



November • november



There's Still Time to Recruit to Win!

As you know, new member recruitment is one of the most important things we all can do to support Sons of Norway and help the organization grow within our community. It can be as simple as identifying friends, family, neighbors or colleagues who share an interest in Norwegian heritage, volunteerism, or financial protection. Then, when you do, invite them to participate in an upcoming event or attend a lodge meeting. A simple invitation is often the best and most effective way to recruit a new member.

Now, to support our recruiting efforts, Sons of Norway has implemented some exciting changes for the Norwegian Experience Recruitment Contest. The 2015 program, which was created by Sons of Norway and our official travel partner, Borton Overseas, will recognize the efforts of members throughout the organization, rather than just a single recruiter.

This year Sons of Norway will award two plane tickets to Norway to the top recruiter in **each district**—that means someone in our district, maybe even in our lodge, will win a free trip to Norway! All you have to do is focus on recruiting new, dues-paying members into our lodge. All qualifying members recruited between Jan 1 and Dec 31, 2015 count towards the contest, so good luck!

If you have any questions about the program, be sure to contact headquarters at 612-821-4623.

Remember, this is a great contest because it's guaranteed that one of the winners is going to be from our district. What's more, the contest is sponsored by one of our organization's biggest supporters, and our official travel partner, Borton Overseas. They have a long history of helping make Sons of Norway members' dreams come true by planning amazing adventures to Norway. And don't forget—even if you don't win, Borton gives all members a 5% discount on travel booked through their offices. To learn more about this discount, call them at (612) 822-4640.

November • november

- A Message from Sons of Norway: Spotlight on Volunteerism
- New Discount Program Available
- Countdown to Christmas with the Julekalender
- Sleep More, Remember Better

December • desember

- Winter Days Inside
- Jo Nesbø's Oslo: Guided Tours in the Footsteps of Harry Hole
- International Architecture Competition Underway for New Viking Museum
- Libraries Changing, but Not in Crisis

Matlyst Monthly

- Norway's Best Pepper Cookies
- Swedish Glögg

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November • november

A Message from Sons of Norway: Spotlight on Volunteerism



Is your lodge giving back to the community? Volunteerism has been an increasingly important part of lodge programming. In fact, Sons of Norway members contribute tens of thousands of hours every year to improving their communities. At Sons of Norway Headquarters, we'd love to hear about it! Through the end of the year, we're looking for the stories from members like you who are doing great things in their communities with the Spotlight on Volunteerism contest.

What kinds of stories are we looking for? The sky is the limit! We're looking for any way Sons of Norway members are improving the lives of people around them. Is your lodge hosting a fundraiser for a local shelter? Does your lodge participate in a park cleanup? These are just some of the examples of service lodges across Sons of Norway are actively participating in. If you're volunteering on behalf of your lodge, tell us about it!

Why should you submit your story? There are two benefits. First, it's a great way to show off; Second, we'll be sharing a selection of the top 5 stories on Facebook for everyone to vote on. The winning lodge will be featured in a 2016 issue of Viking! Second, your lodge can serve as the inspiration for lodges across the organization that may follow your lead and start their own volunteer project. Everyone benefits when more Sons of Norway lodges give back to their communities.

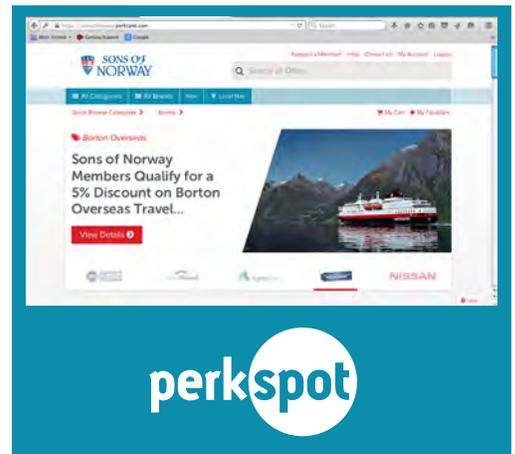
How can you share your story? You'll need to log onto the Spotlight on Volunteerism page on the Sons of Norway website, www.sonsofnorway.com/sov, to find a complete list of the rules and resources to helping find a volunteer project near you. At the bottom of the page, you'll find a submission form to complete after your project is done. Send the form back with a couple photos to membership@sofn.com and you're automatically entered. It's that easy!

For questions about volunteering or the Spotlight on Volunteerism contest, contact Joe Eggers, Membership Coordinator, at (800) 945-8851 or membership@sofn.com

New Discount Program Available!

