



a newsletter for the Fort Worth Texas Lodge 1-654 of Sons of Norway

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Happy Birthday!
SONS OF NORWAY 106 YEARS

UPCOMING EVENTS:

January Meeting

Thursday, January 18th 7:00 PM
- See inside for more information.

February Meeting

Thursday, February 15th 7:00 PM
Election of 2001 Lodge officers, see back page.

March Meeting

Thursday, March 15th, 7:00 PM

April Meeting

Thursday, April 19th, 7:00 PM
Norway video and social. Garage sale fundraising activity later in the month in Trophy Club.

May Meeting

Thursday, May 17th, 7:00 PM
In celebration of Syttende Mai, we will have a Norwegian Diner and parade at St. Andrews

July 13-October 11, 2001

Trip to Houston to see Viking Exhibit
We will be taking a trip with Dallas' Nordtex Lodge and others to the Houston Museum of Natural Science between July 13 and October 11, 2001 to view the Viking exhibit and visit the Norwegian Seaman's Church. All who are interested should get in touch with Arne Hatlestad at (972) 612-5328 or John Eberly at (817)633-9610.

Other Events of Interest

Smithsonian Exhibition on Vikings



<http://www.mnh.si.edu/vikings/start.html>

The exhibit will be at the Houston Museum of Natural Science from July 13, 2001 to October 11, 2001. You can see the whole schedule at this web site.

<http://www.norway.org/vikings/>

We should plan to get a large group of people from the D/FW area to go down there next summer/fall.

Hvor Vesten Begynner Nyheter March 2001

a newsletter for the Fort Worth Lodge 1-654 of Sons of Norway

Velkommen to the 2001 Nyheter Volume Number 1 ; Issue Number 2

New Beginnings

REPRINTED FROM THE FIRST ISSUE:

The Fort Worth Lodge is pleased to kick off the millennium with the new *nyheter* (N, piece of news) to its membership and others interested in the chartering of Texas' new lodge. Our name? What the heck is it? and how do you pronounce it?

Literally *hvor*=where, *vesten*= the west, *begynner*=begins/start. Fort Worth has long been considered "western" with the historic cattle industries and ranch life compared to its sister city to the East, Dallas. Also known as "Cowtown", Fort Worth's attitude is more laid back and relaxed in contrast to the hustle of big city life common in Dallas. Though high-tech and industrial today, Fort Worth remains a place where one enjoys their leisure life and is proud of its "Western heritage". Thus "Where the West Begins" was chosen for our lodge name. Members voted on the name on March 30, 1999 (some without being able to pronounce it, and almost everyone misspelling it for now) because we want to emphasize our culture and heritage (BTW: Cowtown was rejected). In the land where Spanish is so prevalent, we wanted to show our diversity and teach some of the local folk some Norsk!

Oh yeah, you pronounce it
[vorr' ves'ten be yen' ner]

Lodge Website on the Internet:

http://members.nbc.com/jeberly/SoN/SoN_FW.html (that's an underscore)

Check the site out for the latest in lodge meetings and activities.

Lodge Meetings

The lodge meets on the 3rd Thursday of the month. Meetings are held at St. Andrew's Episcopal Church in downtown Fort Worth. (If the door is locked, please ring door buzzer). Come join us and become a charter member. Basic dues are \$29.00 for individual 12-month membership and \$22.00 for a spouse. Heritage Membership (under 12) is free. Gloden/Life Membership (over 65 with 30 years of membership in SofN) is \$18.00.

Gratulerer med dagen!

SONS OF NORWAY 106 YEARS

May 17th

Syttende Mai falls on our meeting night and we are planning to have one heck of a celebration. The possibility of finally be-



ing instituted by the home office will be the highlight. Other activities include traditional Syttende Mai fare including bunader (national dress) parade in downtown Fort Worth (around the church) and a Norwegian smorgasbord. The Plano lodge is planning a trip over for our celebration. We need everyone's help in pulling this event off. The Norwegian Smorgasbord, is a buffet dinner offering a variety of fish, cheeses, and hot and cold dishes, all of Norwegian delicacies. Evening will begin with traditional Syttende Mai parade around St. Andrew's Episcopal Church in downtown. Bring your flag and wear your bunad. Please sign up to bring a Norwegian dish. Maximum attendees will be 120 so bring enough for them all to sample. Keep record of your expenses and we will try to pro-rate some of your out of pocket costs.

