



SONS OF  
NORWAY

## Newsletter Service

July, August 2010



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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 printed six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

We are now making the Newsletter Service 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 online recipient 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,

Handwritten signature of Linda Pederson.

Linda Pederson  
Fraternal Director  
Sons of Norway



### July • juli



#### Celebrate the 4th with the American Coordinating Council of Norway

This July 4th a Norwegian-American celebration unlike any other in Norway will be happening in Oslo's Frogner Park. Organized by a non-profit volunteer organization called the American Coordinating Council of Norway (ACCN) and funded entirely by the support of corporate sponsors, the celebration has grown in its 25-year history to become the largest Independence Day celebration in all of Europe.

Attendees of this year's celebration can expect to spend the afternoon of Sunday, July 4th in the company of as many as 20,000 other Norwegian-American friends and families, enjoying live music, American style food, sporting events, arts and crafts and children's games and activities. Talented singers can also audition and take part in ACCN's Independence Idol event with a chance to win cash prizes for 1st, 2nd and 3rd place. There will also be festivities to enjoy leading up to the 4th, such as a jazz welcome reception taking place on Friday night as well as a brunch and silent auction on Saturday.

The event, as part of the larger core mission of the ACCN, celebrates the bond between Norway and the U.S. and fosters a sense of community among Norwegian-Americans and organizations throughout Norway.

To learn more about the 4th of July Celebration or the ACCN, visit [www.accn.no](http://www.accn.no).

### July • juli

- **Celebrate the 4th with the ACCN**  
Learn more about Europe's largest Independence Day celebration.
- **Almost Triple the Triplets**  
Triplet births are on the rise in Norway, with over twice the growth since the 1960's.
- **Norway Considers New Driver's License Rules**  
Profiles of Norway's accident-prone drivers may lead to stricter licensing rules.
- **International Folk Art Competition and Exhibition**  
Showcase your talents at the 2010 International Convention.

### August • august

- **Moose News**  
Moose, moose and more moose.
- **Sons of Norway International Convention 2010**  
Keep in touch with this year's convention happenings on the web.
- **Norwegian-American Stats**  
Can you guess which states have the most and least Norwegian-Americans?

### Matlyst Monthly

- **Bergen Rumballs**
- **Hasselback (Roasted) Potatoes**
- **Jarlsberg Filled Peppers**



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### Almost Triple the Triplets

Data studied by Norwegian researchers recently found that the rate of triplet births in Norway has risen, with more than twice the growth since the 1960's.

The study, conducted by an International Journal of Obstetrics and Gynaecology (BJOG), examined over 2 million pregnancies documented in the Medical Birth Registry of Norway from the late 1960's to 2006. By drawing comparisons between the rates of multiple births and single births, researchers were able to determine that the peak rate of triplet births occurred between 1987 and 1991 with 3.5 triplet births per 10,000 pregnancies. The triplet birth rate fell in the mid 2000's, however, it still remained 2.5 times higher than the rates collected in the 1970's.

Researchers conducting the study also suggest that rate would climb higher to three times the 1970's rates once assisted reproductive technology (ART) pregnancies are included in the data. While the study did not investigate the cause of the increase in non-ART triplet pregnancies, it does suggest that advances in medical care may be a contributing factor.

Article adapted from [www.reuters.com](http://www.reuters.com) and [www.bjog.org](http://www.bjog.org)



### Norway Considers New Driver's License Rules

New residents of Norway have always had a rather quick and easy experience attaining a Norwegian driver's license. Just turn in your previously issued driver's license for a Norwegian license and pass a quick practical test and you are ready to hit the road. No driver's education courses required. Sounds easy, right? Well, the process may not be so quick and easy in the future.

