



SONS OF NORWAY

Newsletter Service

May, June 2013



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. However, if you wish to receive a printed hardcopy version, please contact us and ask to be added to the hardcopy 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.

Fraternally,

Linda Pederson
Fraternal Director
Sons of Norway



May • mai

The 2013 Recruitment Challenge!

Help lead the lodge to victory! Throughout 2013, the Sons of Norway headquarters is searching for the top recruiting lodges – and you can help!

What can you do? By recruiting new full dues paying members to the lodge, you help the lodge achieve victory! For every 1% increase in total membership, the lodge will receive 10 points. You can help the lodge earn bonus points by recruiting a new member between the ages of 24 and 55.

If your lodge is interested in competing in the program, but needs some ideas for successful recruitment and retention, be sure to contact Joe Eggers, Membership Coordinator at (800) 945-8851 ext. 697 or membership@sofn.com for more information.



Royal Palace, Oslo, Photo by Wikimedia Commons user Riaz.

Improvements Planned for Palace Grounds

Members of the Norwegian Parliament voted to fund a NOK 70 million upgrade to the Royal Palace grounds in Oslo. Set to begin after the conclusion of the annual Syttende Mai parade, the upgrades will focus on improving drainage and preventing gravel displacement onto nearby streets during heavy rainfall.

Currently there is around 13,200 square meters of gravel surrounding the palace. Parliament members agreed that the current ground cover "is not representative" and that a more attractive solution should be found.

A new permanent form of ground cover and an improved drainage system will be implemented and completed before Norway's bicentennial celebrations in 2014.

Mai • mai

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**Businesses Benefit from Sons of Norway's
Newest Website, *NorwayConnects.org***

Have you visited Sons of Norway's newest online venture, called *NorwayConnects.org*? This new virtual community has been created as a place where students, professionals and institutions of higher education can come together for the common good of building innovation in industry and providing opportunities for international exchange. Above all, this web portal will build bridges between North America and Norway.

In addition, it's also a great place for businesses because the key to building and maintaining a successful company is discovering qualified, talented employees to help lead your business into the future. Now is the perfect time build on your future because there are thousands of talented new graduates who are looking to work in companies where they can play an active role in its growth, innovations and success. Businesses that are interested in joining the *NorwayConnects.org* community can:

Post jobs: Quickly fill open positions by posting to NorwayConnects free job board. This is a great place to connect with talented grads and young professionals.

Promote your business: *NorwayConnects.org* lets businesses promote themselves and their industries to recent grads and young professionals. The site allows businesses to display logos, links and information about your company.

Attract talented professionals: By joining *NorwayConnects.org* and building a profile you can increase your productivity. This can put your business right in front of your desired employee audience, while showing your dedication to the Scandinavian community.

We hope you'll take a moment to visit this new web portal from Sons of Norway and then share it with anyone you think would benefit from it. Also, if you know of a company that would benefit from *NorwayConnects.org*'s job posting opportunities, please contact the fraternal department at (800) 945-8851 and we'd be happy to reach out to them.

Veiled Peasant Girls (*Tilslørte bondepiker*)

Authentic Norwegian Cooking
Astrid Karlsen Scott

- ½ lb. apples
- ½ cup water
- ¾ cup approx. sugar
- 2½ tbsp. butter
- 2 cups white bread, dried and ground
- ¾ cup sugar
- 1½-2 cups heavy cream
- ½ tsp. pure vanilla extract

Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool.

Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread can easily be burnt if it is not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool.

Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce and whipped cream in a glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish. Serves 4.



May • mai

Bunads

There is something special about owning a bunad and wearing it on Syttende Mai, Norway's National Day. Let's take a look at some of the history behind Norway's national costume. Its roots date back to the Norwegian Romantic Nationalism period in the mid-19th century when, at that time, Norway was determined to secure a solid cultural identity. The Norwegian bunad is unique in that it is recognizable as one of Norway's official dresses, but it is individualized based on regional characteristics of color, pattern, style, and accessories. Since the 19th century the traditional costume has developed with the modern age and Norwegians who are lucky enough to own a bunad are always proud to show it off at special occasions like confirmations, weddings, funerals and national holidays.

The original costume of Norway has evolved with deep-rooted traditions based on everyday folk attire of old rural farmers mixed with the festive characteristics of old-style customs and local creativity. The interest for a traditional costume for men and women was popularized when Norwegian Romantic Nationalism became widespread between 1840-1867, although there is evidence that the local folk costumes date back to the Middle Ages in Norway. Norwegians were eager to reinforce their own official cultural identity under Danish control and a strong part of that identity was obtaining a traditional costume that could symbolize national pride.

