***Newsletter Service***

**May/June 2021**

**MAY ISSUE**

**Jump on the Trend of Nordic Walking**   
  
You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

**Nordic walking:**

* improves your overall fitness level
* works your upper body and core muscles as well as your lower body
* provides more stability
* is low impact on joints
* helps recover from injury by taking pressure off legs and feet
* was invented in Finland to maintain skiers’ fitness year-round
* can be done on any terrain

**Getting started:**

* Buy or borrow a pair of Nordic walking poles (priced new from $50 to $200)  
   (note: Nordic walking poles are different from hiking or skiing poles)
* Take a class or look up a YouTube video to learn proper technique
* Hit the trails or the park!
* Track your time or mileage for the Sons of Norway Sports Medal Program

**Article photo for download:** [**https://www.dropbox.com/s/g9szpxhar0zjz6c/nordic-walking.jpg?dl=0**](https://www.dropbox.com/s/g9szpxhar0zjz6c/nordic-walking.jpg?dl=0)

**Nicole Kidman to Star in Series Based on Award-Winning Norwegian Film**

Emmy and Oscar winner Nicole Kidman is set to star in a television series based on an award-winning Norwegian film. Written by Maria Sødahl, the film is titled *Hope.* Similar to the film, the series depicts the undoing of a family over twelve days of their Christmas together, but also encapsulates the idea of falling in love again.   
  
Hopes are high for the series as the film was selected at this year’s Oscars as the Norwegian entry for Best International Feature Film. In addition to this acclaim, the film also won the European Cinemas Label award for best film in the Berlin Film Festival’s Panorama section. Not only will Kidman be a leading actress in the series, she will also serve as executive producer. With elements such as humor, mystery, and suspense, the series written by Alice Bell will eventually be available on Amazon Prime.

**Article photo for download:** [**https://www.dropbox.com/s/zw19489y6vreoj5/nicole-kidman-film.jpg?dl=0**](https://www.dropbox.com/s/zw19489y6vreoj5/nicole-kidman-film.jpg?dl=0)

**Celebrate Syttende Mai**

*Syttende Mai* (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader (*folk costumes) and marching bands. It’s a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:   
  
**Décor**  
One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that’s not possible, decorate with flag toothpicks and red, white and blue napkins.

**Attire**  
Typical dress for all ages is a *bunad*, or national folk costume, but don’t stress if you don’t have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

**Music**   
Put on some Norwegian tunes or sing a few yourselves. The national anthem,*Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått.*Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.   
  
**Gratulererer med dagen!**  
A typical activity on Syttende Mai is saying “Gratulerer med dagen!” (Congratulations on this day!) or “Hurra for Syttende Mai!” (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

**Food**

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurra for Syttende Mai!

**Article photo for download:** [**https://www.dropbox.com/s/8e0hcy28kpulgq8/syttende-mai.jpg?dl=0**](https://www.dropbox.com/s/8e0hcy28kpulgq8/syttende-mai.jpg?dl=0)

**TRANSLATION**

<https://www.klartale.no/sport/de-skal-jobbe-for-at-idretten-skal-bli-mer-likestilt-1.1821792>

# De skal jobbe for at idretten skal bli mer likestilt

## Jenter skal få like gode betingelser i idretten som det gutta får. Det er målet til et nytt prosjekt. Idrettsstjernene Amalie Iuel, Maren Lundby og Grace Bullen skal bli ambassadører for prosjektet.

Grace Bullen driver med bryting. Amalie Iuel er hekkeløper. Og Maren Lundby hopper på ski. Nå håper de å bidra til at det blir mindre forskjell på menn og kvinner i idretten i Norge.

– Vi er stolte over å være ambassadører for Like Muligheter. Dette er et godt og viktig initiativ. Og det er positivt at flere aktører går sammen for å lage mindre forskjeller i idretten, sier de tre i en pressemelding.