Fred Plotkin, of the Magazine: *OPERA NEWS*; May 1997 wrote "Scandinavian food [is] cool and elegant, pleasing to eye, ear (the crunch of flatbread), nose and mouth. Scandinavian food is all about the discovery of

primary flavors, about the appreciation of freshness, and about that special sort of simplicity found in things of the highest quality. Every ingredient is at its peak, and rather than being blended and cooked down, they appear in their naked beauty. The crazy American fad for fusion (the blurring of styles, so that you have Mexican ingredients cooked with Asian spices, finished in French wine and smothered in herbs) would never happen in Scandinavia, where the goal is to taste everything on its own, even if you taste many things at once. This, of course, is the world-renowned smorgasbord.”

“I am told that the typical Scandinavian makes five trips to the smorgasbord. With each round, he picks up a small plate and assembles foods with compatible flavors, textures and fragrances. Usually one begins with a plate of herring, which may be poached, pickled, marinated, smoked or spiced, dressed with sauces such as cream, mustard or tomato. Then one returns for a plate of small seafood and smoked fish, then perhaps a plate of vegetables or salads, then a plate of either sliced meat or cooked fish. Finally, there may be a small plate of pastries. Separating all these foods into groups makes them infinitely more appealing than if they were heaped together on one enormous plate.”

For full story read:

<http://www.britannica.com/bcom/magazine/article/0,5744,13162,00.html?query=smorgasbord>

Midsummer June 23rd

Nordtex (SofN- Dallas) and VASA (Dallas' swedish club) are once again putting on their annual Midsummer breakfast be be at a park in West Plano. The park is reserved June 23rd morning. They will let us know more details as they get finalized. Information will be printed in the May Nyheter.

Sons of Norway

HVOR VESTEN BEGYNNER

Lodge 1-654 Fort Worth, Texas

visit the Lodge's website accessible from either

<http://www.sofn.com>

<http://www.jeberly.com>

Cathy Dickinson 817-443-0259

John Eberly 871-633-9610

Know your benefits...

New NFCA Scholarships

National Fraternal Congress of America (NFCA) has recently established a Youth Volunteer Scholarship Program to demonstrate its dedication to supporting higher education, encouraging youth volunteerism, and promoting the fraternal benefit system. The Youth Volunteer Scholarship Program first and foremost recognizes a demonstrated commitment to performing volunteer service to the community at an exemplary level. Award winners are also expected to have established a solid academic performance during high school as a foundation for a successful college experience.

Six Volunteer Scholars will be awarded up to \$7,000 each and eight Honorable Mention recipients will be awarded up to \$1,000 each. Scholarship payments cover actual costs for tuition, books, and fees for the freshman year.

Application materials may be downloaded from the Internet at <http://www.nfeanet.org> into Microsoft Word or other word processor.

Newsbrief

Internet Lessons for 55 Years and Older

Centers for the elderly, libraries, committees, and volunteer centers all over the country of Norway invited adults over the age of 55 to attend an Internet course free of charge on October 17, 2000. The organization Semornett Norge was responsible for the invitation. Coffee and treats were to be served in over 350 locations, where the organization held lectures and demonstrated the use of the Internet for seniors. The organization expected 15,000 people to take advantage of this offer. Lectures were to be held on how helpful the Internet can be in areas of interest, such as genealogy, local history, banking and traveling. Seniornett Norge is said to be an ideal organization that was established in October of 1997 by a group of seniors teaching other seniors how to access and use the service at an Internet Cafe in Oslo.

