



SONS OF
NORWAY

November, December 2006

NEWSLETTER *Service*

Dear Lodge/District Editors:

We are pleased to provide the latest edition of the Newsletter Service. This complimentary service is printed six times each year and may be used as a supplement to your lodge newsletter. The Newsletter Service provides a variety of information, including current news and culture related articles. The Newsletter Service is also available on the Web at www.sonsofnorway.com, under the "Members Only" section. We hope you enjoy this issue and find its content to be beneficial.

Fraternally,

A handwritten signature in black ink, which appears to read 'Eivind J. Heiberg'. The signature is fluid and cursive, with a large flourish at the end.

Eivind J. Heiberg
Fraternal Director

November 2006

A Little in English...

Father's Day, second Sunday in November

Father's Day is a day of honor for fathers, a parallel to Mother's Day on the second Sunday in February. It is celebrated in Norway on the second Sunday in November, often by the father in the family receiving a little present. It's an American "invention" that first hit the Nordic countries and Norway after World War 2. It is marked mostly by the commercial world which advertises for gifts for dad, ties, socks and underwear.

Father's Day



november 2006

Litt på norsk...

Farsdag. Andre søndag i november

Farsdagen er en hedersdag for fedre, en parallell til morsdagen andre søndag i februar. Den feires i Norge den 2. søndagen i november, ofte ved at far i familien får en liten presang. Farsdag er en amerikansk "oppfinnelse" som først slo gjennom i Norden og Norge etter 2. verdenskrig. Den markeres mest av handelsnæringen som reklamerer for gaver til far, slips, sokker og underbukser.

Farsdag

AFFORDABLE INSURANCE?

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Saffron Buns

From *Authentic Norwegian Cooking*

by Astrid Kalsen Scott



Ingredients:

- 1 cup milk
- 1/2 cup, scant sugar
- 1 tsp. salt
- 1/2 cup, scant butter
- 1/2 tsp. saffron threads, crushed
- 1 pkg. active dry yeast
- 1/2 cup water, warm
- 1 egg, small
- 4 cups unbleached flour
- 13 cup raisins, optional
- Egg and pearl sugar

In a heavy saucepan, combine milk, sugar, salt, butter and saffron and bring to the boiling point. Stir. Remove from heat and let cool to lukewarm. Pour into food processor bowl equipped with a dough hook, or large bowl. Dissolve yeast in luke warm water and add. Add egg, and about half of the flour, and mix thoroughly. Add remaining flour, to avoid a heavy bread use as little flour as possible. The dough will be sticky. Using the dough hook beat for 1 1/2 minutes, or use your electric mixer for about 5 minutes. Place in a greased bowl, cover with lightly greased plastic wrap, and set to cool in a warm place for 1 hour, or until double in bulk.

Shape into saffron buns as pictured, or make into braided breads. Raisins used for decorations need to be added before the second rising. Set to raise in a warm place for 30 minutes, covered with greased plastic wrap. Brush with beaten egg, and sprinkle with pearl sugar. Bake at 425 degrees F until golden brown, about 15 to 20 minutes. Cool slightly then remove to rack to cool completely. Makes 10 large buns, or 16 medium.



Språk og kultur – Language and Culture

Podcasts

One of the hardest things about learning a new language is getting exposure to it. Hearing native speakers using natural language is key to building fluent listening skills. NRK, the Norwegian state broadcasting service, has a new, free tool that students of the Norwegian language will want to check out – podcasts. A podcast is simply a radio show saved to a digital audio file that can be downloaded from the internet. Podcasts differ from traditional net radio in that you can download and save a podcast, burn it to a CD or even listen to it on an mp3 player like an iPod. NRK offers several of their programs for free at www.nrk.no/podkast. Some of our favorites are *Filmpolitiet*, a weekly review of new movies, *Norgesglasset*, a variety show focusing loosely on Norwegian culture and *Språkteigen*, a half hour program on Norwegian language starring linguistic celebrity Sylfest Lomheim. You can also find a variety of other news and entertainment programs.

Despite the name, you don't need an iPod to listen to a podcast. All you need is a computer, a good internet connection and an audio program like iTunes, which is available for free for both Macintosh and PC from www.apple.com/itunes. The easiest way to subscribe to NRK podcasts is to open up www.nrk.no/podkast in your internet browser and copy the link of the show you want to listen to. Then switch over to iTunes, go the menu called "Advanced" and choose "Subscribe to podcast." Just paste the link into the window that comes up, hit "OK" and your computer will automatically download the latest edition of that show.

December 2006

A little in English...

