



# SONS of NORWAY

Kristiania Lodge 1-047

# KRISTIANIA POSTEN

2124 Viola Road NE

Rochester, Minnesota

Web page: [www.Kristiania1-47.org](http://www.Kristiania1-47.org)

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

**JANUARY 2023**

Volume 2023 Number 1

*Godt nyttår!*

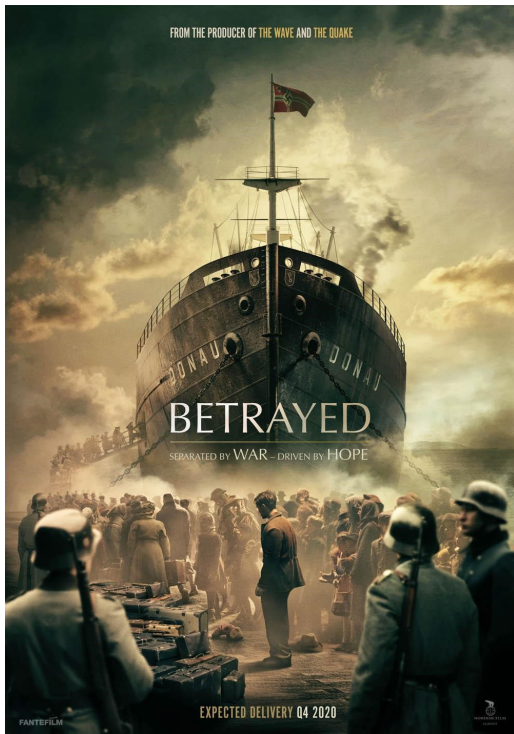
## COMING KRISTIANIA EVENTS

(All events held at Our Savior's Lutheran Church unless otherwise noted.)

Jan. 1	<i>Nyttårsdag</i>	
Jan. 12	Board meeting (via Zoom)	6 pm
Jan. 14	Norwegian Movie Event: <b>"Betrayed"</b>	1-3 pm
	Popcorn will be provided.	
Jan. 15	Stoughton Dancers at Winona High School	3 pm
Feb. 9	Board meeting	6 pm
Feb. 9	Chapter meeting. Program: <b>Triple Berry Pie</b> , women's Trio. Meet in Our Savior's sanctuary.	7 pm



**SNOWBIRDS AND WINTER TRAVELERS!** Keep the *Posten* editor advised of your winter address and the effective dates! Bulk mail is not forwarded, and Kristiania is required to pay postage on the returned copies. *Takk!*



### Movie Event Jan. 14: "Betrayed"

Saturday, January 14, 2023  
1:00—3:00 p.m.

The movie "Betrayed" is based on the true story of the Braude Family, an ordinary Norwegian family whose fate is sealed by the fact that they are Jews. This is a Holocaust drama. Norwegian language audio with English written captions. Run time: 2 hours. Popcorn will be served.



If lodge activities are cancelled for inclement weather, notice will be promptly communicated by email and also on our Facebook page. [@Kristiania1-47](https://www.facebook.com/Kristiania1-47).

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.

### Kristiania Board Meeting Summary—Dec. 8, 2022

The Kristiania Board met over Zoom on December 8 2022. To acknowledge the exemplary service and amount of work the Girl Scouts performed at Julefest, the board will increase the lodge's donation to \$150 for each catered meal they help at.

The President and Vice-President positions will both be unfilled as of January 1, 2023. No volunteers have stepped forward. **Sue Blood** will be taking over the Social Director position, and **Lisa Fenton** will move to Cultural Director. Lisa will continue to manage the lodge's website and Facebook page.

Upcoming social events include the movie "Betrayed" on January 14 at 1:00 p.m., and the musical group Triple Berry Pie on February 9 at 7:00 p.m. Both events will be held at Our Savior's Lutheran Church.

The yearbook will return in 2023. **Wayne Rogelstad** is updating contact information and adding the 2023 programming.

**Ann Romo** and **Julie Tiedeman** continue to work out transportation details for the Stoughton Dancers event on January 15.

Internet fees will be renewed with 5-year terms. The webhosting fee is due this February, and charges for the software we use to maintain our website come due in February 2024.

The 2023 budget was discussed, and **David Anderson** will send a draft to the board for review before the board's meeting on January 12.

