



**SONS OF  
NORWAY**

**Newsletter Service**  
May, June 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,

Linda Nelson  
Interim Fraternal Director  
Sons of Norway



### May • mai

#### Gear up for your District Convention

It's convention time, once again! During the months of May and June members across North America and Norway are gathering at their District Conventions to discuss the operation of Sons of Norway. Resolutions recommended by local lodges will be introduced, considered and voted on. District Lodge Officers will be elected, as will delegates to the 2010 International Convention.

This is an exciting time for everyone involved and for the organization as a whole. This is the time when delegates and convention guests have the valuable opportunity to talk with members from other states/countries, share success stories about their lodge and learn from others. Above all, it's a time for delegates to help chart the course for Sons of Norway in the future.

If you are a delegate, there are certain things you can do to prepare for the amazing experience of a District Convention:

- Be well informed on the business that will be discussed at the convention. This includes learning about the issues as well as finding out how your lodge feels on the matter. Remember, you have been elected to represent them.
- When considering resolutions that will be sent on to the International Convention, make sure to think about the big picture. Consider how resolution could affect members and lodges beyond your town or state because your decision could affect the entire district and, beyond that, all of Sons of Norway.
- Ask questions when preparing for your District Convention. If there is something you don't understand, or need help interpreting, don't hesitate to contact a District Officer or Home Office staff member.
- Familiarize yourself with parliamentary procedure. These are the rules that will govern the conducting of the District Convention. Knowing the basics will help you navigate the various elements of discussing, amending and voting on resolutions.

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- **Gear up for your District Convention**  
Read up on tips for this year's convention delegates.
- **Barnetog – Children's parade**  
Explore the history of Norway's Syttende Mai Barnetog or children's parade.
- **Westminster's Newest Norewegian Competitors**  
The Norwegian Buhund makes its first appearance at the Westminster Kennel Club Dog Show.

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- **Take a Virtual Norwegian Vacation with Google Street View**  
Visit the streets of Oslo or Bergen from your desk.
- **Norway's Most Popular Names for 2009**  
How do your favorite names stack up? Take a look and find out.
- **St. Hansaften**  
Learn about the historical significance of midsummer celebrations in Norway

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### Westminster's Newest Norwegian Competitors



Norwegian Buhund  
Photo from the American  
Kennel Club

For the first time in the 134-year history of the Westminster Kennel Club Dog Show a trio of Norwegian Buhunds competed among 173 other dog breeds to win a title at the prestigious dog show. The dogs, and other recent additions to the show like Pyrenean Shepherds and Irish Red and White Setters, became eligible for the competition just last year after the American Kennel Club formally recognized their breeds.

The three buhunds at the WKC dog show, Sophie, Casper and Lola, competed for individual titles within their breed as well as larger titles such as “best in show” and “best of group.” While none of the buhunds took home the top awards, they were part of a select group of 25 buhunds that are part of the national competition circuit. Vali Eberhardt, Sophie’s owner, speculates that the quality of the competitive buhunds is so high due to their sire, a dog named Magnus, who is related to almost every buhund in the U.S.

To learn more about the Westminster Kennel Club Dog Show results or to learn more about Norwegian Buhunds, visit <http://www.westminsterkennelclub.org> or <http://www.buhund.org>.

Article adapted from: [www.nytimes.com/2010/02/16/sports/16kennel.html](http://www.nytimes.com/2010/02/16/sports/16kennel.html)

### Meet the Norwegian Lundehund

In addition to the Buhund, another popular Norwegian dog breed is the Lundehund. Lundehunds are small, agile and highly adapted to life on the remote island cliffs of arctic Norway. Boasting six toes, forelegs capable of bending at a 90° angles to its body and a flexible neck that enables the dog to bend its head backward toward its spine, the dog is perfectly built for hunting and retrieving puffins from steep vertical cliffs and narrow crevices.

While extremely popular among farmers prior to the mid 1800’s, the dogs suffered a major population decline when puffin hunting with nets became popular and a state-instituted tax on lundehunds was enacted. By as early as 1930 the dogs may have been as low in number as 50, eventually falling to only 6 after an outbreak of distemper. With the help of careful breeding and strict guidelines, the Lundehund’s population is now on the rebound with an estimated 1500-2000 dogs in the world.

To learn more about Lundehunds visit the Norwegian Lundehund Club of America website at [www.lundehund.com](http://www.lundehund.com) or take a look at the “Loveable Lundhunds” feature article in the April 2004 issue of *Viking*.



