



SONS OF
NORWAY

Newsletter Service

July/August 2011



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. However, if you wish to receive a printed hardcopy version, please contact us and ask to be added to the hardcopy 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.

Fraternally,

Handwritten signature of Linda Pederson.

Linda Pederson
Fraternal Director
Sons of Norway



July • juli

Midsommer Madness Recruitment Contest



Would you like to win an official Sons of Norway coffee mug? How about two, three or four mugs? How about some fresh ground coffee? Recruit during the 2011 Sons of Norway Midsommer Madness recruiting contest and you will be a winner!

Summer is the time to attend festivals and holiday celebrations, have picnics and participate in family reunions. Why not take these opportunities to invite family and friends to join Sons of Norway? They get to enjoy the many benefits of membership and you get a prize.

For every three full dues paying members you recruit between May 1 and August 31 you will receive a Sons of Norway coffee mug. After four mugs, with the 13th person recruited, you will receive a pound of fresh roasted coffee. And there's more! For every full dues paying member recruited, you will also be entered into the Norwegian Experience recruitment contest as well.

Don't forget to include your member number on the application in order to receive credit for your recruit. For complete rules and additional information, contact Joe Eggers, Membership Coordinator, at membership@sofn.com or 800-945-8851 ext 697.

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- **Midsommer Madness Recruitment Contest**
- **Cultural Skills Program Unit 4: Rosemaling**
Have you tested your painting skills with the newly redesigned Cultural Skills unit on rosemaling?
- **This is Where We Want to Go This Summer**
Norwegians are enjoying a new destination this summer, find out where here!
- **Svalbard's Sea Monsters**
Investigating Norway's fearsome fossils

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- **The NEW Oseberg Ship**
- **New Viking E-Post**
Learn more about Sons of Norway's newest member benefit!
- **Crown Princess Mette-Marit Lends Name to Church**
- **The Golden 1960's**
Take a look back at the Norway during the 1960's.

Matlyst Monthly

- **Baked Salmon (Ovnstekt laks)**
- **Lingonberry Bavarian Cream**



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Baked Salmon (Ovnstekt laks)

*Authentic Norwegian Cooking
by Astrid Karlsen Scott*

- 1 whole salmon (whatever size needed)
- Butter
- Water, fish bouillon, milk or cream

Garnish

- Lemons, juice and slices
- Dill or parsley
- Tomatoes
- English cucumbers



Have your fishmonger clean the fish. As soon as you bring it home wash it under running, cold water. The blood and dark membrane must be rinsed or brushed away. By rubbing a little salt in first it will come off easier. Quickly dry the fish after rinsing. Rub in the salt and place on buttered heavy aluminum foil. Place a pat or two of butter in the cavity, and add a few tufts of dill or parsley. Cover tightly and follow baking directions for fat fish.

Fat Fish (Salmon, trout, ect.)

- 2 inches thick - 18 minutes
- 2 3/4 inches thick - 35 minutes
- 4 inches thick - 70 minutes

Cooking in Foil in the Oven: Place whole fish on the foil, wrap tightly and lay in a small roasting pan with the folded side up. Pour a cup of water into the pan and bake at 375° F oven. Cooking time varies according to the size of the fish, but allow about 45 minutes for a 3½ lb fish.

Carefully move salmon to a hot platter. Remove the skin off the top layer. Tuck some dill or parsley, tomato wedges and cucumber slices around the salmon. Slit thin lemon slices, twist and garnish the delicate fish, add some greens if needed and sprinkle with paprika. Strain the broth, and serve as is, or use to make sauce of your choice, such as rémoulade. Or serve the traditional way, with hot melted butter to which chopped chives have been added. Serve with boiled/steamed potatoes, vegetables and traditional cucumber salad.

Cultural Skills Program Unit 4: Rosemaling

Looking for a new summer hobby that is fun and connects you to your Norwegian heritage? Be sure to visit the members only section of the Sons of Norway website to check out the latest of the redesigned Cultural Skills Program units. With new photos, forms and diagrams the new rosemaling unit is sure to please!

