



**SONS OF  
NORWAY**

**Newsletter Service**  
September, October 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



### September • september

#### Sons of Norway Christmas Ornament 2010

Back by popular demand! Sons of Norway will be offering a new 2010 limited edition Christmas ornament to help you celebrate your Norwegian heritage this holiday season. Proudly displaying the Sons of Norway logo and colorful Hallingdal rosemaling design, the ornament will display your Nordic pride as well as be a cherished, addition to your Christmas tree this year. Whether you give them as gifts, stocking stuffers or keep one for yourself, the Sons of Norway ornament is sure to please!



*\*artistic rendering, not actual ornament*

#### About the Design

Sons of Norway is proud to bring you the 2010 commemorative Hallingdal Rose Christmas Ornament. Noted for its bold style, Hallingdal rosemaling is primarily identified by its symmetrical designs and opaque color. It is a flower found on several trunks and cupboards from some of the earliest rosemaling in Norway and is unique in both focus and technique. Hallingdal style uses flowers as their main design focus with scrolls added to complete a design, opposite from Telemark where the scrolls are the main design element and flowers fill in the spaces.

Hallingdal's strong colors are rich shades of yellow, green, blue and red, and this rose has the blue color "pulled out" from the center blending into white, giving a two-tone, shaded effect. Background colors include orange red, rust red, black-blue, black-green and black. Medium and light Blue backgrounds were made popular in this country because people enjoyed them for decorating purposes.

Remember, this year's ornament is a limited-edition and quantities are limited. Look for our advertisement in the October issue of *Viking* magazine to learn more about placing orders and shipping rates. 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).

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- **Sons of Norway Ornament**  
Take a sneak peek at this year's limited edition Sons of Norway ornament.
- **Norwegian Ingenuity**  
Spotlighting some of Norway's most interesting inventions.
- **Culinary Quirks**  
Norway's most common mealtime customs you'll want to know about.
- **Sons of Norway Visa Card**  
Choose the credit card that supports the mission of Sons of Norway with every purchase!

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- **Taking a closer look at the Gokstad**  
With the help of new funding and modern technology, researchers hope to learn more about this famous Viking ship.
- **Sons of Norway Lending Library**  
Take advantage of the many resources available for both children and adults through the lending library.
- **Sons of Norway Foundation**  
Catch up on all the latest Foundation happenings during October's Foundation month.

### Matlyst Monthly

- **Chicken Fricassee**
- **Apple Cake (Eplekake)**



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### Norwegian Ingenuity

#### The Cheese Slicer

Created in Norway in 1925, the cheese slicer was invented by a carpenter from Lillehammer named Thor Bjørklund. Thor looked to the tools of his trade to solve his own cheese-slicing problem—thick slices of cheese. Unsurprisingly, Thor modeled his slicer after a carpenter's plane. Eighty-five years later, the original slicer created by Bjørklund is still available.

#### Other Cheesy Inventions

- Francois Boullier invented the Cheese Grater in the 1540's.
- Jarlsberg Cheese was invented in Norway in the mid 1850's by Anders Larsen Bakke

#### The Key Card

Inventor and engineer Tor Sørnes created the first known key cards. His first invention was the plastic recodable holecards key in 1975. The holecards used a series of 32 holes to create 4.2 billion possible combinations. Soon afterward, Tor created and patented the magnetic stripe key card. Today, Tor's invention is in hotels worldwide, however, the first hotel to utilize the original magnetic card was the Peachtree Plaza Hotel in Atlanta.

#### The Bicycle Lift

Jarle Wanvik created the first and only bicycle lift in Trondheim in 1993 after being inspired by ski lift technology. Jarle hoped to develop a lift that would allow cyclists to be carried uphill rather than being forced to climb the hill. The lift works by extending a triangular footplate that the cyclist uses as a resting block for their right foot. The footplate is connected to both a drive train and cable that propel the cyclist up the hill. The Trondheim lift is used so frequently--more than 200,000 trips since its creation--that is likely that the lift may be developed in other cities in the future.

#### Rat Trap Ski Bindings (Rottefella)

Norwegian mechanical engineer, inventor and industrialist, Bror With, invented rottefella ski bindings in 1927 on the eve of a cross county ski race. Using old bicycle parts, Bror forged his new bindings in the fireplace and debuted them the following day, capturing the attention of spectators and Crown Prince Olav. Not long afterward, the binding design and name were patented and implemented by the Norwegian military team in the 1928 Olympics.

#### Speaking of Skiing

- 18-year-old and Minnesota native, Ralph Samuelson invented waterskiing in June of 1922, having successfully skied on Lake Pepin on July 2nd, 1922.
- Considered the father of Telemark skiing, Sondre Norheim, brought Telemark skiing to the attention of the Norwegian public in 1868 during a ski jumping competition.



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*a little in English...*

### Culinary Quirks

Every culture has its own food-based traditions. Let's take a look at some of Norway's mealtime customs that could seem a bit different to Americans.

