

ELVESUND

SONS OF NORWAY LODGE #5-593

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ST. MICHAEL'S LUTHERAN CHURCH, 500 E. 31st St., LaGrange Park, IL

OUR UPCOMING MEETINGS

November 27

Happy Thanksgiving!



For more than 50 years, the fish boil has fascinated tourists to Door County, WI, but its roots as we know it today go back to the first white settlers of the Door Peninsula.

Though Native Americans practiced their own version of the fish boil, the modern version has its roots in the late 1800s. That's when a large migration of Scandinavian immigrants brought their version to the area.

John Myhre will present our version of the fish boil, sans kerosene and a giant fire.



December 18

CHRISTMAS PARTY
Special Time: 2:00

Our Juletreffest Christmas party) is a special event. Invite your friends and neighbors or family members. There will be a smorgasbord with traditional foods such as meatballs, julekake, rice pudding, lefse, and cookies. We will sing favorite carols in English and Norwegian as we walk around the juletre with its Norwegian flags.

There might even be a visit by the Julenisse. Bring a wrapped gift for that special child (recommended value \$10-\$20). Adults who wish should also bring a gift for our special "Santa bag."



Please let Linda Courtice know what you are bringing to our smorgasbord and the number of guests. If you cannot bring a dish, a cash donation is always welcome.

847-224-2776

Meetings:
3:00—6:00 PM

4th Sunday of
the Month

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CHRISTMAS IN NORWAY

Christmas time is a cozy celebration full of food, gifts and many traditions. Today Norway's Christmas traditions are a combination of hundreds of different customs from all over Europe. Here are some that are well known.

Christmas Food - Christmas foods are something very special. When someone says Christmas, food is almost immediately the next thought. For many of us, the feeling of Christmas is tied directly to eating plenty of good holiday foods.

On Christmas Eve, lutefisk and Christmas ribs or pinnekjøtt are eaten. Rice cream and caramel pudding are eaten for dessert. On Christmas day, sweet means like pepperkaker (ginger snaps), syrup snipper (crisp diamond cookies), Christmas knekk (flat bread), krumkake (cardamom cone-shaped wafers) and marzipan are consumed.

Christmas Decorations - Decorating a Christmas tree with Christmas candles has been a tradition since trees have been put in living rooms for Christmas. This dates back to the 1600s. The candle symbolizes life and happiness in a dark time and is a perfect holiday decoration—as long as one is cautious of not starting a fire

Many other types of Christmas decorations became widespread in the 1800s. It was very special to decorate the Christmas tree, while some decorations were also made into heart baskets that could hold sweet treats, cakes, raisins, and fruits.

Christmas Songs - Among some of the most popular Christmas songs are “I Am So Glad Each Christmas Night,” “A Child Is Born in Bethlehem,” and “In the Barn Sits the Nisse with His Christmas Porridge.” Norwegians know these songs so well they can sing them in their sleep—or at least while they walk around the Christmas tree.

Santa Claus (Julenisse) - The Nisse was found in almost every farmer's barn in the old days. They are pretty small

and wear a red hat on their head. The Christmas Nisse want the farmers to be pleased with them, in return for their work they require Christmas porridge. One must not forget to leave out their porridge, because something can always go wrong on the farm as a payback.

Merry Christmas!

The Christmas Goat

The Norwegian Christmas tradition involving the julebukk, or Christmas goat, stretches at least back to the Middle Ages, and perhaps even further. In the highly superstitious culture of Middle Ages Norway, julebukken was said to be the most frightening of the demonic spirits of Asgårdsreien that would fly over Norwegian homes around Christmas time wreaking havoc upon families not keeping all the various taboos of the season. Groups of villagers would join together donning costumes of the members of Asgårdsreien and go from house to house causing mischief. Villagers would often offer Christmas goodies to the characters to appease their “wrath.”