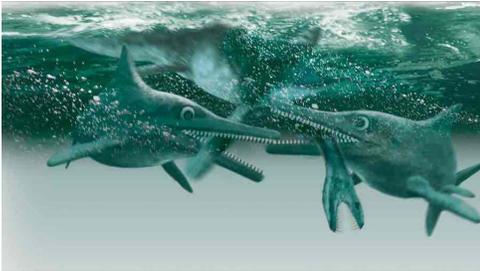
While you're visiting the site, be sure to take a look at our other redesigned Cultural Skills Program units on hardanger embroidery and cooking!

To learn more about the Cultural Skills Program, call (800) 945-8851 or email culturalskills@sofn.com



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Svalbard's Sea Monsters

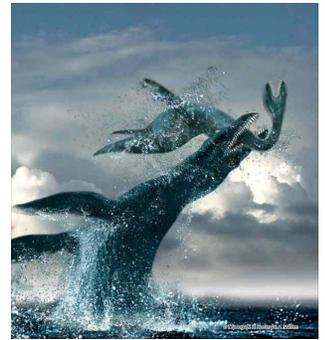


*Artist's interpretation of ichthyosaurs feeding on a plesiosaur.
Artwork: Tor Sponga, Bergens Tidende*

Norway's archipelago of the Arctic, Svalbard, is home to several animals—most notably the arctic fox, reindeer and the polar bear—but did you know that the islands are also home to sea monsters? 245 to 147 million year old sea monsters.

The two sea monsters in question are the plesiosaur and ichthyosaur. Commonly associated with the loch-ness monster, the plesiosaur ranged in size from 8-46 feet and had a short tail with a broad back and four flippers. The ichthyosaur averaged 6-13 feet in length and closely resembles the dolphin, with a snout, two flippers, a fin and fish-like tail.

Since the turn of the century, Triassic and Jurassic period fossils have been found in Svalbard. In August of 2004, Dr. Jørn Harald Hurum, paleontologist with Oslo's Natural History Museum, conducted his first search of Svalbard and found 10 separate specimens, including a partial plesiosaur skeleton and a complete ichthyosaur skull. Encouraged by these finds, Hurum and his team set out for a second Svalbard expedition in 2006. During the 11-day dig they discovered 28 new specimens, including six ichthyosaurs, 20 long-necked plesiosaurs and two short-necked plesiosaurs (commonly called pliosaurs). Among the skeletons discovered and eventually unearthed in 2008 was an enormous pliosauro. Dubbed "Predator X" the pliosauro may be the largest ever found, measuring 49 ft in length, 49.5 tons and boasting 12" teeth.



Artist's interpretation of a pliosauro (short-necked plesiosaur) catching a smaller plesiosaur. Artwork: Tor Sponga, Bergens Tidende

Conditions at the Svalbard fossil hotspot can be a bit problematic for excavation teams. The location is part of Svalbard's high Arctic desert, which only thaws for a few weeks of the year. Teams must also brave the local wildlife, installing tension lines that set off flares if a polar bear approaches.

To date, Hurum and his team continue to make expeditions to Svalbard each August to research the treasure trove of marine fossils they have found there. Hurum hopes that through a combination of intensive research and 3-D modeling paleontologists will be able to discover how these rare creatures lived and died.

To learn more about Hurum's expeditions to Svalbard and the sea monsters found there, look into National Geographic's new documentary "Death of a Sea Monster" or visit <http://tiny.cc/4b4cr> to see pictures and clips from the documentary. You can also visit <http://tiny.cc/wypdy> to learn more about Svalbard's massive pliosauro fossil, Predator X.



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a little in English...

This is Where We Want to Go This Summer

Greek salad, olives and a tranquil Mamma Mia feeling is the favorite for this summer. Greece beats out Spain for the summer's most popular travel destination, shown in a research survey by Respons analysts on behalf of Star Tour.