Norway is reconsidering their current 40-country license swap method in light of some recent statistical data profiling Norway's most accident-prone drivers. The data suggests that discrepancies between the quality of driver's education, issuing requirements and authenticity of licenses in other countries may be partly to blame. For instance, Norway's accident statistics show a disparity between drivers who have emigrated from countries in Asia, Eastern Europe and South America. The statistics also point to a smaller number of accidents among female drivers from other countries than Norwegian men.

To counteract the accident trends, Norwegian highway officials hope to place stronger license restrictions on immigrants from specific countries, limiting the quick license method to immigrants from Canada, U.S., Australia, New Zealand, San Marino, Monaco, Japan, Hong Kong, Israel, South Korea, the European Union and the European Free Trade Association. The proposed restrictions will require all other immigrants to attend and pass Norwegian driver's education courses within 3 months of relocating to Norway.

While the proposed changes are still up for review, there are many who are unhappy about the possible restrictions. Participating in the complete curriculum of driver's education courses in Norway is expensive and can cost more than 20,000 NKr, or \$3,376 U.S. There are also concerns that immigrant drivers will circumvent the proposed restrictions by choosing to obtain a more affordable European Union license instead.

Article adapted from [www.newsinenglish.no](http://www.newsinenglish.no) and [www.aftenposten.no](http://www.aftenposten.no)



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*a little in English...*



### International Folk Art Exhibition and Competition

Along with this year's International Convention in Coeur d' Alene, Idaho, the Sons of Norway International Folk Art Exhibition and Competition will also be held. All members of Sons of Norway can participate in a variety of categories from rosemaling to Hardanger embroidery.

Regardless of whether you're a professional or just starting out, there's a place for you in this event. Everyone who enters will receive a certificate of participation and a commemorative pin. First, second and third prizes will be awarded in each category and class. There are also prizes for People's Choice and Best-In-Show.

Remember that it is not necessary to participate in a district-level convention to take part in the international event. Participants can bring their works to the convention site or send them with their local delegate. Pre-registration is recommended. The registration packet and further information will soon be available at [www.sonsofnorway2010.com](http://www.sonsofnorway2010.com).

*litt på norsk...*

### Internasjonal folkekunst konkurranse

Folkekunst konkurransen skal holdes sammen med årets internasjonale kongress i Coeur d' Alene, Idaho. Alle medlemmer i Sons of Norway kan ta del i konkurransen, som har diverse kategorier fra rosemaling til hardangersøm.

Uansett om du er proff eller nybegynner er det plass til deg. Alle som tar del mottar sertifikat og merke. Første-, andre- og tredjeplass i hver kategori mottar pris. Det finnes også pris og premie for folkets valg og det beste kunstverk.

Husk at det ikke er nødvendig å ta del i en distriktskonkurranse for å bli med på den internasjonale konkurransen. Deltakere kan bringe kunst til kongressen selv, eller sende det med en delegat. Forhåndsregistrering anbefales. Registreringspakke og videre informasjon er snart tilgjengelig på [www.sonsofnorway2010.com](http://www.sonsofnorway2010.com).



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Photo by: Per Eide

### Bergen Rumballs

from *The Norwegian Kitchen*

Serves 4

#### Pastry:

- 3 ½ tbs. sugar
- 2 dl (¾ cup) flour
- 75 g (2 ⅔ ounces, ⅓ cup) margarine

#### Cream Puffs:

- 1 ½ dl (⅔ cup) water
- 3 tbs. margarine
- 1 ¼ dl (½ cup) flour
- 2 eggs

#### Filling:

- 2 egg yolks or 1 egg
- 1 ½ tbs. sugar
- 1 ¾ tbs. cornstarch
- 2 ½ dl (1 cup) full fat milk
- 2-3 tbs. rum
- 1 dl (scant ½ cup) whipping cream
- 12-14 cocktail cherries

#### Pastry:

Combine sugar and flour and cut in the margarine. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour. Preheat the oven to 210 degrees C (425 degrees F).

