



**SONS of  
NORWAY**

*Kristiania Lodge 1-047*



# KRISTIANIA *POSTEN*

Rochester, Minnesota

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Facebook: [@sonsofnorwaykristiania](https://www.facebook.com/sonsofnorwaykristiania)

**APRIL 2020**

Volume 2020, Number 4

## HILSEN FRA PRESIDENTEN

March has started out with major social and economic changes worldwide that have affected most parts of our lives. As a result of the COVID-19 pandemic, our lodge events have been cancelled in March and April, with future meetings put on hold until further notice. These steps have been taken to minimize transmission of the virus. As we learn to live in our new social distancing-focused environment, we all strive to find ways to connect with our loved ones and neighbors.

Today I spent some time reading about the ways others around the world have adapted to quarantines and social distancing. A Barcelona-based pianist, Alberto Gestoso, performed songs from his balcony for the neighborhood; the article titled *web-goes-wild-for-hot-pianist-serenading-coronavirus-shut-ins*, can be found on NYPost.com. In the US, many stores have started special shopping hours to ensure that senior shoppers can purchase what they need and avoid dense crowds. There have also been stories of families adapting to the quarantines of loved ones in memory cares, nursing homes, or other special cares. In particular, one man still visits his father by sitting outside his father's window, talking to him on the phone.

In Norway, the Prime Minister took time to prioritize and address the children. She held a press conference for just the children to talk about the coronavirus and to answer questions. Also on hand to answer the questions were the Minister of Children and Family and the Minister of Knowledge. ([www.tripno/norway/panorama/norway-prime-minister-held-press-conference-for-only-children-about-coronavirus%3famp](http://www.tripno/norway/panorama/norway-prime-minister-held-press-conference-for-only-children-about-coronavirus%3famp)) Norwegians have also been finding ways to thank, *takk*, those continuing to provide services during this time, like the healthcare professionals, goods transportation, law enforcement, and more.

As we continue to watch the rapidly changing requirements and recommendations related to this pandemic, we will continue to evaluate the situation with the well-being of our members as our first priority. We may not be able to meet in-person, but we can still connect through a phone call, an email, social media post, and more.

Please feel free to reach out to me or any of the board members with any questions or to discuss where you would like to help.

—Erica Ward, President

**Please continue to watch for updates in lodge emails, on the website ([www.kristiania1-47.org](http://www.kristiania1-47.org)), or on the Facebook page ([@sonsofnorwaykristiania](https://www.facebook.com/sonsofnorwaykristiania)). If you do not have access to electronic media, you may phone any of the lodge officers, whose contact information can be found on pages 3-5 of your 2020 Kristiania yearbook. Please pass information to fellow members who do not have electronic access.**

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 to provide quality insurance and financial products to its members.

## News

- ◆ Did you see Kristiania members **Erik and Leah Fenton** pictured on page 28 of the April 2020 issue of **Viking** magazine? They were photographed during the kids' baking day held in November. They are the children of **Lukas and Lisa Fenton**.
- ◆ The winner of the 2020 Iditarod Trail Sled Dog Race in Alaska was a Norwegian, Thomas Waerner, 46. His hometown is Torpa, where he runs an electric company. He also has a sled dog kennel in Synnfjell (berserkennel.com). He and his wife Guro, a veterinarian, have five children. Two other Norwegians have previously won the race. (Iditarod.com)
- ◆ The 2020 International Sons of Norway Lodge Meeting (convention) scheduled for Ringsaker, Norway, as well as the 2020 district conventions in the US have been postponed until 2022.

## Norwegian Cultural Skills

by **Judy Davis**, Kristiania Cultural Director

Why not spend your extra time at home working toward your Cultural Skills pin/s? If you are interested in learning about the guidelines for these cultural skills, you may check the international website, [www.sofn.com](http://www.sofn.com) for current information or call the international office at 1-800-945-8851 for additional information on the requirements and the required forms.

Traditional Norwegian Cooking

Reading Norwegian and Norwegian-American Authors

Collecting Norwegian and North American stamps

Rosemaling                      Genealogy

Knitting                         Weaving

Hardanger Embroidery      Folk Dancing

Figure, Chip, and Relief Carving

Norwegian Music

Norwegian Language and Culture

## May Deadline for TUBFRIM Stamps

A reminder to all to cut off your used postage stamps to send to Norway for the TUBFRIM program. Leave a ¼ to ½ -inch border around all sides. Please bring to a chapter meeting to deposit in our TUBFRIM container by May 15. We will package the stamps and take them to our June district convention to be sent to Norway. The stamps are sold (to collectors), and the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.

