



**SONS OF
NORWAY**

Newsletter Service

July, August 2009

Dear Lodge Editor,

Sons of Norway is pleased to announce the unveiling of a brand new Newsletter Service! Based on comments provided to us in a survey last year we have made some exciting changes, which we hope will make the Newsletter Service an even more valuable tool for lodges and districts. As you will see, we have updated this resource with a new color scheme and eye-catching photos. We've also made some changes to the content, keeping the elements that Lodge Editors felt was the most important and useful while adding new content about special events and programs that will surely be of interest to your members.

The current issue (July/August 2009) includes articles on:

- Sons of Norway's sponsorship of Norsk Høstfest
- The upcoming Fall Lodge Recruitment Blitz
- Recipes for Marinaded Trout and Norwegian Burgers
- And much more!

We hope you'll enjoy the aesthetic changes we've made and find the additions to the content to be beneficial. If you have any suggestions on how we can improve the Newsletter Service, please call (800) 945-8851.

Fraternally,

Eivind J. Heiberg
Fraternal Director
Sons of Norway



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Are you following Sons of Norway?

Are you on Twitter? How about Facebook? Are you blogging or posting videos to YouTube? Sons of Norway is and we'd love for all members and lodges to be a part of our online community.

Twitter:

If you're interested in getting Sons of Norway updates while you're on the go, consider joining us on Twitter. By going to twitter.com/sonsofnorway you can follow along with us at events, learn about new resources and be alerted to new posts over at the Sons of Norway blog. The best part is you can follow us on your computer or via cell phone so you never have to miss out on the latest from Sons of Norway!

Sons of Norway Blog:

Since last summer Sons of Norway has been blogging about everything from Norwegian language to news items of interest to members. Go to sonsofnorwayblog.blogspot.com to read more and see what Sons of Norway is up to.

Facebook:

Did you know there are more than 40 groups on Facebook that are dedicated to Sons of Norway? Some pages are for specific lodges and districts, while others are for the organization as a whole. Just log into your Facebook page and search for "Sons of Norway" to see all the different groups available to members.

Join us today!

We're really excited about all of these new social networks because they have great potential for bringing members together in the celebration of Norwegian heritage and culture. That's why we want to invite all members to join us and help build a strong online community. If you're already on Twitter or Facebook, join the Sons of Norway network today! If you haven't taken the plunge yet, check it out and learn more about these exciting new ways to be part of Sons of Norway.

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- **Are you following Sons of Norway?**
Explore the many ways you can be part of our online community.
- **Sons of Norway Presents En To Tre**
Savor delicacies at North America's largest Scandinavian festival.
- **Royal Couple Want to Become Eco-Farmers**
Royal couple place an ad for a new tenant farmer with an interest in organic farming.

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- **Gear up for the lodge recruitment blitz!**
Get involved with your lodge through the lodge recruitment campaign.
- **Norsk Høstfest is Right Around the Corner**
Get the scoop on new and exciting changes at this year's Høstfest festivities.
- **Many advantages to Multilingualism**
Studies show that bilingualism is not only helping children learn but it may have an impact in slowing Alzheimer's.

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- **Marinated Trout**
Enjoy the flavors of summer with delicious marinated trout.
- **Norwegian Burgers**
Norwegian burgers are a popular dish served for both dinner and lunch.



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Photo by Per Eide and Bengt Wilson
From *The Norwegian Kitchen*

Marinated Trout

From The Norwegian Kitchen

By Kokkenes Mesterlaug

Serves 6

Ingredients:

- 800g (1 3/4 lbs.) sea trout fillet with fish head and bones

Sauce:

- 2 tbs. butter
- 4 tbs. (1/4 cup) flour
- 5 dl (2 cups) concentrated fish stock
- fish marinade with vegetables
- chopped dill
- 1/2 dl (3 1/2 tbs.) 35% fat sour cream

Marinade:

- 1 large leek
- 3 large tomatoes
- 1 large cucumber
- 3 tbs. chopped dill
- juice of 1 lemon
- 1 1/2 tbs. cognac

The whole fish should weigh 1 1/2 to 2 kg (3-4 1/2 pounds) for the fillets to be the desired thickness. Use tweezers to remove the small bones down the center of the fillets. Shred the vegetables for the marinade. Place half the vegetables in a dish large enough to hold the fish in one layer. Sprinkle the fillet with chopped dill, lemon juice, and cognac on both sides. Place on the bed of vegetables. Top with remaining vegetables. Cover with plastic wrap and refrigerate 24 hours. Remove eyes and gills from the fish head. Place in a pan with the bones, cover with water and simmer 20 minutes. Strain and measure. If more than 5 dl (2 cups), reduce to that amount over high heat. Melt the butter and stir in the flour. Gradually add the stock, marinade with vegetables and dill. Just before serving, stir in the sour cream. Cut the fish fillet into 6 serving pieces. Poach in salted water according to the recipe about 10 minutes. Transfer the fish to a serving platter. Nap* with the sauce. Garnish with lemon wedges and dill sprigs. Serve with boiled potatoes.

*To pour or put sauce over a cooked dish.



