



SONS OF  
NORWAY

January, February 2009

# NEWSLETTER *Service*

Dear Lodge/District Editors:

We are pleased to provide the latest edition of the Newsletter Service.

This complimentary service is printed six times each year and may be used as a supplement to your lodge newsletter. The Newsletter Service provides a variety of information, including current news and culture-related articles. The Newsletter Service is also available in PDF format on the web at [www.sonsofnorway.com](http://www.sonsofnorway.com), under the "Members Only" section. Using Adobe Acrobat PDF Reader, you can copy and paste text from this document by utilizing the "select text" function. If you don't have the latest version of this program, you can download it for free by going to <http://www.adobe.com/products/reader/> and scrolling to the bottom of the page.

Also, we recently changed our mailing list to better serve you. From now on, lodges with both an editor and publicity director will only receive one copy of the newsletter service, mailed to the editor. If the publicity director from your lodge would still like to receive the newsletter service, please contact Jessica Gleason at 612-821-4636 or [jgleason@sofn.com](mailto:jgleason@sofn.com) to be included on the list.

We hope you enjoy this issue and find its content to be beneficial. If you have any suggestions on how we can improve the Newsletter Service, please call or e-mail Jessica.

Fraternally,

Eivind J. Heiberg  
Fraternal Director

*A Little in English...*

## Celebrating the New Year and the End of Christmas

As in many countries, in Norway the change from one year to another is celebrated on both New Year's Eve and New Year's Day.

New Year's Eve is celebrated with a party or get-together either at home or out on the town, which often culminates with counting down to the new year's beginning at midnight.

On the table one typically serves among other things lamb ribs (pinnekjøtt), pork ribs or turkey on New Year's Eve.

In olden times New Year's Day was an important day for the whole country to look for signs of how the new year would be. The signs people looked for had mostly to do with how the crops would do, or what the fishing would be like. The weather on New Year's Day was also taken as a sign of how the weather would be for the rest of the year. Today New Year's Day is an official holiday and is usually celebrated at home and is for many people a day of rest after New Year's Eve. The Prime Minister gives a speech, called the New Year's Address.

The thirteenth day of Christmas (January 6th) is called Helligtrekongersdag ("Three Holy Kings' Day") in honor of the three kings who came to Jerusalem to honor Jesus. In the Catholic era a pageant was performed on this day, a living demonstration of the three kings' journey, but today it is more of a symbol that Christmas has come to an end.

*Adapted from the book Merkedager av Ann Helene Bolstad Skjelbred*



*Litt på norsk...*

## Nyttårsfeiring og julens slutt

Sånn som i mange andre land markeres årskiftet i Norge både på nyttårsaften og nyttårsdagen.

Nyttårsaften feires med en fest eller et selskap enten hjemme eller ute, som ofte kulminerer med nedtelling til det nye årets begynnelse ved midnatt.

På matbordet er det vanlig å finne blant annet pinnekjøtt, ribbe eller kalkun på nyttårsaften.

I gamle dager var 1. nyttårsdag en viktig dag i hele landet for å ta varsel for det nye året. Varslene gjaldt i stor grad hvordan avlingen skulle bli, eller hvordan fisket ville bli i det nye året. Været på nyttårsdagen varslet også om været for hele resten av året. Alt det som ellers hendte denne dagen ville også ha konsekvenser for resten av året. I dag er nyttårsdagen offisiell fridag som gjerne feires hjemme og er for mange en hviledag etter nyttårsaften. Statsministeren holder en tale, kalt nyttårstalen.

Trettende dag jul (6. januar) kalles Helligtrekongersdag til minne om de hellige tre konger som kom for å tilbe Jesus. I katolsk tid ble det fremført et kirkespill på denne dagen, en levende fremstilling av de hellige tre kongers vandring, men i dag er det en markering av at julen avsluttes.

*Adoptert fra boka Merkedager av Ann Helene Bolstad Skjelbred*



# Lean more about Norway on-line

There's no end to the information you can find on the internet. In fact, there's so much out there, sometimes it's hard to focus in on just what you need. Here are a few valuable online resources for finding information about or from Norway.

