

Newsletter

service :: September, October 2017



Sept. :: september

- Artful Gifts for the Queen
- Have Dues Questions? Find Answers with these Handy Resources
- Bats Harming Church

Recipe :: Norwegian Apple Pie (Eplepai)



Oct. :: oktober

- Norway Embraces Rainforest Conservation
- New Conveniences for Members Come with Dues Structure Changes
- We're Listening to Less Radio

Recipe :: Pumpkin and Beef Casserole

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. 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 Rebecca Swanson at rswanson@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.

1455 West Lake Street
Minneapolis, MN 55408-2666
Toll Free: (800) 945-8851
www.sonsofnorway.com

Photo: Cathrine Wessel, The Royal Court



Artful Gifts for the Queen

Tuesday, July 4, 2017, was a busy day of celebration. Americans celebrated the country's Independence Day, and Canadians celebrated the 150th Anniversary of Canada's new federation. In Norway, the festivities for the royal family and all of Norway centered on Her Majesty Queen Sonja's 80th birthday.

The queen was delighted with visitors and gifts throughout the day, including a statue of the queen inside the Palace Park unveiled by her grandchildren. A gift from the Norwegian Trekking Association (DNT), the statue depicts the queen resting on a rock in her hiking clothes—a representation of her deep love for hiking and the great outdoors.

The queen then officially opened the "Queen Sonja's Art Stable." Now an arena for art, culture and history, the gift from King Harald was once a stable for the royal horses until 1940. The opening exhibition includes an installation of Queen Maud's photographs and a fine collection of Norwegian graphic prints – 164 pieces in total. Like Queen Sonja, Queen Maud (King Harald's grandmother) was a dedicated photographer and art enthusiast. Many of the prints were donated by Norwegian artists as birthday gifts for the queen, and the photo installation of was a gift from the Norwegian Government.

To conclude the birthday celebrations, Queen Sonja held a picnic for all inside the Queen's Park. In order to find their seats, guests participated in a fun, kid-friendly scavenger hunt and were treated to a delicious meal.



Have Dues Questions? Find Answers with these Handy Resources

Sons of Norway's 2018 simplified dues structure goes into effect on January 1. Check out the following resources for more information.

Website – www.sonsofnorway.com The website is now updated with a detailed dues structure chart and dues information. More frequently asked questions and answers have also been added. The history of how the dues changes came about remains on the site, and online information will continue to be supplemented on an as-needed basis.

Publications – Watch for informative articles in our communication channels. The August issue of Viking contained the updated dues information, and our other member newsletters will provide more information as implementation gets closer.

Email – To make it even easier for members to get their questions answered, they may submit them 24/7 to a dedicated email address, 2018dues@sofn.com. Staff will respond to inquiries in a timely manner.

Norwegian Apple Pie (Eplepai)

The Great Scandinavian Baking Book

by Beatrice Ojakangas

Makes one 9-inch pie

Although this is called a "pie" in Norway, we would think of it as a cake. Incredibly simple to make, it's a perfect last-minute dessert when fresh apples are in season.

- 1 egg
- ¾ cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup all-purpose flour
- ½ cup chopped almonds
- 3 medium-sized tart apples, pared, cored and diced

Topping

- 1 cup whipping cream
- 2 tablespoons powdered sugar

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.

a little in English...

Bats Harming Church

Bat urine may destroy Norway's oldest stave church



Urnes Stavekirke is considered the oldest, preserved stave church in Norway. Now it's facing a rather unique problem: Urine from bats may be destroying the church, writes

newspaper Bergens Tidende. The church is from the 1100s. It is the only one in the country that is a UNESCO World Heritage Site.

The bats have sought shelter in the church for raising young. This is quite normal. But Urnes Stave Church is made of wood. The wood is neither painted nor protected in another way. The urine from the bats contains salt. It can break down and destroy the old woodwork.

"It happens slowly. But at worst, the staves that hold the different parts of the church together may lose their grip," explains Kjersti Marie Ellewsen to the newspaper. She is a senior adviser and works at the Directorate for Cultural Heritage.

