



SONS OF NORWAY Norsota News

Frå Presidenten:



Greetings Everyone!!

Well it is August and time to regroup after a very busy and fun summer to enjoy our annual corn feed at **6pm August 13th**. Remember to bring a side dish or dessert to share if you can. And we will share our summer stories together.

First I must acknowledge the passing of one of our long time members and past presidents, Howard Amundson. Howard and Marlene were such an integral part of Norsota over several decades. It was always a pleasure to hear Howard's jokes, watch the two dance, see Marlene's smile, and it was Howard who introduced the birthday candy bars to us. They are now together and we miss them both. So when you enjoy a bite of your chocolate bar, tip your bar to Howard.

And then, all of the events on our to-do list this summer went off without a hitch aside from the bout with COVID in May. June we represented our lodge at the Nordic Midsummer Festival which was amazing! Thank you to all the volunteers who worked the table until we were getting literally blown away by the wind storms. Rose Marie, you did a superb job. My daughter and her family were here to enjoy that and reunite with some old friends.



By the end of June all three of my kids were here as well as both of Michael's daughters to witness our wedding on the 26th on the riverboat. After having been extremely hot for several days, we were granted a beautiful weather day on the boat. It was quite a blessing.

Then the Norwegians and I watched the Eagan 4th of July parade even

Meetings and Events Calendar

August 13 5:00 pm 6:00 pm	Norsota Meeting Officers Meeting Monthly Meeting and Corn Feed Heritage Lutheran Church
September 10 6:00 pm 7:00 pm	Norsota Meeting Officers Meeting Monthly Meeting and Program Heritage Lutheran Church



though it was a little rainy. The kids experienced their first American 4th and had a blast.

We also got in a MN Twins baseball game. It's not a complete summer without taking in at least one baseball game. Michael and I also attended a St Paul Saints game in their new park. It was our first time at the "new"

park. It felt so small but it was a fun night.



Becca, Thomas, Daniel, and Annika (held by Ellie)

Then in mid July the Norwegians went home and Michael and I went to camp Masse Moro. The campers ate some really good food (thanks Michael and crew) and had good times with all the programming (thanks to the incredible staff) and we're now home resting, trying to figure out what

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Time for the Norsota Corn Feed!



What would August be without the annual Norsota Corn Feed?

Join us at 6:00pm August 13th for this delicious annual tradition.

Come prepared to enjoy freshly cooked corn and bring a favorite side dish or dessert to share with everyone. (And come early if you want to help shuck corn.)

Everyone is welcome so feel free to invite your friends and neighbors. This is a great time to introduce new people to the “Norsota Spirit”!

See you on the 13th!

Hurtigruten Hopes for Zero Emission Ship by 2030

By Sons of Norway Staff



Photo Credit: Gordon Leggett / Wikimedia Commons

The Hurtigruten Norwegian Coastal Express has operated for nearly 130 years, traveling between 34 ports, from Bergen to Kirkenes. It is a popular way for travelers to see remote Norwegian communities and beautiful fjords. Recently, the cruise company announced that by 2030, the route will feature its first zero-emissions passenger ship. As part of the initiative, Hurtigruten has partnered with a Norwegian research institute, SINTEF, to research and analyze the ship building program.

While Hurtigruten has made many strides towards sustainability in the past, Hurtigruten Group CEO, Daniel Skjeldam, called the project its “most ambitious sustainability initiative to date.” They will first start with the Norwegian Coastal Express as its route consists of frequent anchorages, making it easier to “fuel up.” Then they would like to expand the practices to their expedition ships, which travel to places like Antarctica and Alaska.

Hurtigruten plans to be very open with their findings in hopes that the rest of the industry can benefit, as well.

Nordic Midsummer Recap

By Michael Helmke

Our Norsota lodge had a fun and successful showing at the Rose Marie’s Nordic Midsummer festival back in June at Buck Hill.



NORDIC MIDSUMMER FEST

From our tent on the grounds we talked to lots of people about the lodge, gave out postcards about the lodge, sold some t-shirts both in person and online and had a great time. Additionally, quite a few people signed up to learn more and receive copies of our newsletter (and reminders about the corn feed).

We met many talented people among the other exhibitors from rosemalers to wood carvers, singers, dancers and a Nordic Comedian. Hopefully some of our contacts may lead to future lodge programs.

Overall the festival was a delight and we look forward to showing off our Norsota Spirit at next years gathering!

The Egg that Traveled to America

By Sons of Norway Staff

In 1898, 18 year-old Ole Brude barely survived a hurricane on a steamship, no thanks to a wooden lifeboat that was crushed by the sea when it was lowered down. From then on, Ole wondered what a reliable lifeboat should be, and made it his mission to find out.

As luck would have it, the World’s Fair in St. Louis was happening in 1904 and there was a 417,000 kroner [equivalent to 40 million kroner, or US \$4.2 million today] prize to the one who came up with a revolutionary lifeboat. Ole had come up with the idea of a lifeboat shaped as an egg and soon after, his covered lifeboat was constructed out of steel, measuring six meters long.

To show the world his magnificent invention, Ole and three others set sail to America in “the egg” in July 1904. Unfortunately, the journey was long and grueling; Ole missed the World’s Fair by about two months. But nonetheless, Ole and “the egg” drew quite the attention.

Interestingly enough, covered lifeboats became mandated in 1978. Ole was 70 years too early.



Photo Credit: Sunnmore Museum, via lindahall.org

Cooking at Masse Moro

By Michael Helmke

Even though I've always enjoyed cooking, I never imagined it would end up like this.

