



SONS OF
NORWAY

Newsletter Service

January, February 2010



Dear Lodge/District Editors:

Once again Sons of Norway is pleased to present you with the latest edition of the Newsletter Service. This complimentary service is printed six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

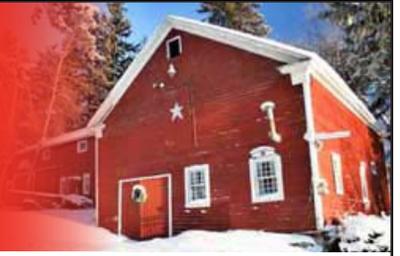
We are now making the Newsletter Service primarily available online from the Sons of Norway website, which can be found at www.sonsofnorway.com. However, you have requested a hardcopy version, which we are happy to provide. Should you decide to stop receiving a hardcopy version in the future, please contact us and ask to be added to the online recipient 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 e-mail Erik Evans at eevans@sofn.com.

Fraternally,

A handwritten signature in cursive script that reads "Linda Nelson".

Linda Nelson
Interim Fraternal Director
Sons of Norway



January • januar

Norwegian Language Resources



Want to impress your relatives? Need to learn a few phrases for that trip coming up? Got some old letters you'd like to translate? Whatever your goals, Sons of Norway can help you get started learning the Norwegian language.

The Sons of Norway website, www.sonsofnorway.com, has two great language programs for members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 audio lessons of simple phrases, written in Norwegian with English translations and pronounced

by native speakers. They are all aimed at the beginner level, but will give you a sense of what the language sounds like and how it works.

The second, newer program is called "Norwegian for Reading Comprehension." As the title indicates, this program focuses on reading for general understanding, rather than speaking or writing. Norwegian for Reading Comprehension shows you how the Norwegian language works and teaches you a strategy for breaking down sentences, paragraphs and passages piece by piece. This program includes instruction on the two different forms of the written language as well as tips about reading older texts. To try either of these programs, just sign into the "Members Login" section of www.sonsofnorway.com.

If you need to hear more Norwegian spoken, check out our Media Lending Library, which features several video titles in Norwegian. For a complete list, log in to www.sonsofnorway.com and click on "Member Resources" and then pick "Lending Library" from the menu on the right. That page lists all titles available, which are free to borrow for members - just email culture@sofn.com or call 1-800-945-8851 ext. 659 to make a reservation.

January • januar

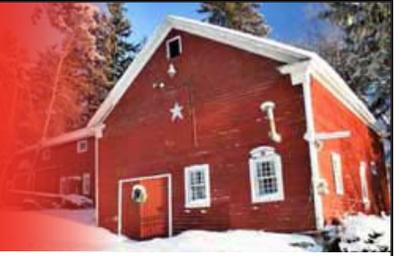
- **Norwegian Language Resources**
Learn more about the Norwegian language programs available to members.
- **Celebrating the New Year and the End of Christmas**
As 2009 comes to a close, find out how Norwegians celebrate the coming of a new year.
- **Know the Facts: Norway**
15 Norwegian facts to satisfy your inner trivia whiz.

February • februar

- **Norwegian Mother's Day – the Second Sunday in February**
Mother's Day is coming early this year!
- **Feeling Nostalgic for a Classic Film?**
Check out some lending library classics to enjoy on a cool winter's night.
- **Norway's Fjords Voted a Top Desitnation**
Traveler Magazine gives Norway's fjords top marks. Find out what other desitnations made the top ten!

Matlyst Monthly

- Kransekake (Almond Wreath Cake)
- Fiskesuppe (Fish Chowder)



January • januar

Kransekake (Almond Wreath Cake)

From The Norwegian Kitchen

Cake:

- 2 ½ cups (6 dl) finely ground blanched almonds
- 2 ½ cups (6 dl) finely ground unblanched almonds
- 4 ½ cups (10 dl) sifted confectioner's sugar (sift first, then measure)
- 3 egg whites

Icing:

- scant 1 cup (2 dl) sifted confectioner's sugar
- 1 egg

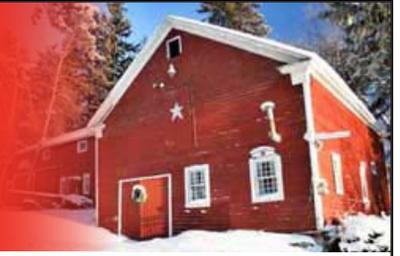
Wreath cake can be temperamental. Even if we make it in "exactly the same way" each time we bake it, the results may vary from absolute perfection to complete failure.

