

# NEWSLETTER SERVICE

2019



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Newsletter Service is published six times a year containing articles that lodge/district editors may use as a supplement to lodge newsletters.

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If you have suggestions for how we can improve Newsletter Service, please send an email to Ivy Swenson at [iswenson@sofn.com](mailto:iswenson@sofn.com).

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## Celebrate a Nordic Christmas with Vocal Essence

Sons of Norway has commissioned a series of Christmas carols from Minneapolis-based Vocal Essence to commemorate our 125th anniversary in 2020. Celebrate the holiday season with carols from Norway, Sweden and Finland—including Nordic Christmas, an arrangement of Norwegian carols created by renowned composer Kim André Arnesen, which will premier for the occasion. Performance dates are as follows:

**Saturday, December 7, 2019 at 7:30-9:30 PM**  
Shepherd of the Valley Lutheran Church  
12650 Johnny Cake Ridge Road, Apple Valley, MN

**Sunday, December 8, 2019 at 4:00-6:00 PM**  
Plymouth Congregational Church  
1919 LaSalle Avenue, Minneapolis, MN

**Friday, December 13, 2019 at 7:30-9:30 PM**  
Plymouth Congregational Church  
1919 LaSalle Avenue, Minneapolis, MN

**Sunday, December 15, 2019 at 4:00-6:00 PM**  
Roseville Lutheran Church  
1215 Roselawn Ave. West, Roseville, MN

Purchase your tickets at [vocalessence.org](http://vocalessence.org).

## From Old Norse to Modern English

Scandinavia's influence is visible in many ways throughout our Sons of Norway communities, from our sometimes-controversial culinary traditions to our hearty work ethic and mischievous sense of humor. But even in parts of North America without strong ties to Norwegian heritage, there is still one area where the Norse influence has made its way to the mainstream: the English language.



Historically speaking, languages like Latin, French and German get most of the credit for providing the origins of modern English—but Old Norse played an important role too, and it can still be seen today. The following are just a few of the many words inherited from the Vikings that we use every day:

axle – from *öxull* (axis)  
bug – from *búkr* (insect within tree trunks)  
blunder – from *blundrai* (to stumble blindly)  
bylaw – from *bylög* (village law)  
glitter – from *glitra* (to glitter)  
haggle – from *haggen* (to chop)  
happy – from *happ* (good fortune / fate / chance)  
likely – from *likligr* (likely)  
odd – from *oddi* (third number / casting vote)  
rotten – from *rotinn* (decayed)  
stammer – from *stemma* (to hinder / dam up)

thrift – from *þriftr* (prosperity)  
Thursday – from *Þorsdagr* (Thor's day)  
ugly – from *uggligr* (repulsive)  
window – from *vindauga* ("wind eye")

## 3 Christmas gift ideas that celebrate Norwegian heritage

#1 Give the gift of membership! Your delighted gift recipient will enjoy Norwegian culture and heritage year-round with monthly deliveries of Viking magazine.

#2 Go online to the NEW Sons of Norway store and choose from several Sons of Norway logo products. Visit [sofn.com/125years](http://sofn.com/125years)

#3 Use your members-only 20% off discount from Porsgrunds porcelain and Hadeland glasswork. Purchase stunning Norwegian home goods for an authentic Norwegian touch. Visit <https://porsgrund.com/en/> or <https://www.hadeland-glassverk.no/en/ebsite>. Use code NORDIC at checkout.



## I have his future in mind.

I gave him life and dreamt of his future education and family. When I am no longer here, I want to be sure his dreams are within reach and that he is always cared for.

With Sons of Norway, I know he will be nurtured and protected throughout his lifetime. Let a Financial Benefits Counselor make sure your family's future is protected.



# November | november

## a little in English...

### Zain Got an Oscar in the Mail

The students at Breilia School in Hammerfest [Northern Norway] have a movie star in the classroom. His name is Zain Al Rafeea. 14-year-old Zain was born in Syria. During the war, his family fled to Lebanon. One day Zain was walking down the street in Beirut. A woman asked Zain if he wanted to be in a movie. He would play the lead role. The movie was called Capernaum. Capernaum means chaos.