In other buildings it is common to replace damaged materials. The stave church does not wish to do this. They believe the original parts of the church are an important part of the cultural heritage.

Removing the bats is also not a solution. The reason is that the bat is protected. They should not be disturbed.

"We must either find a way to protect the wood. Or we have to set up breeding crates for the bats. Perhaps they would rather live there," says Ellewsen.

litt på norsk...

Flaggermus skader kirke

Urin fra flaggermus kan ødelegge Norges eldste stavkirke

Urnes stavkirke regnes som den eldste bevarte stavkirken i Norge. Nå står de overfor et noe spesielt problem: Urin fra flaggermus kan ødelegge kirken, skriver avisa Bergens Tidende. Kirka er fra 1100-tallet. Den er den eneste i landet som står på Unescos verdensarvliste.

Flaggermusene har søkt ly i kirken for å yngle. Det er helt normalt. Men Urnes stavkirke er laget av tre. Treet er verken malt eller beskyttet på annen måte. Urinen fra flaggermusene inneholder salt. Den kan bryte ned og ødelegge det gamle treverket.

– Det går sakte. Men i verste fall kan stavene som holder de forskjellige delene av kirken sammen, miste festet. Det forklarer Kjersti Marie Ellewsen til avisa. Hun er seniorrådgiver og jobber hos Riksantikvaren,

I andre bygg er det vanlig å skifte ut skadd materiale. Det ønsker ikke stavkirken å gjøre. De mener de originale delene av kirka er en viktig del av kulturminnet.

Å fjerne flaggermusene er heller ikke en løsning. Årsaken er at flaggermusen er fredet. De skal ikke forstyrres.

– Enten må vi finne en måte å verne treverket på. Eller så må vi sette opp ynglekasser for flaggermusene. Kanskje vil de heller bo der, sier Ellewsen.



Norway Embraces Rainforest Conservation

Earlier this year, the Norwegian Parliament officially guaranteed that the government's public procurement policy will be deforestation-free. In a nutshell, this means that the Norwegian Government will no longer buy products linked with tropical deforestation or sign contracts with companies that destroy forests.

Forests and trees cover 31 percent of the earth's land, and are vital to human and animal existence. Every second of the day they produce oxygen and remove carbon dioxide from the atmosphere, essentially making up our planet's lungs. Without them, survival is nearly impossible.

Norway funds forest conservation projects worldwide and has continued to support human rights programs for forest communities for years. With its commitment to a zero deforestation policy, Norway stays true to its strong stance on supporting causes that protect the environment.

New Conveniences for Members Come with Dues Structure Changes

Here are a few items that are part of the changes coming with the simplified dues structure, beginning Jan. 1, 2018.

Automatic monthly withdrawal available – Effective with their 2018 dues renewal, members in U.S. lodges will have the option to pay their dues by automatic monthly withdrawal from their U.S. bank account. Annual payment of dues by check or credit card will continue to be available.

Local currency applies – No more confusion about adjusting dues based on the exchange rate for Canadian and Norwegian memberships. Beginning January 1, International dues for Canadian and Norwegian memberships are based on the local currency (Canadian dollars or Norwegian kroner), and hence will no longer be subject to exchange rate fluctuations. (Dues paid by credit card from a non-U.S. bank may be subject to an exchange rate and/or service fee set by the bank and/or credit card processor.)

Dues more easily explained to potential members – The new dues structure is simplified to maintain consistency throughout the U.S., making it easier for lodges to sign up new members and to discuss the dues with others outside of their lodges and districts.

Have questions on the above? Send an email to Sons of Norway 2018dues@sofn.com, and staff will provide timely answers.

Pumpkin and Beef Casserole

Adapted from www.apertitif.no

- 2 lbs trimmed tender beef, diced
- 4 shallots, roughly chopped
- 2 large garlic cloves, minced
- 3 tbsp olive oil
- 2 plum tomatoes, chopped
- 1 green bell pepper, cubed
- 1 tbsp salt
- ½ tsp ground pepper
- 1 tsp tabasco
- 1 tsp sugar
- 12 dried apricots, cubed
- 3 large potatoes, peeled and cubed
- 2 cups white wine
- 3 cups beef stock, water or broth
- 3 large sweet potatoes, peeled and cubed

- 1 medium sized pumpkin (about 7¾ lbs)
- ¼ cup melted butter
- ½ cup fino sherry
- 2 fresh cobs of corn
- fresh coriander

Heat oil in a large frying pan and brown beef. Add onion and garlic and saute until soft. Add remaining ingredients and bring to boil. Cover and simmer for 45 minutes.