Norwegian Lundehund  
Photo from the American Kennel Club



May • mai

### Cucumber Salad (Agurksalat)

*From Authentic Norwegian Cooking*

- 1 European cucumber
- 2/3 cup (1 1/2 dl) vinegar, white
- 2/3 cup (1 1/2 dl) water
- 3 1/2 T. sugar
- 1/4 tsp. salt
- Dash of white pepper
- Fresh parsley

English or European cucumbers are quite expensive, but there is no comparison in taste. Slice them thin for salads; a Norwegian cheese knife works well. This salad tastes good with either baked or fried foods.

Thinly slice a European cucumber. Mix dressing well and pour over cucumber slices in serving bowl. Make salad ready early enough to let dressing penetrate without making cucumbers soft (about one-half hour). Sprinkle with fine chopped fresh parsley.

### Whipped Cream Cake

*From The Norwegian Kitchen*

- 4 eggs
- 2 dl (1 cup) sugar
- 1 dl (1/2 cup) flour
- 1 dl (1/3 cup) potato starch
- 1 teaspoon baking powder
- fresh fruit juice
- 7 1/2 dl (3 cups) whipping cream
- fruit or berries



*Whipped Cream Cake*

Preheat the oven to 175° C (350° F).

Beat eggs and sugar until light and fluffy. Sift the dry ingredients and fold into egg mixture. Pour into a greased 22 cm (9") springform cake pan and bake on the lowest oven shelf about 30 minutes. Cool the cake completely before removing from the pan.

Divide the cake horizontally into 2 or 3 layers. Sprinkle fruit juice over the layers. Whip the cream. Use the top layer as the base with the baked side down. Spread with a layer of cream and fruit. Repeat, then top with the bottom layer of the cake, baked side up.

Spread whipped cream over the top and sides of cake. Use a pastry tube to pipe stars around the edges.

Decorate with fruit or berries, or even chocolate figures.



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*a little in English...*

### Barnetog – Children's parade

In contrast to many other countries which celebrate their national holidays with big military parades, Norway celebrates by showing off their pride and hope for the future, their children, in an important tradition called barnetog, the children's parade.

The barnetog is a Norwegian cultural institution connected to the celebration of Norway's Constitution Day, May 17th, or Syttende Mai. Every Syttende Mai all the country's children march in parades with small Norwegian flags in their hands and colorful banners proclaiming their school or class.

The barnetog tradition comes from the 1800s. At that time Norway was part of a political union with Sweden. Many Norwegians wanted Norway to become a completely independent country, and celebration Syttende Mai became a kind of peaceful protest. In 1869 school principle Peter Qvam got the idea to start a child's parade. Qvam was a close friend of poet and national hero Bjørnstjerne Bjørnson, and together they argued and agitated for the barnetog in newspapers and other forums.

The first barnetog was held on Syttende Mai in 1870. It consisted solely of boys and numbered 1200 strong. The idea soon became popular all over the country. The first girls joined the parade in 1889.

Around the country you can find local variations in how the holiday is celebrated. In Bergen, for example, the buekorps, a special type of scouting group, make their mark on the holiday. In Oslo, the children march past the Palace, where the royal family stand on the balcony and wave to them.

*litt på norsk...*

### Barnetoget

Til forskjell fra mange andre land som feirer sin nasjonaldag med store militærparader, feirer Norge med å vise fram sin stolthet og framtidshåp, barna sine, med en viktig tradisjon som kalles barnetoget.

Barnetoget er en norsk kulturinstitusjon knytta opp mot den årlige feiringa av den norske grunnlovsdagen, 17. mai. Hver 17. mai går alle landets skolebarn i tog med små norske flagg i hendene og fargerike faner som presenterer skolen og klassen deres.

Barnetoget-tradisjonen stammer fra 1800-årene. Da var Norge med i en union med Sverige. Mange nordmenn ville at Norge skulle bli fullstendig selvstendig, og 17 mai-feiring var derfor en type fredelig protest. I 1869 fikk skolestyrer Peter Qvam ideen til barnetog. Qvam var en nær venn av dikter og nasjonalhelt Bjørnstjerne Bjørnson, og sammen argumenterte og agiterte de for barnetog i avisspalter og andre fora.

Det første barnetoget gikk 17. mai 1870. Det var et rent guttetoget som talte ca. 1 200 hoder. Ideen ble raskt populært over hele landet. De første jentene gikk i barnetog i 1889.