The modern version of this tradition in Norway is somewhat tamer. To “go julebukk” now refers to Norwegian children dressing up in costumes and going door to door singing Christmas songs in return for goodies. Does that sound anything like a certain popular American holiday? Many Norwegian-Americans have even tried adding a little Norwegian twist to their Christmas caroling to make it a little more reminiscent of “going julebukk.”

Remember Sons of Norway is a financial benefit society and offers some excellent financial products, including life insurance, long-term care insurance, and annuities. For more information, to www.sofn.com and click on “Financial Products” or contact our area's Financial Benefits Counselor: call **Greg Regan** at 800 442-4146, email: gregregan@aol.com.

DECEMBER IS “STAMP” MONTH: Tubfrim

There are many ways in which we are asked to assist our fellow human beings who are in need. Participation in the Tubfrim program is one of the more simple et successful ways to do just that. Tubfrim is an organization in Norway that resells cancelled stamps and donates the proceeds to help children with disabilities. Sons of Norway is proud to support Tubfrim in their work to support children in need.

In 1928 Ditlet Frantzen postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen. When Frantzen left Nesbyen



in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Last year, Tubfrim made a profit of almost \$80,000.

HOW CAN YOU HELP?

To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge. Keep the perforation intact. Damaged stamps and phone cards are worthless. We are also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards, etc. are more than 50 years old, then please do not cut off the stamp, but send us the whole envelope/postcard.

Put them in a ziplock bag, and bring them to your next lodge meeting. We will turn them over to Mary Bennett, our district coordinator, who will bundle them, and send them to Norway.

Visit www.tubfrim.no and click on “English” to learn more.

COOKIES, COOKIES, AND MORE COOKIES

It's that time of year, again. Some orders have come in in advance of our mailings. “Are you selling your Norwegian Christmas cookies this year?” Yes, we are.

REMEMBER: We can ship everything except the krumkake. We have gift wrapping available.

Oatmeal lace	Krumkake
Kransekake	Spritz
Serinakaker	Spice

And lefse (made by Countryside).

Make your list—not of who's been good, but everyone you need to honor with a gift—a gift of home-baked Norwegian Christmas cookies.. Your postman, hair stylist, board members, teacher, choir director, mother-in-law.



HIDDEN HEROES: WORLD WAR II IN NORWAY

Hidden Heroes: World War II in Norway contains twenty eyewitness accounts from those who lived in Norway or were Americans who had extended family in Norway, during World War II. This unique history is told from the viewpoint of children and young adults.

Living in Norway. During World War II, you never knew if the person next door was a hero; a Norwegian resistance fighter. The hero next door could be a teenager going with his dad to steal grain from a Nazi train, in order to feed refugees. It could be a girl who hid messages in her instrument case, while going by bike to a violin lesson. It could be the fisherman down the street, rowing a boat full of grenades, with a German U-boat captain sitting on the seat which was hiding them. Many Norwegians risked their lives to thwart the Nazis who were occupying their country. These are their true stories.

This 182-page book is illustrated with over 50 images from the Norwegian National Archives, and uses "senior friendly" large type. "Hidden Heroes" is a Sons of Norway fundraiser to support activities at the annual Masse Moro

youth heritage camp, held at Beaver Creek Reserve in Fall Creek, Eau Claire County. Camp dates for 2017 are July 16-29. Make a \$25 donation and receive a copy of the book. \$100 donation gets you five books (shipped to one location), and a \$250 donation gets you 15 books (shipped to one location). The book can be purchased without a donation for \$20. Allow three weeks for printing and shipping.

Masse Moro is Sons of Norway's District 5 Norwegian heritage summer camp for children. These twenty eyewitness accounts were originally collected from Sons of Norway members by then-District 5 Cultural Director, Jean Bittner. We hope these accounts help you remember the acts of bravery that everyday heroes made in Norway in World II.

If you haven't earned a SON literature cultural skills pin, this book is a great way to get started.

