**Newsletter Service**

**Sept/Oct 2019**

**SEPTEMBER**

**HEADLINE: We’re Celebrating 125 Years in 2020. Download Your Lodge’s Digital Party Box Now!**

Sons of Norway is celebrating 125 years on January 16, 2020. You can now download your lodge’s digital party box, which includes the anniversary logo, social media graphics, a coloring page and a handful of other goodies to help you plan your celebration!

**HEADLINE: September is Life Insurance Awareness Month!**

We’ve all had that moment when we get the news about a friend or loved one whose life has just been changed forever by circumstances outside their control. Whether an accident or unforeseen illness, we don’t know when we will need life insurance. That’s why it might be one of the most important purchases you’ll ever make!

According to the 2018 Insurance Barometer Study by Life Happens and LIMRA:

                      • 1 in 5 people with life insurance say they don’t have enough

                      • 2 in 5 millennials wish their spouse or partner would buy more life insurance

                     • Almost everyone (90%) believes primary wage earners need life insurance.

So why are so many households uninsured or underinsured?

Some people are uncomfortable facing the fact that everyone dies someday. Others assume it’s too expensive. Or they put it off until tomorrow. But none of us knows what tomorrow might bring.

Don’t procrastinate; reach out to your agent or call Sons of Norway to connect with a Financial Benefits Counselor who can help you navigate your personal insurance needs.

**TRANSLATION**

**HEADLINE: Oslo Loves Hot Dogs**

For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in *lompe* with ketchup, mustard and crispy onions.

It is most common to serve hot dogs in *lompe*: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination.

The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party.

In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close.

**Loved by The Guardian**  
But some have held their ground, and Erlend Dahlbo and his Syverkiosk on Alexander Kielland's Square is one of them. Syverkiosken has become a symbol of old Oslo.

Syverkiosken is a popular destination for hungry people throughout the day. Last year, the kiosk was mentioned in the British newspaper The Guardian, which described the hot dogs as "at once comforting yet also deliciously spiced."

It was his father who taught Erlend everything he knew to make the perfect hot dog. The trick? A secret broth that is boiled before the hot dogs are added. He jokingly refuses to reveal what the successful recipe consists of. Some secrets must be kept.

Whatever toppings you prefer: mustard, ketchup, crispy onions, dressing, bacon, relish, be assured that there is a hot dog for you!

**HEADLINE: Oslo elsker pølser**

For nordmenn flest er ingen fotballkamp eller nasjonaldag komplett uten et par wienerpølser i lompe med ketsjup, sennep og sprøstekt løk.

Det er vanligst å servere pølsa i lompe; et flatt, mykt bakverk lagd av poteter. For seg selv er lompa litt tørr, men sammen med pølsa utgjør de en perfekt smakskombinasjon.  
  
Også pølsekiosken har en rik tradisjon i Oslo. Det var stedet du kunne stikke innom etter jobb eller på vei til/fra fest for å få deg et klassisk mellommåltid.  
  
Før i tiden kunne det virke som det lå en pølsekiosk på hvert gatehjørne, men i dag er det svært få igjen av de små bodene som pleide å definere bybildet. Etter hvert ble det vanskeligere og vanskeligere å hamle opp med større kjedekiosker med sine bredere tilbud og lengre åpningstider, og de aller fleste måtte stenge.

**Elsket av The Guardian**

Men noen har holdt stand, og Erlend Dahlbo og hans **[Syverkiosken](https://www.facebook.com/pages/Syver-Kiosken/267419206679265" \t "_blank)** på Alexander Kiellands plass er en av dem. Syverkiosken har blitt et symbol på det gamle Oslo.   
  
Syverkiosken er et populært destinasjonssted for sultne folk gjennom hele dagen. I fjor ble kiosken nevnt i den britiske avisen The Guardian, som beskrev pølsene som "*at once comforting yet also deliciously spiced*".  
  
Det var faren hans som lærte Erlend alt han kunne om å lage den perfekte wieneren. Trikset? En hemmelig kraft som kokes opp før pølsene legges oppi. Han nekter spøkefullt å røpe hva suksessoppskriften består av. Noen hemmeligheter må man få ha.  
  
Uansett hva du liker å ha på: sennep, ketsjup, sprøstekt løk, dressing, bacon, agurk-mix, vær trygg på at det finnes en pølse for deg!

**SIDEBARS**

**HEADLINE: New Dues Structure for Canada and Norway**

A new, simplified dues structure for lodges in Canada and Norway will take effect on January 1, 2020. Lodges in the United States underwent similar changes in 2018 and will not be affected.

For information about the upcoming dues changes for Canada and Norway, including the new dues amounts, background information, FAQs and the full text of Resolution 49, please visit [www.sofn.com/simplified\_dues\_structure](http://www.sofn.com/simplified_dues_structure) (login required).

**HEADLINE: Explore your heritage**

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, *Genealogy Tips and Hints Connecting with your family history.* This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places. Exclusively for Sons of Norway members, you’ll find the guide online at ww.sofn.com in the Member Resources area under genealogy.



