



September • september



Photo by Anita Persson, Bernt Balchen Lodge 2-046

Fall Recruitment Blitz

Help your lodge win big! Starting on September 15th, lodges have three months to recruit new members to win a \$500 prize.

How does it work? Simple. Lodges will be divided into two categories based on size. All dues-paying, new members* that lodge members recruit between September 15 and December 15 will count toward this contest. Two lodges—one from the small category and one from the large category—that have the greatest percentage of growth will each receive \$500, to be spent as the lodge wishes.

This is a great time of the year to work on recruitment. As your lodge gears up for the fall, there are numerous events you can plan, such as bazaars and Halloween and Christmas parties, that offer great opportunities for welcoming people to Sons of Norway.

If your lodge needs help or ideas to prepare for the Fall Recruitment Blitz, contact the Membership Coordinator at (800) 945-8851. Another source to help in your recruiting efforts is the Financial Benefits Counselor assigned to your lodge. They can help you plan and hold a membership recruitment breakfast, lunch or dinner.

*Applications must be from new, dues-paying members and must be received at Sons of Norway Headquarters **by December 15th**. For complete details, please visit www.sonsofnorway.com.

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- **Fall Recruitment Blitz**
Get involved with your lodge through the lodge recruitment campaign.
- **Join Sons of Norway at this year's Norsk Høstfest**
Sons of Norway keeps you up to speed on exciting happenings at this year's Norsk Høstfest.
- **Fall in Norway**
Explore the sights and sounds of autumn in Norway.

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- **Sons of Norway Media Lending Library**
Looking for a good Norwegian film? Learn more about a couple of popular films in our media lending library.
- **Halloween in Norway**
Trick or Treat! Or should we say, "knask eller knep!"

Matlyst Monthly

- **Cookie Cones with Cognac Cream on Mixed Berries**
Savor the last of the season's berries with this sweet treat.
- **Mutton Stew**
Hearty and delicious, this stew will chase away the autumn chill.



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Cookie Cones with Cognac Cream on Mixed Berries

From The Norwegian Kitchen

By Arne Brimi, Norway's renowned Nature Chef

Cookie Cones:

- 2 cups whipping cream
- ¼ cup sugar
- 1 ⅔ cups flour
- ½ tsp. vanilla extract

Cognac Cream:

- ⅜ cup and 1 Tbsp. water
- ½ cup sugar
- 1 vanilla bean, split lengthwise
- 5 sheets (or 5 tsp. powdered) gelatin
- 2 cups whipping cream
- 4 egg yolks
- ½ cup cognac, scant

Cookie Cones

Lightly whip the cream. Stir in the remaining ingredients.
Bake in krumkake iron and form into cones while still warm.

Prepare the cookie cones and set aside. Melt sugar in a wide, low pan. Cook until light brown. Cool slightly. Make sure the sugar does not burn after it is taken off the burner. Stir carefully with a wooden spoon. When the sugar begins to make threads when the spoon is lifted, the temperature is correct. Place cookie cones on parchment paper and drip caramel on top. If the caramel cools, reheat.

Bring the water, honey, and mint to a boil. Add thick-skinned berries, such as lingonberries and currants, in the warm syrup. Cool, then add soft berries. Soak the berries overnight.

For the cognac cream, bring the water, sugar, and vanilla bean to a boil. Simmer 10 minutes, remove from the heat and steep one hour. Remove the vanilla bean and save for later use. Soak the gelatin sheets in cold water (sprinkle the powdered gelatin over 2 Tbsp. of the cream) to soften, about five minutes. Reheat the syrup. Whisk the egg yolks in a small bowl, then whisk in the syrup. Place the bowl in a saucepan filled with simmering water and beat until light and creamy. Squeeze excess water from the gelatin sheets (disregard for powdered gelatin) and melt. Stir the gelatin into the egg mixture. Whip the cream, add the cognac, and add to the egg mixture. Fill the cones with the cognac cream. Serve on top of mixed berries.

Mixed Berries:

- 2 cups water
- 2 Tbsp. honey
- 8 mint leaves
- Approximately 2 cups mixed berries (or lingonberries, black currants, raspberries, or others)

Caramel Threads:

- 4 ounces sugar cubes



*Photo by Bengt Wilson
From The Norwegian Kitchen*

Most of us would call these cones krumkaker. However, Brimi says, in the district of Otta these would be called skryllo. There, krumkaker typically are made with eggs, and skryllo are made with cream. Both cookies are baked in a krumkake iron.



