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S a p p y S y t t e n d i M a i

UPCOMING EVENTS:

Saturday May 17th Clifton's Syttendi Mai

Clifton, Texas The Syttendi Mai celebration will be in the Clifton City Park location near the gazebo. Clifton was designated the Norwegian Capital of Texas and is approximately 1 1/2 hours drive from the Metroplex. Be sure to bring your lawn chairs so you can stay and enjoy the variety of events planned throughout the afternoon. Opening ceremony will begin at 11 am. Hamburgers and other snacks will be sold. For further information call 1-800-344-3720.

Sunday May 18 NordTex Lodge Syentende Mai.

Come celebrate Syttendi Mai with a picnic and a game of Kubb at Bob Woodruff Park's South Pavilion from 4:00pm - 9:00pm. The Dallas lodge will supply the hot dogs (and their fixings). Bring a dish and be ready to enjoy the afternoon playing Kubb. To get to the south pavilion take Park and go east of Central Expressway (US 75), then turn right on San Gabriel Drive. Call/email Norine Cherry for more information.

FW Meeting

See inside for more information about the Fort Worth Lodge.

June 21st Midsummer

Midsummer potluck breakfast at Plano's Arbor Hills Preserve 8:00 am - Noon. Join all Metroplex Scandinavians for a Midsummer Celebration. Bring a breakfast dish and be ready to enjoy the morning hearing about how midsummer is and was celebrated in Norway, Sweden, Denmark, Finland and Iceland. There will be a nature walk, a demonstration on Norwegian dancing, Kubb setup for those of the sports minded, and crafts for all ages. Call/email Norine Cherry for more information.

Sunday July 26 @ 3:00 pm. Plano Meeting.

Check the lodge's website for more details.

October 24-25 District 1 Board Meeting

Jackpot Junction; Morton, MN

June 17-19 2004 District 1 Convention

Rapid City, SD

August 18-21, 2004 SofN International Convention

Washington DC

Velkommen to the "News" As the year progressed I accepted a job and left the DFW Metroplex. Though I will not be as active as I have been, I will continue as Editor and will produce the News on a more regular basis. Please if you have photographs, articles, or news for inclusion forward them and I will try to include them. Also if you would like to advertise please contact me. Takk

Plano's President's Message

Unfortunately no message was received at press time.

Fort Worth's President's Message

J.C. White and I were talking [last week] and he brought up the question whether I thought our lodge would survive. I've thought on this more than you know and have even brought it up to a few of you. From 1998 to 2001 we struggled at getting our 40 members in order for our lodge to be instituted. Finally in May of 2001 we got our 40+ members and were instituted on May 17th. I was so excited. I envisioned our lodge having some great programs and doing community projects, but it didn't happen. The numbers were there but not the participation. We did have a few great programs and we did our Christmas smorgasbord for St. Andrew's last year, which was fun, though a lot of hard work. Maybe my expectations were too great. I have tried to be positive, but I have to be honest and say that the enthusiasm I felt has long been gone. For just the few of us that come to each meeting, we can keep meeting once a month to socialize without being a lodge. So with that in mind, what do you all think? F.Y.I. our membership has dropped considerably. Last year we gained five new members but lost 21. Out of this 21, 20 did not renew their membership (two of these were officers), one member passed away. Out of the remaining membership, two already lived out of state, four recently moved out of state, and one moved to west Texas.

Cathy Dickinson, President

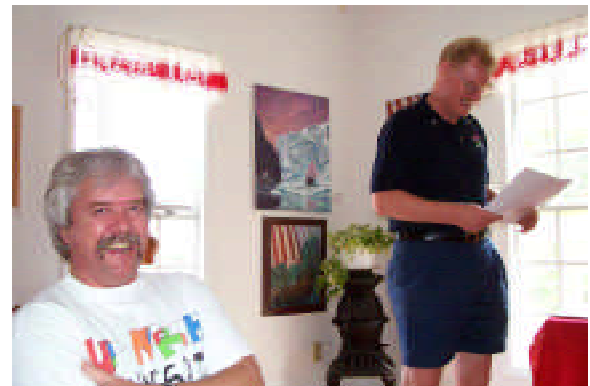
Please contact Cathy and express your opinion as to the future of the lodge. The following is my personal comment. Though I have moved away (and thus won't be AS ACTIVE as I had been) I would still like to voice my disapproval of letting the lodge fold. I would recommend that we follow what happened in Dallas and "hope" for a