Rundt om i landet vil du finne lokale variasjoner. I Bergen setter buekorpsa, en spesiell type speidergruppe, sterkt preg på dagen. I Oslo går barnetoget forbi Slottet, der kongefamilien står på balkongen og vinker til dem.



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### Take a Virtual Norwegian Vacation with Google Street View

With the global economic landscape still looking bleak, many people are cutting back wherever they can. One of the most common expenses to be cut from the family budgets is travel. Instead of saving up for the yearly family vacation, a lot of families are skipping the trip entirely, instead using new online tools, like Google Street View, to take virtual vacations.

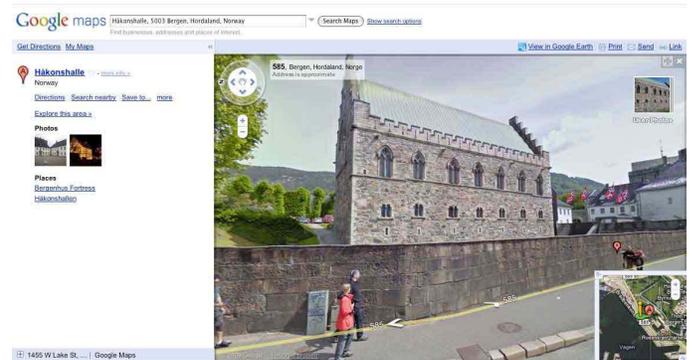
Exactly what its name describes, a virtual vacation is when someone visits a location via online connection, rather than in person. Google Street View has become one of the premiere tools for taking a virtual vacation, and now with its addition of Norwegian destinations, a person can finally visit Bergen and Oslo, or use the free service to help plan a future real vacation.

What makes Google Street View so useful is that it allows users to take a 3-D virtual tour of a location by using a series of compiled photographs, collected from cameras and lasers mounted to cars used by Google. As the car travels a route, it takes photos, which are then assembled into a virtual, online system that makes the user feel as if they were actually standing on Henrik Ibsens Gate, looking at the Royal Palace in Oslo.

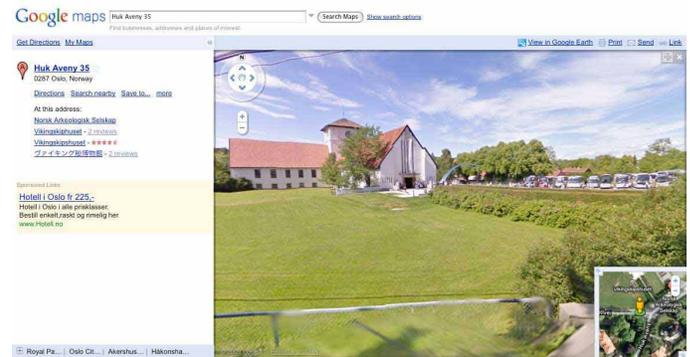
To learn more about Google Street View or test it for yourself, go to: <http://maps.google.com/help/maps/streetview/>

### Check out Street View for these Norwegian locations

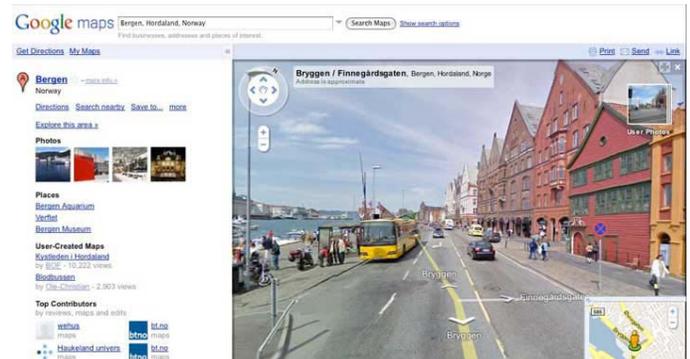
#### Haakon's Hall (Haakonshallen) in Bergen



#### The Viking Ship Museum (Vikingskipshuset) in Oslo



#### Bryggen or Tyskebyggen (the German Wharf) in Bergen





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### Grilled Mountain Trout with Lemon Butter

- 4 pieces of skinned and boneless trout fillet, 14 oz. Pieces
- Salt
- Fresh ground pepper
- 1/3 cup olive oil for brushing
- 18 oz. vegetables
- 7 oz. Butter

Lemon butter:

- 5.6 oz butter
- Juice from half a lemon
- 1/3 cup heavy cream
- 1/2 tablespoon chopped parsley
- 1/2 tablespoon chopped dill

Lay out all your fillets and the ingredients for the lemon butter. Cut the butter up in 3/4-inch lumps. To make the lemon butter, boil cream with lemon juice and whip in 3-4 butter lumps. When the butter has melted and is mixed with the sauce, whip in 3-4 new butter lumps. Continue like this until all the butter is used. The sauce should be near the boiling point all the time, but it should not over boil. Cook the vegetables. Warm a frying pan over low heat. Spice the fish with salt and fresh ground pepper; brush it well with olive oil. The frying time depends on the thickness of the trout fillets, but try it with 1 1/2 minutes on each side.

