



# SONS OF NORWAY

## Newsletter Service March, April 2014



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## SONS OF NORWAY 2014 INTERNATIONAL CONVENTION

Jacksonville, Florida | [www.sonsofnorway2014.com](http://www.sonsofnorway2014.com)

This year Sons of Norway is hosting the 2014 Biennial International Convention in beautiful Jacksonville, FL. This is an important event for the organization because it's when we hold the International Lodge Meeting, a time when members come together to participate in our organization's governance by discussing issues that will have a significant impact on Sons of Norway.

This year the Convention will once again include the Innovative Leadership Conference, a special one-day event that is open to ALL members and dedicated to strengthening attendees leadership skills.



To help members learn about each of these important events, Sons of Norway has launched a new website, [www.sonsofnorway2014.com](http://www.sonsofnorway2014.com). Visitors to the website will learn about all the exciting things happening at the Convention, register for attendance, get schedule/agenda updates and learn about all the great things Jacksonville has to offer. Visit today to learn all about the exciting events coming up this summer!



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#### **Innovative Leadership Conference: A Conference for All**

The conference, which is open to ALL members, is sure to be a premiere event that will help you strengthen your leadership skills! Whether you are interested in helping your lodge succeed or improving your professional leadership skills, the Innovative Leadership Conference will help you attain your goals.

Over the course of the day-long conference, attendees will be taken through a series of educational topics by professional speaker/trainer, Kit Welchlin. Attendees will learn about effective communications styles, conflict resolution, effective team work and leadership concepts for recruiting members and customers.

More importantly, everyone who attends will be given implementable tools and techniques, which will deliver tangible results. "The goal of this event is to help members strengthen their leadership skills and provide them with the tools they need to succeed, both within Sons of Norway as well as within their professional lives," says Erik Evans, Sons of Norway's Communications Manager. "One of the most important elements to Sons of Norway's future success is strong leadership skills at all levels of the organization. Like the overwhelmingly successful 2012 event, this year's ILC will help build strong leaders and, we feel, will make Sons of Norway stronger overall."

If you'd like to learn more about the event or register today you can visit the 2014 International Convention website at [www.sonsofnorway2014.com](http://www.sonsofnorway2014.com) or you can call (800) 945-8851 ext. 623.

#### **Tubfrim Winner Announced**

Tuesday, January 7, 2014 was a lucky day for Vegas Viking Lodge 6-152 in Las Vegas, Nevada. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 1,229 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 1,229 pounds of stamps to Tubfrim in 2013.

Sons of Norway members have been an integral part of Tubfrim's success since 1986. Lodges and individuals participate by clipping used stamps and sending them to Tubfrim, which sells them to dealers and collectors.

Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected.

While helping children is a great motivation for our members to participate, there is a special incentive to say "thank you". For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or [supply@sofn.com](mailto:supply@sofn.com) or downloaded from [www.sonsofnorway.com](http://www.sonsofnorway.com).

If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page in the members section of Sons of Norway website under Management: Forms. For more information or questions, contact Sons of Norway Tubfrim chairperson, Gene Brandvold, at 952-831-4361 or [genegbrand@aol.com](mailto:genegbrand@aol.com).



### March • mars

#### Fiskekaker (Norwegian Fish Cakes)

*Adapted from gooseberrymoosberry.com*

*Makes 6 cakes*

- 1 lb white fish fillets (such as cod or haddock)
- 1½ tsp corn starch
- ½ tsp salt
- ½ to 1 cup ice-cold milk, more if needed
- ⅛ tsp pepper
- 1 tsp finely chopped chives
- ⅛ tsp ground nutmeg
- 1-2 tbsp canola oil for frying
- 1 egg white



Dry fillets with paper towels and cut into large pieces. Process fillet pieces in a food processor. Add egg white, corn starch, salt, pepper and nutmeg to processor and grind until blended. Set the

processor to a low speed and slowly add milk through the chute until the mixture has a paste-like consistency, using as much milk as the mixture can absorb without becoming too watery to form the cakes. Add chives to mixture and process. Move mixture to a bowl.

