

INDIANAPOLIS' CIRCLE CITY LODGE 5-614



# The Wren

V.28 ISSUE 3 MAY/JUNE 2019

## STAY CONNECTED TO SON

 Sons of Norway - Circle City Lodge

### SON Newsletters

will be available on a bimonthly basis. For the electronic newsletter, please send your email and contact info to: [jlrud@cinergymetro.net](mailto:jlrud@cinergymetro.net) **JERRY RUD**

If you would like to receive a printed version of the newsletter, please send your contact info to: [burtonbittner@att.net](mailto:burtonbittner@att.net) **BURT BITTNER**

### JOIN US FOR SYTTENDE MAI ON MAY 11!

Please send photos from the celebration. Hope you enjoy the salmon!



**SØTTENDE MAI**

**OSLO, NORWAY**

# HURRAY! IT'S SYTTENDE MAI.

During WW2 it was forbidden to parade for 17th of May. It was also forbidden to wear the Norwegian flag's colours on one's clothes – contributing to its importance as a symbol of Norway's freedom ever since. If you're in Oslo on May 17, you'll see Children's parades, marching bands, traditional costumes, and ice cream. A *lot* of ice cream. The celebration of the Norwegian Constitution Day is a party like no other.



#### JUST IN TIME FOR MAY 17

Ice-cream made in cooperation with Norwegian top lifestyle bloggers Caroline Berg Eriksen and Camilla Pihl. "Frost" is a low calorie ice cream with only natural sweeteners - the first of it's kind in Norway.



# Fra Presidenten

April 25, 2019

At last the long winter is over and now is time to catch up on all of the outdoor work that comes. I personally have been out mushroom hunting several days and finally found a few yesterday. I liken it to an adult Easter egg hunt, they just aren't brightly colored and a little harder to find.

Our local chapter has had a busy on March 31st several members prepared Norwegian cookies and treats for the International Grieg Symposium that was held at the Christel DeHaan Fine Arts Center at the University of Indianapolis. Several members were able to attend and enjoy the performances. The finale was performed by Luke Norell, Mary Rose Norell, Gregory Martin and Einar Røttingen. There were 2 piano's placed side by side on stage with 2 artists playing at each piano. The final piece was I Høst (In Autumn), Op.11 by Edvard Grieg. It was an impressive performance and enjoyed by all that attended.

April's performance by Robin Fossum on the Hardanger fiddle and the Violin was spectacular. Robin is one of our International Officers for Sons of Norway so she was able to provide additional information about the Sons of Norway organization.

Our Syttende Mai Celebration will be held on May 11th at King of Glory Lutheran Church. We will be having our fantastic salmon dinner. The cost will be \$18.00 per adult. We will be emailing reservation forms for the event.

I hope you are able to stay dry!

## Nancy

**P.S** At our last officers meeting it was decided to reduce our carbon footprint. After we use up our supply of paper and plastic we have approval from the church to use their plates and silverware and make use of the dishwasher.

# Member Snaps



## NEWSLETTER PHOTOS

Do you have great photos from our meetings or from your travels? Your images could be the art we need for our next newsletter. We'd love to feature you. Please send those photos to: [jlrud@cinergymetro.net](mailto:jlrud@cinergymetro.net) or [lindsayhadley23@mac.com](mailto:lindsayhadley23@mac.com). Else, the newsletter will be filled with pictures of Milo.

## A NORWEGIAN IN PARIS



NJÅL SPARBO,  
BASS-BARITONE

# International Grieg Symposium

The University of Indianapolis hosted the Edvard Grieg Society of the Great Lakes' 2019 symposium exploring the intersection of Grieg's music with fin-de-siècle French repertoire. In addition to a pre-college piano competition and lectures by experts from Norway, the United Kingdom, and the United States, concerts featured the Indianapolis String Quartet and guest performances of Grieg, Debussy, Fauré, and Ravel by pianists Emile Naoumoff and Einar Røttingen, baritone Njål Sparbo, and others. The Sons of Norway, Circle City Lodge members provided refreshments for the performance on March 31, 2019.

Please,  
join us!

WE'D  
LOVE TO  
SEE YOU.

- Sammenkomst is typically the **SECOND FRIDAY NIGHT** or the **SECOND SATURDAY AFTERNOON** of the month—King of Glory Lutheran Church
- Member lunch is the **THIRD WEDNESDAY** of the month.
- Board Meetings are the **FOURTH SATURDAY** of the month at 9:30 a.m.

### SAMMENKOMST

Saturday, May 11, Noon  
**MEAL** Reservations needed for our fantastic Salmon dinner  
**PROGRAM** Kubb weather permitting and "the Norway Game"

Friday, June 14, 6:30pm

**MEAL** Pitch-in  
**PROGRAM** TBD

### MEMBER LUNCHES

Stay tuned for details.

