey, and Grace Wangberg

Next Board Meeting: Monday, August 13, 7:00 P.M., Brookings City Library

Next Lodge Meeting: Thursday, August 23rd, 7:00 P.M., Pie and Ice Cream Night, Program – Kool Beans Coffee, Curt Osborne

Serving Committee Chairs: Gerry and Marge Grorud and Arnold and Doris Brown

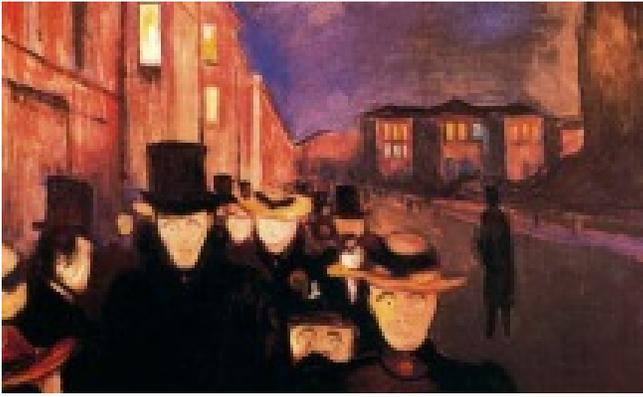
Serving Committee: Elinor Evenson, Gerald & Bev Bjerke, LeWayne Erickson, Verne & Norma Hansen, Arlie and Donna Steenson, Duane Sander

Lodge members and guests sang the Norwegian Table Prayer.

Meeting adjourned by President Hanson

Pot Luck dinner was served.

See Program Reflections for a summary of the program.



Edvard Munch as Seen through the Eyes of Andy Warhol

As a pioneer of modern art, Edvard Munch has undoubtedly left behind a legacy of some of the most famous artworks in history.

His work has appeared in exhibitions all over the world, and been the inspiration behind many other well-known artists. Among those artists is the late Andy Warhol, a standout in the visual arts movement of the 1960s.

While many may think the artistic universes of Andy Warhol and Edvard Munch to be polar opposites, the Munch Museum's newest exhibition, "Andy Warhol—After Munch," sheds light on the surprising comparisons between the two and the impact that the Norwegian artist had on the pop art icon.

The exhibit in Oslo runs from May 26-August 26 and features 15 of Warhol's paintings. Each piece is based off of four of Munch's images and manages to bring a whole new meaning to his original work.

Communications Director for the Munch Museum Gitte Skilbred states, "The exhibit challenges viewers to discover a deeper layer to Warhol's art than he's sometimes given credit for. At the same time, one might find a greater degree of accessibility in Munch's art when his motifs are experienced through Warhol's interpretations."

Learn more by visiting the Munch Museum website at <http://munchmuseet.no/utstillinger/andy-warhol-after-munch>,

or check-out the July 2017 Viking cover feature to trace Munch's steps throughout Norway.

Pssst: Are you keeping your Sons of Norway Membership a secret?

Spread the word about the fun and fellowship we share as Sons of Norway members. The more the merrier! Nonmember friends and family are welcome to attend a lodge meeting, volunteer activity or an event as your guest (even if they aren't ready to sign up yet).

Remember, anyone with an interest in Nordic culture and heritage is welcome to join Sons of Norway.

History of the Marius Sweater

The Marius Sweater was designed in 1953 by Unn Søliland, and sold to Sandnes Woolen Factory in 1953 as a knitting pattern. Today it is known as the best-selling and most-knitted pattern in Norway.

It is considered a Norwegian national sweater, an icon that says something about the Norwegians' enthusiastic relationship with trips in the woods and fields, in the free Norwegian nature.

Designer Unn Søliland made history by designing new patterns and using wool with strong colors, which was unusual at that time.

This made "Norwegian sweaters" great fashion, also abroad - and "Norwegian sweaters" became an internationally popular term.

Unn Søliland Dale received the King's Medal of Merit in gold for her life-long pioneering work to develop Norwegian knitting traditions and designs for hand knitting and wool, and to make Norwegian woolen textiles known internationally.

Good old Marius Sweaters

Unn Søliland was the first woman to become a member of the Norwegian Federation of Industries, when she organized women who knitted throughout Norway, which was regarded as a "cottage industry." Over the years, she organized more than 1,000 Norwegian women for her production.

She designed and produced hand-knitted goods for German Uli Richter. She designed patterns for the American company McGregor, and later in the 90s she designed the most exclusive handknits for the French Christian Dior, Hubert de Givenchy and Castelbajac. She is the only Norwegian designer to have had handknits on French catwalks in Paris.

