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Dear Lodge/District Editors:

Once again Sons of Norway is pleased to present you with the latest edition of the Newsletter Service. This complimentary service is created six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

The Newsletter Service is primarily available online from the Sons of Norway website, which can be found at [www.sonsofnorway.com](http://www.sonsofnorway.com). However, if you wish to receive a printed hardcopy version, please contact us and ask to be added to the hardcopy recipient mailing list.

We hope you enjoy this issue and find its content to be beneficial. If you have any suggestions on how we can improve the Newsletter Service, please e-mail Erik Evans at [eevans@sofn.com](mailto:eevans@sofn.com).

Fraternally,

Linda Pederson  
Fraternal Director  
Sons of Norway



## SONS OF NORWAY

*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 provide quality insurance and financial products to our members.*

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## International Convention 2016: Leading the Way



The International Convention is coming up this summer—will you be one of the dedicated members in attendance? This year's event, which includes the Innovative Leadership Conference, exciting day tours, and world class entertainment,

is sure to have something of interest for everyone. To help you decide, here's some information about the great opportunities available at the 2016 convention:

### Innovative Leadership Conference

This year's convention kicks off with the return of the Innovative Leadership Conference (ILC)! This day-long seminar is open to all members and will be held on August 24th and brings a top notch leadership expert to share their expertise and teach Sons of Norway members how to be stronger leaders in their own right. Most importantly, and this is what differentiates the ILC from all the other training programs out there, attendees go home with tangible tools and resources to immediately help their lodge succeed.

### Delegate meetings

Each district gets to send multiple delegates to the International Convention (the number depends on membership within the district), who will represent the district in all matters presented at the convention. They will discuss and debate a variety of topics, before voting for their passage or defeat, which can long lasting effects on the whole of the organization.

### Excursions

The Host Committee for this year's convention has put together some extremely fun excursions for delegates and guests to enjoy. On Wednesday the 24th there is an optional cruise along the south Puget Sound. Then on the morning of the 25th there is an excursion to Crystal Mountain Resort for some the most spectacular views of Mt. Rainier! Last, but not least, the Host Committee is inviting everyone to sign up for a special event at Normanna Hall on the evening of the 26th that brings together the finest pairing of local wines and talented folk dancers. It's a definite can't-miss event!

There's definitely going to be a lot going on in Tacoma this August and you won't want to miss a minute of it! Space is limited for many of these opportunities, so be sure to register as soon as possible! Also if you'd like to learn more, be sure to visit the convention website ([www.sonsofnorway.com/convention](http://www.sonsofnorway.com/convention)) as it is updated frequently.



## Springtime Volunteerism

Spring has sprung! That means now is the perfect time to gather the family and head outside to volunteer with your lodge. Giving back to the community is the ultimate family activity because it gives the entire family an opportunity to better the community together. Plus, it's a great way to celebrate Norway's famous love of the great outdoors.

Are you looking for a few springtime volunteer ideas? Here are a few of our favorites:

- 1. Participate in Habitat for Humanity.** Few volunteer opportunities offer the same kind of hands on participation like Habitat for Humanity. Building and remodeling homes for those in need in your community helps strengthen your community while developing skills that your whole family can take home once the project is over.
- 2. Clean up the parks.** After a season of cold and snow, the first thing many of us want to do is head out to a park, but many parks are likely in need of some TLC. Trash pickup is a simple way to get involved, but many parks may need help with planting, painting buildings or benches and repairing equipment. Check with your Parks Department to see if there's a way you can get involved.
- 3. Volunteer at a community garden.** Community gardens are fantastic because they often take unused or abandoned land and turn them into a place for the entire community to come together. They're also great for families because they help teach responsibility and the importance of eating healthy.
- 4. Check with your state DNR.** Many states' Department of Natural Resources use the spring and early summer as crucial times to conduct important conservation surveys. This could mean bird counts, checking water quality or any number of other activities. What it can mean for your family, though, is an opportunity to spend time outside knowing you're making a difference in the local ecosystem.