-Nytt fra Norge

A Little in English

Ski for Light

The 26th Annual Ski for Light event in the United States will be held in Green Bay, Wisconsin, on January 21-28, 2001. The program promises great trails to ski on at the Reforestation Camp, lots of fun evening programs at the Radisson Inn in Green Bay, and, as always, there will be many friends to share them with during non-ski time, says Ski for Light President Nancy McKinney. Ski for Light in the United States maintains an informational Web site at <http://www.sfl.org>. Ski for Light Canada will hold its event in Saskatoon, Saskatchewan, on February 12-18, 2001. Their Web site is: <http://mypage.direct.ca/a/aac/index.html>

Both Ski for Light in the United States and in Canada are based on the Norwegian Ridderrennet at Beitostølen in Valdres, Norway. In Norway as well as in North America, volunteer guides share the joy of crosscountry skiing with visually and mobility impaired skiers. In 2001 regional Ski for Light events will be held in South Dakota, California, Colorado, Michigan, Montana, New England, Pennsylvania, Ohio, Seattle, and Wisconsin. For detailed information, visit the Web sites or leave a message at 612-827-3232 (U.S. information only).



-SofN Newsletter Service

Know your beneflits...

Scholarships

The Sons of Norway Foundation has offered financial support to hundreds of students over the past 13 years. Scholarships available include:

- * King Olav V Norwegian-American Heritage Fund
- * Astrid G. Cates Fund/Myrtle Beinhauer Fund
- * Nancy Lorraine Jensen Memorial Scholarship Fund
- * Oslo International Summer School Fund

The grants are awarded once a year, with an application deadline of March 1. For information, contact: Sons of Norway Foundation; 1455 West Lake Street Minneapolis, MN 55408

<http://www.sofn.com>

Litt på norsk

Ski for Light

Det 26. årlige Ski for Light i USA vil bli holdt i Green Bay, Wisconsin i dagene 21.-28. januar 2001. Det loves flotte skiløyper i Reforestation Camp, festlige kveldsprogrammer på Radisson Inn i Green Bay, og som alltid vil der være mange venner å hygge seg sammen med når en ikke er opptatt med skigåing, sier presidenten for Ski for Light, Nancy McKinney. Ski for Light i USA har en opplysende hjemmeside <http://www.sfl.org>. Ski for Light i Canada vil holde sitt renn i Saskatoon, Saskatchewan i dagene 12.-18. februar 2001. Deres hjemmeside har adressen <http://mypage.direct.ca/a/aac/index.html>



Både Ski for Light i USA og Canada er basert på det norske Ridderrennet på Beitostølen i Valdres. I Norge så vel som i Nord-Amerika hygger de frivillige guidene seg sammen med blinde, svaksynte og bevegelseshemmede skiløpere. I 2001 vil det bli holdt regionale Ski for Light renn i Sør Dakota, California, Colorado, Michigan, Montana, Ny England, Pennsylvania, Ohio, Seattle, og Wisconsin. For detaljert informasjon, gå til hjemmesidene eller legg igjen beskjed på telefon 612-827-3232 (informasjon om renn i USA).

-SofN Nemdetter Service

Know your beneflits...

Win a Trip to Norway on SAS

The opportunity to win a trip is there for all 2001 recruiters and new members. Sons of Norway's International Headquarters will keep track of recruiters and will automatically enter all recruiters names in a drawing to win two free SAS tickets to Norway. Plus an additional drawing for two more free SAS tickets Will be held for all 2001 new members. To qualify, just sign up your friends, family, neighbors, and co-workers for Sons of Norway membership (and be sure to include your membership number on their application form.) You never know, you or your loved ones just might get a phone call in January 2002 telling you that you are the lucky winner.



The 2001 Camp Norway Language and Culture institute will return to the beautiful fjord and farmland region of Trøndelag for the summer of 2001. Students 16 years and older can look forward to four enriching weeks at Skogn Folkehøgskole in the town of Skogn, about one hour north of Trondheim.

Camp Norway provides a wealth of opportunities for the participants, including intensive language and culture instruction, field trips, home visits into "real" Norwegian homes, hiking in the nearby wilderness, crafts, and much more.

Classes are taught by experienced teachers of Norwegian. Many special activities are planned in conjunction with friends of Sons of Norway in the Skogn area.

For interested students, an optional post-program tour takes place after Camp Norway, giving them the opportunity to see other parts of Norway. The five-day tour includes, among other things, sightseeing in Bergen and Oslo.