*www.google.no*

This is the Norwegian version of the well-known internet search engine Google.com. Google.no gives you a few options for narrowing your search. Just check the box next to "Dokumenter på norsk" to search for websites in Norwegian only. Check "sider fra Norge" to search websites based in Norway. Otherwise, the default setting, "Nettet" searches the entire internet exactly as Google.com does.

*www.gulesider.no*

Gulesider is a Norwegian phone directory. Click "English" in the lower right corner for a complete English-language interface. You can use it to find phone numbers for businesses and private individuals in Norway, and also search for cities, towns and even farms by choosing the map option.

*www.wikipedia.org* and *www.no.wikipedia.org*

Wikipedia is a massive online, user-edited encyclopedia in dozens of languages. Both the English and Norwegian versions of Wikipedia contain extensive information about Norwegian geography, history, language and culture. Because anyone can edit or write for Wikipedia, you need to be careful sometimes about how you use the information you find there. Still, Wikipedia can be very useful for finding basic facts or background information.



*Matlyst Monthly*



## Jarlsberg Cod

(Jarlsberg torsk)

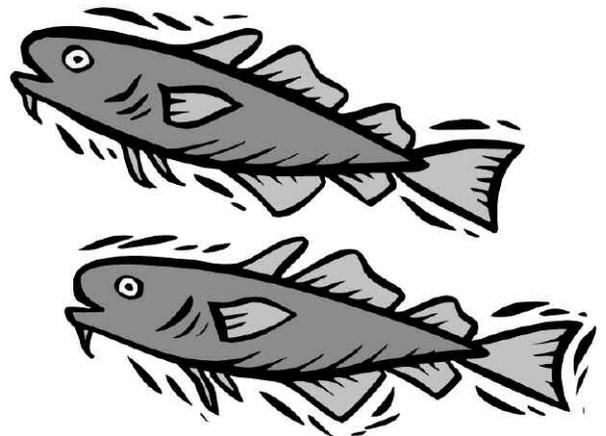


*From Authentic Norwegian Cooking  
by Astrid Kalsen Scott*

Ingredients:

- 2 lbs cod fillet
- 1 tbsp. butter
- 1 tsp. salt
- 1/2 tsp. white pepper
- 1 clove garlic, minced
- 1 small leek, thinly sliced
- 3 tomatoes, small
- 1 and 3/4 cup Jarlsberg, grated
- 2/3 cup half and half cream

Clean and dry fish. Cut into serving size portions and place in a greased shallow baking dish. Season with salt, pepper and garlic. Arrange sliced leek and tomato slices over fish. Top with cheese and pour half and half over all. Bake in 350 degrees farhenheit until done.



*A Little in English...*

## Brækhus Looks Forward to Title Fight in February

Norway's foremost professional boxer, Cecilia Brækhus will probably get her chance at a title fight in February. The Norwegian girl defeated the Bulgarian Borislava Gorinova by points in October. It was the tenth straight victory for the 27 year-old from Bergen.

"It went really well and it felt like smooth sailing. But Gorinova is tough," Brækhus told Norwegian journalists after the fight.

Brækhus was born in Cartegena, Colombia, but grew up in Bergen. She started boxing and kickboxing when she was only 14 years old, and debuted as a professional boxer in early 2007. She is currently ranked third in the world for the welterweight class.

"The plan is that I will be in the ring again in December in order to prepare for a title fight in February. But in boxing things can happen fast, so it could happen that my plans change. No one knows," said Brækhus.