Interested in volunteering on behalf of Sons of Norway? Check with your lodge President to see what opportunities are available or feel free to suggest your own. Together we can all make a difference!

## Have You Joined the Race to 100?

Help Sons of Norway by showing your support for all the good work we do with our members, their lodges and their communities by visiting [www.raceto100.org](http://www.raceto100.org) and participating in this important grassroots initiative.

## Norway Announces Plan to Create Bicycle Expressways

Norway has announced its plan to spend NOK 8 billion (almost \$1 billion) developing bicycle expressways in nine of its largest cities. This plan is part of a larger national transit initiative to reduce pollution in Norway and cut greenhouse gas emissions in half by 2030.

The bicycle expressways will serve as commuter tracks linking the outer suburbs with the downtown areas where many people work. The purpose of the project is to help increase the amount of bicycle commuters and diversify transportation in the larger cities. These extensions will make commuting from the countryside possible by connecting the city biking networks with the suburbs. These expressways will allow cyclists to maintain a consistent pace and reach speeds of 30 - 40 kph (approximately 17-25 mph), making the longer commutes from the suburbs to the cities easier to manage. The tracks will also only be accessible by bicycles and electric bicycles, so commuting will be much safer and more efficient with the absence of cars.

10 two-lane tracks in and around Norway's nine largest cities have been proposed in the National Transport Plan. The Oslo area will get two expressways, while eight other major cities will receive one, including: Bergen, Trondheim, Nord-Jæren, Nedre Glomma, Buskerudbyen, Grenland, Kristiansand and Tromsø.

Because of Norway's mountainous landscape, cold climate and inclement weather conditions, there is some opposition to the project. Some of those opposed claim that Norway's climate and landscape could create unrealistic cycling conditions, especially during the winter months. However, proponents believe that the expressway project is a positive step toward Norway's transition away from high-emission forms of transportation. And, if they're successful the expressways could help reduce pressure on other heavily-used transportation systems such as roadways and public transit.

Although bicycling only accounted for 5 percent of daily transportation usage in 2014, Norway is looking to increase this number to have bicycling account for 10-20 percent of all daily trips in the nine major cities where the expressways have been proposed.



Fruit Pizza © BY-SA 3.0 ([license](#)). Photo by: [www.facebook.com/RadaCutlery](http://www.facebook.com/RadaCutlery), uploaded by Knightia13 ([Wikimedia Commons](#))

## Sugar Cookie Dessert Pizza

Adapted from [allrecipes.com](http://allrecipes.com), yields 10-12 servings

- ½ cup butter, softened
- 1 large egg
- 1 tsp cream of tartar
- ¼ tsp salt
- ½ cup sugar
- ¼ tsp salt
- ½ cup sugar
- 1¼ cups all purpose flour
- ½ tsp baking powder
- 1 package of cream cheese
- 8 oz whipped topping, thawed
- ¼ cup confectioners' sugar
- assortment of favorite fruits



Tips: Arrange your favorite red and blue berries on top of the pizza to make a festive flag design for Syttende Mai! Pressed for time? Instead of making the cookie crust from scratch, substitute prepackaged sugar cookie dough.

Preheat oven to 350 degrees F. Cream together butter and ½ cup sugar in a large bowl until smooth. Add egg and mix. In a separate bowl combine flour, cream of tartar, baking soda and salt and add to creamed mixture until well blended. Press cookie dough into an ungreased pizza pan\*. Bake for roughly 8 to 10 minutes or until lightly browned. While the crust cools, beat cream cheese, whipped topping and ¼ cup confectioners' sugar and vanilla until light and fluffy. Spread on cooled cookie crust. Cut crust into desired serving portions. Add fresh fruit to the top of the crust, making sure excess liquid is removed from fruit beforehand. Chill until ready to serve.