**HEADLINE: Member Benefit: Grants and Scholarships**

Did you know that Sons of Norway members, their children and their grandchildren are eligible for college scholarships? Opportunities range from supporting enrollment at any major US college to assistance with travel to Norway and other countries. There is even a scholarship for a cultural class for members age 40+!

Our lodges may also receive awards ranging from $500 to $1,500 for children's programming, new equipment or cultural events. Learn more at [www.sofn.com/foundation/scholarships](http://www.sofn.com/foundation/scholarships) and [www.sofn.com/foundation/grants](http://www.sofn.com/foundation/grants)

**RECIPE**

**HEADLINE:** **Pølse med Lompe**

Directions

Step 1

Follow our recipe (below) for making Lomper, or Small Potato Cakes.

Step 2

Use your favorite style of sausage, brat or hot dog for the filling. Grilled, boiled or fried- they all taste amazing on fresh lompe.

Step 3

Dress it up – add your typical brat or hot dog fixings. Try out something new--you could add sauerkraut, cole slaw or salsa.

**Lomper – Small Potato Cakes**

Ingredients

2 lbs. potatoes

1 tsp. salt

1 ¼ cups, approximate, barley flour

Recipe

Step 1

Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the lompe. Cool.

Step 2

Add flour to a small portion of potatoes at a time, stir just enough to make a firm, easily-handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 3-4” rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.

Step 3

Place lompe on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.

Step 4

If the griddle is too hot, lomper will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese. As for me, it will always be pølse med lompe.

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Ekte Norsk Mat–Authentic Norwegian Cooking is available for purchase through the Vesterheim bookstore. Call toll free at (800) 979-3346.



**OCTOBER**

**HEADLINE:** **Viking History Comes to Life**

Tucked away in the fjords of Norway is a small town called Gudvangen that hosts a real-life Viking village, complete with real-life Vikings. Bringing in thousands of tourists every year, the village of Njardarheimr provides an authentic experience showing how Vikings lived 1,000 years ago.

The community was built using traditional methods with only local materials found throughout the fjord. Ironwork is handmade by an experienced blacksmith and the food court serves dishes that are cooked in a pit, smoked or spit roasted. The village also has an undisputed king, Georg Olafr Reydarson Hansen, who for the past 20 years has worked to establish this Viking settlement.

Around 40 Viking reenactment groups in Norway are active participants in the village and help provide an unforgettable experience for visitors. To learn more, visit <https://www.uk.vikingvalley.no/>

**HEADLINE: For the Joy of It**

With gifted young athletes such as Martin Ødegaard, Ada Hegerberg and Jakob and Henrik Ingebretsen, Norway seems to have the formula down for producing world-class athletes. Is this discipline and drive to succeed a product of cutthroat training regimens and a lifetime of stiff competition? In fact, the exact opposite is true.

Rather than coaxing youth athletes toward greatness in a single sport from an early age, Norway’s national sports organization (Norges idrettsforbund) promotes *idrettsglede for alle,* or the “Joy of Sport for All.” With an emphasis on inclusiveness, low program fees, and each child’s right to choose their sport(s) and level of involvement, 93% of Norwegian kids participate in organized sports activities. Scores are not allowed to be tallied before kids turn 13. The idea is to emphasize the beneficial aspects of sport: good health, camaraderie and overall well-being.   
  
Sons of Norway members also can enjoy the benefits of an active life while earning pins through the Sports Medals Program. Visit sonsofnorway.com or contact [sportsmedals@sofn.com](mailto:sportsmedals@sofn.com) to get involved.

**TRANSLATION**

# **HEADLINE:** Most of us still eat dinner at home

# What did you eat yesterday? When, where and with whom? And who made the food?

# This is what researchers have asked Norwegians, Swedes, Danes and Finns about 15 years apart. First in 1997, then in 2012.

# Now the book that summarizes the findings has come out: *Everyday Eating in Denmark, Finland, Norway and Sweden*. It was launched at Oslo Met.

# Those who expected us Norwegians to have rejected traditional dishes in favor of exotic foods from other continents that we eat either standing up or out at restaurants were wrong.

# Our eating habits are remarkably stable.

# One of the few, clear changes is that men make dinner to a greater extent. It is also more common for us to cook together.

# **Nordic cakes on the outs** Other changes can be summarized as follows: • Water has replaced milk for lunch and dinner • Meat dominates at dinner • We eat more vegetables • On weekends we eat less regularly • More are going out to restaurants • More are eating unstructured and less healthy • Cakes are out, snacks are in

# **Meat dominates, vegetables on the rise**

# Meat still dominates for dinner, and vegetables are on the rise. Eating vegetarian dishes for lunch is much more common than before.

# Norwegians typically use ground meat for spaghetti with meat sauce, tacos and pizza.

# Chicken is also very popular, both roasted and in dishes inspired by other cultures.

# In Norway we eat more fish than in the other countries. Fish of various kinds is still popular, especially in Norway and Denmark. A total of 13,000 inhabitants in the four countries were surveyed, of which 8,000 were in 2012.