Heat oil in a large pan on medium heat. Divide mixture into 6 portions and form into cakes (roughly 2-3 inches wide). Fry cakes for four minutes each side or until golden brown. Serve and enjoy.

#### Remoulade Sauce (*makes 1½ cups*)

- 1¼ cups mayonnaise
- ¼ cup mustard
- 1 tbsp sweet paprika
- 1-2 tsp cajun or creole seasoning
- 2 tsp prepared horseradish
- 1 tsp pickle juice (can substitute lemon juice or vinegar)
- 1 tsp hot sauce
- 1 large clove garlic, minced and smashed

#### Norwegian Experience 2014



Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2014 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2015, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a multi-day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2014. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!



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Have you heard about Sons of Norway's new Virtual Pilgrimage? As with the Sports Medal Program, this new offering rewards members for living an active lifestyle. The journey is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways'.

### History

The son of Viking explorers, King Olav Harraldson (995-1030) ruled Norway, determined to unite the country under Christianity. However his efforts did not go unopposed. He fell in the Battle of Stiklestad

in 1030 and his body was laid to rest in what is now Nidaros Cathedral. Soon after his death he was canonized St. Olav, the patron saint of Norway. The routes that St. Olav once trekked were thereafter claimed as pilgrim trails all leading to the shrine of St. Olav in Trondheim. During the Middle Ages, Trondheim, once called the city of Nidaros, was the greatest pilgrimage destination in Northern Europe.

To this day, people from around the world make the trek to Nidaros Cathedral to celebrate their patron saint on St. Olav's Day, July 29th. The Sons of Norway's Virtual Pilgrimage features Norway's most famous route from Oslo to Trondheim, the Gudbrandsdalen Route following the Old King's Road. This 387 mile journey takes pilgrims through cities, small villages, past historic churches, farms, beautiful mountains and fjords.

Get active and learn about Norway while doing it!



### Here's how to get started:

- Print out a Pilgrimage record card found on the Sons of Norway website or ask your lodge sports director for more information.
- Walk around your neighborhood, park, shopping mall or gym.
- Track your mileage on your record card.
- Learn about historical locations along the Pilgrimage route in Norway found at ([www.sonsofnorway.com/pilgrimage](http://www.sonsofnorway.com/pilgrimage))
- Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- You must start the pilgrimage in 2014 and you must finish your 387 miles by the end of 2015.
- Turn in your record card to your lodge sports director and receive recognition of completion from the Sons of Norway Headquarters.



### March • mars

*a little in English...*

#### Welcome to the Parliamentary quiz!

In honor of the 200th anniversary of the Constitution - we thought it would be appropriate to learn more about Norway's government. When was the Labor Party founded? How many national referendums have been held in Norway? How many members of parliament are there? Test your knowledge in our parliamentary quiz! How many do you know?

The quiz comes from Norway's parliament website. If you want, you can take the real quiz online, <http://www.stortinget.no/quiz/>



1. What hangs in Parliamentary Hall over the painting of the Eidsvoll Assembly from 1814?
  - A. The coat of arms
  - B. A Norwegian flag
  - C. Viking Ship
2. How many representatives does the Centre Party have in Parliament between the years of 2013-2017?
  - A. 10
  - B. 15
  - C. 19

