



SONS OF NORWAY

Newsletter Service

November, December 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 created six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

The Newsletter Service is 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 mailing 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*

Share Your Heritage This Christmas: The 2013 Commemorative Ornament

Christmas is a joyous time of year when people come together in good cheer and celebrate family traditions. For many in the Sons of Norway family, that means celebrating their Norwegian heritage. This fall, we have a great way for your family to do just that—with the limited edition 2013 Sons of Norway commemorative Christmas ornament.

This year's ornament beautifully displays the Os style of rosemaling. This style uses very bright, pure colors of dark and light red, rich yellows and blues and many shades of green. Numerous flower forms—rosettes, tulips, bonnets, buds, and dual-colored, candy-corn shaped petals—give an artist many choices. Groupings of flowers and leaves organically grow on stems with big, round leaves having visible vein lines in large, medium and small sizes to create interest and balance.



Ornament dimensions:
3.5" tall by 3" wide.

Each ornament shows off the beauty of Norwegian heritage with a hand-created design by Shirley Evenstad, a Vesterheim Gold Medal winner. It is sure to be a welcome addition to your tree this Christmas.

Remember, this year's ornament is a limited edition and it will sell out fast, so don't wait to place your orders. To get your own ornament, or to purchase them as gifts for your friends and family, all you have to do is call 800-945-8851. Members can order ornaments for \$14.99 + S&H.

November • *november*

- The Nordic Diet
- Tesla Supercharger, the New Electric Vehicle Craze in Norway
- Norwegian Beer

December • *desember*

- Julebrus, a Norwegian Christmas Tradition
- Variety of Amundsen Film Projects Underway
- Julenisse (Norwegian Santa Claus)

Matlyst Monthly

- Norwegian Meatballs
- Lemon Wafers
- Hot Apple Grog with Blackcurrant, Honey and Cinnamon



November • november

The Nordic Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. Consisting heavily of vegetables, fruit, nuts, fish and olive oil, the Mediterranean diet has been shown to reduce the risk of heart disease and strokes. However, findings from a new study in the *Journal of Internal Medicine* have identified the Nordic diet as a proven, healthy alternative to its Mediterranean counterpart.

Established with a randomized 18 to 24 week study beginning in 2009, nutrition researchers in Iceland, Sweden, Denmark, Finland and Norway sought out a locally sourced diet to rival the Mediterranean diet, which heavily features a few food items that are difficult to find in Norway. The 166 participants followed two distinct diets and consumed the same number of calories. The group that received the “healthy” plan ate mostly berries, canola oil, whole grains, root vegetables and three fish meals per week, while limiting their sugar intake. Additional weekly foods included vegetarian meals, poultry or game, and no red meat. In contrast, the control group participants ate fewer berries and vegetables, used butter instead of canola oil and had no restrictions on their red meat, white bread or sugar intake. All study participants had metabolic syndrome – a precursor to diabetes.

At the conclusion of the study researchers found that while there was no change in blood pressure or insulin sensitivity of those eating the healthier diet, their LDL-C (bad cholesterol) and HDL-C (good cholesterol) ratios improved. In addition, the participants also showed reduced levels of inflammation causing chemicals in the blood, which are linked to heart disease and type II diabetes. Lieselotte Cloetens, a biomedical researcher who co-authored the study, also points to promising projected long term effects of as much as a 20 to 40 percent reduction in the risk of type II diabetes on the healthy Nordic diet.

Norwegian Meatballs *(Yields 16 servings)*

Adapted from www.tasteofhome.com

- 2 eggs, lightly beaten
- 1 cup of milk
- 1 cup dry bread crumbs
- ½ cup finely chopped onion
- 2 tsp. salt
- 2 tsp. sugar
- ½ tsp. ground ginger
- ½ tsp. nutmeg
- ½ tsp. allspice
- ¼ tsp. pepper
- 2 lbs. ground beef

- Gravy:
- 2 tbsp. finely chopped onion
 - 3 tbsp. butter
 - 5 tbsp. all-purpose flour
 - 4 cups beef broth
 - ½ cup heavy whipping cream
 - dash cayenne pepper
 - dash white pepper