### Norway's Most Popular Names for 2009

Statistics Norway recently released their list of Norway's most popular names for 2009. As in past years, the trend of girl's names ending in "a" or "ah" remained strong in 2009 with 6 of the top 10 girl's names following the trend. The international trend of biblical names is also popular among boy's names.

#### Ten most popular girl's names

1. Emma
2. Linnea/Linea
3. Nora/Norah
4. Sofie/Sophie
5. Sara/Sahra/Sara
6. Thea/Tea
7. Emilie
8. Ida
9. Julie
10. Ingrid/Ingerid/Ingri

#### Ten most popular boy's names

1. Lucas/Lukas
2. Emil
3. Alexander/Aleksander
4. Oliver
5. Mathias/Matias
6. Jonas
7. Markus/Marcus
8. William
9. Sander
10. Magnus

*Adapted from [http://www.ssb.no/navn\\_en/](http://www.ssb.no/navn_en/)*

### Curious to know what names were popular in the United States and Canada? Here's how they compare.

Canada (2008)		United States (2008)	
Girls	Boys	Girls	Boys
1. Ava	1. Ethan	1. Emma	1. Jacob
2. Emma	2. Nathan	2. Isabella	2. Michael
3. Emily	3. Jacob	3. Emily	3. Ethan
4. Olivia	4. Lucas	4. Madison	4. Joshua
5. Sophia	5. Logan	5. Ava	5. Daniel
6. Chloe	6. Matthew	6. Olivia	6. Alexander
7. Isabella	7. Benjamin	7. Sophia	7. Anthony
8. Hannah	8. Joshua	8. Abigail	8. William
9. Abigail	9. Liam	9. Elizabeth	9. Christopher
10. Madison	10. James	10. Chloe	10. Matthew



### June • juni

*a little in English...*

#### **St. Hansaften**

St. Hans' Day and St. Hans' Eve are two holidays in June that are celebrated in Norway and the other Nordic countries. Saint Hans' Day, or Jonsok, is celebrated on June 24th and is a religious holiday commemorating the birth of St. John the Baptist – the name "St. Hans" comes from his Danish name. St. Hans' Eve is celebrated the night before, and is marked with bonfires and parties.

Despite its religious roots, St. Hans' Eve is really just a good old fashioned midsummer festival. This type of celebration is older than Christianity, and the occasion has traditionally involved games, dancing and drinking.

In many places bonfires play a central role on St. Hans' Eve, and many Norwegians practice the custom of burning paper witches. This tradition was originally a heathen practice. According to old folk beliefs, witches were especially active on St. Hans' Eve. They might, for example, be out to collect ingredients for their witch's brew, or making their way to covens at Troms Church in Northern Norway. Therefore, people set bonfires, believing the flames would keep the witches away.

Adapted from various sources

*litt på norsk...*

#### **Sankthansaften**

Sankthans og Sankthansaften er to merkedager i juni som feires i Norge og Norden. Sankthans, eller Jonsok, 24. juni, er en kirkelig høytid til minne om døperen Johanness fødsel, etter hans danske helgennavn. Sankthansaften feires kvelden før, og markeres med bål og fester.

Til tross for sine kirkelige røtter er Sankthansaften bare en god gammel midtsommerfest. Denne type folkelige midtsommerfeiringa er eldre enn kristendomen, og feiringa har tradisjonelt involvert spill, dans og drukkenskap.

Mange steder spiller bål en sentral rolle i Sankthansfeiring, og mange nordmenn pleier å sette papirhekser på bålet. Denne tradisjonen var opprinnelig en hedensk skikk. Ifølge folketroen var heksene spesielt aktive på Sankthansaften. De kunne for eksempel være ute for å samle ingredienser til sine troldomsaktiviteter, eller de var på vei til heksemøter ved Troms Kirke. Derfor ville folk tenne bål for å holde heksene borte.

Adaptert fra forskjellige kilder