

CULTURAL NEWS

September 2020

SONS OF NORWAY DISTRICT SIX

Edition #009



HILSEN FRA KULTURDIREKTØREN

Greetings from your Cultural Director;

When I think of fall, fresh apples come to mind. I can easily envision juicy apples, apple pie and Norwegian Apelkake. Nothing is better than Apelkake. I have been wondering how long apples have been around and remembered the folktale of Johnny Applesed in North America. But how long have apples been part of Norway? We know that Norse Gods and Goddesses go back to the time frame before Christianity arrived in Norway.



In the book, "Norse Gods and Goddesses" by Jeff A Menges which was published in 2004 by Dover Publications, Inc, there is a goddess named Iduna. Iduna is the goddess of spring and immortal youth. She represented the return of strength and vitality after a long winter. Iduna kept a grove, like an apple orchard, from which came the apples of youth. She shared these with all who visited her grove. As a result, all were rewarded with long and vigorous lives. Iduna's basket was never empty of fruit because whenever she picked an apple another one appeared. Ben Franklin is credited with saying "An apple a day keeps the doctor away." This is just another example of the healthy benefits of eating apples.



Apples go good with cheese, in salads, in desserts and just eaten. Look for the recipe for Apelkake in this edition of the Cultural News.



I have been working on some traditional Norwegian items to use as gifts for the holidays. Several of you have also been working on items. A "Zoom" share session was held on July 26, 2020. Many members shared what they were working on. Some of the pictures are included in this edition of the Cultural News. Thank you Luella for hosting that Zoom meeting.

Fall leads to the tradition of holidays and they seem to be approaching quickly. The December edition of your Cultural News will have ideas to incorporate some Norwegian traditions into your holidays. So, stay tuned for that.



I hope everyone is doing well during this unusual time. I can say that it's been a little trying for me and my family but we are all keeping in touch and sharing our precious moments electronically and by snail mail. Hope you are able to do the same.

Happy Fall everyone!

FROM THE BOOK: "LEFTOVER LUTEFISK" BY ART LEE

"Everyday Thanksgiving in America"

The men gathered daily on the chairs in front of Robert Hanson's Hardware Store. They had other places to assemble, of course – maybe sitting on the concrete ledges on the front of Karl Jorgen's Grocery, or maybe relaxing on the bench and nail kegs by Gostav Jole's Barbershop – but usually the Hardware Store location became the proper forum, the accepted stage for the men to discuss all topics and issues of the day.

Almost all of the men were retired farmers. A few of them had emigrated from Sweden, while the rest were the children of emigrants from Denmark, and thus everyone felt close to the old country.

In their daily sessions they talked and talked, chewed snooze or Summertime or Union Leader tobacco, smoked MANGE pipefuls of Prince Albert or Sir Walter Raleigh TOBAK, they spat, coughed, wheezed, laughed, grunted, swore mildly – and carried on a continuous dialog.

Their conversations were generally convivial, but on occasion the men did get their danders up when the topic was a lively one, as, for example, comparing the merits of Norway over America.

The issue of the United States versus The Old Country regularly generated much heat but not too much light, like this one day when Tobias Fjelstul set the tone for a debate by declaring with great firmness: 'Whar det godt I Amerika' (We have it good in America).

"Yah", echoed a chorus of agreement. "Akkurat" (exactly), said one voice, "you betcher-bewts," said another.

But Ivar Tollefsrud was not completely convinced by one simple declaration. "Hah!: he snorted in discust, :Tiss a lot more purdee (pretty) in Norway. Diss place," he continued with a sweep of his arm and in a wide motion suggesting disparagement, "diss place iss nufin' to look at. Not like HOME."

"Oh yah?" replied Elmo Erickson, his own arm sweeping in an arc. "Ay tink it lewks yust like MY home Terr-tory. Tiss wery purdee."

"Yah-da den," replied Ivar, with a hint of sarcasm, "but home for yew vuss dat farmin' district at Toten, nort av Oslo. Dat ain't da ta – rew Norway. An' 'sides," he added with disdain, "dose Toten folk neffer did learn to talk vright."