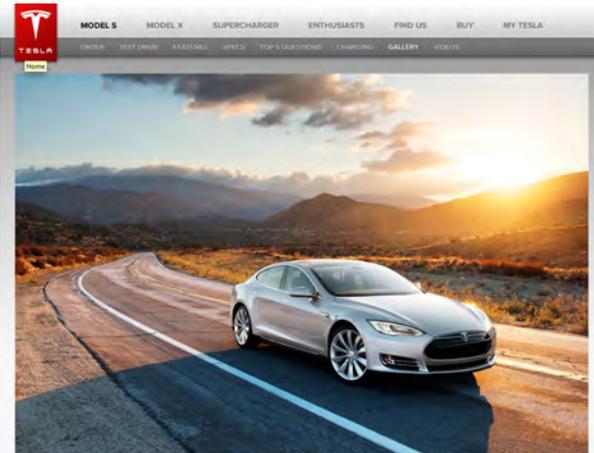
Combine eggs, milk, bread crumbs, onion and seasonings. Let stand until milk is absorbed. Add ground beef and blend. Shape into 1-in meatballs.

Bake meatballs at 400°F on a greased rack in a shallow baking pan. Bake until meatballs are browned, about 18 minutes or until internal temperature is 160°F. Drain and set aside.

To make the gravy, saute onion and butter in a large skillet. Stir in flour and brown lightly. Incrementally add broth and cook and stir until blended and thickened. Stir in the cayenne and white pepper and cream. Carefully add in the meatballs and heat through, but do not bring to boil. Makes 16 servings.



November • november



Tesla Supercharger, the New Electric Vehicle Craze in Norway

Electric vehicles have found a home in the oil rich country of Norway, which is the third largest exporter of oil in the world. The environmentally friendly country produces and consumes all but 1% of energy through hydroelectricity therefore it is no surprise that Norway is striking the electric vehicle movement when it's hot. Tesla, an American electric-car company headed by Elon Musk recently revealed their newest model, Tesla Model S to Europe's electric car capital of Norway in August.

By the end of this year Norway is hoping to have 1,000 Tesla Model S cars delivered to their growing number of Tesla showrooms in airports and shopping malls around the country. Tesla's Scandinavian spokesman, Esben Pedersen claimed that California sold over 1,000 Tesla cars in June alone

making the numbers in Norway seem small, but relative to Norway's population the boom is significant. The US sold just 0.1% electric cars in 2012, while Norway accounted for 3%. Nowhere else in the world comes close to that percentage.

The Tesla Supercharger is a high efficiency performance vehicle with a low (zero) emission advantage. This sleek vehicle goes 0 to 60 mph in 4.2 seconds and does not look like your average electric car (compared to the popular Nissan Leaf) which expands the average buyer profile. The sizable price tag is promised to save you in the long run. Tesla is diving head first into Norway's wealthy pockets by taking advantage of their attractive incentive program. With electric vehicle tax exemptions, the Tesla Model S is priced at around \$63,000 in the US and around \$73,000 in Norway, without those savings, however the car would be priced around \$100,000.

Norway's enticements are pretty hard to resist. Besides the initial payment of the car, the savings really do add up and Norwegians are figuring that out. Approximately 90% of Norwegians live within 200 miles of a supercharger station, so after those 265-mile road trip, a free fill-up station is not hard to find. Plugging it in every night in the garage is highly recommending, otherwise the car needs only 20 minutes to provide a half charge. After the tax-free vehicle savings of nearly 50%, electric vehicle owners are set up with free parking, free charging at conveniently located stations and access to drive in the bus lane. Not to mention they are exempt from Norway's numerous road tolls and tunnel-use fees. Bjart Holtmark with Statistics Norway claims that an electric car owner living in Oslo would save approximately \$8,000 a year on gas, car maintenance, taxes and tolls compared to a normal gas consuming vehicle owner.



November • november

a little in English... Norwegian Beer

Beer has long held a central place in our Nordic culture, and it remains one of our most popular beverages. Today, in Norway there are hundreds of different types of beer produced from dozens of small and large breweries.

It is unknown as to when and which Norwegians first became acquainted with the joys of beer. But we do know that the Vikings had an exceptionally good relationship with both beer and mead. In the 900s strong beer was brewed for Christmas. Norwegians would drink *jøl*, and celebrate the transition of the sun. At least three neighbors would gather and bring an agreed amount of beer to the community and on Christmas night farmers would drink together in honor of Freya and Odin, and to a good year and peace.

