



# SONS OF NORWAY

## Newsletter Service July, August 2013



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### Norwegian Experience 2013



Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2013 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2014, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2013. Also, remember that you are entered every time you recruit a new member throughout the year, which increases your chances of winning!

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### Viking E-post

Have you been receiving the Viking E-post? If not, Sons of Norway Headquarters may not have your current email address.

To add a new address, or to update your email address:

- contact Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or [fraternal@sofn.com](mailto:fraternal@sofn.com) or
- log into the members section of [www.sonsofnorway.com](http://www.sonsofnorway.com) and click on the link "Update email/phone."

While you are visiting the site, don't forget to update any seasonal or home address changes! Don't miss another issue of this exciting, new and informative digital publication.



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### Happy Birthday Queen Sonja!

A very special happy birthday to Her Majesty Queen Sonja of Norway who will be celebrating her seventy-sixth birthday on July 4th. In honor of this special day, let's learn a bit more about Queen Sonja.

- Her Majesty Queen Sonja was born in the Vinderen neighborhood of Oslo in 1937 to Dagny and Karl August Haraldsen. She received a diploma in dressmaking and tailoring at the Oslo Vocational School before receiving a diploma from École Professionnelle des Jeunes Filles in Lausanne, Switzerland and undergraduate degrees in French, English and Art History from the University of Oslo.
- It wasn't until 1959 that she first met Crown Prince Harald. Nine years later they received permission to marry, resulting in their wedding at the Oslo Cathedral on August 29, 1968 and their consecration at Nidaros Cathedral in 1991.  
(Visit <http://www.youtube.com/watch?v=MGAC92mjDMw> to watch a video interview about their engagement or to watch a clip of the royal wedding, visit <http://www.youtube.com/watch?v=F1mYpMfKO9o>)
- An avid lover of arts, culture and music, the Queen attends a number of art exhibitions in both Norway and abroad and is a patron of the Norwegian National Opera and Ballet, the Oslo Philharmonic Orchestra, the Oslo Chamber Music Festival and the Norwegian Traditional Music and Dance Association. In early 2013, Queen Sonja officially opened the exhibition entitled "Munch|Warhol and the Multiple Image" in New York to celebrate the 150th anniversary of the birth of Edvard Munch. Queen Sonja also enjoys photography and she often takes photographs of their trips and state visits.
- Queen Sonja is a trained skiing instructor. Each year she takes the opportunity to enjoy long ski treks or hikes in the mountains.
- The Queen plays an active role in a variety of fund-raising initiatives. In 1974 she was a member of the committee for the first nationwide humanitarian telethon. In 2010 she visited the world's largest refugee camp in Kenya and was a patron of the Norwegian Refugee Council's telethon campaign. A recipient of the UN's High Commissioner for Refugees Nansen Medal, Queen Sonja donated her prize money to the building of schools for refugees in Tanzania. From 1987 to 1990, she also served as Vice President of the Norwegian Red Cross. Throughout the year Queen Sonja also visits institutions for various social groups such as children, vulnerable women, elderly people, the homeless and substance abusers.
- In late April, the Queen received the Norwegian-American Chamber of Commerce (NACC) Nora Award for Women of Achievement. An inaugural offering from the NACC, the award was established to mark the 100th anniversary of women's suffrage in Norway. According to the statutes, the award is to be presented to a woman who has achieved extraordinary success in her chosen endeavors.

For more on Queen Sonja or the Royal Family, visit <http://www.kongehuset.no/>



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### Kon-Tiki Filmed in Two Languages



With an Academy Award nomination for best foreign-language film and a U.S. theater limited release in April, you've probably already heard the buzz about the new "Kon-Tiki" film by the Norwegian directing duo behind "Max Manus," Joachim Ronning and Espen Sandberg. But there's one distinctive quality to the film that many might not know about: It was filmed in two languages.

In order to secure funding for the film and to reach a wider audience, the film was shot on real open-water locations in both Norwegian and English simultaneously; requiring the actors and production crew to film most of the scenes twice.

While this may seem like a new tactic designed to capitalize on the international film market, the strategy actually has its roots in Hollywood and was a common practice in the late 1920's. Eventually dual filming fell out of practice due to its expense and the ease of alternatives like subtitles and dubbing.

In the case of "Kon-Tiki," it was important to Thor Heyerdahl that his story be told in English. Film producer Jeremy Thomas says, "I promised Thor that I would make the film in English. He had not given the rights out to any Norwegians because he wanted the film in English. Thor wanted the movie to be seen by people all over the world." Several Norwegian investors, the Norwegian Film Institute in particular, contributed nearly half of the film's budget so it was required that the film be in Norwegian as well.