The quality of the craft in Unn Søliland's organized hand-knitting production, coupled with her elegant designs, was one of the reasons this became a major export article - and why the term "Norwegian sweaters" has such a high value for most foreigners today. Stein Eriksen was the elder brother of Marius Eriksen, and an Olympic gold medalist in slalom in the Winter Olympics in Oslo 1952. Stein was the more famous of the two brothers, but he could not be a paid model as he would risk losing his amateur status in the Olympic Games. That's why his brother Marius took the job. [Marius] was also an excellent skier, he was a war hero and an actor in the movie "Troll i Ord" [expression meaning if you say something dangerous, it may come true through the "troll in your words"] in which he wore one of Unn Søliland's sweaters. Marius Eriksen gave his name to the sweater on the pattern for Sandnes Garn that year.

That's how "the Marius sweater" got its name, and became famous because the film was a big success all over Norway. Everyone wanted to knit Marius sweaters

Meatballs in a Gjetost Sauce

For the Meatballs

- 2 Lbs Ground Beef
- 1 Tsp Salt
- ½ Tsp Pepper
- 2 Eggs - lightly mixed
- 1 Cup Milk or 1 Cup Beef Broth
- ½ Cup Flour or ½ Cup Fine Dry Breadcrumbs

For the Sauce

- 2 Tbsp Butter
- 2 Tbsp Flour
- ¾ Cup Light Cream
- ½ Cup Chicken Broth
- 1 Cup Shredded Gjetost Cheese
- ¾ Cup Sour Cream
- 2 Tbsp Chopped Parsley or 2 Tbsp Fresh Dill

Making the Meatballs

Step 1

In a large bowl combine the ground beef, salt, pepper, eggs, milk or broth, flour or breadcrumbs using your hands or an electric mixer.

Step 2

Moisten your hands and shape the mixture into ¾ inch meatballs.

Step 3

In a large frying pan at medium heat add 2 tbsp of oil.

Step 4

Add meatballs to the pan and shake the pan gently to turn the meatballs. Cook the meatballs for about 10 minutes and then remove as they start to brown.

Step 5

Place meatballs on a plate lined with paper towels to drain prior to serving. Save the pan and the cooked-on bits to make the sauce.

Making the Sauce

Step 1

Remove as much of the oil from the pan as possible.

Step 2

Melt the butter and stir in the flour.

Step 3

Evenly stir in the light cream.

Step 4

Add the chicken broth, return pan to the burner at medium heat and bring to a boil. Make sure to stir evenly until thickened.

Step 5

Reduce the heat to low and stir in the gjetost.

Step 6

Mix a small amount of the sauce into the sour cream, return the sour cream to the pan of sauce.

Step 7

Add the chopped parsley or dill.

Step 8

Return the meatballs to the pan and simmer until heated through.

Serve with cooked rice, potatoes or egg noodles.



Call for Recipes

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge?

We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sonsofnorway.com.

For a chance to be featured, simply email your recipe to jkohlhofer@sofn.com. Feel free to include a high quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.



Congratulations to King Harald V and Queen Sonja King Harald V and Queen Sonja will celebrate their 50th wedding anniversary on August 29.

Happy National Coffee Month!

In Norway, a cup of coffee means more than just a boost of energy to help you power through your day. Instead, drinking coffee is largely recognized as a cultural custom or social norm that's been bringing people together for more than a century.

Among other Scandinavian countries, Norway consistently ranks in the top three coffee drinking nations in the world. Statistics reveal each Norwegian consumes nearly 7.5 kilos (about 16.5 lbs.) of coffee beans per year—far exceeding the world average of just 1.3 kilos.

Norway's love of coffee, and its rise in popularity, is rooted in history, and can be traced back to the 1800s when the country began trading its ample fish supplies for American coffee beans. But it wasn't until the early 1900s when Norway passed prohibition laws that coffee started to secure its status as the nation's preferred social drink. During this time when alcohol wasn't an option, Norwegians wanted another casual drink they could enjoy in social settings and found coffee a safer and healthier alternative. Nation-wide appreciation for coffee has existed ever since then.

Learn more about coffee and the Nordic approach to brewing it from some of the world's most innovative coffee experts by checking out Viking magazine's November 2015 cover feature, "Norway's Love of Coffee," available with member login at www.sonsofnorway.com.