By the early 20th century the bunad movement was gaining momentum thanks in part to one woman's inspiration, Hulda Garborg. Garborg was a pioneer in promoting interest in the bunad tradition and rousing a strong Norwegian sentiment for national pride. The appeal grew and eventually distinct regional styles of the costume were fashioned for not only rural folk but for the urban elite as well. Regions of Norway designed special bunads based on the customs and traditions from their area. Descendants must follow stylistic guidelines of their ancestor's origins when making or purchasing a bunad of their own. Strict requirements are in place by Norway's National Bunad and Folk Costumes Council (Bunad og Folkedraktrådet) who promote bunad knowledge, sustain traditions of the folk costumes and provide advice in the construction of new bunad models.

Today the bunad is widely recognized as one of the most authentic and popular traditional folk costumes in the world. Making or purchasing a quality bunad can cost anywhere from \$3,000 to \$10,000 so it is often viewed as a status symbol for those who can afford them. The outfits are often passed down in families and typically when adolescents go through confirmation or turn 16 they are given their own authentic bunad. Because of the hefty cost, it is important that costumes can be easily altered for a lifetime of use. The fabrics used to make a bunad typically consist of wool skirts for women and wool pants and jackets for men. The men's vests and the women's bodices, aprons, bonnets and capes may be contingent on what was available when the bunad was first designed, but silk materials and lustrous woolen fabrics are most common, and don't forget the cotton blouse to go underneath. The embroidery, color and shape give the bunad the most distinction and character, followed, of course by the accessories and unique jewelry called sølje that are key to any genuine bunad.

It is truly a beautiful sight to see all the beautiful bunads out in Norway on Syttende Mai. Folks line the streets waving flags, proud to show off their regional costume and excited to celebrate their enduring cultural identity that their ancestors fashioned so long ago.



May • mai

a little in English...

Hurrah – for what? On the meaning of the Syttende Mai celebration

Syttende Mai is Constitution Day – the Constitution that was ratified by the National Assembly at Eidsvoll in 1814, and has through some changes seen us through to today. As a symbol the Constitution represents also two great themes, national independence and political freedom – democracy and the rights of citizenship. Norwegian patriotism of the 1800s tied these two aspects together as the idea "Norwegian freedom." Later on this concept of freedom took on new meanings, for example international peace work.

Syttende Mai is also a family day, but the difference from all other Norwegian holidays is first and foremost this: it is the only day the most important events take place out in the public space rather than in the four walls of the home. Syttende Mai has become a day for the children, even though it was not originally. The children's parades became a big success from 1870 on, and have become the most popular event on Syttende Mai. And with the children in the city center, many other things follow: ice cream, soda and sausages.



litt på norsk...

Hurra - for hva? Om innholdet i 17. mai-feiringa

17. mai er Grunnlovsdagen - Grunnloven som ble vedtatt av Riksforsamlingen på Eidsvoll i 1814 og som med diverse endringer har fulgt oss til i dag. Som symbol representerer Grunnloven også to andre store temaer, den nasjonale selvstendigheten, og den politiske friheten – demokratiet og borgerrettighetene. I norsk 1800-tallspatriotisme, blir de to aspektene samlet i forestillingen om "den norske friheten". Seinere har frihetsbegrepet fått nye betydninger, for eksempel internasjonalt fredsarbeid.

17. mai er også en familiedag, men til forskjell fra alle andre norske festdager ikke først og fremst det: Det er den ene dagen da det meste og det viktigste foregår ute i det offentlige istedenfor enn innenfor hjemmets fire vegger. 17. mai har blitt en dag for barna, selv om det var ikke det i utgangspunktet. Barnetogene ble en stor suksess fra 1870 og framover, og har vært det mest populære innslaget på 17 mai. Og med barna i sentrum følger isen, brusen og pølsene.



June • juni



Midsummer Night Festival bonfire in Lappeenranta, Finland. Photo by Wikimédia Commons user Petritap.

Midsummer

The seasons are changing and summer is upon us yet again, which means midsummer is right around the corner.

The height of summer, June 24, marks the longest, brightest day of the year in Norway, the Land of the Midnight Sun. Also known as the Summer Solstice, the axial tilt of the earth rotates around the sun and being exposed to the most consistent sunlight. The sun sets and rises in full view for those in the Northern Hemisphere and after long dark winters, this time is a joyous celebration of a much-awaited summer.

