



January • januar



Is your lodge up for a challenge? Starting this January, the Sons of Norway Headquarters is sweetening the deal in hopes of finding the lodge with the best recruitment and retention skills in the organization. For the first time, the top scoring small and large lodge from each district will earn \$250! Of course, the lodges with the highest scores in the Sons of Norway will be featured in a 2016 issue of Viking.

Before you get started, let's review the rules. Points are earned based on overall lodge growth of adult, dues paying members. This means Unge Venner and Heritage members won't count towards your total. It also means retention is just as important as recruitment. Remember, if your lodge recruits 10 members but let's 7 slip away it will impact your score. Every percent increase in member equals 10 points. As a bonus, every new member between 24 and 55 earns your lodge a bonus point. Additionally, if your lodge submits a picture of your membership dinner and tell us about it, we'll give you an additional 10 points.

How can you help lead your lodge to victory? First, always be recruiting! The first step to signing up a new member is to ask them. Second, if you notice someone hasn't been making it to meetings follow up with them! Members engaged and involved with the lodge are more likely to stay members. Finally, if your lodge doesn't host a Membership Dinner, do it! Not only will you earn the bonus points but your lodge could turn it into a huge recruitment success.

For the complete rules and to follow the leaderboard, be sure to check out the 2015 Recruitment Challenge page on the Sons of Norway website. Do you have questions or need help? Contact Joe Eggers, Membership Coordinator at membership@sofn.com or (800) 945-8851.

January • januar

- Sons of Norway Celebrates Founders' Day
- Time to Think About Sons of Norway Foundation Scholarships and Grants
- Visit Northern Norway
- Indoor Ball Games - All Year Round

February • februar

- Sons of Norway's Virtual Pilgrimage Going Strong into 2015
- Lutefisk: A Strange and Beloved Tradition
- Best Places to Visit in Northern Norway in Winter
- Norway's Forests are Tripled

Matlyst Monthly

- Norwegian Meatballs with Gravy
- Scandinavian Sweetheart Waffles with Berry Syrup



SONS OF NORWAY

Newsletter Service

January, February 2015



January • januar

Sons of Norway Celebrates Founders' Day

January 14 marks Founders Day within Sons of Norway; It was on this day in 1895 that 18 Norwegian Immigrants came together to form a mutual assistance organization that would one day become an international organization.

Practical, cautious, and driven to find solutions to the financial problems many Norwegian-American families faced, the founders looked to their homeland for answers. Several of them had lived in Trondheim, where for a small weekly fee, members and their families acquired free medical care. Borrowing from that plan, the men designed a mutual assistance organization to provide members with security against financial crisis, a forum to celebrate Norwegian-American nationalism, and a means to preserve the treasured literature, music, art, foods and customs of Norway.

The founding charter describes the foundation of Sons of Norway and also provides a glimpse of what Norwegian newcomers strove for in America at the turn of the 20th century:

This corporation is organized upon fraternal principles, for the purpose of creating and preserving interest in the Norwegian language by its members insofar as compatible with the loyalty they owe the United States of America, to labor for the development, enlightenment and progress that conduce to honest citizenship, in order that the Norwegian people in their country may be properly recognized and respected; to aid its members and their families in case of sickness and death, by according them financial assistance of such magnitude and upon such conditions, as may be determined by its bylaws.

Over the next 15 years the organization grew, first within Minnesota and then the West Coast of the United States (Washington State). In the 120 years since its founding, Sons of Norway has grown into a Fraternal Life Insurance company serving more than 60,000 members in nearly 400 lodges throughout North America and Norway.

In celebration of our Founders' Day, all members are encouraged to wear their membership pins and any Sons of Norway clothing items you have. This is a day to celebrate your membership, so be sure to tell your friends and family about Sons of Norway and all the great things its doing in your community. Then, be sure to share your Founders' Day stories with Sons of Norway on Facebook at: [facebook.com/groups/sonsofnorway](https://www.facebook.com/groups/sonsofnorway)



Celebrating culture. Expanding horizons.

