



SONS OF  
NORWAY

Newsletter Service  
November, December 2009

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 call or e-mail Erik Evans at 612-821-4623.

Fraternally,

A handwritten signature in black ink, appearing to read "Eivind J. Heiberg".

Eivind J. Heiberg  
Fraternal Director  
Sons of Norway



November • *november*



### New Member Discount!

Beginning this fall, Sons of Norway members will be eligible for a new discount program with Country Inn & Suites! That's right, starting in mid-October all Sons of Norway members will receive a 13% discount on all reservations with this internationally recognized, family-friendly hotel chain. With more than 480 locations to choose from, Sons of Norway members on the go are sure to find this discount to be a welcome addition to the current member-benefits package.

### About Country Inn & Suites

Known for its consistently high quality accommodations and personal, warm hospitality, a typical Country Inns & Suites hotel offers excellent value along with upgraded services and amenities within a smaller, informal setting. The properties are strategically located near restaurants, area attractions or business parks to provide convenience and accessibility for business or leisure travelers. Most locations feature exercise facilities, swimming pools and whirlpools, and coin-operated laundry facilities.

### Last Chance! Fall Recruitment Blitz

You still have time to recruit new members for the Fall Recruitment Blitz! Remember, the large and small lodge with the largest percentage increase in new, dues-paying members will receive \$500 and a Member Matters feature in Viking magazine!

Just make sure all applications reach Sons of Norway headquarters by December 15th, 2009.

For ideas on recruitment events or publicity, and for full contest rules, visit [www.sonsofnorway.com](http://www.sonsofnorway.com).

Good luck!

### November • *november*

- **New Member Discount**  
An exciting new discount for travelers will be coming available this fall.
- **Fall Recruitment Blitz**  
Get involved with your lodge through the lodge recruitment campaign.
- **Spruce up your tree with a limited edition Sons of Norway Christmas ornament**
- **Norwegian Name Days**  
Find out how this popular celebratory custom began in Norway.

### December • *desember*

- **Sons of Norway Media Lending Library Seasonal Favorites**  
As you celebrate this holiday season, sample some of the media lending library's best Christmas music.
- **Heritage Programming puts Norwegian Holiday Traditions at your Fingertips**  
Access the Information and Idea Banks to find great ways to celebrate the season Norwegian-style.
- **"Silent Night" or "Glade jul"**  
Learn this popular carol in English or Norwegian.

### Matlyst Monthly

- **Rosettes with Cloudberry Cream**
- **Traditional Grouse**



November • november

### Rosettes with Cloudberry Cream

*From The Norwegian Kitchen*

Rosette Ingredients:

- 3 eggs
- 2 Tbsp. sugar
- 2 1/2 dl (1 cup) full fat milk
- 3 1/4 dl (1 1/2 cups) flour
- 2 Tbsp. melted butter

Whisk eggs, sugar, and milk lightly together. Sift flour into mixture and stir. Add the melted butter, mixing well. Refrigerate 30 minutes. Heat the shortening or oil to 180 degrees C (350 degrees F). Heat the rosette iron in the fat. Dip the iron into the batter. The batter should just reach the top of the iron, not over it. Deep fry in the fat until just stiff, about 1 minutes. Remove the rosette with a fork and drain on paper towels. Sprinkle with powdered sugar or fill with cream or jam. Serve with Cloudberry Cream.

Cloudberry Cream Ingredients:

- whipping cream
- sweetened cloudberrries

Lightly whip the cream. Fold in the berries, which should be a little too sweet. Add additional sugar, if necessary. Serve in individual bowls. Top with fresh or sugared cloudberrries and serve with almond cookies or rosettes.



### Spruce up your tree with a limited edition Sons of Norway Christmas ornament!

For the first time ever, Sons of Norway is offering a limited-edition Christmas ornament to help you celebrate your Norwegian heritage this holiday season. Proudly displaying the Sons of Norway logo and colorful Telemark Rosemaling design, the ornament will display your Nordic pride as well as be a cherished, colorful addition to your Christmas tree this year.

#### About the Design

The ornament is styled with a Telemark Rosemaling design. Noted for its transparent and lyrical style, Telemark's use of organic shapes and scrolls create a dynamic feeling of movement, which carries the eye rhythmically through the design. Also, its color palettes have historically consisted of earth tones, mostly due to rural painters access to inorganic native elements. This year's ornament design preserves these styles and continues the traditions of Norway's earliest artisans.

Remember, this year's ornament is a special offer and quantities are limited. If you'd like to order an ornament for yourself or for someone special, contact Sons of Norway at (800) 945-8851. The cost is \$14.99 + tax and shipping per ornament.