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# **HEADLINE: De fleste av oss spiser fortsatt middag hjemme**

Hva spiste du i går? Når, hvor og med hvem? Og hvem lagde maten?

Dette har forskere spurt nordmenn, svensker, dansker og finner om med 15 års mellomrom. Først i 1997, så i 2012.

Nå kommer boken som oppsummerer funnene, *Everyday Eating in Denmark, Finland, Norway and Sweden*. Den ble lansert ved Oslo Met.

De som forventet at vi nordboere har forkastet husmannskost til fordel for eksotisk mat fra andre verdensdeler som vi inntar stående eller ute på restaurant, tok feil.

Matvanene våre er påfallende stabile.

En av de få, klare endringene er at menn i større grad lager middagen. Det er også vanligere at vi lager mat sammen.

## Nordiske kaker ut

Andre endringer kan oppsummeres slik:

* Vann har erstattet melk til lunsj og middag
* Kjøtt dominerer til middag
* Vi spiser mer grønnsaker
* I helgene spiser vi mindre regelmessig
* Flere går på restaurant
* Flere spiser ustrukturert og mer usunt
* Kaker er på vei ut, snacks inn

## Kjøtt dominerer, grønnsaker på vei opp

Kjøtt dominerer fortsatt til middag, og grønnsaker er på vei opp. Å spise vegetarretter til lunsj er mye vanligere enn før.

Nordmenn bruker kjøttdeig typisk til spagetti med kjøttsaus, taco og i pizza.

Kylling er også veldig populært, både helstekt og i retter inspirert av andre kulturer enn de nordiske.

I Norge spiser vi mer fisk enn i de andre landene. Fisk av ymse slag er fortsatt populært, spesielt i Norge og Danmark.

I alt har 13 000 innbyggere i de fire landene svart, hvorav 8000 personer i 2012.

**SIDEBARS**

**HEADLINE: Are those homemade vafler (waffles) I smell?**

Members enjoy sharing their heritage over wonderful Norwegian foods and treats. Next time we gather, please ask a friend or neighbor to come along and sample our lodge favorites!

Don’t forget to pass the coffee AND invite them to join our Sons of Norway family.

**HEADLINE: Life Happens in a Heartbeat**

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure you have the proper coverage in place. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.

**RECIPE**

<https://www.sofn.com/norwegian_culture/recipe_box/soups/bergens_fiskesuppe_bergen_fish_soup/>

**TITLE:** Bergens Fiskesuppe (Bergen Fish Soup)

**Ingredients**

**For the Fish Stock**

¼ Cup coarsely chopped parsnips

½ Cup coarsely chopped carrots

1 Large yellow onion coarsely chopped (approx. ¾ cup)

1 Large potato coarsely chopped (approx. 1 cup)

1 Tsp Salt

6 Whole peppercorns

1 Tbsp chopped parsley stems

1 Bay leaf

3 Celery ribs with leaves

1 Lbs. Fish trimmings (Heads, bones, etc . . .washed)

4 Quarts cold water

**For the Soup**

½ Cups coarsely chopped carrots

¼ Cup coarsely chopped parsnips

1 Lb. Halibut, Cod or Haddock, boneless and in one piece

1/2 Cup leeks finely sliced, only the white parts

2 Egg yolks

Sea salt & freshly ground pepper to taste

3 Tbsp finely chopped parsley (for garnish)

6 Tbsp sour cream (for garnish)

**Directions**

**For the Fish Stock:**

Step 1

To prepare the base for this soup, combine the ingredients for the Fish Stock in a 4- to 6-quart stock pot.

Step 2

Bring the ingredients to a boil, turn the heat down to low and simmer for 30 – 40 minutes.

Step 3

Strain the stock you have made through a sieve into a large bowl, press down on the vegetables and fish trimmings to extract any remaining juices before getting rid of them.

Step 4

Wash your stock pot and return the stock to it. Boil the stock rapidly, uncovered, for about 20 minutes until it is reduced to about 6 cups.

Step 5

Strain the reduced stock through the sieve once more.

**For the Filling**

Step 1

Pour your stock into a 6-quart stock pot. Add the carrots, parsnips and fish. Heat to boiling and then lower the heat and simmer uncovered for approximately 10 minutes.

Step 2

Add in the leeks and simmer for another 2 – 3 minutes.

Step 3

Remove your soup from the heat and gently lift out the fish with a slotted spoon and set aside.

Step 4

Beat the egg yolks in a small bowl with a wire whisk, add in about ½ cup of hot soup 1 Tbsp at a time.

Step 5

Add the soup and egg yolk mix back into the soup slowly beating continuously with a whisk.

Step 6

Flake the fish that you have set aside with a fork and add it to the soup.

Step 7

Season to taste with salt and pepper. Do not let the soup return to a boil.

Step 8

Serve garnished with the chopped parsley and 1 Tbsp of sour cream.