#### Cream Puffs:

Bring water and margarine to a boil. Add the flour and stir until the mixture forms a ball. Remove from the heat. Cool slightly, then beat in the eggs, one at a time. The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.

Roll out the pastry. Cut out round cookies with a 6-7 cm (2 ½”) cutter. Drape them over the balls and press carefully against the baking sheet. Bake until golden, 25-30 minutes.

#### Filling:

Whisk together eggs, sugar, cornstarch, and milk in a saucepan. Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally. Stir in rum. Whip the cream and fold into the rum cream.

Puncture the balls. Fill a pastry tube with rum cream and pipe the mixture into the balls. Top each with a cherry.

### Hasselback (Roasted) Potatoes (hasselbackpoteter)

from *Authentic Norwegian Cooking*

Serves 4

- 4 oval baking potatoes, medium
- 1 tbs. butter
- 2 tbs. butter, melted
- Jarlsberg cheese, grated
- Paprika

This easy way to prepare potatoes is becoming increasingly popular in Norway. And it is simply delicious. I watched a Norwegian chef place a peeled potato in the hollow of a large wooden spoon, and began to slice it in ⅛ inch (¼ cm) slices 'till about ½ inch (1 ¼) cm) from the end. (The spoon prevented the knife from slicing all the way through the potato.) So easy! Preheat oven to 425°F (215°C).

As you peel the potatoes, drop them into the cold water to prevent discoloring. Slice as explained above. Butter an oven-proof dish. Drain the potatoes and pat them dry with a paper towel. Place the potatoes side by side, cut side up, in the dish brushed with butter. Brush the potatoes with melted butter and sprinkle with salt. If needed, brush again with melted butter after 30 minutes. About 5 minutes before they are baked, sprinkle with grated cheese and paprika. Total baking time--50 minutes.



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### Norwegian-American Stats

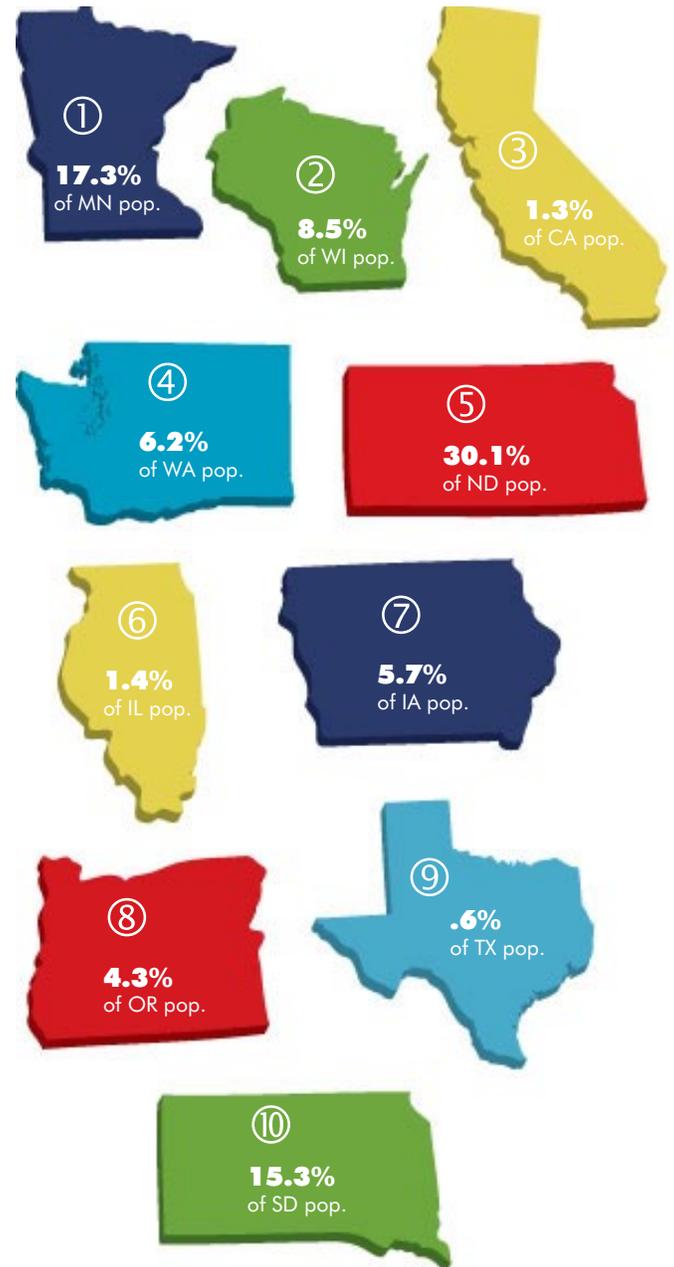
Ever wonder which states have the highest population of Norwegian-Americans? Good news! You're about to find out.