"Greekophiles"

In the countries that were covered in the survey, 22% answered that they plan to travel to Greece in the summer, while 20% listed Spain as the holiday favorite.

With 19% of the votes, the Nordic countries take bronze in the survey.

"We have seen Greece's popularity grow. Greece has a large place in our hearts. We are 'Greekophiles,'" says Elisabeth Larsen-Vonstett, the information director at Star Tour.

"There are not many percentage points that separate Greece from Spain, but it is interesting to look at. I think we like the informality in Greece," she stated.

Summer vacation is that time during the year where many of us would rather spend our vacation days under the sun and cloud-free sky. According to the research survey, over two million plan to travel abroad in the summer. That is not surprising in Star Tour's opinion.

Want to Get Away

What's new is that so many of us desire to get away during the winter months.

Comparing with last year's survey, 45% answered that they plan to travel abroad in the winter, compared to 36% of those who answered the year before.

Larsen-Vonstett believes that there is a comparison with the particularly long and chilly winter that we have just experienced. Norwegians thirst after D-vitamins.

And sun and warmth is highest on the wish list when we are debating over a travel location.

"We have had winter here since October. Because of this, people want to go abroad the year after," says Larsen-Vonstett.

Translated from Aftenposten

Hit planlegger vi å reise til vinteren: (Here is where we plan to travel in the winter)

1. Spania/Spain – 31%
2. Thailand/Thailand – 13%
3. USA/USA – 8%
4. Tyrkia/Turkey – 7%
5. Hellas/Greece – 6%
6. Norden/Nordic – 6%
7. Storbritannia/Great Britain – 6%
8. Egypt/Egypt – 4%
9. Italia/Italy – 4%
10. Frankrike/France – 4%

Hit planlegger vi å reise i sommer: (Here is where we plan to travel this summer)

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2. Spania/Spain – 20%
3. Norden/Nordic – 19%
4. Italia/Italy – 11%
5. Frankrike/France – 11%
6. Tyrkia/Turkey – 10%
7. Storbritannia/Great Britain – 9%
8. Tyskland/Germany – 8%
9. USA/USA – 8%
10. Kroatia/Croatia – 5%



July • juli

litt på norsk...

Hit Vil Vi i Sommer

Gresk salat, oliven og idylliske Mamma Mia-strender er favoritten denne sommeren. Hellas går forbi Spania som sommerens mest populære reisemål. Det viser en undersøkelse utført av Respons analyse på vegne av Star Tour.

"Grekofile"

I landene som var dekket i undersøkelsen svarer 22 prosent at de planlegger en reise til Hellas i sommer, mens 20 prosent lister Spania som feriefavoritten.

Med 19 prosent av stemmene, tar Norden bronseplasse i undersøkelsen.

-Vi har sett at Hellas har blitt mer populært. Hellas har en stor plass i våre hjerter. Vi er "Grekofile", sier informasjonssjef Elisabeth Larsen-Vonstett i Star Tour.

-Det er ikke mange prosentene som skiller Hellas fra Spania, men det er morsomt å se. Jeg tror vi liker det litt uformelle ved Hellas, sier hun.

Sommerferie er den tiden på året da mange av oss gjerne vil sikre oss noen feriedager under sol og skyfri himmel. Ifølge undersøkelsen planlegger over to millioner å reise bort i sommer. Ikke overraskende mener Star Tour.

Vil Vekk

Det som derimot er nytt, er at så mange av oss ønsker oss vekk også i vintermånedene. Sammenlignet med samme undersøkelse i fjor, svarte 45 prosent at de planlegger å reise bort til vinteren, mot 36 prosent året før.

Larsen-Vonstett tror det har sammenheng med den særdeles lange og hutrende vinteren vi nettopp har lagt bak oss. Nordmenn tørster etter D-vitaminer.

Og sol og varme er øverst på ønskelisten når vi ser etter reisemål.

-Vi har hatt vinter her siden oktober. Da ønsker man seg bort året etter, sier Larsen-Vonstett.