3. How many national referendums have been held in Norway?
  - A. 15
  - B. 6
  - C. 19
4. Who is the parliamentary leader of the Liberal Party?
  - A. Sveinung Rotevtn
  - B. Trine Skei Grande
  - C. Ole Elevstuen
5. When was the Labor Party founded?
  - A. 1887
  - B. 1920
  - C. 1932
6. What is the youngest political institution in Norway?
  - A. Sami Parliament (1999)
  - B. Progress Party (1973)
  - C. Confederation of Trade Unions (LO) (1899)
7. Which party does Kjell Ingolf Ropstad represent?
  - A. Center Party
  - B. Conservative Party
  - C. Christian Democratic Party
8. How many political parties are represented in Parliament between the years of 2013-2017?
  - A. 20
  - B. 8
  - C. 7
9. When can you say that Parliamentarism in Norway got its breakthrough?
  - A. 1884
  - B. 1940
  - C. 1905
10. How many members of Parliament does the SV (Socialist Left Party) have between the years of 2013-2017?
  - A. 7
  - B. 11
  - C. 20
11. How long did Thorbjørn Jagland sit as head of government (Prime Minister)?
  - A. One year 1996-1997
  - B. Two years 1996-1998
  - C. Six years 1990-1996
12. Which party had absolute majority in the elections of 1945?
  - A. Labor Party
  - B. Conservative Party
  - C. Liberal Party

- Answers:
1. A. The coat of arms
  2. A. 10
  3. B. 6
  4. B. Trine Skei Grande
  5. A. 1887
  6. A. Sami Parliament (1999)
  7. C. Christian Democratic Party
  8. B. 8
  9. A. 1884
  10. A. 7
  11. A. One year 1996-1997
  12. A. Labor Party



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*litt på norsk...*

#### Velkommen til Stortingets quiz!

Til ære for Grunnlovsjubileet - synes vi at det kunne passe å lære mer om Norges regjering. Når ble Arbeiderpartiet stiftet? Hvor mange nasjonale folkeavstemninger har vært avholdt i Norge? Hvor mange Stortingsrepresentanter? Test dine kunnskaper i vår Stortingsquiz! Hvor mye kan du?

Quizen kommer fra websiden til Norges Storting. Hvis du vil, kan du ta den ekte quizen online, <http://www.stortinget.no/quiz/>



- Hva henger over maleriet av Eidsvolls forsamlingen fra 1814 i stortingssalen?
  - Riksvåpenet
  - Et norsk flagg
  - Vikingskip
- Hvor mange representanter har Senterpartiet på Stortinget i perioden 2013–2017?
  - 10
  - 15
  - 19

- Hvor mange nasjonale folkeavstemninger har vært avholdt i Norge?
  - 15
  - 6
  - 19
- Hvem er parlamentarisk leder for Venstre?
  - Sveinung Rotevetn
  - Trine Skei Grande
  - Ole Elevstuen
- Når ble Arbeiderpartiet stiftet?
  - 1887
  - 1920
  - 1932
- Hva er den yngste politiske institusjonen i Norge?
  - Sametinget
  - Fremskrittspartiet
  - LO (Landsorganisasjonen)
- Hvilket parti representerer Kjell Ingolf Ropstad?
  - Senterpartiet
  - Høyre
  - Kristelig Folkeparti
- Hvor mange politiske partier er representert på Stortinget i perioden 2013–2017?
  - 20
  - 8
  - 7
- Når kan man si at parlamentarismen i Norge fikk sitt gjennombrudd?
  - 1884
  - 1940
  - 1905

- Hvor mange stortingsrepresentanter har SV (Sosialistisk Venstreparti) i perioden 2013–2017?
  - 7
  - 11
  - 20
- Hvor lenge satt regjeringen til Thorbjørn Jagland (A)?
  - Ett år 1996-1997
  - To år 1996-1998
  - Seks år 1990-1996
- Hvilket parti fikk absolutt flertall ved valget i 1945?
  - Arbeiderpartiet
  - Høyre
  - Venstre

- Riktige Svar:
- A. Riksvåpenet
  - A. 10
  - B. 6
  - B. Trine Skei Grande
  - A. 1887
  - A. Sametinget 1999
  - C. Kristelig Folkeparti
  - B. 8
  - A. 1884
  - A. 7
  - A. Ett år 1996-1997
  - A. Arbeiderpartiet



