

CULTURAL NEWS

Sept 2019 **SONS OF NORWAY DISTRICT SIX** Edition #005

HILSEN FRA KULTURDIREKTØREN

Greetings from Judy Immel, your Cultural Director;

Fall is quickly approaching and you know what that means. HOLIDAYS! Lutefisk & Lefse! Seven kinds of Cookies! Family & Friends! I found a bumper sticker recently, Courtesy of "The Norse Press" of Sioux Falls, SD:

"OLD LUTEFISK EATERS NEVER DIE - THEY JUST SMELL THAT WAY."

When my lodge has it's annual Lutefisk dinner, we get quite a crowd. Many people who won't join us at any other time of the year, won't miss our Lutefisk dinner. I guess it's tradition. Seven kinds of Cookies is what draws family & friends from near & far. What are your favorite kinds of Norwegian cookies?

A fun lodge activity would be to have a traditional cookie bar at a fall meeting. They really are a special treat. Try serving Fattigmann cookies. I've included a copy of the recipe in this news edition along with a picture. Enjoy!

Happy fall everyone. Get ready for the holidays.

December News will include highlights from Camp Oldfjell.

Fattigmann cookies

Ingredients

6 egg yolks
4 teaspoons sugar
1 tablespoon butter, melted
1/2 teaspoons salt
6 tablespoons cream
1/2 teaspoon ground cardamom
1 1/2 to 2 cups of flour
powdered sugar

Directions

Beat egg yolks well. Add sugar and mix well. Add remaining ingredients. Use just enough flour to make a soft dough. To keep dough light and fluffy, handle as little as possible. Roll out dough until thin on floured cloth and cut with Fattigmann Cutter. Pull one end of dough through cut in center. Fry in cooking oil at 370* for 2-3 minutes, or until golden. Drain on paper towel. Dust with powdered sugar.

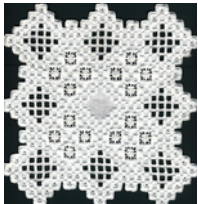
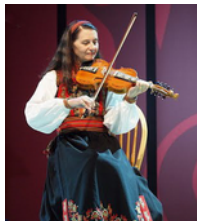
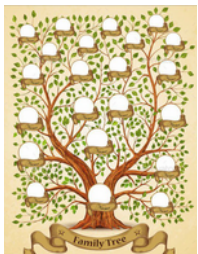
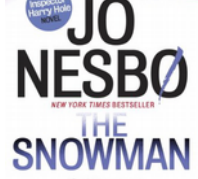
There's more than one way to make Fattigmann cookies, check out these alternatives:

[North Wild Kitchen](#)

[The Spruce Eats](#)

[Norway-Hei](#) - or you can

[watch Don](#) from the Sons of Norway Lodge in Bothell, WA make Fattigmann cookies.



FALL events

Fri, Sep 6 – Mon, Sep 9, 2019

vesterheim FOLK SCHOOL-ROSEMALING

Rosemaling in the Old Rogaland Style with Louise Bathe will be held at the Sons of Norway Trollheim Lodge, located at 6610 W. 14th Ave., Lakewood, CO. Tuition is \$270 for members and \$320 for Non-Members. For more information you can call (563) 382-9681 send an [E-mail](#) or visit the [Web Site](#).

Tue, Sep 10 – Sun, Sep 15 2019

CAMP OLOFJELL

SOLD OUT!

September 29, 30 & October 1

CENTRAL CALIFORNIA KRETSSTEVNE

This years Central California Kretsstevne will be held at the Highway West Flying Flags RV Resort located at: 180 Avenue of the Flags, Buellton, CA 93427. For more information visit our [website](#).

Sat, Oct 5, 2019

INTERNATIONAL HERITAGE FESTIVAL

Join Garborg Lodge as they participate in the International Heritage Festival's "Celebration of Cultures" With free family fun including, music, dance, food booths, cultural displays and children's activities. For more information call (209) 521-3852 or visit our [website](#). This event is held at Modesto Jr. College's East Campus located at: 435 College Ave. Modesto Ca. 95350

Sat, Oct 12, 2019

32ND ANNUAL VIKING FEST

Come be a Viking for a day! Sons of Norway Freya Lodge holds it annual Viking Fest at: Norway Hall 617 W. 9th Street, Santa Rosa, CA 95401. Free Admission See the flyer [here!](#)

Fri, Oct 18 – Sun, Oct 20, 2019

FOLKDANS STEVNE

The fall session of the Fall Folkdans Stevne will be held at Camp Norge, located at 250 Canyon Mine Rd, Alta, CA 95701. For detailed info: Meg Laycock meg@jstsub.com (408) 255-2111 or Zena Corcoran zmcocoran@gmail.com.