Norse mythology is revealed among the earliest sources that mentions beer in Norway. There it says that beer was poured from the body of Odin himself, but now there is enough evidence to know that most people agree it came from abroad, possibly through the Baltic Region. Norway's beer brewing revolutionized in the 1800's, as it similarly did across Europe. New technology and the discovery of yeast's role in alcohol developments laid the foundations for a more stable beer production, and thus for the emergence of large breweries. Recently, interest in local brewing and manufacturing has led to a resurgence of microbreweries and smaller players in the Norwegian market.

Aass – Aass Brewery is the oldest brewery in Norway. The company Aass Brewery originally started as a trading company in Drammen in 1834, supplying among other things, lumber and shipping materials, while running a bakery and a small brewery that sold grain and malt to local brewers. The brewery had no packaging and therefore sold *pottøl* (beer made in large pots) to the community who brought in pails and buckets, etc. (1 pot=.96 liters). A pot is a unit of measurement equal to .96 liters. The unit existed in Norway before 1875. Before people

developed packaging in the forms of bottles and cans it was common for breweries to sell pottøl.

Hansa – With around 500 employees, Hansa Borg Brewery AS Norway is the largest Norwegian-owned brewery and beverage provider. Hansa Borg Bryggeri consists of three traditional breweries, Hansa Borg, CB (Christianssands Brewery) and the Micro-Brewery Waldemar in Bergen. Together they have over 400 years of brewing experience which includes the distribution of beer, cider, soda and water to the entire Norwegian beverage market.

Ringnes – Ringnes has more than 130 years of growth and has become Norway's largest brewery and today is one of the nation's largest brand companies. The company is owned by Carlsberg Group (Denmark), which is the world's fourth largest brewery group. Ringnes was the first brewery in Norway who cultivated their own unique beer strain. Along with Carlsberg, Ringnes currently supplies, Tuborg, Kilkenny, Kronenbourg 1664 and Carlsberg's own specialty Jacobsen beer to the Norwegian market.

More about Norwegian beer

litt på norsk... Norske Øl

Øl har lenge innehatt en sentral plass i vår nordiske kultur, og er fortsatt et av våre mest populære nytelsesmidler. I Norge brygges i dag hundrevis av produkter av flere titalls små og store bryggerier.

Hvilke nordmenn som først stiftet bekjentskap med ølets gleder, og når, er ukjent. Men vi vet at vikingene hadde et over middels godt forhold til både øl og mjød. På 900-tallet var sterkt øl laget til jul. Nordmen skulle drikke jøl, og feire at sola snudde. Minst tre naboer skulle samles og bringe en påbudt mengde øl til fellesskapet og julenatten skulle gardsfolkene drikke sammen til ære for Frøya og Odin, og for godt år og fred.

Norrøn mytologi er blant de tidlige kildene som omtaler øl i Norge. Her het det at ølet ble

skjenket menneskene av Odin selv, men nå er nok de fleste enige om at det kom utenlands fra, muligens via Baltikum. Som ellers i Europa, ble ølbryggingen i Norge revolusjonert på 1800-tallet. Ny teknologi og oppdagelsen av gjærets rolle i alkoholutviklingen la grunnlaget for en mer stabil ølproduksjon, og dermed for framveksten av store bryggerier. I nyere tid har interessen for lokale brygg og produksjonsmetoder ført til en oppblomstring av mikrobryggerier og mindre aktører i det norske markedet.

Aass – Aass Bryggeri er det eldste bryggeri et Norge. Bedriften Aass Bryggeri startet som en handelsbedrift i Drammen i 1834, og leverte blant annet trelast og skipsproviant, drev bakeri og et lite bryggeri samt solgte korn og malt til lokale ølbryggere. Bryggeriet hadde ingen emballasje og solgte derfor pottøl til innbyggerne som hentet dette i medbrakte spann, bøtter o.l. (1 pott = 0,96 liter). En pott er en måleenhet som tilsvarer 0,96 liter. Måleenheten fantes i Norge fra 1875. Før man fikk emballasje i form av flasker og bokser, var det vanlig at bryggerier solgte pottøl.

Hansa – Med ca. 500 medarbeidere er Hansa Borg Bryggerier AS Norges største norskeide bryggeri- og drikkevareaktør. Hansa Borg Bryggerier består av de tre tradisjonsrike bryggeriene Hansa, Borg og CB (Christianssands Bryggeri) og mikrobryggeriet Waldemars i Bergen. Til sammen har de over 400 års bryggerierfaring og leverer øl, sider, brus og vann til hele det norske drikke markedet.