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Join Sons of Norway at this year's Norsk Høstfest

Norsk Høstfest is coming up at the end of the month, so make plans to join Sons of Norway at North America's largest Scandinavian festival! Once again we are the presenting sponsor of Oslo Hall and we've got a lot planned for this year's event so you won't want to miss out.

For starters, there's the newly renamed Sons of Norway stage in Oslo Hall, where festival attendees can enjoy the sights and sounds of some of Norsk Høstfest's most popular performers, like Bjørø Haaland, Williams & Ree and the Kentucky Riders. The best part is that all performances on the Sons of Norway stage are totally free! Seating is limited on a first-come-basis, so make sure to get there early.

Next, Sons of Norway members are entitled to a 15% discount at En To Tre Norwegian buffet. Taste the finest flavors of Norway, put together by Norwegian chef and culinary genius, Willy Hanson. En To Tre uses only the freshest of ingredients and has been wowing the taste buds of festival-goers for the last three years. If you haven't been part of this dining experience yet, now is the time to do it—especially when you can get your discount!

There's going to be a lot going on at this year's festival, so come to Minot and be part of the total experience! If you can't make it to this year's event, be sure to follow along as we blog and tweet throughout the week!

You can read all about this year's Norsk Høstfest by going to the Sons of Norway blog at sonsofnorwayblog.blogspot.com, or by following us on twitter at www.twitter.com/sonsofnorway.



Scene from Norsk Høstfest 2008



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litt på norsk...

Høsten i Norge

September er en ganske så rolig måned i Norge. Sommeren er over med all reisingen og pakkingen. Den mest hektiske skolestart- og jobbstartperioden er også over. Det er også en flott tid i naturen, med sopp i skogen og epler og plommer på trærne. Det er lett å gå, ikke for varmt og myggen er borte. Dagene blir ganske mye kortere. Soloppgang 1. september er klokken 06.12 i Oslo 1. september, mens den 1. oktober er 07.22.

I gamle tider feiret folk i Norge høsttakkefest på Mikelsmesse 29. september som også ble regnet som første vinterdag fordi på mange steder kunne den første snøen komme på denne tiden. Nå er høsttakkefestene i kirkene rundt i landet flyttet til en dag i oktober som passer til lokale forhold, og vinterdag er flyttet til 14. oktober.

Høsttakkefesten er en kirkelig fest der nordmenn feirer at innhøstingen er over. Høsttakkefesten slik vi kjenner den i dag har blitt feiret i den norske kirke siden 1899. I mange menigheter er høsttakkefesten en anledning til å kombinere gudstjenesten med aktiviteter for barn og unge. Siden begynnelsen av 1990-tallet har det blitt holdt barnehagegudstjeneste i Oslo domkirke for alle barnehagene i Oslo. Mellom 700 og 1000 barn deltar.

Articles Adapted from: aktivioslo.no

a little in English...

Fall in Norway

September is a quite a quiet month in Norway. The summer is over with all its packing and traveling. The most hectic times at school and work are over as well. It's also a great time to be out in nature, with mushrooms blooming in the forest and apples and plums on the trees. It's nice to walk outside, not too warm and the mosquitoes are gone. The days grow much shorter. Sunrise on September 1st comes at 6:12AM in Oslo, but by October 1st it's at 7:22AM.

In days gone by people in Norway celebrated a harvest festival on Michaelmas, September 29th, which was also considered the first day of winter because in many places the first snows could fall by then. Now most harvest festivals around the country have been moved to a day in October that suits local conditions and the first "official" day of winter is October 14th.

The harvest festival is a religious celebration where Norwegians celebrate that the harvest is finished. Harvest festivals as we know them today have been celebrated by the Norwegian church since 1899. In many parishes the festival is an opportunity to combine a religious service with activities for children and young people. Since the beginning of the 1990s special services have been held in Oslo Domkirke for all the kindergartens in the city. Between 700 and 1000 children participate.



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Sons of Norway Media Lending Library

Whether you're looking for some new music to play at your next lodge meeting, or a Norwegian film to watch over the weekend, the Sons of Norway Media Lending Library has what you're looking for!