### November • november

*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](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](http://www.nordicnames.de/wiki/Norwegian_Name_Days)



December • *desember*

### Sons of Norway Media Lending Library Seasonal Favorites

With Christmas right around the corner, why not take advantage of the Sons of Norway media lending library's selection of seasonal music. Here are a few offerings you might enjoy on your own, in your lodge, or with your family:



**Kirsten Bråten Berg/Hallvard T. Bjørgum/Eilert Hægeland – Juletid**  
A collection of folk songs for Christmas arranged for organ, voice and Hardanger fiddle.



**Nidarosdomens Guttekor – Jul i Nidarosdomen**  
The boy's choir of Nidaros Cathedral present Christmas classics.



**Oslo Domkor – Deilig er jorden**  
Twelve Christmas favorites from the Oslo Cathedral Choir



**Sissel Kyrkjebø – Northern Lights**  
As featured in the public television special, Norwegian pop icon Sissel presents 12 songs, featuring Jose Carreras.



### Heritage Programming puts Norwegian Holiday Traditions at your Fingertips.

Looking for a great way to celebrate the season and learn more about holiday traditions in Norway? Check out the Information Banks section of the Sons of Norway website. Just log into the “Members Section” and click the “Member Resources” tab to locate the info banks.

Included within the “Holiday and Special Events” section of the info banks you’ll find the answers to all your Norwegian holiday tradition questions. How do I make Julekake? How do I sing “O Come, All Ye Faithful” in Norwegian? Are there any Norwegian holiday crafts I can make with my kids? The answers to these questions and more are all there, at your fingertips.

Also if you need an activity to liven up lodge meetings or holiday family gatherings? Access the “Lodge Programming” section of the website and click on the “Idea Banks” section; there you will find three skits pertaining to Christmas in Norway.

For more information on the lodge programs visit [www.sonsofnorway.com](http://www.sonsofnorway.com) or contact us at (800) 945-8851.



December • *desember*

### Traditional Grouse

*From The Norwegian Kitchen*

#### Ingredients:

- 4 pieces whole plucked grouse
- 1 bunch asparagus
- 3 carrots
- 2 cloves garlic
- 1/3 cup olive oil
- 2 Tbsp. brown sugar
- 1 tuft fresh thyme
- Salt and fresh ground white pepper
- 0.44 lbs. mushrooms (feel free to mix)
- 5 stems parsley
- 4 shallots
- 1 1/2 cup heavy cream
- 0.22 lbs. unsalted butter
- 3 Tbsp. tarragon vinegar
- Cornmeal

Warm up an iron pot, put in some olive oil and garlic. Brown the grouse on all sides in the oil. Peel and dice the shallots and put it in the pot. Let the shallots get golden together with the grouse. Put the cream in and let the pot simmer with a lid for about an hour.

While you are waiting for the grouse to finish, clean, peel and cut the vegetables in the size you want. Fry the mushrooms with olive oil and salt and pepper (to taste). Steam all other vegetables in well-salted water and cool them off in cold water when done.

Brown the sugar in a pot and boil it with vinegar and some water. When the grouse is done, take them out of the pot. Strain the sauce from the grouse into the pot holding the vinegar and sugar. Stir some pieces of unsalted butter in the sauce and add salt and fresh group white pepper (to taste).

Put the grouse back into the sauce and let it warm up while you heat the vegetables and mushrooms in the other pot.

Serve on a platter with boiled potatoes.



*Photo by Per Eide - Grouse in cream sauce.*



December • desember



*litt på norsk...*

### Glade jul

Norsk tekst: B. S. Ingemann

Glade jul, hellige jul!  
Engler daler ned i skjul.  
Hit de flyver med paradiset grønt,  
hvor de ser hva for Gud er skjønt.  
Lønnlig i blant oss de går.  
Lønnlig i blant oss de går.

Julefryd, evig fryd,  
hellig sang med himmelsk lyd!  
Det er engler som hyrdene så,  
dengang Herren i krybben lå.  
Evig er englenes sang.  
Evig er englenes sang.

Fred på jord, fryd på jord,  
Jesusbarnet i blant oss bor.  
Engler synger om barnet så smukt,  
han har himmeriks dør opplukt.  
Salig er englenes sang.  
Salig er englenes sang.

*a little in English...*

### Silent Night

English text: John F. Young

Silent night, Holy night  
All is calm, all is bright  
Round yon virgin Mother and Child  
Holy infant so tender and mild  
Sleep in heavenly peace  
Sleep in heavenly peace

Silent night, holy night  
Shepherds quake at the sight  
Glories stream from Heaven afar  
Heavenly hosts sing Hallelujah  
Christ the Savior is born  
Christ the Savior is born

Silent night, holy night  
Son of God, love's pure light  
Radiant beams from Thy holy face  
With the dawn of redeeming grace  
Jesus, Lord at Thy birth  
Jesus, Lord at Thy birth