#### Suing his parents

Zain said yes. He was cast in the film. The film is about very poor children in Lebanon. The film starts in a courtroom in Beirut. Zain plays an impoverished boy.

The boy stands in front of the judge. The judge asks: "Why are you suing your own parents?"

The boy replies: "Because I was born. Should poor parents be allowed to have a lot of children?"

The movie is about growing up in poor families. The children are not allowed to go to school. They have to work. They must give the money to their parents.

The parents are not bad people. They are poor. But the boy says that very poor people should not have so many children.

#### A package from the postman

Zain Al Rafeea and his family came to Hammerfest in August 2018. After a few months he learned that he might receive an Oscar for being so good in the film. His whole class cheered when they heard the news.

One day Zain had been at a friend's. When he got home, he ran into the mailman. The mailman gave him a package. Inside the package was a gold statuette from the Young Academy Award for Breakthrough Performance Award.

#### "Youth Oscar"

The Young Academy Award is called the "Youth Oscar." Leonardo DiCaprio and Emma Watson have also received a "Youth Oscar." The gold statuette looks like an adult Oscar.

His father tells nrk.no that Zain was very happy. "He jumped for joy," says his father.

Now Zain will be in several movies. He dreams of going to Hollywood.

Zain's father says the family is doing very well in Hammerfest. He's happy about it.

"We want to share this award with all of Norway," says Ali Al Rafeea.

## litt på norsk...

### Zain fikk en Oscar i posten

Elevene på Breilia skole i Hammerfest har fått en filmstjerne i klasserommet. Han heter Zain Al Rafeea.

14 år gamle Zain ble født i Syria. Under krigen flyktet familien til Libanon. En dag gikk Zain på gata i Beirut. En dame spurte Zain om han ville være med i en film. Han skulle få hovedrollen. Filmen het Capernaum. Capernaum betyr kaos.

#### Saksøker foreldrene

Zain sa ja. Han ble med i filmen. Filmen handler om barn som er veldig fattige i Libanon. Filmen starter med en rettsal i Beirut. Zain spiller en fattig gutt.

Gutten står foran dommeren. Dommeren spør: Hvorfor saksøker du dine egne foreldre?

Gutten svarer: Fordi jeg er født. Bør lutfattige foreldre få mange barn?

Filmen handler om å vokse opp i fattige familier. Barna får ikke gå på skole. De må jobbe. Pengene må de gi til foreldrene.

Foreldrene er ikke slemme. De er fattige. Men gutten sier at veldig fattige folk skal ikke få mange barn.

#### Fikk pakke av postmannen

Zain Al Rafeea og familien kom til Hammerfest i august 2018. Etter noen måneder fikk han vite at han kanskje skulle få en Oscar for at han hadde vært så flink i filmen. Hele klassen hans jublet av glede da de hørte det.

En dag hadde Zain vært hos en kompis. Da han kom hjem, møtte han postmannen. Postmannen ga ham en pakke. Innen i pakken lå en gullstatuett fra Young Academy Award for Breakthrough Performance Award.

#### "Ungdoms-Oscar"

Young Academy Award blir kalt "ungdoms-Oscar". Leonardo DiCaprio og Emma Watson har også fått "ungdoms-Oscar". Gullstatuetten ligner en voksen Oscar.

Faren sier til nrk.no at Zain ble veldig glad. – Han hoppet i taket av glede, sier faren.

Nå skal Zain være med i flere filmer. Han drømmer om å dra til Hollywood.

Faren til Zain sier familien har det veldig bra i Hammerfest. Han er glad for det.

– Vi ønsker å dele denne prisen med hele Norge, sier Ali Al Rafeea.

