

CULTURAL NEWS

December 2020

SONS OF NORWAY DISTRICT SIX

Edition #010



HILSEN FRA KULTURDIREKTØREN

Greetings from your Cultural Director;

Hi all, Winter is fast approaching for some of us and for others it's already here. Winter is different for all of us. West coasters have a generally mild winter except in the Sierra Nevada Mountains and around Shasta/Lassen. For most of the rest of the state of California, we have rain and some wind but generally mild temperatures.

Check out our article on Friluftsliv. It's a way of life in Norway and other Scandinavian countries. It's all about getting out of our homes and into nature. If you live in a city, walks to the neighborhood parks will suffice. Be sure to read the article and share it with friends and family.

There is a recipe that is easy to make called Appelsin Ris. It's rice pudding with fresh oranges. I serve it in individual containers. We love it and I am fixing it for Solbakken's social in December. We meet in a local park for camaraderie. We bring our own lunch, sit in chairs six feet apart and socialize for a couple of hours. It is great fun and easy to do. After 3 months of doing this, I am happy to report that no one has gotten sick even with a cold.

Fridjohf Nansen lodge in Long Beach, CA is doing a monthly drive-by in the parking lot of the church where they regularly meet. It's also proving to be very successful. What is your lodge doing during this difficult time to keep your lodge alive?

I also wanted to let you know that all of the cultural projects you have been working on since July 2018 will be accepted for exhibit/competition at the 2022 convention. So don't stop working on projects. The judging system will be the Danish Judging System which means that each entry will be judged against a set of standards versus being judged against other entries. It is still competitive but less stressful.

Happy Holidays to all. Enjoy the traditions. Share with your families and friends if only from a distance. If you travel, be cautious and safe but have a wonderful time.

Have a wonderful holiday season!

Judy Immel



If you're hoping to find some great Norwegian gifts for family members, or even for yourself - just click on the images to the left and visit their websites.



DISTRICT SIX RECREATION CENTER COVID-19 UPDATE

In keeping with local and state guidance, we have closed Camp Norge to all visitors other than essential persons such as our staff, contractors performing urgent repairs, law enforcement, fire crews etc.

The camp will be closed until April 2021, subject to State & County mandates. We are reevaluating this decision frequently and as instructions from the authorities change we will make changes accordingly.

We anticipate that when we do get the go-ahead to begin re-opening, we will be required to do so in phases. Most likely there will be restrictions as to which parts of the camp may be accessible and others may not. Group sizes will likely be limited and we may need to incorporate higher fees as well.

This is a difficult situation for us or anyone to try to make predictions about the future. We want to have the camp up and operating—safely—as soon as possible. However we need to be very clear that, at this time, there are no exceptions.

To keep current on the status of Camp Norge visit their website by clicking [HERE](#).



CAMP NORGE PLAYGROUND RESTORATION PROJECT

Baylee McKenney, from Vikings of Lake Lodge (#6-166), and Jason Morken, from Solheim Lodge (#6-069) have received approval from the Recreation Center Board to proceed with their proposed public service project. The vote was taken on November 18th and the specifics of the project are still in development. A press release will be sent out to the District Six Editors to distribute when the negotiations are complete. Donate to this worthy cause by clicking [HERE](#).



FREYA LODGE'S TRADITIONAL NORWEGIAN COOKING CLASS

On March 7, 2020, Freya Lodge #6-062 held its first Traditional Norwegian Cooking class. There were 4 who attended including the instructor, Michele Edler, all eager to learn the mysteries of Norwegian cuisine. We met for a few Saturdays until the pandemic hit, then after 5 weeks, we decided to get back into the kitchen, socially distanced, set on learning the recipes and cooking.

Friendships were bonded and we all brought something positive to the table every time we met. We finally had our last in-person cooking class in August 2020. Here are some snapshots of our time together.

We learned a tremendous amount of information and had fun doing it! We really enjoyed the process and outcomes.

Article submitted by: Michele Edler



L-R:

**Kerrily
Beaton**

**Michele
Edler
Instructor**

**and
Sandra
Smith**



Linda Roa



Graduation Lunch

SONS OF NORWAY CULTURAL SKILLS

For more details on how to earn a Cultural Skills pin in cooking, log in to the Sons of Norway website and click [HERE](#). For more recipes you can visit Sons of Norway's Recipe Box by clicking [HERE](#).



APPELSIN RIS

(Orange Rice) submitted by Judy Immel

Ingredients

- 1 ½ cups rice, long grain
- 4 cups water
- 3 oranges
- 1 cup sugar
- 8 oz. heavy cream



Boil the rice in the water for approximately 20 minutes. Pour the rice into a colander and rinse it under cold water. Let the rice drain well. Let stand until rice becomes a little dry. Peel oranges, remove the white membrane and divide into sections. Save some of the sections for garnish and cut the remainder into pieces. Pour sugar over orange pieces and mix well. Whip into cream. Blend the rice and the sugared orange pieces into whipped cream. Pour into dessert dishes and garnish with orange sections.



