



SONS OF  
NORWAY

## Newsletter Service

March, April 2010

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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](http://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](mailto:eevans@sofn.com).

Fraternally,

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

Linda Nelson  
Interim Fraternal Director  
Sons of Norway



### March • mars



#### Norwegian Cultural Skills Folk Dancing – Learn the Skill, Earn the Pin!

Perhaps you are looking for a fun lodge program, or a way to stay active that is more interesting than traditional exercise this winter. Whatever your motivation, learning Norwegian Folk Dancing from the Sons of Norway's Cultural Skills Program may be just what you're looking for. This

Norwegian Cultural Skills unit, #13, is one of our most popular and is a great way for lodge members to participate as a group in an activity that encourages healthful exercise while increasing the understanding of the social culture of Norway.

This unit is skill-building, with three levels, and begins with enjoyable easy dances and progressing to more difficult dances. In each level, members will learn and perform one of each type of dance form (song-dance, figure-dance and couple dance); choose at least one activity from the Elective Activity list; and apply for the Generalist pin (Level 1) or the Specialist pin (Level 2 & 3). Pins are awarded to members only.

Additionally, there is a unit that's also available for children and unge venner members (#31). When combined with the adult program, some lodges start a multi-generational dance group who participates in a year-round activity that appeals to a broad range of members.

So, if you want to increase lodge membership, try something new, or create a lodge identity in the community, the Norwegian Folk Dancing Cultural Skills Program may be just the thing for you. The Cultural Skills Program units are all easily accessible via the web at [www.sonsofnorway.com](http://www.sonsofnorway.com) or by calling 800-945-8851.

### March • mars

- **Folk Dancing**  
Learn Norwegian Folk Dance with Cultural Skills Program Unit #13.
- **Know the Facts: Norway**  
5 Norwegian facts to satisfy your inner trivia whiz.
- **Oslo aged 2,000 years in a day**  
Excavation near Oslo suggest that people may have inhabited the area 2,000 years sooner than archeologists originally believed.

### April • april

- **Påskekrim**  
Crime novels for Easter? Learn more about this interesting Norwegian literary phenomenon.
- **Sons of Norway Media Lending Library**  
Celebrate your Norwegian heritage with two lending library historical favorites.
- **Celebrating Easter in Norway**  
Take a closer look at Easter traditions in Norway.

### Matlyst Monthly

- **Nøkkelost Quiche (Nøkkel Quiche)**
- **Pinnekjøtt (Ribs of Lamb with a Touch of Birch)**



March • mars

### Nøkkelost Quiche (Nøkkel Quiche) / Serves 6-8

*From The Norwegian Kitchen*

#### Crust:

- 5/8 cup (150 g) butter
- 7/8 cup (200 g) flour
- 2 Tbsp. water

#### Filling:

- 6 slices bacon
- 9 oz. (250 g) nøkkelost, grated
- 4 eggs, slightly beaten
- 1 cup (2 1/2 dl) half and half
- 2 Tbsp. chives
- 1/2 tsp. salt
- 1/2 tsp. white pepper



*Photo by Ekte Norsk Mat-- Nøkkelost Quiche  
from Authentic Norwegian Cooking by  
Astrid Karlsen Scott*

It is easier to make a pie dough with a mixture of shortening and butter, but an all-butter dough is superior. A quiche should always be served hot or luke warm.

Cut butter into flour with pastry blender until the size of small peas. Add water and mix to a soft dough. Work the dough as little as possible to prevent unnecessary shrinkage. Press into a 9 1/2-inch (24 cm) quiche pan. Fry bacon until crisp. Drain on paper towel and break into pieces. Grate cheese and sprinkle on the bottom of the pie crust. Whisk eggs, half and half, chives, and pepper together. Carefully pour the egg mixture over the cheese. Sprinkle with bacon on top. Bake until firm, on the lowest rack in the oven at 350 degrees F (175 degrees C).

### Oslo aged 2,000 years in a day

It isn't everyday that history is re-written, but in Oslo it may need to be. New artifacts found in an archeological excavation in Ekeberg, an eastern suburb of Oslo, suggest that people inhabited the area more than 2,000 years earlier than experts previously thought. The artifacts found include flint chips as well as other evidence of tool production.