"ISS DAT SO!" threatened Elmo, his anger rising quickly. "Whatcha mean 'not talk right' Yew gice talk goofy, ay tink; yew gice talk Norsk like tere's a hot potato stuck in da t'roat. Sound vorse den a bunch av Danes! Now poot dat in yur pipe an' smoke it."



"Now hold your horses!" interjected Hans Rasmusson, always the peacemaker when tempers flared. "We can't help where we come from, and so naturally we talk different dialects, but that's nothin' to git so all fired up about. Uff da!."

There followed murmured assents and grunts of agreement. After all, there was no real reason to get so confounded angry. And so peace settled in briefly while they all agreed that the weather sure had been dry for a long spell. But Ivar couldn't leave a good thing alone.

"Lewk at diss geog-phry 'round here, den. Tiss flat azz a pankaker. Ay tay yew dat we need nountains for real bee-ew-tee (beauty). All dose aaser (ridges) sout' of town iss ant-hills compared to back hone on da Sognfjord," he declared firmly. Then he stopped and relighted his corncob pipe with a farmers-stick, swiping the match along the thigh of his overalls to light it. Let them try to refute THAT last statement.

Ivar had indeed made a valid observation, as noted by some grudging grunts of assent. Mountains were surely beautiful, all right, and the ridgeline of hills around their own town were nothing compared to the Westland of Norway. Everyone seemed to buy the argument except Lars Li.

Lars, once a 19-year-old emigrant from the Laerdahl district at the end of Sognfjord, had had just about enough of Ivar's foolish talk, and Lars' English was better than his Norwegian when it came time to say something he felt so strongly about "In Laerfahl we were surrounded on three sides by mountains, and wherever we looked there were waterfalls coming out from dese mountain walls. 'Yah-sure, it was a beautiful place. And usually da mist and for hung all morning on da rims of da mountains an filtered da sun's rays coming through, changing da color patterns. Diss scenery was so lovely that it could take your greaf' away."

"Dats hvat ay try'n to tell effreybody!" interrupted Ivar, believing he had found a partner for his side.

"Ivar," said Lars sternly, fixing a hold on him with anguished eyes, "yew can't eat beauty."

"Nei (No), but ..."

"But nothin'! Us eighgt kids lived in a two-room rarm-shack at da bottom of dis mountain. And we hardly ever had enough to eat! We ate nothin' but grot (porridge) and more grot, with every person digging as fast as possible, like pigs, when we dipped our spoons into diss one big gown in da middle of da table."

"Hei, but..."

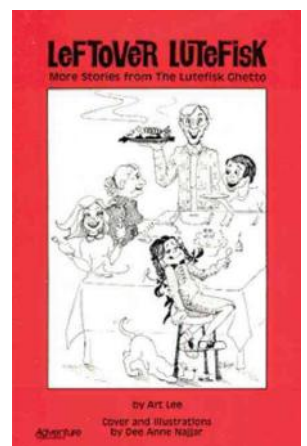
"But nothin'! Out our only window se could view da most lovelly mountain scene one could ever imagine. But you can't eat scenery! That beauty was mocking beauty. We were practically starving!"

"Nei, but..."

"Ivar, you know dat to be true, you stubborn Norwegian. Compared to what most of us had in da old country, every day in America has been like Thanksgiving Day, Ivar, admit it, **vi hard et godt I Amerika!**"

Ivar heaved a big sigh, then nodded his head both in agreemend and concession of defeat. "Yah, tass vright. Tiss Ta-rue. An' hvat yew say sess it all. **Vi hard et godt I Amerika.** Now, den, It's talk 'bout diss terr-ble dry vetter be're halfn..."

Leftover Lutefisk is no longer in print. You can get a used copy from Ebay for less than \$5 by clicking [HERE](#).





Camp Connection

Labor Day Weekend 2020

Postponed until 2021

Kretsstevne

The Northern California Kretsstevne (NCK 2020) at Camp Norge over Labor Day Weekend has been POSTPONED until 2021 by decision of the 2020 Committee.