FRILUFTSLIV

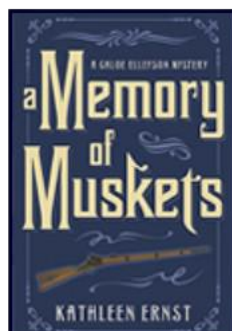
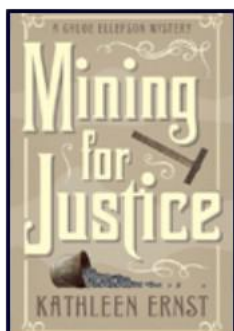
The Norwegian's passion for nature cuts to the heart of what they call friluftsliv (pronounced free-loofts-liv). The expression literally translates as "open-air living" and was popularized in the 1850s by the Norwegian playwright and poet, Henrik Ibsen, who used the term to describe the value of spending time in remote locations for spiritual and physical well-being. You can read his poem titled "Paa Vidderne" ("On the Heights"), by clicking [HERE](#). The published works of Ibsen is provided by Nord-Trøndelag University College, "On the Heights" is on page 150.

From the remote Arctic to urban Oslo, friluftsliv means a commitment to celebrating time outdoors, no matter the weather forecast. The Scandinavians even have a saying "there's no such thing as bad weather, only bad clothes." In Norwegian it rhymes - "Det er ikke dårlig vær, bare dårlig klær."

To read more about this way of life read FRILUFTSLIV, Connect with Nature the Norwegian Way, written by Oliver Luke Delorie. It explains how spending time in nature and feeling its rhythms, even when it's something as simple as a magical Sunday walk in a local park, can improve our well-being and encourage productive self-reflection. You can purchase this book at [AMAZON](#) or [BARNES&NOBLE](#).



Tori Shepard



the chloe ellefson mystery series

In June of 2020 we detailed 6 books from Kathleen Ernst's Chloe Ellefson Mystery Series. The 11th book in the series, The Weaver's Revenge: A Chloe Ellefson Mystery, was announced in August. The book does not have an exact date for publication, but the publisher, Three Towers Press, expects a Spring 2021 release date. Once the book has been published, I'll place a link in the next Cultural Newsletter. Kathleen Ernst has been sharing clues in advance of the book's publication. To see all 5 clues click [HERE](#) and catch up on the fun. While we eagerly await the newest book, check out the 4 other books we didn't showcase in June. You find her books at [AMAZON](#) or [BARNES&NOBLE](#).

WINTER EVENTS

December 4, 11 and 18, 2020

Vesterheim Website

VESTERHEIM'S NORWEGIAN CHRISTMAS CELEBRATION

Ring in the season – Vesterheim's Norwegian Christmas Celebration is going online! Plans are in the making for anyone to experience features of the annual event from home. Vesterheim has recently reopened to the public and continues to monitor developments with the pandemic. Onsite activities are being considered (with safe social distancing.) Check back often for updates!

December 8, 9 and 10

Sons of Norway's Website

SONS OF NORWAY VIRTUAL 125TH ANNIVERSARY PARTY

Please mark your calendars and join us for an online celebration of our 125th anniversary! This three-day event will take place December 8, 9 and 10 to round out our anniversary year in a spirit of festivity and virtual togetherness. You will receive an email on each day of the party with details about that day's events and activities.

Sunday, January 17, 2021 2:00 PM 3:30 PM

Norway House

EDVARD GRIEG SOCIETY FUNDRAISER: THE HABBESTAD ENSEMBLE

Norway House's Edvard Grieg Society of Minnesota is proud to present a family of musicians from Oslo, representing three generations of talent. The Habbestad Ensemble has been making music together since 1996. In 1997, they toured the United States for the first time, and they have performed extensively through Scandinavia and Europe. Tickets for this online event will become available in December 2020. Please save the date, and consider a donation to the Edvard Grieg Society of Minnesota.

February

Granby, CO

FREE

BARNELØPET - CHILDREN'S CROSS COUNTRY SKI EVENT

The Colorado Lodges of Sons of Norway's District Six host this annual event for young people ages 0 – 16. Literally translated, Barneløpet means "children's race." Sons of Norway's Barneløpet is a FREE event open to boys and girls of all skill levels. To verify this event please visit their [WEBSITE](#).

EVENT RESOURCES

In order to bring you Norwegian Cultural Events located within District 6 we use the following resources:

[SONS OF NORWAY EVENT PAGE](#)
[DISTRICT 6'S EVENT PAGE](#)

[THE NORWEGIAN AMERICAN EVENT PAGE](#)
[CAMP NORGE EVENT PAGE](#)

If you have an event that you would like to see featured on these pages please submit it to culturaldirector@sofn6.org by February 1st, May 1st, August 1st or November 1st.