#### Mealtimes

Breakfast in Norway usually is typically eaten early in the morning, with cheeses and cold roasted meats, sausages and fish. Because Norwegians tend to be early risers, lunch usually falls between 11:30 a.m. and 12 noon. Lunch usually consists of open-faced sandwiches. Typically Norwegians will eat one warm meal per day, most often this *middag* meal is prepared for dinner at 4:00 or 5:00 p.m. Dinnertime meals are often simple but hearty, featuring fish or various types of meat and vegetables. It is also not uncommon for Norwegian families to enjoy a light 4th meal after middag called *aftens* or *kveldsmat*.

#### Coffee

Norwegians are probably the biggest coffee lovers in the world. Norwegians typically drink plain dark coffee, but international coffee trends like lattes and cappuccinos are becoming more popular. Drinking coffee is so prevalent in Norwegian culture that it is an important part of their social life.

#### Seasonal Treats

Norwegians make many special dishes for holidays and celebrations, quite often with local and natural ingredients like fresh fish, lamb and cloudberries. There are also many local variations of Norwegian specialties from certain areas of the country. For example, in Western Norway *lefse* is made without potatoes, while Lofoten has its own version of Norwegian fish soup.

*litt på norsk...*

### Spesielle norske mattradisjoner

Alle kulturer har sine mattradisjoner. La oss ta en titt på noen norske mattradisjoner som kan synes som litt annerledes til nordamerikanerer.

#### Måltider

Frokost i Norge spises typisk tidlig om morgnen, brød, med ost, og kjøttpålegg, pølser og fisk. På grunn av at mange nordmenn står tidlig opp om morgnen, er lunsj vanligvis mellom kl. 11:30 og 12:00. Til lunsj spiser nordmenn veldig ofte smørbrød. De spiser varm mat en gang om dagen, og vanligvis er det middag spist kl. 1600 eller 1700. Middager er ofte enkle, men sunn med fisk eller diverse kjøtt og grønnsaker. Det er ikke utypisk at norske familier gleder seg til et fjerde måltid etter middag som kalles *aftens* eller *kveldsmat*.

#### Kaffe

Nordmenn er trolig de største kaffe-elskerer i verden. Nordmenn drikker vanligvis svart kaffe, men internasjonale kaffe-trender som latte og cappucino blir stadig mer populære. Kaffe er så utbredt i norsk kultur at det er en viktig del av sosiallivet.

#### Festmat

Nordmenn lager mange spesielle retter til merkedager, ganske ofte med lokale og naturlige ingredienser som fersk fisk, får, og multebær. Det finnes også mange lokale variasjoner av norske spesialiteter fra bestemte områder i landet. For eksempel på vestlandet er *lefse* laget uten poteter, mens Lofoten har sin egen versjon av norsk fiskesuppe.



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*Choose the credit card  
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### Sons of Norway Visa Card

As you may know, Sons of Norway offers a number of different travel benefits, including hotel, airline and car rental discounts. But did you know about Sons of Norway offers a travel rewards Visa card through our partnership with U.S. Bank? With the travel rewards card, members can earn points to trade in for all sorts of travel discounts, including free plane tickets, hotel rooms and VIP access to special events and concerts around the world.

But that's not all! Now Sons of Norway and U.S. Bank offer members a new Visa Signature Card. This card offers many of the same great travel rewards as our other card, but also carries 24-hr concierge service, dining privileges, and other Signature Travel benefits.

If you would like to learn more about this new Sons of Norway Signature Visa, visit the Highlights section of the Sons of Norway website ([sonsofnorway.com](http://sonsofnorway.com)) and click on the Signature Visa link.



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### Taking a closer look at the *Gokstad*

Oslo's Viking Ship Museum is home to one of the most famous Viking ships ever excavated, the Gokstad. The ship has the distinction of being one of the most intact Viking ships ever found, complete with intricate carvings and several invaluable artifacts.

In June, experts at Norway's Museum of Cultural History were able to obtain new funds to further examine the Gokstad recovery site. Researchers hope to be able to learn more about the burial site as well as the unknown identity of the man who was buried

there. Special attention will be paid to artifacts recovered from the ship that have been in storage since the 1950's and have been unavailable to researchers and modern technology. With any luck, examination of the objects—which include riding gear, beds, a partial shield and a sled—will shed new light on the ship's history.

Jan Bill of the ship museum tells Aftenposten “The entire Gokstad discovery has been incredibly little investigated. We want to examine the objects to better understand who was buried there, whether he was from the area, and what kind of network he had.”

To learn more about the Viking Ship Museum in Oslo visit [www.khm.uio.no](http://www.khm.uio.no).

### Gokstad Ship Facts

- Excavated from a burial site in Sandar, Norway in 1880 by Nicolay Nicolaysen
- Built in 890 A.D.
- 24 meters long and 5 meters wide
- Could accommodate 32 oarsmen
- It is estimated that the ship could reach speeds of over 12 knots with a sail
- Skeletal remains of a man aged between 50-70 years old were discovered with the ship. It is possible the remains belong to a former king of Vestland, Olaf Geirstad-Alf.
- It is believed that many valuable items such as gold, silver and weapons were stolen from the burial site by grave robbers in ancient times.

