



SONS OF  
NORWAY

June July, 2006

# NEWSLETTER *Service*

Dear Lodge/District Editors:

We are pleased to provide the latest edition of the Newsletter Service. This complimentary service is printed six times each year and may be used as a supplement to your lodge newsletter. The Newsletter Service provides a variety of information, including current news and culture related articles. The Newsletter Service is also available on the Web at [www.sonsofnorway.com](http://www.sonsofnorway.com), under the "Members Only" section. We hope you enjoy this issue and find its content to be beneficial.

Fraternally,

A handwritten signature in cursive script that reads "Eivind J. Heiberg".

Eivind J. Heiberg

# July 2006

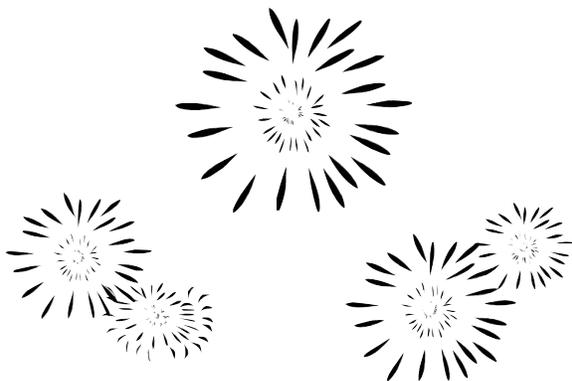
*A Little in English...*

## **Olsok July 28th - 29th**

Olsok – from the term “the wake of St. Olaf” in Old Norse – happens primarily during the 24-hour period between the 28th and the 29th of July in Norway. Olsok is a day of memory for king Olav Haraldsson the Holy, or Saint Olav as he is better known abroad. Saint Olav is credited with christianizing Norway, and fell in the Battle of Stiklestad in Trøndelag July 29th, 1030. The day is an official flag day, and in many communities, especially in Western Norway, people burn bonfires to mark the day. In later years Olsok has developed as a holiday with the production of local history plays and religious services in historic places. The events are often coordinated by historical societies and local groups.

Olsok is also celebrated in Scandinavia’s smallest country – the Faroe Islands. The small islands right between Iceland and Scotland were a part of Norway for many years, and Saint Olav is still a national hero to the Faroese. Olsok has become the Faroe Islands’ national holiday, that is to say, their Syttende Mai. The day is marked with huge parties in the capital, Torshavn, where large portions of the Faroese population get together. Afterwards there is a mass, and the parliament’s year begins.

# Let's Celebrate!



# juli 2006

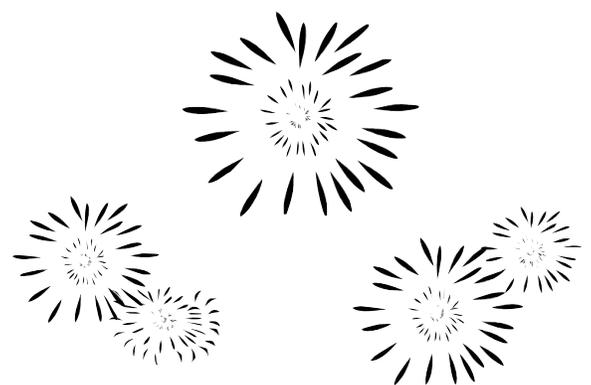
*Litt på norsk...*

## **Olsok 28-29 juli**

Olsok – fra ordet ”Olavsvaka” på norrøn – skjer hovedsakelig døgnet 28 til 29 juli i Norge. Olsok er en dag til minne om kong Olav Haraldsson den hellige, eller Sant Olav som han er bedre kjent i utlandet. Sant Olav krediteres med kristning av Norge og han falt i slaget på Stiklestad i Trøndelag den 29. juli i 1030.

Dagen er offisiell flaggdag, og i mange bygder, særlig på Vestlandet, brenner folk bål for å markere dagen. I de senere år har Olsok fått en oppblomstring som festdag med fremføring av lokale historiske spill og gudstjeneste på historiske steder. Arrangementene er ofte i regi av historielag og lokale foreninger.

Olsok ferier også i skandinavias minste land - Færøyene. De små øyene midt mellom Island og Skottland var en del av Norge i mange år, og Saint Olav er fortsett en nasjonalhelt til de færøyske. Olsok har blitt Færøyenes nasjonaldag, dvs deres syttende mai. Dagen markeres med store fester i hovedstaden, Torshavn, hvor store deler av den færøyske befolkningen samles. Deretter er det gudstjeneste, og stortingets år begynner.