\*Double crust to make a 9"x13" dessert pizza.

## a little in English...

### Ancient DNA Shows How Vikings Impacted Plants and Animals

Biologists Sanne Boessenkool and Anneleen Kool at the University of Oslo are researching how the Vikings' travels contributed to the spread of genetic material and development of biodiversity. For this purpose, they are using the DNA material of flax, barley and horses from the Viking era.

"The questions we are investigating have not been researched using ancient DNA material," explains Boessenkool. She specializes in evolutionary genetics and has been researching ancient DNA for the past nine years.

#### Past secrets revealed

"The fascination of old DNA material is that it reveals the secrets of earlier times. We gain insight into areas of life that we otherwise could not become aware of. It's almost like being detectives," says Boessenkool. Anneleen Kool works as a botanist and curator at the University of Oslo Botanical Gardens. She is particularly interested in the interaction between plants and people. Kool has been heavily involved in the planning of the University Botanical Garden's Viking Garden, which was dedicated in August 2014. The facility shows 70 crops that were used in Scandinavia during the Viking era. "It was natural to team up to seek new knowledge, not just about horses, flax and grain, but also about how the Vikings may have helped spread the genetic material to the areas where they settled, thus affecting the genetic composition of plants and animals," explains Kool.

#### Pivotal horses

"We have heard a lot about how exotic spices, silk and other fabrics were imported to Scandinavia during the Viking Era. But we know little about the genetic background of the plants and animals that the Vikings used and how they altered them both consciously and unconsciously," adds Boessenkool. When she chose specifically to research horses from Viking times, there were several reasons. The horse was of great importance for people both in practical matters, transportation and travel - and in religious ceremonies. A total of 26 horses were buried in the ship burials at Oseberg and Gokstad. Vikings from Norway had brought horses along to places such as Iceland and the Orkney Islands.

What similarities and connections we can find between horses from this era that have been found in various places? How did they change genetically and what percentage of Viking Era genes is found in modern horses? These are some of the questions the two biologists want to answer.

## litt på norsk...

### Eldgammelt DNA viser hvordan vikingene påvirket dyr og planter

Biologene Sanne Boessenkool og Anneleen Kool ved Universitetet i Oslo, forsker nå på hvordan vikingenes reiser bidro til spredning av genetisk materiale og utvikling av naturmangfoldet. Til dette formålet bruker de DNA-materiale av lin, bygg og hester fra vikingtiden.

– Spørsmålene vi undersøker har ikke blitt forsket på ved hjelp av gammelt DNA-materiale, forklarer Boessenkool. Hun har spesialisert seg på evolusjonsgenetikk og har de siste ni årene forsket på gammelt DNA.

#### Fortidens hemmeligheter avdekkes

– Det fascinerende med gammelt DNA-materiale er at det avslører hemmeligheter om tidligere tider. Vi får innsikt i deler av tilværelsen som vi ellers ikke kunne fått kjennskap til. Det er nesten som å være detektiv, sier Boessenkool, som opprinnelig er fra Nederland. Anneleen Kool, også hun opprinnelig fra Nederland, jobber som botaniker og kurator ved Botanisk hage. Hun er spesielt interessert i samspillet mellom planter og mennesker. Kool har vært sterkt involvert i planleggingen av Vikinghagen, som ble innviet i august 2014. Anlegget viser 70 nyttevekster som ble brukt i Skandinavia i vikingtiden. – Hva var da mer naturlig enn å gå sammen om å søke ny kunnskap, ikke bare om hestene, linet og kornet, men også om hvordan vikingene kan ha bidratt til å spre genetisk materiale til områdene der de bosatte seg, og dermed påvirket den genetiske sammensetningen av dyr og planter, forklarer Kool.