De tre vil besøke klubber og være med på seminarer. De skal også bidra til å få folk til å merke seg temaet. Det skal de gjøre med kampanjer og i sosiale medier. Det er også laget konkrete mål om at kvinner skal få like gode betingelser for trening og konkurranse.

– Det tar mye energi og tid å være i front for dette. Men det gir også litt energi og motivasjon når jeg ser at det går litt framover, sier Lundby til avisa VG. Hun har ikke hoppet i konkurranse på flere uker. Årsaken er at hopp for kvinner har tatt pause.

Hopp for menn har hatt egne tiltak og flere konkurranser i den samme perioden, skriver [VG](https://www.vg.no/sport/hopp/i/PRvJ9J/lundby-har-faatt-forklaring-paa-hopp-stoppen-den-samme-groeten). Forskjellen er en følge av at det blir brukt mer penger på hopp for menn. Og at det er mer penger å tjene på det, ifølge Det internasjonale skiforbundet (FIS).

Norges Skiforbund, Norges Friidrettsforbund og Norges Bryteforbund har fått med seg støtte fra samarbeidspartnere i næringslivet. Og de får støtte fra Abid Raja. Han er kultur- og idrettsminister. Han takker de som står bak prosjektet.

– Vi er et av landene med mest likestilling i verden. Da må det også være like muligheter innen idretten. Både for kvinner og menn. Jeg har sterke forventninger til idretten. Jeg vil at de skal være gode på likestilling. Det innebærer også at sponsorer blir motivert og at de blir med på å sponse kvinner like mye som de sponser menn, sier Raja.

**Working to make sports more equitable**

Girls should have the same conditions in sports as boys. That is the aim of a new project. Star athletes Amalie Iuel, Maren Lundby and Grace Bullen are will be ambassadors for the project.

Grace Bullen is a wrestler. Amalie Iuel is a hurdler. And Maren Lundby is a ski jumper. Now they hope to contribute to there being fewer differences between men’s and women’s sports in Norway.  
   
“We are proud to be ambassadors for *Like Muligheter* [Equal Opportunities]. This is a good, vital initiative. And it is a positive thing that several players are coming together to reduce inequities in sports,” the three state in a press release.  
   
The three will visit clubs and attend seminars. They will also help to make people aware of this subject via PR campaigns and on social media. Specific goals have also been set for women to have equally favorable conditions for training and competition.  
   
“It takes a lot of energy and time to be at the forefront of this. But it also gives me a little boost and motivation when I see that things are progressing,” Lundby tells the newspaper *VG*. She has not jumped in competition in several weeks. The reason is that women’s ski jumping is on a break.  
   
Men’s ski jumping has had its own programs and several competitions during the same period, writes *VG*. The difference is due to the fact that more money is spent on men’s ski jumping. Also because there is more money to be made from it, according to the International Ski Federation (FIS).

The Norwegian Ski Association, the Norwegian Athletics Association and the Norwegian Wrestling Association have received support from business partners. And they get support from Abid Raja. He is the Minister of Culture and Sports. He thanks those who stand behind the project.  
   
“We are one of the countries with the most gender equality in the world. Then there must also be equal opportunities in sports, both for women and men. I have strong expectations for sports. I want them to be equitable. It also means that sponsors are motivated and that they agree to sponsor women as much as they sponsor men, says Raja.

**Article photo for download:** [**https://www.dropbox.com/s/xtnfvi8uwi1cv5c/ski-jump.jpg?dl=0**](https://www.dropbox.com/s/xtnfvi8uwi1cv5c/ski-jump.jpg?dl=0)

**Chocolate Cardamom Ice Cream**

What better way to celebrate Syttende Mai than with some delicious homemade ice cream!  
Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

**Ingredients**

1 cup milk  
1/2 cup good quality cocoa powder  
3/4 cup sugar  
2 cups heavy cream  
pinch salt  
1/4 tsp. ground cardamom

**Directions**

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it’s time to make the ice cream. Using an ice cream maker (and ensuring that your core is nice and frozen), pour the ice cream base in and churn per the manufacturer’s instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl).

