

Some Facts on June 21

- ◆ June 21 is in honor of St. Bernhard. In addition to St. Olav and St. Eystein's shrine, an additional shrine for St. Bernhard was found in Nidaros Cathedral. He came to Norway under Magnus the Good, but he couldn't get along with Harald Fairhair. He traveled to Iceland and after a long sojourn returned to Trondheim.
- ◆ In the moment the sun turns around, water changes to wine, then to vinegar, then to water again. It happens as fast as it takes you to say, "Now it is, now it was, now it is again."
- ◆ Don't wash clothes today, for the water that became vinegar will leave vinegar on the clothes and they will dissolve. One must not use yeast today, and it's impossible to bake a cake, as the cakes will turn over in the oven.
- ◆ Brewing beer will not go any better. In the moment that the sun "changes," the beer will "throw itself out" and will be spoiled. Also, large amounts of work should not be done today.
- ◆ The summer solstice was celebrated with a large offer which was called the "Midsummer Sacrifice."
- ◆ Old tradition dictates that the final element in the celebration of a wedding was the bridal journey in which the bridal dowry, escorted home, is shown.
- ◆ Today, women complain and love, an outstanding day for visits and weddings.

—From *Hva dagene vet* by Sverre Østen

Newsbrief

Stamp Production Flags Out

As of next summer, Norwegian stamps will no longer be printed in Norway. After a round of tenders, authorities have decided that the production of stamps will be moved to either Denmark, the Netherlands, or the United States. This brings to end a 140-year-long tradition. Design and engraving will still be done domestically.

—Norway Now, *Medio December 1999*

Know your benefits...

Financial Benefits

How can Sons of Norway's Universal Life Plan (Nordic Life V) help provide for college education? To find out, contact your local field staff representative and he/she will be glad to give you the details.

Recipe Corner

Old Time Carrot Soup

Carrots cut in pieces
 Butter and flour
 Beef broth
 Ginger, cayenne, salt
 Sherry
 Meat or fish balls

Peel carrots, cut into pieces, boil for 4 hours, and mash through a sieve. Thin a little thickening of butter and flour with the carrots, carrot water, and broth. Spice with a pinch of ginger, cayenne, salt, and a large glass of sherry. Serve with little teaspoon-balls of fish or meat.

—From *Norwegian Home Cooking* Hedemarks museet



Illustration from *Hva dagene vet* by Sverre Østen



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A Little in English Hordaland County

Bergen, the capital of Western Norway, is located in Hordaland. The city has a number of attractions which are exciting for adults and children alike. We may mention examples like Fløibanen (the funicular), Ulriksbanen, The Fish Market, and Edvard Grieg's home, Troldhaugen, which is located a bit outside of Bergen.

Within the county you find many fjords and mountains. The Hardanger Fjord is one of Norway's most beautiful fjords, especially at the time when the fruit trees are blooming. Many important artists have found inspiration from the nature of Hordaland.

Further inland the Hardanger Plateau is situated, an eldorado for sports year round. Voss is especially known for winter sports, but has equally much to offer the tourists in the summer.

HORDALAND COUNTY



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Litt på norsk

Hordaland fylke

Bergen, Vestlandets hovedstad ligger i Hordaland. Byen har en rekke attraksjoner, som er spennende for både voksne og barn. Vi kan nevne eksempler som Fløibanen, Ulriksbanen, Fisketorget og Edvard Griegs hjem, Troldhaugen, som ligger litt utenfor Bergen.

Innenfor fylket finnes mange fjorder og fjell. Hardangerfjorden er en av Norges vakreste fjorder, spesielt på den tiden frukttrærne blomstrer. Mange store kunstnere har blitt inspirert av naturen i Hordaland.

Lenger inne i landet ligger Hardangervidda, et eldorado for sport året rundt. Voss er spesielt kjent som vintersportssted, men har minst like mye fint å by turistene om sommeren.

God sommer! God sommer!

Happy Father's Day!

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