

Myravisen

May 2021
Myrmarken Lodge 5-609
Marshfield, WI 54449



Happy Mother's Day to everyone. If you were not a mother, you certainly had a mother.

Please note: our May meeting will be on Saturday, May 8th, 9am at Scotty's Pizza. If anyone has a special way we can celebrate Syttende Mai (May 17th) on the following weekend, please suggest, i.e., a trip to some celebration in a not too distant place, a picnic, or anything else that you might like to do.

Wasn't John & Lois Fadness' trip through the Northwest Passage of Canada at our last meeting interesting? Thanks so much for sharing!

This Saturday's meeting will feature Tom Stram who will tell us about the Scandinavians of Door County. As we look forward to this presentation, invite your friends and neighbors to join us.

I look forward to seeing everyone this Saturday, the 8th!

Hilsen fra, Dorothy



SONS of NORWAY



SONS of NORWAY

Celebrating 125 Years
1895-2020

FUN FACT

Thor Bjorklund made furniture for a living. When he needed a way to get even slices of cheese, he looked to his toolbox. In 1925, after many tries, he invented a cheese slicer based on a carpenter's plane, which created perfect slices and wasted less cheese. The design has barely changed since the original.

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and to provide quality insurance and financial products to its members.

In this issue:

President' message.....	1
Celebrate Syttende Mai.....	1-2
Chocolate Cardamom Ice Cream recipe.....	3
17 Fun Facts About the 17th of May.....	3-4



Celebrate Syttende Mai

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins. (cont. on page 2)



Last month's *Myravisen* announced the "Warmth and Color: Traditional Norwegian Coverlets" display presented at Vesterheim Museum in Decorah, Iowa.

Anne Grethe Cook completed this coverlet and displayed it at our April meeting.



John and Lois Fadness presented a very interesting program of their "cruise" through the Northwest Passage of northern Canada.

(cont. from page 1)

Attire

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying "Gratulerer med dagen!" (Congratulations on this day!) or "Hurra for Syttende Mai!" (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurra for Syttende Mai!

Chocolate Cardamom Ice Cream

What better way to celebrate Syttende Mai than with some delicious homemade ice cream!

Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients

1 cup milk
1/2 cup good quality cocoa powder
3/4 cup sugar
2 cups heavy cream
pinch salt
1/4 tsp. ground cardamom



Directions

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it's time to make the ice cream. Using an ice cream maker (and ensuring that your core is nice and frozen), pour the ice cream base in and churn per the manufacturer's instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl).

17 FUN FACTS ABOUT THE 17TH OF MAY

The 17th of May ([Syttende Mai](#)) is a day of fun and celebration for children and adults alike – with colorful costumes, parades, music, and ice cream, lots of ice cream! It is also a very important historical day for all Norwegians and descendants around the world, not least in America.

This article introduces you and your kids to 17 facts about the history of the 17th of May: Why do we celebrate it? Who were some of the famous Norwegians who helped shape this day? When did it become a special day for children?

#1

We celebrate the 17th of May—Syttende Mai—because the Norwegian Constitution was signed on May 17th, 1814, at Eidsvoll. It is the Norwegian national holiday.

#2

The famous author Henrik Wergeland was one of the first Norwegians who wanted to make the 17th of May into a national day of celebration. He wrote the first national song for children: “We are a nation, we too.”

#3

During his lifetime, Henrik Wergeland was known as the “Syttende Mai King.”

#4

Henrik's father, Nicolai Wergeland, was among the 112 men who met at Eidsvoll to write and sign the Norwegian Constitution.

(cont. on page 4)

(cont. from page 3)

#5

The Norwegian Constitution has been changed several times since 1814. An important change granted full rights to Jewish people in 1851. Today in Norway, all people are considered equal.



“Riksforsamlingen på Eidsvoll 1814,” Oscar Wergeland. Painting: Riksmuseet i Oslo / Public Domain

#6

The first 17th of May children’s parade (barnetog) took place in 1870. It included only boys, about 200 of them the first year. With time, girls joined in, and we have come to call Syttende Mai “the Children’s Day.”

#7

For over 100 years, the king and the rest of the Norwegian royal family have waved to the children from the balcony of the royal palace in Oslo. They only skipped the years of German occupation during World War II, 1940-1944.

#8

The first school band to play at a Syttende Mai parade, in 1902, was formed in September 1901.

#9

Bands are one of the biggest and most important activities for kids. In Norway over 27,000 kids play in bands, and they come out and play on Syttende Mai.

#10

Norwegians started to wear bunads, the folk costumes we know today, on the 17th of May a little over 100 years ago.

#11

Bunads were inspired by the festive clothes that Norwegian farmers wore in the 1800s.

#12

Hulda Garborg was a popular writer, novelist, playwright, poet, folk dancer, and theater instructor. She was very important for the tradition of the folk costume in Norway. She liked to wear a Panama hat and gloves with her bunads.

#13

Since the 1920s it has been popular to dress children up in bunads to dance in rings, or leikarringar.

#14

For over 140 years children have sung the national anthem, “Ja, vi elsker dette landet,” translated as “Yes, we love this country.” The text was written by the beloved author Bjørnstjerne Bjørnson in 1859, and the melody was composed by Rikard Nordraak.

#15

During the World War II German occupation of Norway, between the years 1940 and 1945, 17th of May parades were forbidden. It was also forbidden to wear the colors of the flag on your clothing.

#16

The red, white, and blue Norwegian flag became an even stronger symbol for Norway on Liberation Day, May 8th, 1945, when the World War II German occupation ended.

#17

Norwegians eat between five and 10 times as much ice cream on the 17th of May than on any other day of the year. It’s the day that kids—and adults— can eat as much ice cream as they want—enjoy!

Hipp hipp hurra for Syttende Mai!

Source: <https://norwaytoday.info/culture/17-of-may-fun/>