day where a new "go-get-er" can take what we started and make it what we all would like, a thriving vibrant lodge. It took too much work and sacrifices to just let it die on the vine. I suppose if Minneapolis forces our hand that's another story and I would then be in favor of a merger with Dallas. Something to consider; what happens to our resources. My recommendation is just meet unstructured/informally (at least quarterly) until we are forced to play our hand. Until then lets have some fun.
John G. Eberly, VP/Editor

Past Events in Review:

The Plano lodge's April meeting was a look at the Sons of Norway cultural skills program. An in-depth discussion involved the baking and stamp collecting program. Check lodge's website for more information.

<http://www.norskland.com/nordtex>



pictures by John G. Eberly



Viking Fest News

WACO, May 3, 2003 Viking Fest announces that any club or organization, which sells a minimum of 500 Raffle tickets (\$500) will receive a free 10x10 vendor/food booth. The club sings up for the booth and pays the fee, and if they have by January 2004 meeting sold all the 500 raffle tickets and turn in the \$500 the entire booth rental will be returned at 100%.

News From Around The District

April 1, 2003 Leonard Carlson Director of Agencies for Sons of Norway announces the appointment of Rod Goff of Waco, Texas as the independent Sons of Norway insurance representative for Texas. Congratulations to Rod and hope to see you and Marge soon. In the meantime he can be reached at 254-836-0566 or email: rodgoff@airmail.net.

MINNEAPOLIS, Vikings the North Atlantic Saga ongoing exhibit now through May 18th Science Museum of Minnesota

WACO, March 15, 2003 The Lodge Charter was presented to Canuteson-Reiersen Lodge #1-660 in Waco by First District Secretary, Jon



Tehven at the Area Workshop held at Providence Hospital in Waco. Pictured L-R: Phil Erickson, Jesse Pafford, Judy Sabbe, John Drivdahl, Liz Morrison, Russ Larsen, Jon Tehven. Congratulations to the Waco Lodge.



Congratulations to Jon Tehven, the new First District Secretary, from Waverly, IA.

Skogfjorden 2003 Concordia Language Villages a program of Concordia College Moorhead MN One week, two week and one month sessions; June 9 - August 9. The camp who's mission is to prepair young people for responsible citizenship in our global community was built using Norwegian architectural styles. Skogfjorden is located on Turtle River Lake, near Bemidji, MN. Cost varies. Sons of Norway and District scholarships available. Call (218)299-4544 for more information.

<http://www.ConcordiaLanguageVillages.org> email clv@cord.edu

25th year of sharing at Norwegian Heritage Camp for Youth July 13-26, 2003. Eau Claire County Youth Camp, Wisconsin cost \$460 District 1 scholarship available. Planned and Operated by District 5 Youth Director Tom Boudreau (715)886-4514 Email tsboud@hotmail.com A trip to L'Anse aux Meadows in Newfoundland, the site of the first Viking settlement in the new world 500 years before Columbus discovered America, is being offered August 16-23, 2003 with Odell Bjerkness as host and lecturer, by AAA Travel of Minneapolis. For more information, call 952-842-8343, email objerkness@aol.com or write c/o 7618 York Ave. S, #119; Edina, MN 55435 Approx. cost \$1,879 (includes airfare from MN).

Camp Norway 2003 Selbu (SE of Trondheim) Norway June 21- July 18 for students 16-23 years of age. Cost \$3,900 plus airfare. Scholarship and grants available. Call (800)945-8851 email campnorway@sofn.com

A Little in English Norwegian Rows to South America Norwegian doctor Stein Hoff is the first person to row a boat from Europe to South America. On November 14, 2002, he arrived in Guyana, 96 days after leaving from Lisbon, Portugal. Upon arrival in Guyana, he was greeted by his wife, mother and local government officials. Children in the audience were glad when Stein passed out some leftover Norwegian chocolate.