Archeologists have also located what is believed to be a settlement. Originally located at the water's edge, the settlement is now part of the hillside due to the melting of the ice cap and land shifts. According to Kristine Reiersen of the Central Office of Historic Monuments around 8-12 people lived in the region.

*Adapted from: The Norway Post*



### March • mars



*a little in English...*

#### **Know the Facts: Norway**

- In 2006 British pop star Katie Melua earned a world record for what was then the deepest concert ever held. The concert was held inside one of the legs of the giant Troll-A platform, 303 meters below the sea surface. Prior to setting the record, Katie underwent extensive medical testing and survival training for the performance.

- In April of 2009 Nina Irslinger set the world record for the longest church organ marathon, after playing for 36 hours and 3 minutes at Evje church in Evje, Norway.

-The world's longest sofa was built in Sykkylven, Norway in June of 2009. The sofa was over 800 meters long and spanned the entire length of the Sykkylven Bridge. The sofa was created as a joint effort between local furniture manufacturers to promote Sykkylven's strong furniture industry.

- Erik Rotheim, a Norwegian chemical engineer, invented the aerosol spray can in Oslo in 1927. The invention was patented in 1931 and later sold to a US company for 100,000 Norwegian kroner.

-The world's largest gingerbread man was made in Oslo, Norway in November of 2009. The world's tallest man, Sultan Kösen, unveiled the 1,435-pound gingerbread man during a promotional event held at Ikea.

*litt på norsk...*

- 2006 fikk britiske popstjerne Katie Melua verdensrekord da hun avholdt til da historiens dypeste konsert. Konserten ble avholdt i en av plattformbeina til Troll-A plattformen, 303 meter under havoverflaten. Før konserten måtte Katie gjennomgå strenge legeundersøkelser og overlevelseskurser.

- April 2009 satte Nina Irslinger ny verdensrekord i kirkeorgelspill etter å spille 36 timer og tre minutter på Evje kirken.

-Verdens lengste sofa ble bygget i Sykkylven i juni 2009. Sofaen var 890 meter lang, og ble bygd over Sykkylvenbru. Sofaen var et samarbeidsprosjekt mellom to lokale møblebedrifter for å promotere Sykkylvens fantastiske kapasitet for å drive med møble.

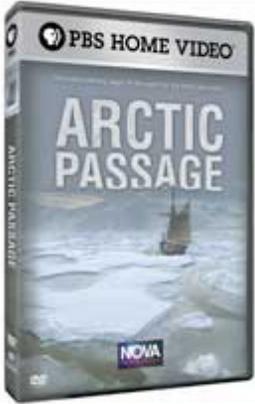
-Erik Rotheim, en norsk kjemisk ingeniør, oppfinnet sprayboksen i Oslo i 1927. Oppfinnelsen ble patentert i 1931 og senere solgt til en amerikansk bedrift for 100 000 kroner.

-Verdas største pepperkakemann ble laget i Norge i november 2009. Verdens høyeste mann, Sultan Kösen, viste fram den 650 kilo tung kjempepepperkakemann under en arrangement på Ikea.



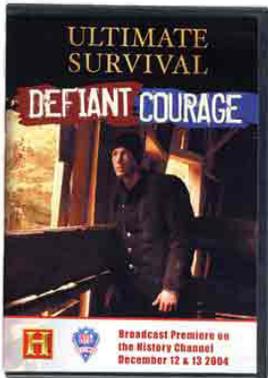
April • april

### Sons of Norway Media Lending Library



This spring, channel your inner history buff with two lending library favorites, “Arctic Passage” and “Ultimate Survival Defiant Courage.”

“Arctic Passage,” a two-hour mini-series created by NOVA, follows two dissimilar expeditions as they travel through the Norwest Passage. The first story of the series follows the ill-fated journey of two Royal Navy ships led by Sir John Franklin who depart from London in 1845 in an attempt to navigate the Arctic route. Whether due to starvation, exposure or lead poisoning, none of Franklin’s 129-man crew survived to complete the journey. The second portion of the series focuses on the expedition of Norwegian explorer Roald Amundsen in 1905. Boasting a crew of only 6 men and a small ship called Gjøa, Amundsen did what no one had accomplished before him and succeeded in navigating the Norwest Passage by learning secrets of survival in the Arctic from the Inuit.