Time to Think About Sons of Norway Foundation Scholarships and Grants

The Sons of Norway Foundation scholarship application season is upon us. Current Sons of Norway members, children and grandchildren of current members qualify for our post-high school scholarship opportunities. Each scholarship is for different fields of study. Check out the guidelines to see which is best for your student.

Scholarship deadlines are as follows:

Astrid Cates/Myrtle Beinhauer Scholarships - March 1st
King Olav V Norwegian-American Scholarships - March 1st
Oslo Summer School Scholarships - March 1st
Helen Tronvold Norwegian Folk High School - March 1st
Nancy Lorraine Jensen Memorial Scholarships - April 1st
Douglas Warne - Rolf & Wenche Eng Scholarship - April 1st
Lund Fund Scholarship - May 1st

What is your lodge planning for 2015?

Check out the funding offered by the Foundation for Nordic themed events, workshops, festival participation and lodge specific programs.

Grant deadlines are as follows:

Local Lodge Partnership Grants - January 15th
General Heritage & Culture Grants - February 1st
Helping Hands to Children Grants - February 15th



For applications and guidelines, done completely online, go to: www.sonsofnorway.com/foundation



January • januar

Visit Northern Norway

If you've visited Norway you already know it is a beautiful country that boasts spectacular fjord views, stunning displays of the aurora borealis and vibrant art and culture offerings. What you may not know is just how remarkable Norway can be when experienced at its most remote, in northern Norway.

The world's largest travel guidebook publisher, Lonely Planet, recently released their Best in Travel guide for 2015. Ranking fifth on its list of the world's top regions to visit in 2015 is arctic Norway. Described in detail, Lonely Planet writes, "northern Norway will blow your mind with its heartbreakingly beautiful landscapes of glaciers and fjord-riven mountains, all bathed in crystal-clear light. Welcome to one of Europe's last great wildernesses. Experiences like crossing the Arctic Circle as the aurora borealis comes out to play, spotting polar bears on the icy tundra of Spitsbergen and eating reindeer stew in a fire-warmed Sami lavoo tent will be etched on your memory for ever more."

2014 has been a banner year for tourism to Norway. The success of the Disney film "Frozen" as well as a joint partnership between Innovation Norway, Norway's tourism organization, and Disney has resulted in a 350 percent increase in viewership of their website in the U.S. In addition, data collected by Skyscanner comparing flight searches from the U.S. to Norway showed a 153 percent increase over the same time period last year. Going back even further, there has been a 130 percent rise in commercial overnight stays in the three most northerly counties in Norway over the past five years.

The boost in tourism and the positive accolades from trusted travel resources like Lonely Planet signal great things for Norway's tourism industry. "This is a guide that is created by the people who use it. So it is not a journalist who has single-handedly made this list. Instead it is each and every visitor's own experience that has made northern Norway score this high, and that is very exciting," said Geir Solheim, Department Director of the Norwegian Hospitality Association in an interview with NRK.

To learn more about Lonely Planet's rankings visit, <http://www.lonelyplanet.com/best-in-travel/regions> If you'd like to learn more about all northern Norway has to offer, be sure to read the March 2014 issue of Viking magazine at <http://msp.imirus.com/Mpowered/book/vvk14/i3/p1>



Norwegian Meatballs and Gravy

adapted from tasteofhome.com, yields 16 servings

- 2 eggs, lightly beaten
- 1 cup dry bread crumbs
- ½ cup finely chopped onion
- ½ tsp ground ginger
- ½ tsp allspice
- 2 lbs ground beef (95% lean)
- 1 cup of milk
- 2 tsp salt
- 2 tsp sugar
- ½ tsp nutmeg
- ¼ tsp pepper
- 1 lb ground pork

Gravy:

- 2 tbsp finely chopped onion
- 5 tbsp all purpose flour
- ½ cup heavy whipping cream
- dash cayenne pepper
- 3 tbsp butter
- 4 cups beef broth
- dash white pepper

Combine seasonings, sugar, onion, breadcrumbs, eggs and milk in a large bowl. Wait until milk is absorbed into breadcrumbs then add meat. Stir until blended and form into 1-in balls. Place on a greased rack over a baking pan. Bake until browned at 400, roughly 18 minutes. Drain and set aside.

