



SONS OF  
NORWAY

July, August, 2008

# NEWSLETTER *Service*

Dear Lodge/District Editors:

We are pleased to provide the latest edition of the Newsletter Service. Throughout this year, you will begin to see changes to the Newsletter Service as we strive to make this resource even more valuable.

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 in PDF format on the web at [www.sonsofnorway.com](http://www.sonsofnorway.com), under the "Members Only" section. Using Adobe Acrobat PDF Reader, you can copy and paste text from this document by utilizing the "select text" function. If you don't have the latest version of this program, you can download it for free by going to <http://www.adobe.com/products/reader/> and scrolling to the bottom of the page.

Also, we recently changed our mailing list to better serve you. From now on, lodges with both an editor and publicity director will only receive one copy of the newsletter service, mailed to the editor. If the publicity director from your lodge would still like to receive the newsletter service, please contact Jessica Gleason at 612-821-4636 or [jgleason@sofn.com](mailto:jgleason@sofn.com) to be included on the 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 call or e-mail Jessica.

Fraternally,

Eivind J. Heiberg  
Fraternal Director

*A Little in English...*

## Too Many Moose

Nowhere else in the world can as many moose be found as in Scandinavia. Since the early nineteen-hundreds the population has at least tripled.

Since last winter we have heard much about the huge numbers of moose that have been run down on the roads and railways. But how do the so many hungry herbivores affect the rest of the environment?

During the winter moose love to gorge themselves on rowan, aspen and willow. Where these trees are found as young bushes, the moose can have a good time. The problem starts when the plants are bitten back so hard that they cannot recoup with new growth. The amount of available food then shrinks from year to year, with severe consequences for the moose themselves, as well as all insects, lichen, fungus and birds which need these trees.

There's never been a better time to be a wolf in Scandinavia's forests. With such enormous quantities of meat wandering around on four legs, predators can just help themselves. Nonetheless they will not manage to reduce the number of moose so much that the vegetation can recover. For the plants to come back again can mean only one thing: the moose population must come down.

*From NRK.no*



*Litt på norsk...*

## Alt for mange elger

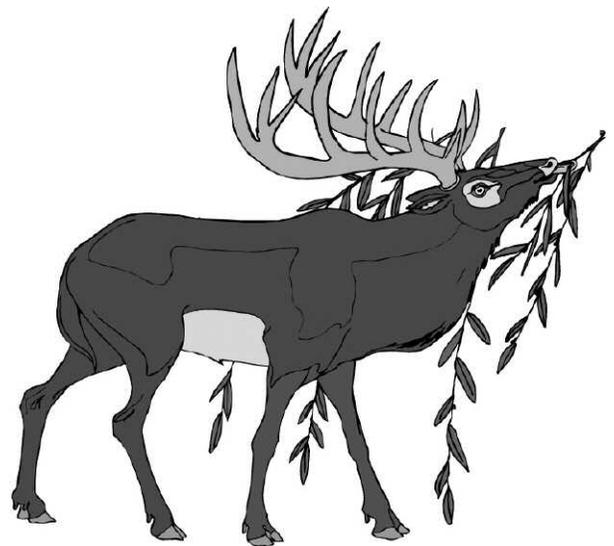
Knapt noe sted i verden finnes det så mye elg som det gjør i Skandinavia. Siden tidlig på 1900-tallet er bestanden minst tredoblet.

Siden vinteren har vi hørt mye om det store antallet av elg som har trukket ned til vei og jernbane. Men hvordan påvirker tonnevis med sultne plantespisere resten av naturen?

Om vinteren elsker elgen å tygge i seg rogn, asp og selje. Der disse trærne finnes som unge busker har elgen det fint. Problemet oppstår når plantene blir beitet så hardt at de ikke greier å ta igjen det tapte med ny vekst. Da minker mattilbudet år for år, med stygge konsekvenser for elgen selv, men også alle insekter, lav, sopp og fugler som trenger disse trærne.

Aldri har det vært bedre å være ulv i Skandinavias skoger. Med slike enorme kjøttmengder vandrende på fire bein kan rovdyr bare forsyne seg. De vil likevel ikke klare å redusere elgstammen så mye at mattilgangen svikter. For at plantene skal ta seg opp igjen betyr det bare en ting: elgbestanden må ned...