“Ultimate Survival Defiant Courage,” a WWII combat film produced by the History Channel, tells the story of Jan Baalsrud, an expatriate Norwegian commando sent on a 12-man secret mission to organize a resistance movement in Nazi-occupied Norway. When German soldiers ambush the platoon, only Jan survives. What follows is the story of Jan’s escape to Sweden, braving frostbite, snow blindness, gangrene and unimaginable odds.

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.



April • april

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### Påskekrim



In Norway, Easter is a huge holiday, just as big as Christmas. For all of Holy Week, from Palm Sunday through Easter Sunday and even a little longer, most business and many shops close down, while the country celebrates the holiday with parties and dinners at home, or by heading into the mountains to hike and ski. Most of this is easy for us North Americans to understand, it's pretty close to our own Easter traditions, even if it's on a much larger scale than what we do. But there's one aspect of Easter in Norway for which we have no equivalent – the Norwegian obsession with Easter-time crime books and movies.

It's called påskekrim, literally "Easter crime." Every year at Easter, the shelves of Norwegian bookstores swell to bursting with lurid novels promising ghastly tales of murder and kidnapping; Norwegian TV is flooded with mystery series from home and abroad; and newspapers and the internet scramble to review it all, proudly proclaiming the year's påskekrim hits and misses. For outsiders, this springtime obsession with crime and punishment is bewildering – it's Easter after all, a celebration of life, new beginnings – and made all the more so by the fact that there's no parallel in the other Scandinavian countries.

Evidently the whole thing started back in the 1920s. A young writer named Nordahl Grieg and his friend Nils Lie spent hatched out a dastardly plan to rob the Bergen-Oslo train by ski. Rather than commit the crime they decided to write a book about some students who do, and pitch it to Nordahl's brother Harald, then the head of Gyldendal, a major Norwegian publisher. The book, *Bergenstoget plyndrett i natt* ("Bergen Train Robbed Tonight"), came out that Easter. Before the book was even published, Harald Grieg had started an ingenious marketing campaign to promote it. He bought ads on the front pages of some of Norway's biggest papers that read, in huge letters, "BERGEN TRAIN ROBBED TONIGHT!" and below, in very small letters, "By Jonathan Jerv" the pseudonym that Nordahl and Nils had chosen for themselves. The ads created a sensation and the book was sold out as soon as it hit the shelves. Publishers had traditionally only put out new books in the fall, but now they'd created a new tradition and a new way to market at another time of year – crime for Easter.



April • april

### Home-Curing Ribs

**Dry Salting:** Rub the lamb ribs well with salt to which has been added a large pinch of saltpeter, which will give meat a red, more delicate appearance. (Saltpeter is optional) Put a generous layer of salt, mixed with a little saltpeter, in the bottom of the salt tub. Lay the ribs on top with the bone side up and cover with another blanket of salt. The salt will draw the blood out of the meat and create a brine which is used for basting the meat from time to time. Some Norwegian cookbooks recommend the mutton remain in this salt for 2 days, but 36 hours is sufficient. Dry the mutton rib well and it is ready for hanging. Many maintain 3 to 4 days' drying time is enough, but *pinnekjøtt* experts insist on a much longer time - from butchering season until Christmas, or not less than 2 ½ months. It is important that they drying process gets off to a good start, so the use of an electric fan for the first 3 or 4 days is recommended. Hang in the airiest, driest and darkest place possible. When finished drying, remove the rib with cutlet attached.

Prior to cooking it is necessary to soak the cutlet in water for a couple of hours after such a long hanging period.

### Pinnekjøtt (Ribs of Lamb with a Touch of Birch)

*From Authentic Norwegian Cooking  
by Astrid Karlsen Scott*

Most Scandinavian delicatessens will be able to supply you with *pinnekjøtt*. Cooking directions are the same for your home-cured ribs. Figure on 10-12 ounces (285-340g) of *pinnekjøtt* per person.

- 4 ½ lbs. (2kg) cured lamb ribs-*pinnekjøtt*
- Boiling water

#### Cooking:

Soak ribs overnight in lots of water. Cooking the lamb rib to perfection is part of the preparation. Use a large kettle with very little water in the bottom. Position an interlaced "bridge" of small birch branches (with bark removed) just over the water in the kettle (or use rack). A dexterous person will have no problem building a firm "bridge" so the meat will not receive an involuntary dunking!