## Traditional Grouse

### Ingredients

4 pieces whole plucked grouse  
0.44 lbs. mushrooms (feel free to mix some)  
1 bunch asparagus  
5 stems parsley  
3 carrots  
4 shallots  
2 cloves garlic  
1 1/2 cup heavy cream  
1/3 cup olive oil  
0.22 lbs. unsalted butter  
2 Tbsp. brown sugar  
3 Tbsp. tarragon vinegar  
1 tuft fresh thyme  
cornmeal  
salt and fresh ground white pepper

### Recipe

#### Step 1

Warm up an iron pot, put in some olive oil and garlic. Brown the grouse on all sides in the oil.

#### Step 2

Peel and dice the shallots and put them in the pot. Let the shallots get golden together with the grouse. Put the cream in and let the pot simmer with a lid for about an hour.

#### Step 3

While you are waiting for the grouse to finish, clean, peel and cut the vegetables in the size you want.

#### Step 4

Fry the mushrooms with olive oil and salt and pepper (to taste). Steam all other vegetables in well-salted water and cool them off in cold water when done.

#### Step 5

Brown the sugar in a pot and boil it with vinegar and some water.

#### Step 6

When the grouse are done, take them out of the pot. Strain the sauce from the grouse into the pot holding the vinegar and sugar. Stir some pieces of unsalted butter into the sauce and add salt and freshly ground white pepper (to taste).

#### Step 7

Put the grouse back into the sauce and let them warm up while you heat the vegetables and mushrooms in the other pot.

Serve on a platter with boiled potatoes.



## The Birth of an Industry: Skiing in the U.S.

Skiing has deep roots in Norway, where rock carvings of ancient skiers date back as far as 4000 BC. Originally used for transportation across snowy and mountainous terrain, skiing for recreation gained momentum in Norway in the 1800s with the onset of organized tours, clubs and competitions.

In 1872, Norwegian immigrants in New Hampshire started North America's first ski club. A few years later, a Norwegian immigrant in Minnesota became North America's first ski manufacturer. But it was not until after World War II that recreational skiing became widely popularized in the United States.

The rapid growth of the U.S. ski industry after WWII was largely due to the 10th Mountain Division, a specialized U.S. military unit made up of elite skiers and mountaineers, including many Scandinavians. After fighting Nazis in the snowy mountains of Italy, veterans of the unit went on to teach skiing and establish dozens of ski areas in the U.S. Meanwhile, military surplus stores were flooded with low-cost skis, poles and boots, making the sport more accessible to newcomers than ever before.

## Christmas Eve Celebrations in Norway

As 5 p.m. strikes on December 24th in Norway, the church bells are ringing, families are gathering around the dinner table and Christmas medleys are playing in the background. Here are a few fun facts about how Christmas is celebrated in Norway.

### Christmas Eve

Christmas Eve is the biggest day of celebration in Norway, bigger than Christmas Day itself. Houses and yards are cleaned and tidied up. The Christmas Tree is decorated with, among other ornaments, juletrekurv, or pleated Christmas hearts made out of colored paper. The hearts can also be filled with small ginger cookies, raisins, caramels or other treats.

Christmas Eve is also the day that the Julenisse, the Norwegian Santa Claus, makes his rounds to bring gifts to good children.



### Little Christmas Eve

Less known in North America is the tradition of lillejulaften, or Little Christmas Eve. Lillejulaften is the day before Christmas Eve—that is to say December 23rd. It is celebrated in different ways, but one can have a little dinner, cookies, gløgg—drinking and maybe a small present that the children can open. Lillejulaften is a good way to prolong Christmas celebrations.

From all of us at Sons of Norway, Merry Christmas!

## Let's keep growing to 2020!

As we come to the end of the year, our 2019 Recruitment Campaign is also wrapping up. Please help our lodge grow and win a recruitment prize. Lodges that meet the 10% new member goal receive:

- First access to an exciting new Cultural Program
- 2019 Lodge and Member Recognition Certificates

Please spread the Word—Sons of Norway welcomes All!



## We are excited to announce the opening of the Sons of Norway online store!

In commemoration of our anniversary, we have released a variety of Sons of Norway branded items including shirts, backpacks, socks and our collectible 125th anniversary pin. Also available in the online store is our annual Sons of Norway Christmas ornament.