Dual filming was difficult and required efficiency from the cast and crew. "We hired dialogue coach Constantine Gregory from England's National Theater to work with actors on the set every day and get them word perfect," said Thomas. "Joachim and Espen would shoot the Norwegian version in three or four takes, then straight away go in with the same camera setup and shoot the scene in English. They weren't fumbling around. It was done efficiently."

"It was hard, sometimes exhausting, a 24-hour-a-day job, and we didn't know if it was going to work," said Pal Hagen who plays Thor Heyerdahl in the film. "We were already under pressure, because here we are doing this film about this legendary guy that people have very strong thoughts and feelings about, and with a budget that is very large for a Norwegian film. A lot was at stake." It comes as no surprise that Hagen felt tremendous responsibility to portray the legend accurately when you consider not only the legacy left by Heyerdahl, but the fact that Hagen was actually put in charge of casting his raft-mates to lend authenticity to the captain and crew relationships in film.

While challenging, the crew discovered some aesthetic benefits to the filming style that enriched the end result. "What we found was that the Norwegian take would have one vibe, and then when we would do it in English that vibe would change. So often we went back and did more takes for the Norwegian version because we had been taught something new," said Hagen.

To learn more about the film visit <http://www.kontikidefilm.com/>



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### Viking Ship Sails May Have Been Different

It is not hard to spot a Viking ship, even today, nearly a thousand years after making its last voyage. The long and narrow structure would sit low in the water as the long oars protruded alongside the adorning mounted shields. The wood was intricately carved with a dragon head of some sort on the prow that sat high like a grand marshal leading its crew. One cannot forget the apparatus that helped propel the ship's journey; the tall, sometimes colorful sail was no doubt an iconic part of the ship's most recognizable features.

It may be hard to imagine a Viking ship that looks different from what we see in shows and movies, Norwegian shops and bakeries and on sports memorabilia. However, researchers in Denmark have been reviewing artifacts which may present a completely different look at the Viking ship sails we recognize today. Found on old rune stone inscriptions, Viking coins and other artifacts dating back to the 8th century are drawings of Viking ships with sails that are low and broad unlike reconstructions of ships today with taller and narrower sails. Danish curator Ole Kastholm raises this point by noting that, "On all the imagery we have from those days the ships are depicted with much broader sails. This has been left out in the reconstruction and when you leave out source material people get the wrong idea." Kastholm believes that those Viking illustrations clearly show the sails twice as wide as they are high whereas the reconstructed sails now are created higher than they are wide. These artifacts offer a whole new picture of what a Viking ship might have actually looked like.

Obviously, there are no photographs or videos from the Viking Age; there are only texts, drawings and the Viking ships themselves that were buried and then rediscovered in the 19th century. The archeologists interpreted the sails based on the size of the ships and the masts found with the buried ruin. Other evidence used during ship reconstruction comes from ethnographical research in relation to maritime archeological finds like shipwrecks and the pictures and writings that have survived them. Although Kastholm believes we should take the Viking ship pictures into account there are others like Vibeke Bischoff, a ship reconstructor at the Viking Ship Museum in Roskilde, Denmark, who believes that Vikings may have created larger-than-life sails on their drawings because that's exactly what they wanted people to notice first. They were telling a story with their pictures. The illustrations found were severely over-proportioned and "that's why we can't use the illustrations to tell us anything about how broad the sails were on the Viking ships," states Bischoff.

It is quite a fascinating sight to see a reconstructed Viking ship. The images and reconstructions we see today make a strong impact on our view of the Vikings because they give us a physical reality. The mystery will remain, however, because no Viking ship has ever been found with a sail intact. Recreating history is a very sensitive task, but Bischoff believes that "when people come and see our ships, it's fair for them to assume that's what a Viking ship looked like."

Sources:

Ole Kastholm Thesis

ScienceNordic



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### Cloudberry Layer Cake *(Yields 16 servings)*



- 6 large eggs (about 1½ cups), room temperature
- 1½ cups granulated sugar
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt
- 1½ cups all-purpose flour, stir before measuring
- 2 cups cloudberry preserves
- 3 cups heavy cream, whipped
- ¼ cup confectioners' sugar
- 2 teaspoons pure vanilla extract
- ½ cup dark rum

#### Cake:

Preheat oven to 350 degrees. Prepare two round 9-inch cake pans by lining with parchment paper.