Distribute the meat evenly on this structure, cover tightly and put a weight on top. Place over moderate heat and cook for approximately 2 hours. More water may be added as necessary. Do not remove the meat until tender or until it is ready to be served.

Boiled/steamed potatoes are usually served with *pinnekjøtt*, and mashed rutabagas with the addition of a generous amount of butter and some cream makes this a royal feast. Let each guest season with pepper to taste. A large serving platter is ideal for both the rutabagas and *pinnekjøtt*. Mound the mashed rutabagas in the center of the platter. Arrange the ribs so that the cutlet end borders the platter and the ribs point upwards, encircling the heaped rutabagas. What a magnificent sight! A choice lamb rib is fat enough that no additional sauce is needed, but if so desired, the cooking broth may be served on the side. And yes, using both hands to eat *pinnekjøtt* is quite acceptable.



Photo by Per Eide - *Pinnekjøtt*



### April • april

*a little in English...*

#### **Celebrating Easter in Norway**

Easter is coming on April 4th this year. Easter is one of Norway's biggest holidays, just as big as Christmas. Norwegians celebrate it all week with parties, family and mountain hikes.

For many, Easter celebrations in Norway start on Palm Sunday, the weekend before Easter really starts. The Monday, Tuesday and Wednesday after Palm Sunday are normal workdays for some, but since school is off the whole week, many people go on vacation. The real Easter starts with Maundy Thursday, which is the first religious day of Easter. In Sweden Maundy Thursday isn't a public holiday and therefore many Norwegian use the day to go shopping in Sweden. On the day following, Good Friday, the Stations of the Cross is observed in remembrance of the crucifixion of Jesus.

*Påskeaften*, ("Easter Eve") the Saturday of Holy Week, is often celebrated as a day of parties. Easter Eve is usually the day that children get Easter eggs filled up with candy. Many people organize ski races or hikes in the mountains. The traditional Norwegian Easter mountain hike may be related to an old tradition of looking at the sun from a mountaintop Easter morning. People believed that the sun danced for joy because Jesus was resurrected. Easter Eve is also the day for the biggest meal of the whole week. Lots of people serve special Easter lamb or chicken.

Easter Sunday itself is usually celebrated with an Easter breakfast where eggs, especially colored ones, are most often on the menu. Freshly baked bread is also commonly served in an Easter breakfast, and special decorations for the day will be set out on the table.

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

*litt på norsk...*

#### **Påskefeiring i Norge**

Påskan kommer den 4. april i år. Påske er en av Norges største høytider, like så stor som jul. Nordmenn ferier det hele uka med fester, familie og fjelltur.

Påskefeiringen i Norge starter for mange med palmesøndagen, som er på helgen før påskan egentlig starter. Mandag, tirsdag og onsdag etter palmesøndag er arbeidsdager for noen, men siden det er skoleferie hele uken, er det mange andre som tar ferie. Den egentlige påskan starter med skjærtorsdag, som er påskens første helligdag. I Sverige er ikke skjærtorsdag helligdag og derfor bruker mange nordmenn skjærtorsdagen til svenskehandel. På dagen etter, langfredagen, blir det arrangert korsvandringar til minne om korsfestelsen av Jesus.

Påskeaften, lørdagen i påskeuken feires ofte som en festdag. Påskeaften er gjerne den dagen barna får påskeegg fylt til randen med godterier. Mange arrangerer morsomme påskeskirenn eller fjelltur. Den tradisjonelle norske påskefjelltur kan ha sammenheng med en tradisjon om å se på sola fra en fjelltopp påskemorgen. Folk trodde at sola danset i glede over at Jesus står opp igjen. Påskeaften er dessuten dagen for det store festmåltidet i påskan. Svært mange serverer påskelam eller kylling.

Påskedag, påskesøndag eller første påskedag som dagen kalles, feires vanligvis over en god påskefrokost hvor egg, gjerne fargede, er en viktig del av måltidet. Nybakt brød er også påskematen som hører hjemme til påskefrokosten og bordet er skal være pyntet med lekker påskepynt.

*Adaptert fra [www.aktivioslo.no](http://www.aktivioslo.no)*