Place in the freezer for at least 8 hours and enjoy.

**Article photo for download:** [**https://www.dropbox.com/s/d0a2luyn8ugxvat/chocolate-cardamom.jpg?dl=0**](https://www.dropbox.com/s/d0a2luyn8ugxvat/chocolate-cardamom.jpg?dl=0)

**2020 Sons of Norway Foundation Recap**  
  
2020 was a great year for the Sons of Norway Foundation. Our lodges and members responded throughout the year, and especially during the Together We Are The Future campaign. The Sons of Norway Foundation Board of Governors thanks you for your incredible support.

Members and lodges donated $391,615. This included a $90,000 legacy, a $20,000 memorial, and a $53,000 addition to an existing endowed scholarship.

Donations to the Together We Are The Future campaign were $210,164:

$ 85,561 for endowed scholarships

$ 17,013 for the humanitarian relief fund

$ 106,590 unrestricted funds

Donations came from 721 members and 113 lodges. Our lodges donated $29,585.

As we move forward in 2021, here are some things we are asking our lodges to do:

* Consider appointing a lodge foundation director if you haven't done so
* Publicize the purpose and benefits of the Foundation in your newsletters
* Encourage members to apply for scholarships and grants
* Support the mission of the Foundation

Remember: The Foundation is here for you . . . for good and forever.

**Article photo for download:** [**https://www.dropbox.com/s/2rix1p4r1za2wiu/foundation.jpg?dl=0**](https://www.dropbox.com/s/2rix1p4r1za2wiu/foundation.jpg?dl=0)

**Have you heard the news?**

Sons of Norway’s 2021 new member campaign has launched! Invite a friend or family member to join our lodge today!

**June ISSUE**

**Nordic-inspired Wedding Celebrations**

Nordic wedding themes can run the gamut of eras and styles. With just a few elements, you can create a unique event that is just right for the wedding couple.

Old Norse clothing and foods (drinking horn of mead, anyone?) from the Viking age may be a part of your celebration. Or perhaps you’d like to honor more recent ancestors with traditional *bunads* for the wedding party. Favorite treats like lefse and a towering *kransekake* decorated with Norwegian flags could grace your reception. If the clean lines of modern Scandinavian design appeal, then natural wood serving pieces, simple floral centerpieces and a scattering of white candles provide a cozy atmosphere.

If you or a family member are dreaming of a Nordic-inspired wedding, here are more ideas to spark your creativity!

* Choose a venue with Nordic décor. There are Sons of Norway lodge buildings that incorporate Norwegian style across North America, as well as Stave Church replicas and hotels with Scandinavian flair, for a modern look.
* Create a wedding invitation that incorporates rosemaling or a Norwegian landscape background in the design. You can repeat these elements in other decorations.
* Assign reception table names based on locations in Norway. Add table decorations such as Norwegian wood carvings, pewter or rosemaled pieces. And you can make traditional Norwegian heart-shaped woven baskets called *julekurver.* Filled with nuts or candies, they are a nice gift for your guests.

Looking for more ideas? The July 2013 *Viking* in the online magazine archive at sonsofnorway.com features the weddings of 4 couples, including that of current International President Ron Stubbings and Riitta Huttunen.

**Article photo for download:** [**https://www.dropbox.com/s/z99h3o645akihzj/nordic-wedding.png?dl=0**](https://www.dropbox.com/s/z99h3o645akihzj/nordic-wedding.png?dl=0)

**Happy Birthday, Edvard Grieg!**  
  
Born June 15, 1843 in Bergen, Edvard Grieg became Norway’s most celebrated composer. He is recognized as an important figure in the Romantic era of music in the 19th century.

His musical education began at the young age of 6 under the tutelage of the best piano teacher in town, his highly educated mother, Gesine Judithe Hagerup. His father Alexander Grieg was also very successful, running the family business as a merchant of dried fish and lobster.