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Sons of Norway Presents En To Tre

Members to receive 15% discount on fine dining experience

This just in: Sons of Norway is stepping up its support and sponsorship of Norsk Høstfest, North America's largest Scandinavian festival. In addition to being the title sponsor of Oslo Hall, Sons of Norway will also be the official presenting sponsor of En To Tre, the ultimate in dining experiences found at this year's event. Not only that, but all Sons of Norway members will receive a 15% discount when they make reservations for the Authentic Norwegian Buffet at En To Tre!

Located in Oslo Hall and in its fourth year of operation, En To Tre has become synonymous with innovative menu choices. This is thanks, in great part, to the participation of famed Norwegian chef, Willy Hansen, who has continually raised the bar with new, exciting meals made from the highest quality ingredients, imported from Norway. This year will be no different in that Willy is working on an even more amazing menu that will please even the most discerning of palates.

Because this is an exclusive dining experience at Norsk Høstfest, which only lasts for 5 days from September 29-October 3, the seating fills up quickly, so it's important to make your reservations as soon as possible. To get your reservations for this one-of-a-kind meal, go to <https://www.tickets.hostfest.com/public> or call 701-852-2368 and have your membership number ready to get the 15% discount on meals for the Authentic Norwegian Buffet.



*Delicacies from **En To Tre***



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litt på norsk...

Kronprinsparet vil bli økobønder

Kronprins Håkon og Kronprinsse Mette-Marit bor på gården Skaugum i Aker. Gården har vært offisiell residens for kronprinspar siden daværende Kronprins Olav V flyttet dit i 1929. Gården eies av kronprinsparet men drives av forpakter. Forpakteren Ola Aanonsen har drevet gården i 45 år, men nå skal pensjonere seg. Derfor har kronprinsen og kronprinsessen satt inn en annonse i norske aviser for ny forpakter, gjerne enn som er interessert i økovenlig jorddyrking.

I annonsen for ny forpakter på Skaugum heter det følgende:

«Ved inngåelse av forpakterkontrakt er det ønskelig at forpakter etter en avtalt tidsplan legger om til en økologisk driftsform.»

- En fantastisk nyhet, sier Gjermund Stormoen, daglig leder i Debio - organisasjonen som godkjenner økologiske gardsbruk i Norge.

- Bygdø Kongsgården er jo allerede økologisk, men de arealene forvaltes jo av folkemuseet på Bygdøy. Så det er klart det vil ha en veldig positiv effekt når det som skal bli vår neste konge nå vil legge om til øko-drift, sier Reidar Andestad, daglig leder i Oikos -fellesorganisasjonen for økologisk produksjon og forbruk.

Skaugum er en stor gård etter norske forhold. Den drives med produksjon av korn, fôr, melk og kjøtt. Andestad sier at Skaugum vil bli en av de største økologiske gårdene i landet når omleggingen forhåpentligvis er i havn om noen år.

Articles Adapted from: www.nationen.no

a little in English...

Royal Couple Want to Become Eco-Farmers

Crown Prince Håkon and Crown Princess Mette-Marit live on a farm called Skaugum in Aker county, southwest of Oslo. The farm has been the official residence of the crown couple since the then-Crown Prince Olav V moved there in 1929. The farm is owned by the crown couple but is run day-to-day by a tenant farmer. The current tenant Ola Aanonsen has run the farm for 45 years, and is now retiring. Therefore the crown prince and princess have posted a want-ad in Norwegian newspapers for a new farmer, preferably one who is interested in eco-friendly farming.

The advertisement for a new tenant farmer in Skaugum includes the following:

“Upon approval of a tenant contract it is desirable that the tenant, in accordance with an established timeline, converts to organic methods of production.”

“Fantastic news,” says Gjermund Stormoen, manager of Debio – the organization that certifies organic agriculture in Norway.

“Bygdø Royal Farm is already organic, but that acreage is managed by the Folk Museum in Bygdøy. There will clearly be a positive effect when the man who’s going to be the next king wants to switch to organic farming,” says Reidar Andestad, head of Oikos, a trade organization for organic producers and consumers.

Skaugum is a large farm by Norwegian standards. Grain, feed, milk and meat are produced there. Andestad says that Skaugum would be one of the largest organic farms in the country when the conversion hopefully takes place in a few years.



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Gear up for the lodge recruitment blitz!

Beginning September 15, Sons of Norway will launch a great way for you to get involved with your lodge *and* support this great organization: a lodge recruitment blitz. With your fellow lodge members, you'll welcome new members individually, work to plan lodge events with a membership component and engage in a little healthy competition with lodges across the organization.

The details are simple: recruit new dues-paying members during the three month period. The lodge in each category, small and large, that recruits the most new members will win a grand prize!

Stay tuned for information about the campaign and prize and get ready to recruit! Complete contest information will be available starting September 1st, 2009 at www.sonsofnorway.com.

Norwegian Burgers

*From The Norwegian Kitchen
By Kokkenes Mesterlaug
Serves 3-4*

Norwegian burgers are a popular dish served for both dinner and lunch.