One of the highlights of the Media Lending Library is a film, called "Reprise", which can best be described as a story of youthful exuberance contrasted with the perilous unpredictability of life. It's a mature, fast-moving story about two main characters, Phillip and Erik, whose only goal is to become famous authors in their own right. With grainy footage and quick-cut editing, the film really captures the less-than-Hollywood reality of life for young people trying to live out their dreams.



Or, if a comedy is more to your liking, maybe you should check out "Elling," a story about the title character and his friend, Kjell Bjarne, a gentle giant living in a state-funded apartment and receiving a stipend from the government. The pair find oddball ways to cope with society, striking up the most peculiar friendships in the most unlikely places.

If you'd like to check out either of these films, or want to learn more about what the Sons of Norway Media Lending Library has to offer, call (800) 945-8851.

Mutton Stew

From The Norwegian Kitchen

Ingredients:

- 1 Tbsp. butter
- 700 g (1 ½ pounds) boneless lamb shoulder meat, sliced or in chunks
- ¼ medium cabbage, in thin wedges
- ¼ small rutabaga, sliced
- 1 large carrot, in chunks
- 15 cm (6" length) leek, in chunks salt
- 2 tsp. grated fresh ginger
- 1 tsp. ground black pepper
- 2 dl (¾ cup) water
- 2 ½ Tbsp. butter
- ¾ dl (⅓ cup) flour
- vinegar
- sugar

Melt the butter in the bottom of a pot. Add the meat, then the vegetables. Sprinkle with salt, ginger and pepper. Pour water over mixture to cover. Bring to a boil and skim well. Lower heat and simmer, shaking the pot now and then so the meat won't stick, until the meat is tender, 60-75 minutes. Melt the butter and stir in the flour. Gradually add to cooking liquid (meat and vegetable mixture). Season with salt, pepper, vinegar and sugar. Arrange meat and vegetables on a platter. Serve with sauce and boiled potatoes.



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litt på norsk...

Halloweenfeiring i Norge

Halloweenfeiringa er ny i Norge. Så seint som 90-tallet var dagen nesten ukjent. Da "It's the Great Pumpkin, Charlie Brown" ble oversatt til norsk ble the Great Pumpkin til "Olsokgubben." Det finnes mange teorier om hvordan Halloween kom til landet. Noen tror at amerikanske godterikonserner har makedsført dagen, andre tror det hadde med amerikanske tegneserier å gjøre. Uansett ser det ut at Halloween er kommet for å bli.

Feiringa i Norge likner det i USA men noen få unntak. Barn sier knask eller knep eller digg eller deng og begge fraser har samme betydning som "trick or treat." Av og til er trick-delen tatt litt for alvorlig. Det er vanlig å lese om hærverk og eggasting, og mange nordmenn finner det masete at så mange kommer og ringer på døra. På grunnen av at merkedagen er relativ ny i Norge trykket avisen Aftenposten noen tips, bl.a. disse:

- o Det er bare 31. oktober som er Halloween.
- o Voksne bør følge de minste barna.
- o Gå til naboer og kjente for å unngå sinte voksne.

a little in English...

Halloween in Norway

Celebrating Halloween is a new tradition Norway. As recently as the 1990s the holiday was almost unheard of. When "It's the Great Pumpkin, Charlie Brown" was translated to Norwegian the Great Pumpkin became the Old Man of Olsok. There are many theories as to how Halloween came to the country. Some believe that American candy companies marketed it, while others believe that it had something to do with American comic books. Nevertheless it looks like Halloween is here to stay.

The celebration in Norway resembles that in the US with a few exceptions. Children say "knask eller knep" or "digg eller deng" and both phrases have about the same meaning as "trick or treat." Sometimes the "trick" part is taken a little too seriously. It's not unusual to read about vandalism or egging after the holiday and many Norwegians find it annoying to have so many people coming to their doors. Because the holiday is relatively new, the Norwegian newspaper Aftenposten printed a few tips on how to celebrate properly, among them:

- o Only October 31st is Halloween. (evidently there's been a problem with people trick-or-treating for days afterwards)
- o Adults should accompany the smallest children.
- o Only visit neighbors and friends to avoid making people angry.