This sunny day is celebrated under different names throughout the Northern Hemisphere with festivals, gatherings, and rituals dating back to Pagan times. It is said that John the Baptist was born on June 24, giving special meaning to this day for Christians around the world. When Christian traditions began mixing with Pagan customs, the day evolved from one celebration to another. Many cultures believe in superstitious rituals; for example, getting married on this day ensures good luck and a happy life for the couple.

Norway celebrates Sankthansaften, or St. John's Eve, each June 23, the eve before the longest day of the year. It is also called Jonsok which translates to John's wake, referring to St. John the Baptist's birth. Rituals carry on each year as little girls pick flowers and put them under their pillows at night with hopes of dreaming of their future husband. Many traditions continue to provide amusing stories and activities for children and the various origins of this day will endure, but the celebrations have and will continue to evolve over the years.

In Norway, festivities typically occur on June 23 and largely give thanks to the bright warm sun and the beautiful sweet smelling flowers in full bloom. Family and friends grill sausages and light bonfires bigger than on any other day of the year. Most bonfires are lit along Norway's coast and are assumed to protect Norwegians from evil spirits and trolls lurking in the forests. Rømmegrøt is a favorite meal on this day steeped with melted butter, sugar and cinnamon. Once the bonfires die down and the sun begins to set people understand that the cycle must continue. This means the coming days slowly get shorter and shorter until the days grow completely dark. Norwegians live with these polar opposite seasons every year and, therefore, they take full advantage of every summer and enjoy the extended company of the sun on Sankthansaften.

How do you celebrate the summer solstice? Plan an event with your lodge and enjoy the sunny weather, then tell us about it by emailing membership@sofn.com



June • *juni*

Salmon Burgers with Vegetable Slaw



For the Salmon Burgers

- 1 ½ to 2 lbs. of ground salmon fillet
- 1 cup fine dried bread crumbs
- 1 small cucumber, peeled, seeded and chopped
- 4 large shallots, chopped
- ½ cup chopped fresh flat-leaf parsley
- 6 onion rolls, split

For the Vegetable Slaw

- 6 cups finely shredded mixed green and red cabbage
- 2 carrots, shredded
- 1 red bell pepper, seeded and chopped
- 3 green onions, both white and tender green portions, chopped
- 1 cup mayonnaise
- ¼ cup cider vinegar
- 2 tbsp. sugar
- 2 garlic cloves, minced
- 1 tsp. whole-grain mustard
- salt and pepper, to taste
- ½ cup pine nuts

To Make the Vegetable Slaw:

In a large bowl, combine the cabbage, carrots, bell pepper and green onions. In a small bowl mix together the mayonnaise, vinegar, sugar, garlic and mustard to create the dressing for the slaw. Combine the salad and dressing mixture, mix well. Season to your taste and refrigerate for up to 3 hours. Prior to serving, toast the pine nuts and add them to the salad. Toss lightly one more time.

To Make the Burgers (*Serves 6*):

Combine the salmon, bread crumbs, cucumber, shallots and parsley and mix together gently, making sure all ingredients are thoroughly mixed. Divide the salmon mixture into 6 equal portions and shape into a patty about 3 inches in diameter and 1 inch thick. Refrigerate covered on a plate until ready to grill.

Prepare your grill for direct grilling at medium-high heat. Lightly oil the grill rack or grill pan. Place the patties on the grilling surface over the hottest part of the grill. Cook the patties for about 5-6 minutes per side, turning the patties once. Test to see if the patties are done with a sharp knife.

Right before the burgers are done place the bun halves on the grill cut side down and toast lightly.



June • juni

World Record Breaking Norwegians

Norway is known for many things—beautiful fjords, northern lights and scenic mountains, just to name a few—but, did you know that Norway also has the distinction of holding several unorthodox Guinness World Records? Check out these surprising records collected from guinnessworldrecords.com.

Youngest Person to Win an Olympic Gold Medal for Alpine Skiing

The youngest alpine skier to win an Olympic gold is Kjetil Andre Aamodt, who won the first of his four career Olympic golds in Albertville, France, on February 16, 1992, at the age of 20 years 167 days.

Oldest Married Couple, Aggregate Age

Karl Dølven married Gudrun Haug at Hole, Norway, on June 4, 1927. They remained married until Gudrun's death on April 24, 2004. At this time Gudrun was aged 103 years 193 days and Karl was 106 years 237 days - an aggregate age of 210 years 65 days.

