

May 2004

mai 2004

A Little in English

Norwegian National Anthem

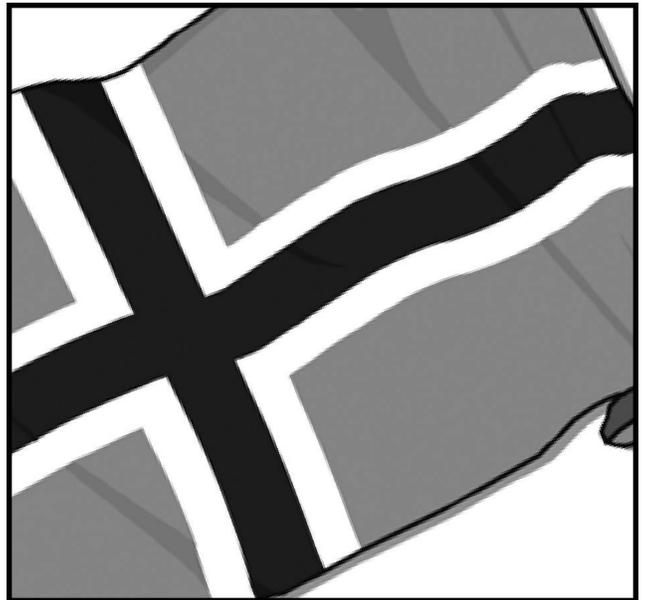
Yes, we love with fond devotion
This our land that looms
Rugged, storm-scarred o'er the ocean,
With her thousand homes.
Love her, in our love recalling
Those who gave us birth.
And old tales which night, in falling,
Brings as dreams to earth.

Norseman, whatsoe'er thy station,
Thank thy God, Whose power
Willed and wrought the land's salvation
In her darkest hour.
All our mothers sought with weeping
And our sires in fight,
God has fashioned, in His keeping,
Till we gained our right.

Yes, we love with fond devotion
This our land that looms
Rugged, storm-scarred o'er the ocean,
With her thousand homes.
And, as warrior sires have made her
Wealth and fame increase,
At the call we too will aid her,
Armed to guard her peace.

Visit

www.geocities.com/artnscience/syt-1.html
to hear the melody



Litt på norsk

Nasjonalsangen

Ja, vi elsker dette landet
som det stiger frem,
furet, værbitt over vannet
med de tusen hjem, -
elsker, elsker det og tenker
på vår far og mor
og den saganatt som senker
drømme på vår jord.

Norske mann i hus og hytte,
takk din store Gud!
Landet ville han beskytte,
skjønt det mørkt så ut.
Alt hva fedrene har kjempet,
mødrene har grett,
har den Herre stille lempet,
så vi vant vår rett.

Ja, vi elsker dette landet
som det stiger frem,
furet, værbitt over vannet
med de tusen hjem.
Og som fedres kamp har hevet
det av nød til seir,
også vi, når det blir krevet,
for dets fred slår leir.

A Brief History of May 17, 1814

On May 17, 1814, the Norwegian Constitution was signed, giving Norway independence from its 500-year union with Denmark. The constitution followed the Napoleonic Wars, when a defeated Denmark ceded Norway to Sweden without the consent of the Norwegian people. The constitution was created in Eidsvoll, Norway, by a group of Norwegian delegates with the intention of constructing an independent Norway. Sweden was displeased with Norway's actions and a war commenced. After six months of hostility, a peace treaty was established and Norway and Sweden became separate kingdoms, with their own constitutions under the same monarch. The Norwegian people remained unhappy in this arrangement and sought full independence. Finally in 1905, all ties between Sweden and Norway were peacefully dissolved.

Throughout Norway on May 17, children participate in parades or *barnetog* celebrating Norway's independence.

-From
www.geocities.com/Athens/Academy/7920/Independence.html



NEW!

Sons of Norway Member Benefit

Sons of Norway is always looking for ways to increase and improve member benefits. Now Sons of Norway members receive 10% off any published Icelandair airfare*!