-Aftenposten

Litt på norsk Nytt Nordmann rodde til Sør-Amerika

Den norske legen Stein Hoff ble den første som har rodd fra Europa til Sør-Amerika. 14.november 2002 var han fremme i Guyana, 96 døgn etter han dro fra Lisboa, Portugal. Da han kom frem i Guyana, ble han tatt imot av sin kone, mor og lokale myndigheter. Barna blant tilskuerne ble glade da Stein delte ut sjokolade han hadde til overs.

- fra Western Viking

Today's Norway Syttende Mai in Norway

For Norwegians, May 17th, Syttende Mai, is one of the biggest days of the year. To get a feel for how most Norwegians like to celebrate their national day, let 9 s follow an imaginary family, Arne and Ingvild Hansen and their children, 18-year-old Maria and 8-year-old Daniel. The Hansens start out their day with a big breakfast of herring, smoked salmon and other open-faced sandwich toppings. Then it's time to head to the

continued on page 6

big parade. Daniel joins with his schoolmates to march in the barnetog, or children's parade. For Maria, who will soon be finished with secondary school, Syttende Mai marks the end of weeks of a uniquely Norwegian celebration known as russetiden. With her fellow russ, or graduates, she too marches in the parade. Arne and Ingvild meanwhile stand with the rest of their town dressed in their very finest, a bunad for Ingvild and a suit and tie for Arne, waving their Norwegian flags and singing the national anthem "Ja, vi elsker." After the parade, Maria joins with her russ friends for a while as mom and dad take Daniel to join in the children's games organized by schools and the town. Daniel is treated to the favorite of Norwegian children, pølse, brus, and is, or hot dogs, soda pop and ice cream. To end their big day, the Hansens come back together at home for a Syttende Mai meal of rømmegrøt, grillemat, and kransekake, or cream porridge, grilled food and almond ring cake as well as a little eggedosis, eggnog minus the milk.

Today's Norway Norway: World Capital of Peace? Norwegians, like most other peoples around the world, want their country to have an important international role. Over the past decade, to the satisfaction of most, Norway's role has become that of international peacemaker. Norwegians have long taken pride in the fact that the Nobel Peace Prize has been awarded in Oslo since 1901. In the past decade, Norway has also been able to sponsor various peace negotiations around the world. Norway has involved itself in conflicts in the Middle East, the Balkans, Southeast Asia and Central America. Some ventures, like the Israeli-Palestinian agreement signed in Oslo in 1993, have experienced difficulties. However, many have succeeded, such as the peace agreement ending a 19-year civil war in Sri Lanka that was signed in Oslo in December 2002. Because Norway is a small country with an ample supply of finances and virtually no enemies, they are able to spend the money and time on peacemaking ventures that other countries simply could not. This reputation for peacemaking has become very important to many modern Norwegians because it opens numerous business opportunities abroad and gives them a sense of national pride.

Norwegians WWII Trivia

Sixty-three years ago, on April 9, 1940, Nazi Germany invaded Norway. In remembrance of that event, see if you can answer these trivia questions about World War II and Norway:

1. Where was the Norwegian government in exile during the war?

2. What invention did Norwegians wear during the war as a symbol of national unity?
3. Who was the Norwegian Prime Minister during the war?
4. What is the significance of May 8, 1945?
5. In what countries did the Royal Family take refuge?

See page 13 for the answers to the trivia

A Little English Drunk Alert In Southern Norway

In southern Norway last winter, residents were alerted to a drunken moose problem. No, the moose have not started hanging out at bars, but rather became intoxicated from fermented fruit. A warm summer thoroughly fermented fallen apples and an early snowfall prevented people from removing the fruit before winter set in. District veterinarian Paul Stamberg of Kristiansand said it was the first time he had ever heard of drunken moose, but he felt that it would take quite a bit to intoxicate them, since they have fairly large bodies. Veterinarians warned that a drunken moose would be unpredictable and potentially dangerous.

- from *Telemarksavisa*

Litt på norsk Advarsel mot full elg i Sør-Norge

På Sørlandet i fjor vinter ble det advart mot full elg. Nei, elgen begynte ikke 'a g'a p'a fylla eller henge p'a bar. Den ble derimot beruset av gjæret frukt. En varm sommer gjæret frukten godt, og tidlig snøfall gjorde at folk ikke fikk fjernet eplene før vinteren satte inn. Distriktsveterinæren Paul Stamberg i Kristiansand sa at det var første gang han hadde hørt om full elg, men han mente det skal mye til for en elg 'a bli full siden den har en relativt stor kropp. En full elg kan være ganske uberegnlig og farlig, advarer veterinærer.