To make gravy, saute onion in butter until softened. Stir in flour and brown lightly. Add broth slowly, cooking and stirring until smooth and thickened. Mix in cayenne and white pepper and cream. Gently add meatballs to gravy and heat through but do not boil.



January • januar

a little in English...

Indoor ball games – All year round

Norway has many ball games to offer that can be played all year round! Soccer, handball, volleyball, innebandy, and basketball. So no matter the time of year you have the ability to compete with a group of friends without worrying about the weather outside.

Ball games are by far the biggest sports both here and in the rest of the world. Although soccer and handball are the most popular in Norway, both volleyball and basketball are more widespread internationally and are the world's two biggest sports. In addition to the previously mentioned ball games, innebandy is a popular team game in school gym classes.

Innebandy (Floorball) – The most important rules:

Innebandy is an indoor ball game between two teams on a rectangular court with goals at each end with a ball and sticks. It is important to score goals by striking the ball into the opponent's goal. Each team has six players on the court at a time, hence a goalkeeper plays without a stick. Innebandy originated in organized forms in Sweden and Finland around 1980 and was one of the fastest growing sports in Norway by 1990.

Handball – The most important rules:

Handball is an indoor ball game between two teams on a rectangular court with goals on either end. The ball is played with the hands and the point is to score as many goals as possible by throwing the ball into the opponent's net. Each team has seven players on the court, six playing on the court and one in goal; plus five substitutes.

Handball is a fast-paced and physical game, where teams are constantly alternating the attack. The game originated in Denmark and Germany around 1900 as an outdoor game between 11 person teams on a larger field. In Norway handball became widespread after World War II and is now the third biggest competitive sport after soccer and skiing.

litt på norsk...

Ballspill inne - Året rundt

Norge har mange ballspill å by på som du kan spille året rundt! Fotball, håndball, volleyball, innebandy og basketball. Så uansett årstid har du alltid muligheten til å ta en kamp med vennegjengen uten å bekymre deg over været ute.

Både her og i resten av verden er ballspillene blant de desidert største idrettene. Selv om fotball og håndball er mest populære i Norge, har både volleyball og basketball større utbredelse internasjonalt og er verdens to største idretter. I tillegg til de fire nevnte ballspillene er innebandy et populært lagspill i kroppsvingstimer på skolene.

Innebandy - De viktigste reglene:

Innebandy er et innendørs ballspill mellom to lag på en rektangulær bane spilt med ball og køller med et mål. Det gjelder å score mål ved å slå ballen inn i motstanderens mål. Hvert lag har 6 spillere på banen om gangen, derav en målvakt uten kølle. Innebandy oppstod i organiserte former i Sverige og Finland rundt 1980 og var i 1990-årene den idretten som vokste raskest i Norge.

Håndball - De viktigste reglene:

Håndball er et innendørs ballspill mellom to lag på en rektangulær bane med et mål i hver ende. Ballen spilles med hendene, og det gjelder å score flest mål ved å kaste ballen i motstanderens mål. Hvert lag har sju spillere på banen, seks utespillere og målvakt; i tillegg fem innbyttere.

Håndball er et hurtig og fysisk hardt spill, hvor lagene stadig veksler om å være i angrep. Spillet oppstod i Danmark og Tyskland rundt 1900 som et utendørsspill mellom 11-mannslag på en større bane. I Norge fikk håndball stor utbredelse etter den annen verdenskrig, og er nå den tredje største konkurranseidretten etter fotball og ski.



SONS OF NORWAY

Newsletter Service

January, February 2015



February • februar

Sons of Norway's Virtual Pilgrimage Going Strong into 2015



Sons of Norway's Virtual Pilgrimage has taken our members by storm. The route follows King Olav Harraldson's (995-1030, canonized St. Olav in 1031) journey from Oslo to Trondheim during his mission to spread Christianity in Norway in the early 11th century. After his death in the Battle of Stiklestad in 1030 people began to flock to the site of his death in Trondheim (then Nidaros). The number of pilgrims increased during the Middle Ages and became so popular that Nidaros Cathedral was the number one pilgrimage destination in Europe.