From July 15th to 30th, I was one of three full time cooks at the Masse Moro Norwegian Heritage Camp in Wisconsin.



For two weeks my hard working associates and I turned out three meals a day (plus snack) for a camp of 65 campers, counselors and staff. The hours were long (typically 14 hour days), the work was exhausting, yet we kept producing food.

Food that many campers and staff praised as some of the best camp food they had ever eaten. High praise indeed.

But for me, the highlight was the opportunity to work with chef and baker Dan Rider. Dan had been head cook at Masse Moro from 1980 till 2013. In preparation for this year, our very own Chris Elwell had reconnected with him as a resource for advice and guidance and he agreed to come in occasionally to help out baking bread for us.

Once he showed up in the kitchen, though and saw how we were organized and tasted our food, he went all in.

Daily Dan would arrive and bake whatever breads we needed. He made cookies. He made pastries. He made muffins.

And for the two Norwegian themed banquets, he made the most amazing Norwegian specialties:

- His Meatballs were perfect with dill and a lovely white gravy.
- His Rømmegrøt was sublime and delicious on its own before we even got to adding butter and cinnamon sugar.
- And for the second banquet he made both traditional Christmas pork ribs as well as a sampling of salt packed, dried Pinnekjøtt.

It was such a treat to experience these traditional foods prepared so expertly.

Now having had 5 days to recover from camp I'm feeling back to normal. It was more physically taxing than I expected. But I'm glad to have been able to experience that, to have produced such great food for the campers, and have such fond memories of time there.

The camp is open annually for youth aged 9 to 15 and has a long and illustrious history. For more information and to learn about registering for next year, visit their website at Masse-Moro.org

Blueberry Pancakes - Masse Moro Style

By Michael Helmke

When I was cooking at Masse Moro, the breakfast pancakes were a big hit.

Like most of the food there, we made them from scratch and this was a recipe I brought with me from one of the Culinary Institute of America's textbook/cookbooks. It's great if you need pancakes for a large crowd and made about 120 to 130 pancakes per batch:

Buttermilk Pancakes

- 7 3/4 lb flour
- 6 oz baking powder
- 1 1/4 oz baking soda
- 1 1/4 oz salt
- 1 lb 9 oz sugar
- 5 lb eggs (about 45)
- 6 quarts buttermilk
- 1 1/2 lbs melted butter
- 3 pounds blueberries

Mix together dry ingredients in a very large bowl and make a well in the center. Beat eggs well and combine with buttermilk. Slowly mix into the dry ingredients. Add the melted butter and mix until just combined. Do not overmix. Carefully fold in blueberries.

Leftover pancakes can be frozen and reheated in a convection oven (which proved very handy at camp).

Unique Textiles Found in a Viking Woman's Grave

By Sons of Norway Staff

In 2020, before a new highway project launched in Hestnes, Trøndelag county, archaeologists studied the area and came across a burial site of a woman from the Viking era.

The style of chamber grave within a burial mound is atypical for central Norway and is more commonly found in southern Sweden and Denmark. Analysis of the grave revealed the approximate year of burial between 850 and 950 CE- the middle of the Viking Age.

Archaeologists from NTNU [the Norwegian University of Science and Technology] in Trondheim uncovered unexpected artefacts including wool and linen fabric, a large fabric swatch adorned with multicolored embroidery and a turtle brooch. Also excavated were hundreds of pearl beads, two wool combs and a variety of brooches.

The number of objects related to textile-making could point to this person as having worked in textile production or mean that they were exceptionally affluent.

Next, archaeologists will examine the cloth to determine the color of the fabric and embroidery and try to show whether the wool derived from sheep in Norway, or other environs.

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Norsota Meetings: Heritage Lutheran Church
13401 Johnny Cake Ridge Road, Apple Valley, MN
Second Saturday, 7 pm; August through December, April and May;
2:00 pm January through March; No meetings June or July

Safety is the Word with Sons of Norway Annuities

By Matt Kern

Sons of Norway can help you come out financially ahead with our Fixed Annuities. Sons of Norway Annuities continue to grow interest year after year with no fear of loss unlike other investments that you may own.

So just how safe is your money in a Sons of Norway Fixed Annuity? Let me explain, Annuities are issued only by Life Insurance Companies; Sons of Norway is a Life Insurance Company. We take your premium, Ole's, Lena's, and the rest of the good Norwegians dollars and reinvest your money in High Grade U.S. Bonds and Treasuries, Not Risky stocks or sub-prime mortgages like other companies. To put your mind to further ease Insurance Companies are regulated at the State Level, with Very Strict Regulations. There is also another Safety Net, the State Guaranty Fund Associations covering various amounts similar to FDIC.

With Sons of Norway Fixed Annuities there are Tax Advantages that C.D.'s can't offer including that your money grows year after year tax deferred not like a C.D. where you have to pay tax on your money every year. You also will never have to pay any annual fees or service charges with a Sons of Norway Fixed Annuity.

With the recent Financial Crisis going on both nationally and globally it's good to know that Sons of Norway has such a Strong and Solid Portfolio to help Secure the Financial Future of its members! Feel Free to Contact me for more information!

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(Frå Presidenten Continued)

day it is, and reminding each other that we truly are, in fact, married. We are happy! But, it's been so busy!

So now it's time to catch up and eat corn, catch up on summer birthdays, and get back to business.

See you on the 13th!

Respectfully submitted,

Chris Elwell