Preheat the oven to 200 degrees C (400 degrees F).

Combine almonds and confectioner's sugar in a large saucepan. Add the unbeaten egg white and mix to a firm dough. Place the pan over low heat and knead until the dough is so hot that it is almost impossible to handle. Grease the ring pans for a 16-18 ring cake. Spoon the dough into a cookie press or pastry tube with a wide round tip. Press the dough into the rings, pressing the ends together to look as seamless as possible. Bake 12-15 minutes, until dry and firm outside, but still slightly soft inside. Cool slightly, then remove from the pans and cool completely. For the icing, sift the confectioner's sugar and combine with egg white to make a thick icing. Make a small cone of paper and cut off the tip. Pipe on garlands of icing and stack. Decorate with flags, bonbons or candy.



Photo by Per Eide - Almond Wreath Cake



January • januar

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...

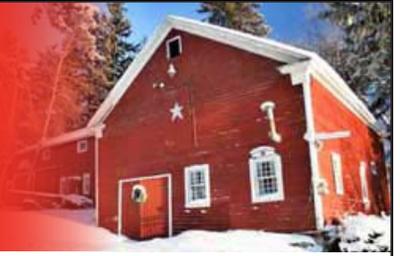
Nyttårsfeiring og julens slutt

Sånn som i mange andre land merkeres 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 for hvordan fisket ville bli i det nye året. Været på nyttårsdagen varslet også for været hele resten av året. Alt det som ellers hendte denne dagen ville også ha konsekvenser for resten av året. I dag er nyttårsdagen offisiell fredag som feires gjerne hjemme og er for mange en hviledag etter nyttårsaften. Statsministeren legger frem 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



January • januar



Know the Facts: Norway

Brush up on your trivia with this list of 15 Norwegian facts. For the complete list, please visit http://www.norway.org/News_and_events/Education/Random-facts-about-Norway/. Selection below compiled from *Norway.org*.

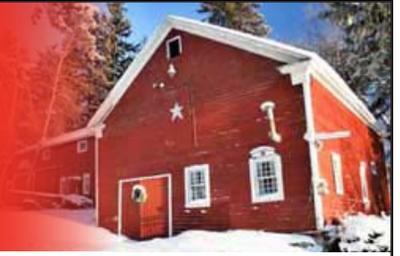
1. There are more Norwegian descendants living in the United States than there are Norwegians in Norway (6 mill. vs. 4.8 mill.)
2. All of the surviving stave churches, (medieval wooden churches with a post and beam construction related to timber framing,) except one, are found in Norway.
3. Hydropower accounts for 99 percent of the electricity generated in Norway.
4. Norwegian women and men spend more and more of their time on leisure activities, on average more than 6 hours a day.
5. Norway was one of the first countries to establish a Ministry for the Environment (1972).
6. The name Norway is thought to mean “path to the North.”
7. Norway is one of the world’s richest countries per capita.
8. Food stores are not allowed to stay open on Sundays, but petrol stations and kiosks selling groceries are.
9. In the period 1860 to 1910, the percentage of the Norwegian population emigrating to America was second only to the Irish.
10. In size, Norway is comparable to Montana, and it is the 6th largest country in Europe.
11. In Norway there’s a saying that “There is no such thing as bad weather, only bad clothing.”
12. Norway’s representative, Kurt Nilsen, won World Idol, the one-off international version of the television show Pop Idol, with the U.S. pop idol Kelly Clarkson as the runner-up.
13. Fossils of the marine reptile “Predator X” that patrolled the Jurassic oceans 147 million years ago, was excavated on the Arctic archipelago of Svalbard, Norway.
14. The all-time high temperature in Norway is 96.08°F and was measured in Nesbyen, Buskerud in 1970.
15. The First United Nations Secretary-General, Trygve Halvdan Lie, was Norwegian.