Combine eggs and sugar. Beat for about 5 minutes until light and lemon colored. (It is easier to complete this step using an electric mixer with a whisk attachment rather than by hand.) Add vanilla and salt and beat. Fold in flour with a spatula.

Divide batter in half and add to each pan. Bake for 25 to 30 minutes or until center of cake springs back when touched. Cool cakes on a wire rack. Once cool, remove cakes from pans and slice horizontally with a serrated knife to make 4 layers total.

#### Filling:

Whip cream until firm (not stiff) and add confectioners' sugar and vanilla.

#### Assembling Cake:

Place bottom layer of cake on plate and brush with rum. Divide filling into thirds, and spread one-third on the base layer. Add second layer, brush with rum and top with half of the cloudberry preserves. Top with the third cake layer, brush with rum and spread with one-third of the filling. Top with remaining cake layer, brush with rum and spread remaining preserves. Fill a 12-inch pastry bag with remaining filling and pipe top of cake with ½ inch star tip, creating a decorative pattern.



### July • juli

*a little in English...*

#### **Polar Bear Spotter in Svalbard**

Svalbard is searching for a polar bear spotter. The Association of Arctic Expedition Cruise Operators (AECO) need two polar bear guards to stand look out while they do research work on Svalbard.

The organization is establishing traffic controller locations along the coast of Svalbard. And within connection to that they need spotters to stand look out while they work, according NRK.no. "We are looking for someone who has experience with both firearms and polar bears, as well as someone who is sporty and interested in this type of excursion", says General Frigg Jørgensen AECO to NRK.

AECO is the organization of Arctic cruise operators and in July they will set out on the M/S White Bear for a six day tour.

It offers simple accommodations, full food and board and six days of beautiful scenery to the person or persons who are sporty, competent and would like to have a different sort of experience this summer without compensation, states the job description.

This is no luxurious trip.

About 3,000 polar bears are located in the area from Svalbard to Franz Josef Land, disclosed an expedition's calculations from 2004.

In addition to keeping bears away, it is also important that applicants do not have high standards of comfort. "We will be traveling with a former hunting vessel, so this is not a luxurious trip. It is essential that applicants have the ability to take things as they come", says Jørgensen.

The project is funded by the Svalbard Environmental Protection Fund.

*litt på norsk...*

#### **Isbjørn Vakt i Svalbard**

Svalbard leter etter isbjørn vakt. Association of Arctic Expedition Cruise Operators (AECO) trenger to isbjørnvakter til å passe på mens de jobber på Svalbard.

Organisasjonen skal utarbeide ferdelsveiledere for steder langs kysten av Svalbard. Det er i den forbindelse de trenger vakter til å passe på mens de jobber, melder NRK.no. "Vi ser etter noen som både har erfaring med skytevåpen og erfaring med isbjørn, men som også er sporty og interessert i denne typen tur", sier generalsekretær Frigg Jørgensen i AECO til NRK.

AECO er organisasjonen til arktiske cruiseoperatører og legger i juli ut med M/S Kvitbjørn på en seks dagers tur.

Det tilbys enkel innkvartering, full kost og seks dager med flotte naturoplevelser til den eller de som er sporty, kompetente og uten vederlag har lyst på en annerledes opplevelse i sommer, heter det i utlysningsteksten.

Dette er ingen luksustur.

Om lag 3000 isbjørner befinner seg i området fra Svalbard til Frans Josef Land, viste et talletokt fra 2004.

I tillegg til å holde isbjørn borte, er det også viktig at søkerne ikke har for høye krav til komfort. "Vi skal reise med et tidligere fangsfartøy, så dette blir ingen luksustur. Det er viktig at søkerne har evnen til å ta ting som de kommer", sier Jørgensen.

Prosjektet er finansiert av Svalbards Miljøvernfond.



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### Largest Cod in the World Caught in Norway

Imagine getting a bite on the end of your fishing line just minutes before heading in from an unsuccessful day of fishing. For any fisherman it is a thrill. After struggling to reel in the fish for 30 minutes, imagine pulling up the largest cod ever caught in the world. That is exactly what happened to German angler, Michael Eisele in Sørøya, Norway.

Eisele, a 44 year old managing director at a tackle manufacturer in Kiel, Germany, was on a fishing trip with his party when at the end of their day they pulled in a 103 pound cod: a world record catch. The last fish to hold this record was caught in 1969 off the coast of New Hampshire and weighed just 5lbs lighter at 98lbs. The cod put up quite a fight and Eisele began to shake at the knees by the time the fish broke the water. His friends had to help him pull the record breaking fish on board. It was so big, measuring 5 feet in length, Eisele struggled to hold it up in his ceremonious picture.