#### De viktige hestene

– Vi har hørt en del om hvordan eksotiske kryddere, silke og andre stoffer ble importert til Skandinavia i vikingtiden. Men vi vet lite om den genetiske bakgrunnen til plantene og dyrene som vikingene brukte og hvordan de endret det både bevisst og ubevisst, supplerer Boessenkool. Når hun har valgt spesielt å forske på hester fra vikingtiden, har det flere årsaker. Hesten hadde stor betydning for menneskene både i praktiske gjøremål, transport og reiser – og i religiøse seremonier. Til sammen ble 26 hester gravlagt i skipsgravene ved Oseberg og Gokstad. Vikingene fra Norge hadde med seg hester til blant annet Island og Orknøyene.

Hvilke likheter og sammenhenger kan vi finne mellom hester fra vikingtiden funnet på ulike steder? Hvordan forandret de seg genetisk og hvor mye av vikingtidens gener finnes i dagens moderne hester? Dette er noen av spørsmålene de to biologene ønsker å få svar på.

Source: <http://forskning.no/historie-biologi-dna-zoologi/2015/03/tusenargammelt-dna-vikinger>

## Did you Know?

Think you know everything there is to know about Norway? Test your knowledge with these unique facts.

### 1. Norway introduced salmon sushi to the Japanese in the 80s.

It may seem hard to believe that what is now a staple ingredient in sushi, was actually the result of a successful seafood export initiative called "Project Japan" from the Norwegian seafood delegation in the late 80s.

### 2. Norway knighted a penguin.

The result of a unique and long relationship between Hans Majestet Kongens Garde (His Majesty The King's Guard) and Scotland's Edinburgh Zoo, Sir Nils Egelien, a king penguin, was knighted by British Maj. Gen. Euan Loudon with the king's sword on behalf of H.M. King Harald V in 2008. A citation from the king read aloud at the ceremony described Nils as "in every way qualified to receive the honor and dignity of knighthood."

### 3. 8.2% of people in Norway eat tacos every Friday.

Forget about "taco Tuesday," according to a study conducted by VG in 2012 400,000 Norwegians take part in the cultural phenomenon of "fredagstaco," enjoying tacos as their Friday dinner of choice.

### 4. Norway experienced a butter crisis in 2011.

A combination of low milk production and high demand led to a butter shortage and price inflation, causing a single 8.8 oz. pack of butter to cost \$50.

### 5. The red sky in Edvard Munch's "The Scream" is likely attributed to the eruption of the Krakatoa volcano in Indonesia.

Using Munch's own journals to pinpoint the site that inspired the artist as well as known astronomical phenomena in the period, researchers connected the 1893 eruption to the blood-red sky described by Munch and depicted in his painting.

### 6. The Norwegian government purchases 1,000 copies of all qualifying books and 1,550 children's books published in Norway to distribute them to libraries.

Arts Council Norway funds the endeavor to lend support to small publishers and writers.

### 7. King Olav V of Norway often drove himself and used public transportation.

Known as the "People's King," the late King Olav V enjoyed driving his own car in public lanes without escort. In a show of support for his countrymen who were encouraged to use public transportation during the oil crisis in 1973, he famously boarded a public train by himself, carrying his own set of skis and paying for his own ticket.

## Celebrating Midsummer

Is your family ready for Midsummer? The June 23rd holiday is a prime opportunity to bring a little Norwegian culture to the middle of summer. What started as a pagan celebration to wake up the ground after winter has now grown into a full celebration complete with

its own traditions. Here are a few of our favorite Midsummer customs that you can easily bring into your household!



At its heart, Midsummer celebrations are about connecting with the outdoors. In the past, girls would pick wildflowers and put them under their pillows at night in hopes of future good luck. Your family can easily adapt this tradition to today by taking a hike outside to enjoy a break from the normal hustle and bustle of modern life.

In another Norwegian tradition, many homes are decorated with flowers and plants gathered from the day's hike. Decorating your own home with plants gathered with your own family is a fun way to get the whole family involved in a popular Norwegian custom – just be careful about which plants you're gathering!