Have you checked out Sons of Norway's newest member benefit, PerkSpot, yet? If not, you're missing out! This exciting discount program offer thousands of deals on everything from vacation packages to electronics to restaurants. With the holidays quickly approaching, PerkSpot is the perfect place to find a gift for the special someone and get a great deal!

To access PerkSpot, log into the Members Section of the Sons of Norway website and click on Member Discounts. Happy shopping!



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November • november

Countdown to Christmas with the Julekalender

Counting down the days to Christmas is a feeling of anticipation and joy. For children, the eagerness of Santa bringing Christmas presents can arguably be the greatest happiness in a child's life. The Christmas Calendar or the *Julekalender* is a tradition, popular in Norway, which gets both children and adults alike excited for the days leading up to Christmas.

The Julekalender can be compared to the familiar Christmas Advent calendar; a cardboard Christmas scene with chocolates hidden behind small windows for every day of December. The small task of opening up a window, similarly to crossing out a day on the calendar, is a task that people of all ages can get thrilled over. This tradition of opening a small treat every day until Christmas was started in Germany for those celebrating the season of Advent, which starts four Sundays before Christmas.

In Norway, the chocolate Advent calendars can be found in nearly every grocery store. However, many Norwegians like to make their own in order to personalize their calendar for their friends or family. The average Julekalender is simple yet extravagant compared to small chocolates. People fill their calendars with small gifts; one for each day leading up to Christmas.

Types of Julekalenders:

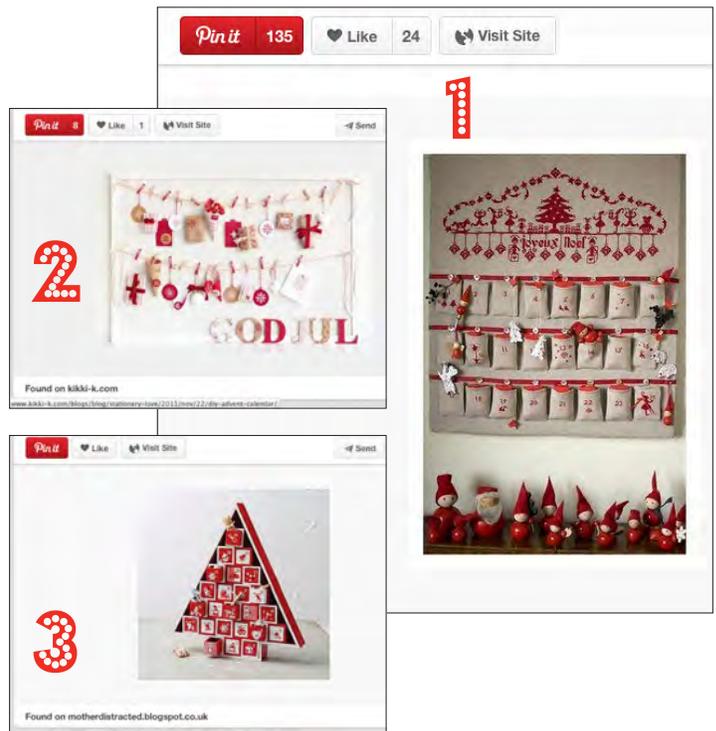
1. The Pocket Calendar literally hangs from the wall. You can use a large piece of cloth by sewing in 25 pockets in which to place each small gift. This way you can skip wrapping the gifts all together.

2. The Hanging Calendar uses some sort of structure to hang the gifts. Commonly a wire clothesline that can hang in the house, a small decorative tree or a homemade wooden structure is great for hanging 25 small gifts using clothespins, pegs, hooks or string. This calendar is very decorative and is fun to get creative with.

3. The Box Calendar is a bit tricky but is very fun to use. Using cardboard and old match boxes, create a structure of tall sliding drawers. Wrap the boxes for extra decoration, glue them together and simply add your gift inside each drawer.

Be sure to number each of your gifts in order to signify which day of December they should be opened. Some parents like to make a calendar for each child or make one and designate which kids get which day. Gifts can include small toys, chocolates, poems, jewelry, handmade ornaments and so much more. In order to give it that Nordic charm, decorate with red and white colors, use natural materials like bark, twigs, pine, paper and felt. The point is to get creative and enjoy the countdown to Christmas as a family and friends.

There are some pretty amazing Julekalender ideas on Pinterest at www.pinterest.com, so take a look and get inspired.



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November • november

a little in English...