This new record breaking fisherman is taking it all in and is proud of his amazing catch. He decided to donate the big cod to the Norwegian Fisheries Museum in Bergen to have it stuffed and mounted. Although he is giving up his prized fish he hasn't forgotten to submit his application in to the International Game Fishing Association in order to make his world record official. The fish was caught in the Norwegian waters of Sørøya, the fourth largest island in Norway. With great fishing in this area, fishing trips take groups out for both fresh or saltwater adventures. Eisele knows he got a fishing trip he will never forget in these northern waters, "It was an indescribable feeling. It was a fish of a lifetime."

Sources:  
Daily Mail  
Soroya  
Nettavisen

### Norwegian Rhubarb Pudding

*Adapted from Food.com, makes 6 servings*

- 1¾ cups water
- ¾ cup granulated sugar
- 1½ lbs fresh rhubarb, cut into ½-inch pieces
- ¼ cup cold water
- 3 tablespoons cornstarch
- ½ teaspoon vanilla extract
- 1 cup chilled whipping cream
- 2 tablespoons granulated sugar

Bring water and sugar (¾ cup) to boiling, stirring occasionally. Add chopped rhubarb and simmer uncovered for 10 minutes, or until tender. Mix ¼ cup of cold water with the cornstarch and add to the rhubarb. Bring to a boil, stirring constantly. Continue to boil and stir for an additional minute, then add vanilla extract. Pour into serving dishes or bowl and cover. Refrigerate.

Beat whipping cream and 2 tablespoons of sugar in chilled bowl until stiff. Pipe through decorator's tube or spoon onto top of pudding.



Image: FreeDigitalPhotos.net



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### Discovering Viking Jewelry



Some of the most basic questions regarding the settlement of Vikings in England have come one step closer to being answered thanks to new discoveries of Viking jewelry. According to a recent entry on Oxford University Press's blog by Jane Kershaw, a Post-Doctoral Research Fellow at University College in London, there had previously been little evidence of where early Viking settlers established themselves in England during the late eighth century.

What was even more uncertain was whether or not these settlers were solely men.

Thanks to metal detecting, there has been an increase in discoveries of Viking-Age metalwork; counted among these discoveries are a surprising array of female jewelry items—500 to date—like brooches and pendants. While careful examination and dating identify some of the pieces as having been created post-settlement in Scandinavian style, others align directly with written accounts of settlement (c.870-950) and were likely worn on the clothing of female settlers.

Distinguishing these Scandinavian items from their Anglo-Saxon counterparts is easily done, as the styles are distinctly different. "Although Anglo-Saxon women also wore brooches, they were of a very different style to those favored by Scandinavian women, so it's clear that the new jewelry finds represent a distinctly 'foreign' dress element," says Kershaw. "The jewelry being unearthed in England is strikingly similar to that found in Scandinavia, particularly its southern regions: there are disc, trefoil, lozenge, oval and bird shaped brooches decorated with animals and plants from Scandinavian art styles of Borre, Jellinge, Mammen and Urnes."

The discovery of these pieces help build a profile of a group of individuals that historians had largely believed consisted primarily of men. Now it can be ascertained that there was a significant female Scandinavian population in Viking-Age England. It is also believed that these Scandinavian women played a key role in expressing their native country's cultural values. Illustrating this is the fact that certain trends in jewelry styles lasted significantly longer in their adopted settlement country than they did in Scandinavia—a physical sign of the effort made to sustain and preserve the cultural traditions of their homeland.

Jewelry findings also are helping to identify new concentrated hotspots of possible Viking settlement in England like that of rural Norfolk and Lincolnshire that had not been thought of as Scandinavian settlements previously. Although the concentrations of jewelry finds appear to be more prevalent in these areas, it is important to note the portability of jewelry and the locations must be interpreted mindfully.

*Adapted from <http://blog.oup.com/2013/04/viking-jewellery-jane-kershaw/>*



*Images From: "Brooch in the Form of a Bird of Prey [Vendel; made in Scandinavia] (1991.308)". In Heilbrunn Timeline of Art History. New York: The Metropolitan Museum of Art, 2000-. <http://www.metmuseum.org/toah/works-of-art/1991.308> (October 2006)*

*"Oval Brooch [Viking; Made in Scandinavia] (1982.323.1)". In Heilbrunn Timeline of Art History. New York: The Metropolitan Museum of Art, 2000-. <http://www.metmuseum.org/toah/works-of-art/1982.323.1> (October 2006)*



### August • august

*a little in English...*

#### Summer vacation starts on Friday 20th June.

We have gathered together a bunch of tips about what you can find in Norway during the summer. Here you can find inspiration, whether you are looking for the beach, nature, gourmet holiday, or suggestions for a road trip.