Bring lightly salted water to a boil. Add corn and boil for 4 minutes. Remove from water and allow to cool. Cut kernels from the cob and set aside.

Remove the top of the pumpkin, creating an 8" or 9" opening. Remove strands and seeds. Brush the inside of the pumpkin with melted butter. Place pumpkin in a baking dish. Add sherry and corn to the heated meat mixture and pour into the pumpkin. Replace the pumpkin top and place in the oven on the lowest rack at 350° F. Bake for 1 hour. Serve directly from the pumpkin and include the tender flesh of the pumpkin.



a little in English...

We're Listening to Less Radio

Fewer people are listening to the radio after the FM network was turned off. The P1 channel has 123,000 fewer listeners each day.

A change in the radio network has had consequences. Not as many people are following radio to the new DAB (digital audio broadcasting) network, writes the newspaper VG.

The shutdown of the FM network has been noticed by the major channels. Every day, 1.517 million people listened to the channel P1 on NRK (Norwegian Broadcasting Corporation). Then the FM network got turned off. Now there are 1.394 million tuning in every day. This is a decline of 8 percent, numbers from Kantar TNS, (a London-based market research group) reveal.

"The transition from FM requires a lot from the user," said Ole Jan Larsen of NRK. He is the acting radio director. Larsen explains that they noticed that fewer people were listening after the FM network was turned off.

"But we also see that listeners come back eventually," he says.

Some counties have turned off the FM network for large channels. Thus, you must use DAB digital radio to listen to channels such as P1, P2, P3, P4 and Radio Norway.

Knut-Arne Futsæter is a research leader at Kantar TNS. He says that the decline is as expected.

"Also due to the number of radio stations. They get more listeners," he says.

Larsen also says that people have more channels to choose from on DAB. Thus, people listen to other channels.

Currently, the FM shutdown only applies to the national channels. Over 200 local radio channels may still broadcast online. They can do that through 2021, writes news agency NTB (Norwegian News Agency).

litt på norsk...

Vi lytter mindre på radio

Færre hører på radio etter at FM-nettet ble slukket. Kanalen P1 har 123.000 færre lyttere hver dag.

Endringen av radio-nettet får følger. Ikke like mange blir med over til radio til det nye DAB-nettet, skriver avisa VG.

Slukkingen av FM-nettet merkes godt hos de store kanalene. Hver dag lyttet 1,517 millioner mennesker til kanalen P1 på NRK. Så ble FM-nettet slukket. Nå er 1,394 millioner innom hver dag. Det er en nedgang på 8 prosent, viser radiotall fra Kantar TNS.

– Overgangen fra FM krever mye av brukeren, sier Ole Jan Larsen i NRK. Han er fungerende radiosjef. Larsen forklarer at de merker at færre lytter der FM-nettet er slukket, like etter slukkingen.

– Men vi ser også at lytterne kommer tilbake etter hvert, sier han.

En del fylker har stengt av FM-nettet for store kanaler. Dermed må du bruke DAB- digital radio for å lytte til kanaler som P1, P2, P3, P4 og Radio Norge.

Knut-Arne Futsæter er forskningsleder i Kantar TNS. Han sier at nedgangen er som ventet.

– Også mye på grunn av de mange andre radiokanalene. De får flere lyttere, sier han.

Også Larsen sier at folk har flere kanaler å velge mellom på DAB. Dermed hører folk på andre kanaler.

Foreløpig gjelder FM-slukkingen bare de nasjonale kanalene. Over 200 lokalradioer får fortsatt sende på nettet. Det kan de gjøre til og med 2021, skriver nyhetsbyrået NTB.

Source:

<http://www.klartale.no/kultur/vi-lytter-mindre-pa-radio-1.992640>