



SONS OF
NORWAY

May, June 2009

NEWSLETTER *Service*

IMPORTANT INFORMATION: PLEASE READ

Dear Lodge/District Editors:

Beginning with the next issue there will be some exciting changes made to the Newsletter Service. These updates are based on what we learned from a survey of all Lodge Newsletter Editors during 2008. The goal was to determine what changes could be made to make the Newsletter Service better.

The responses were overwhelmingly positive but did highlight some areas where there is room for improvement. The first related how the Newsletter Service is delivered. Our research showed that the vast majority of Lodge Newsletter Editors do not use this hardcopy version. Rather, they overwhelmingly preferred to get the Newsletter Service from the Sons of Norway website. In response to this change in preference we will be changing the way that the Newsletter Service is sent to you. **Beginning with the July/August 2009 issue, the Newsletter Service will be made available primarily as a downloadable PDF.** When there is a new issue available we will send you an e-mail alert with a link to the newest newsletter.

However, for those who are unable to receive/use the PDF version of the publication, please contact the Fraternal Department at (800) 945-8851 and ask to remain on the traditional mailing list. Anyone who has not done so before June 1st, 2008 will stop receiving the hardcopy version and begin receiving the alert e-mails. Also, to avoid any interruptions in receiving the Newsletter Service please make sure that we have your current e-mail address. You can do this by logging in to the Members Section of www.sonsofnorway.com and following the "Update Membership Info" link.

I will let you know as we make other updates to the Newsletter Service. In the meantime I hope you enjoy this issue and find its content to be beneficial. As always, if you have any suggestions on how we can improve the Newsletter Service, please call or e-mail the Fraternal Department.

Fraternally

Eivind Heiberg
Fraternal Director

Syttende Mai During the War

For more than 150 years Syttende Mai has been celebrated as a salute to tolerance and national unity. The day is truly a declaration of love to Norway's most important values of peace, freedom and equality. But how was the day celebrated during the German occupation?

The German authorities were quite clear over what this democracy-oriented national holiday meant for Norwegian loyalists, and put in place measures to fight and punish any rabble-rousers.

On the first Syttende Mai after the German invasion, all celebration or display of the flag was banned by the Germans. The flag was used as a visual protest against the occupation, so the Germans kept issuing new orders to solve the problem. Singing the national song was forbidden and any flags had to be hidden away.

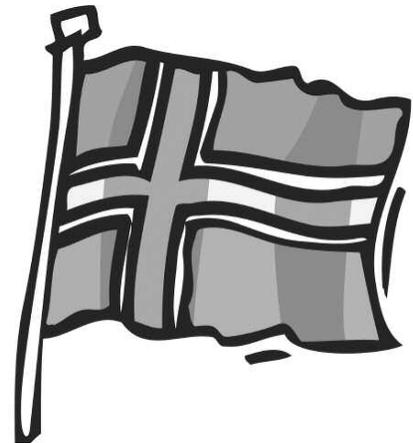
In 1941 Syttende Mai was declared to be a normal workday in Norway, but it was nonetheless decided to allow flags to be flown from poles...but not at half mast, as many Norwegians decided to do as an expression of the country's tragic situation under German rule. Afterwards the Germans instituted dozens of new restrictions on the flag. In effect, it became forbidden to carry or wear the flag or its colors. In larger cities this meant that Syttende Mai was most commonly commemorated indoors.

And so the situation persisted through the war. Next to the king's monogram the flag was among the most important symbols of a free Norway, and the Germans fought an endless war against the obstinacy of the Norwegians. As the Germans enacted more and more restrictions, people started using more subtle symbols, like paper clips and nisse hats.

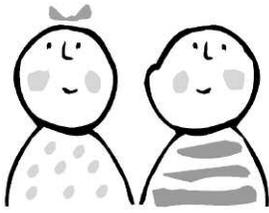
It comes as no surprise then that the Syttende Mai celebration of 1945 – just a few days after the German surrender – became an explosion of joy in the national colors in those feverish spring days.

Translated and adapted from:

http://www.nrk.no/magasin/17_mai/1.2317821



Linnea and Lucas most popular in 2008



Every year Statistics Norway releases a report on the most popular boys' and girls' names chosen by Norwegian parents in the previous year. Linnea and Lucas/Lukas were the new leading first names in 2008, continuing the trend of biblical boys' and girls' names ending in "a."

Linnea, the most popular girls' name in Norway in 2008, moved up from 12th place in 2007. The name originates from Sweden and refers to the "linnaea" flower, which is named after the Swedish botanist Carl von Linné. Linnea has been extremely popular in Sweden for a while, peaking in 5th place in 2002.

Otherwise, the list of most popular girls' names has not changed very much. Emma is in 2nd place and the most popular name in 2007, Sara, is number three. Leah has jumped five places and is now in 9th place.

The most popular boys' name, Lukas/Lucas is taken from Lucanos, which is Latin and means "Light" or "Man from Lucania". The origin is the author of the Gospel according to Luke and the Acts of the Apostles. Lucas has also been the most popular boys' name in Sweden in both 2006 and 2008. The previous most popular name, Mathias, is now in 2nd place and Markus remains at number three. Also, Emil has grown in popularity and is now in 4th place. Kristian/Christian, which is currently in 5th place, has been in the top ten since 1974 and Oliver has jumped 10 places to number eight, just before Tobias.

