

The LUREN



SONS OF NORWAY- CIRCLE CITY LODGE #5-614 CARMEL, IN

November/December 2021 Issue

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 its members.

Oldest Pair of Skis Unearthed in Norwegian Ice



by Andrew Curry, 5 October 2021

“In 2014, Norwegian archaeologists found a lone wooden ski on a mountaintop, where it had been trapped in ice for 1300 years. The ski was well preserved, down to an intact binding made from birch rope and leather straps. Because skis come in pairs, archaeologists monitored the ice patch for summertime thaws that might reveal the other one. Seven years later, their patience has paid off: In late September, a team found the second ski (pictured), 187 centimeters long and 17 centimeters wide, partially embedded in melting ice just 5 meters away from the first find spot.

The find makes this **the best preserved prehistoric pair of skis on record**, the scientists announced today. Ski fragments and rock art depicting skis have been found dating as far back as 6000 B.C.E., but never with intact bindings that show how the skis were used.

The skis, which would have been used as wintertime transportation tools, were extensively repaired, a sign they were too valuable to easily replace. They’re not identical, suggesting a set cobbled together from other pairs. And although researchers once thought the skis might have been lined with fur on the bottom for grip going uphill, a wide groove running down the center of the newly recovered ski would have no purpose if it was covered—suggesting fur wasn’t part of the design.

The find leaves one big question: What happened to their owner? Perhaps, the long-ago skier took them off to hunt and lost them in the snow, the researchers speculate. Or maybe an early skiing accident left the hunter too injured to descend to safety from the frozen heights. In that case, the ice might hold yet more surprises.“

https://www.science.org/content/article/oldest-pair-skis-unearthed-norwegian-ice?utm_campaign=news_daily_2021-10-05&et rid=732451717&et cid=3946308

Hilsen fra Presidenten - President's Letter:

November 20, 2021

Fra Presidenten,|

It's really hard to believe that we are coming to the end of another year. Even with Covid we have been able to get together safely. We have adapted to wearing masks and social distancing, bringing our meals and meeting outside when we were able.

I'm happy to announce that we will be having Julefest this year. It will be on December 11th at noon, first snacks and then the main meal around 1pm. We are able to use the kitchen this year to provide the meal. Please plan on bringing your best Norwegian cakes, cookies, breads and other goodies for dessert.

A reservation form will be included in the newsletter so we can plan how much food to prepare. We will also be having the mitten tree – bring mittens, scarves and hats to decorate the tree. All will be donated to those in need.

By request of several members, we will again be holding the silent auction so clean out your closet and bring your items for the silent auction. Bring your check book and buy-buy-buy!

I want to thank Jerry Rud for planning the programs this year and keeping me on track. I think everyone's favorite was the Fjord horses, I know everyone enjoyed petting them and seeing them up close and personal. Tusen Takk!

January 8th our program will be Ken and Sally Hurst. Ken has made Tine for years and has supplied them all over the US for Rosemaling. Sally is an exceptional Rosemaler and we have used Ken's Tine in many classes.

We have started a conversational Norwegian class. Berit led our first class in November and we plan on meeting monthly. Our next class will be held after Julefest.

I'm starting to get really excited for my January Vacation. Three of my sisters and I will be on the Hurtigruten. It was cancelled due to covid this past January so I'm looking forward to going even with the testing required. It's our opportunity to see the Northern lights. If we end up with great pictures, I know we would be willing to do a program in the future.

Hope to see you in December.

God Jul og Godt Nyttår.

Nancy Andersen



Calendar of Events

JULEFEST

DECEMBER 11, 2021

12 NOON
KING OF GLORY LUTHERN CHURCH
2201 EAST 106TH STREET
CARMEL, INDIANA

Please return this reservation form and check made out to Circle City Sons of Norway by December 4th to: Nancy Andersen 9349 Lafayette Road Indianapolis, IN 46278

\$17.00 for adults, \$8.00 12 yr. to 15 yr. and under 12 free.

Name: _____

Number Adults attending: _____ \$ _____

Number 12 – 15 attending: _____ \$ _____

Number Children attending: _____

Circle City Sons of Norway

November
30, noon **Foot-Notes Concert Watch Party**

Online, on Vesterheim's YouTube Channel

Decorah's Foot-Notes with support from Vesterheim invite everyone to a YouTube Watch Party of the recorded concert *Foot-Notes & Friends Play the Music of Johan Arndt Mostad – Lost Tunes from a Norwegian Immigrant's Notebooks*.

To tune in, visit Vesterheim's YouTube channel [here](#) on November 30 at noon. A Watch Party is a way for people to view a video at the same time and interact with one another. The video will remain available for public viewing after the Watch Party.

December
11, noon **Julefest at King of Glory Lutheran Church**

Menu includes:

Appetizers (cheese, shrimp, nuts, poached salmon, and lefse)
Spiral sliced ham
Green bean casserole
Sweet potatoes
Scalloped potatoes
Rolls/bread

Please mail payment to Nancy Anderson by 12/4.

Culture Corner

North House Folk School has a multitude of online courses available to learn the northern arts. Visit <https://northhouse.org/courses/category/online-courses> to learn more.

Rømmegrøt



Sour cream porridge with dried meats was festive food in the olden days and is still considered that today. Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream- a recipe is included below.

Ingredients:

- 1 $\frac{2}{3}$ cups 35 percent fat sour cream - (Recipe for homemade sour cream in Step 1)
 - Ingredients for homemade sour cream:
 - 1 cup whipping cream
 - 2 Tbsp. buttermilk
- 1 $\frac{1}{4}$ cups flour
- 5 cups full fat milk
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ cup granulated sugar
- 2 Tbsp. cinnamon

Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Step 2

Simmer sour cream, covered, about 15 minutes.

Step 3

Sift in $\frac{1}{3}$ of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.

https://www.sofn.com/norwegian_culture/featured_recipes/rommegrot/

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