— — **Kristi Simmons**, Secretary

### From our Financial Benefits Counselor:

Happy New year, everyone! It's that time of the year again where new resolutions are made. How about making a resolution to review your financial objective for 2023? I have written about Sons of Norway's financial products over the past couple of years, so I think it's time to review those products that SoN has that can enable you and your family to ensure financial security. So I am just going to list our products and review each of the products in the upcoming newsletters.

Annuities: Flexible and Single Premium Deferred,  
Single Premium Annuities

Whole Life Insurance, Simplified Issue Whole Life, Single  
Premium Whole

Viking Voyager: Children 17 and under

Term Insurance: 10, 15, 20 & 30 years; great for your children  
and grandchildren

— **Len Carlson** len.carlson253@gmail.com, 651-253-1943

### Kristiania to grant scholarships in 2023



Our lodge will be granting \$1,000 Post-High School Scholarships for 2023. To be eligible, a student must be a graduating high school senior from a public high school in Olmsted County **or** a son/daughter, grandchild, or great-grandchild of a current Kristiania Lodge member—regardless of the school location. The application and information may be downloaded from our website: [www.kristiania1-47.org](http://www.kristiania1-47.org).

— **Carol Lucido**, Scholarship Chair

An interesting website to check out:

[www.lifeinnorway](http://www.lifeinnorway)

News, travel, language—all in English.

### Trip to STOUGHTON DANCERS performance being planned

See the Stoughton Norwegian Dancers on January 15, 2023, at 3:00 p.m. at Winona High School. The Winona Sons of Norway lodge is sponsoring the performance, and admission is free.

We are planning to rent a van from Kuehn Motors. Kristiania Lodge will pay the rental fee, but we will need someone to volunteer to drive it. Several people have indicated they would like to attend, so we hope a driver can be found. Please call **Julie Tiedeman** at 507-206-9357 to get on the list or to volunteer to drive. There will be room for 14 people plus the driver.

It will be a fun and entertaining afternoon.

— **Julie Tiedeman** and **Ann Romo**

## Kristiania's 2022 Julefest



Delicious roast beef dinner, bounteous dessert table, music by Twin Cities Hardanger fiddlers. (Photos by **Lisa Fenton**)

Oliver Braxton and his *morfar*, **Folke Arbin**. (Photo by **Rebeka Braxton**.)



### **Grøt, Nordic Hygge in a Bowl**

*Grøt* is something you see a lot of in Scandinavia. It's the Nordic version of porridge. But not porridge as we know it in England or Australia or the USA. In Scandinavia they know how to take their porridge to a whole new level with a variety of raw ingredients that give each one its own signature. In fact *grøt* is revered so much in Scandinavia that there is even a *Grøtdagen* in Norway on 23 October every year....

Let's take a little journey through a few of the types of *grøt* you might encounter in Norway...

**Festgrøt** (Celebration *Grøt*) *Grøt* is by no means reserved for everyday meals. *Rømmegrøt* in particular is a dish you find at weddings and celebrations... It's a rich and filling sour cream porridge made with flour, milk, and high fat sour cream. Served with sugar and cinnamon and [a] little of the cooking fat, it'll have you coming back for more!

**Risengrøt** (Rice Porridge) *Risengrøt* is probably one of the more familiar porridges to us hailing from parts that are not Nordic. Rice has been around in Norway since the middle ages, but was something of an exclusive ingredient and so was reserved for special occasions. *Risengrøt* really takes centre stage on Christmas Eve when it is mixed with whipped cream and served for dessert after the main Christmas Eve meal. Traditionally a whole almond is hidden in it, and the person who finds it wins a marzipan pig!...

**Fløvelsgrøt** This light, creamy porridge thickened with flour is a tasty substitute for *rømmegrøt* when you are in a bit of a hurry and want to avoid the high fat. It's a porridge that is popular in the late spring and early summer months or ideal as "*kveldemat*" (supper). It is reminiscent of a thick béchamel sauce.

**Potetgrøt** ...There are very few Norwegian dishes that don't have some sort of potato accompaniment. So it goes without saying that there should be a recipe for potato porridge or *potetgrøt*. It's a little unexpected, too, as it's not really a savoury dish but served with the customary sugar and cinnamon on top. Delicious, cheap and warming, you can imagine it being a staple of many households for hundreds of years.

(Adapted from an article found online at [www.livingnordiclife.com/post/grøt-ultimate-nordic-comfort-food](http://www.livingnordiclife.com/post/grøt-ultimate-nordic-comfort-food))

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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>