Matlyst Monthly

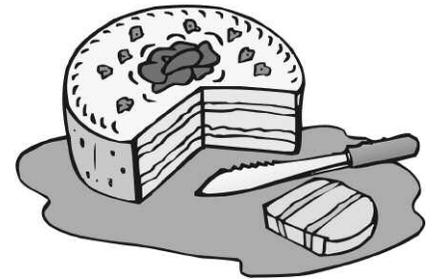
Cream Cake (Bløtkake)

*From Authentic Norwegian Cooking
by Astrid Kalsen Scott*

No food reminds us more of Syttende Mai than a slice of Bløtekake, or Cream Cake. As you prepare your festivities to celebrate Norwegian independence, consider adding this tasty treat to your table.

Ingredients:

- 6 eggs
- 1 cup sugar
- 1 tbsp. water
- 1 cup flour
- 1 1/2 tsp. baking powder
- 1 tbsp. potato starch flour or cornstarch



Filling:

- 1 cup whipping cream
- 6 oz. raspberry jam*
- 2 bananas, sliced
- 1 orange

Frosting:

- 1 1/2 cups whipping cream

Preheat oven to 325° (F). Beat eggs and sugar until light and fluffy. Add the water. Sift dry ingredients together and fold into the egg mixture, mixing well. Pour into a 10-inch, greased spring-form pan. Bake 40 minutes. Cool on cake rack. When completely cool, divide horizontally into 2 layers. Sprinkle layers with freshly squeezed orange juice. Place the bottom layer on a platter, baked side down. Whip 1 cup cream until thick and glossy, and fold in raspberry jam and chopped bananas. Spread evenly over the bottom layer. Top with second layer backed side up. Whip 1 1/2 cups cream and sweeten to taste. Spread over cake and decorate as desired. Serves 10 to 12.

* You can easily alter the filling to your tastes with another fruit. Apricots or apricot jam, for example, is an excellent choice.

A Little in English...

Walpurgis Night and St. Hansaften

Walpurgis Night is the night of May 1st, and is named in honor of the German saint Walpurgis (approx. 710-779 AD) who was a Christian missionary to the kingdom of the Franks. Even though the name comes from Christianity, many believe that the celebration is connected to pre-Christian times and heathen beliefs. The night belongs to young people, with bonfires and singing. Walpurgis Night is celebrated throughout Scandinavia and many places in Germany.

While celebrating Walpurgis Night is more common in Sweden than in Norway, St. Hans' Eve is popular in both countries. The name St. Hans comes from the biblical John the Baptist who was born June 24th. For the most part we call it St. Hans Eve, but "midsummer's eve" is used as well. The parties often get quite wild, and so midsummer's eve is always held on a weekend.

The tradition of setting a bonfire, especially along the coast, was originally a heathen practice. A long time ago it was typical to believe that the flames would keep the witches away. According to folk belief witches were especially active on midsummer's eve. They might be out to collect ingredients for their witchcraft activities, or they were on their way to witch meetings at Troms Church or The Brocken, which is the highest peak of the Harz mountain range.

Adapted from various sources



Litt på norsk...

Valborgsnatten og Sankthansaften

Valborgsnatten er natten til 1. mai, og er oppkalt etter den tyske helgenen Valborg (ca 710-779) som var kristen misjonær til frankerriket. Selv om natten har fått navnet fra kristendom, tror mange at feiringa er tilknyttet til førkristen tid og hedensk tro. Natten er en ungdomsfest med bål og song. Valborgsnatten feires over hele Norden og mange steder i Tyskland.

Feiringa av Valborgsnatten er mer vannlig i Sverige enn i Norge, men St. Hansaften (23. juni) er populær i både landene. Navnet St. Hans kommer fra den bibelske Johannes Døperen som ble født den 24. juni. Sankthansaften feires altså her i Norge kvelden før. Vi kaller det stort sett Sankthansaften, men ordet «midtsommeraften» forekommer også. Feiringa går ofte vilt for seg og legges derfor alltid til helgen.

Tradisjonen med å tenne bål, særlig langs kysten, var opprinnelig en hedensk skikk. Lenge siden var det vanlig å tro at ilden skulle holde heksene borte. I følge folketroen var heksene spesielt aktive midtsommernatt. De kunne for eksempel være ute for å samle ingredienser til sine trolldomsaktiviteter, eller de var på vei til heksemøter ved Troms Kirke eller i Blokksberg i Harzen.

Adaptert fra forskjellige kilder



Norwegian in 5 Minutes a Month

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.

Our website, www.sonsofnorway.com, has two great language programs for members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 lessons of simple phrases, written in Norwegian with English translations and pronounced by native speakers. They are all aimed at the beginner level, but they 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. Since there's so much variation in the Norwegian language, 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're interested in studying Norwegian at a local university, check out this list from the Less Commonly Taught Languages project at <http://www.carla.umn.edu/lctl/db/>. For more information and help about learning the language generally, check out Norskklassen, a free online community and resource bank by going to <http://norskklassen.ce-service.biz/>.

Pickled Herring (Sursild)

*From Authentic Norwegian Cooking
by Astrid Kalsen Scott*

Ingredients:

Firm dark rye bread
Bibb lettuce
Pickled herring
Apple slice
Dab of sour cream
Fresh dill or parsley

Butter coarse, dark rye or pumpernickel bread lightly. Top with Bibb lettuce leaf. Cover generously with herring and onion slices from the pickled herring. Add a dab of sour cream, an apple slice (sprinkled with lemon juice) and a sprig of dill or parsley.

As a tasty alternative, try this combination!

Bibb lettuce
4 slices of boiled potato
Pickled herring
Red onion slices
Fresh dill