-fra *Telemarksavisa*

Today's Norway Crime Doesn't Pay in Norway

If you are looking to start up a career as a bank robber, Norway is definitely not the place for you. In 2001, only fifteen bank robberies were reported in all of Norway, and those responsible were caught in twelve of those incidents. Norwegian post offices, which offer some banking services, are even more secure. From the eight post office robberies in 2001, all suspects were caught. Norway has the world's safest banks, says the European Banking Federation. "We have some of the most advanced security systems in the world, 99 says Arne Vestby, head of security with Den Norske Bank. 'The risks now are so great, it isn't worth the potential benefit.'"

-*Nordic Reach*

Member Benefits / Sons of Norway Map Services

Membership Sign-up Online

Sons of Norway is proud to announce that people can now sign up for membership on the Sons of Norway website, <http://www.sonsofnorway.com>. Anyone interested in his or her Norwegian or Nordic heritage can sign-up to be a member. This -service will help:

0 Attract friends and relatives living in remote areas to join Sons of Norway

0 Appeal to technology-savvy potential members

0 Lodges looking to incorporate more technology into their operations

New members that sign-up online will become a member-at-large of the appropriate district, and will receive information on lodges in their area to join. In addition, lodges should receive notification from their District Vice President of new members who reside near them. The lodge may then approach them about joining. Tell friends and family interested in their Norwegian roots to visit www.sonsofnorway.com 1-800-945-8851

Member Benefits / Sons of Norway Savings

District 1 Travel Program

District 1 members save 5% off of any Borton Overseas tour catalogue tour programs. Includes Scandinavia, Africa, and Antarctic travel and Fred Olsen Cruise Lines. 5% discount also on any major air/land package that Borton books and finalizes. Be sure and book through Borton email bob@bortonoverseas.com (800)843-0602

Trubfrim Program

A reminder to save those stamps for the Trubfrim Program. The program is run by the Norwegian Health Service to help disabled and needy children by the resale of the stamps to wholesalers and philatelists world wide.

If you would like to help, simply clip (tear) your canceled stamps from the envelope, leaving at least 1/2 an inch around the stamp (or just give the Lodge your envelope and we'll cut them out. For every pound you send, you will be entered into a drawing for round-trip tickets on SAS to Norway. Domestic and foreign stamps need to be separated. Also will accept used pre-paid phone cards. Save stamps and bring to any lodge meeting or event.



Lighter Side

Words to find:

Gninnlov - Norway's Constitution.

Barnetog - The Children's Parade.

Russ - Secondary school graduates

G	B	I	B	B	I	P	N	E	A
B	R	A	Ø	N	I	Æ	T	Å	O
S	Å	U	R	B	A	I	R	D	S
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S	O	T	A	R	G	O	O	L	F
S	Æ	B	G	D	T	L	V	G	E

Sløyfe - Triple ribbon of red, white and blue worn in various forms on May 17.

Bunad - Treasured folk dress worn on Syttende Mai.

News from Norway

Norwegians Enjoy Their Jobs

In a recent survey by the research group SINTEF, nine out of ten Norwegians said, if given a second chance, they would choose exactly the same job. For the majority of Norwegians, the workday provides a boost of energy, self-esteem, better health and the satisfaction of accomplishment. The average Norwegian workday is from 8:00am to 4:00pm, with a 30-minute lunch break.

