



SONS OF NORWAY

Newsletter Service

November, December 2011



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



November • november

Sons of Norway 2011 Limited Edition Christmas Ornament



Show some Norwegian pride this holiday season by adding the 2011 Sons of Norway ornament to your Christmas decorations! From its rosemaling inspired outer frame to the beautiful Valdres rose design, this elegantly styled ornament is sure to be a welcome addition to your holiday traditions.

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

This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945-8851.

Viking Quest Recruitment Contest



Ready, set, recruit! This fall, Sons of Norway Headquarters has challenged lodges to a recruiting contest. Your lodge could win, but you'll need every member's help to be victorious.

What can you do? By recruiting new full dues paying members (primary, spouse & dues paying Unge Venner) to your lodge between October 1st and December 15th, you bring it one step closer to winning! For every 1% increase in membership, your lodge gets 10 points. For every new member recruited between the ages of 24 and 55 it gets a bonus point.* At the end of the contest, the lodge with the most points will be crowned Sons of Norway's Top Recruiting Lodge of 2011.

You can do it!

**complete rules can be found at <http://www.sonsofnorway.com>.*

November • november

- **Roald Amundsen Commemorative Exhibit**
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Find out how this important pioneer helped jumpstart Norwegian emigration to the midwest.

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- **Alfred Nobel: The Man Behind the Prize**
- **Visit Oslo's 10 Suggestions for a Winter's Day**
Discover a great way to spend a snowy day in Oslo with suggestions from visitoslo.com
- **Norway's Prime Minister to visit South Pole**
Jens Stoltenberg is making an important trip to the South Pole, find out why here.

Silent Night/Glade Jul

Matlyst Monthly

- **Swedish Apple Dumpling Cake (Appelkåka)**
- **Pork Ribs**
- **Icelandic Snowflake Breads (Laufabraud)**



November • *november*

Roald Amundsen Commemorative Exhibit

This month Sons of Norway is co-sponsoring a new photo exhibit, celebrating the 100th anniversary of Roald Amundsen's journey to become the first explorer to reach the South Pole, at the Minneapolis-St. Paul International Airport.

The exhibit, *Cold Recall: Reflections of a Polar Explorer*, from Norway's Fram Museum, will be seen by more than 6 million travelers during its month-long display. Through images and text, on more than 50 panels, it describes the two-year adventure of Roald Amundsen and his crew aboard the Fram.

Each image is an enlargement of hand-colored slides that Amundsen, himself, once used during presentations and speaking engagements about his travels. Included are images of Amundsen, his ship, Fram, and his crew, detailing daily life aboard the ship and at their various camps along the route to the South Pole.

This is the first time this photo-exhibit has visited the United States and was secured through the partnering efforts of Sons of Norway, the Honorary Royal Norwegian Consulate General in Minneapolis, the Bloomington Convention and Visitors Bureau and the Airport Foundation MSP.

If you aren't able to see it in person, be sure to check out the Fram Museum's online exhibit at: <http://www.frammuseum.no/Polar-Expedition/The-third-Fram-expedition.aspx>

Norway's Fram Museum presents
COLD RECALL
- REFLECTIONS OF
A POLAR EXPLORER

Sponsored by
SONS OF NORWAY
NORWEGIAN CONSULATE GENERAL
Bloomington
airport foundation

Visit this exciting exhibit from
October 10th to November 14th, 2011
Minneapolis-St. Paul International Airport
Concourse C Gallery

LEARN MORE ABOUT ROALD AMUNDSEN'S ADVENTURE AT BLOOMINGTONMN.ORG/AMUNDSEN



November • november



Swedish Apple Dumpling Cake (Appelkåka)

The Great Scandinavian Baking Book

by Beatrice Ojakangas

This is a cross between a cake, a dessert, and a coffee cake. It is an interesting blend of almonds and apples in both flavor and texture. Makes one 9-inch square

- 4 large, tart cooking apples, pared
- ½ cup sugar
- 2 cups water
- 2 tbsp. fresh lemon juice
- Zwieback crumbs, vanilla wafer crumbs, or fine dry bread crumbs
- 3 eggs, separated
- ½ cup butter
- ⅔ cup sugar
- ½ cup blanched almonds, ground or pulverized
- ⅔ cup all-purpose flour
- 2 tsp. lemon juice

Icing

- ½ cup powdered sugar
- 2 to 3 tbsp. whipping cream
- 1 tsp. almond extract

Cut the pared apples into halves lengthwise. Cut off the core and stem ends and scoop out seeds using a melon baller or a round measuring spoon.

In a saucepan, combine the ½ cup sugar, water, 2 tbsp. lemon juice and the apples. Bring to boil, lower heat to simmering, cook 8 minutes until the apples are just barely tender.

