

# ELVESUND

## SONS OF NORWAY LODGE #5-593

President / Editor: Nancy Robinson, 835 Circle Avenue, Forest Park, IL, 60130, 630-240-9637

Held at St. Michael's Lutheran Church, 500 E. 31st St., LaGrange Park, IL 60526

### OUR UPCOMING MEETINGS

#### January 22

#### Souper Sunday

*Godt Nytt Aar  
Happy New Year!*



The actual Superbowl, which our “Souper Sunday” is a takeoff of, has not fallen on the same day for several years. However, it is such great fun getting together to share in tasting several piping hot soups on a cold Sunday afternoon, why change the name? There will be several home-made soups. What would you like to bring? Crackers, cheese, dessert? Call Linda: 847-224-2776 to coordinate. Or just bring yourself and \$ for the pot.

We will install officers.

Our zone president, Kathy Secora, is bringing District 5's traveling Viking Chest. Come “tour” the chest and see what other lodges throughout the District have contributed..

Elvesund was the first lodge to share it with our members in May 2013. We donated a kolrosing.

#### February 26

#### Firebird and the Myth of the Midnight Sun

Megan Wells, our popular storyteller, will return to do a Swedish adaptation of The Firebird that explains the northern lights.

Master storyteller Megan takes us on a magical Nordic adventure. An award-winning writer, actress and storyteller, she is a regular performer with the Chicago Symphony Orchestra and was recently awarded the Oracle Circle of Excellence Award by the National Storytellers network. [www.meganwells.com](http://www.meganwells.com),

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**Meetings:  
3:00—6:00 PM**

Volume XXXII, Issue 1  
**4th Sunday  
of the month**

Volume XXXII, Issue 1  
Jan.-Feb., 2017

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## IN MEMORIAM



Lorraine E. Straw - November 22, 1943—December 3, 2016.

Although Lorraine was not a member of Elvesund, she touched many of our lives. She visited us as President of Friends of the Viking Ship, and accompanied her husband, Perry, when he demonstrated his Norwegian knife making prowess. She was vice president of the Norwegian National League, sang with the Grieg Ladies Singing Society, and held office of Illinois Norsk Rosemalers Association.

Lorraine was struck by brain cancer January 2016 and fought a valiant battle throughout the year.

The Norwegian community throughout Chicagoland will miss her in very many ways.

## SCHOLARSHIPS ABOUND

**Norwegian National League** - Offers awards from \$25 to \$1000. Entry deadline: March 1.  
Applications available at [www.nnleague.org](http://www.nnleague.org).

**Sons of Norway** - Offers many scholarships that appeal to a variety of education specialties interests. All applications must be completed online. You can find **information at [www.sofn.com](http://www.sofn.com)**. Select the "Foundation" tab on the home page. Deadlines range from March 1 to May 1.

**Sons of Norway, District Five** - Offers three types of scholarships from \$300 to \$1000. Applications and guidelines are available online at [www.sonsofnorway5.com](http://www.sonsofnorway5.com). Deadline is March 15.

## GRATULERER MED DAGEN

### **January**

- 1 Mary Maxson
- 2 Roger Egeland
- 4 Robert Sove
- 9 Richard Egeland
- 11 Thomas Maxson
- 18 Karen Cazolas
- 21 Val Ozaksut
- 22 Priscilla Gabosch

### **February**

- 1 Mary Vann
- 15 Phil Robinson
- 18 Caroline Menghini
- 20 Shelby Johnson



## MEGAN WELLS, STORYTELLER

(continued from page 1)

This presentation will be offered as a fundraiser for Masse Moro. Bring a free will offering for the camp. Special are two door prizes.

Drawing 1 is for fabulous coffee table book by world wide famous wilderness photographer and documentary filmographer Florian Schulz, "To the Arctic companion to the IMAX film of same name, following lives of polar bear family. Shot in Alaska and Svalbard, Norway. Donated by Alaska Wilderness Society. A \$75 value.

Drawing 2 is a sleek essential oil table-top diffuser from Young Living with a bottle of Northern Lights Black Spruce essential oil to accompany it. Valued at \$150.



Raffle tickets for door prizes: 2 for \$3 or 4 for \$5. Consolation prize is a year's lodge membership.

## CELEBRATE FOUNDERS DAY

January 16 marks Founders' Day—the day in 1895 when 18 Norwegian immigrants came together to establish a mutual assistance organization that has grown into the largest Norwegian cultural organization in the world.

Driven to find a solution to financial hardships that many Norwegian-American families faced due to the onset of the economic depression, the founders naturally looked to Norway for ideas. Borrowing from an assistance plan in "Trondheim, where for a weekly fee families could receive "free" medical care, the founders

cultivated an organization that would provide assistance in times of financial crisis as well as celebrate the customers and traditions of Norway.