-*Scandinavian Press*

Norwegian Business News

OSLO, April 25 - Nordic Trading House AS said on Friday it had acquired the Nordic trading operations of American Electric Power Co. Inc. (AEP) for an undisclosed sum in a management buyout. The announcement from the new Nordic firm came as AEP said it had completed its exit from Nordic power trading and took a \$16.6 million loss in the fourth quarter on the pullout. "The company will continue to be a member at (Nordic power exchange) Nord Pool and be an active player in the Nordic electricity market," Nordic Trading House said in a statement. It said, however, that it would operate on a significantly reduced basis. It said the management team of AEP Energy Services Norway AS, led by Thor Lien, had completed a management buyout of 100 percent of the shares and would assume AEP's Nordic trading book, leases and various other obligations. "Simultaneously the company changes its name to Nordic Trading House AS,"

continued on page 10

it said. The announcement ends speculation of where AEP's Nordic business will end up. It was reported in January that the trading arm of state-owned Electricite de France (EDF) [EDF.UL] was in talks to buy AEP's Scandinavian assets. AEP entered the deregulated Nordic power market in January 2002 when it hired 35 former employees of Enron's Nordic energy unit and assumed operation of existing offices in Oslo and Stockholm. AEP is the latest U.S. energy trader to quit the Nordic market after Enron, El Paso (EP) and Aquila (ILA). AEP still trades power in Britain where it owns two of the country's biggest coal-fired power plants.

- From Reuters

Other News



NOME, ALASKA More than 100 flags of red, white and blue -- not American but Norwegian -- fluttered madly as Iditarod Trail Sled Dog Race winner Robert Sørliie took the head table at a dinner in his honor at the Viking Hall in South Anchorage. The dogs and Robert have been celebrated both on TV, newspapers and on this page ever since they became Iditarod Champions 2003. When he came home, he was celebrated as a king by OSL (Gardermoen Airport), then cheering Hurdal neighbours surprised him at Rustad before receiving yet more cheers from fellow mushers, media and public at Siggerud. The great homecoming party in Jeppedalen kicked off and lasted till the very morning next day. More information at Robert Sørliie's personal site - [http://hurdal.com/Robert Sørliie](http://hurdal.com/Robert_Sørliie) is 43 years old, married and has two sons. He is employed at Gardermoen International Airport as a fire fighter. He began mushing in 1970 and immediately became involved in racing. He has 24 dogs in training for the Iditarod. His dogs are all Alaskan Huskies and some of them were on his winning team in Finnmarkslopet this year. Robert is a four time winner of the Femundslopet and won the Finnmarkslopet in 1995-99 and 2001 and was 2002 Rookie of the Year. 2003 Iditarod race results: rank:

1st, checked in to Nome at 03/13 with time of 01:47:36 with 8 dogs. His dog team comprised of (Dog/Sex/Age) Tipp/M/5, Suarten/M/5, Braathew/M/4, Freia/F/3, Champ/M/4, Pepper/M/3, Ella/F/7, Sas/M/5, Sabina/10



F/4, Pepsi/F/4, Sox/M/5, Widerøe/M/4, Takk/F/6, Langbein/M/4, Blue/F/6 and Kirio/F/7

<http://www.iditarod.com/sorliierobert.shtml>

Team Norway? The idea is to establish a tradition of sending at least one musher to Alaska each year. The mushers will share everything: dogs, experience and sponsors. They'll be teaming up 100 percent to back up the actual seasons Iditarod musher: everything to give him the best opportunities to do as well as possible. The idea of bringing together the three best long distance mushers to share all resources and experiences, has been done in Norway before, and it will make for an interesting project.



Historical tidbit: the first transpolar flight over the North Pole between Europe and North America. Roald Amundsen and his men landed in Nome in 1926 in the airship "Norge". The Iditarod ends in Nome.

Robert Sørliie, a Norwegian firefighter from Hurdal Norway, is the 2003 Iditarod Champion. The Iditarod Trail Sled Dog Race in Alaska was completed in just a little over 9 1/2 days and he became the first non-American to win the event. He led a team of eight dogs, enduring extreme wind and cold to win the grueling, 1,100-mile trek. The Roald Amundsen monument is dedicated to the memory of the first transpolar flight over the North Pole between Europe and North America. Roald Amundsen and his men landed in Nome in 1926 in the airship "Norge". The Iditarod ends in Nome. If you want more on the 2003 Iditarod just type in Iditarod in your web search.