Sleep more, remember better

When you sleep, your brain moves memories from short-term memory to long-term memory. A new Swedish study shows that your memory serves you well after just a half night's sleep. But not if you are also exposed to stress.

"Although one night with little sleep may not affect memory, it can fail if sleep deprivation is combined with acute stress," says Christian Benedict of the Department of Neuroscience at Uppsala University. He joined forces with Jonathan Cedernaes to conduct the study, which is now being published in the journal, *Sleep*.

The two researchers believe that more measures should be taken in order to ensure that more of us get enough sleep. "Measures to help people with sleep problems can certainly be appropriate, such as a later school start or more flexible hours," states Benedict. He believes that such measures will help people remember better in stressful situations. Thus, they might also do better at school or work.

Whole and half nights

The two scientists used simple games to research memory after sleeping. 15 subjects participated in two sessions. In the first session, they studied a computer screen with 15 pairs from a deck of cards. Then some of them slept for a full night, while the rest slept half a night. The morning after, the participants were to try to locate as many of the pairs on the computer screen.

The researchers saw that those who had slept half the night did just as well as those who had slept a full night. But not if they were stressed. The test was repeated after the participants were exposed to stress for 30 minutes. They had to try to remember a bunch of words they had just learned, while they were subjected to disturbing background noise. When the test was repeated, it turned out that those who had only slept half of the night did 10 percent worse in the test. The memory of those who had slept a whole night, however, was not affected by stress.

Sleep secures memories

It is well known that sleep and memory are closely linked. Ståle Pallessen, professor of psychology at the University of Bergen, explains that the brain is disrupted far less when it sleeps, and that it therefore consolidates memories during sleep. "By consolidation, we mean that there are permanent structural changes in the brain that are the basis for memory. There are permanent changes in connections between nerve cells," Pallessen explained. Thus, sleep disorders have negative consequences both for memory and learning.

The Swedish project only examined the effects of one night of insufficient sleep. "An important next step will be to investigate how chronic sleep deprivation and chronic stress combined weaken the ability to recall facts," stated Benedict.

litt på norsk...

Sov mer, husk bedre

Når du sover, flytter hjernen minnene dine fra korttidsminnet til langtidsminnet. En ny svensk studie viser at du kan huske godt etter bare en halv natts søvn. Men ikke hvis du i tillegg blir utsatt for stress.

– Selv om én natt med lite søvn kanskje ikke påvirker hukommelsen, så kan den svikte om søvmangel kombineres med akutt stress, sier Christian Benedict ved det nevrovitenskapelige instituttet ved Uppsala universitet. Sammen med Jonathan Cedernaes har han utført undersøkelsen, som nå blir publisert i tidsskriftet *Sleep*.

De to forskerne mener at det bør tas grep for at flere av oss skal få nok søvn. – Tiltak for å hjelpe mennesker med søvnproblemer kan absolutt være på sin plass, for eksempel tiltak som senere skolestart eller mer fleksibel arbeidstid, sier Benedict. Han mener slike tiltak vil hjelpe folk til å huske bedre i stressende situasjoner. Dermed kan de kanskje også gjøre det bedre på skolen eller jobben.

Hel og halv natt

De to forskerne brukte enkle spill for å undersøke hukommelsen etter søvn. 15 forsøkspersoner deltok i to økter. I den første økten studerte de en dataskjerm med 15 par fra en kortstokk. Deretter fikk noen av dem sove en hel natt, mens resten sov en halv natt. Morgen etter skulle deltakerne forsøke å finne igjen flest mulig av parene på dataskjermen.

Forskerne så at de som hadde sovet en halv natt i utgangspunktet gjorde det like godt som de som hadde sovet en hel natt. Men ikke hvis de ble stresset. Testen ble nemlig gjentatt etter at deltakerne ble utsatt for stress i 30 minutter. De måtte forsøke å huske en mengde ord de nettopp hadde lært seg, samtidig som de ble utsatt for forstyrrende bakgrunnsstøy. Når testen så ble gjentatt, viste det seg at de som kun hadde sovet en halv natt gjorde det 10 prosent dårligere på testen. Hukommelsen til de som hadde sovet en hel natt ble derimot ikke påvirket av stresset.

Søvnen fester minnene

Det er velkjent at søvn og hukommelse henger tett sammen. Ståle Pallessen, professor i psykologi ved Universitetet i Bergen, forklarer at hjernen blir forstyrret langt mindre når den sover, og at den derfor konsoliderer minnene i søvne.

