

# Newsletter

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

The Newsletter Service is 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 hardcopy recipient mailing 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 Melissa Johnson at [mjohnson@sofn.com](mailto:mjohnson@sofn.com).

Fraternally,

Linda Pederson  
Fraternal Director  
Sons of Norway



## SONS OF NORWAY

*The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.*

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## Register for the International Convention Today!



This is the last month to register for the 2016 International Convention and Innovative Leadership Conference. If you haven't thought about it yet, now is the time!

From August 24-27, 2016, members from throughout the organization will be converging on Tacoma, WA, for Sons of Norway's largest event. During this time delegates and guests will meet to discuss important issues for the organization, its progress over the past biennium and learn about important leadership topics.

To register for the convention or the Innovative Leadership Conference (ILC), visit [www.sonsofnorway.com/convention](http://www.sonsofnorway.com/convention). There you will find a link to download the registration form, which must be completed by all delegates and guests. This year's delegate package is \$298, which includes the President's Reception, Grand Banquet, all coffee breaks, and luncheons on both days of the lodge meeting. Convention guests or those who are interested in attending the ILC can also use the form to register for all events, or just the items of the most interest via an a la carte style menu of options. The cost to attend the ILC is \$100 and includes registration fees, conference materials, a luncheon and more. Questions about registering should be directed to Dotty Erickson at [dortaerick@comcast.net](mailto:dortaerick@comcast.net).

In addition, don't forget that the deadline is soon approaching for the 2016 International Folk Art Exhibition & Competition! This is a great opportunity for artists to show off their art skills by exhibiting or competing in Sons of Norway's largest folk art event. A People's Choice Award will be presented to the crowd favorite while the Best in Show is given to the judges' unanimous top pick. There will also be a special Golden Jubilee award to commemorate the Sons of Norway Foundation's 50th Anniversary. To learn more, visit [www.sonsofnorway.com/folkart](http://www.sonsofnorway.com/folkart)



## Summer Fun with Family

July is a busy month! How busy? Not only does Independence Day in the U.S. fall in July, but so does National Picnic Month, National Hot Dog Month and National Ice Cream Month! With so many opportunities for family fun, how can you decide the best way to celebrate? You're in luck: here are some exciting ways to celebrate all that July has to offer with your family with a Norwegian twist!

An obvious way to participate in National Picnic Month is with a family picnic, right? Instead of opting for the usual peanut butter and jelly sandwiches and potato salad, consider adding a few traditional Norwegian foods. Open-faced sandwiches are just one authentic option, but the Recipe Box on the Sons of Norway website is full of other alternatives.

Adding hot dogs to your picnic fare is another easy way to add a Norwegian touch. Norwegians love their pølse, in fact, they consume almost 100 million pounds of the sausages each year. A lot of hot dogs are eaten with lefse, but tortillas or pita bread could be substituted for a similar feel. Although hot dogs are often eaten with ketchup or mustard, they're also enjoyed with remoulade.

Finally, let's talk about National Ice Cream Month. Last July, Kristiansand created the world's largest ice cream cone, so it's clear they take their ice cream seriously in Norway. One way to start is with your cone: forgo the usual waffle cone and instead opt for one made of homemade krumkake. The hard work will be worth it! You can find plenty of recipes to make Norwegian-inspired ice cream at home, too. Some of our favorites are recipes that include berries or Norwegian chocolate bars. With ice cream, though, it's hard to go wrong!

July can quickly fill up to become a busy month, but these simple ideas can help you enjoy them a little more. However you mark the month, celebrate it with your family!

## Have You Joined the Race to 100?

Help Sons of Norway by showing your support for all the good work we do with our members, their lodges and their communities by visiting [www.raceto100.org](http://www.raceto100.org) and participating in this important grassroots initiative.

## St. Olav's Day

Celebrated across Norway on July 29, Saint Olav's Day is an official Flag Day and Norwegian feast day commemorating the accomplishments, contributions and memory of Olav II Haraldsson, otherwise known as the Patron Saint of Norway, Norway's Eternal King or Saint Olav.

Olav was the first king to hold effective control over all of Norway, and was also responsible for establishing and spreading Christianity in Norway. After spending time as a Viking warrior in the Baltic region during his teenage years, and later discovering Christianity during his time in England, Olav returned home to Norway in 1015 where he fought for control of a country ruled by petty kings. At just 22 years old, Olav was accepted as the first king to reign over the entire nation Norway.