# La oss feire!

## Språk og kultur / Language and Culture

Språkrådet, the Norwegian Language Council, advises the Norwegian state and people on the use of the Norwegian language. Among other things, Språkrådet is charged with inventing or rediscovering Norwegian words to describe new concepts and trends that globalization is bringing into the Norwegian lexicon. Here are a few terms “in good Norwegian” that Språkrådet is promoting as alternatives for English buzzwords:

agenda – sakliste, dagsorden  
babyboomer – babybølgebarn  
backing – støtte, hjelp, oppfølging  
benchmarking – referansemåling  
breakdance – breikdans  
booking – bestilling, tinging  
catwalk – motemolo  
design – formgjeving / formgiving, utforming  
display – skjerm  
e-business – e-forretningar / e-forretninger  
flight – flyavgang, flyrute  
human resource manager – peronalsjef, personalkonsulent  
infomercial – infoklame  
instant message – direktemelding, hurtigmelding, snøggmelding  
online – oppkopla / oppkoplet  
outsourcing – driftsutsetjing / driftsutsetting  
paper – innlegg, artikkel  
peer review – fagfelle vurdering, kollegavurdering  
support – brukarstøtte, brukerstøtte  
voice mail – talepost

### *Have You Had A Financial Checkup Lately?*

If not, contact your fieldstaff representative today to set up an appointment to discuss your financial needs at no cost to you.

*This is a benefit of membership.*

## Space Plants from Norway

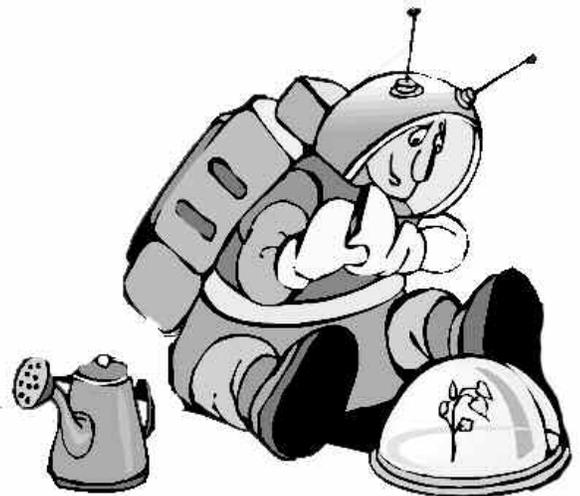
This July the space shuttle Discovery will take off from Kennedy Space Center in Florida on a mission to the International Space Station. Onboard will be something new: a space green house. The European Space Agency's space green house will be directed and overseen from a station in Trondheim, Norway. The objective of the project is to study how plants behave in space, and to study how the genes of plants are influenced by life in space. The results of the research may contribute to eventual missions to Mars.

“On earth plants orient themselves in relation to the force of gravity. In space there is obviously neither space nor sky, and so plants must orient themselves by other criteria, like light” says professor Tor-Henning Iversen.

Plants have been sent into space before, but only for shorter periods onboard space shuttles. This time the plants will be studied for three months. Researchers will watch to see if the plants will grow, bloom and make seeds. Water, light and temperatures will be controlled from a command center at the Plant Bio Centre at the Norwegian University of Science and Technology in Trondheim. The American astronauts, as well as a Swede and a German who have been sent as space-gardeners, will receive instructions from the research team in Trondheim.

“If humans are going to travel to Mars, that's a three year journey. Astronauts must have some nutrients they can provide themselves, although it would require a greenhouse that was much larger,” says Iversen. NASA is currently planning to send humans to the red planet by 2025.

*From Dagbladet.no*



# August 2006

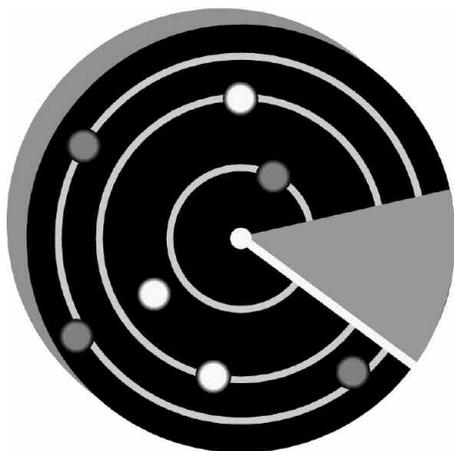
*A Little in English...*

## Radar - Hunt for Harald Hårfagre

Avaldsnes on Karmøy is a historic place. It is Norway's oldest royal estate, found at the entrance to Karmsund, and was a base of power for over 500 years. Avdalsnes is best known as the home of Harald Hårfagre, the king who united Norway in the end of the 800s. The Hanseatics burned it down in 1368, but it was built up again afterwards. Now the hunt is starting for Harald Hårfagres main estate.

Swedish researchers are coming to Karmøy with, among other things, radar that can look into the earth. The Swedish researchers will use among other things so-called "georadar" to uncover what is hidden under the ground. The georadar and other instruments will be able to find structures, artifacts and old post holes.

"We can't begin to dig and use traditional archeological methods to find the royal estate. Using these modern instruments is environmentally friendly and saves us time and money. We will search until we find the royal estate," promises project leader Marit Synnøve Veå.