– Med konsolidering mener vi at det skjer permanente strukturelle endringer i hjernen som danner grunnlaget for hukommelse. Det blir permanente forandringer i forbindelser mellom nerveceller, har Pallessen forklart. Dermed kan søvnlidelser få negative konsekvenser både for hukommelse og læring.

Det svenske prosjektet undersøkte kun effekten av én natt med dårlig søvn. – Et viktig neste skritt blir å undersøke hvordan kronisk søvmangel og kronisk stress sammen svekker evnen til å huske fakta, sier Benedict.

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December • desember

Winter Days Inside

Winter is a long, cold, dark season especially for those in the northern hemisphere. Sure it's great to get the skis and snowshoes out of the garage, but a lot of time is spent indoors and sometimes it's hard to fill the time. On those short days of winter it is important to keep busy even when the sky turns dark at four in the afternoon. Get a fire in the fireplace going, put a pair of slippers on and cozy up inside with these fun Norwegian activities.

Knitting:

The knitting process is simply pulling loops through loops through loops with needles. Well yes, it is much more complex than that, but it can ultimately become a relaxing activity on those long winter days inside. In Norway it is extremely common to get together in knitting groups and share new styles or techniques while enjoying friendly conversation. The knit style in Norway is very unique. Most people can point out a Norwegian sweater from afar and even recognize a nice pair of homemade mittens.



Learn to knit (<http://tinyurl.com/9w4pe6b>) by starting with the basics. All you need are two knitting needles and your choice of yarn. Be patient and remember that once you get the hang of it, it's a great way to pass the time on those cozy winter days inside.

If people are going to be coming to the house for knitting groups, it's important to provide them with some baked goodies. Norway's pepper cookie is popular around Christmas time and is also quite easy to make. Add the *pepperkaker* (<http://tinyurl.com/8q9ucb5>) recipe to your list for winter baking days. Make a strong pot of coffee and you are ready to enjoy. Visit <http://tinyurl.com/9j7ug8c> for a few other signature Norwegian dessert recipes to tackle during the holiday season.

Take advantage of Sons of Norway's Cultural Skills program this winter – check out the Tradition Norwegian Cooking and Knitting units on the Sons of Norway website.

Enjoy and stay warm this winter!

Norway's Best Pepper Cookies

Adapted from allrecipes.com

Makes 30 servings

- 1 1/8 cups butter
- 1 cup white sugar
- 1/4 cup heavy whipping cream
- 1 tsp baking soda
- 3/4 cups all-purpose flour
- 1 tsp ground cinnamon
- 1 tsp ground black pepper
- 1 1/2 tsp ground cardamom
- 1 tsp baking powder

Mix together the sugar and butter until fluffy. Add cream to mixture and stir. Next, add baking soda and a little water (less than 2 tablespoons) to the butter mixture. Sprinkle the spices, baking powder and flour into the mixture and combine until dough forms. Roll into 2 1/2 inch diameter segments. Wrap tightly and chill thoroughly in refrigerator. Bring oven to 375°F. Unwrap chilled dough and slice into thin pieces. Place cookie slices on lightly greased cookie sheet and bake for 6 to 8 minutes. Cool cookies on wire rack.

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December • *desember*

Jo Nesbø's Oslo: Guided tours in the footsteps of Harry Hole

Travelers to Norway's capital have an intriguing new way to get acquainted with the city: guided walking tours that cover the stomping grounds of Harry Hole, Jo Nesbø's most famous character. His ten-part crime novel series, translated into 46 languages, are the most successful Norwegian crime novels of all time. Following in the gumshoe's footsteps, you'll read about a variety of locales, like the Royal Palace and back-alley "crime scenes." The tour guides, who have received Jo Nesbø's seal of approval, pepper their tour with interesting facts on Oslo's history, and details about the author and his famous character.

Amble down Karl Johans Gate while the guide points out the sites of various crime scenes, as well as the haunts of Nesbø's criminals. You'll see the University of Oslo, National Theater, Hotel Continental, Storting, Egertorget Square and Oslo Courthouse. A quick stop at Nesbø's publisher, Aschehoug Publishing House, provides some background on the books, and then you pick up the trail of Harry Hole again, following him to St. Olavs Square. See Vår Frelsers Gravlund (Cemetery), described in several books, and visit the graves of Edvard Grieg and Henrik Ibsen.