The dates for Camp Norway 2001 are June 20-July 17 with optional travel to July 22. For more information and application materials contact Sons of Norway, 1455 West Lake Street, Minneapolis, MN 55408, or visit our Web site at <http://www.sofn.com>

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From the Kitchen

Eplekake fra Jølster

A delicious dessert cake that should be served in the pan.

- 2 lbs. apples
- 4 oz. raisins
- 1/2 tsp. cinnamon
- Grated peel of one lemon
- 2 tbsp. sugar
- 2 tbsp. water



Cake Batter:

- 1/4 cup butter (or margarine)
- 3/8 cup sugar
- 3 eggs
- 3/4 cup ground almonds
- 1 tbsp. flour

Core and peel the apples. Slice them. Place apple slices, raisins, grated lemon peel, cinnamon, sugar, and water in a wide-topped saucepan. If the apples are tart, add a little more sugar. Cook uncovered until the apples are soft. Shake the pan now and then. Cool. Stir butter (or margarine) lightly with half of the sugar. Separate the eggs. Add the egg yolks, flour and ground almonds to the butter and sugar. Beat the egg whites with the rest of the sugar and fold them carefully into the batter.

Grease an ovenproof dish or a cake tin, about 9 inches in diameter. Put half of the batter in the dish and bake on the middle rack of the oven at 350° F (180° C for 10- 15 minutes, until golden. Lay the cooled apple slices, raisins, and nuts on the baked cake bottom and cover with the rest of the batter. It will not cover the fruit, but spread it out as well as possible. The surface will expand during baking.

Bake the cake for a another 15-20 minutes.

Serve lukewarm with whipped cream.

Enjoy!
Velbekomme!

Newsbrief

Digger Called fom the Grave

Grave-digger Torbjørn Hestmo nearly dug his own grave, reports a daily newspaper in Norway. A fresh grave caved in over Hestmo, covering his legs with holy dirt, and inhibiting his movement. Simultaneously, a wooden board fell down and hit him in the head, eventually causing him to lose consciousness. Before blanking out, however, he managed to call for help by using his handy cellular telephone. "I do admit, it was rather eerie to lay buried with the dead," Hestmo expressed to a local newspaper in southern Trøndelag.

-Nytt fra Norge

Bancroft, Arnesen Expedition

A first all-female crossing of Antarctica started in November 2000 and is scheduled to be completed in February of 2001. The two women, Liv Arnesen from Norway and Ann Bancroft from Minnesota, are skiing unsupported, pulling 250-pound sleds by ski and sail 2,400 miles from sea level to 11,000 feet in 100 days. More than 20 million people will be following along on the Internet. <http://www.yourexpedition.com>

Bancroft and Arneson, born half of a world apart, became infatuated with Antarctica at the same age (12) and by the same book (about Sir Ernest Shackleton's tortuous try to reach the South Pole in 1914). "Ann and I have dreamed all our lives of the pole and the Antarctic," Arneson said. "Kids all have a dream. They have to find their own South Pole. The message is that everything is possible."

-SofN Newsletter Service

Know your benefits...

Local Lodge Partnership Grants



Sons of Norway Foundation/Local Lodge Partnership Grants are matching grants awarded to lodges at a maximum of \$500. The match is \$1 (lodge) for \$1 (Sons of Norway Foundation). Examples of eligible projects are cultural fairs, hosting of Visiting entertainers, cultural classes, instructional video tapes, books for library/cultural skills programs, etc.

The deadline for application is April 1. Download the application and guidelines from <http://www.sofn.com> or contact Sons of Norway Foundation, 1455 West Lake Street, Minneapolis, MN 55408, telephone 800-945-8851 or 612-827-3611

Newsbrief

Hog on the Run

Lollo the hog is no ordinary pig. When she's in heat, she tends to run away, usually to the local grocery store Her farmer, in Fjosanger outside of Bergen, has no idea what attracts her to the supermarket, but he insures tha the pig is not the least dangerous. "All you have to do is scratch her back and point her in the right direction, and she'll come on back home. She's good like that," he tells the local paper in Bergen. The attendants at the supermarket don't mind the piggy visits, "we've had her here a number of times, and we just think it's funny. She's as gentle as a lamb," says the store manager.