Ringnes – Ringnes har gjennom mer enn 130 års vekst blitt Norges største bryggeri og er i dag en av landets største merkevarebedrifter. Selskapet eies av Carlsberg Group (Danmark), som er verdens fjerde største bryggerikonsern. Ringnes var første bryggeri i Norge som fikk rendyrket en egen unik gjærstamme. Ringnes leverer i dag blant annet Carlsberg, Tuborg, Guinness, Kilkenny, Kronenbourg 1664 og Carlsbergs eget spesialøl Jacobsen, til det norske markedet.

Mer om norske øl



December • desember

Photo: Chell Hill, Wikimedia Commons



Here is latest winner of the 2012 julebrus blind taste test done in one of Oslo's busy shopping malls. Learn about the runners up by visiting, <http://www.osloby.no/losbestel/julebrustesten-Sott-sol-og-Sanasol-7050410.html#.UjxWA4akoz5>.

#1 Hamar and Lillehammer Julebrus

Score: 6/6

Price: 12,50 kroner = \$2.10

Positives: Strong Christmas feeling, Natural taste of caramel and ginger, nice color, great fizzy taste.

Negatives: It could have been a touch less sweet.

Julebrus, a Norwegian Christmas Tradition

A Norwegian Christmas without *julebrus* (Christmas soda) is like a birthday party without cake. A seasonal favorite of Norwegian children (as well as many adults), julebrus comes in hues of red, brown, yellow-orange and even black. It is a sweet and fizzy drink that is bottled and labeled with festive Christmas patterns and pictures. The seasonal drink is often flavored with lots of sugar, vanilla, ginger, caramel, a variety of berry, citrus or pear flavoring.

It's a staple, which for many across Norway stimulates the *julestemning* (Christmas feeling) intended for the holiday season ahead. As cooler weather approaches and leaves begin to fall, julebrus begins its seasonal distribution, all while decorations begin to take their places in stores, homes, schools and city centers. There is a rush of holiday spirit around Norway as businesses close down and families prepare to gather for their *julaften* (Christmas Eve) dinners.

Joining them on their julebord (Christmas table) is the traditional bottle of julebrus, next to a traditional shot of after dinner aquavit (for the adults). Each member of the family has their favorite flavor, color, taste or brand, but sometimes it's left up to a matter of loyalty, and where you're from determines that. For example, the reigning champs in the annual Julebrus taste test contest come from the Hamar and Lillehammer area. The Hamar and Lillehammer Julebrus brand is a product of Ringnes Brewery and has been voted the best based on varying criteria.

Around 25 tasty, and some not so tasty Christmas sodas are widely distributed across Norway. But these are not the only thing prompting holiday spirit in the stores as grocery stores fill with festive products and holiday spirit: apples are stamped with "god jul," small *nisser* are printed on milk cartons and Christmas calendars filled with chocolate are for sale in every checkout line.



December • *desember*

Variety of Amundsen Film Projects Underway

Roald Amundsen will soon be joining fellow storied Norwegian heroes Thor Heyerdal and Max Manus in becoming immortalized in film. One of the world's greatest polar explorers, Amundsen will be the subject of several different film projects currently underway in Norway and Hollywood.



Known for beating rival British explorer Robert Scott to the South Pole in 1911, Amundsen's story is abundant with drama and excitement, a desirable combination to filmmakers. In an interview with NRK, Geir Kamsvåg, editor of film magazine,

Cinema, explains, "There is always a need for heroes, and if one is looking for Norwegian heroes, there are a few who are known internationally. So Amundsen is someone they can do something with. There's been a huge international success with Thor Heyerdahl, and it's clear that Amundsen is also interesting."

Among those inspired by Amundsen's successful expedition are Hollywood A-listers Ben Affleck and Matt Damon as well as Oscar-nominated directing duo Joachim Rønning and Espen Sandberg of "Kon-Tiki" and "Max Manus" fame. Planning for Affleck and Damon's film, "The Race to the South Pole," is in the preliminary stages and Casey Affleck, Ben's brother, will be cast as ill-fated British explorer Robert Scott. Rønning and Sandberg's film is slated to cover the life of Amundsen, both highlighting his achievements and his personal relationships. Their production company, Motion Blur, is among three Norwegian studios facing competition in the Norwegian market to produce and fund their prospective Amundsen films. Among them are, Friland Film, producers of the thriller "Headhunters," and Norwegian Oscar-winning animation company, Mikrofilm, which is set to produce an animated film about the explorer.