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The NEW Oseberg Ship

Tønsberg, Norway is brimming with excitement this year with the recreation of one of the area's most famed Viking Age relics, the Oseberg ship. Originally discovered in a Viking burial mound in 1904, the original Oseberg ship is one of the most complete and well-preserved ships ever found.

Researchers and volunteers are striving to not only recreate the ship with complete historical authenticity but to also answer some questions about the original use of the ship. Although seaworthy, it is believed that the original ship would have been frail and would have been used solely for coastal voyages, behaving much like Ragnar Thorseth's Oseberg replica "Dronningen" that capsized during her maiden voyage after just 20 seconds. In preparation for the creation of the new replica, experts created model ships and tested them at the Norwegian University of Science and Technology. The findings lend credence to the theory that the original Oseberg ship may have been incorrectly assembled after the excavation in 1904.



Original Oseberg Ship photo:
Jean-Pierre Dalbéna from Paris, France.
Wikimedia Commons

With successful test models in hand, volunteers and boat builders are working hard in Tønsberg on the creation of the newest replica, setting the ship's keel and stem early this year. Utilizing historically accurate tools and materials, the ship is being crafted from a 150-year-old oak tree, hand-made textiles and bolts and baleen. The ship's carvings will also be authentic and match the distinctive patterns of the original Oseberg ship.

To learn more about the ship replica research or to track the building progress visit www.osebergvikingskip.no/en or <http://tiny.cc/armg4>. Facebook users can also follow the Oseberg Viking Ship group at www.facebook.com/osebergvikingship for regular updates, photos and videos. National Geographic documentary crews have also been following the reproduction and research process from the beginning for an upcoming documentary on the ship.

New Viking E-Post

Have you heard about the newest member benefit Sons of Norway Headquarters is providing to our members? If not, you are missing out!

Debuting in March, Viking E-Post is an exciting new monthly electronic newsletter that is designed to entertain, inform and engage members with fresh news stories and articles happening across the internet and throughout the organization. Where else could you learn about our latest membership recruitment contest, find a delicious Norwegian recipe and read an article on the anniversary of the German invasion of Norway?

All you need to do to receive this great new member benefit is provide Sons of Norway with your email address, so if you haven't already, be sure to share your current email address with headquarters by calling 800-945-8851 or by logging onto the members only section of the Sons of Norway website and selecting "membership" from the menu on the right side of the page.





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Lingonberry Bavarian Cream

The Norwegian Kitchen
by Astrid Karlsen Scott

- 5 sheets (5 tsp powdered) gelatin
- 1 cup full fat milk
- 3 egg yolks
- scant ½ cup sugar
- 1½ cups whipping cream
- 1½ cups lingonberries
- 3 tbs sugar



Soak the gelatin sheets in cold water (or sprinkle the powdered gelatin over 3 tablespoons of the milk) 5 minutes to soften. Squeeze excess water from the sheets (disregard for powdered gelatin). Melt the gelatin over low heat. Bring the milk to a boil. Beat the egg yolks with ½ cup sugar until light and lemon-colored. Whisk in the boiling milk. Stir in the melted gelatin. Refrigerate until syrupy.

Combine berries with the remaining sugar. Lightly whip the cream. Fold in the berries. Fold this mixture carefully into the slightly stiffened mixture. Pour the mixture into a rinsed 1-liter (quart) mold. Refrigerate at least 3 hours. Unmold and garnish with whipped cream and fresh lingonberries.

Crown Princess Mette-Marit Lends Name to Church

A new Norwegian Seamen's church currently under construction in the U.S. will soon be one of only 6 Seamen's churches to be named after royalty.

The church in Miami, Florida will be named *Sjømannskirken Kronsprinsesse Mette-Marits kirke* - Scandinavian Church and Center after Crown Princess Mette-Marit. Secretary General of Sjømannskirken, Audun Myhre, says Mette-Marit was a wonderful choice as she "shows a commitment in church and social affairs that coincide with the values of *Sjømannskirken*." Myhre went on to say that receiving the royal name reinforces a "positive" commitment by both parties.