*Adapted from [www.aftenposten.no](http://www.aftenposten.no)*



*Litt på norsk...*

## Brækhus ser fram til tittelkamp i februar

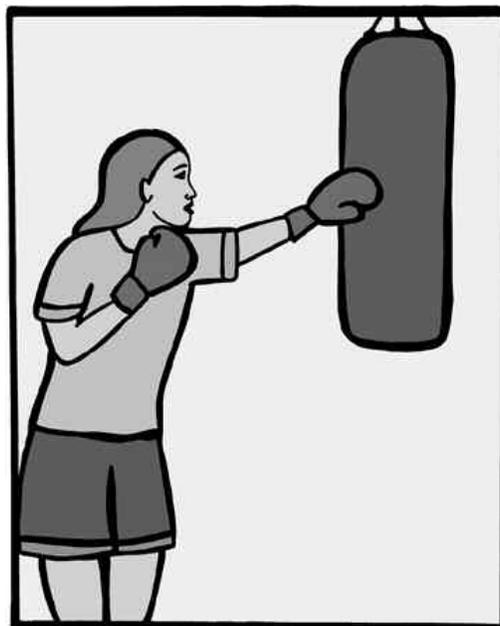
Norges fremmste proffbokser, Cecilia Brækhus får trolig tittelkamp i februar. Den norske jenta vant over den bulgariske Borislava Gorinova på poeng i oktober. Det var det tienende strake seieren for 27-åringen fra Bergen.

-Dette gikk veldig greit og føltet som ren plankekjøring. Gorinova er tøff, sa Brækhus til norske journalister etter kampen.

Brækhus var født i Cartegena, Colombia, men vokst opp i Bergen. Hun begynte med boksing og kickboksing da hun var bare fjorten år gammel, og debuterte som proffbokser tidlig i 2007. Hun rangeres nå på tredjeplass i verden i klassen weltervekt.

- Planen nå er at jeg skal i ringen igjen i desember, og så blir det å forberede meg til en tittelkamp i februar. Men i boksing skjer ting fort, så det kan jo hende at planene blir forandret. Det vet ingen, sa Brækhus.

*Adoptert fra [www.aftenposten.no](http://www.aftenposten.no)*



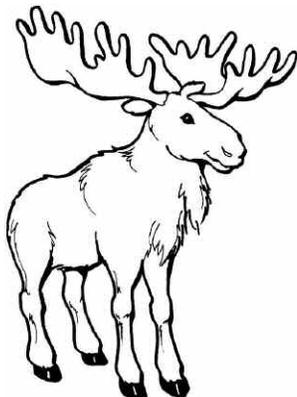
## Språk og kultur / Language and Culture Elg, Elk and Moose

Many North Americans are surprised to learn that the animal we call a moose is also native to Norway. When we think of typically Norwegian animals, the whale, seal or bear might come more quickly to mind, or even the lion which, although not seen in Norwegian forests for some time, is found on the Coat of Arms of Norway.

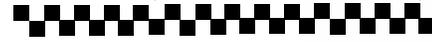
Norwegian moose – called elg in Norwegian – are actually the same species as American moose, known in Latin as *Alces alces*. The English word “elk” is related to the Norwegian word elg which, confusingly, refers to an entirely different animal. According to *The Oxford Introduction to Proto-Indo-European and The Proto-Indo-European World* the discrepancy seems to be due to the fact that *Alces alces* was extinct in Britain by about the year 900 AD, but the word “elk” remained in the English language, probably as a vague term meaning “large deer.” Much later as British explorers traveled the New World, they needed words to describe the animals they found there. “Elk” came to describe a different species (*Cervus elaphus*, aka red deer) while a local Algonquin (American Indian) word – mooz – was brought in to describe *Alces alces*.

But an elg has always been an elg in Norwegian. Whatever you call it, Norwegians love their elg, which is sometimes stylized as skogens konge, or “King of the Forest” and often appears as an artistic cliché known as elg i solnedgang (“moose in the sunset”).

*Aftenposten English Web Desk/NTB*



## Matlyst Monthly



### Lemon Waffles (Vafler med sitronsmak)



*From Authentic Norwegian Cooking  
by Astrid Kalsen Scott*

Ingredients:

5 eggs

1/4 cup sugar

1 cup flour

1 tsp. fresh lemon juice

1/2 tsp. lemon peel (freshly grated)

1 cup sour cream

1/4 cup butter

Beat eggs and sugar until thick and fluffy, about 10 minutes. Alternately fold in the flour, which has been sifted with lemon peel, and sour cream. Stir in the butter and lemon juice. Set batter aside to rest 10-15 minutes. Heat heart-shaped waffle iron. Pour approximately 3/4 cup batter in the center of the iron. Lower cover and bake until the steaming stops, 30-60 seconds on each side. Do not peek during baking period. Makes 6 waffles.