For Reservations, contact Icelandair at 1-800-223-5500

- Identify yourself as a Sons of Norway member
- Provide reservation agent with Sons of Norway agreement number: **SOFN2004**
- Provide reservation agent with your Sons of Norway **membership number** (seven digits)

Or contact Borton Overseas in Minneapolis, MN
1-800-843-0602/612-822-4640. Provide information listed above.

*Restrictions apply. Icelandair "Lucky Fares" are excluded.

Make Kransekake for your Syttende Mai Festivities!

Traditional Almond Paste Dough

- 1 pound blanched whole almonds
- 1 pound powdered sugar
- 3 egg whites

Icing

- 2 cups powdered sugar
- 1 egg white
- 1/2 teaspoon lemon juice

To make the traditional dough, grind the almonds, using the fine blade of a food chopper or food processor until finely pulverized. Add the powdered sugar and egg whites, blending until the mixture is a thick paste. Place in a metal bowl over boiling water and stir until the mixture is tepid; this softens the mixture and makes it easier to press through a pastry bag.

Grease baking sheets generously and dust with flour. Mark off 18 rings starting at a diameter of 10 inches and making each subsequent ring 1/4 inch less in diameter, down to 2 inches.

Or, generously grease and flour kransekake ring forms and pipe the mixture into the rings. Place on baking sheets.

Preheat oven to 300°F. Bake for 30 to 35 minutes or until golden. Remove rings from pans while still warm.

To prepare the icing, mix together the powdered sugar, egg white, and lemon juice to make a thin icing. Put the icing into a pastry bag with a fine tip.

To assemble the kransekake, mount one ring upon the other, making a tower. Press icing through a pastry bag in a zig-zag pattern on each ring before adding the next. Use the icing to fasten decorations to the cake.

-From The Great Scandinavian Baking Book
by Beatrice Ojakangas

June 2004

juni 2004

A Little in English

Open Palace - Summer 2004

The Royal Palace opens its doors to the public Tuesday, June 15, 2004. The touring period lasts until Sunday, August 15, 2004. Friday, June 18, the palace will be closed to the public.

There are daily tours between 11:00 a.m. and 4:40 p.m. on Monday - Thursday and Saturday, and between 1:00 p.m. and 4:40 p.m. on Fridays, Sundays and Royal birthdays. Each day between 2:00 p.m. and 2:20 p.m. there are tours in English. The tours start three times each hour and last about an hour. The public gets to see the most important official rooms on the first and second floors. Each group can consist of 30 people.

Ticket sales to this year's tours begin Monday, March 1, 2004 at "Billett-service", telephone +47 815 33 133, on www.billett-service.no and at all post offices in Norway. Ticket prices are (approximately) \$13.50 or kr. 95 for adults, \$12 or kr. 85 for children (3-12 years), senior citizens and students. Price per person in groups over 15 people is \$12 or kr. 85. Tours for private groups of 25-30 people can be ordered in writing at:
Open Palace-The Royal Palace
Drammensveien 1
0010 Oslo, Norway

-From www.kongehuset.no

Litt på norsk

Åpent Slott - sommeren 2004

Det Kongelige Slott åpner sine dører for publikum tirsdag 15. juni 2004. Omvisningsperioden varer frem til søndag 15. august. Fredag 18. juni vil Slottet være stengt for publikum.

Det blir daglige omvisninger mellom klokken 11.00 og 16.40 på hverdager og lørdager, og mellom klokken 13.00 og 16.40 på fredager, søndager og Kongelige fødselsdager. Hver dag klokken 14.00 og 14.20 er det omvisninger på engelsk. Omvisningene starter tre ganger pr. time, og runden varer i ca. en time. Publikum får se de viktigste representasjonsrommene i 1. og 2. etasje. Hver gruppe kan være på 30 personer.