The official opening of the church and Scandinavian center is set to coincide with the royal visit of King Harald and Queen Sonja this fall. For more about the new Seamen's Church visit www.sjomannskirken.no/miami

Other Seamen's churches with a royal moniker can be found in Stockholm, Paris, New York, Spain and Copenhagen.





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a little in English...

The Golden 1960's

The period from 1960-1973 was the golden age for industry, it took advantage of the good international conjuncture and managed well in the hard fight that free trade in EFTA (The European Free Trade Association) directed. Foreign investment grew strongly, especially in the energy industry. At the end of the 1960's, Norway had become Europe's largest exporter of aluminum and the worlds largest when it came to the exportation of ferro-alloy.

The strong growth in industry settled quickly in the trade of commodities, the transport industry and the construction industry. It was therefore not unusual that the need for labor increased. Luckily, there was a ready labor reserve that could flourish. In the 1960's there was an increasing amount of women who entered the workforce. Many wished to obtain a larger annual salary for their family to use towards purchasing more material goods. It was also easier to go into the workforce because women, on average, gave birth to fewer children than previously. Now that birth control was invented it was much easier for women to decide if they wanted to bring children into the world.

The symbol of the new abundance was the private automobile. In October 1960, it was no longer necessary to apply for a "purchasing permit" to buy an automobile. In the years that followed, many thousand proud car owners rolled on the roads. The desire to drive was not diminished as the number of traffic accidents increased dramatically.

In 1960, the Norwegian television officially opened and in the span of the 1960's approximately 900,000 Norwegians purchased a TV-device. Because the majority could only get one channel, Norsk rikskringkasting, the television made it possible for an unprecedented cultural unity of the population to be created. That put its stamp on daily life until the introduction of cable television and antennas in the 1980's, which made it possible to choose between multiple programs.

**Passage taken from "Norges Historie: Fra Istid til i Dag [Norway's History: From the Iceage Until Today]", by Øivind Stenersen and Ivar Libæk.

litt på norsk...

De "gylne" 1960-årene

Perioden fra 1960 til 1973 ble en gullalder for industrien, som dro fordel av gode internasjonale konjunkturer og klarte seg bra i den harde konkurransen som frihandelen i EFTA førte med seg. De utenlandske investeringene økte sterkt, særlig i den kraftkrevende industrien. Ved slutten av 1960-årene var Norge blitt Europas største eksportør av aluminium og verdens største når det gjaldt utførsel av ferrolegeringer.

Den sterke veksten i industrien satte fart i varehandelen, transport- og byggebransjen. Det var derfor ikke rart at behovet for arbeidskraft økte. Heldigvis fantes det en reserve å ta av. I 1960-årene gikk stadig flere gifte kvinner ut i arbeidslivet. Mange ønsket å skaffe familien større inntekter som kunne brukes til innkjøp av nye materielle goder. Det ble også lettere å gå ut i yrkeslivet fordi kvinnene gjennomsnittlig fødte færre barn enn før. Nå kom de nye prevensjonsmidlene som gjorde det svært enkelt for kvinnene å bestemme om de ville sette barn til verden.

Symbolet på den nye overfloden var privatbilen. Fra oktober 1960 var det ikke lenger nødvendig å søke om kjøpetillatelse for å skaffe seg bil, og i årene som fulgte, rullet tusener av stolte bileiere ut på veiene. Kjørelysten ble ikke dempet selv om tallet på trafikkulykker økte dramatisk.

I 1960 ble det norske fjernsynet offisielt åpnet, og i løpet av 1960-årene skaffet om lag 900.000 nordmenn seg TV-apparater. Fordi de fleste bare kunne ta inn en kanal, Norsk rikskringkasting, sørget fjernsynssendingene for at det kom i stand en enestående kulturell samling av befolkningen. Den satte sitt preg på dagliglivet helt frem til innføringen av kabeljernsyn og parabolantenner i 1980-årene, som gjorde det mulig å velge mellom flere programmer.