Hot Apple Grog with Blackcurrant, Honey and Cinnamon (Serves 5)

adapted from www.newscancook.com

- 1 quart (1 liter) apple juice
- 1 cinnamon stick
- ¼ lb. (100 g) blackcurrants
- 2 tbsp. honey

Boil all ingredients. Sieve and serve.

Lemon Wafers

The Great Scandinavian Baking Book

by Beatrice Ojakangas

Makes 5 dozen cookies

"White on white" foods are common in Scandinavia, and these cookies are an example. They should not be browned or they will lose their delicate flavor. The lemon icing has no color either, but the taste is novel.

Cookies

- ½ cup unsalted butter, room temperature
- 1 cup sugar
- 4 eggs
- 2¼ cups all-purpose flour
- 2 tsp. lemon extract

Glaze

- 1 cup powdered sugar
- 1 tbsp. fresh lemon juice

Cover baking sheets with parchment paper or lightly grease them. Preheat oven to 350°F. Cream the butter and sugar. Add the eggs and beat until well mixed. Add the flour and beat until mixture is light. Blend in the lemon extract. Drop by rounded teaspoonfuls onto the prepared baking sheets, about 2 inches apart. Bake 6 to 8 minutes until cookies feel firm and are just lightly browned around the edges. Mix 1 cup powdered sugar 1 tablespoon fresh lemon juice and enough water to make a thin glaze. Drop a half-teaspoonful of the lemon glaze on each hot cookie.



December • desember

a little in English...

Julenisse (Norwegian Santa Claus)

The nisse is a figure, which, according to the Scandinavian folklore lived in the outhouses of farms. They are pretty small and wear a red hat on their head. He is often described as a little man (not bigger than a horse's head), with a long beard and grey clothes, generally knickers, and a red stocking cap dressed similarly to the farmers from the old days.

Up until the 1800's it was not uncommon that people truly believed the nisse existed, therefore the nisse was taken into account during daily life on the farm. He could be useful on the farm by tending animals, especially after he received good food and drink on Christmas Eve. But he could also be moody and unpredictable by carrying out mischief and damage to people and animals if not treated well.

The Christmas Nisse wants the farmers to be pleased with them, in return for their work they require Christmas porridge. Thus, for example, several places continue to not only place porridge out for the nisse on Christmas Eve night, but to also let the remains of Christmas dinner sit out overnight on the table so the nisse can help himself.

One must not forget to leave out their porridge, because something can always go wrong on the farm as a payback. Some believed that the nisse had supernatural powers. If the nisse turned his hat inside out, so the grey was showing, he became invisible!

Stories, Christmas cards and more dating back to the 1800's have helped spread the idea of the nisse within Norway and more recently have linked the figure directly to Christmas.

litt på norsk...

Julenissen

Nissen er en skikkelse som ifølge skandinavisk folketro særlig holdt til i uthusene på en bondegård. De er ganske små og har på en rød topplue. Han er ofte beskrevet som en liten mann, «ikke større enn et hestehode», med langt skjegg og i grå klær, gjerne nikkers, og med rød nisselue slik de fleste bønder gikk kleddt i gamle dager.

Opp til 1800-tallet var det ikke uvanlig at man virkelig trodde nisser eksisterte og man tok derfor hensyn til nissen i dagliglivet på gården. Han kunne være til nytte på gården, for eksempel ved å stelle dyra, særlig hvis han fikk god mat og drikke på julekvelden. Men han var også lunefull og uberegnelig og kunne utføre pek og ugagn og skade folk og dyr hvis han ikke ble behandlet godt.

Julenisser vil at husbonden skal være fornøyd med dem, og de krever bare julegrøt for arbeidet. Således var det for eksempel flere steder skikk ikke bare å sette ut grøt til nissen julenatta, men også å la restene av julematen stå framme på bordet natta over for at nissen skulle forsyne seg.

Men til gjengjeld må man ikke glemme å sette ut grøten, for da kan alt gå galt på garden. Noen trodde at nissen hadde overnaturlige evner. Hvis nissen vrengete lua, så det grå var ut, ble han usynlig!

Fortellinger, julekort og annet fra slutten av 1800-tallet har vært med på å spre forestillingen om nissen i Norge og i nyere tid knyttet figuren til jul.