When Grieg was 15, famed violinist Ole Bull paid the family a visit and was very impressed with his young relative’s musical skills. On Bull’s recommendation, Grieg went to study at the prestigious music conservatory in Leipzig, Germany.

Grieg became an established and respected composer in his lifetime. He expressed the vibrant beauty and heritage of Norway through his music, a legacy that lives on today.

Learn more about Edvard Grieg in the June 2020 issue of *Viking* on sonsofnorway.com.

**Article photo for download:** [**https://www.dropbox.com/s/89c7k97mv42qo5f/edvard-grieg.jpg?dl=0**](https://www.dropbox.com/s/89c7k97mv42qo5f/edvard-grieg.jpg?dl=0)

**Norway’s Self-Proclaimed “Time-Free Zone”**

The small northern-Norwegian island of Sommarøy made a splash in the summer of 2019 with its proclaimed intent to declare itself “the world’s first time-free zone.” The effort was aimed at generating conversation and drawing tourists to the area, where the midnight sun shines all night long from mid-May to late July.

A campaign video for the cause features footage of locals enjoying the golden sunlight, and is narrated by Sommarøy resident Kjell Ove Hveding, using air quotes to emphasize the irrelevance of standard notions of time:

*We do what we want when we want.*   
*If you want to paint your house at “2am” it’s ok.*   
*If we want to cut the grass at “midnight” we will.*   
*If we want to take a swim at “4am” we will.*

Want to know more about this tongue-in-cheek effort that made headlines around the world? You can view the video online by typing [bit.ly/3rA8X4L](https://bit.ly/3rA8X4L) into your internet browser. While you’re there, you can also connect with the Time-Free Zone Facebook profile (@TimeFreeZone) to practice your Norwegian language skills and view more content from the publicity campaign.

**Article photo for download:** [**https://www.dropbox.com/s/yfa5gdy3e6zh96o/time-free-zone.png?dl=0**](https://www.dropbox.com/s/yfa5gdy3e6zh96o/time-free-zone.png?dl=0)

**TRANSLATION**

<https://www.utrop.no/nyheter/ansikt-i-fokus/239509/>   
  
**Å kjøpe katta i sekken og ikke skjønne bæret**

Han er muslim og spiser ikke gris. Likevel har han kalt debutboken sin for "Griseflax". Tittelen kunne ikke være mer dekkende, mener forfatteren selv.

Ali Mohamed kom alene som kvoteflyktning fra Somalia til Norge i 2012. Han ble raskt integrert og fikk etter hvert jobb som tospråklig assistent på Bamble videregående skole i Vestfold og Telemark fylke, forteller avisa Varden. Selv om han ble god i norsk, slet han med å følge med i sosiale sammenhenger. Mohamed satt stille på personalrommet mens kollegaene snakket. Han forsto mange ord, men klarte ikke å sette dem i sammenheng eller forstå de norske uttrykkene.

**Språkets krydder**

For hva i huleste mener nordmenn når de sier at noe går dem hus forbi? Eller når de sier de har kjøpt katta i sekken?

– Norske ord og uttrykk er selve krydderet i det norske språket. Men kommer du fra Somalia vet du ikke hvem Wirkola er, og du vet i alle fall ikke hva uttrykket «å hoppe etter Wirkola» betyr, sier Mohamed (38) til avisa Varden.

**Bok og Youtube-kanal**

Etter hvert lærte Mohamed hva de norske uttrykkene betyr og hvordan de har oppstått. Han bestemte seg for å skrive en bok om emnet for elever i grunnskole, voksenopplæring og videregående skole. *Griseflax* kan brukes i undervisningen eller som selvstudie. Det er også utviklet en Youtube-kanal som inneholder videoer der ord og uttrykk blir forklart på somali.

Mohamed brukte to år på å samle norske uttrykk og forklare dem for leserne. Ingen forlag ville anta boken, så han ga den ut selv på eget forlag. Nå håper han boka vil bli til inspirasjon og støtte til lærere og elever.