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### Skolebrød (School Bread)

*Adapted from <http://fiveandspice.com>, makes 20 buns*

#### Buns:

- 1 stick (8 tbsp) melted butter
- 3 cups warm whole milk
- 1 cup sugar
- 1½ tsp yeast
- 2 tsp ground cardamom
- 1 tsp salt
- 6 cups flour, plus more for kneading
- 1 egg, lightly beaten, for egg wash

#### Custard filling:

- 1 cup heavy cream
- 1 cup whole milk
- 1 egg
- 2 egg yolks
- 1 tbsp cornstarch
- ½ cup plus 2 tbsp granulated sugar
- 1 tsp vanilla extract

#### Icing:

- powdered sugar glaze  
*(1 tbsp milk + 1 tsp vanilla extract blended with powdered sugar until it reaches icing consistency – probably close to a cup)*
- 1 cup unsweetened shredded coconut

Mix melted butter, warm milk and sugar in a bowl. Sprinkle yeast over mixture and let stand for 5-10 minutes or until yeast is frothy. Stir in salt and cardamom. Carefully add flour, stirring between additions, until you create a sticky dough. Knead dough on a floured surface for 5 minutes. Dough consistency should be sticky (dry dough will not yield good texture) yet workable. Place dough inside a lightly greased bowl and cover with a damp cloth. Leave in a warm place to rise for 1 hour or until dough doubles in size.

To make the custard filling, whisk egg, egg yolks, cornstarch and sugar. Bring milk and heavy cream to a light simmer in saucepan. Add ¼ cup of hot mixture to the egg mixture and stir to prevent curdling. Repeat last step with another ¼ cup. Pour the eggs back into the saucepan and cook at a medium-low temperature, stir constantly until mixture is nearly the texture of pudding. Remove from heat and add vanilla extract. Set aside to cool.

After dough has risen, punch it down and place on a floured surface. Separate into 20 equal pieces. Form each into a ball and then pulling gently, form into a thick disk. Create an indent in the center of each with your fingers and place

on a parchment lined baking sheet. Cover with cloth and allow to rise for 30 more minutes.

Preheat oven to 350°F. Add a spoonful of the cooled custard to the center of each bun. Brush the edges of each bun with egg glaze. Bake on a baking sheet until golden brown, roughly 15 minutes. Remove to cooling rack.

Once buns are cooled, place shredded coconut in a shallow bowl. Make icing and spread onto bun, avoiding the custard center. Gently dip iced bun into coconut and set aside to dry. Repeat the process with remaining buns.



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### Norway's Easter Thrillers

Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to North Americans as the Norwegian Easter tradition of Påskekrim. Literally translated as “Easter crime,” this phenomenon grips Norway each spring and fills bookstores with dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series. Even Tine, a Norwegian dairy product company, gets in on Easter crime festivities by printing crime-related cartoons on their milk cartons.

While it is uncertain exactly how Påskekrim has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndrett i natt* (“Bergen Train Robbed Tonight”). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym “Jonathan Jerv” and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper’s masthead, featured the novel’s title “BERGEN TRAIN ROBBED TONIGHT” and caused a sensation among readers who believed it to be a real headline. Readers—concerned for the welfare of passengers on the train—had missed the tiny text nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the novel’s Eastertime sales success and Påskekrim became an annual tradition.

While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate Påskekrim in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon.