-Nytt fra Norge

Newsbrief

Two Tons of Fish

All of 2,292 kilos (5,042.4 pounds) of torsk (cod) and sei (pollock) was hauled in by the fishermen in Team Mustad at the fishing festival on an island in northern Norway (Sørøya). The team members Tore Gismevik, Jan Ring, Asgeir Alvestad, and Geir Sivertzen are former World Champions, European Champions, and Northern Champions. They can now boast of the "All time high" record as well.

-Nytt fra Norge



Sons of Norway Website

<http://www.sofn.com>

Check-out the new resources and opportunities that are available. These include **lodge officer forms** and updates (*everything may be submitted electronically now*), **mini-presentations for lodge meetings** (including: Vikings, Holidays, Literature, Food Traditions, Stories, History & Geography, and Famous People) other **helpful and creative ideas with instructions for planning lodge programs and events** (including: Skits, Awards & Honors, Fund-Raisers, Festivals & Special Events, Games, Organization, Foundation, Children & Youth) **Language Lessons** (*Norwegian in Five Minutes a Month*) and join in the [message boards](#), for friendly conversation (Culture, Genealogy, Language, Lodge Activity Ideas, The Meeting Place, Miscellaneous, Travel).

Events around the Country

SofN Barnebirkie/Barneløpet Events

Here come the skiers! Sons of Norway hosts several children's crosscountry ski events. The largest of these events is the Barnebirkie, which hosts nearly 2,000 child skiers each winter. Both the Barnebirkie and Barneløpet events strive to bring together families, to celebrate the Nordic heritage, and to promote skiing as a lifelong activity.

BARNELØPET-February 11
Bemidji Middle School Bemidji, Minnesota
Bruce Manske 218-759-1430
Bemidji Area Cross-Country Ski Club
431 Paul Bunyan Drive SE., Bemidji, MN 56601

BARNELØPET-March 3
Snow Mountain Ranch-YMCA of the Rockies
Winter Park, Colorado
Barbara Robb 303-443-9158
3895 Cloverleaf Drive, Boulder, CO 80304

A Little in English

Tubfrim

The annual report for Tubfrim 1999 indicated a surplus of 460,000.00 NOK (\$51,000).

Disabled children and youth are the beneficiaries of these funds. Tubfrim encourages all Sons of Norway members to collect cancelled stamps as well as used telephone cards. Send them to the local Sons of Norway representative (contact Sons of Norway at 800-9458851 or 612-827-3611 for further information on Tubfrim or if you need the name of your Tubfrim representative) or directly to Tubfrim, 3540 Nesbyen, Norway.

Arve Syversen of Tubfrim sends his warm greetings and thanks for the very valuable service!

Litt på norsk

Tubfrim

Tubfrim Årsmeldingen fra Tubfrim 1999 viser et overskudd på kr. 460,000. Beløpet går til funksjonshemmede barn og unge. Tubfrim oppmuntrer alle Sons of Norway medlemmer til å samle brukte frimerker og telekort. Send dem til Tubfrim, 3540 Nesbyen.

Arve Syversen, leder for Tubfrim, sender sine varme hilsener og takk for den verdifulle hjelp Sons of Norway yter!



Who to Contact in the Lodge

If your name is not listed please consider which office would be of interest in any of the ones listed as vacant please express your interest to Cathy or John.

WE NEED YOUR HELP!

President

Cathy Dickinson 817-443-0259

Vice President

John Eberly 817-633-9610

Financial Secretary

Barbara Murphy 817-306-9217

Secretary

VACANT

Treasurer

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Sports/Recreation Director

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Counselor

VACANT

To receive the Nyheter contact the editor at 817-633-9610 or email: JEberly@vfkarchitects.com

The Back Page

Advertisements, Listings & Classifieds

If you would like to advertise or have a listing please contact the editor.

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Dallas' Sons of Norway

Nordtex Lodge

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

Scandinavian Association of Dallas/Fort Worth

<http://www.DFWscandinavians.org>