Lillejulaften – Little Christmas Eve December 23rd

Most Norwegian-Americans know that the biggest Christmas celebration in Norway happens on Christmas Eve, December 24. But less known is the tradition of lillejulaften – Little Christmas Eve. Lillejulaften is naturally the day before Christmas Eve, that is to say December 23rd. It is celebrated in different ways, but one can have a little dinner, cookies, gløgg-drinking and maybe a little present that the children can open. Lillejulaften is a good way to prolong Christmas celebrations. Therefore it would work just as well to party on December 22nd as well – which can naturally enough be called bitelillejulaften, or “Itty-Bitty Christmas Eve.”



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 - Joint Life
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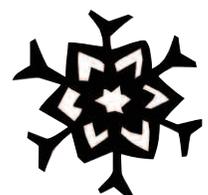
Contact your local Sons of Norway
Financial Benefits Counselor for more
information on how our Single Premium
Immediate Annuity can eliminate your
worries about outliving your income.

desember 2006

Litt på norsk...

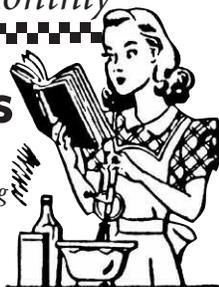
Lille julaften - 23. desember

Det fleste norskamerikanere vet at den største julefeiringen i Norge skjer på julaften, 24. desember. Men mindre kjent er lille julaftenstradisjonen. Lille julaften er naturligvis dagen før julaften, dvs 23. desember. Den feires på forskjellige måter, men man kan ha en liten middag, småkaker, gløggdrikking og kanskje en liten gave som barna kan åpne. Lille julaften er en veldig god måte å forlenge julefeiringen. Derfor går det like så bra å feste på 22. desember – som naturlig nok kan kalles nok bittelille julaften.





Lemon Waffles

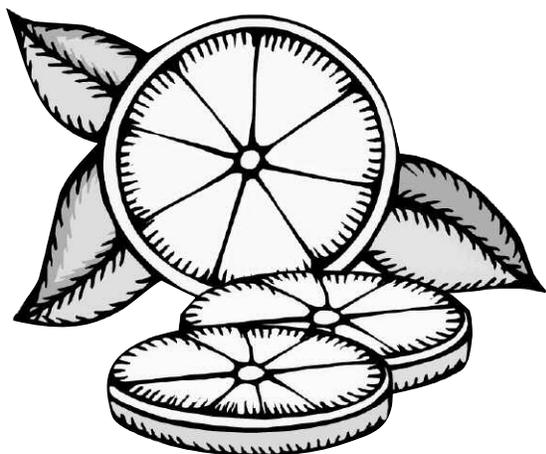


From *Authentic Norwegian Cooking*
by Astrid Kalsen Scott

Ingredients:

- 5 eggs
- 1/4 cup sugar
- 1 cup flour
- 1 tsp. lemon juice, fresh
- 1/2 tsp. lemon peel (freshly grated)
- 1 cup sour cream
- 1/4 cup butter

Beat eggs and sugar until thick and fluffy, about 10 minutes. Alternately fold in the flour, which has been sifted with lemon peel, and sour cream. Stir in the butter and lemon juice. Set batter aside to rest 10-15 minutes. Heat heart-shaped waffle iron. It is hot enough when drops of water sprinkled on its surface sputter. Pour approximately 3/4 cup batter in center of the iron. Lower cover and bake until the steaming stops, 30-60 seconds on each side. Do not peek during baking period. Makes 6 waffles.



Språk og kultur – Language and Culture

Who? What? Where?

Norway, a country with a population the size of Minnesota, has two official languages and over 80 officially recognized dialects. This can make things confusing for students of the Norwegian language, who often find that no one they know speaks the quite the same language they have studied at school.

American students of Norwegian are typically trained in *bokmål*, the written form of Norwegian that is based on Danish. In their classes they learn to ask questions starting with *hvem*, *hva* and *hvor* – who, what and where, respectively. In Norway’s many dialects, even these basic words can vary greatly. Here’s a brief overview of how these words vary across Norway.

Typisk Norsk. Petter Schjerven, et al. Dinamo Forlag: Oslo, 2005

Hvem	Hva	Hvor	District
kem	ka	kor	Hordaland
køm	kæ	kær	Dovre, Oppland
kvæ	ko	kor	Valle, Aust-Agder
kven	kå	kår	Lista, Vest-Agder
kimm	ka	kor	Haugesund, Rogaland
kenn	ke	kest	Leikanger, Sogn og Fjordane
kvæn	hott	hori	Vinje, Telemark
håkkje	kå	kår	Ringebu, Oppland
håkke	hå	å	Nannestad, Akerhus
håkken	hå	hår	Nord-Odal, Hedmark
vemm	hå	hårre	Birkenes, Aust-Agder
håkken	hått	hårre	Hjartdal, Telemark
høkke	hø	hø (henn)	Nore i Numedal, Buskerud
ekken	høtt	hørre	Aremark, Østfold