To learn more about Norway’s popular crime writers or to find recommended titles, log in to the digital edition of Viking magazine and check out these issues:

#### APRIL 2010 – CURL UP WITH AN EASTER THRILLER

<http://msp.imirus.com/Mpowered/book/vvk10/i4/p12>

#### APRIL 2011 – EASTER THRILLERS

<http://msp.imirus.com/Mpowered/book/vvk11/i3/p8>

#### JULY 2011 – SUMMER READING: SCANDINAVIAN STYLE

<http://msp.imirus.com/Mpowered/book/vvk11/i7/p12>

#### MARCH 2013 – THE GOLDEN TOUCH

<http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>



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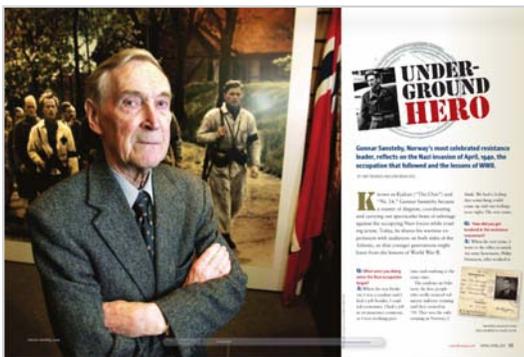
### Repaired Statue of Resistance Hero Relocated

A newly repaired statue of Norway's most highly decorated WWII resistance hero, Gunnar Sønsteby, has found a new, more historically significant, home. Coinciding with what would have been Sønsteby's 96th birthday on January 11, the statue is now situated across from the University of Oslo's downtown campus on Karl Johans Gate.

Unveiled at Solli Pass in Oslo's Frogner district by King Harald V of Norway in 2007 and created by artist Per Ung, the statue depicts a young Sønsteby with his bicycle. Revelers damaged the bronze statue during a rowdy Syttende Mai celebration last year, breaking off the statue's front wheel. Shortly after, the statue was found broken and lying on the ground after an enthusiastic young child attempted to climb it.

In an effort to provide a more secure and historically accurate location, the repaired statue now sits at a pivotal location for both Sønsteby and Norway itself—where German soldiers marched through Oslo on April 9, 1940, and where a young Sønsteby watched on from the sidelines. A crucial moment for Sønsteby, he recalled in his memoirs the resentment "the humiliation of seeing those green-uniformed creatures trampling our streets" at that moment caused.

To learn more about the wartime efforts of Gunnar Sønsteby, be sure to read Viking magazine's interview with the hero in the April 2011 issue. Also available is the feature film "Max Manus" from Sons of Norway's Media Lending Library at 800-945-8851.



### Proud Norwegians

Since 1985 the *Norsk Monitor* survey has been questioning roughly 4,000 Norwegians on their values and attitudes regarding social issues in their home country. Recent results indicate noticeable changes from years past on subjects ranging in focus from national pride, taxes, happiness and more.

One of the most marked changes from nearly 30 years ago is that Norwegians are becoming increasingly more proud of their nationality, jumping from 68 percent in 1985 to 90 percent in the latest survey. What is behind this surge in pride? Erik Dalen, director of the public opinion research institute, MMI, draws a correlation between pride and Norway's oil wealth in an interview with *Aftenposten* saying, "We're not so proud that we've become wealthy. But the wealth gives reason to believe that the way we have organized our society is correct and good. The wealth therefore contributes indirectly to the Norwegian pride."

Survey results also point to a steady increase in the number of respondents who believe they earn more money than they need. Similarly, Norwegians also responded favorably to supporting a high level of taxes as a means of ensuring social equality and funding the welfare state, increasing from 50 percent in 1985 to 70 percent in the most recent survey. "The feeling seems to be that the higher level of income we have, the more able we are to pay taxes. As long as the tax levels don't ruin individuals' own personal finances, they find value in the taxes that support the social welfare state," said Dalen.

Happiness also seems to be on the increase in Norway. Respondents indicated that they were less worried about their personal finances than ever before and were enjoying life more. "There's a clear connection between good personal finances and happiness. Rising affluence has had a positive effect on levels of personal happiness and satisfaction," said Professor Ottar Hellevik of the University of Oslo, an administrator of the survey.



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*a little in English...*

### Modern Norwegian Easter

Norway has many long held traditions when it comes to Easter celebrations and the world's longest Easter vacation.