### BOARD MEETINGS

Another Broken Egg  
9435 N. Meridian Street

# 05

## MAY

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 29  | 30  | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |

# 06

## JUNE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 27  | 28  | 29  | 30  | 31  | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |

## DAGRUN, THIS ONE'S FOR YOU!

Dellie of Delliedelicious.com created this cake after being inspired by an American Flag version. She says this cake requires lots of patience, so the challenge is on! For detailed instructions, visit her site.



# NORSK



## HOW TO MAKE IT

# FLAGGKAKE

### Ingredients:

#### 2 BLUE CAKES À 24 CM:

1 cup butter (room temperature)  
1/2 cup vegetable oil  
3 cups sugar  
5 eggs (room temperature)  
3 cups all purpose flour  
2 tsp baking powder  
1/2 cup milk  
1/2 cup butter milk  
(+1 tsp lemon juice)  
blue gel colour

#### 2 RED STRAWBERRY CAKES À 24 CM:

1 cup butter (room temperature)  
1/2 cup vegetable oil  
3 cups sugar  
2 tbs jellO powder, strawberry flavoured  
5 eggs (room temperature)  
3 cups all purpose flour  
2 tsp baking powder  
4 tbs strawberry purée (blend strawberries in a blender)  
1/2 cup milk  
1/2 cup milk (+1 tsp lemon juice)  
red gel colour

#### VANILLA BEAN BUTTER CREAM:

2 cups unsalted butter (room temperature)  
6 cups confectioners sugar  
1 tbs vanilla sugar  
75 ml milk  
2 vanilla beans

#### BERRIES FOR DECORATION

### Method:

#### FOR THE BLUE CAKES:

Add 1 tsp lemon juice in 1/2 cup milk and let it sit for 10 minutes (and tadaa, a quick fix butter milk). Turn your oven to 175c.

Whip butter and oil until light and creamy in consistency. Add sugar, in batches, and continue mixing until the sugar is fully incorporated. Add eggs, one at a time, and mix. In another bowl, mix flour and baking powder and add 1/2 of this to the mixture. Mix milk and buttermilk and add this to the mixture as well. Add the remaining flour and mix well. Now, colour the mixture to desired colour with the gel colour. Cover two spring forms à 24 cm with baking paper and divide the mixture between the spring forms.

And bake for 35-45 minutes on the middle shelf. A tooth pick has to come out clean - then it's done. Let the cake cool for 10 minutes in the tin and then let it cool completely on a wire rack.

#### FOR THE RED CAKES:

Add 1 tsp lemon juice in 1/2 cup milk and let it sit for 10 minutes (and tadaa, a quick fix butter milk). Turn your oven to 175c.

Whip butter and oil until light and creamy in consistency. Add sugar and JellO powder, in batches, and continue mixing until the sugar is fully incorporated. Add eggs, one at a time, and mix. In another bowl, mix flour and baking powder and add 1/2 of this to the mixture. Mix milk, buttermilk and strawberry purée and add this to the mixture as well. Add the remaining flour and mix well. Now, colour the mixture to desired colour with the gel colour. Cover two spring forms à 24 cm with baking paper and divide the mixture between the spring forms. And bake for 35-45 minutes on the middle shelf. A tooth pick has to come out clean - then it's done. Let the cake cool for 10 minutes in the tin and then let it cool completely on a wire rack.

#### FOR THE BUTTER CREAM:

Mix butter until light and fluffy and pale in color. Add confectioners sugar, in batches, and continue mixing. Add vanilla sugar, milk and seeds from vanilla beans. Add more milk or confectioners sugar until you reach your desired consistency. This amount of frosting is enough for the filling, crumb coat and covering the cake.

Work with circles and use frosting for the white lines in the flag. Crumb coat the cake and then decorate and pipe it how you like it.

For step-by-step instructions: <http://www.delliedelicious.com/wp-content/uploads/2014/01/howtoflagcake.pdf>



STAMPS OF APPROVAL

# Tubfrim

## A FRIENDLY REMINDER TO NEVER THROW AWAY CANCELED STAMPS

Our lodge sent a pound of cancelled stamps to TUBFRIM just before Christmas. In their acknowledgement of the contribution they shared the following information about the program:

“TUBFRIM is a humanitarian organization owned by the Norwegian Health Association. TUBFRIM collects used postage stamps, packages them and sells them to wholesalers and philatelists world wide. When TUBFRIM was founded in 1928, its objective was to finance tuberculosis research and to provide aid for children infected by the disease. For decades tuberculosis was almost eradicated so TUBFRIM modified its aim to that of improving health care facilities for handicapped children and youth. Today, cases of tuberculosis are on the increase and TUBFRIM profits are again being used to finance research into and prevention of the disease. TUBFRIM also provides aid to increase the well being of handicapped children and youth in Norway.