Most Backwards Basketball Half-Court Shots in One Minute

The most backwards basketball half-court shots in one minute was three by Arve Gravdal at Stavanger Idrettshall gym in Stavanger, Norway, on December 10, 2010.

Longest Knitted Scarf-Individual

The longest knitted scarf is 11,363 feet, 11 inches or 2.15 miles long and was completed after 23 years of knitting by Helge Johansen in Oslo, Norway, on November 10, 2006.

Longest Skis

The longest skis are 1,820 feet, 10.35 inches long and were worn by 170 skiers in an event organized by Aker Solutions Arendal in Arendal, Norway, on February 20, 2011. The skiers traveled a distance of 44 feet, 3 inches.

Longest Submergence Underwater in a Controlled Environment

The record for the longest uninterrupted underwater submergence is 4 days and 4 hours (100 hours in total) and was achieved by Ronny Frimann to raise funds for the WWF. The official attempt began on June 14, 2007 at 4:55 p.m., after a failed start on the previous day, and ended on June 18, 2007 at 8:55 p.m. in a water tank located at the Central Station, in Oslo, Norway. During the submergence Ronnie wore a diving dry suit and helmet equipped with a catheter and tubes for nutritional fluids and air supply. When he broke the surface of the water, after 100 hours, Ronnie had lost 16 pounds, 8 oz.



June • juni

a little in English...

Norwegian Name Days

In Norwegian culture, a person's name day is a day of the year that according to an almanac is dedicated to their first name. The tradition of celebrating a name day comes from the early Christian church, evidently to reduce the significance of celebrating birthdays, which was considered a heathen practice.

The original name days were taken from a list of Catholic saints and martyrs from the Middle Ages. Even though the religious basis for saints' days fell away after the Reformation, the practice was retained in folk tradition. From about the middle of the 18th century until early in the 1900s these name days were published in almanacs. By 1912 both the names and the traditions surrounding them had died out in Norway.

Name days had little meaning in Norway during the 1900s, while growing in popularity in Sweden. This generated a certain amount of attention in the Norwegian media during the 1980s, and in 1988 a new calendar was published that included name days.

For every date in the year except January 1st, February 29th and December 25th, two names were chosen, based on statistics for names from the period 1900-1982. About 125 of the names from the old name day calendar were reintroduced on the same dates as before. A few names were assigned to dates connected to historical figures with the name. Examples of this are Snorre, which was assigned to September 23rd, the birth date of Icelandic saga scholar Snorre Sturlasson, and Håkon and Maud, which were both assigned to June 21st, the date of the coronation of King Håkon VII and Queen Maud in 1906.

Today the tradition is well-known in Norway. You can look up your own name day at http://www.nordicnames.de/wiki/Norwegian_Name_Days

litt på norsk...

Norske Navnedager

En persons navnedag er den dag som ifølge almanakken er tilegnet personens fornavn. Tradisjonen å feire navnedag oppstod i den tidlige kristne kirken, nærmest for å redusere betydningen av fødselsdagsfeiringen, som ble oppfattet som en hedensk skikk.

De gamle navnedagene var hentet fra en liste over helgener og martyrer fra middelalderen. Selv om det religiøse grunnlaget for helgendagene falt bort med reformasjonen, ble de bevart i folketradisjonen. Fra omtrent midten av den 18de århundret til tidlig i 1900-tallet var navnedagene trykket i almanakker. Innen 1912 hadde både navnene og tradisjonene rundt dem dødd ut i Norge.

Navnedager hadde lite betydning i Norge gjennom 1900-tallet, mens feiringen av folks navnedager fikk stor utbredelse i Sverige. Dette vakte en viss oppmerksomhet i norske medier på 1980-tallet, og i 1988 lanserte Almanakkforlaget en ny kalender som etter svensk forbilde inneholdt navnedager.

For hver dato i året, bortsett fra 1. januar, 29. februar og 25. desember, ble to navn valgt ut, basert på statistikk over navn for perioden 1900-1982. Rundt 125 av navnene fra den gamle navnedagskalenderen ble gjeninnført på samme dato som tidligere. Noen få navn ble lagt på datoer knyttet til historiske personer med navnet. Eksempler på dette er Snorre, som fikk navnedag 23. september etter dødsdatoen til Snorre Sturlasson, og Håkon og Maud, som begge fikk navnedag 21. juni etter kroningsdagen til kong Haakon VII og dronning Maud i 1906.

I dag er tradisjonen velkjent i Norge. Du kan slå opp din egen navnedag på http://www.nordicnames.de/wiki/Norwegian_Name_Days