Eleven of the original 18 members were elected to serve as officers and Sons of Norway grew rapidly, incorporating in 1898. By the end of 1900, there were 12 lodges in Minnesota, and the Sons of Norway concept traveled with Norwegian immigrants across the Upper Midwest. Today, there are nearly 380 lodges with 53,000 members across the U.S., Canada, and Norway

## BARNEBIRKIE (Children's ski race)

The American Birkebeiner will be held in Hayward in February. A youth race, the Barnebirkie, will be part of the events held on Thursday, the 23rd. The Barnebirkie is the largest ski race for kids in the U.S.

District 5 lodges provide cookies for the kids following the race. Elvessund has been a part of this event for 25+ years. Contact Michaela Decker to arrange delivery. michaeladecker@wi.rr.com or 262-498-2085. Please record the number of dozen in each container and **add the name**, Elvessund, to the top of the non-returnable container.

Donations of store-bought cookies are also welcome.

Due to the increasing number of individuals with allergies, the American Birkebeiner Planning Committee has asked that bakers refrain from using nuts in the cookies. Classic skiers prefer spice, oatmeal, ginger, molasses, and cranberry or fruit cookies. One can never go wrong with the old stand-by, chocolate chip.

Mange takk for hjelpen with this task!

## SÁMI NATIONAL DAY CELEBRATED ON FEB. 6

Sámi National Day was enacted on February 6, 1992 in order to recognize the native northerners and their central customs of reindeer herding, unique language and music, colorful dress and strong desire to keep their traditions alive. These warm-blooded Northerners have stood resilient and remained longer in their homeland than most other indigenous groups around the world.

“Decades of assimilation has led to a new era of self-determination for the indigenous people of the North,” stated a September 2012 Viking Magazine article about the Sámi. The Sámi people have inhabited a stretch of land called Sápmi for the past 10,000 years. The land covers parts of Northern Norway, Sweden, Finland, and Russia. However, they have only just recently been accepted and recognized as an independent cultural group with their own language and government.

Their National holiday on February 6 signifies the date of the first

Sámi National Convention in Trondheim in 1917. Since then, the Sámi have struggled to protect their legacy for future generations. The Sámi people (also called Lapps) were forced to assimilate into the Norwegian culture in a government sanctioned program called the “Norwegianization” Policy that began in the late 19th century. After years of persecution, the Sámi are still facing the challenges of recovering from a painful past.

The Alta Conference (1968-1982), as part of a worldwide movement to protect the rights of the indigenous Sámi, stemmed from a hydroelectric dam project that would ultimately suppress Sámi villages across the region. The awareness for minority rights and the livelihood of the Sámi communities caused major media attention and forced changes to take place. The Sámi flag and national anthem were sanctioned at the Nordic Sámi Convention in 1986, a Sámi Parliament (Sámediggi) was formed in 1989 in the Sámi capital of Ka-

rasjok in Finnmark, Norway and, in 1992, the Sámi holiday was made official. In 1988, the Norwegian Constitution approved new language that recognized the Sámi and proved the country is taking great steps to embrace their Northern natives. The Constitution says, “It is the responsibility of the authorities of the State to create conditions enabling the Sámi people to preserve and develop its language, culture and way of life.”

Today, Sámi National Day is recognized and celebrated across regions of Northern Europe where nearly 100,000 Sámi reside. Reindeer races and a Sámi market fill the streets of Tronsø, municipal buildings around Norway fly the Sámi flag, and Oslo City Hall plays the Sámi national anthem to recognize a once forgotten people. Schools across Finnmark celebrate with all-day cultural activities while listening to the interesting music of Sámi jolking and, of course, delight in traditional Sámi food.

## NORWEGIAN FJELLBRØD

Makes 1 loaf. Adapted from [www.mydearkitcheninhelsinki.com](http://www.mydearkitcheninhelsinki.com).

1 cup plus 2 Tbsp. whole milk  
 1 cup plus 2 Tbsp. lukewarm water  
 2 plus ¼ tsp. dry yeast  
 3 cups whole wheat flour  
 1 cup rye flour  
 ¼ cup rolled oats  
 1 Tbsp. light brown sugar  
 1 plus ½ tsp. salt  
 3 Tbsp. sunflower seeds  
 3 Tbsp. flax seeds

Heat milk in a pan until lukewarm. Add warmed milk, lukewarm water and yeast to a mixing bowl. Leave for 10 minutes.

