



Meetings during COVID

David Crabb, Fraternal Engagement Manager, provided updates to lodge leaders concerning COVID and the lodge liability insurance. He reminds us that to be covered by our lodge liability insurance, we MUST abide by all rules imposed by the state, county, and/or city governments. We will NOT be having in person meetings until we are cleared to do so. Even board meetings are too large at this point to hold in person. If there is a desire for a Zoom meeting, we can arrange that, but we need to know about that interest.

Officers for 2021

We had no objections to the idea of holding over the 2020 officers for 2021, so we have accepted that slate by acclimation. As usual, the officers are listed elsewhere in this newsletter. As we have all been installed, there is no need for an installation program this year.

Lodge of the Year Form 2020

We will be filling out a LOY form soon. In spite of impacts on our meetings this year, they are leaving it basically the same, but will be “grading on a curve” for how many points lodges will need for Bronze, Silver, or Gold awards at the convention in 2022. This year has thrown every lodge into turmoil, but the form itself is a good guideline for lodges to look at to see if, in normal times, there are places they can improve how their lodge operates, what programs they offer, what benefits they offer to their communities, etc. This break may be an opportunity to look at those things and see if we can see places our lodge can do better, do more, to honor our heritage. Regardless of the LOY form, we still need to collect any and all volunteer hours spent on behalf of the lodge this year, both those for the community and those for the lodge. Please start reviewing your year and get at least an estimate of hours and what “events” they were associated with to Nancy ASAP. Volunteer hours are how we justify Sons of Norway’s non-profit status to the IRS. That is why we bug you about them every year.



Classes, etc.

Joe Molvik is still holding socially distanced carving classes. He says he has room for one or two more students. If you want to attend, please contact him. Joe Molvik, (509) 582-5820.

The Norwegian language group is also meeting, and there is an account of their recent gatherings on the center sheet of the newsletter. For more information, please contact Gretchen Makinson, (509) 943-1264, glmakinson@aol.com.

The knitting group has not been able to gather, since the libraries are not open for groups. But we each work on our own projects, waiting for when we CAN work side-by-side. If you would like to be included in this group (not only knitting, any hand work will do) when we restart, please contact Nancy Holter (509) 948-2684, sol.land.lodge@gmail.com.

Sol-Land Lodge holds a monthly meeting on the third Friday of the month. We have a potluck dinner beginning at 6:30pm. Guests are not expected to bring food just to come and enjoy themselves! The cultural program begins about 7:30. We meet at Kennewick First Lutheran Church on the corner of HWY 395 and Yelm. We have a board meeting on the last Monday of the month, beginning at 7:00pm, also at Kennewick First Lutheran. If you wish to come to a meeting, but do not have transportation, please contact us and we will arrange it for you. If you are interested in a membership, give one of us a call; we can tell you what we are all about and how to go about becoming a member. You can also visit our lodge website at www.sol-land.org.



Officers for 2020

President - Greg Holter
Vice President – Darlene Roberson
Secretary - Nancy Holter
Treasurer – Lucinda Twedt
Counselor - Virginia Fields
Social Director - Rennae Rosenberg
Cultural Director - Gretchen Makinson
Assistant Cultural – Ron Rolla, Joe Molvik
Sports Director – Lisa Bartholomew
Foundation Director - Nancy Holter
Publicity Director - Kristie Edwards
Editors - Sara Watson/Nancy Holter
Musician - Linnea Hillesland
Librarian – Maureen Woodward/Gretchen Makinson
Marshall - Brad Horst
Assistant Marshall - Dave Payson
Greeter - Donna Smitt
Assistant Greeter - Ginger Fields/Elaine Shepherd
Sunshine Comm. - Darlene Roberson
Scholarship Chair - Dick Nordness
Tubfrim Chair – Laurie Tyssen

Sons of Norway Video

In January, Sons of Norway International released an updated version of the Sons of Norway history video in honor of our 125th anniversary. Watch (https://www.youtube.com/watch?v=v_eZDMuubQk) to learn about our founding members, and see how their vision endured through generations to become the organization we know and love today.