But we have GOOD NEWS----Our annual Kretsstevne Pin is being designed and produced again this year by Penny Joseph Knudsen. They will be available for purchase in August by contacting Mary Beth. Details later!! Do watch for news from the Recreation Center Board regarding the opening of Camp Norge for general member use. Please everyone, stay well, stay safe, take care of one another and we know this too will pass but we need to take precautions. You, our members are so important to us!!

Med Vennlig Hilsen,
Mary Beth Ingvoldstad--Chair
Bruce Fihe—Registrar



September 19 to 22, 2020

Postponed until 2021

Camp Oldfjell

Camp Oldfjell will not be held in 2020. We encourage you to peruse your Cultural Skills activities at home and with your friends, family and fellow lodge members. We'll see you in 2021 with lots of class choices and activities, with good food, fellowship and fun!

NORWEGIAN VIRTUAL EVENTS

Even though there are few in-person events being held, there are quite a few virtual events being held through out Norway. Click on any of the Museum Names below for your very own "arm chair" tour of a Norwegian Museum.

On the website of **NORWAY'S NATIONAL MUSEUM**, for instance, you can play curator and put together your own exhibitions based on 44 000 objects and artworks from the museum's collection. This is a beta version, meaning it's still in development but available for viewing.

NORWEGIAN MARITIME MUSEUM has gathered entertaining and interesting articles and films on their digital museum website, which is frequently being updated. This material is mostly in Norwegian so you can practice your Norwegian Language skills.

The **NORWEGIAN MUSEUM OF CULTURAL HISTORY** opens for a digital visit to the open air museum, with topics and buildings from Medieval to current times.

For a complete list of exhibits visit the web page of: **VISIT OSLO**



DISTRICT SIX ZOOM SHOW AND TELL

On Sunday, July 26th the District held its first District "Zoom Show and Tell". Members presented projects they had completed during their time while sheltered in place. There were participants from California and Colorado. Items that were shared included knitting, Hardanger, painting, rosemaling, wood carving, weaving, music composition, and a genealogy presentation. It was nice to share. Using Zoom, participants shared their photos. Using that technology they were able to zoom in on their piece and show the item up close to the participants. Thank you to all the members who shared their creations and those who just watched the presentations. We certainly have a lot of talent in District Six.

Luella Grangaard
District Six President

Teri Morken, Solheim Lodge #06-069, in Stockton/Lodi, CA.

My father has been working on our family's genealogy since he retired. He has traced some of his lines back to the early 1620s in Germany. Everything my father learned about these relatives was statistical rather than personal. We can guess, but we don't know what these people were like, what did they do for fun? What were they interested in? How did they live their lives? So a couple of years ago I started writing the story of my family using old photos and images from the places we visited, the movies we saw and the games we played. In a couple hundred years our descendants will know my parents went to see Oklahoma on their first date. They will know about some of our jobs, the places we lived and visited. They will know what churches we attended and the organizations we volunteered at, and the sports we played.

<p>First Dates</p>  <p>Oklahoma!</p> 	<p>Wilma's Family</p>  <p>Phillips Petroleum Co.</p> 	<p>Teresa Jean April 10, 1959</p>  <p>Debra Diane June 9, 1961</p> 	<p>National Parks, Memorials & Monuments</p> 
<p>Prank of Wilma</p> 	<p>ARMY RESERVE</p> 	<p>Angela June April 9, 1963</p> 	<p>Cheryl Lynn November 1, 1964</p> 
<p>Prank of Wilma</p> 	<p>Wilma & Frank</p> 	<p>Angela June</p> 	<p>Cheryl Lynn</p> 

Jerry Wergedal, Vestafjell Lodge #06-164, in Grand Junction, CO.

I made Wayne Barton's GOTHIC CROSS for all members of my immediate family (18) during the pandemic crisis. (Each cross with slightly differing pattern and/or finish.) The pattern was taken from Barton's design and pattern source-book, "Chip Carving", published in 2002.