Butter a 9-inch square cake pan and dust it heavily with zwieback crumbs, vanilla wafer crumbs or bread crumbs.

Preheat oven to 350° F.

Drain the apples and place them with their cut sides down into the cake pan.

Separate the eggs and, with a hand mixer, beat the whites until stiff. Set aside.

In another bowl, without washing the beaters, cream the butter and ⅔ cup sugar. Add the egg yolks, ground almonds, flour, and 2 tsp. lemon juice. Mixture will be stiff. Blend in the egg whites and spread mixture over the apples in the pan. Bake for 25 to 30 minutes until golden.

While cake bakes, mix the icing ingredients. Drizzle hot cake with the icing.



November • november

a little in English...

Cleng Peerson – The Norwegian Emigration Father

After Norway had been rid of the Danish rule in 1814, Norwegian nationalism grew. Henrik Wergeland was “new Norway’s” first poet and he became a great symbol of Norwegian freedom. The growing freedom feeling also led to other effects. One of these was a large interest in emigration to America. Cleng Peerson was born in Tysvær in 1782. Like many others who were interested in America, he was deeply religious. He belonged to the Quaker Church and in 1821 was sent to the state of New York to look into the possibility of creating a Norwegian colony. After 3 years he returned to Stavanger and advocated strongly to get a ship that could sail from Norway. Many within the Quaker Church in Stavanger were strongly convinced by Peerson and on July 4th, 1825, 52 Norwegians emigrated on the sloop “Restoration” from Stavanger. They arrived in New York on the 15th of October and the number was increased to 53. A newborn baby saw the first day’s light on the way over the Atlantic Ocean. The newspaper “New York Daily Adviser” characterized the shipmen as “an unusual sight.” The newspaper was interested in the old-fashioned clothes the Norwegians wore – fashion is not a concept that only belongs in the present.

Cleng Peerson led his fellow Quakers to Kendall Township by Lake Ontario where they were allocated land. But Peerson was an adventurous man and continued his travels through North America. On his voyage through the Midwest, he found the fertile Fox River Valley in Illinois. He then returned to his friends by Lake Ontario and persuaded them to move to Illinois. Odd Lovoll describes Cleng Peerson among other things as “Peer Gynt on the Prairie” – a description we can agree describes this adventurer. His ability to convince others was something he had plenty of! Peerson continued his traveling and died in Texas in 1865.

Cleng Peerson is rightly called “the Norwegian emigration father.” Not just because he organized the first joint Norwegian emigration. He also advocated that, in the end, they should settle in the Midwest – a place that would later become the main area of the great Norwegian emigration wave 50 years later. The first emigrant wrote home and told about a “beautiful and fertile land,” and therefore more Norwegians were informed of where they should go in America.

litt på norsk...

Cleng Peerson – Den Norske Utvandringens Far

Etter at Norge var blitt kvitt danske-åket i 1814, vokste den norske nasjonalfølelsen. Henrik Wergeland var det ”Nye Norges” første dikter og han ble det store symbolet på den norske friheten. Den økende frihetsfølelsen ga seg også andre utslag. Ett av disse var større interesse for utvandring til Amerika. Cleng Peerson var født i Tysvær i 1782. Som så mange andre som interesserte seg for Amerika, var han dypt religiøs. Han tilhørte kvekermenigheten og ble i 1821 sendt til staten New York for å se på mulighetene for å danne et norsk nybygggersamfunn. Etter 3 år returnerte han til Stavanger og agiterte sterkt for å få til et skip som kunne seile fra Norge. Mange innen kvekermenigheten i Stavanger ble overbevist av Peersons agitasjon og allerede den 4. juli 1825 dro 52 norske utvandere med sluppen ”Restaurationen” fra Stavanger. De ankom New York 15. oktober og antallet var da steget til 53. En nyfødt baby så dagens lys på veien over Atlanterhavet. Avisen ”New York Daily Advertiser” karakteriserte skipslasten som ”et uvanlig syn.” Avisen var opptatt av de gammelmodige klærne nordmennene hadde på seg – moter er altså ikke et begrep som bare hører nåtiden til.