Grant Applications Due SOON!!

The Sons of Norway Foundation's grant cycle is currently open! Grant applications are due December 31st. More information on our grant opportunities and the application can be found here:

<https://www.sofn.com/foundation/grants/>

Lodge Donations

We have been asked, as a lodge, to contribute to the sons of Norway Foundation. Their fund is used to supply grants, scholarships and hardship grants to members who have been affected by fires, floods, etc. If you have any discussion on this, please direct it to one of the board members, ASAP. The Foundation always accepts individual donations, too. To check out the range of grants and scholarships available, you can go to <https://www.sofn.com/foundation/>.

We are also planning a donation to Ski for Light (<https://www.sfl.org/>), as we have in previous years. They do fantastic things for vision- and mobility-impaired skiers. We had a presentation by Roger Young a couple years ago about the organization. Many Sons members in the PNW donated their time and energy to this cause – but this year, again, has thrown a wrench into things. We will be directing our lodge donation to the PNW region, but you can donate to the parent organization, too.

Every charitable organization in the country is having issues this year. We offer support to Vista elementary School in Kennewick, My Friends Place, and the Union Gospel Mission when we collect warm things for our Mitten tree in December. Since we cannot gather together, if you don't care to deliver your donations to the organizations yourself, please contact Rennae Rosenberg (IMRennae@yahoo.com, 509-539-8948) or Nancy Holter (509-948-2684, sol.land.lodge@gmail.com) and one of them will arrange to get your donations to the right place. (Time spent collecting/buying these donations DOES count toward your volunteer hours!!). I have no idea if the Kennewick schools need donations of food or not right now, but hats and mittens are always welcome. My Friends Place always can use paper products, hygiene products, snacks AND bus passes in addition to scarves, mittens, hats, socks, etc. And, as the Bombas ads remind us, "socks are the more requested item in shelters".



Membership News



Joe Molvik was awarded his golden Membership in November. President Greg Holter delivered his pin and certificate to him. Greg also mailed Khris Olsen his Golden Membership items.

New members!! In spite of the insanity, we do have some new members in the last year or so. IN fact, we have TEN new members, in SIX households! Once we can hold meetings, we will have to have an initiation ceremony for them. We have lost two members to death also, Max Kreiter, and Larry Rockne, so we will hold a memorial service, too. Between people moving away and others forgetting to renew their memberships, we have gone from 114

members in Nov 2019 to our current 105 members. Please remember, if you have heritage members, they do NOT automatically become Unge Venner members when they turn 16. They will be dropped from the rolls unless you make them 'real' members. If you need assistance with this, please contact Nancy (509) 948-2684, sol.land.lodge@gmail.com.

By-laws Change

We will be sending out a copy of the new by-laws to each member in the near future, so we can hold a vote on accepting them. We have incorporated the new sections to add two items of importance. One will help our lodge ensure proper oversight with compliance issues and the other will establish guidelines for a local lodge in the event of lodge dissolution. These additions come from advice by International counsel in order to help lodges protect themselves from a legal standpoint and to provide guidance in the unlikely event of a lodge dissolution. Other than these 2 parts, which International has provided for us, there are no changes to the by-laws we just recently approved. Technically we are supposed to also read them aloud at a general meeting, but unless I hear a request for this, I think we can bypass this step. If we really need to do a read-aloud, we can set up a Zoom for it. Please let me know ASAP, so we can get these accepted and sent off. Please watch for your copy, either by email or snail mail and respond within the time given in the correspondence.

Now for something completely different

Don't mess with the Nisse's porridge! Norwegian dairy producer Tine has a video warning for you to enjoy. <https://www.youtube.com/watch?v=n4LlvzC4nJI>, and the Nisse enjoys other things besides porridge; flan with whipped cream <https://www.youtube.com/watch?v=HgHI2CfXVRM> and gingerbread cookies! <https://www.youtube.com/watch?v=uCecy-lbtXs>.