Grey background (L-R)

1. tracing of the pattern
2. basswood carving blank
3. completed chip-carved cross, without any finish

Blue background (L-R)

4. Cross with a Golden Oak BRIWAX finish,
5. Cross with a wiped Maple Gel Stain, by Americana.

Burgundy background

6. Cross with a Walnut Gel Stain, by Americana.





The King's Choice

Based on the true the story about the three dramatic days in April 1940, where the King of Norway is presented with an unimaginable ultimatum from the German armed forces: Surrender or die. Click [HERE](#) to watch.

New Scandinavian Cooking

This culinary/travel series offers a rich visual tour of Nordic cuisine, culture and history. Award-winning TV host, food journalist and cookbook author Andreas Viestad treats viewers to an eye-opening voyage through his native Norway and other exotic locales, where he creates tantalizing recipes in outdoor locations, against stunning backdrops. Click [HERE](#) to watch.

My Grandmother Ironed the King's Shirts

Torill Kove's grandmother often told her stories. One in particular revolved around ironing shirts for the King of Norway. And what if that intriguing detail was just the tip of the iceberg? Click [HERE](#) to watch.

Norsemen

The story covers the life of Vikings in the town of Norheim in 790s Norway and them dealing with day-to-day life and conflict of varying comedic degrees. The series is filmed in the village of Avaldsnes in Karmøy municipality, Rogaland, Norway. Click [HERE](#) to watch.

Ragnarok

The show takes place in the fictional Norwegian town of Edda in Western Norway, which is plagued by climate change and the industrial pollution caused by factories. The series is filed in Odda, in southern Norway. Click [HERE](#) to watch.

Occupied

This is a Norwegian political thriller TV series with climate change at its center. Set in the near-future, Norway's Green party sweeps to power following a catastrophic hurricane. The brain behind the show's conception belongs to Norwegian crime writer extraordinaire Jo Nesbø, creator of the Harry Hole series. Click [HERE](#) to watch.

puzzle keys

N	L	H	G	N	T	B	F	A	J	C	C	X	V	R
R	O	U	F	N	P	W	K	P	O	S	T	K	D	Ø
W	J	R	C	I	I	B	G	I	E	R	I	B	D	M
U	X	M	W	E	N	V	N	S	K	L	V	M	G	M
J	Z	Ø	D	E	T	S	A	Z	L	M	E	X	N	E
E	L	U	K	S	G	Ø	H	E	K	L	O	F	I	G
G	R	Z	X	Y	W	I	J	P	W	X	Q	R	R	
A	U	M	R	H	L	F	A	T	J	L	A	D	I	Ø
U	N	C	C	Q	L	A	I	N	V	H	A	M	E	T
G	E	T	A	L	E	N	T	S	H	O	W	T	F	Z
N	S	G	O	I	L	B	B	I	R	K	S	D	E	W
A	J	R	V	I	R	T	U	A	L	V	V	Z	S	M
L	T	Q	E	K	N	L	N	W	K	T	L	C	S	C
M	O	O	Z	P	J	B	D	I	Y	F	E	I	U	C
P	R	V	Ø	Q	U	I	A	R	M	N	R	R	R	T

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APELKAKE

(Apple Cake)

Ingredients:

- 4 tart apples
- 3 eggs
- 1½ cup sugar
- 1/3 cup butter
- 2/3 cup milk
- 1¾ cup flour
- 2½ teaspoons baking powder
- 1/3 cup brown sugar
- 1½ teaspoons cinnamon



Preparation:

- Preheat oven to 400 degrees
- Peel apples and slice thinly.
- Blend eggs and sugar until foamy.
- Melt butter and then add milk, heat to luke warm.
- Blend warm mixture.
- Combine flour with baking powder. Fold into egg mixture.
- Grease and flour a 9-inch round cake pan.
- Pour batter into pan.
- Arrange apple slices on top in a pleasing geometric pattern.
- Sprinkle with brown sugar and cinnamon.
- Bake for 30 minutes or until done.



The Chloe Ellefson mystery series returns in the spring of 2021!

Details will be shared in the March 2021 District Six Cultural Newsletter

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mission statement: The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.