Make checks out to "Sons of Norway District 5. Send your order to Mike Palecek, SON District 5 treasurer, 5747 Sandy Lane, Racine, WI 53406.

"I'M DREAMING OF A WHITE CHRISTMAS" (Hvit jul)

(English version)

I'm dreaming of a white Christmas
Just like the ones I used to know,
Where the tree top glistened
And children listened
To hear sleigh bells in the snow.
I'm dreaming of a white Christmas
With every Christmas card I write.
May your days be merry and bright,
And may all your Christmases be white.

Norwegian version)

Jeg drømmer om enhvit glede
Drømmer om jul med hvite trær
Om små barn som synger
Og spurv i klynger
I sne-e-drev og vinter vær
Slik mines jeg minn glade barndom
Med jule-sne på hver en vei
Hils til alle jhemme
Fra meg
Må liver julekveld bli lik for deg.

GRATULERER MED DAGEN

November

17 Eleanor Ettestad
23 Christine Worley

December

3 Tracy Johnson
6 Thomas Erber
10 Evelyn Balija
20 Elaine Ostrem



CALENDAR OF EVENTS

November

- Nov. 5 **"Filmkveld"/Movie Night**, Minnekirken, 2614 N. Kedzie Ave., Chicago, IL. Free showing of the 2003 film "Luther" starring Joseph Fiennes as a kick off to the 500th Anniversary of the Lutheran Reformation in 1517. Discussion after and a sauerkraut and sausage supper. Everyone is welcome, but a headcount would be helpful. Office.nimc@gmail.com or 773-252-7335.
- Nov. 6 **SON Polar Star Lodge Hostfest**, St. Olaf Lutheran Church, Montgomery, IL. Noon to 3:30. www.polarstarlodge.com
- Nov. 10. **Christmas Around the World**. We decorate our Norwegian Christmas tree at the Museum of Science and Industry and ask you to participate. Call Tom or Lynn Maxson for details, 847-297-1656. 5700 S. Lake Shore Dr., Chicago, IL 60637.
- Nov. 12/13 **Norsk Jul Market Rosemaling Sale and "Cottages in the Woods" Holiday Gifts and Bake Sale**. Good Templar Park, Geneva, IL. www.facebook.com/cottagesinthewoods.
- Nov. 13 **SON Skjold Lodge 25th Annual Norwegian Heritage Fest**, noon—4:00. Free. Exhibits and demonstrations. Baked goods, crafts for sale. www.skjoldlodge.com.
- Nov. 19 **Taste of Norway**, Minnekirken, 2615 N. Kedzie Ave., Chicago, IL. Norwegian sweaters, cookies, waffles, other Norwegian goodies. Traditional pea soup luncheon. Free.
- Nov. 19 **SON Cleng Peerson Lodge Annual Smorgasbord**, Norway Community Building, Norway, IL. 4:00 PM to 6:30 PM. Adults \$18 in advance, \$20 at the door; children 10 and under \$7.00. 815-792-8506.
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- Nov. 27 **The Story of the Fish Boil," SON Elvesund Lodge Meeting**, St. Michael's Church, 500 E. 31st St., LaGrange Park, IL. 3:00-6:00. 630-209-9450.