CORRECTION

September 2020 District Six Cultural Newsletter

The correction is for page 8, under the Zoom Show and Tell Index, project number 11. Noelle Buer is the artist who painted the Hardanger fiddle player who's name is Eric Gjovaag, not Kujawsky. The entire corrected newsletter is available [HERE](#).



did you know?

From the Scandinavian Press:

The Lofoten archipelago in Norway is north of the Arctic Circle. However, due to the unique and unusually warm climate of Lofoten, it is home to the world's largest deep-water coral reef, called the Røst Reef. Lofoten is also the most northerly location in the world with above freezing year round temperatures. To read more about other Norwegian fun facts, visit the [BAREFOOT NOMAD](#).

WORD SEARCH KEY

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

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

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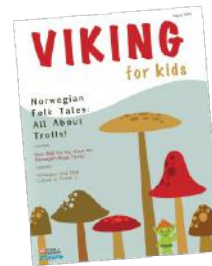
The Christmas Wish

by Lori Evert, Per Breiehagen (Photographer)

Long ago, a brave little girl named Anja wanted to be one of Santa's elves. So she leaves a note for her family and helps her elderly neighbor prepare for the holiday, then she straps on her skis, and heads out into the snowy landscape. From a red bird to a polar bear to a reindeer, a menagerie of winter animals help Anja make her way to Santa.

Get your copy from [Amazon](#).

Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use.



Get your very own copy of the Sons of Norway Viking Magazine by clicking [HERE](#).

CARDBOARD TUBE NISSE FOR CHRISTMAS

Author: Amanda Formaro

Supplies

Cardboard tubes
Pom poms
Craft glue

Construction paper
Yarn
Scissors



Instructions

- ★ Cut cardboard tubes into varying lengths to produce gnomes of different heights. Cover them with construction paper.
- ★ Roll white construction paper into a cone and secure with glue or tape. Trim the open end straight.
- ★ Wrap yarn around your four fingers 10-12 times. Cut a piece of yarn about 6 inches long and thread it through the center of the looped yarn. Tie in a knot then cut the loops.
- ★ Trim the beard to make the strands a bit more even then glue it to the top of the cardboard tube. Glue it so that the yarn knot is resting above the top of the tube. This will make it easier to get the hat over it. Glue the hat over the beard and glue a pom pom to the top of the beard where it meets the hat.
- ★ Let everything dry completely. When dry, the final step is to carefully bend the hats a little to give them some character. You can skip this step and stick with straight caps if you like!

To visit Amanda's site visit [Crafts by Amanda](#), for a more comprehensive list of do it yourself nisse projects for various ages visit [Ruffles and Rain Boots](#).

Tomte, Nisse, Tonttu



FRILUFTSLIV

K G H Q S S H H B X B V D M G	SKIING
A N O C K G Y I P Q H D O R N	SAILING
Y I C J J K N K K X Z U Z X I	HIKING
A H K S K Y D I V I N G G Q P	HOCKEY
K S E H L H X P T T N G U S M	CYCLING
I I Y I W T P Y A A S G P I A	CURLING
N F G N I B M I L C K C O R C	CAMPING
G E B H Q E N G S X V S E K Q	SURFING
I C U O A E P A N G B Q E A Q	HANDBALL
Z I V P E N I G N I L C Y C S	KAYAKING
Q U H R W L D I K T L W A R I	SKYDIVING
C M I Q I P F B B P M R Y V C	ICE SKATING
U N N N O R T N A Q Y U U Z U	ICE FISHING
G Y G T U P V P T L C D J C S	ROCK CLIMBING
R D M S K I I N G F L V B T E	MOUNTAINEERING

Friluftsliv — pronounced free-loofts-liv — was first published in 1859, appearing in a poem by renowned Norwegian playwright Henrik Ibsen. Titled "Paa Vidderne" ("On the Heights"), the poem follows a protagonist who needs solitude in nature to clarify his thoughts about the future. Friluftsliv literally means "free air life" in Norwegian - it's the concept of freely enjoying the outdoors. The Norwegian people's passion for nature is reflected in their schools and workplace. After high school, many Norwegian students attend Folkehøgskole, which translates to Folk High School. These schools have no grades, no rigid curriculum, and no exams. Classes focus on Norwegian culture, adventures, history, society, language, music, and the performing arts. One school, Fosen folkehøgskole (just outside Trondheim) offers classes such as Square-Rig Sailing, boat building, Textile & Traditional Handcraft, and organic farming. You don't have to live in Norway to be eligible to attend one of the 84 schools, visit their website for more information.

<https://www.folkehogskole.no/>