A good Midsummer celebration has to include a bonfire. In pre-Christian times, bonfires were thought to awaken the Earth after its winter slumber. Today they're a great way to bring the family together and bridge the gap between Norwegian and American customs. Just like here, many Midsummer bonfires in Norway include hot dogs and s'mores, something that will likely be a big hit with your family at home. However, good food is always popular and Midsummer is no exception. Don't be afraid to incorporate other Norwegian recipes into your celebration, too. The online Recipe Box on the Sons of Norway website is a great place to start.

Finally, once you have the family together around the bonfire and you've had your fill of food, share some Norwegian folktales. Tales of Viking adventures or trolls make for great bonfire tales and could spark an interest in your kids' Norwegian roots. The Members' Section of the Sons of Norway website is a great place to start your search for bonfire stories!

However your family celebrates Midsummer, make it a special evening!

## 2016 International Folk Art Competition & Exhibition

Show off your talent and celebrate Norwegian culture by participating in the 2016 International Folk Art Competition & Exhibition, being held from August 25th through 27th as part of the International Convention.

Amateur and professional Sons of Norway members can compete or exhibit work in several Norwegian folk art categories including rosemaling, hardanger embroidery, chip carving, photography and more. All adult participants will receive a certificate of recognition and have the option to compete for 1st, 2nd and 3rd place ribbons. They will also have the chance to compete for the Best in Show Award given to judge's overall favorite item, the People's Choice Award selected by popular vote and new in 2016, the Sons of Norway Foundation's Golden Jubilee Award.

### Register Today!

Space is limited, so pre-registration is the only way to guarantee a spot in the International Folk Art Competition & Exhibition. The deadline to pre-register is Friday, August 5th. For more information regarding requirements, categories, and competition guidelines, please visit the International Folk Art Competition & Exhibition webpage at [www.sonsofnorway.com/folkart](http://www.sonsofnorway.com/folkart).

### Please Remember:

- All participants must be Sons of Norway members.
- All items must have been completed within two years prior to the International Convention.
- Members do not have to compete in the district level in order to compete in the international level.
- Artists must bring items to the Folk Art Competition & Exhibition themselves or make arrangements for an attending member of their district to bring the items for them.
- Items mailed to Sons of Norway Headquarters or the International Convention location site will not be accepted.

Check-in for the event will begin on August 24th, and the exhibits will be open for public viewing August 26th and 27th. If you have any questions regarding the competition & exhibition, please contact Sons of Norway Headquarters at (800) 945-8851.



### Crab Salad with Dill and Chives

Adapted from [thanksforthefood.com](http://thanksforthefood.com)

- 300g (10.5 oz) white crab meat, shredded (you can also use imitation crab if good quality crab meat isn't available in your area)
- 300ml (1 cup) mayonnaise
- 2 tbsp chives, finely chopped
- 2 tbsp dill, finely chopped
- 2 tbsp parsley, finely chopped
- 2 tbsp lemon juice, freshly squeezed
- 1 can chickpeas, drained and washed
- 1 red bell pepper chopped
- Salt and ground white pepper to taste
- Bread or lettuce leaves

Add mayonnaise, chives, dill, lemon juice and crab meat to a bowl. Gently fold together but do not over-mix so that crab meat becomes mushy. Add chickpeas and red bell pepper and continue to mix. Chill salad for at least 30 minutes. Serve on your favorite bread or lettuce leaves.

### a little in English... She Has Students All Over the World

Teacher Else Magerøy has the whole world as her workplace. At home in Volda, she teaches seventh graders in over ten different countries.

#### Informative

"This job is incredibly exciting. I've learned a lot about countries I hardly knew anything about," she says. Haakon Rønn Stensæth in Samoa is one of her students, but all of the continents are represented in her class. "The challenge in this job is to give proper feedback, both positive and negative. It is also important to adapt the amount of content and tasks so that there won't be too much—or too little," she points out. Meanwhile, she must take into account that the students are located in different time zones. Therefore the students determine when they do school work. "We make weekly schedules that we put out every Friday, and so they have a deadline ten days later," explains Magerøy.