Today, Norwegians and people from around the world continue to make pilgrimages to Trondheim. In fact, they are so popular that pre-planned trips with food, lodging and activities are available. Websites, Facebook pages and blogs feature pilgrims on their journey with pictures and stories. Towns along the route have welcomed pilgrims into their businesses with open arms for hundreds of years.

It has been an exciting to hear about the different ways in which our members and lodges are implementing this new program. Some Sports Directors are placing maps of Norway up in their lodges and tracking each participant's journey with thumb tacks. Some are making their very own pilgrimage passports and stamping each checkpoint on the route then presenting where each member is every month. Some members are simply following along on their own by walking and tracking their mileage while reading about the towns that fill the route from Oslo to Trondheim at home. We have even heard from one member who is walking the trek with her daughter and grandchildren at home then completing the last few legs of the journey in Norway! What else are you doing? We want to hear more stories.

Legs A through E are up and live on the website and our goal is to have Leg F up by February 1st. Leg F will take pilgrims through Otta and the mountains of Rondane National Park; Norway's oldest national park established in 1962. You can start the pilgrimage at any time but in order to receive recognition you must complete the 387 miles by December 2015. To learn more about Sons of Norway's Virtual Pilgrimage log on to the Sons of Norway website and find the link under the Highlights section on the homepage. Remember you can "double dip" with the Sports Medal program in order to earn sports medal but your completion of the Virtual Pilgrimage will earn you a separate small gift of recognition, available in Spring 2015.



February • februar

Lutefisk: A Strange and Beloved Tradition



Whether you love it or you hate it, lutefisk is a closely held tradition among Scandinavian-Americans. A wintertime rite of passage among many Sons of Norway lodges, lutefisk dinners remain a popular and important means of connecting

with Nordic culture and heritage. But how did something as bizarre as fish treated with lye become such a cultural icon? Read on to learn more about this notorious Scandinavian food.

Unknown Origins

While no one is certain how or where lutefisk originated—whether in Sweden or Norway—there are a couple of legends regarding its creation. The first suggests that early Viking fishermen hung their cod, an invaluable source of protein for the winter months, to dry on tall birch racks. In a skirmish with neighboring Vikings, the racks of fish were burned but a rainstorm blew in and doused the fire. Left to soak in rainwater and birch ash for months, the reconstituted fish was later discovered by some hungry Vikings who ate it. The second less plausible tale of lutefisk's origins describes a lye-poisoning attempt on Viking raiders by St. Patrick in Ireland. According to legend, St. Patrick served the raiders lye-soaked fish in the hopes of dispatching them, however the raiders enjoyed the fish and beheld it as a delicacy. Although an entertaining story, the lifetime of St. Patrick precedes known Viking activity in Ireland by more than three centuries.

What is known is that lutefisk gained its popularity in the U.S. after a sharp increase in Scandinavian immigration in the late 19th and early 20th centuries. Originally a food born out of poverty, descendants of immigrants now view it as a connection to their

ancestors and their heritage. “These dinners represent important traditions in both families and communities, and for some, they are a valued connection to culture and heritage. While the food tradition certainly originated in Scandinavia, the immigrant communities—especially their churches and cultural heritage lodges—have played a major role in developing the phenomenon of lutefisk dinners,” says Carrie Roy, a Scandinavian cultural scholar and creator of the short documentary “Where the Sacred Meets the Quivering Profane: Exploring the Public and Private Spheres of Lutefisk.”

How it's Made

Modern lutefisk begins its journey from sea to plate as a whitefish, typically cod. Dried and reconstituted in lye brine, the fish is later soaked to remove the causticity and packaged for purchase. Cooked until a seemingly impossible combination of gelatinous and flaky, lutefisk is typically served with butter or cream sauce.