**SONS of
NORWAY**

zoom show AND tell index

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1. **Iral Toven** of Norrona 6-050, Van Nuys, CA: The painting is an acrylic landscape she did for her son of the fishing village of Hamnøy on the southernmost island of the Lofoten Islands on Norway's northwest coast. The rosemaling photos are the sides and top of a wooden butter churn in the Telemark pattern.
2. **Bruce Fihe** of Nordahl Grieg Lodge #6-052 in San Jose, CA : Bruce made what he hopes to be heirlooms for his brand new family members, one who is 4 weeks old and the twins who are expected soon. He weaved baby blankets for them. He based the patterns on those found on the Oseberg Ship
3. **Mary Ashley** of Vigeland #6-15 in Redwood City CA: Mary hasn't really knitted a big project in the last 20 years or so. She found a pattern a friend had given her about 10 years ago and decided she had enough scraps that she could make Sven & Solveig. She also made masks.
4. **Karen Nichols** of Gulldalen Lodge #6-128 of Grass Valley, CA: One of Karen's passions is scrap-booking. This project is of her Norwegian father. She also plans to use her old pictures to showcase her family's faith, their trips, and the sports they play. Karen took the opportunity to catch up on her canning.
5. **Tove Lisa Miller** of Roald Amundsen Lodge #6-048 in Sacramento, CA: Tove Lisa took advantage of the quarantine to finish a project she had started more than 40 years ago. She had purchased a pillow and a table runner, but hadn't completed the table runner.
6. **Crystal Sundet** of Trollheim Lodge #6-110 of Lakewood, CO: Crystal had a Hardanger project that she had started and stopped over the years, and didn't think she would ever finish, until the quarantine. She also found an incomplete sachet left over from the 80's, so she turned it into a mask, doing it the old fashioned way – by hand.
7. **Karen Case** of Stein Fjell Lodge #6-144 in Loveland, CO: Karen was not able to attend but had shared her project pictures with us. Pictured is her first ever Hardanger embroidery project. She also shared 2 of her sweater projects.
8. **Luella Grangaard** of Solskinn Lodge #6-150 in Palm Desert, CA: Luella has been carrying around some Hardanger ornaments for a couple of years. With the quarantine, she took the time to complete them. The white square pictured is a needle sharpening pad.
9. **Teri Morken** of Solheim Lodge #6-069 in Stockton/Lodi, CA: Teri has struggled with rosemaling, so she decided to create a cross stitch pattern instead. The Norwegian Dinner Prayer will complete the piece.
10. **Bev Moe** of Trollheim Lodge #6-110 of Lakewood, CO: Bev, who made the wooden figures, (dala horse, moose, and goat) for the District Six convention in 2016 made a heard of sheep for a friend. Her friend wanted to gift them during a trip to Scotland. Bev also shared an embroidery piece she purchased while in Norway and just recently completed.
11. **Noelle Beur** of Roald Amundsen Lodge #6-048 in Sacramento, CA: Noelle submitted a watercolor painting representing her loves: Music, folk dancing, art, and Norwegian Culture. Her painting is of Eric Kujawsky playing the Hardanger Fiddle
12. **Linda Ault** of Fjelldalen Lodge 6-162 in Highlands Ranch, CO: Linda has painted a series of Nisse in trees. In this painting she has them walking in the dusk. She's sold some over the years. Her son asked why don't you put them in the front and she's giving that suggestion some thought.
13. **Linda Silva** of Garborg Lodge #6-059 in Modesto, CA: Garborg Lodge makes lap quilts to use at the events they attend. They sell and raffle them off. They also make pot-holders and t-shirts. The Viking fabric comes from the on-line retailer, Spoonflower. Click [HERE](#) to visit.
14. **Nancy Madson** of Solskinn Lodge #6-150 in Palm Desert, CA: Nancy Mason's local chamber of commerce had produced a quarantine bingo card to support their local businesses. She thought it would be a great thing for the District to publish, but Sons of Norway beat us with their quarantine Bingo card. Nancy completed the bottom row for her BINGO with her Hardanger bookmark.
15. **Tony Hjelstad** of Fjelldalen Lodge #6-162 in Highlands Ranch, CO: Tony shared his original composition written for hand-bells. He also created a music video. Enjoy Tony's music by clicking [HERE](#).
16. **Jana Peterson** of Desert Fjord #6-133 in Scottsdale, AZ: Jana has been busy painting, she's published a new book: JAN PETERSON SCANDINAVIAN PAINTINGS. There are 32 beautiful paintings included.