Upon receiving military pressure from the king of Denmark and resistance from some citizens because of his enforcement of Christianity, Olav was forced to flee the country in 1028. After two years of hiding in Russia, Olav returned to Norway to reclaim his throne. It was at the Battle of Stiklestad near Trondheim in 1030 where he was ultimately killed. The Icelandic tales from historian Snorre Sturlasson speak of miracles that occurred during the battle as well as at the king's grave in Trondheim. In the year following his death, Olav was declared both a martyr and a saint.

Each year in celebration of Olav, the Saint Olav's Festival or *Olavsfestdagene* is held in Trondheim. Taking place from July 28 – August 6, festival activities include concerts, lectures, pilgrimage and free events along with celebrations and services at the famous pilgrimage destination Nidaros Cathedral.

As an additional way to celebrate St. Olav's Day this year, take a walk along the pilgrimage routes known as St. Olav Ways. Whether you're able to start the actual pilgrimage to the Nidaros Cathedral in Trondheim, or want to make the journey at home by independently tracking your walking mileage through the Sons of Norway Virtual Pilgrimage and Sports Medals program, beginning the pilgrimage route can be a great way to celebrate Saint Olav this July.



## Foil-Baked Norwegian Salmon with Roasted Asparagus

Adapted from [salmonfromnorway.com](http://salmonfromnorway.com)

Serves 4

- 4 5-6 oz Norwegian salmon fillets
- 4 sprig tarragon
- 3 tbsp extra virgin olive oil
- salt
- 4 tbsp butter
- 1 lemon
- ¾ lb asparagus
- pepper

Preheat oven to 375°F. Cut lemon into slices and set aside. Tear a 12" square section of foil. Lightly butter the center of the foil and place a single salmon fillet. Season with salt and pepper and top with a piece of butter, sprig of tarragon and slice of lemon. Fold sides of foil together to create a tightly sealed package. Repeat steps with the remaining fillets.

Wash asparagus and trim ends. Arrange in single layer in an oven-safe casserole dish and drizzle lightly with olive oil. Season with salt and pepper. (For added flavor, substitute salt and pepper for garlic salt and lemon pepper.)

Bake asparagus for 10-12 minutes and salmon fillets for 12-15 minutes or to desired temperature.

a little in English...

### Petroglyphs were used as billboards

The first interpretations of the petroglyphs at Kirkenes in Finnmark suggest that the place may have been an important hub for northern people of the Stone Age. The site is strategically located halfway into the fjord at Kirkenes in Finnmark. 6-7000 years ago, waterways were the most efficient way to travel. This was the highway for Stone Age people moving around, including hunting for prey. And right here at Gamnes, between the outlet of a river and the mouth of a fjord which opens up to the Barents Sea, there are a lot of rock drawings. Of reindeer and moose, in herds and alone, with and without their young. Generally the animals in the rock carvings face in different directions. But here most of the reindeer are depicted with their muzzles facing the same way.

“The reindeer are heading into the fjord. That may indicate that the rock art depicts a migration route,” says Anja Roth Niemi. She is the project manager for the archaeological excavations under the auspices of the University Museum in Tromsø, UiT - The Arctic University of Norway. Niemi believes drawings showed where the animals lived and how they moved in the area. They were vital messages from one hunter to another.

#### Messages in stone

At this time, people in the north became more sedentary. This is shown in excavations of settlements. Smaller groups probably went out to hunt, and they followed the animals that changed pastures with the seasons. The central location made the carvings visible from several directions. Sea levels were higher then, and when hunters came to the fjord by boat they could hardly miss the drawings on the coast.

“The rock art was very visible to people who traveled past. We imagine that this was an important landmark on the route,” says Niemi. She thinks precisely the lack of variety in the artwork says something about the importance the place had for the people who used it. “Maybe the drawings were a kind of databank. This may have been a place where hunters exchanged information on animal behavior.”

#### Hoping to find more

Niemi hopes this rare find may inspire walkers to look a little longer at the stone as they pass. Because even the untrained eye can detect petroglyphs. “Look for lines that seem a bit misplaced. We think there may be several drawings in the area, and it would be wonderful to find them.”

litt på norsk...