Coffee can protect against heart disease

Coffee does not cause arrhythmia, researchers conclude. It might even protect you from it.

Cardiac arrhythmia such as atrial fibrillation or ventricular fibrillation causes the heart to beat irregularly. Heart fibrillation is often harmless, but may also coincide with serious events such as strokes or heart failure.

In the past, people with heart arrhythmia were often told to stay away from caffeine since it was assumed that the drug could increase the risk of rhythm disturbances. But in recent years studies have suggested that there is no such effect.

Recently a team of Australian researchers went through the field research. Their conclusion is as follows: Coffee is safe and may even appear to protect against heart arrhythmia.

Ten cups - no effect

Aleksandr Voskoboinik and his colleagues have looked at the results of several types of studies. For example, population studies where researchers have mapped people's diet and lifestyle, and compared them to data on disease. But they've also looked at experiments where participants have been told to drink coffee or to give it up so that the researchers could compare the effect.

The results seem consistent: Even large amounts of coffee - up to ten cups a day - seem to have no negative effect on the heart rate.

This corresponds to information that the Landsforeningen for hjerte- og lungesyke [National Association for Cardiovascular Disorders] published on its websites as early as 2015.

According to the new research it is possible that caffeine actually helps by blocking the substance adenosine, which may help trigger atrial fibrillation.

Three cups are safe

Voskoboinik and colleagues may not recommend that everyone toss back ten cups of coffee a day. However, they believe the research data supports that it is completely safe - and perhaps beneficial - to enjoy three cups. It is completely in line with a study of the overall effect of coffee on health, which gave the green light to three to four cups a day.

However, the researchers point out that there may be individual differences. There are cases when patients report experiencing heart rhythm disorders associated with caffeinated drinks. In those cases it may be a good idea to limit intake, they write.

But otherwise, there's no reason to worry. And what if you want a tiny piece of chocolate with your coffee? Yes, we have research that hints that that, too, could prevent heart arrhythmia. Enjoy your coffee break!

October 25, 2018

First Lutheran Church, Brookings SD

7:00 pm

Foundation Night and Election

Program: SON Foundation

Corrie Maki Knudson, Director

Chairs: Paul Grande

Loren & Kathryn McKinney

Serving Committee:

John & Veronna Capone, Mark & Rebecca
Ekeland, Millie Juel, Diane Keimig, Janis Lamont,
James & Gloria Thvedt, Brenda Welch



Traditional Norwegian Fyrstekake A Royal Cake

Ingredients

Dough:

5.8 oz. (¾ cup) butter
4.4 oz. (2/3 cup) sugar
2 egg yolks
2 tablespoons heavy cream
8.8oz. (2 cups) flour
2 teaspoons baking powder

Almond Base:

10.5 oz. almonds
8.8 oz. (2 cups) sugar powder
½ teaspoon vanilla sugar
½ teaspoon baking powder
5 egg whites

Brushing:

1 egg

Method

Dough:

Mix butter and sugar well. Blend in the egg yolks and heavy cream, and add sifted flour and baking powder.

Grease up a cake mold (spring form pan) , approx. 9-10 inches (24-26 cm) in diameter. Remove ¼ of the dough, and press the rest into the mold covering the surface and 1.1 inches (3 cm) up the edges.

Spread some flour over the unused dough, wrap it in plastic and refrigerate.

Almond Base:

Ground the unpeeled almonds. Whip the egg whites stiff. Mix in the almonds, sugar powder, vanilla sugar and baking powder. Spread the filling on top of the dough.

Roll out the rest of the dough. Slice it into narrow, even strips using a pastry crimping wheel. Place the strips in a square pattern on top of the cake. Add a dough strip around the edge.

Brush the dough with egg white, or one whipped egg added water.

Bake the cake on the bottom shelf at 347 degrees F/ 175 degrees C degrees about 45-50 minutes.

Let the cake rest for 5 minutes before removing the mold ring. Let it rest additional 15-20 minutes before carefully placing it on a wire cooling rack.