### Chicken Fricassee

*The Norwegian Kitchen*

Serves 4

- 1 stewing hen, about 3 pounds
- lightly salted water
- 3 T butter
- 3 T flour
- salt
- 1 tsp. ground white pepper
- 2 tsp. curry powder
- grated rind of 1 orange
- 3/4 cup whipping cream
- 1 small bunch parsley, chopped

Poach the hen in lightly salted water about 90 minutes. Cool. Remove skin and bone and cut the meat into bite-sized pieces. Melt the butter and stir in the flour. Gradually add the cooking liquid. Season with salt, pepper, curry powder, and orange rind. Simmer 5 minutes. Add the cream and simmer until slightly thickened, 5 minutes more. Stir in parsley. Serve the chicken in the sauce with boiled potatoes, peas, carrot cubes, and cauliflower.



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### Sons of Norway Foundation

Every year the month of October marks a change in season; the days become shorter and leaves fall from their trees, but at Sons of Norway the month of October is special for a different reason. October is Foundation month. A month to focus on the many great works that our Foundation, and by extension, our members, have made possible.

The generous contributions made to our Lodge Partnership Grants and General Heritage and Culture Grants are evident in our communities through activities such as rosemaling workshops, folk dance instruction and genealogy clinics. In just 2009, over \$18,000 in Lodge Partnership Grants and Culture and Heritage Grants were awarded to various lodges.

Not only are our grants supporting lodges and culture, we're also supporting youth activities through Helping Hands to Children Grants, Adopt A School and the Barnas Norsk Klubb. In just 2009, over \$6700 in grant funds were awarded.

Also not to be forgotten are the generous donations to our scholarship funds, which help offset the costs of post-high-school education for 25 students annually. Be sure to take a peek at this year's exceptional scholarship recipients in the November issue of Viking or online at [sonsofnorway.com/foundation](http://sonsofnorway.com/foundation).

For more information on the Sons of Norway Foundation, or to request a copy of the 2009 annual report visit [sonsofnorway.com/foundation](http://sonsofnorway.com/foundation) or call 1-800-945-8851.

### Apple Cake (Eplekake)

*Authentic Norwegian Cooking*

Serves 8

- 2 Cups Flour
- 2 Teaspoons Baking Powder
- 1 Cup Butter
- 1 Cup Sugar
- 2 Medium Eggs
- 2 Tablespoons Vanilla
- 4 Medium Granny Smith Apple
- Lemon Juice
- 1/2 Cup Confectioner's Sugar
- 1/4 Cup Creme De Cacao
- 1 Teaspoon Rum

#### Directions

Mix flour and baking powder. Add to butter and mix as for pie crust. Add sugar, eggs and vanilla. Work into a pliable dough. Divide into 2 unequal portions. Pat the largest into a 8 inch pan, covering the bottom and 1 1/2 inches up the pan. Peel and slice the apples, sprinkle with a little lemon juice. Cover dough with apples and top with remaining dough. Bake in a 350° degree oven for 45 minutes. Allow to cool. Mix remaining ingredients and spread over the cake. Serve.



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*a little in English...*

### 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!

Sons of Norway's media lending library offers a variety of films, CDs and slides. The library has many items for both children and adults, including over 300 CDs with everything from jazz to rock to Hardanger fiddle folk music. We also have over 150 films on VHS and DVD covering everything from feature films to documentaries and much more.

It's easy to use the library. Just get in touch via [culture@sofn.com](mailto:culture@sofn.com). You can check out up to three items at a time; the items are sent to you via UPS, you can keep them for a month, and the only cost to you is to send them back. Reserving items in advance is recommended.

To request a lending library selection or to learn more about what the Sons of Norway Media Lending Library has to offer, call 1 (800) 945-8851 or visit the members section of the Sons of Norway website at [www.sonsofnorway.com](http://www.sonsofnorway.com).

*litt på norsk...*

### Sons of Norway Media Lending Library

Enten du trenger musikk for ditt neste losjemøte eller en norsk film å se på over helgen, Sons of Norway har det som kreves!

Sons of Norways mediebibliotek tilbyr diverse filmer, CDer og 35mm lysbilder. Biblioteket har mange ting for barn og voksne, inkl. over 300 CDer med alt fra jazz og rock til hardingfelelåter. Vi har også over 150 filmer på VHS og DVD med alt fra langfilmer til dokumentarer og mye mer.

Det er lett å bruke biblioteket. Bare ta kontakt via [culture@sofn.com](mailto:culture@sofn.com). Du kan bestille opp til 3 ting hver gang; de sendes i posten, du får holde dem i en måned, og det eneste kostnad til deg er å sende dem tilbake. Det anbefales at du reservere ting på forhand.

For videre informasjon eller å bestille noe, sjekk ut [www.sonsofnorway.com](http://www.sonsofnorway.com) eller ring 1 (800) 945-8851