Billettsalget til årets omvisninger starter mandag 1. mars 2004 hos Billett-service, telefon +47 815 33 133, på www.billett-service.no og på alle landets postkontorer. Billettpriser er kr. 95 for voksne, kr. 85 for barn (3-12 år), pensjonister og studenter. Pris pr. person i grupper over 15 personer er kr. 85.-. Omvisninger for lukkede grupper på 25-30 personer kan bestilles skriftlig hos:
Åpent Slott-Det Kongelige Slott
Drammensveien 1
0010 Oslo, Norge

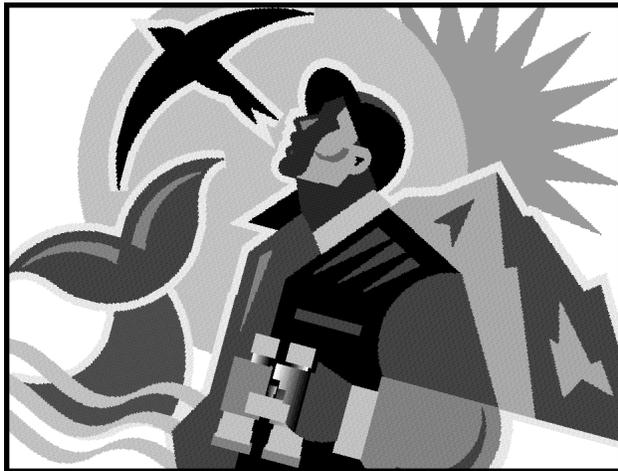
-Fra www.kongehuset.no



Coca-Cola Can Stuck in Cod

A Norwegian fisherman says he was stunned after catching a cod that had an intact can of Coca-Cola in its stomach. Stig Skår says that his family planned to have cod for dinner but when he checked his net, he spotted a fish with an enormous gut. The can had kept its bright red color, even though it was a little dented. Skår said, "I thought the fish may have eaten a big crab but when I slit its guts, the Coca-Cola can became visible." Skår said he was astonished that the fish had managed to eat the entire can. "The cod is a ravenous fish but that it was that ravenous...I had no idea," Skår said.

-From Norway Times/Nettavisen



Destination of the Month: Bodø

Bodø is Nordland's largest town and is home to many diverse tourist attractions. It's a great city to spend a day or two in as you journey north or the perfect spot to catch a four-hour ferry to Lofoten.

Here are some "must see" destinations in Bodø:

- **Norsk Luftfartsmuseum** - The Norwegian Aviation Museum takes you on a journey through Norwegian aviation history.
- **Nordlandmuseet** - The Nordland Museum houses a new exhibit on the history of Bodø.
- **Kjerringøy** - This 19th century trading village sits amidst a backdrop of soaring granite peaks to one side and a luminescent turquoise sea to the other side.

For more information visit www.bodoe.com.

-From Lonely Planet Norway

Norway's Midnight Sun

Because the Earth is tilted on its axis, the polar regions are constantly facing the sun at their respective summer solstices. Between late May and mid-August, nowhere in Norway is there true darkness and in Trondheim, for example, the first stars aren't visible until mid-August. Although many visitors initially find it difficult to sleep while the sun is shining, most people quickly get used to it, even if that simply means joining the locals in their summer nocturnal activities.

If you're traveling to Norway this summer in hopes of enjoying the midnight sun, here's some information that may be useful.

| Town | Latitude | Midnight Sun |
|--------------|----------|--------------------|
| Bodø | 67° 18' | June 4- July 8 |
| Svolvær | 68° 15' | May 28-July 14 |
| Narvik | 68° 26' | May 27-July 15 |
| Tromsø | 69° 42' | May 20-July 22 |
| Alta | 70° 00' | May 16-July 26 |
| Hammerfest | 70° 40' | May 16-July 27 |
| Nordkapp | 71° 11' | May 13-July 29 |
| Longyearbyen | 78° 12' | April 20-August 21 |

-From Lonely Planet Norway



Norwegian Trivia: Famous Norwegians

1. Which Norwegian film star won three Olympic medals?
2. Who is the greatest Norwegian American-football coach of all time?
3. Who wrote the poem "Terje Viken"?
4. Who is Norway's most popular illustrator of folk tales and fairy tales?

Answers
1. Sonja Hente 2. Knute Rockne
3. Henrik Ibsen 4. Theodor Kittelsen