*Fra NRK.no*



## Norwegian Experience 2008: An Exclusive trip to Hadeland Glassworks

That's right! Not only will the winner of this year's Norwegian Experience membership recruitment contest receive an all inclusive trip for two to Norway, they will also enjoy a private excursion to the Hadeland Glassworks, where they will be treated to a private tour, a 3-course meal and a 1,000 NOK Hadeland gift certificate.

### *About Hadeland*

Hadeland Glassverk is beautifully situated in Jevnaker, just an hour north of Oslo, in idyllic surroundings at the southern tip of the lake Randsfjord. The glassworks was founded in 1762 and is the oldest industrial company in Norway that can claim continuous operation since its foundation. With its 190 employees the glassworks today not only represents a large and thriving industry undergoing constant development, but also significant operations linked to the Visitor Centre.

The company boasts a significant historical and cultural heritage, while at the same time focusing on continuous development and new design. Our Visitor Centre welcomes almost 600,000 visitors annually, and is thereby one of Norway's most popular tourist attractions.

Remember, entering the contest is easy! All you have to do is be a current member of Sons of Norway who recruits a new, dues-paying member between January 1 and December 31, 2008. Also, don't forget that any gift memberships you give to new, dues-paying members throughout the year can also qualify you for the contest as well!

## Matlyst Monthly

### Lingonberry Cake

Ingredients:

2 scant cups flour

2/3 cup sugar

1 tbs baking powder

2/3 scant cup unsalted butter

1 egg

3/4 cup lingonberry preserves

Topping:

2/3 cup oatmeal

3 tbs butter

1/2 cup sugar

1 tsp vanilla sugar



Preheat oven to 400 degrees fahrenheit. Combine sugar, flour and baking powder and add cut butter under a pastry blender. Add the egg and mix. Spread mixture into a pre-greased 8 X12 inch pan. Spread an even layer of preserves over the batter. Combine all the ingredients for the topping and sprinkle over the preserves. Bake for 27-30 minutes until topping is golden. Cool before cutting.



# August 2008

*A Little in English...*

## Building Authentic Oseberg Copy

The so-called Oseberg ship is a Viking ship from the 800s that was found in a burial mound in Tønsberg in 1903. Since 1930 the ship has been kept at the Viking Ship Museum in Oslo and is considered a national treasure. Now some wooden boat builders and Viking enthusiasts want to build the ship again. Their work has already started.

“The whole project will cost almost 10 million kroner. The local government, businesses and individuals have shown a lot of interest in this cultural-historical project,” says Geir Røvik of the organization Stiftelsen Nytt Oseberskip, which is directing the work.

In all the project demands 28 oak trees, which will be cut in the next year and a half. In April the first oaks were felled in Lystlunden park in downtown Horten. Those trees were chosen by the municipal gardener Jan Kjetil Howden. They were developing illnesses, but are still good enough to use for the ship.

“It’s sad that we have to cut down these wonderful trees. But since illness made it necessary anyways, it’s great that they will find ‘eternal life’ in this way,” says the municipal gardener.

The building itself will probably start in spring 2009 and is expected to last three years. The construction will take place outside of Oseberg Culture House, right in the middle of Tønsberg.

*From Aftenposten.no*



# august 2008

*Litt på norsk...*

## Bygger autentisk Oseberg-kopi

Det såkalte Osebergskipet er et vikingskip fra 800-tallet som ble funnet i en haug ved Tønsberg i 1903. Siden 1930 har skipet vært utstilt i Vikingskipshuset i Oslo, og regnes som en nasjonalskatt. Nå vil en rekke trebåtbyggere og viking-entusiaster bygge skipet helt på nytt. Deres arbeid er allerede i gang.