KID'S PAGES

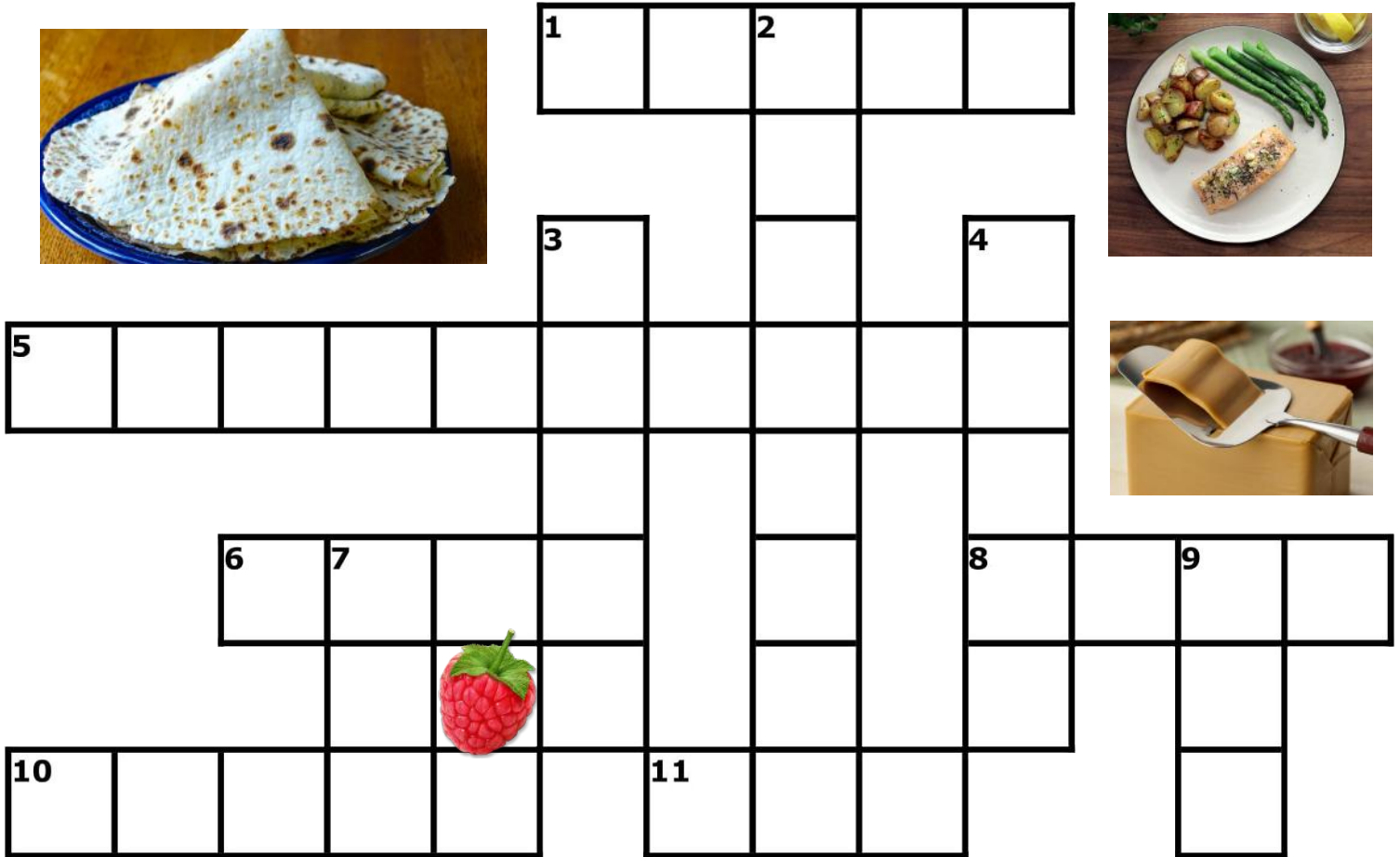
CAMP TROLLFJELL & TROLLFJELL FOLKEHØGSKULE GO VIRTUAL

Our Virtual Language and Heritage Camps had campers from California as well as Arizona and Colorado. They had classes in lucet (an ancient cording technique), other crafts, and cooking. Because camp was hosted on Zoom, we were able to take advantage of a Norwegian college student, Lars, as our language instructor. He joined us each day from Norway. Lars also shared some differences in Norway's life and traditions, such as russefeiring, Norway's annual celebration for high school graduates. Both groups also enjoyed special videos of life in the Viking era that were created for us by Sjørvaldar Vikings. The younger campers played an online game called SKRIBBL and invented their very own name for the game, Skribblio.

N L H G N T B F A J C C X V R	Mint
R O U F N P W K P O S T K D Ø	Zoom
W J R C I I B G I E R I B D M	Coins
U X M W E N V N S K L V M G M	Lucet
J Z Ø D E T S A Z L M E X N E	Runes
E L U K S G Ø H E K L O F I G	Virtual
G R Z X Y W I J P W W X Q R R	Trollfjell
A U M R H L F A T J L A D I Ø	Skribblio