#### Supplemental schooling

The teacher from Volda is one of ten part-time teachers who work for Global School. They are spread across the country. In Hamar, Egersund, Drangedal, Hornindal, Skjervøy and Sørum teachers sit and teach students in Bangkok, Perth, Montreal, San Francisco and over 50 other locations around the world. "We have built up gradually," explains administrative manager Helge Standal. The first year—in 1998—the school had 15 students in 6th and 9th grades. Now the school is about to exceed 300 students in 60 different countries. "Most students use this schooling in addition to visiting national or international schools where they live," says Standal.

#### Challenges

What distinguishes Globalskolen from an ordinary school—besides the distance between teacher and pupil—are the interactive capabilities the internet offers. Communication between teacher and student is close and frequent. Text, audio and images are exchanged. In addition, discussion forums are made use of. "But there needs to be a good balance between distance learning and book-related tasks," says Else Magerøy. "And parents have a good overview. They can go in and read children's assignments and teachers' evaluations any time. "We obviously can't control what kind of help and input they get from parents, but it gives us a good sense of what level students are at—even if we never see them."

### litt på norsk... Hun har elever fra hele verden

Lærer Else Magerøy har hele verden som arbeidsplass. Hjemme i Volda underviser hun syvendeklassinger i over ti forskjellige land.

#### Lærerikt

- Denne jobben er utrolig spennende. Jeg har lært veldig mye om land jeg knapt visste noe om, forteller hun. Haakon Rønn Stensæth på Samoa er en av hennes elever, men i klassen er alle kontinenter representert. - Utfordringen i denne jobben er å gi skikkelig tilbakemelding, både positiv og negativ. Det er også viktig å tilpasse stoffmengden og oppgavene slik at det ikke blir for mye - eller for lite, poengterer hun. Samtidig må hun ta hensyn til at elevene befinner seg i ulike tidssoner. Derfor bestemmer elevene selv når de skal gjøre skolearbeidet. - Vi lager ukeplaner som vi legger ut hver fredag, og så har de leveringsfrist på oppgavene ti dager senere, forklarer Magerøy.

#### Supplement

Volda-læreren er en av ti deltidslærere som arbeider for Globalskolen. De er spredd over hele landet. I Hamar, Egersund, Drangedal, Hornindal, Skjervøy og Sørum sitter lærere og underviser elever i Bangkok, Perth, Montreal, San Francisco og over 50 andre steder rundt omkring i verden. - Vi har bygd oss gradvis opp, forklarer administrativ leder Helge Standal. Det første året - i 1998 - hadde skolen 15 elever i 6. og 9. klasse. Nå er skolen i ferd med å passere 300 elever i 60 forskjellige land. - De aller fleste elevene bruker dette skoletilbudet i tillegg til å gå på nasjonale eller internasjonale skoler der de bor, forteller Standal.

#### Utfordringer

Det som skiller Globalskolen fra ordinær skole - bortsett fra avstanden mellom lærer og elever - er de interaktive mulighetene nettet gir. Kommunikasjonen mellom lærer og elev er tett og hyppig. Skrift, lyd og bilder blir utvekslet. I tillegg brukes diskusjonsforumet flittig. - Men det bør være en god balanse mellom nettbasert læring og bokrelaterte oppgaver, poengterer Else Magerøy. Og foreldrene har god oversikt. De kan gå inn å lese barnas oppgaver og lærernes evalueringer hele tiden. - Hva slags hjelp og innspill de får fra foreldrene kan vi selvsagt ikke kontrollere, men etter hvert får vi en god følelse av hvilke nivå elevene er på - selv om vi aldri ser dem.

Source: <http://www.aftenposten.no/jobbb/Hun-har-elever-fra-hele-verden-6325754.html>