Facts about Lutefisk

- The state of Wisconsin exempts lutefisk from classification as a toxic substance in its laws regulating workplace safety.
- Much of the lutefisk sold by Olsen Fish Company comes from Ålesund, Norway.
- Sterling silver should never be used in the preparation or eating of lutefisk as it will stain the silver.
- Left overnight, residual residue from lutefisk preparation is nearly impossible to remove.
- The self-proclaimed “lutefisk capital of the world” is in Madison, MN, home to fiberglass codfish, Lou T. Fisk.
- While more common in Scandinavian-American communities, lutefisk is experiencing a resurgence among restaurants and catering companies in Norway, up 72 percent from 2005 to 2007.
- The first written preparation of lutefisk in literature is in the writings of Olaus Magnus in 1555. In his writings, Olaus notes that it should be served with salted butter.



February • februar

Best Places to Visit in Northern Norway in the Winter

Northern Norway is known for its natural beauty- the midnight sun, breathtaking aurora borealis and pristine wilderness attract tourists from around the world. Travelers who crave dramatic experiences in natural settings may want to check off a few bucket list items in wintery northern Norway. Below are a few ideas on what to see and do.

Visit the Knut Hamsun Centre in Hamarøy and learn about the life and work of the heralded Norwegian novelist who lived from 1859 to 1952. His work inspired other authors such as Thomas Mann and Ernest Hemingway and his famous books *Sult* (Hunger) and the Nobel Prize for Literature-winning *Markens Grøde* (The Growth of the Soil) have sold millions of copies around the world. More information and photos of the centre's unique architecture is at www.hamsunsenteret.no

View northern Norway's natural wonders such as the total solar eclipse on the arctic archipelago of Svalbard (March 20, 2015). Try not to blink- the eclipse will last a mere 2 minutes and 24 seconds. Let the spectacular northern lights wow you during peak season between December to March. The further north and more remote you go, the better your chances are to experience this dramatic natural phenomenon.

Have a look at Europe from the top. The northern-most point in Europe is Nordkapp—the North Cape—about 1300 miles from the North Pole. With winter temperatures ranging between 20 and 30 degrees Fahrenheit, you may have to bundle up a bit. Take in the view of the Barents Sea from the visitor's center atop a 1000 foot cliff. <http://www.nordkapp.no/en/>

En route to Nordkapp, experience the Sámi culture in the cultural capital of Karasjok in Finnmark. Originally this indigenous people lived as nomadic reindeer herders in the northern parts of Finland, Sweden, Norway and Russia, and around 18% of Sámi people still do. To learn more about the Sámi people, go to Sápmi Culture Park, where you can sample traditional cuisine and listen to a joik performance, the traditional Sámi style of singing. For a more modern cultural experience, visit the Sami Centre for Contemporary Art. http://www.venturenorway.com/sami_center_for_contemporary_art <http://www.visitsapmi.no/>

Hit the town in Tromsø and try beer made in the world's northernmost brewery, Mack, from nearby Balsfjord. While you're in town, take in a concert at the modern Arctic Cathedral and tour the older Tromsø Cathedral, the only Norwegian cathedral that is made of wood. Go dancing at one of many thriving dance clubs including salsa, swing, ballroom dance, tango. Hike a trail at Tennes where there are 6,000 year old rock carvings. http://en.wikipedia.org/wiki/Rock_carvings_at_Tennes

Embrace the cold and stay in a snow hotel between the months of December and April. Not far from the Russian border the town of Kirkenes is home to the brilliantly illuminated Kirkenes Snow Hotel <http://kirkenessnowhotel.com/> The hotel has 20 themed rooms made of snow and ice and a room temperature of 23° F/-5° C and thermally-insulated mattresses. Next door to the hotel, wilderness restaurant Gabba is built like a Sámi tent where local specialties such as salmon and arctic char are prepared over an open fire.