U N C C Q L A I N V H A M E T	Language
G E T A L E N T S H O W T F Z	Norwegian
N S G O I L B B I R K S D E W	Rømmegrøt
A J R V I R T U A L V V Z S M	Talent show
L T Q E K N L N W K T L C S C	Russefeiring
M O O Z P J B D I Y F E I U C	Folkehøgskule
P R V Ø Q U I A R M N R R R T	Metal Weaving

WHAT'S FOR DINNER?

Use the coloring sheet and the pictures as a guide for the answers.



Across

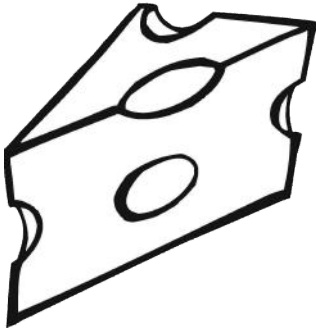
- 1. Honey Wine
- 5. Red Berries
- 6. Salmon
- 8. Cream
- 10. Brown vegetable
- 11. Made with milk



Down

- 2. Green vegetable
- 3. A Norwegian tortilla
- 4. Sweet Treat
- 7. Light Beer
- 9. From a Chicken

WHATS FOR DINNER?



Did you know that cheese can be made from the milk of a cow, buffalo, goat, or a sheep. Cheese in Norwegian is **ost**.

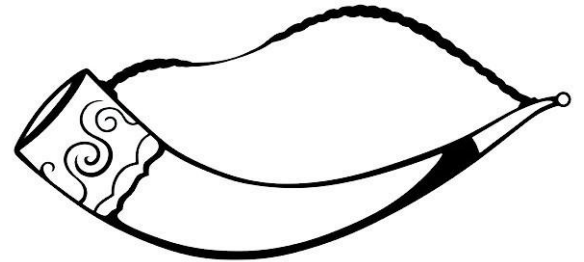
The Norwegian word for fruit is **frukt**.



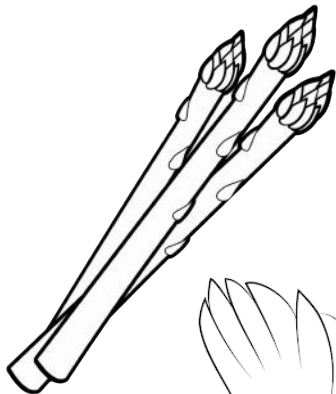
We call one of these beautiful red berry's a raspberry. In Norwegian one would be called **bringebær**.



A good cream sauce makes everything taste better. Cream in Norwegian is **krem**.