### Helleristninger ble brukt som oppslagstavle

De første tolkningene av helleristningene ved Kirkenes i Finnmark tyder på at stedet kan ha vært et viktig knutepunkt for steinaldermenneskene i nord. Stedet ligger strategisk plassert halvveis inn i fjorden ved Kirkenes i Finnmark. For 6-7000 år siden var vannveien den mest effektive måten å reise på. Dette var motorveien for steinaldermenneskene som beveget seg rundt, blant annet på jakt etter bytte. Og akkurat her på Gamnes, mellom utløpet fra elva inne i landet og fjordmunningen som åpner opp mot Barentshavet utenfor, er det masse motiver i fjellet. Av reinsdyr og elg, i flokk og alene, med og uten unger. Vanligvis peker dyr i helleristninger i alle retninger. Men her er de fleste reinene avbildet med snuten samme vei.

– Reinen går innover fjorden. Det kan tyde på at bergkunsten avbilder en trekkrute, sier Anja Roth Niemi. Hun er prosjektleder for de arkeologiske utgravingene i regi av Universitetsmuseet i Tromsø, UiT Norges arktiske universitet. Niemi tror tegningene viste hvor dyrene befant seg og hvordan de beveget seg i området. De var livsviktige beskjeder fra en jeger til en annen.

#### Beskjed i berget

På denne tida ble folk i nord mer bofaste. Det viser utgravinger av boplasser. Sannsynligvis dro mindre grupper ut for å jakte, og de fulgte etter dyrene som byttet beite med årstidene. Den sentrale plasseringen gjorde helleristningene synlige fra flere kanter. Vannlinja lå høyere den gangen, og når jegerne kom i båt på fjorden kunne de nesten ikke unngå å få øye på tegningene i vannkanten. – Bergkunsten var veldig synlig for folk som reiste forbi. Vi ser for oss at dette var et viktig landemerke på reiseruta, sier Niemi. Hun tror nettopp mangelen på variasjon i motivene kan si noe om hvilken betydning stedet hadde for menneskene som brukte det. – Kanskje tegningene var en slags kunnskapsbank. Dette kan ha vært et sted der jegerne utvekslet informasjon om dyrenes atferd.

#### Håper å finne flere

Arkeolog Anja Roth Niemi håper det spesielle funnet kan inspirere turgåere til å kikke litt ekstra på steinen de passerer. For selv et utrent øye kan oppdage helleristninger. – Se etter streker som virker litt malplasserte. Vi tror det kan være flere tegninger i området, og det hadde vært fantastisk å finne dem.

<http://forskning.no/kultur-arkeologi-steinalder/2016/03/helleristninger-ble-brukt-som-oppslagstavle>

### Frozen Ever After Attraction Takes Design Cues from Norway

In June, Disney World officially opened Frozen Ever After, an addition to the Norway Pavilion at the World Showcase in Epcot. Set amongst the pavilion's replica stave church, Restaurant Akershus and the Kringla Bakeri Og Kafe, the Frozen Ever After attraction is inspired by hugely successful 2013 animated film, "Frozen." The attraction, as well as the original film, include several Norwegian and Scandinavian references and design elements.

"Our imagineers have traveled to Norway and recreated many of the buildings and facilities and facades modeled after famous buildings and some summer cabins that they found in Norway," said Melissa Valiquette, Vice President of Epcot at Disney. One such cabin is the Detlistua, a charming two-story cottage constructed in 1817 by Ole Halvorsen in Oppdal, which was later rebuilt in 1924 as part of Trondheim's Sverresborg Open Air Museum of Cultural History. Disney designers were inspired by its iconic and beautiful architecture and replicated the cottage's design to create the Royal Sommerhus, a meet and greet location for park attendees to meet film characters, Anna and Elsa.

In addition to the Royal Sommerhus, Disney also debuted the Frozen Ever After theme ride, which replaced Maelstrom, a boat ride which opened in the park in 1988. The new ride takes visitors through many of the iconic scenes of 'Frozen' as they pass along in a boat. In a nod to the history of the pavilion, runestones from the original Maelstrom ride are placed near the Royal Sommerhus.

### Draken Harald Hårfagre Sails to North America



Photo credit: [www.instagram.com/drakenharaldharfagre/](http://www.instagram.com/drakenharaldharfagre/)

In April, the Draken Harald Hårfagre, the modern world's largest Viking ship, set sail on a new mission: to reach North America following the route traveled by Leif Erikson in 1000 A.D. Titled Expedition America 2016, the ship's voyage to North America is timed to coincide with summer festivals, including the Tall Ship Challenge Great Lakes 2016 in August, where it will participate as the only Viking ship. In September and October, it will make stops in New York City and Mystic, Connecticut.