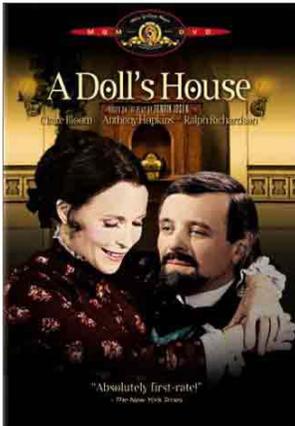
SONS OF NORWAY

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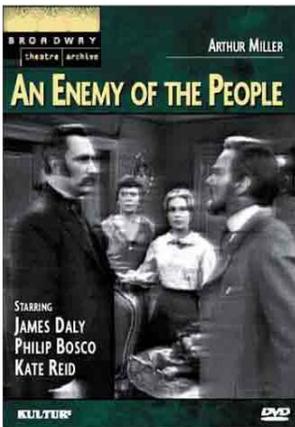
February • februar



Feeling Nostalgic for a Classic film?

In the cool months of winter nothing sounds better than curling up on the couch and watching a classic movie. Fortunately for you, the Sons of Norway Media Lending Library has just the films that you need to settle in for a long winter's night.

Adapted from the famous 1879 Henrik Ibsen play, "A Doll's House" is a dramatic story that focuses on the marriage of Nora (Claire Bloom), a sweet and frivolous woman, to Torvald, (Anthony Hopkins) an authoritative and austere man who doesn't take his wife seriously. Complete with secrets, blackmail and strained family roles "A Doll's House" is classic drama that engages the viewer.

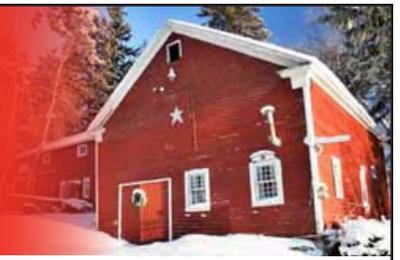


Perhaps a black and white film is more your style. If so, check out "An Enemy of the People." Adapted from a Henrik Ibsen play and written by master playwright, Arthur Miller, "An Enemy of the People" follows the prosperity and pitfalls of a small Norwegian town. The main character, Dr. Thomas Stockman (James Daly), discovers that the town's healing springs are polluted, causing upheaval and unrest among those who would seek to prosper from the springs and those who wish to close them down.

If you'd like to check out either of these films, or want to learn more about what the Sons of Norway Media Lending Library has to offer, call (800) 945-8851.

Sons of Norway • 1455 West Lake Street • Minneapolis, MN 55408-2666 • Phone (612) 827-3611

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February • februar

Fiskesuppe (Fish Chowder)

From The Norwegian Kitchen

- 4 large stalks of celery
- ½ cup salt pork
- 1 medium onion
- 1 - 1 ½ cup fish meat

Cream Sauce:

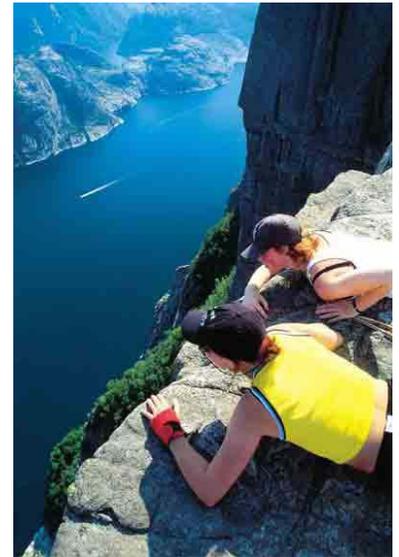
- ¼ cup butter
- 2 heaping Tbsp. of white flour
- 2 cups milk

Clean and dice 4 large stalks of celery. Cook in small amount of water until tender. Dice ½ cup (1 1/4 dl) of salt pork and fry gently, but well. Dice one medium onion. Make cream sauce with coffee cream. Dilute with fish broth, resulting in a rather thick sauce. Then add celery and water in which it was cooked, the fried salt pork, and diced onion. The final addition is 1 to 1 ½ cups (2 1/2 to 3 3/4 dl) fish meat. Cook gently for 30 minutes. When serving, sprinkle individual bowls with fresh, chopped chives.

Cream Sauce: Melt ¼ cup (1/2 dl) of butter, add 2 heaping tablespoons of white flour and blend. Dilute gradually with 2 cups (5 dl) milk until desired thickness. Simmer 7 to 8 minutes. Season to taste.

Norway's fjords voted a top destination

Traveler magazine awarded Norway's fjords a top rating in its sixth annual 'Places Rated' Destination Stewardship survey this past October. The magazine, a publication of National Geographic, surveys over 400 travel experts and more than 130 well-toured iconic destinations to generate the rating. Judging criteria includes: environmental and ecological quality; social and cultural integrity; aesthetic appeal; condition of historic buildings and archaeological sites; quality of tourism management and outlook for the future.