Fri, Oct 25 – Sun, Oct 27, 2019

SOUTHERN CALIFORNIA KRETSSTEVNE

This years Southern California Kretsstevne will be held at the Banning Stagecoach KOA Campground & RV Park, located at 1455 S. San Gorgonio Avenue. Banning, CA 92220. For more details visit our [website](#).

Sat, Nov 2 – Sun, Nov 3, 2019

CAMP NORGE END OF YEAR WORK PARTY

Join our volunteers as we prepare the camp for the winter months. Food is provided for workers. If you plan on spending the night please call the Office at (530) 389-2508 to make your reservation.



VARIOUS STYLES OF ROSEMALING:

TELEMARK

The Telemark style is asymmetrical with a root center from which a scroll branches out with leaves and flowers that are varied and irregular. Designs are "fantasy like" and transparent. (In recent years a shaded, opaque Telemark is preferred.)



HALLINGDAL

Baroque scrolls and acanthus leaves wrap around a central flower. The designs are symmetrical, using opaque color and not generally shaded. Backgrounds are red, black-green, dark green, and a lighter blue-green.

VALDRES

Flowers are grouped in a bouquet or garland, gathered in an urn or hanging from a rope. Realistic flowers can be identified and given a name. Leaves are slender, long, s-shapes with a second s turning it at the end. Flowers grow from blue landscapes.



VEST AGDER

Symmetrical and somewhat geometric. Typified by light colors on a dark background, teardrops by the dozen along the leaves and scrolls. Opaque colors, not shaded, and with red, black and white overlays are typically used. Oval flowers are split down the middle with contrasting colors.

CALIFORNIA ROSEMALING ASSOCIATION 2019 ANNUAL CONVENTION

Marriott's Courtyard San Diego Old Town
2435 Jefferson Street, San Diego, CA 92110

Thursday, October 24th Prep Day; Classes October 25-27th
Detailed Schedule

Convention Fee: \$275
(includes 2 projects-2 Teachers, Wood Surfaces, Paints Mediums & Banquet)
Must be a 2019 CRA Member
(\$15, can be paid along with Conv. Fee)

Cancellations will result in a \$75 processing fee. No refunds after September 15, 2019.

For details [click here](#).

DISTRICT SIX LANGUAGE AND HERITAGE PROGRAMS

Each summer District Six holds two Language and Heritage Camps. Our youth, ages 8-13 attend Camp Trollfjell. Camp Trollfjell Folkehøgskule is for our students ages 14 to 17.



Making lefse



Visiting CAL FIRE



Folk dancing

7/12/20
To
7/25/20

CAMP TROLLFJELL

Camp Trollfjell focuses on cultural education, including Norwegian history, traditional cooking lessons, language classes, folk dance and crafts including Rosemailing. Our campers also participate in the traditional campfire songs to flag ceremonies and the famous (infamous?) staff hunt, hikes, sports, swimming, skits and "kumbaya".



"Mix & match" dance



Hike to the Emerald Pools



Making ice cream



Rosemailing class



4th of July Parade

TROLLFJELL FOLKEHØGSKULE

In addition to all of the activities Camp Trollfjell participated in, all of our students earned their Level One Cultural Skills pin in Chip Carving. They also donned their Viking attire and participated in 4th of July Parade held in Dutch Flats. Dutch Flats is a "big" town of nearly 200 people who really enjoy their annual town wide water fight.



Donner Lake



Water fight



Chip carving projects



Train tunnels

6/28/20
To
7/11/20

UNEXPECTED CULTURAL DISCOVERIES

The Summer adventurers of Teri and Jason Morken



While in Wichita, Kansas, we went to visit the famous "Keeper of the Plains". The Keeper of the Plains plaza is at the confluence of the Arkansas River and the Little Arkansas River. With this summer's flooding the river had overflowed its banks so we could not walk on the sidewalk next to the river. We walked on the path a few feet above the water's edge and to our surprise we discovered a troll under our feet. There was no plaque or sign. If the water hadn't been so high, we would have never known he was there.



While visiting Woolaroc Museum & Wildlife Preserve just outside Bartlesville, Oklahoma, we made another discovery. Woolaroc is a museum dedicated to Western art, artifacts, American Indian material, and a large collection of Colt firearms. It also includes a replica of Frank Phillip's 1st Phillips 66 gas station. Most of the portraits are of the great Indian Chiefs. In the Great Explorer's hall we found a portrait of Leif Erikson, painted by Robert Lindneux, who also painted the well known painting "The Trail of Tears".