According to the 2000 U.S. census data there are more than 5 million Norwegian-Americans currently residing in the U.S. Surprisingly, there are more people of Norwegian descent living in the U.S. than there are in Norway. As you might expect, the states located in the Upper Midwest region have the largest numbers of Norwegian-Americans while states like Washington D.C., Delaware and Hawaii have some of the fewest.

The top 10 states with the most Norwegian-Americans:

1. Minnesota: 850,742 (17.3% of MN population)
2. Wisconsin: 454,831
3. California: 436,128
4. Washington: 367,508
5. North Dakota: 193,158 (30.1% of ND population)
6. Illinois: 178,923
7. Iowa: 166,667
8. Oregon: 147,262
9. Texas: 118,968 (.6% of TX population)
10. South Dakota: 115,292 (15.3% of SD population)

Adapted from [www.norway.org](http://www.norway.org) and [www.census.gov](http://www.census.gov)





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### Jarlsberg Filled Peppers (Jarlsbergfylt paprika)

*from Authentic Norwegian Cooking*  
Serves 4-6

- 4 large peppers, red or green
- 2 tsp. coarse salt
- 1 lb. (450 g) ground meat, low fat
- ½ tsp. Tabasco
- ½ tsp. garlic salt
- ½ tsp. pepper, coarsely ground
- 1 lemon, juice of
- ⅔ cup (1 ½ dl) French Bread Crumbs
- 1 ¼ cup (3 dl) Jarlsberg, diced
- 3 ½ tbs. butter
- Garlic salt

Divide peppers in two, remove stem and seeds. Sprinkle the coarse salt on baking pan. Mix meat, Tabasco, garlic salt, pepper, lemon juice, crumbs, and half of Jarlsberg cheese. Divide evenly between the peppers. Top the peppers with remainder of the cheese. Melt butter, add garlic salt, and brush over the peppers. Place on top of coarse salt on baking sheet, and bake in 350·F (175·C) oven about 35 minutes.

### Sons of Norway International Convention 2010

It's convention time again! Right now members from throughout Sons of Norway are preparing for the 2010 International Convention. Later this month hundreds of people will be gathering in Coeur d'Alene, ID to discuss important matters and chart a course for Sons of Norway's future. Additionally, delegates, guests and dignitaries will be joining together, sharing stories of fraternalism in their communities and celebrating Norwegian heritage and culture.

This is an exciting time for all of Sons of Norway, so naturally we want to share it with every member around the globe. To that end, Sons of Norway has set up a number of locations on the web where members can go and learn about all the exciting things happening at the International Convention.

#### [www.sonsofnorway2010.com](http://www.sonsofnorway2010.com)

This website is devoted to all things convention! From the home page you can read a special message from the International President, register for convention events, learn about the Coeur d'Alene area and learn about special convention sponsors and partners. In addition, you can also check out both photos and videos of the convention, which will be updated daily.