Stroll through the Bislett/St. Hanshaugen neighborhoods to Sofies Gate, which Harry Hole calls home. Get a glimpse of old Oslo and eat traditional Norwegian fare at Harry's favorite eatery, Schrøder Restaurant, established in 1925. Nearby you'll find the watering hole where Harry is a regular, the Underwater Pub. On Tuesdays and Thursday evenings, come back for live opera performances. Stop under the balcony of the Royal Palace and hear the history of Norway's Royal family, and a bit of Norway's political background.

Available in Norwegian and English, tours take place Tuesdays at 5 p.m. Meet up location is the lobby of the Best Western Karl Johan Hotell. No registration is necessary and 200 kroner cash is payable directly to the guide for a two-hour walking tour (100 NOK for kids). The tour wraps up at the Summit Bar, on the 21st floor of Radisson Blu Scandinavia Hotel. Private group tours may be booked separately in German, English, Russian or Norwegian through the Oslo Guidebureau.

You don't need to know any of the Harry Hole novels to enjoy the tour- about half of the content is dedicated to Nesbø's famed anti-hero, and the rest of it highlights Oslo's architecture and famous Norwegians.

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December • desember



"Vikingskiphuset" by Mcphersonm80 at the English language Wikipedia. Licensed under CC BY-SA 3.0 via Commons - <https://commons.wikimedia.org/wiki/File:Vikingskiphuset.jpg#/media/File:Vikingskiphuset.jpg>

International Architecture Competition Underway for New Viking Museum

In September Norway's Minister of Education and Research, Torbjørn Røe Isaksen, officially announced the opening of an architectural competition for a new Viking Age Museum at Bygdøy in Oslo.

A companion to the Museum of Cultural History, which is part of the University of Oslo, the current Viking Ship Museum in Bygdøy is a tourist destination boasting a rich collection of Viking Age artifacts including the Tune, Oseberg and Gokstad ships. Fittingly, the current building was also the product of an architectural competition, won by prominent Norwegian architect, Arnstein Arneberg in 1913.

Due to a lack of sufficient space as well as the need for structural upgrades, the Norwegian government began evaluating how best to expand and preserve the current building at Bygdøy and consolidate collections from the Viking Ship Museum as well as the Museum of Cultural History in 2013. With the creation of a new Viking Age Museum, the Norwegian government hopes to create a globally leading center for the dissemination of knowledge about the Viking Age and ensure future generation's access to it.

The Ministry of Education and Research has tasked Statsbygg (the Directorate of Public Construction and Property Management) with management of the architectural competition to create the new facility and a winner will be selected in March of 2016. Architectural submissions must take into account several requirements that include:

- Finding solutions that secure and preserve the Viking collection for future generations in a professional manner, while also creating good conditions for display to the public.
- Ensuring architectural quality and expressions that reflect the importance of the building.
- Finding good environmental solutions that facilitate and minimize the museum facility's overall environmental footprint.
- Finding solutions that combine the old and the new building in an appropriate way.

Set to comprise roughly 13,000 square meters, the entire facility will be nearly three times larger than the current museum at Bygdøy upon completion in autumn of 2017.

Swedish Glögg

*Recipe by Chef Marcus Samuelsson
Adapted from foodandwine.com, serves 10*

- 4 cinnamon sticks
- 2 tsp green cardamom pods
- 2-inch peeled fresh ginger, chopped
- 4 tsp finely grated orange zest
- 12 whole cloves
- 1 cup vodka
- 2 750 ml bottles dry white wine
- 2 cups dry rosé
- 2 cups sugar
- 2 tbsp vanilla sugar
- ½ cup blanched whole almonds
- ½ cup raisins

Use a mortar to crush cinnamon and cardamom. Pour into a quart jar and add ginger, orange zest, cloves and vodka. Cover and set aside for 24 hours.

Strain vodka, discarding the solids, into a large saucepan. Add white wine, rosé, sugars, almonds and raisins to pan and stir over moderate heat. Heat until bubbles form around edges but do not boil. Serve hot.



For a more traditional glögg recipe made with red wine, visit the Recipe Box at sonsofnorway.com

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December • desember

a little in English...

Libraries changing, but not in crisis

Public library use is in decline. So are the number of check-outs. But this isn't a crisis for public libraries, say researchers. Today [August 28th] is Norway's first national Library Day. The Norwegian Library Association wants to remind us of our libraries. It may be necessary.

New figures from Statistics Norway (SSB) show that the use of public libraries is clearly down. Only 40 percent of Norwegians have visited a public library during the past year. This is a decrease of about 10 percent since 2005. While the youngest and the oldest use the library less as before, the decline particularly pronounced in the age group 16 to 44 years.

