



SONS OF  
NORWAY

## Newsletter Service

November, December 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, if you wish to receive a printed hardcopy version, 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,

A handwritten signature in cursive script that reads "Linda Pederson".

Linda Pederson  
Fraternal Director  
Sons of Norway



### November • november

#### Order Your Sons of Norway 2010 Limited Edition Ornament Today!

Show your Norwegian pride this holiday season by displaying the 2010 Sons of Norway Christmas ornament on your tree. From its rosemaling-inspired outer frame to the hand-crafted interior with a Hallingdal Rose design, this beautifully styled ornament is sure to be a welcome addition to your holiday traditions.



Packaged in a unique silver-stamped box, containing a Christmas greeting from Sons of Norway and an informative description of Hallingdal rosemaling, this ornament can also be a great gift for someone who enjoys the holiday season as much as you do.

Remember, quantities of this year's ornament are limited so be sure to order as early as possible. The cost for this special holiday keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945-8851.

If you want to learn more about rosemaling or would like to try your hand at it, consider the Sons of Norway Rosemaling Cultural Skills Program. The program, which is open to all members is available from the Sons of Norway website at [www.sonsofnorway.com](http://www.sonsofnorway.com).

### November • november

- **Sons of Norway Ornament**  
Take a sneak peek at this year's limited edition Sons of Norway ornament.
- **Scandi-Facts**  
Stump your friends with these interesting Scandinavian facts.
- **Melting Glacial Ice UnCOVERS Artifacts**  
Scientists race against the clock to collect 1,500-year-old artifacts from the Jotunheimen region of Norway.

### December • desember

- **Christmas Word Match**  
Brush up on your Norwegian with this Christmas-themed word matching game.
- **Norwegian Christmas Traditions**
- **Song Translation: "I'm Dreaming of a White Christmas"**

### Matlyst Monthly

- **Walnut Bread (Valnøttbrød)**
- **Mulled Wine**
- **Roast Ribs of Mutton (Pinnekjøtt)**



November • november

### Scandi-Facts

Think you know everything there is to know about Scandinavia? Here's a few fun facts that make for great trivia.

1. Now known world-wide, the inventors of LEGO® toys got started in Billund, Denmark in 1932 manufacturing stepladders.
2. Sweden is known for innovation and inventions. It is the country that first offered the perfected zipper, marine propeller, heart pace maker and even created the first predecessors to the computer mouse. Not to forget the discount furniture retailer IKEA and fashion from H&M.
3. Norway is just a bit larger than the U.S. state of New Mexico and 2/3 of Norway consists of mountain regions.
4. Swedish children participate in an activity much like the American Halloween tradition of door to door "Trick or Treating" during Easter.
5. While Finland is called "The Land of 1,000 lakes," the country has more than 188,000 lakes with 98,000 islands. With a population of around 5 million, that is one lake for every 26 people.
6. The world's largest population of arctic reindeer herders is found in Norway.
7. Reykjavik, the capital of Iceland, has sidewalks that are heated by geothermal heat in the winter.
8. All of the Scandinavian countries are rated among the top ten most peaceful nations according to the Global Peace Index.
9. Norway and Sweden replace hundreds of "moose crossing" traffic signs per year due to theft.
10. Due to the large latitudinal range and varied topography and climate, Norway has a wider variety of different natural environments than almost any other European country.



### Walnut Bread

*The Norwegian Kitchen*

*by Astrid Karlsen Scott*

Makes 2 loaves

- 1 cup chopped walnuts
- 2/3 cup cracked wheat
- 3/4 cup coarse rye flour
- 1 cup fine whole rye flour
- 1 cup creme fraiche or whipping cream
- 2 cups water

Combine all the ingredients and refrigerate overnight. Heat the dough to about 86° F or 30° C and add:

- 1 3/4 ounces fresh yeast
- 1 teaspoon salt
- 2 tablespoons walnut oil
- 5 1/2 cups of flour

Knead the dough. Form into 2 loaves. Let rise. Preheat the oven to 400° F.

Brush the loaves with:

- beaten egg white
- milk

Bake 1 hour.



November • *november*

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### Melting Glacial Ice Uncovers Artifacts

Scientists and archaeologists in the Jotunheimen mountain region of Norway are facing a unique problem. Glacial ice in the area is receding at an accelerated rate, fast enough it seems that archaeologists are having difficulty recovering the hundreds of artifacts before they are damaged by exposure to open air, causing rot and decay.

Lars Piloe, a Danish scientist working at the site, says "It's like a time machine... the ice has not melted this much for many many centuries. The ice field has receded 60 feet just this year and it is estimated that the artifacts exposed are from 1,500 years ago."

Among the 600 artifacts collected are a number of hunting implements called "scare sticks" that suggest that the area was used to herd and hunt reindeer. Scientists believe that the 3 ft sticks once had a small lightweight stick tied to the top of them--that when set into a line--would rattle in the wind and divert herded reindeer on to the path of hunters. It is believed that this method of herding reindeer would allow hunters to get close enough to effectively use bows and arrows.