December

- Dec. 2 **Christmas Party**, Normennenes Singing Society. Allgauer's on the Riverfront Restaurant, Northbrook, IL. www.norgesings.org.
- Dec. 3 **Christmas Around the World: Norwegian Program**. Museum of Science and Industry, "Christmas Around the World". 12:15 PM, Chicago.
- Dec.. 4 **Christmas Concert**. Minnekirken, 2614 N. Kedzie Ave., Chicago, IL. 1:00 PM, Humboldt Park, N. Sacramento Blvd., Chicago, IL Refreshments following. Donation. www.minnekirken-chicago.org.
- Dec. 11 **Annual Christmas Party**, SON Skjold Lodge. 3:00-5:00. AYUA Ukrainian Center, 136 E. Illinois Ave., Palatine, IL. Over 14 years old: \$12.00. Bring a wrapped present for Santa to give to children you bring. RSVP to Phyllis Durtsche: 847-397-0873. www.skjoldlodge.com.
- Dec. 16 **Bjornson Male Chorus Christmas Dinner and Evening of Music**. Cocktails 6:30, Dinner 7:30 PM, Avalon Banquets, Elk Grove Village, IL. John Lee: 847-741-4210.
- Dec. 18 **Annual Christmas Party**. SON Elvesund Lodge, 500 E. 31st St., LaGrange Park, IL. 2:00-5:00 PM. Bring friends and family. Traditional Norwegian smorgasbord: Meatballs, julekake, lefse, cookies. Carol singing, Norwegian Christmas tree. See Page. 1. Linda Courtice: 847-224-2776.

GIVE THE GIFT OF SONS OF NORWAY

Do you have a loved one who is looking for a way to connect with their Norwegian roots? Maybe a friend who's interested in exploring Nordic cooking? Or maybe someone who never thought of joining or perhaps never heard of Sons of Norway. Consider giving a membership to Sons of Norway this holiday season. As you know, there's so much to being a Sons of Norway member—whether it's connecting with fellow Norwegians in the lodge or exploring the culture on their own, your loved ones or friends will fuel their interests

with a Sons of Norway membership.

A gift membership to Sons of Norway opens up a world of benefits for its recipients: like the outstanding Viking magazine, a welcoming network of lodges, cultural programs that introduce Norwegian arts and crafts or valuable discounts on things like airfare, hotels and so much more. How many other holiday gifts can give so much?

A gift membership doesn't only benefit its recipient, it's great for your lodge, too. Giving a membership to a loved one/

them to lodge, especially if they aren't already familiar with Sons of Norway. In fact, many people who've been given gift memberships across the organization have gone on to be long-term members of lodges.

If you're interested in giving a gift membership for Christmas, see Phil Robinson for an application, and provide you with costs. 630-209-9450.

JULEBRUS, A NORWEGIAN CHRISTMAS TRADITION

A Norwegian Christmas without *julebrus* (Christmas soda) is like a birthday party without cake. A seasonal favorite of Norwegian children (as well as many adults), *julebrus* comes in hues of red, brown, yellow-orange and even black. It is a sweet and fizzy drink that is bottled and labeled with festive Christmas patterns and pictures. The season drink is often flavored with lots of sugar, vanilla, ginger, caramel, a variety of berry, citrus or pear flavoring.

It's a staple, which for many across Norway stimulates the *julestemning* (Christmas feeling) intended for the holiday season ahead. As cooler weather approaches and leaves begin to fall, *julebrus* begins its seasonal distribution, all while decorations begin to take their places in stores, homes, schools and city centers. There is a rush of holiday spirit around Norway as businesses

close down and families prepare to gather for their *julaften* (Christmas Eve) dinners.

Joining them on their *julebord* (Christmas table) is the traditional bottle of *julebrus*, next to a traditional shot of after dinner aquavit (for the adults). Each member of the family has their favorite flavor, color, taste or brand, but sometimes it's left up to a matter of loyalty, and where you're from determines that. For example, the reigning champs in the annual *Julebrus* taste test contest come from the Hamar and Lillehammer area. The Hamar and Lillehammer *Julebrus* brand is a product of Ringnes Brewery and has been voted the best based on varying criteria.

Around 25 taste, and some not so taste Christmas sodas are widely distributed across Norway. But these are not the only thing

prompting holiday spirit in the stores as grocery stores fill with festive products and holiday spirit: apples are stamped with "god jul," small *nisser* are printed on milk cartons, and Christmas calendars filled with chocolate are for sale in every check-out line.