The traditional Norwegian Easter is spent in the mountains and is celebrated with oranges, sun, Kvikklunnsj and ski trips. The assumption that everyone travels away during Easter is a big myth, many relax at home, and Easter in the city has become a popular idea. The vast majority celebrates Easter at home and in Oslo, it is time to enjoy the first beer of the season outside in the sun. Easter in the city can include hiking trips in the sun, museum visits, shopping on non-holidays, going to the movie theater and much more.

Easter vacation is actually a special Norwegian phenomenon. Norway has a five-day consecutive weekend from Holy Thursday to the second Easter Day, which is always on Monday. With the long Easter holiday, people have more opportunity to travel.

Until recently, Easter was a very quiet time. The Easter week was typically marked with closed shops and shutdown nightclubs because of the holidays. For many, Easter celebrations start on Palm Sunday weekend, which is actually the weekend before Easter actually occurs.

Because it is not a holiday, shops are open on Holy Saturday (Easter Eve). Holy Saturday is typically the day that children receive their Easter eggs filled to the brim with candy. Many people arrange fun ski races and other activities. After the ski races or ski outings many are tempted into enjoying a mug of spiced gløgg. In addition, Holy Saturday includes the great Easter feast. Many serve Easter lamb or chicken. Holy Saturday is without a doubt children's favorite day of Easter.

Easter has many symbols, such as chickens, weeping willows, crosses and so on. Most people decorate with various Easter symbols and Easter colors. Crime is an important Easter tradition in Norway, especially with crime books and Easter crime shows on TV. Easter is a good time to relax, cozy up with family and friends, eat good food and of course get outside. Norwegians love to hike and there is no real Easter without a Easter outing in the fresh air.

*litt på norsk...*

### Moderne norsk påskefeiring

Norge har lange tradisjoner når det gjelder påskefeiring og verdens lengste påskeferie.

Den tradisjonelle norske påskeferien tilbringes i påskefjellet og feires med appelsiner, sol, Kvikklunnsj og skiturer. At alle reiser bort i påsken er faktisk en myte, mange slapper av hjemme, og bypåske har blitt et populært begrep. De aller fleste feirer imidlertid påsken hjemme og i Oslo er det ofte tiden for den første virkelige utepilsen i solskinnet. Bypåske kan være turer i solskinnet, besøk på museer, shopping når det ikke er helligdager, kinobesøk og mye mye mer.

Påskeferie er faktisk et spesielt norsk fenomen. Norge har en fem dager lang sammenhengende helg fra og med skjærtorsdag til og med andre påskedag som alltid er på mandag. Med lang ferie har man muligheten til å reise litt i påskeferien.

Inntil nylig var påsken en svært stille tid på grunn av alle helligdagene og mye av påskeuken var preget av stengte butikker og stengte utesteder. Butikkene er fortsatt stengt men påsken er mindre stille enn før og for mange er påskefeiringen en lang fest i våre dager. Påskefeiringen starter for mange med palmehelgen, som er helgen før påsken egentlig starter.

Påskeaften er ikke en helligdag, og butikkene er åpne. Påskeaften er gjerne den dagen barna får påskeegg fylt til randen med godterier. Mange arrangerer morsomme påskeskirenn og andre aktiviteter. Etter skirennen eller skituren, frister det kanskje med et krus krydret gløgg. Påskeaften er dessuten dagen for det store festmåltidet i påsken. Svært mange serverer påskelam eller kylling. Påskeaften er uten tvil barnas favoritt påskedag.

Påsken har mange symboler, som kyllinger, gåsunger, kors og så videre. De fleste pynter med ulike påskesymboler og bruker påskens farger. I Norge er krim en viktig påsketradisjon, spesielt med krimbøker og påskeskrim på TV. Påsken er fin tid for å slappe av, til å kose seg sammen med familie og venner, til å spise god mat og ikke minst til å komme seg ut på tur. Nordmenn elsker turer og det blir ingen ordentlig påske uten påsketur i den friske luften.