Since the Vikings made few records about ship-building and sailing techniques, the Draken Harald Hårfagre is a replica longship based on details gleaned from Norse sagas and modeled after ships uncovered in archaeological digs. Outfitted with a sail of red silk, the craft can reach top sailing speeds of 14 knots, or 16 mph. When winds are low, 25 pairs of oars propel the ship. Although there are a few modern additions such as safety and navigation equipment and communication gear, the ship itself was hand-built, solely using traditional boat-building methods. To honor tradition, the ornate dragon's head prow of the ship was revealed in a ceremony prior to the ship's launch from Haugesund, Norway in April. The colorful carved adornment was traditionally mounted right before departure to protect the crew from bad weather, pirate raids and evil, and removed while in port.

A task not for the faint of heart, the 32-person crew for the expedition was selected from 4,000 applicants hailing from the U.S. and Europe. Captain Björn Ahlander praised his crew, stating that they have to withstand rain, cold, harsh mental physical demands and get by on little sleep and no privacy. The owner of the ship, Norwegian entrepreneur Sigurd Aase says that the project's "aim is to explore the world, embrace the Viking spirit to look beyond the horizon and seek adventure, to inspire people to take on challenges."

To see footage of the Draken Harald Hårfagre in action, visit [drakenexpeditionamerica.com](http://drakenexpeditionamerica.com) or follow the ship on facebook at [facebook.com/drakenharaldharfagre](https://facebook.com/drakenharaldharfagre)

## Winners Chosen for Viking Age Museum Design



Last fall the Ministry of Education and Research tasked Statsbygg (the Directorate of Public Construction and Property Management) with management of an architectural competition to create a new Viking Age Museum in Oslo. The goal was to expand and preserve the

current Viking Ship Museum at Bygdøy as well as consolidate collections from both the Museum of Cultural History and the Viking Ship Museum.

In April state officials unveiled the three winning designs, which were unanimously selected from a group of 111 entries. A complex challenge, the Viking Ship Museum and its collections required creative solutions from the architects. First and foremost, the fragile state of the Oseberg, Gokstad and Tune ships meant that it would not be possible to significantly relocate the vessels themselves or to put their condition at risk with any heavy construction. In addition, the museum itself is a historic piece of architecture by Arnstein Arneberg and preservation of the building was a priority.

Working within these parameters, the three winning designs sought to enhance the current building while accommodating an improved flow for larger crowds of tourists and guests. The first place design created by AART includes a circular arc which merges with the cruciform footprint of the original museum. The addition would allow the original structure to remain untouched while providing additional space for visitors to circulate through the collections. The circular shape would also provide for use of an outdoor central courtyard. The second place design was created by JAJA Architects/Coast Studio of Copenhagen and the third by Norwegian firm Arkitekturfabrikken + Kata Palicz.

Chairman of the selection jury, Børne Grimsrud from Statsbygg says, "In their assessment the jury has given considerable emphasis to security and financial aspects. The winners are the architectural solutions with the greatest potential for further development necessary for tackling these challenges." Going forward, the winners will be invited to participate in negotiations concerning future project planning. Construction of the new museum will likely begin in 2020 with completion slated for 2022.

To learn more about the project, visit <http://www.statsbygg.no/Nytt-fra-Statsbygg/Nyheter/2016/Viking-Winners/>

## Lingonberry Bars

*From The Norwegian Kitchen  
by Kjell E. Innli*

- Scant 2 cups of flour
- $\frac{2}{3}$  cup sugar
- 1 tbsp baking powder
- Scant  $\frac{2}{3}$  cup unsalted butter
- 1 egg
- $\frac{3}{4}$  cup lingonberry preserves

Topping:

- $\frac{2}{3}$  cup oatmeal
- 3 tbsp butter
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender. Add the egg and mix well. Spread into a greased 8x12" pan. Spread the preserves over the batter. Combine all ingredients for the topping and sprinkle over the batter. Bake 25-30 minutes, until golden. Cool in the pan.

a little in English...

## DNA hunters Open Viking Tomb in Normandy

Norwegian researchers have finally gotten to open the tomb of Viking leader Rollo's descendants. They want to find out whether Rollo was the same as Gange-Rolv from Møre. If so, the British royal family originated in Norway. A Norwegian-led delegation was in Normandy [in February] and opened the sarcophagus of two of Rollo's descendants. The aim is to put an end to a centuries-long debate: Was Rollo Danish or Norwegian? "We have been working to get this researched for about seven years, so to finally get collected material to test the DNA—it was big," historian and project initiator Sturla Ellingvåg from Foundation Explico said to NTB [Norwegian News Agency].