While at the horse races at Golden Gate Fields, I was asked about my Hallingdal rose tattoo. I told them it was based on a Sons of Norway Christmas ornament. Turns out they had just tried a Norwegian beer - Nogne Ø Porter. They bought it at Ale Tales at 1137 Solano Ave in Albany, CA, about a mile away. I got some Norwegian beer to share at Camp Norge.



Sons of Norway 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

CULTURAL NEWSLETTER STAFF

Cultural Director & Editor:

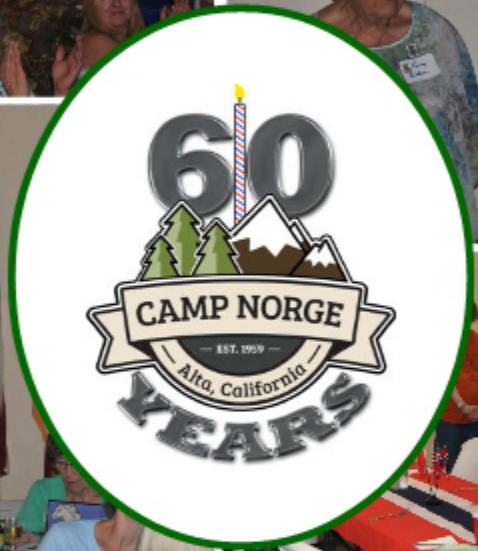
Judy Immel

culturaldirector@sofn6.org

Graphics & Layout:

Teri Morken

solheimlodge@gmail.com



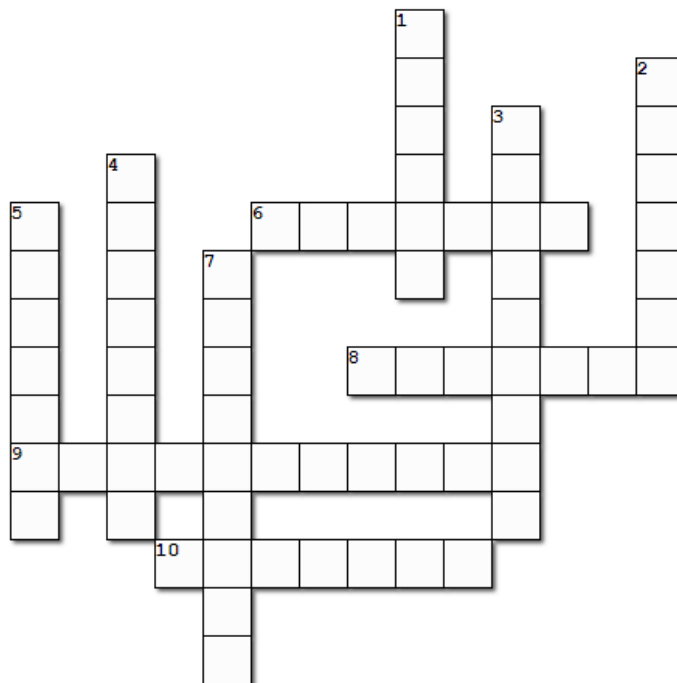
KID'S PAGES

Camp Trollfjell attendees, Anna and Jax do their best Leif Erikson pose while on a hike to the Emerald Pools.

They are mimicking the Leif Erikson Park Statue in Duluth. If you know which state Duluth is in, you can answer question #4 down.



Test your knowledge of Leif Erikson



Created using the Crossword Maker on TheTeachersCorner.net

Across

6. We celebrate Leif Erikson Day on the 9th day of this month
8. Leif Erikson established a Norse settlement in North America he called _____
9. Full name of the first known European to have set foot on continental North America
10. This President signed the first annual proclamation for Leif Erikson Day

Down

1. The first statue of Leif in the U.S. was erected in 1887 in the Massachusetts' capital city of _____
2. The US gifted a statue of Leif Erikson commemorating the 1000 year anniversary of Albingi, the parliament of which county
3. Leif Erikson was born in Iceland and later lived in this country
4. Type of Vessel used by Erik The Red and his son
5. There is a statue in the largest city in Washington State
7. There are statues in St. Paul and Duluth erected in his honor in this northern state

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

Lief ERIKSON

BOSTON
 ERIKSON
 EXPLORER
 GREENLAND
 ICELAND
 LEIF
 LONGSHIP
 MINNESOTA
 OCTOBER
 SEATTLE
 STATUE
 VINLAND

**Help Leif
 get to his
 longship!**