—Ann Romo, Volunteer for TUBFRIM

## You Have Mail!

Send us an Email!



We would like to update the Lodge Email and telephone contact list. **Please send us an email at [info@kristiania1-47.org](mailto:info@kristiania1-47.org)** and include your name and phone number. Please tell us if we can send text messages to that number. *Takk!*

## From our Financial Benefits Counselor, Len Carlson

All of you should have received an e-mail from me about a 1.25% first year bonus on both our Flexible and Single Premium Deferred products. So I will expand on this. For a \$10,000 amount, the rate is 3.65%, for \$25,000 it's 3.9%, for \$50,000 it's 4%, and for \$100,000 and over it's 4.1%. These rates include the first year bonus. If you are uneasy about the market or tired of low rates at the bank, give me a call, and I can give you information on Sons of Norway Annuities.

Please contact me, Len Carlson, for more information.

1-651-253-1943, [len.carlson253@gmail.com](mailto:len.carlson253@gmail.com)

*Note: Len Carlson had planned to attend our April meetings., which are now canceled*

### Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]." *(SON Newsletter Service)*

### Norwegians Give Sámi Name to Distant Star and Planet

A star and planet 200 light years from Earth were officially given Sámi names recently, following a national naming campaign in Norway. The star in the distant solar system has been named Násti, meaning "star," while the planet is called Albmi, or "heaven."



The naming took place as part of a worldwide campaign by the International Astronomical Union (the organization in charge of naming newly discovered stars and planets) in celebration of its 100th anniversary. The global campaign, known as NameExoWorlds, invites every country worldwide to name a designated planetary system consisting of a star and an orbiting planet. Each star can be seen from its assigned country and is visible through a small telescope.

Norwegians submitted a total of 824 proposals to name the star and planet duo. The winning proposal was submitted by high school student Emma Stefanussen, who said the idea for the names was suggested to her by an ethnic Sámi friend. Stefanussen is a resident of Andøya, an island in the far north of the Lofoten archipelago. *(SON Newsletter Service)*



### Check us out on Facebook

Lodge event photos, interesting articles, and meeting reminders are on Facebook! Our lodge page is public, which means **you don't have to have a Facebook account** to view our posts. Go to:

<https://www.facebook.com/sonsofnorwaykristiania/>

Weather-related announcements will be communicated through Facebook. —Lisa Fenton, Webmaster

### Bergen Rum Balls

(Submitted by: Vesterheim Museumsbutikk)

#### Ingredients

##### For the pastry

3 1/2 Tbsp. sugar  
3/4 cup flour  
1/3 cup margarine

##### For the cream puffs

2/3 cup water  
3 Tbsp. margarine  
1/2 cup flour  
2 eggs

##### For the filling

2 egg yolks or 1 egg  
1 1/2 Tbsp. sugar  
1 3/4 Tbsp. corn starch  
1 cup full-fat whole milk  
2-3 Tbsp. rum  
Scant 1/2 cup whipping cream  
12-14 cocktail cherries

#### Instructions

##### For the pastry

Combine sugar and flour and cut in the margarine. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour.

Preheat the oven to 210 C (425 F).

##### For the cream puffs

Bring water and margarine to a boil. Add the flour and stir until the mixture forms a ball. Remove from the heat. Cool slightly, then beat in the eggs, one at a time.

The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.

Roll out the pastry. Cut out round cookies with a 6-7 cm (2 1/2") cutter. Drape them over the balls and press carefully against the baking sheet.

Bake until golden, 25-30 minutes.

##### For the filling

Whisk together eggs, sugar, cornstarch and milk in a saucepan.

Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally.

Stir in rum. Whip the cream and fold into the rum mixture. Puncture the bottom of the cream puffs.

Fill a pastry tube with rum cream and pipe the mixture into the cream puffs. Top each with a cherry. *(SON Newsletter Service)*

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<p>Kristiania <i>Posten</i> is the newsletter of Kristiania 1-47 in Rochester, MN, and is published eleven times a year.        Redaktør: VJ Anderson, 44 County 16 Road SE, Rochester, MN 55904; 507-289-3794; verlajeana@aol.com.</p>	 <p>507-288-3772 <a href="http://pepsirochester.com">pepsirochester.com</a>        3393 Commercial Drive SW        Rochester, MN 55902</p>	 <p><b>SONS of NORWAY</b>        District 1</p>