##### Along the country road

Do you plan to road trip this summer? Or do you want to visit family in the mountains? Check if you can take a tour through one of Norway's 18 most beautiful stretches of road. These roads are selected as so-called scenic roads, systematic roads that are organized specifically for road trippers with signs to look out points, and great picnic spots along the way.

Want to make even more out of the drive? Maybe you should add a visit to one of the superb Norwegian gourmet restaurants around the country. The Historic, an organization for Norway's historic hotels and eateries, has created a so-called Matveg (food journey), which takes you past a handful of eateries that serve traditional gourmet cuisine using local raw ingredients.

##### Sun and beach

You don't need to go to the Mediterranean to find nice beaches. Good weather can't be completely guaranteed at our latitudes, but when it shifts to summer, there is no better place in the world to be than the Norwegian rocks or coastal cities. Lista, far south of the country is a secret gem. If you like crowds on the beach, the Huk (Hukodden beach) in Oslo is the place to go on a hot summer day.

##### To the mountains

The weekends in August are the high seasons in the mountains, but it's just as nice to take a hiking trip in June or July. And there are plenty of good possibilities to meet like-minded people if you go to the mountains.

Not so happy to trudge on foot? How about seeing the scenery from horseback? You don't need to be a seasoned rider to go horseback riding in the mountains. This is an excellent activity for both groups of friends, couples and families.

##### The beautiful west coast

It is the fjords that the foreign tourists come to see in Norway. Not seen them yet? Then you should go there in the summer. Take, for example, Flåm Railway, perhaps Norway's finest train journey.

You should also see one of the beautiful stave churches, which are unique to the rest of the world. There are four remarkable examples found only in Sogn og Fjordane county: Borgundveien, Urnes, Hopperstad and Kaupanger.

*litt på norsk...*

#### Sommerferien begynner fredag 20. juni.

Vi har samlet sammen et knippe tips til hva du kan finne på i Norge i sommer. Her burde du finne inspirasjon enten du er ute etter strandliv, naturopplevelser, gourmetferie, eller tips til bilferien.

##### Langs landeveien

Har du tenkt deg på bilferie i sommer? Eller skal du over fjellet for å besøke familien? Sjekk ut om du kan ta turen via en av Norges 18 vakreste veistrekninger. Disse veistrekningene er plukket ut til å bli såkalte Turistveger, altså veier der det tilrettelegges spesielt for bilturister i form av skilting til utkikkspunkt, og flotte rasteplasser langs veien.

Lyst til å gjøre enda mer ut av bilturen? Kanskje du skal legge inn et besøk hos et av de supre norske gourmetspisestedene som ligger rundt om i landet. De Historiske, en organisasjon for Norges historiske hoteller og spisesteder, har laget en såkalt Matveg, som tar deg forbi et knippe spisesteder som serverer tradisjonsrik gourmetmat av lokale råvarer.

##### Sol og strand

Du behøver ikke dra til syden for å finne fine strender. Riktignok kan ikke godværet garanteres her ved våre breddegrader, men når sommeren slår til, da er det ikke noe bedre sted i verden enn norske svaberg eller kystbyer. Lista, helt sør i landet er en hemmelig perle. Liker du folkeliv på stranda, er det Huk (Hukodden) i Oslo du skal dra til på en varm sommerdag.

##### Til fjells

Det er helgene i august som er høysesong på fjellet, men det er like fint å ta seg en fjelltur i juni eller juli. Og det er faktisk gode muligheter for å treffe en likesinnet dersom du drar til fjells.

Ikke så glad i å traske til fots? Hva med å se naturen fra hesteryggen? Du behøver ikke være noen erfaren rytter for å dra på ridetur i fjellet. Dette er en ypperlig aktivitet både for vennegjengen, kjæresteparet og familien.

##### Det vakre Vestlandet

Det er fjordene de utenlandske turistene kommer for å se i Norge. Ikke sett dem ennå? Da burde du dra dit i sommer. Ta for eksempel Flåmsbana, Norges kanskje flotteste togreise.

Du burde også se en av de vakre stavkirkene, som er helt unike i verden. Bare i Sogn og Fjordane ligger fire prakteksemplarer: Borgund, Urnes, Hopperstad og Kaupanger.

<http://www.dinside.no/502599/tips-til-sommerferie-i-norge>