In another bowl, combine remaining dry ingredients and seeds and lightly mix. Add liquid yeast mixture to bowl of dry ingredients and mix. Dough will be very sticky. Scrape mixed dough onto well-floured counter and form into a rough loaf shape. Add loaf to a buttered loaf pan. Top with extra seeds as desired.

Place on middle rack of oven and heat to 212°F. After 30 minutes, add oven proof pan of boiling water to the bottom rack of oven. Raise temperature to 347°F and bake for 1 additional hour. Test center of bread with a toothpick and pull from oven when baked. Wait 5 minutes and remove bread from mold and allow to cool on a wire rack.

## CALENDAR OF EVENTS

### January

January 22 **SON Elvesund Lodge Meeting**, St. Michael's Lutheran Church, 500 E. 31st St., LaGrange Park, IL. Souper Sunday. 3:00-6:00.

### February

February 11-12 **Annual Norge Ski Club Winter Ski Jumping Tournament**, Noon-4:00 PM, Fox River Grove, IL. \$15.00 at gate, children 12 and under, free. [www.norgeskiclub.com](http://www.norgeskiclub.com).

February 26 **SON Elvesund Lodge Meeting**, St. Michael's Lutheran Church, 500 E. 31st St., LaGrange Park, IL. The Northern Lights. 3:00-6:00.

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## SON ELVESUND LODGE 2017 CALENDAR OF EVENTS

### January

22 Souper Sunday

### February

26 The Northern Lights, Megan Wells

### March

26

### April

24

### May

20 Banquet at Park Ridge CC — \$\$

21 Syttende Mai parade—no meeting

### June

25 Bingo for Rivets

### July / August

No meetings

### September

24 TBA

### October

22 TBA

### November

26 TBA

### December

17 Christmas party

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## NANCY'S NOTES

Did you enjoy the cookies? We thank all of you who participated in our Norwegian Christmas Cookie fund raiser. Whether you bought cookies for yourself or to give as gifts, we thank you! We enjoyed baking them for your pleasure. A big **THANK YOU** to our bakers: Phil Robinson for the kransekake and serinakaker; Tom Maxson for the krumkake; Mary Vann for the spice; and Margaret Bisberg for spritz. **DELICIOUS** — Thank you.

And **THANK YOU** to Diana and John Myhre for taking care of our Christmas tree in Western Springs. All of us appreciate all the time and caring you gave in both putting up and taking down our tree. We need to have an ornament making date this summer.

## NORWEGIAN LANGUAGE RESOURCES

Want to impress your relatives? Need to learn a few phrases or that trip coming up? Got some old letters you'd like to translate? Whatever your goals, Sons of Norway can help you get started learning the Norwegian language.

The Sons of Norway website, [www.sonsofnorway.com](http://www.sonsofnorway.com), has two great language programs for members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 audio lessons of simple phrases, written in Norwegian with English translations and pronounced by native speakers. They are all aimed at the beginner level, but will give you a sense of what the language sounds like and how it works.

The second program is called "Norwegian for Reading Comprehension." As the title indicates, this program focuses on reading for general understanding, rather than speaking or writing. Norwegian for Reading Comprehension shows you how the Norwegian language works and teaches you a strategy for breaking down sentences, paragraphs and passages piece by piece. This program includes instruction on the two different forms of the written language as well as tips about reading older texts.

To try either of these programs, sign into the "Members Login" section of [www.sonsofnorway.com](http://www.sonsofnorway.com).

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## LEARN MORE ABOUT NORWAY ON-LINE

There's no end to the information you can find on the internet. In fact, there's so much out there, sometimes it's hard to focus in on just what you need.

***www.google.no*** This is the Norwegian version of the well-known search engine Google.com. Google.no gives you a few options for narrowing your search. Check the box next to "Dokumenter på norsk" to search for websites in Norwegian only. Check "sider fra Norge" to search websites based in Norway. Otherwise, the default setting, "Netter" searches the entire internet exactly as Google.com does.

***www.gulesider.no*** Gulesider is a Norwegian phone directory. Click "English" in the lower right corner for a complete English-language interface. You can

use it to find phone numbers for businesses and private individuals in Norway, and also search for cities, towns, and even farms by choosing the map option.

***www.wikipedia.org*** and ***www.no.wikipedia.org*** Wikipedia is a massive online, user-edited encyclopedia in dozens of languages. Both the English and Norwegian versions of Wikipedia contain extensive information about Norwegian geography, history, language and culture. Because anyone can edit or write for Wikipedia, you need to be careful sometimes about how you use the information you find there. Still, Wikipedia can be very useful for finding basic facts or background information.