Rollo was the founder of Normandy, Count of Rouen and the great-great-grandfather of William the Conqueror, who is an ancestor of the English royal house. While Norwegian-Icelandic history via Snorre's sagas argues that Rollo and Gange-Rolv are one and the same person, Danish historians believe that he came from Denmark. Gange-Rolv, son of Ragnvald Mørejarl was exiled from Norway and supposedly settled in France.

### Pulling Teeth

In January French authorities and the French church granted the Norwegian application to open the tomb of Rollo's grandson and great-grandson, Duke Richard the Fearless and son Duke Richard the Good. When they opened the grave [in February], researchers found among other things a lower jaw with eight teeth in the tomb of Richard the Good.

"The key is to find teeth, because the DNA can be good, even after so many years. Two forensic experts from Norway and Denmark snatched five teeth that are now being sent to the Institute of Forensic Medicine in both countries for analysis, says the Chairman of Samlerhuset (a Norwegian coin company) and The Norwegian Mint, Ole Bjørn Fausa. A result of the analysis will probably be available this fall and will be presented in cooperation with the French authorities. So it remains to be seen whether the answer indicates Denmark or Norway.

### A Rare Event

Fausa describes the atmosphere at the tomb as an unbelievable experience: "As far as we know this is only the second time since the war that a king's tomb has been opened in France. Just to be part of it, and find the skeletons in there, it was exciting, solemn and unreal at the same time.

If Rollo and Gange-Rolv prove to be the same person, here is the historical significance: "If the British royal family originates from the coast of Møre, it changes for example the notion that the Norwegian royal family is young, with origins from the British and Danish [royal families]," says Fausa.

litt på norsk...

## DNA-jegere åpnet vikinggrav i Normandie

Norske forskere har endelig fått åpne graven til vikinghøvdingen Rollos etterkommere. De vil finne ut om Rollo også var identisk med Gange-Rolv fra Møre. I så fall stammer det britiske kongehuset fra Norge. En norskledet delegasjon var i Normandie [i februar] og åpnet sarkofagen til to av Rollos etterkommere. Målet er å få slutt på en flere hundre år lang debatt: Var Rollo dansk eller norsk? – Vi har jobbet med å få dette undersøkt i rundt sju år, så å endelig få hentet inn materiale for å teste DNA, det var stort, sier historiker og prosjektets initiativtaker Sturla Ellingvåg i Stiftelsen Explico til NTB.

Rollo var grunnleggeren av Normandie, greve av Rouen og tipp Tippoldefar til Vilhelm Erobreren, som er stamfar til det engelske kongehuset. Mens norsk-islandsk historie gjennom Snorres kongesagaer har hevdet at Rollo og Gange-Rolv er en og samme person, har danske historikere ment at han kom fra Danmark. Gange-Rolv, sønn av Ragnvald Mørejarl, ble forvist fra Norge og skal ha bosatt seg i Frankrike.

### Nappet ut tenner

I januar innvilget franske myndigheter og den franske kirken den norske søknaden om å åpne graven til Rollos barnebarn og oldebarn, hertug Richard den fryktløse og sønnen hertug Richard den gode. Da de åpnet graven [i februar], fant forskerne blant annet en underkjeve med åtte tenner i graven til Richard den gode:

– Det avgjørende er å finne tenner, for der kan DNA-et, selv etter såpass mange år, være bra. To rettsmedisinere fra Norge og Danmark nappet med seg fem tenner som nå sendes til Rettsmedisinsk institutt i begge land for analyse, sier styreformann i Samlerhuset og Det Norske Myntverket, Ole Bjørn Fausa.

Et resultat fra analysene vil trolig foreligge til høsten og skal presenteres i samarbeid med franske myndigheter. Så gjenstår det å se om svaret peker i retning av Danmark eller Norge.

### Sjelden begivenhet

Fausa beskriver stemningen ved gravåpningen som en utrolig opplevelse: – Så vidt vi vet er dette bare andre gang etter krigen at en kongegrav er åpnet i Frankrike. Bare å være med på det, og finne skjelettene oppi der, det var spennende, høytidsstemt og uvirkelig på samme tid.

Hvis Rollo og Gange-Rolv viser seg å være samme person, får det historisk betydning: – Hvis det britiske kongehuset opprinnelig stammer fra Mørekysten endrer det for eksempel oppfatningen om at det norske kongehuset er ungt, med utspring fra det britiske og danske, sier Fausa.

<http://forskning.no/arkeologi-dna/2016/03/dna-jegere-apnet-vikinggrav-i-normandie>