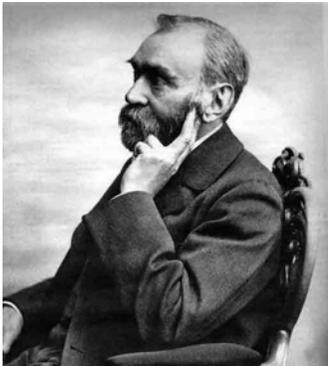
Cleng Peerson førte sine kvekerverner til Kendall Township ved Ontariosjøen hvor de ble tildelt jord. Men Peerson var en eventyrlysten herre og fortsatte selv sine vandringer gjennom Nord-Amerika. På sin vandring gjennom Midt-Vesten fant han den fruktbare Fox-Riverdalen i Illinois. Deretter returnerte han til sine venner ved Ontariosjøen og overtalte alle til å flytte til Illinois. Odd Lovoll beskriver Cleng Peerson bl.a. som ”Peer Gynt på prærien” – en beskrivelse vi godt kan tenke oss passer på denne agitatorene. Evne til å overbevise andre hadde han tydeligvis i mangfold! Peerson fortsatte sine vandringer og døde i Texas i 1865.

Cleng Peerson er med rette kalt ”den norske utvandringens far.” Ikke bare organiserte han den første norske samlede utvandringen. Han sørget også for at de til slutt slo seg ned i Midt-Vesten – det som senere skulle bli hovedområdet for den store norske utvandringssvølgen 50 år senere. De første utvandrerne skrev hjem og fortalte om et ”deilig og fruktbart land,” og dermed visste stadig flere nordmenn hvor de skulle dra i Amerika.



December • *desember*

Alfred Nobel : The Man Behind the Prize



Every December 10th, five exceptional men and women are honored with one of the most prestigious awards ever created, the Nobel Prize. Held in Stockholm and Oslo, the annual Prize Award Ceremonies commemorate the anniversary of the death of the prize's founder, Alfred Nobel. While much is known about recipients of the prizes, how much is known about the creator behind them?

Alfred Nobel was born in Stockholm, Sweden in 1833. The son of an inventor and architect, Alfred was tutored at home until the age of 16. A trained chemist, Alfred began experimenting with the explosive, nitroglycerine. Several years later Alfred created his most famous invention, dynamite. While many saw Alfred's invention as dangerous and destructive, Alfred believed it would create peace rather than decimate it, saying, "My factories may make an end of war sooner than your congresses. The day when two army corps can annihilate each other in one second, all civilized nations, it is to hoped, will recoil from war and discharge their troops."

In 1888 after the death of Alfred's brother, Ludvig, a French newspaper mistakenly ran an obituary for Alfred, labeling him the "merchant of death". A pacifist at heart, Alfred was disturbed by the epitaph and he sought to leave behind a different legacy than the phrase coined by the newspaper.

When Alfred died on December 10th, 1896, he left 94% of his wealth to the establishment of five prizes (physics, chemistry, physiology or medicine, literature and peace) to "those who, during the preceding year, shall have conferred the greatest benefit to mankind." Although the will was met with many obstacles, the Nobel Foundation was established and the first prizes awarded on the five year anniversary of his death on December 10, 1901.

To learn more about Alfred Nobel and the Nobel Prize, visit nobelprize.org.

Nobel Prize Facts

- To date, the youngest Nobel Laureate is Lawrence Bragg, who was just 25 years old when he received the Nobel Prize in Physics with his father in 1915.
- The oldest Laureate to date is Leonid Hurwicz, who was 90 years old when he was awarded the 2007 Prize in Economic Sciences.
- Between 1901 and 2010, the Nobel Prizes and the Prize in Economic Sciences were awarded 543 times.
- The names of nominees for the prizes is kept secret until 50 years later.
- Often considered the "missing Nobel Laureate," Mahatma Gandhi was never awarded the Nobel Prize despite several nominations (12 nominations between 1937 and 1948.)
- The Curie family has won 5 Nobel Prizes: Pierre and Marie for Physics in 1901; Marie for Chemistry in 1911; daughter Irene and her husband Frédéric Joliot-Curie for Chemistry in 1935; and Henry Labouisse, who was married to Pierre and Marie's daughter Eve, accepted on behalf of UNICEF in 1965.



December • *desember*

Visit Oslo's Ten Suggestions for a Winter's Day



Looking for a great way to spend a winter's day in Oslo? Look no further than Visit Oslo's nifty "10 suggestions" section of their website, complete with cultural suggestions for all seasons and people of all ages. Let's take a peek at 5 wintery suggestions.

❄️ Toboggan run: Korketrekkeren

Rent a sled and take part in Oslo's most popular toboggan run, racing from Frognerseteren to the Midtstuen metro station.

❄️ Spikersuppa Skating Rink

Centrally located in Oslo city centre, this public skating rink is sure to delight people of all ages.

❄️ Oslo Winter Park Tryvann (Tryvann Vinterpark)

Alpine skiing, snowboarding, telemark skiing and much more await visitors to Oslo's main ski resort. With slopes for children and adults alike, everyone is sure to enjoy a visit to the resort.