CHRISTMAS RECIPES

JULEKAKE

- 1 1/8 cups unsalted butter

2 cups sugar

3 large eggs

4 cups flour

1 tsp. cardamom

4 tsp. sugar
- 4 tsp. sugar

4 tsp. baking powder

2 cups cream

7/8 cups finely chopped citron

1 1/8 cups raisins

Cream butter and sugar until light and fluffy. Add the eggs, one at a time. Mix flour (save out a little to mix with fruit to prevent it from sinking to bottom of pan), cardamom, baking powder, and vanilla sugar, and add to butter mixture alternately with cream. Add fruit and stir well. Preheat oven to 350°F. Grease two loaf pans and line the bottoms with wax paper. Pour batter into pans and bake 1 hour. Cool on rack. Makes 2 loaves.

TURKEY SOUP WITH NORWEGIAN DUMPLINGS

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- Cups chopped celery, including tops
- Salt and pepper
- Norwegian dumplings
- 1/2 cup chopped fresh parsley

Place turkey bones and scraps into a kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Season with salt and pepper.

Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk

2 Tbsp. butter

2 Tbsp. sugar
- 1/2 tsp. nutmeg

1¼-1½ cups flour

In medium pan, combine butter, milk, sugar, and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut-sized dumplings.

NORWEGIAN COCONUT MACAROONS (kokosmakroner)

- 4 egg whites

8.8 oz. flaked, unsweetened coconut

5 oz. powdered sugar

1.76 oz. sugar

Whisk the egg whites until stiff peaks form. Add remaining ingredients and gently fold together. Do not overmix. Line a baking tray with parchment paper and spoon macaroon mixture onto the tray. Cook in 350°F. oven for 10-12 minutes.

VANILLA WREATHS (Smørkranser)

- 3/4 cup and 1 Tbsp. unsalted butter

2/3 cup sugar

1 egg

1 3/4 cup flour

1/2 tsp. baking powder

1 tsp. sugar

Cream butter and sugar until light and airy. Add remaining ingredients. Chill. Force through cookie press to make about 1/2" wide and 4 3/4" long bars. Form into wreaths. Place on parchment covered cookie sheet. Bake in 350°F oven and bake until light golden. Cool on rack.

NORWEGIAN PANCAKES

Here's a rich Norwegian dish to add a unique touch to Thanksgiving diner or to any other meal.

- 3 eggs

1 1/2 cups milk

1/2 cup cream

1/2 cup melted butter

1 cup sifted flour

1 Tbsp. sugar

1/2 tsp. salt

Beat eggs till creamy. Add the milk and cream. Sift and add dry ingredients. Beat well. Fry on hot skillet, covering bottom of skillet with dough. Fry as regular pancakes. When done, serve hot with butter and jelly or powdered sugar. Roll up or fund into quarters when serving.

Nancy Robinson
President
835 Circle Avenue
Forest Park, IL 60130

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



NORWAY'S NORTHERN LIGHTS

As Christmas draws near in Norway, nature ensures that the sky above is decorated with the fantastic northern lights.

In Norway, it is possible to see the Northern Lights between October and February. The polar lights in the northern hemisphere are called aurora borealis or northern lights, while the polar lights in the southern hemisphere are called aurora australis or southern lights. You can see the northern lights in southern Norway, but the lights are much stronger and more frequent in

the north. Although there is no guarantee you will see them, it is all dependent on meteorological conditions.

Aurora Polaris (refers to both aurora borealis and australis) is a physical phenomenon. The northern lights appear when southern winds are stronger than normal and combine with large electrically charged particles that are then drawn towards the earth. The particles of electrons and protons form light when they collide with the gases in earth's atmosphere.

Polar lights show themselves as waves of light that vary in both shape, color, and strength from dark blue in green and yellow, to red and orange. The colors of the polar lights are dependent on how high the phenomenon occurs in the atmosphere. Not surprisingly, the northern lights have been a subject for discussion in stories and legends as long as there have been people to listen to them. When the northern lights blaze across the sky on a winter night, onlookers experience a truly magical feeling.