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## SONS OF NORWAY IS A FRATERNAL BENEFIT SOCIETY

**Remember** Sons of Norway is a financial benefit society. If you need financial planning or insurance information, call **Greg Regan** at 800 442-4146. He can help your money grow on trees.

### Top Ten Reasons to Own a Sons of Norway Annuity

1. Guaranteed safety of principal
2. Guaranteed minimum interest rate
3. Guaranteed income for life
4. High current interest rates
5. Tax deferred accumulations
6. No sales charges
7. No annual service fees
8. Penalty-free withdrawals beginning in Year 2
9. Penalty-free RMD withdrawals for IRAs
10. Peace of mind



## BEST PLACES TO VISIT IN NORTHERN NORWAY IN WINTER

Northern Norway is known for its natural beauty—the midnight sun, breathtaking aurora borealis, and pristine wilderness attract tourists from around the world. Travelers who crave dramatic experiences in natural settings may want to check off a few bucket list items in winter northern Norway. Below are a few ideas on what to see and do.

Visit the Knut Hamsun Centre in Hamarøy and learn about the life and work of the heralded Norwegian novelist who lived from 1859 to 1952. His work inspired other authors such as Thomas Mann and Ernest Hemingway and his famous books *Sult* (Hunger) and the Nobel Prize for Literature-winning *Markens Grøde* (The Growth of the Soil) have sold millions of copies around the world. More information and photos of the centre's unique architecture is at [www.hamsunsenterret.no](http://www.hamsunsenterret.no).

View northern Norway's natural wonders. Let the spectacular northern lights wow you during peak season between December to March. The further north and more remote

you go, the better your chances are to experience this dramatic natural phenomenon.

Have a look at Europe from the top. The northern-most point in Europe is Nordkapp—the North Cape—about 1500 miles from the North Pole. With winter temperatures ranging between 20 and 30 degrees Fahrenheit, you may have to bundle up a bit. Take in the view of the Barents Sea from the visitor's center atop a 1000 foot cliff.

En route to Nordkapp, experience the Sámi culture in the cultural capital of Karasjok in Finnmark. Originally this indigenous people lived as nomadic reindeer herders in the northern parts of Finland, Sweden, Norway, and Russia, and around 18% of Sámi people still do. To learn more about the Sámi people, go to Sápmi Culture Park, where you can sample traditional cuisine and listen to a joik performance, the traditional Sámi style of singing. For a modern cultural experience, visit the Sámi Centre

for Contemporary Art.

Hit the town in Tromsø and try beer made in the world's northern-most brewery, Mack, from nearby Balsfjord. While you're in town, take in a concert at the modern Arctic Cathedral and tour the older Tromsø Cathedral, the only Norwegian cathedral that is made of wood. Go dancing at one of many thriving dance clubs including salsa, swing, ballroom dance, tango. Hike a trail at Tennes where there are 6,000 year-old rock carvings.

Embrace the cold and stay in a snow hotel between the months of December and April. Not far from the Russian border, the town of Kirkenes is home to the brilliantly illuminated Kirkenes Snow Hotel. The hotel has 20 themed rooms made of snow and ice and a room temperature of 23°F and thermally-insulated mattresses. Next door to the hotel, wilderness restaurant Gabba is built like a Sámi tent where local specialties such as salmon and arctic char are prepared over an open fire.

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## BARLEY CAKES

1¼ cups pear barley  
3 onions, minced  
2 eggs  
Salt (to taste)  
1/2 tsp. nutmeg  
Ground allspice (to taste)  
Scant 1/2 cup whipping cream  
1/2 cup ground nuts or breadcrumbs

Prepare the barley by soaking it in water overnight. Cook barley in water until tender, around 20-25 minutes. Set aside to cool.

Combine the barley with the remaining ingredients. Form the mixture into small patties and prepare a frying pan with butter. Brown on both sides and set on paper towels to cool. Serve with brown gravy, coleslaw, lingonberry jam, fried onions, or with your favorite soup or stew.

Nancy Robinson  
President  
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Forest Park, IL 60130

**Sons of Norway  
Elvesund Lodge  
5-593**



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## BISHOP

From *The Norwegian Kitchen*.

\*Spiced wine is a common Scandinavian drink during the holiday season. The most common drink is called gløgg; however, here is a different version called bisp, or in English, "bishop."

3 cups water  
1 vanilla bean  
2 sticks cinnamon  
12 whole black peppercorns  
2/3 cup sugar  
1 bottle red wine  
3½ Tbsp. 60% alcohol

Bring water, spices and sugar to boil. Simmer over low heat about 90 minutes. Strain. Add red wine and alcohol. Bishop can also be made with blueberry or cherry wine.

\*An alcohol-free version can be made with black currant or blueberry juice. Serve warm in high glasses.