Ingredients:

- 1 lb. lean beef stew meat
- 2 tsp. potato starch
- ½ onion, minced
- salt
- ½ tps. pepper
- 1 ½ cups milk
- butter

Grind the meat twice, then mix with the dry ingredients. Gradually add the milk.

Form flat round cakes, about 3 ounces each, and fry on both sides in butter. Serve with fried onions, boiled potatoes, and vegetables.



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2008 Norsk Høstfest Festivities

Norsk Høstfest is Right Around the Corner

Visit Sons of Norway in Oslo Hall and be part of the excitement

Once again Sons of Norway is excited to be the title sponsor of Oslo Hall at Norsk Høstfest, North America's largest Scandinavian festival. But this year there's some new excitement members should know about.

Sons of Norway Stage

That's right, in 2009 Sons of Norway has its own stage at Norsk Høstfest! Throughout this year's festival the Sons of Norway Stage will play host to a number of exciting performers from the U.S. and Norway. The list includes comedic duo Williams & Ree, Norwegian country music sensation Bjørn Haaland and the ever-popular Norway's Kentucky Riders.

Sons of Norway Presents En To Tre

As the presenting sponsor of Norsk Høstfest's finest dining experience, Sons of Norway is proud to remind everyone all members are eligible for a great discount at En To Tre! Every member who makes a reservation for the Authentic Norwegian Buffet will get a 15% discount on their meal! The discount is open to all current members and anyone who signs up for membership at Norsk Høstfest. To make a reservation in advance, go to <https://www.tickets.hostfest.com/public> or call 701-852-2368.

Sons of Norway Live from Norsk Høstfest

This year Sons of Norway members who are unable to attend Norsk Høstfest can follow along with all the excitement online! Read daily updates about everything that's going on via the Sons of Norway blog and read ongoing Twitter posts throughout each day of the event. Get a behind-the-scenes look at North America's largest Scandinavian festival as we post information, photos and maybe even some video for everyone to enjoy. To keep up with all the excitement, visit the blog at www.sonsofnorwayblog.blogspot.com or via Twitter at www.twitter.com/sonsofnorway.



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litt på norsk...

Mange fordeler med flerspråklighet

Sofija Thoresen (7) snakker både norsk og russisk. Sofija flyttet fra Russland til Norge som ettåring. Nå går hun på andre trinn på Ila skole i Oslo, der hun snakker flytende norsk. Hjemme snakker hun russisk med mor, og med faren Bjørn, går det mest i norsk.

– Forestillingen om at flerspråklighet fører til språkforvirring henger fortsatt igjen i mange skoler og barnehager. I dag vet vi at det er en fordel for barn å snakke flere språk, og ikke en ulempe, sier Bente Ailin Svendsen, forsker ved Institutt for lingvistiske og nordiske studier på Universitetet i Oslo.

Ifølge Svendsen er det mange fordeler med å være flerspråklig. Tospråklige reagerer raskere på stimuli enn enspråklige. Studier fra USA og Norge viser at elever med langvarig tospråklige opplæring er blant de som lykkes best på skolen. Dessuten ser hjernetrimmen også ut til å kunne forhindre Alzheimer hos eldre som praktiserer flere språk.

Men å holde på et annet språk krever stor innsats fra foreldre, lærere og barnet selv. Flere dager i uken går Sofija på russisk ettermiddagsskole, etter at hun er ferdig med den norske skoledagen. Mens de norske leksene er unnagjort på få minutter, jobber hun mye mer med de russiske leksene.

– Det kreves en god porsjon tålmodighet for å oppdra barn i to språk. For å stimulere begge språkene er det viktig at det språket som har minst støtte i samfunnet stimuleres spesielt. Foreldre bør snakke med barnet om varierte temaer slik at barnet tilbys et rikt språk, sier Svendsen.

Articles Adapted from: www.forskning.no

a little in English...

Many Advantages to Multilingualism

Sofija Thoresen (7) speaks both Norwegian and Russian. Sofija moved from Russia to Norway as a one year-old. Now she's in second grade at Ila school in Oslo, where she speaks fluent Norwegian. At home she speaks Russian with her mom, and with her father Bjørn she speaks mostly Norwegian.

“The idea that multilingualism leads to confusion is still hanging on in many schools and kindergartens. Today we know that it is actually an advantage for children to speak multiple languages, and not a disadvantage,” says Bente Ailin Svendsen, a researcher at the Institute for Linguistic and Nordic Studies at the University of Oslo.

According to Svendsen there are many advantages to being multilingual. Bilingual children react more quickly to stimuli than monolingual kids. Studies from the US and Norway show that students with long-term bilingual instruction are among the best students in school. In addition, it seems that the mental exercise of speaking more than one language can slow Alzheimer's in older people.

But holding on to a second language demands extra effort from parents, teachers and the child herself. Several days a week Sofija attends a Russian after-school program, after she's done with her Norwegian school day. While her Norwegian homework gets done in a few minutes, she has to work much harder on her Russian materials.

“Raising a child in two languages requires a good portion of patience. In order to stimulate both languages it's important that the language that has the least support in society is especially emphasized. The parents should speak with the child on various topics so that the child can develop a rich understanding of the language,” says Svendsen.