Shop here: [www.sofn.com/125years](http://www.sofn.com/125years)

## a little in English...

**Where did the julenisse come from and why do we bring a fir tree into the living room?**

### Christmas tree

There are several theories about how this tradition came to Norway, but the very first Christmas tree that was observed in this country was supposedly at Nes ironworks owned by Jacob Aall in the 1840s. This is not a Norwegian or Scandinavian tradition, but it probably came from Protestant Germany. It was not until 1870–1880 that it became commonplace in schoolhouses for the teachers to decorate a tree.

The smell of fresh trees and the green color was, however, part of the festival in older peasant culture. You washed the floors with lye and sand, and to create a party atmosphere, you topped it with finely chopped spruce or juniper that you sprinkled on the floor.

### Julenissen

Julenissen [the Christmas pixie/Santa] is a figure made up of several different traditions. As a supernatural creature, he has many names. Fjøsningen [the barn pixie] was a little fellow; he often had a beard and was clad in gray, and he lived on farms. At Christmas you needed to leave porridge or a splash of beer in the barn so that he would not pull pranks the rest of the year. If he did not receive these gifts, he might make knots in the horse's mane or do something to hurt the cows.

The Anglo-American tradition originates from St. Nicolas of Europe who is a well-known saint. During Advent, he distributed gifts to those who had been kind, and punished the bad ones. And then we have the Coca-Cola Santa, the advertising version of St. Nicolas from the interwar period.

The julenissen [Christmas pixie] as we know it often has several of these characteristics.

## litt på norsk...

**Vet du hvorfor vi fikk julenissen og tok et grantre inn i stua?**

### Julegranen

Det er flere teorier om hvordan denne tradisjonen kom til Norge, men det aller første juletreet som ble observert her til lands skal ha vært på Nes jernverk hos verkseier Jacob Aall i 1840-årene. Dette er ikke en norsk eller skandinavisk tradisjon, men den kom antageligvis fra det protestantiske Tyskland. Først i 1870–1880 årene ble dette allemannseie og da gjennom skolehusene hvor lærerne pyntet treet.

Men duften av friske trær og grønnfargen hørte med til høytidsmarkeringen i den eldre bondekulturen hvor man vasket gulvene med lut og sand, og for å få feststemningen toppet man det med finhakket gran eller einer som man drysset ut over gulvet.

### Julenissen

Julenissen er en figur som er støpt sammen av veldig mange ulike tradisjoner. Som overnaturlig skapning har den mange navn. Fjøsningen var en liten kar, han hadde ofte skjegg og var gråkledd, som bodde på gården. Men til jul skulle han ha grøt eller en skvett øl i fjøset for at han ikke skulle lage krøll resten av året. Fikk han ikke det, kunne han lage knuter i manen på hesten eller gjøre noe vondt mot kyrne.

Den angloamerikanske tradisjonen stammer fra St. Nicolas i Europa som er kjent som helgen. I tiden før jul delte han ut gaver til de som hadde vært snille og straffet de slemme. Og så har vi Coca-Colanissen, eller reklameversjonen av St. Nicolas fra mellomkrigstiden. Julenissen vi kjenner, har ofte i seg litt av alle disse utgavene.

## Serina Kaker

### Ingredients

2 large eggs  
1 cup sugar  
4 cups all-purpose flour  
1 teaspoon baking powder  
3 sticks salted butter, softened  
1/2 cup sugar cubes, coarsely crushed, or pearl sugar

### Directions

#### Step 1

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter. Beat on low speed until mixture forms a dough. Chill, wrapped in plastic wrap, until firm, at least 1 hour.

#### Step 2

Preheat oven to 350°F.

#### Step 3

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.



## You never stop being their protector.

Whether it's checking for the boogeyman under the bed or making sure they never go hungry, you are always there for them. Be sure you have life insurance in place to ensure their protection is never at risk.

Our Financial Benefits Counselors specialize in mitigating risk, so don't wait — call yours today.