Archaeologists have uncovered a haul of ancient artifacts from a melted ice patch in Norway, including a record number of arrows used for reindeer hunting from more than 6,000 years ago. <https://www.msn.com/en-us/news/world/norway-ice-melt-reveals-frozen-archive-of-ancient-reindeer-hunting-arrows/ar-BB1bo3bD>

Can you answer these trivia questions about Norway and America?

1. What is the period between Christmas and New Year's Day often called in Norwegian?
2. Who introduced Christianity to Norway around 1000 AD?
3. What is the name of the sour-cream porridge eaten in Norway, especially around Christmas time?
4. Who wrote the popular Norwegian Christmas songs *Musevisa* and *Julekveldsvise*?
5. In making lutefisk, what substance is the cod soaked in?
6. What is the name of Norway's Santa Claus?

Answers: 1. Romjul 2. Olav Tryggvasson 3. Rommegrøt 4. Alf Prøysen 5. Lye 6. Julenissen





Norwegian Christmas Traditions

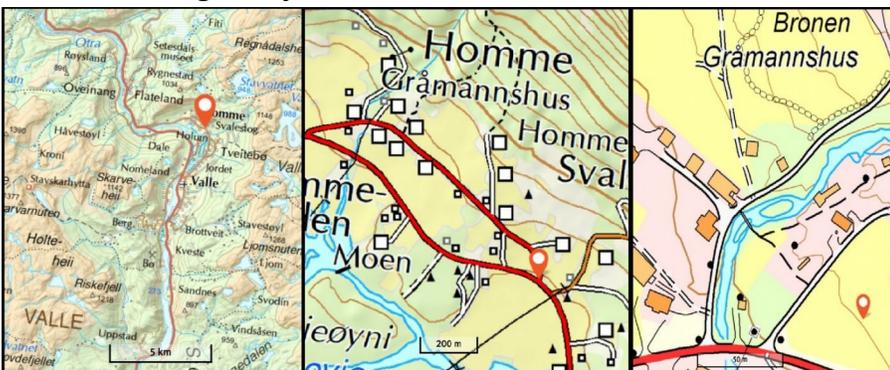
The Christmas Goat

The Norwegian Christmas tradition involving the julebuk, 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 Åsgårdsreien 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 Åsgårdsreien 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 julebuk” 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 julebuk”

Even if we can’t travel to Norway right now, we can dream and plan, right? There are a number of online mapping services for Norway. Gul Sider is one, but Kartverket (<https://www.kartverket.no/en/on-land>) offers you the chance to print out high detail maps with hiking and skiing trails, too. You can search for a place (Homme, for example) and drill down many times, from an overview to individual buildings. It is possible to print out your own map by using the ‘My Hiking Map’ feature at norgeskart.no. The maps you print out will have approximately the same design as the paper maps that can be bought in shops, and you can be sure that you get the latest version. They are updated every single week. AND, if you want to have access to a map at all times, the Norwegian Mapping Authority has created an app called ‘Hvor?’ that is available from both the App Store and Google Play.



A Recipe for Christmas Bread

Here’s a recipe from Astrid Karlsen Scott’s *Authentic Norwegian Cooking*. This recipe for *julekake*, or Christmas bread, is more like a cake than other *julekake* recipes. Makes a delicious treat for the holidays.

1-1/8 cups butter	4 tsp. vanilla sugar
2 cups sugar	4 tsp. baking powder
3 eggs	2 cups coffee cream
4 cups flour	7/8 c. finely chopped citron
1 tsp. Cardamom	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.



The Norwegian Conversation group has been meeting outdoors following social distancing precautions and group size rules throughout the summer and fall. A theme was picked relating to cooking, history, travel and children's books and group members shared a story in Norwegian at each meeting on that theme.