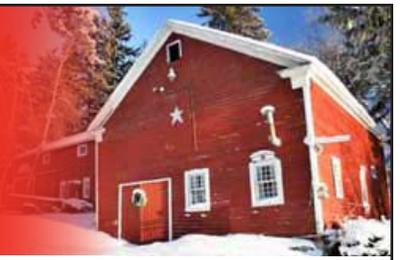
Managing Director of Fjord Norway, Kristian B. Jørgensen, said: "We are surprised and very pleased to have been given such an important accolade from National Geographic Society's expert panel. We regard this as a great honor and challenge. Such an award is an inspiration and reminder of how important it is for all of us to preserve our unique nature and those qualities that make Norway's fjords such a spectacular experience for the many tourists visiting and those that live in the area".

Rounding out the top ten destinations are:

- | | |
|---|---------------------------------------|
| 1. Fjords Region, Norway | 6. Vermont, U.S. |
| 2. Kootenay/Yoho National Parks, British Columbia | 7. Slovenia |
| 3. Gaspé Peninsula, Quebec | 8. Kakadu National Park, Australia |
| 4. South Island, New Zealand | 9. Medieval Granada & Alhambra, Spain |
| 5. Ancient Kyoto, Japan | 10. Bavarian Alps, Germany |

To find out what other travel destinations made the list or to learn more about how the survey was conducted, visit <http://traveler.nationalgeographic.com/2009/11/destinations-rated/list-text>.

Adapted from Norway.org



February • februar

a little in English...

Norwegian Mother's Day – the Second Sunday in February

Mother's Day is an American invention, dating to the second Sunday in May in 1907. That was when the first Memorial Mother's Day Meeting was celebrated in a Methodist church in West Virginia after the initiative of one woman as a personal memorial day for her own mother. The year after she sent out an appeal to make this Sunday a general holiday for all mothers, and her appeal was taken up by other Methodist churches and later spread from there.

In Norway the custom of Mother's Day was first introduced in a Methodist church in Bergen, possibly as early as the first world war. But the first breakthrough for an official mother's day was an initiative from Dorothea Schjoldager (1853-1938) and Karen Platou (1897-1950) in Oslo. In the years between the two world wars they worked to get a mother's day in Norway set for the second Sunday in February, possibly because Norway has so many holidays in May.

From being a day arranged by religious organizations the occasion has in later years become a day for the family. In Norway, father and children wait on mother on this day. The day can be celebrated with breakfast in bed, flowers, dinner at a restaurant or a nice card. Mother's Day has also become highly commercialized due to the marketing of Mother's Day cakes, flowers and gifts. Kindergartens and schools support the tradition by having children make cards and presents for their moms.

Adapted from the book "Merkedager" by Ann Helene Bolstad Skjelbred

litt på norsk...

Morsdag. Andre Søndag I Februar

Morsdagen er en amerikansk oppfinnelse, datert til den andre søndagen i mai i 1907. Da ble den første Memorial Mothers Day Meeting feiret i metodistkirken i West-Virginia etter initiativ av ei kvinne som en personlig minnedag for hennes mor. Året etter sendte henne ut en oppfordring om å gjøre denne søndagen til en almen minnedag for alle mødre, og oppfordringen ble fulgt av andre metodistkirkene, og har senere bare vokst i utbredelse.

I Norge ble skikken med mors dag innført først i en metodistkirke i Bergen, sannsynligvis så tidlig som under første verdenskrig. Men gjennomslag for en offisiell mors dag ble det først med et initiativ fra Dorothea Schjoldager (1853-1938) og Karen Platou (1897-1950) i Oslo. I mellomkrigsårene arbeidet de for å få en morsdag i Norge lagt til andre søndag i februar muligens fordi vi i Norge har mange festdager i mai.

Fra å være en dag arrangert av religiøse organisasjoner har skikken blitt en dag for familien. I Norge, far og barn oppvarter mor på denne dagen. Dagen kan merkeres med frokost på sengen, blomster, middag på restaurant eller et koselig kort. Morsdagen har etter hvert blitt en stor kommersiell høytid gjennom markedsføring av morsdagskake, morsdagsblomster og morsdagsgaver. Barnehager og skoler opprettholder tradisjonen ved å sette barna til å lage kort og gave til mor.

Adoptert fra boka Merkedager av Ann Helene Bolstad Skjelbred