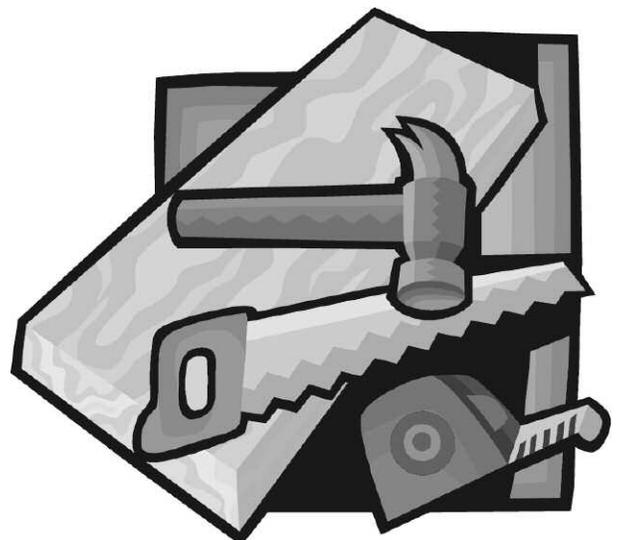
–Hele prosjektet skal koste nær 10 millioner kroner. Kommune, lokalt næringsliv, foreninger og enkeltpersoner har vist stor interesse for dette kulturhistoriske prosjektet, sier Geir Røvik i Stiftelsen Nytt Osebergskip.

I alt krever prosjektet 28 eiketrær, som vil bli felt fortløpende i løpet av halvannet år. I april ble den første eika felt i Lystlunden i Horten sentrum. Trærne var blinket ut av den kommunale bygartneren Jan Kjetil Howden. De var i ferd med å bli syke men er velegnet til formålet.

– Det er trist at vi må felle disse flotte trærne. Men når sykdom først har gjort det nødvendig, er det flott at de får et «evig liv» på denne måten, mener den kommunale gartner.

Selve byggingen kan trolig komme i gang våren 2009 og vil trolig vare i tre år. Byggingen skal foregå utenfor Oseberg kulturhus, sentralt plassert i Tønsberg.

*Fra Aftenposten.no*



## Summer Sizzle 08

Add a little sizzle to your summer recruitment efforts by participating in Sons of Norway's Summer Sizzle! From June 1 – August 31, 2008, for every three qualifying members you recruit, you'll receive a rosemary coffee mug. Recruit 12 members and we'll throw in a pound of gourmet coffee to go in your mugs!

Summer usually marks a slower time for our lodges, but that doesn't mean that new member recruitment needs to slow down, too! Consider some of these ideas to kick-start summer member drives:

- Throw a Midsummer celebration and invite family, friends and the community! An event is a great way to showcase the fun we have celebrating our heritage and culture. Make sure there's a member on hand dedicated to answering any questions about Sons of Norway and inviting non-members to join.
- Have a picnic! We Norwegians love to eat so why not throw a membership picnic instead of the typical dinner or breakfast? Throw in a couple games or activities to make it a festive atmosphere.
- Get involved. Many communities have a plethora of events, like parades and festivals. Involve your lodge somehow (food booth, volunteers, activity sponsors, etc) and have those applications at the ready.
- Remember – the most effective way to get someone to join Sons of Norway is simply to ask them, so don't be shy. Have an application on hand for at the pool, in the park, or sitting on the porch with some non-member friends.

Don't forget, Sons of Norway has tons of tools for you to use to get the word out about your lodge. You can order posters, marketing brochures, membership benefits booklets, and, of course, more applications from the Supply Department ([supply@sofn.com](mailto:supply@sofn.com) or 800.945.8851x645).

For brainstorming and assistance or to receive the monthly recruitment and retention emails, you can also contact the Membership Coordinator ([nneuman@sofn.com](mailto:nneuman@sofn.com) or 800.945.8851x697). Need even more incentive to recruit? Each dues-

paying member you recruit also qualifies you for the Norwegian Experience 2008 contest!

- Recruiters must be current members of Sons of Norway, excepting Sons of Norway Headquarters staff, Financial Benefits Counselors and International Board members
- New members must be dues-paying members (this includes spousal members and some Unge Venner members)
- To qualify for entry, completed membership applications for new members, with the recruiter's member number indicated, must be received at Sons of Norway Headquarters by August 31, 2008. On-line applications count as well. Remind members to provide their member number to the applicant for inclusion on the on-line form.