# august 2006

*Litt på norsk...*

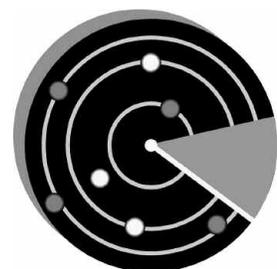
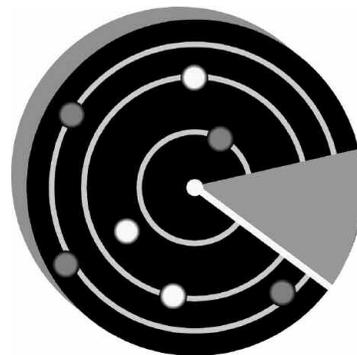
## Radarjakt etter Harald Hårfagre

Avaldsnes på Karmøy er et historisk sted. Det er Norges eldste kongsgård, finnes ved innseilingen til Karmsundet, og var maktbase i over 500 år. Avdalsnes er best kjent som hjemmet til Harald Hårfagre, kongen som samlet Norge til ett rike mot slutten av 800-tallet. Hanseatene brente den ned i 1368, men den ble senere gjenreist. Nå starter jakten på Harald Hårfagres hovedgård.

Svenske eksperter kommer til Karmøy med radarer som kan kikke ned i jorden.

Svenske fagfolkene skal bruke bl.a. såkalte georadar for å avdekke hva som skjuler seg nede i bakken. Georadaren og de andre instrumentene skal brukes til å finne strukturer, gjenstander og gamle stolpehull.

Vi kan ikke begynne å grave og bruke tradisjonelle arkeologiske metoder for å finne kongsgården. Å bruke disse moderne instrumentene er miljøvennlig og sparer oss for tid og penger. Vi skal lete til vi finner kongsgården, lover prosjektleder Marit Synnøve Veå.



## Språk og kultur / Language and Culture

Sylfest Lomheim, director of the Norwegian Language Council, is speaking out against what he sees as abuse of Norway's naming laws. In 2003, the Norwegian state overhauled its laws regarding personal names. Formerly, Norwegian citizens were typically required to take one of their parents' names, and were very nearly prohibited from choosing new or unusual names for themselves or their children. The changes to the law were intended to accommodate the naming traditions of minority groups which often differ from those of ethnic Norwegians. In the latest issue of Språknytt, the Council's quarterly newsletter, Lomheim explained that the new name law has served these people well, but also allowed individuals to give their children names that aren't traditional in any culture. "Has anyone ever heard of calling a girl Natt [Night] or a boy Rev [Fox]?" Even worse, says Lomheim, are last names like Kolaautomat [Cokemachine] or Hversågod [Would-you-please] that have been allowed under the new law. "Our forefathers didn't mess around with names, because a name told who you were," says Lomheim. In our time some regulation seems necessary to keep the number of publicly registered names at the level it ought to be at."

### Sons of Norway Annuity Interest Rates

(Effective January 1, 2006)

\$2,000 - \$9,999 . . . . .	3.15%
\$10,000 - \$24,999. . .	*5.00%
\$25,000 - \$49,999. . .	*5.20%
\$50,000 - \$99,999. . .	*5.45%
\$100,000 and over . . .	*5.55%

*New certificates with an initial deposit of \$10,000 or more will be credited an additional 1.25% first year interest rate bonus over the current declared interest rate. The rates above reflect the 1.25% interest rate bonus. Certificates in the state of Oregon are not eligible for the 1.25% interest rate bonus but will receive a 1% interest rate on all certificates. Interest rates are effective January 1, 2006 and are subject to change.*



**SONS OF  
NORWAY**

Contact your local Field Rep  
or refer to the "Connections"  
Page in Viking magazine.

1455 W. Lake Street  
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## North Sea Fossil is Deepest Dino

The 195-210-million-year-old specimen was found 2.3km (1.4 miles) below the floor of the North Sea by an offshore oil drilling platform. Norwegian paleontologist Jørn Harald Hurum, from the University of Oslo, identified the fossil as the knucklebone of a plateosaur. Details of the discovery are to appear in the Norwegian Journal of Geology.

"It's the first time a dinosaur bone has ever been found in such a deep core," Dr Hurum told the BBC News website. Marine reptile fossils have been found in some previous North Sea drill cores, but to find a terrestrial animal at such a depth is rare.

To drill through a terrestrial animal is much rarer because there are so many more marine sediments there," Dr Hurum, assistant professor of vertebrate paleontology at Oslo's Natural History Museum, explained. The crushed knucklebone was identified in a long cylinder of rock drilled out from an exploration well at Norway's Snorre offshore field. The geologists who drilled the core spotted the curious specimen in 1997; but they were discouraged by colleagues who thought it was plant matter and tucked it away in a drawer. Only in 2003 did they pass the specimen to Hurum, who thought it looked like a dinosaur. After consulting paleontologists at the University of Bonn in Germany, a microscopic examination of the specimen showed it to be identical in structure to bones from a Plateosaurus species.

This dinosaur is the most common type found in Europe. At the time it lived, there was a desert between Norway and Greenland crossed by meandering rivers.

"We knew there was food there, so something must have been eating it; but we didn't know what animals were there," Dr Hurum said.

*From BBC*