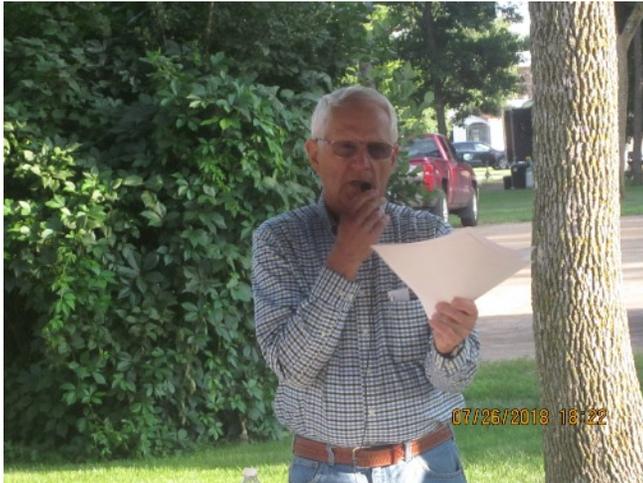
Oh Cod! The Greatest Fishing Adventure

Stunning scenery, breathtaking coastlines and the meanest and biggest fish. All are reasons why cod fishing in Norway is an exhilarating and addictive sport. Every year, the World Cod Fishing Championship takes place on the waters near Svolvær, located on the island of Austvågøya in the Lofoten archipelago. More than 5,000 visitors gather on the small island to watch 80 fishing boats and almost 600 participants battle to set records.

The competition covers both total catch and the biggest individual fish. Cod are often massive in size and weight, usually exceeding 30 pounds. Both amateurs and professionals brave the cooler temperatures and sea sickness to celebrate the fishing season in Lofoten. "Skrei" is the Norwegian name for cod and is a major source of income for many locals. After the competition, the cod is sold to restaurants and stores across the country.

This year the competition was held in March, and the turnout was impressive. Fredrik Mørch-Reiersen took the prize of reeling in a 52-pounder. See the full results at [https:// www.vmiskreifiske.no](https://www.vmiskreifiske.no).

Scenes from the Picnic



Phil Wagner gives a overview of the Museum



August Dates to remember

August 3-11 – Enjoy the Peer Gynt festival in Gudbrandsdalen river valley north of Lillehammer. Visitors gain insights into the historical 17th century person Peer Gynt and Norwegian legends, mystical creatures and traditions in a spectacular outdoor setting. Learn more at [https:// www.visitnorway.com](https://www.visitnorway.com)

August 8 – Sneak Some Zucchini on Your Neighbor's Porch Day. Seriously, your neighbor may have a great zucchini bread recipe and be happy to see the bounty from your garden.

August 16 – National Tell a Joke Day (US.). The perfect day to share your favorite Ole & Lena joke!

August 21 – National Spumoni Day (U.S.) What could be better than an ice cream treat on a hot summer day? If you live in Canada, you'll have to wait until November 13 to celebrate this holiday.

Kaffe kan beskytte mot hjertesykdom

Kaffe gir ikke hjerteflimmer, konkluderer forskere. Kanskje det til og med beskytter.

Hjerterytmeforstyrrelser som atrieflimmer eller ventrikelflimmer gjør at hjertet banker uregelmessig. Hjerterflimmer er ofte ufarlig, men kan også henge sammen med alvorlige hendelser, som slag eller hjertesvikt.

Tidligere fikk mennesker med hjerteflimmer ofte beskjed om å holde seg unna koffein, siden man antok at stoffet kunne øke risikoen for rytmeforstyrrelser. Men i senere år har studier pekt mot at det ikke finnes noen slik effekt.

Og nå har et team av australske forskere gått igjennom forskningen på feltet. Konklusjonen deres er som følger: Kaffe er trygt og kan til og med se ut til å beskytte mot hjerteflimmer.



Fjordland Lodge #508
Sons of Norway
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juli & august 2018



Norwegian authorities have urged motorists to watch out for reindeer that are seeking refuge in tunnels to cool themselves amid extreme heat in the nation's far north.

"It has been very hot for weeks in northern Norway," Tore Lysberg, a senior official at the Norwegian Public Roads Administration, told AFP on Thursday.

"The animals retreat to colder places, both reindeer and sheep find refuge in tunnels and shaded areas to cool down," he said.



Although this phenomenon is nothing new, it could be intensified by record temperatures in Norway's northernmost regions.

The Norwegian Meteorological Institute posted a temperature of 31.2 degrees Celsius on Wednesday in Finnmark, a major reindeer herding region located within the Arctic Circle.

The region is so hot that it has experienced 12 "tropical" nights with evening temperatures above 20 degrees Celsius so far this year, according to the Norwegian Meteorological Institute.

The Norwegian Public Roads Administration said no serious accidents involving animals have been reported yet but described the situation as "a challenge".

The government agency, which has multiplied its messages to raise awareness among motorists, should be helped by the weather, which is expected to return towards normal starting this weekend.

From: The Local Europe AB