❄️ Winter Walks

Enjoy guided walking tours of Oslo in both Norwegian and English from Oslo Guidebureau. Walkers can choose from different tour routes and themes each day of the week.

❄️ Oslo Museums

With 50 different museums in the city, Oslo has something to offer every history buff. Museum highlights include everything from modern art, magic, architecture and football.

For details on these wonderful attractions or to check out Visit Oslo's remaining 5 winter's day suggestions, visit visitoslo.com.

Norway's Prime Minister to Visit South Pole

In late August the Norwegian Polar Institute announced a very special polar visit to commemorate the 100th anniversary of Roald Amundsen's successful South Pole expedition on December 14, 1911.



For only the second time in history, a head of government will be visiting the South Pole. Preceded only by Helen Clark, a former prime minister of New Zealand,

Norway's Prime Minister, Jens Stoltenberg, will be flying to the South Pole to greet a group of four Norwegian thrill-seekers who will be retracing Amundsen's century-year-old route. Comprising the team will be the head of the Norwegian Polar Institute Jan-Gunnar Winther, Olympic champion Vegard Ulvang, a historian and an adventurer.



December • desember

a little in English...

Silent Night

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 Alleluia,
Christ, the Saviour is born,
Christ, the Saviour 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.

litt på norsk...

Glade Jul

Glade jul, hellige jul,
Engler daler ned i skjul
Hit de flyver med paradisk grønt
Hvor de ser hva for Gud er skjønt.
Lønnlig iblant oss de går,
Lønnlig iblant oss de går.

Julefryd, evige 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 blant oss bor.
Engler synger om barnet så smukt,
Han har himmeriks dør opplukt.
Salig er englenes sang,
Salig er englenes sang,



December • desember

Icelandic Snowflake Breads (Laufabraud)

The Great Scandinavian Baking Book by Beatrice Ojakangas

Makes 32 rounds

Anyone who has ever made paper snowflakes will be familiar with this technique. The dough is rolled out thin, folded, and with a sharp knife the decorations are cut into each cake. They are then deep-fried until golden and served with smoked lamb-*hangikjöt*-at Christmas. As with most Scandinavian Christmas pastries, these are made early in the Advent season and stored in a cool place. (A "cool place" in Iceland - or Minnesota, for that matter - is not hard to find; it's usually a tin on the back porch!)

- 4 cups all purpose flour
- 1 tsp. sugar
- 2 cups milk, heated to boiling
- powdered sugar (optional)
- 1 tsp. baking powder
- 1 tbsp. melted butter
- hot fat for frying

In a bowl, combine the flour, baking powder, and sugar. Mix in the butter and hot milk until a stiff dough is formed. Turn out onto a lightly oiled surface and knead until smooth and cooled. Divide dough into four parts. Shape each into a ball. Divide each into 4 parts to make 16, then divide each of the resulting balls into 2 parts to total 32.

Cover baking sheets with waxed paper and dust the waxed paper lightly with flour.

On a lightly floured surface, roll out each part of dough to make a thin round about 8 inches in diameter. Place the rounds on the floured waxed paper. Chill 30 minutes.

In a skillet, heat 2 inches of fat to 375° F to 400° F. Vegetable shortening or corn or peanut oil may be used but the authentic fat is lard.

Fold the dough rounds, one at a time, into quarters, and, with a sharp-tipped knife, make little cuts and cut-outs in the dough. Fry the bread rounds, until golden brown, about 1 minute on each side. Remove and drain on paper toweling. Store in an airtight container in a cool place or in the freezer until ready to serve.

Pork Ribs

The Norwegian Kitchen

by Astrid Karlsen Scott

Serves 4

- 1kg (2 ¼ lbs) fresh pork belly with bones and rind
- salt
- pepper
- 2 tbsp. dry mustard
- butter
- flour

Have your butcher crack the bones at 5-6 cm (2-3") intervals. Score the rind and rub with a mixture of salt, pepper and mustard, preferably 2 days before preparing. Preheat the oven to 400° F. Place the ribs, rind up, on a rack over an oven tray. Add water to a depth of ½" in the tray, to prevent the juices from burning. Cover with aluminum foil and bake 15 minutes. Lower the heat to 350° F, remove the foil and bake until an instant thermometer indicates an internal temperature of 160° F, about 60-75 minutes. Remove the rind as it becomes crisp. Remove the meat from the oven. Increase the temperature to 550° F. Cut the meat into serving pieces. Return to the oven for 3-4 minutes just before serving. Thicken pan juices with flour stirred into a small amount of cold water, if desired. Count on 3 ½ tablespoons flour per 2 cups pan juices. Serve the meat with crispy rind, pork sausages, boiled potatoes, pickled red cabbage and baked apples with currant jelly.