February • februar

Scandinavian Sweetheart Waffles

Adapted from Allrecipes.com, makes 5 servings



- 2 eggs, separated
- ¼ cup white sugar
- 1 tsp vanilla sugar
- ¼ cup water
- 3 tbsp butter, melted
- 1 cup buttermilk
- 1½ cups all-purpose flour
- ¼ tsp ground cardamom
- 1 pinch salt

Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add the remaining butter, buttermilk and flour as well as the cardamom and salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly ⅓ cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

Berry Syrup

Adapted from thisweekfordinner.com

- 1½ cups of your favorite berries or 1 cup blueberries
- ¾ cup sugar
- ⅓ cup water
- 2 tsp lemon juice
- 1 tbsp corn starch, whisked with enough water to make slurry

Bring lemon juice, water, sugar and berries to boil. Reduce heat and simmer. Slowly add cornstarch mixture to syrup until you reach desired consistency. Syrup can be strained through a sieve or through cheese cloth if less pulp or berries are preferred. Refrigerate remaining syrup.



February • februar

a little in English...

Norway's Forests are Tripled

In 1925 the volume of all the wood in Norway's forests was 300 million cubic meters. Today the volume adds up to 900 million cubic meters. This year the forest increased 15 million cubic meters. This equates to nearly 100 sacks of firewood for every Norwegian inhabitant.

The main reason why the forest has grown so much in the past decades is clear. In the 1960s there were nearly 100 million spruce trees planted annually in Norway. Much of the planting was done by school children. These forests are now reaching maturity and are in a development phase with plenty of growth.

But the forests are growing much faster than planting could have explained for.

Researchers still have some possibly explanations: higher average temperatures, longer growing seasons, more carbon dioxide in the atmosphere and more nitrogen depositions from the air. Some also point to a decrease of grazing by animals in the forest. "We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås.

"We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås.

"We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the

Norwegian Forest and Landscape Institute in Ås.

What Astrup and his colleagues suspect is that warming climates playing a major role. This suspicion stems from the fact that, in a cold country like Norway, temperature is a strong factor with regard to growth.

The volume of the forest can be divided into three groups of trees: spruce (44%), pine (31%), deciduous, leafy trees (25%). Current trends are heading towards fewer spruce and more deciduous trees.

When researchers try to "see the forests for the trees," they discover that the woods are not growing at the same rate as the trees. The reason is that each tree now takes up more space. German scientists say that compared to 1960 there are now 20 percent fewer trees in the Central European forests but the volume of the forests have increased. Despite these gains, the Central European forest has not put on volume nearly as much as Norwegian woods.

litt på norsk...

Norges skoger er tredoblet

I 1925 var volumet på alt trevirket i Norges skoger 300 millioner kubikkmeter. I dag er volumet 900 millioner kubikkmeter. I år økte skogen med 15 millioner kubikkmeter. Det tilsvarer nesten 100 sekker ved per nordmann.

Den viktigste årsaken til at skogen har vokst så voldsomt de siste årene er klar. På 1960-tallet ble det hvert år plantet nesten 100 millioner grantrær

i Norge. Mye planting ble gjort av skolebarn. Disse skogene holder nå for alvor på å bli voksne og er i en utviklingsfase med stor vekst.

Men skogene vokser mye raskere enn planting kan ha ført til.

Forskerne har likevel mulig forklaring: høyere temperatur, lengre vekstsesong, mer CO₂ i lufta og mer nitrogennedfall fra lufta. Noen peker også på redusert beiting av dyr i skogen. – Vi driver en god del forskning på dette nå. Å gi noe sikkert svar, er likevel langt fra enkelt, sa Rasmus Astrup hos Norsk institutt for Skog og landskap på Ås

Det Astrup og kolleger av ham har en mistanke om, er at varmere klima kan ha ganske mye å si. Den mistanken skyldes ganske enkelt at i et så kaldt land som Norge, så er temperatur en viktig begrensende faktor for vekst.

Skogvolumet fordeler seg nå sånn på treslagene: gran (44 prosent), furu (31 prosent), løvskog (25 prosent). Utviklingen går mot mindre granskog og mer løvskog.

Når forskerne prøver se på "skogen for bare trær," så oppdager de at skogen ikke vokser så mye som trærne. Årsaken er at hvert enkelt tre nå tar større plass. I forhold til i 1960 er det 20 prosent færre trær i den mellomeuropeiske skogen, konstaterer de tyske forskerne men volumet på skogen har økt. Likevel har altså ikke den mellomeuropeiske skogen vokst på langt nær så mye som skogen i Norge.