Other items recovered in the area in 2006 include bows and arrows and a 3,400-year-old leather shoe. Delicate items such as feathers, wool and leather must be recovered from the site and preserved in a freezer as soon as possible to prevent them from crumbling.

Archeologists hope that by studying and preserving the newly-found artifacts they can learn more about the behaviors of the people that lived in the Jotunheimen area of Norway 1,500 years ago.

*Adapted from various sources*



### Mulled Wine

*The Norwegian Kitchen*  
by Astrid Karlsen Scott

- 2/3 cup Port wine
- 2/3 cup Sherry
- 2/3 cup Madeira
- 1/3 cup red wine
- 4 whole cloves
- 2 cardamom pods

Combine in a saucepan and slowly bring to boil. Serve warm in cups with raisins and blanched almonds. Place a teaspoon in each glass.



December • desember

### Christmas Word Match

Can you match these holiday themed words with their Norwegian counterparts? Test yourself and find out!

- |                        |       |               |
|------------------------|-------|---------------|
| 1. Green               | _____ | A. Strømpe    |
| 2. Songs               | _____ | B. Gave       |
| 3. Snow                | _____ | C. Nyttår     |
| 4. Christmas           | _____ | D. Vinter     |
| 5. Christmas Eve       | _____ | E. Grønn      |
| 6. Greeting            | _____ | F. Julegrøt   |
| 7. Cookies             | _____ | G. Slektinger |
| 8. Stocking            | _____ | H. Pulk       |
| 9. Gift                | _____ | I. Sanger     |
| 10. Reindeer           | _____ | J. Juletre    |
| 11. New Year           | _____ | K. Krans      |
| 12. Snowflake          | _____ | L. Reinsdyr   |
| 13. Sleigh             | _____ | M. Engler     |
| 14. Red                | _____ | N. Snøfnugg   |
| 15. Wreath             | _____ | O. Småkaker   |
| 16. Relatives          | _____ | P. Jul        |
| 17. Winter             | _____ | Q. Snø        |
| 18. Angels             | _____ | S. Julaften   |
| 19. Christmas Porridge | _____ | T. Rød        |
| 20. Christmas Tree     | _____ | U. Hilsen     |

Answers: (1) E, (2) I, (3) Q, (4) F, (5) S, (6) U, (7) O, (8) A, (9) B, (10) L, (11) C, (12) N, (13) H, (14) T, (15) K, (16) G, (17) D, (18) W, (19) F, (20) J

### "I'm Dreaming of a White Christmas" (Hvit jul)

*(English Version)*

I'm Dreaming of a White Christmas  
Just like the ones I used to know,  
Where the tree top glistened  
And children listened  
To hear sleighbells in the snow.  
I'm dreaming of a White Christmas  
With every Christmas card I write.  
May your days be merry and bright,  
And may all your Christmases be white.

*(Norwegian Version)*

Jeg drømmer om en hvit glede  
Drømmer om jul med hvite trær  
Om små barn som synger  
Og spurv i klynger  
I sne-e-drev og vinter vær  
Slik minnes jeg min glade barndom  
Med jule-sne på hver en vei  
Hils til alle hjemme  
Fra meg  
Må hver julekveld bli lik for deg.



December • desember

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### Roast Ribs of Mutton (Pinnekjøtt)

*The Norwegian Kitchen by Astrid Karlsen Scott*

Serves 5

Most Scandinavian delicatessens will be able to supply you with *pinnekjøtt*. Cooking directions are the same for your home-cured ribs. Figure on 10-12 ounces (285-340g) of *pinnekjøtt* per person.

- 4 ½ lbs. (2kg) cured lamb ribs-pinnekjøtt
- Boiling water

#### Cooking:

Soak ribs overnight in lots of water. Cooking the lamb rib to perfection is part of the preparation. Use a large kettle with very little water in the bottom. Position an interlaced “bridge” of small birch branches (with bark removed) just over the water in the kettle (or use rack). A dexterous person will have no problem building a firm “bridge” so the meat will not receive an involuntary dunking!

Distribute the meat evenly on this structure, cover tightly and put a weight on top. Place over moderate heat and cook for approximately 2 hours. More water may be added as necessary. Do not remove the meat until tender or until it is ready to be served.

Boiled/steamed potatoes are usually served with pinnekjøtt, and mashed rutabagas with the addition of a generous amount of butter and some cream makes this a royal feast. Let each guest season with pepper to taste. A large serving platter is ideal for both the rutabagas and *pinnekjøtt*. Mound the mashed rutabagas in the center of the platter. Arrange the ribs so that the cutlet end borders the platter and the ribs point upwards, encircling the heaped rutabagas. What a magnificent sight! A choice lamb rib is fat enough that no additional sauce is needed, but if so desired, the cooking broth may be served on the side. And yes, using both hands to eat *pinnekjøtt* is quite acceptable.