Profits in 1929 totaled NOK 1,500.- and in 2018 the amount had grown to NOK 650,000.-. **The collective sum earned by TUBFRIM since it was founded, is now more than 23 million kroner.** This is money (i.e. stamps) rescued from the wastebaskets.

Please, never throw away canceled stamps. Just cut or tear the stamps off the envelopes, leaving a slight margin (approx. ½ inch) to keep the perforation intact. Only damaged stamps (damaged perforation, edges etc.) are worthless and are to be thrown away.

We are also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards etc. are more than 40-50 years old, then please do not cut off the stamp, but send us the whole envelope/postcard!

Stamps from any country in the world can be used, but it would save us a lot of work if you would sort between U.S.-stamps and stamps from other countries. Most Norwegian Embassies, Consulates, Seamen's Churches and private persons participate in the TUBFRIM program. Outside of Norway, the largest collection takes place in the United States through the organization Sons of Norway.”

The Circle City Lodge has been sending in stamps for years. **BOB SORENSEN** is currently coordinating the program for the lodge. Just bring your stamps (1/4” margins are sufficient) to lodge meetings and leave them on the resources table.

Thank you for your help in supporting TUBFRIM.

# Norway

## IN THE NEWS



## FRILUFTSLIV: THE KEY TO LIVING A HAPPY LIFE

Although Norway is consistently ranked as one of the world's happiest countries, new arrivals often find it difficult to quickly integrate into the society.

While the Scandinavian lifestyle crazes of *hygge* and *lagom* have taken the world by storm, the key to happiness in Norway is actually much more straightforward. Simply get outside.

Friluftsliv is an amalgamation of the Norwegian words for free, air and life, and is best translated as an outdoors lifestyle. Not embracing this concept is one of the key reasons why some newcomers fail to fit in to a new life in Norway.

Friluftsliv is enabled at least in part by the success of the Norwegian Trekking Association (DNT). For 150 years, DNT has worked to promote trekking and to improve conditions for all who enjoy Norway's broad range of outdoor attractions, come rain or shine.

Membership has grown from an initial 223 to more than 250,000. Many of those members volunteer to maintain the vast network of foot and ski trails and 550 cabins all around the country.

Curtis Rojak moved to Oslo with a pre-existing love of the outdoors life. He turned his hobby into a cycling tour business, Viking Biking, to show off the Norwegian capital to visitors. Rojak says education in friluftsliv starts early. "I have a three-year-old who skis as much as she can, and a six-year-old who wants to climb mountain peaks. Family vacations are often based around friluftsliv. It's a concept that permeates every aspect of life in Norway." —David Nikel, [Forbes.com](https://www.forbes.com)

DAVID NIKEL'S LATEST BOOK, HOW TO FIND A JOB IN NORWAY, IS AVAILABLE NOW IN PAPERBACK AND EBOOK. HIS 450-PAGE TRAVEL GUIDEBOOK, MOON NORWAY, HAS BEEN UPDATED FOR 2019.

# SNAKKER NORSK

## MUST-KNOW CELEBRATORY LANGUAGE FOR CONSTITUTION DAY IN NORWAY

Iskrem – “Ice cream”

Synge – “Sing”

Sang – “Song”

Grunnlovsdagen – “Constitution Day”

Skolekorps – “School band”

Det Konglige Slott – “Royal Palace, Oslo”

Dronning – “Queen”

Parade – “Parade”

Nasjonaldag – “National day”

Musikkorps – “Music band”

Konge – “King”

Pølse – “Hotdog”

Flaggdag – “Flag day”

Kronprins – “Crown Prince”

Janitsjarkorps – “Concert band”

Slott – “Castle”

Bunad – “Bunad”

Nasjonalsang – “Anthem”

THE BEST  
SOFT SERVED  
(ISKREM)  
AT THE  
OVERLOOK  
OF BERGEN >



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# WHAT IS IT?

## The Hardingfele

A Hardanger fiddle (or in Norwegian: hardingfele) is a traditional stringed instrument used originally to play the music of Norway. In modern designs, this type of fiddle is very similar to the violin, though with eight or nine strings (rather than four as on a standard violin) and thinner wood. Four of the strings are strung and played like a violin, while the rest, aptly named understrings or sympathetic strings, resonate under the influence of the other four.



## Great Performances

### ROBIN FOSSUM

April's performance by Robin Fossom on the Hardanger fiddle and the Violin was spectacular. You might know Robin as a Classical violinist, child prodigy, and Sons of Norway Dovre Lodge President. Photo by Susan Alden



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