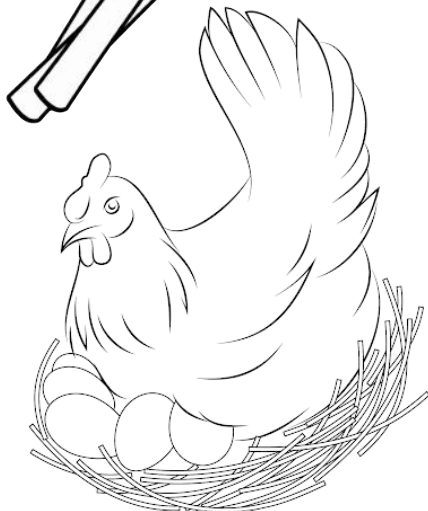
You could almost guess that **asparges** translates to asparagus in English.



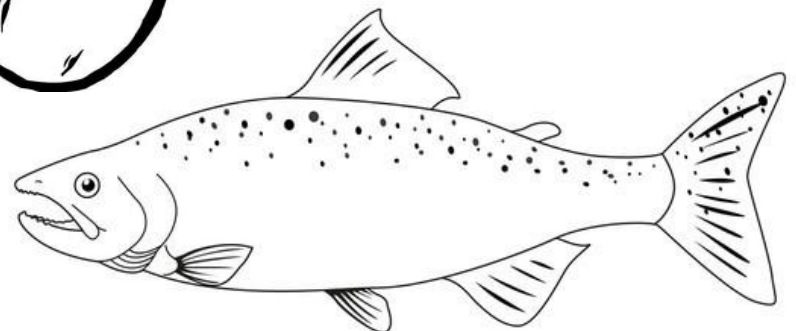
In Viking times you would drink your ale or meade (honey wine) using your drinking horn.



In Norway they call one of these vegetables a **potet**



Can you guess how to spell egg in Norwegian? It's easy - **egg**.

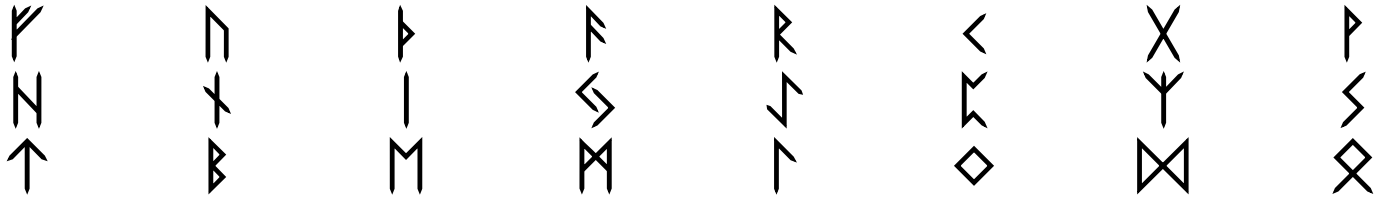


We may call this fish a salmon but in Norway they would call it a **laks**,

FUTHARK RUNES

The Viking "ALPHABET"

The Viking writing script was called "Futhark" after the first 6 letters. The full script was 24 characters and were in order:



These characters also correspond to the Roman alphabet that is in current use in the English speaking world. These are:

A =	ƒ	B =	ᛃ	D =	ᚩ	E =	ᛞ
F =	ƿ	G =	χ	H =	ᚱ	I =	ᛇ
J =	ᚷ	K =	<	L =	ᛚ	M =	ᛞ
N =	ᛦ	O =	ᚫ	P =	ᛚ	R =	ᚱ
S =	ᚵ	T =	↑	U =	ᚱ	V&W =	ᛦ
Y =	ᚷ	Z =	ᚷ	Ng =	ᚫ	Th _(soft) =	ᛦ

There was no "C" - use either "K" or "S" depending on the sound you need.

There was no "Q" - use "KW"

There was no "X" - use "EKS"

If you need to make a "Ch" sound - use "KJ"

Create your own translation to Futhark Runes

Hi, my name is _____

I am very glad to meet you.