A new cultural center?

More people are using the library's online services, SSB statistics show. A third of those surveyed stated that they've visited exhibitions at public libraries last year, while one in four have attended meetings, performances, courses, debates and similar things organized by the library. This is especially true for those over 45.

"Although use has declined, there is no other cultural institution with nearly as much public use as libraries," says Professor Svanhild Aabø at Oslo and Akershus University College.

A study she conducted on three Oslo libraries revealed that the majority of users do not borrow anything. They use libraries in other ways.

Where everyone meets

Aabø's research has shown that the library is a place where people of all ages and all cultures meet and thrive. Most other cultural arenas are segregated. If you go to the theater, you mostly meet gray-haired people of a certain echelon. At the library you can meet the fancy lady in the mink coat and the young girl with piercings and purple hair, she believes. "People feel that the library belongs to them."

Asylum seekers also see the library as a place they have a right to be, says Aabø. She believes that the

library can also support people who are becoming marginalized.

Library creates confidence

Andreas Vårheim, a professor in the Department for Culture and Literature at the University of Tromsø, has done studies on refugee and immigrant experiences at public libraries in Norway and the USA.

The Tromsø library is a very important meeting place for participants in the introductory program for refugees. Help with homework and the reading group for women are key initiatives. "We found that the library made the refugees feel safe. Confidence in the library and other library users was high. Former participants in the introductory program continue to use the library as a meeting place."

"This could be the gateway for increased trust in others in Norwegian society, neighbors and people they meet on the street," Vårheim believes.

litt på norsk...

Ingen krise for bibliotekene

Bruken av folkebibliotekene går ned. Det samme gjør utlånene. Men det er ingen krise for folkebibliotekene, mener forskere. I dag [28. august] er Norges første nasjonale bibliotekdag. Norsk bibliotekforening ønsker å minne oss om bibliotekene våre. Det kan det være behov for.

Nye tall fra Statistisk sentralbyrå (SSB) viser at bruken av folkebibliotekene går tydelig ned. Bare 40 prosent av oss har besøkt et folkebibliotek i løpet av det siste året. Det er en nedgang på rundt 10 prosent fra 2005. Mens de yngste og de eldste bruker biblioteket omtrent som før, er nedgangen spesielt stor i aldersgruppen 16 til 44 år.

Et nytt kulturhus?

Flere bruker bibliotekets nettsjenester, viser SSBs tall. En tredel av de spurte oppgir også å ha sett utstillinger på folkebibliotek siste året, mens en av fire har vært på møter, forestillinger, kurs, debatter og liknende arrangert av biblioteket. Dette gjelder spesielt for dem over 45 år.

– Selv om bruken har gått ned, er ingen andre kulturinstitusjon i nærheten av så stor bruk i befolkningen som bibliotekene, sier professor Svanhild Aabø ved Høgskolen i Oslo og Akershus.

I en undersøkelse hun har gjort på tre biblioteker i Oslo kom det frem at flertallet av brukerne ikke låner noe. De bruker bibliotekene på andre måter.

Der alt folk møtes

Aabø har i sin forskning vist at biblioteket er et sted hvor folk i alle aldre og fra alle kulturer møtes og trives. De aller fleste kulturarenaer er segregert. Går du i teateret, møter du flest gråhårede fra et spesielt samfunnslag. På biblioteket kan du både møte den fine fruen i minkkåpe og ungjenta med piercing og lilla hår, mener hun. – Folk føler at biblioteket tilhører dem.

Også asylsøkere ser på biblioteket som et sted de har rett til å være, sier Aabø. Hun mener at biblioteket også kan fange opp folk som er i ferd med å bli marginalisert.

Bibliotek skaper tillit

Andreas Vårheim, professor ved Institutt for kultur og litteratur, Universitetet i Tromsø, har gjort studier av flyktninger og innvandreres møte med folkebibliotek i Norge og USA.

Tromsø bibliotek er en svært viktig møteplass for deltakere i Introduksjonsprogrammet for flyktninger. Leksehjelp og litteraturgruppa for kvinner er sentrale tiltak. – Vi fant at biblioteket gjorde at flyktninger følte seg trygge. Tilliten til biblioteket og andre bibliotekbrukere var høy. Tidligere deltakere i introduksjonsprogrammet fortsetter å bruke biblioteket som møteplass.

– Dette kan være inngangsporten for økt tillit til andre i det norske samfunnet, naboer og dem de møter på gata, mener Vårheim.

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