For our cooking theme, members brought recipes and shared how they made various foods such as Suksess torte, Baer Stripete Popsicles (berry striped popsicles), fiskekaker (fish cakes) and macadamia nut cookies. Sometimes, we even got to sample the foods that were talked about!

Joe Molvik shared memories of what it was like in Norway on the day World War II ended. For five years during the German occupation, Norwegians were not allowed to fly their flag. On this day, a neighbor who had hidden away a large flag, spread it out on the ground because there was no flag pole to raise it up. All of the school children were given chocolate, a treat that they had not had in a long time! Joe was 8 years old and his brother was 5 years old when this happened. In May on the 75th anniversary of the ending of the war, he and his brother had a long talk about it on the phone.

In July, Lisa Bartholomew challenged us with a Norwegian vocabulary game that involved objects in her back yard. We also got to meet her chickens and hear about their adventures with hawks! Since it was her birthday, Lisa wore a crown and we sang the Norwegian birthday song to her. She treated us to a delicious fruit cake afterwards.

Our conversation about travel to Norway produced so many stories that we needed several meetings to cover the subject! Joe Molvik told us about his trip where he visited his relatives and then sailed up the coast on the Hurtigruten and Lisa Bartholomew recalled a visit to the town of Voss where her father's father was born. Ron Rolla talked about flying to Germany to pick up a car and then driving to Denmark to visit his in-laws. Margarethe's Staal told us about visiting the Dyreparken (zoo) and the Kardemommeby theme park with her children plus Oslo sites and the Kongvinger festning (fortress). Gretchen Makinson has fond memories of attending a children's school play and learning folk dances while staying in the small town of Hovin in the Telemark region.



For our children's books theme, Margarethe talked about books written by the author, Torbjørn Egner. One of his books, "Folk og røvere i Kardemommeby" (People and rovers in Cardamom City) was made into a musical and Margarethe played one of the songs "Politimester Bastian" (Police Chief Bastian) for us. The one rule that was given in the song was that "you can do what you want but you have to be NICE." Such good advice for all of us! Ron did some research on the Cardomom spice. Norway is one of the largest importers of this spice and it is used for baking products such as Julekake and sweet buns and breads. Lisa read aloud from a book also written by Torbjørn Egner titled "Karius og Baktus" (cavities and

bacteria) that dealt with the humorous adventures of characters that lived in a child's mouth. Gretchen read a story call "En liten katt" (A small cat) from a children's book that she had bought in Norway.

We have really appreciated our two native Norwegian speakers, Joe Molvik and Margarethe Staal. They have been very patient and helpful with our pronunciation and grammar! The group plans to continue to meet in the winter months perhaps around a campfire in the outdoors or on zoom.

From Old Norse to Modern English

Scandinavia's influence is visible in many ways throughout our Sons of Norway communities, from our sometimes-controversial culinary traditions to our hearty work ethic and mischievous sense of humor. But even in parts of North America without strong ties to Norwegian heritage, there is still one area where the Norse influence has made its way to the mainstream: the English language.

Historically speaking, languages like Latin, French and German get most of the credit for providing the origins of modern English—but Old Norse played an important role too, and it can still be seen today. The following are just a few of the many words inherited from the Vikings that we use every day:

axle – from *öxull* (axis)
bug – from *búkr* (insect within tree trunks)
blunder – from *blundrai* (to stumble blindly)
bylaw – from *bylög* (village law)
glitter – from *glitra* (to glitter)
haggle – from *haggen* (to chop)
happy – from *happ* (good fortune / fate / chance)
likely – from *líkligr* (likely)
odd – from *oddi* (third number / casting vote)
rotten – from *rotinn* (decayed)
stammer – from *stemma* (to hinder / dam up)
thrift – from *þrift* (prosperity)
Thursday – from *Þorsdagr* (Thor's day)
ugly – from *uggligr* (repulsive)
window – from *vindauga* ("wind eye")



Sons of Norway newsletter Service Nov/Dec 2019



Sons of Norway Sol-Land Lodge 2-086
P.O. Box 6235
Kennewick, WA 99336