**Griseflax!**

Om tittelen på boka sier Mohamed til Varden:

– Jeg synes det var litt ironisk. Jeg er jo muslim og spiser ikke gris, men når en kommer til Norge ser en ofte smilende griser som et symbol på noe bra, som griseflaks. Det handler jo også om integrering, og er et uttrykk i seg selv, så jeg synes det passet bra, ler han.

**Buying a pig in a poke and not knowing beans about it**

He is Muslim and does not eat pork. Nevertheless, he called his debut book "*Griseflax*." [pig’s luck, used like the English expression “lucky duck!”] The title could not be more fitting, according to the author himself.

Ali Mohamed came alone as a resettlement refugee from Somalia to Norway in 2012. He quickly integrated and eventually got a job as a bilingual assistant at Bamble upper secondary school in Vestfold og Telemark county, the newspaper *Varden* says. Even though his Norwegian improved, he struggled to keep up in social situations. Mohamed quietly sat in the staff lounge while his colleagues talked. He understood many words, but could not put them in context or understand the Norwegian expressions.

**The spice of language**

What in the world do Norwegians mean when they say that something goes right past their house [goes right over their head]? Or when they say they bought a cat in a bag [a pig in a poke]?

“Norwegian words and expressions are the spice of the Norwegian language. But if you come from Somalia, you do not know who Wirkola is, so you really don’t know what the phrase "jumping after Wirkola" means, Mohamed (38) tells *Varden*. [Wirkola was a legendary ski jumper who was so talented, no one wanted to go after him. In English, we’d say “a hard act to follow”].

**Book and YouTube channel**

Eventually, Mohamed learned what the Norwegian expressions mean and how they originated. He decided to write a book on the subject for students in elementary school, adult education and high school. *Griseflax!* can be used by teachers or for independent study. A YouTube channel has also been developed that contains videos where words and expressions are explained in Somali.

Mohamed spent two years collecting Norwegian expressions and explaining them to readers. No publisher would accept the book, so he published it himself. Now he hopes the book will be an inspiration and support for teachers and students.

***Griseflax!***

About the title of the book, Mohamed says to *Varden*:

“I think it was a bit ironic. I am Muslim and do not eat pork, but when you come to Norway you often see smiling pigs as a symbol of something good, like *griseflax* [pig’s luck]. It's also about integration, and is an expression in itself, so I think it fits well, he laughs.

**Article photo for download:** [**https://www.dropbox.com/s/hx9pll6bvgzw2vw/griseflax.jpg?dl=0**](https://www.dropbox.com/s/hx9pll6bvgzw2vw/griseflax.jpg?dl=0)

**RECIPE**

**Maynard Solomonson’s Prize-Winning Flatbrød**

Maynard’s mother made flatbrød (flatbread) for many years and he demonstrated it at several of Vennekretsen’s Nordic Heritage Fests (lodge 1-559, in Anoka, MN). He would also make batches of it to sell at the annual Meatball/Torsk dinner bazaar and it would sell out right away—members made it a point to be there early enough to buy a couple of bags!

Ingredients:  
3 cups white flour  
1 cup whole wheat flour  
1 cup sugar  
1/2 cup butter, melted  
1 1/2 cups buttermilk  
1 tsp. baking soda  
1/2 tsp. Salt  
  
Directions:  
Mix flours, sugar, soda and salt together. Add melted butter and then buttermilk. If too sticky, add small amount of flour. Make dough balls golf ball size. Roll out until thin. Bake on lefse grill at 375-400 degrees until you see brown spots showing on bottom. Flip over until light brown spots. Put into oven set at 200 degrees until dry or convection oven at 175 degrees. If you have a dehydrator, leave in until crisp.

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**Have you shared the news?**

It’s time to invite new members to explore Nordic heritage & culture by joining our Sons of Norway family!