### Home-Curing Ribs

Dry Salting: Rub the lamb ribs well with salt to which has been added a large pinch of saltpeter, which will give meat a red, more delicate appearance. (Saltpeter is optional) Put a generous layer of salt, mixed with a little saltpeter, in the bottom of the salt tub. Lay the ribs on top with the bone side up and cover with another blanket of salt. The salt will draw the blood out of the meat and create a brine which is used for basting the meat from time to time. Some Norwegian cookbooks recommend the mutton remain in this salt for 2 days, but 36 hours is sufficient. Dry the mutton rib well and it is ready for hanging. Many maintain 3 to 4 days' drying time is enough, but *pinnekjøtt* experts insist on a much longer time - from butchering season until Christmas, or not less than 2 ½ months. It is important that they drying process gets off to a good start, so the use of an electric fan for the first 3 or 4 days is recommended. Hang in the airiest, driest and darkest place possible. When finished drying, remove the rib with cutlet attached.

Prior to cooking it is necessary to soak the cutlet in water for a couple of hours after such a long hanging period.



December • *desember*

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*a little in English...*

### **Norwegian Christmas Traditions**

Christmas – just the word fills us with many good feelings and memories. A time of rest, a time of fellowship, parties and not least food – but also a time to reflect on our time-honored traditions. Let's take a look at how Christmas celebrations vary between Norway and North-America.

### **Christmas Eve**

Christmas Eve is the biggest day of celebration in Norway, bigger than Christmas Day itself. Houses and yards are washed and tidied up. The Christmas Tree is decorated with, among other ornaments, juletrekurv, or pleated Christmas hearts made out of colored paper. The hearts can also be filled with small ginger cookies, raisins, caramels or other Christmas treats. Christmas Eve is also the day that the Julenisse, the Norwegian Santa Claus, makes his rounds giving gifts to good children.

Many traditional dishes are eaten on Christmas Eve. Among the most important traditional foods are pork ribs and sausages, lamb ribs, lutefisk and cod, as well as beer, akavitt, gløgg and various wines.

### **Little Christmas Eve**

Less known in North-America 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.

### **Julenissen – The Norwegian Santa Claus**

The Norwegian tradition of julenissen (“the Christmas Elf”) originally did not have anything to do with a man in red who comes with gifts. People believed that each farm had its own tomtegubben or tomten, who was the ghost of the first farmer to clear the land and build there. He lived in the hayloft or barn, and had to be given his own bowl full of Christmas porridge every Christmas Eve, or he would take revenge by causing mischief around the farm. Eventually the native tomten got combined with the Christian St. Nicholas, and it was then that he acquired his role as a giver of gifts. The traditional Norwegian julenisse is clothed in wool breeches, knitted socks, a sweater and a pointy red hat.



### December • desember

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*litt på norsk...*

#### **Norske juletradisjoner**

Jul – bare ordet fyller oss med mange gode følelser og minner. En hviletid, en tid for felleskap, fest og ikke minst mat – og i tillegg en tid å reflektere på våre gode, gamle tradisjoner. La oss ta en titt på hvordan julefeiringen varierer mellom Norge og Nord-Amerika.

#### **Julaften**

Julaften er den største festtida i Norge, større enn juledagen selv. Det skal vaskes og pyntes i hus og på tunet. Juletret pyntes med bl.a. juletrekurv, en liten kurv som er flettet av farget, oppstrimlet glanspapir. Juletrekurvene kan også bli fylt med små peppernøtter, rosiner, karameller eller andre julegodter. Julaften er også dagen da Julenissen tar runden med å gi gaver til snille barn.

Mange tradisjonelle retter spises på julaften. Blant de mest tradisjonsrike rettene finner man svineribbe og medisterpølse, pinnekjøtt, lutefisk og torsk, samt øl og akevitt, gløgg og ulike viner.

#### **Lille julaften**

Mindre kjent in Nord-Amerika 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, gløggdrikkning og kanskje en liten gave som barna kan åpne. Lille julaften er en veldig god måte å forlenge julefeiringen.

#### **Julenissen**

Den norske nissetradisjonen har i utgangspunktet ikke noe å gjøre med nissen som kommer med gaver. Opprinnelig ble han kalt tomtegubben eller tomten, og man mente at han var gjengangeren etter den første bonden som hadde ryddet jorda og bygd på tomten. Han holdt til i fjøs eller låve, og måtte ha sin tallerken med god julegrøt hver julaften, ellers kunne han hevne seg. Etter hvert ble vår egen tomtegubbe blandet sammen med den kristne helgenen St. Nicolaus, og da fikk han rollen som gaveutdeler. Den tradisjonelle norsk julesissen er kledd i knebukser av vadmel, med strikkede strømper, genser og rød topplue.