



### Hilsene fra Dorothy

The Coronavirus is still keeping us all wary, but the cooler temperatures and the beautiful colors of autumn can still be enjoyed. Even though things are in a commotion, we are still find ourselves busy. While we are not able to accomplish our plans made in January, we still can keep in touch with each other through our newsletter, telephone, and emailing.

Our plans for our annual Lutefisk Dinner are canceled. Bernie Binning is very upset about this as now he has to get his flu shot.

We will meet at the Eagles Club in Marshfield on Saturday, October 17th at NOON for our 32nd anniversary luncheon. Please let me know before October 13th if you will be coming. Invite a friend and enjoy the time with us. If you feel safe about coming on Saturday, come. If you don't, then stay home. Hilsen fra Dorothy



#### Fun Fact

A member newsletter that eventually became *Viking* magazine began publication on January 1, 1913.

### October is Foundation Month

A new initiative that the Sons of Norway Foundation Leadership has developed is a campaign to raise \$100,000 by December 31, 2020. In a pandemic year, we realize that many lodges aren't meeting, but we are hoping that individual members and leaders may consider making individual contributions. We also are encouraging lodges to conduct virtual auctions or other types of fundraisers for the Foundation.

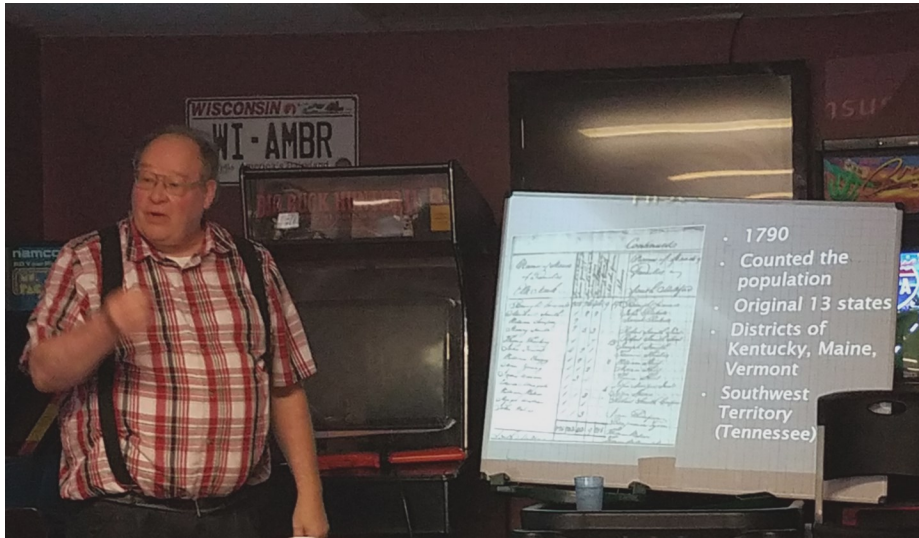
They are developing some new resources for lodges to use, new funds and grants, and a renewed enthusiasm to help members through our grants and scholarship programs.

Individual donations can be made online (sofn.com) on the Sons of Norway website (International) or sent to Sons of Norway office in Minneapolis.

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and to provide quality insurance and financial products to its members.

#### In this issue:

Hilsene fra Dorothy.....	1
October is Foundation Month.....	1
Don Schnitzler guest presenter.....	2
Scholarship applications .....	2
Myrmarken's anniversary.....	2
The Potato Peel.....	2
A Little in English/Litt på norsk.....	3
Condolences.....	4
Calendar.....	4
Not every costs more.....	4



Don Schnitzler presented a very interesting presentation our September 12th meeting. He talked about how to use census records as a genealogical tool, and focused on using electronic resources at home through our local libraries.

## 2020 Officers

President:  
Dorothy Berg :  
(715)-676-2336

Vice President:  
Doug Framness  
(715) 615-6674

Secretary:  
Sherrie Framness :  
(715) 615-6675

Treasurer:  
Julaine Varsho:  
(715) 384-9676

Newsletter Editor  
Sherrie Framness:  
(715) 615-6675

### Sons of Norway Foundation Scholarship Applications are now open!



### Potato Peels Improve Shelf Life Naturally

Potato peels aren't usually something we stop to consider. But Professor of biotechnology at Høgskolen i Innlandet [Innlandet University College] Knut Olav Strætkvern has been conducting research on potatoes for 25 years, and he believes that the peels have potential beyond composting or animal feed. "I do not cease to marvel at all the interesting things that can be derived from the potato," Strætkvern told NRK, the Norwegian Broadcasting Corporation. The humble potato peel may soon be getting an image upgrade, thanks to Strætkvern and his team. The biotechnologists discovered a way to extract antioxidants from peels and use them to prolong the life of other foods, such as cooking oil, without the use of artificial stabilizers. Strætkvern hopes that this technology will provide health, economic and environmental benefits. These methods will be tested, patented and scaled to create a business model. Knut Olav Strætskvern says that Innlandet county alone generates around 3000 tons of potato peels annually, and that the project will also reclaim other "waste foods" to see if they can be turned into value.