Member Benefits / Sons of Norway

New Membership Network

Thanks to the efforts of the current International Board, the focus of Sons of Norway has become recruitment and

retention of members. To help accomplish our goals, a network of District Vice Presidents, Lodge Membership Chairpersons and the International Vice President Ted Fosberg is being formed. The aim is to establish an active membership program in each district and local lodge. All lodges will be encouraged to assign a "shepherd" to each new member whose responsibility will be to make that new member feel welcome in the lodge and to inform them about all the resources that are available from the local lodge, district and Sons of Norway Headquarters. District Vice Presidents will be contacting Lodge Membership Chairpersons in the coming months regarding this program. If you would like to assist in this exciting new initiative, you are encouraged to contact your lodge membership chairperson to see how you might be able to help.

Member Benefits / Sons of Norway

Youth Programs: Language and Heritage Camps
Sons of Norway is proud to sponsor youth language and heritage camps all over North America as well as Norway to help young people learn about their Norwegian roots. Once again, Sons of Norway will be offering Camp Norway, a month-long language and cultural immersion program in Selbu, Norway. The camp is open to ages 16 - 23, and preference will be given to members and children or grandchildren of members. Applications are still being taken for 2003, so apply today by calling 800-945-8851 or visiting www.sonsofnorway.com. In addition, each Sons of Norway district sponsors a youth summer camp. To find out more about any of these fabulous summer opportunities, visit www.sonsofnorway.com.

Member Benefits / Sons of Norway

Historic Cultural Heritage Trail in Nordfjord
Under the auspices of the European Union project "North Sea Viking Legacy," the "Sagastad" project at Eid has created a historic cultural heritage trail for Nordfjord. Against the backdrop of the breathtaking scenery of Norway's fjord country, visitors can now more easily access cultural heritage sites in the area. Cultural heritage maps have been produced and signs erected in the area. For more information, visit www.nordfjord.no, select your language, and click on "Activities," then "Walking," then "Eid.99 Norway Travel News is brought to you by Sons of Norway and Scandinavian travel specialists Borton Overseas. Travel is often the best way to discover your heritage. Sons of Norway members receive a 5% discount on all Borton Overseas package tours. Call 800-843-0602 or visit <http://www.bortonoverseas.com> for the free 2003 Unique

Scandinavia Tour Catalogue.

Recipe for Molded Vanilla Cream Fløterand med friske bær

3 cups heavy cream; 3 tbsp. sugar; 1 tsp. vanilla; 1 tbsp. gelatin. Filling: 1 quart fresh berries plus sugar or the same amount of sugared frozen berries

Soak the gelatin in a little cold water for about 10 minutes. Whip the cream barely stiff with sugar and add the vanilla. Dissolve the gelatin in a metal cup over hot water. Cool for a few minutes and beat it into the cream in a thin stream. Rinse a ring mold with cold water and pour the cream in. Tap the bottom of the mold against the counter top to settle the cream and break any air bubbles. Smooth the surface. Refrigerate the mold for 3-4 hours until the cream is set. Dip the mold in hot water for a moment. Place a platter over the mold and invert it to unmold. Fill the center of the ring with fresh, sugared berries or with partly thawed frozen berries. Garnish with a few of the best berries and sprigs of mint.

- Makes 6 to 8 servings.

Today's Norway

Travel Tips: Shopping in Norway

Traveling in Norway, may require some adjustment in shopping habits for many North American visitors. Nearly every business is closed on Sunday, and only a few are open in the evening or later than 2pm on Saturday. Here is a list of business hours for the essential stops. Stores: 9 - 5 M - F and 9 - 2 on Saturday, Shopping centers: 9 - 8 M - F and 9 - 6 on Saturday, Bank: 9 - 3 M - F closed on Saturday, and the Post Office: 8 - 4 M - F and 8 - 1 on Saturdays. Businesses are often open longer in larger towns and cities, as well as having a langdag, long day, on Thursday, when hours often extend into early evening. Also, gas stations and kiosks tend to be open until late evening. Because hours vary from place to place, it is a good idea to ask the locals when you arrive. If you have thought of traveling to Norway, check www.visitnorway.com for more information.

Famous Norwegians Trivia

From page 6. Answers: 1) London, England 2) A paper clip 3) Johan Nygaardsvold 4) Frigjøringsdagen, Liberation Day, when Nazi troops surrendered 5) The United States and Britain test your knowledge of famous Norwegians throughout history

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Fort Worth, Texas

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