#### [sonsofnorway.blogspot.com](http://sonsofnorway.blogspot.com)

During the convention, the Sons of Norway blog will turn into a real-time convention reporting blog so members who are unable to join us in Coeur d'Alene will be able to follow along with the convention from the comfort of their home. Check the blog throughout each day of the convention to learn about topics being discussed, voting results and to get an inside look at the convention experience!

#### [Twitter.com/sonsofnorway](https://twitter.com/sonsofnorway)

The Sons of Norway Twitter feed will bring rapid-fire updates about the convention and quotes from attendees. Make sure to stay in the loop by following Sons of Norway on Twitter!



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*a little in English...*

#### Moose News

Usually we try to find interesting and serious articles for this service, but for this edition, we offer something slightly different – moose news. In the recent past there have been many, often unfortunate meetings of moose and humankind. Earlier this year a moose got into a nursing home and trashed the room of an 86 year-old in Ål, Buskerud. The moose jumped in through a window while the resident was, fortunately, at breakfast. No humans were harmed but the moose had to be shot. Two weeks later a man in Nordland was kicked in the face by a moose. The man had stopped his car along a roadside in the middle of the night to rest when the enraged moose suddenly emerged from the darkness and went on the attack. The man had to be taken to a hospital, but the moose escaped. The next day a moose strolled into downtown Drammen. The police hunted the moose for several hours and eventually guided the animal back to the forest without any violence. And just days later another moose tragedy took place outside of Drammen when a moose fell through the ice on the Drammen river. The fire department tried to save the moose and got him out of the river, but unfortunately the animal, which had been hit by a car before falling through the ice, also had to be shot.

The reason for all these events is perhaps that there are just too many moose. Moose hunting is both legal and popular in Norway but nonetheless there are enough moose that they create problems both for people and nature. For example, in Hedmark researchers have noticed that large populations of moose have a decidedly negative impact on the forest. Large numbers of moose are also bad for the animals themselves. Other experts have noted that the average body weight of moose has gone down, and the moose cows are having fewer calves, probably because the moose population is so large.

We promise to follow this issue in the future. Check back here and <http://sonsofnorwayblog.blogspot.com> for more moose news.

*litt på norsk...*

#### Elgnytt

Vanligvis prøver vi å finne interessante og seriøse artikler, men i denne utgaven tilbyr vi noe annet, dvs., elgnytt. I det siste har det vært mange, ofte uhyggelige, møter mellom menneske og elg. Tidligere i år inntok en elg en aldersheim og raserte rommet til en 86-åring i Ål i Buskerud. Elgen hoppet gjennom et vindu mens pasienten var og spiste frokost. Ingen mennesker ble skadet men elgen måtte skytes. To uker senere ble en man i Nordland sparket i ansiktet av en elg. Mannen hadde stoppet bilen langs veien midt på natta, da en sint elg plutselig dukket opp og gikk til angrep. Mannen måtte sendes til sykehuset men elgen rømte. Dagen etter spaserte en elg midt i Drammens sentrum. Politiet jaktet på elgen i noen timer og fikk etter hvert dyret tilbake til skogen uten vold. Og bare dager etter fant nok en elg tragedie sted utenfor Drammen da en elg falt gjennom isen på Drammenselven. Brannvesenet prøvde å redde elgen, og fikk han ut av elven, men dessverre måtte dyret, som hadde blitt påkjørt rett før fallet, skytes.

Grunnen til alle disse hendene er kanskje at det er for mange elger. Elgjakt er både lovlig og populært i Norge, men allikevel er det nok elger til at de skaper problem både for mennesker og naturen. For eksempel, i Hedmark har forskere merket at store elg flokker har en betydelig negativ påvirkning på skogen. Store mengder elger er også dårlig for dyra selv. Andre eksperter har notert at kroppsvekten på elg har gått ned og at elgku får færre kalver, trolig på grunn av at elgbestanden er så stor.

Vi lover å følge saken framover. Sjekk her og <http://sonsofnorwayblog.blogspot.com> for mer elgnytt.