Myrmarken celebrates its 32nd anniversary October 17, 2020!!

In 1988, Myrmarken Lodge was chartered with 128 members.

Trivia question: Who were our 1st president, vice president, and secretary?

Answer to trivia question:

President Dick Cook, Vice president Bernie Binning, and secretary Mary Howan.

A little in English...

### **The World's First Duo to Row Across the Atlantic**

In 1896, two Norwegian fishermen were the first in the world to cross the Atlantic in a rowboat. Captain George Harbo and first mate Frank Samuelson launched the 18-foot-long wooden boat, "Fox," in New York on June 6, 1896. 55 days later, they reached England and became the first to row across the Atlantic.

"The two accomplished a feat that can never be repeated. It stands in a very special light, and it will remain forever," says Kåre Rudjord, author of the book *Atlanterhavroerne* [The Atlantic Rowers].

With the technology and equipment of the time, Rudjord, who has written a book about the rowing odyssey, thinks their feat is incredible.

"They didn't know what they were getting into. Imagine rowing that distance in a wooden boat without GPS, a water machine, rudder or sail," he says.

When Harbo and Samuelson arrived in Cornwall, they had some incredibly tough weeks behind them. They rowed for 18 hours every day. At night they usually slept in shifts, five hours each.

They were surrounded by whales, the skin on their hands cracked and they had large blisters on their wrists. They had also capsized on several occasions, so large parts of both their food and water provisions had been lost.

After arriving in Cornwall, the Norwegian-Americans they continued for a week before reaching their final destination, Le Havre in France. Here they were met by a jubilant press.

Litt på Norsk...

### **Disse to var de første i verden som rodde over Atlanteren**

I 1896 krysset to norske fiskere Atlanteren i en robåt som de første i verden.

Kaptein George Harbo og styrmann Frank Samuelson sjøsatte den 18 fot lange trebåten «Fox» i New York 6. juni 1896. 55 dager senere nådde de England og ble de første som rodde over Atlanterhavet.

– Det to gjorde en bragd som aldri kan gjentas. Den står i et helt spesielt lys, og det vil den for alltid gjøre, sier Kåre Rudjord, forfatteren av boka «Atlanterhavstroerne».

Med den tidenes teknologi og utstyr synes Rudjord, som har skrevet bok om roturen, at prestasjonen er utrolig.

– De visste ikke hva de bega seg ut på. Tenk å ro den distansen i en trebåt uten GPS, vannmaskin, ror eller seil, sier han.

Da Harbo og Samuelson ankom Cornwall hadde de lagt bak seg noen utrolig tøffe uker. De rodde 18 timer hver dag. Om natten sov de normalt på tur, fem timer hver.

De ble omringet av hvaler, huden på hendene sprakk og de hadde store blemmer på hændledene. De gikk også rundt ved flere anledninger slik at store deler av både mat- og vannprovianten forsvant.

De ble omringet av hvaler, huden på hendene sprakk og de hadde store blemmer på hændledene. De gikk også rundt ved flere anledninger slik at store deler av både mat- og vannprovianten forsvant. Etter ankomst i Cornwall, fortsatte norskamerikanerne en uke før de nådde det endelige målet, Le Havre i Frankrike. Her ble de møtt en av jublende presse.

– Det de to gjorde var en voldsomt stor prestasjon, det er utrolig at det gikk bra. Man kan godt si at det var galmannsverk, sier Kåre Rudjord.

### CONDOLENCES TIL...

Our condolences to the Don Helgerson family. Don passed away October 7th, one day away from his 93rd birthday. Arrangements are being made with the Hansen Funeral Home in Marshfield.

### Myrmarken calendar.....

November 14th...Polly Nikolai presents

"A European Vacation" (her honeymoon including 6 children)

December 13th...Julfest 1:30 pm potluck at the home of Anne Grethe Cook

### Not Everything Costs More in Norway

As visitors to Norway are routinely cautioned, prices there tend to run high compared to markets in North America and many other parts of the world. But not everything in Norway comes with sticker shock, and some things even cost less than they do elsewhere. Here are a few examples.

**Fresh seafood:** Thanks to Norway's robust fishing industry, fresh salmon is relatively inexpensive, as well as other kinds of seafood and sushi.

**Air travel:** Airline tickets from the US to Norway are often quite affordable compared to other international flights, and so is travel between Norway and other parts of Europe.

**Store brand food items:** Food and groceries are notoriously expensive in Norway, but most supermarkets offer very affordable store brand versions of common food staples.

**Diapers:** Due to a long-simmering price war between manufacturers, diapers in Norway are dramatically cheaper than they are in the US and many parts of Europe.

**Camping:** Camping is free and legal almost anywhere in Norway, making budget-friendly travel an option for those who are willing to rough it.



Daylight savings time  
ends November 1st

