

March 2003

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A Little in English Norwegian Rows to South America

Norwegian doctor Stein Hoff is the first person to row a boat from Europe to South America. On November 14, 2002, he arrived in Guyana, 96 days after leaving from Lisbon, Portugal.

Upon arrival in Guyana, he was greeted by his wife, mother and local government officials. Children in the audience were glad when Stein passed out some leftover Norwegian chocolate.

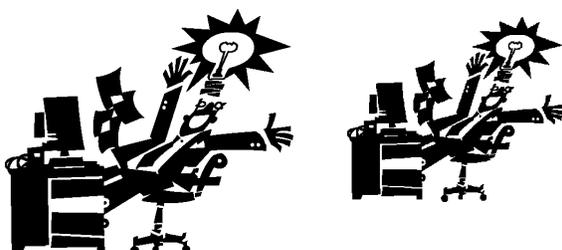
-Aftenposten

www.sonsofnorway.com Membership Sign-Up Online

Sons of Norway is proud to announce that people can now sign up for membership on the Sons of Norway website, www.sonsofnorway.com. Anyone interested in his or her Norwegian or Nordic heritage can sign-up to be a member. This service will help:

- | Attract friends and relatives living in remote areas to join Sons of Norway
- | Appeal to technology-savvy potential members
- | Lodges looking to incorporate more technology into their operations

New members that sign-up online will become a member-at-large of the appropriate district, and will receive information on lodges in their area to join. In addition, lodges should receive notification from their District Vice President of new members who reside near them. The lodge may then approach them about joining. Tell friends and family interested in their Norwegian roots to visit www.sonsofnorway.com and sign up.



Litt på norsk Nordmann rodde til Sør-Amerika

Den norske legen Stein Hoff ble den første som har rodd fra Europa til Sør-Amerika. 14. november 2002 var han fremme i Guyana, 96 døgn etter han dro fra Lisboa, Portugal.

Da han kom frem i Guyana, ble han tatt imot av sin kone, mor og lokale myndigheter. Barna blant tilskuerne ble glade da Stein delte ut sjokolade han hadde til overs.

-Aftenposten

New Membership Network

Thanks to the efforts of the current International Board, the focus of Sons of Norway has become recruitment and retention of members. To help accomplish our goals, a network of District Vice Presidents, Lodge Membership Chairpersons and the International Vice President Ted Fosberg is being formed. The aim is to establish an active membership program in each district and local lodge.

All lodges will be encouraged to assign a "shepherd" to each new member whose responsibility will be to make that new member feel welcome in the lodge and to inform them about all the resources that are available from the local lodge, district and Sons of Norway Headquarters.

District Vice Presidents will be contacting Lodge Membership Chairpersons in the coming months regarding this program. If you would like to assist in this exciting new initiative, you are encouraged to contact your lodge membership chairperson to see how you might be able to help.

Today's Norway

Norway: World Capital of Peace?

Norwegians, like most other peoples around the world, want their country to have an important international role. Over the past decade, to the satisfaction of most, Norway's role has become that of international peacemaker. Norwegians have long taken pride in the fact that the Nobel Peace Prize has been awarded in Oslo since 1901. In the past decade, Norway has also been able to sponsor various peace negotiations around the world.

Norway has involved itself in conflicts in the Middle East, the Balkans, Southeast Asia and Central America. Some ventures, like the Israeli-Palestinian agreement signed in Oslo in 1993, have experienced difficulties. However, many have succeeded, such as the peace agreement ending a 19-year civil war in Sri Lanka that was signed in Oslo in December 2002.

Because Norway is a small country with an ample supply of finances and virtually no enemies, they are able to spend the money and time on peacemaking ventures that other countries simply could not. This reputation for peacemaking has become very important to many modern Norwegians because it opens numerous business opportunities abroad and gives them a sense of national pride.

Norwegians Enjoy Their Jobs

In a recent survey by the research group SINTEF, nine out of ten Norwegians said, if given a second chance, they would choose exactly the same job. For the majority of Norwegians, the workday provides a boost of energy, self-esteem, better health and the satisfaction of accomplishment. The average Norwegian workday is from 8:00am to 4:00pm, with a 30-minute lunch break.

-Scandinavian Press

Recipe for Molded Vanilla Cream *Fløterand med friske bær*

3 cups heavy cream
3 tbsp. sugar
1 tsp. vanilla
1 tbsp. gelatin

Filling:

1 quart fresh berries plus sugar

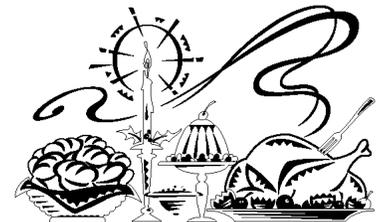
OR

the same amount of sugared frozen berries

Soak the gelatin in a little cold water for about 10 minutes. Whip the cream barely stiff with sugar and add the vanilla. Dissolve the gelatin in a metal cup over hot water. Cool for a few minutes and beat it into the cream in a thin stream. Rinse a ring mold with cold water and pour the cream in. Tap the bottom of the mold against the counter top to settle the cream and break any air bubbles. Smooth the surface.

Refrigerate the mold for 3-4 hours until the cream is set. Dip the mold in hot water for a moment. Place a platter over the mold and invert it to unmold. Fill the center of the ring with fresh, sugared berries or with partly thawed frozen berries. Garnish with a few of the best berries and sprigs of mint.

Makes 6-8 servings.



April 2003

A Little in English **Drunken Moose Alert In Southern Norway**

In southern Norway last winter, residents were alerted to a drunken moose problem. No, the moose have not started hanging out at bars, but rather became intoxicated from fermented fruit. A warm summer thoroughly fermented fallen apples and an early snowfall prevented people from removing the fruit before winter set in.

District veterinarian Paul Stamberg of Kristiansand said it was the first time he had ever heard of drunken moose, but he felt that it would take quite a bit to intoxicate them, since they have fairly large bodies. Veterinarians warned that a drunken moose would be unpredictable and potentially dangerous.

-Telemarksavisa

Sons of Norway Youth Programs **Norwegian Language and Heritage Camps**

Sons of Norway is proud to sponsor youth language and heritage camps all over North America as well as Norway to help young people learn about their Norwegian roots. Once again, Sons of Norway will be offering Camp Norway, a month-long language and cultural immersion program in Selbu, Norway.

The camp is open to ages 16 – 23, and preference will be given to members and children or grandchildren of members. Applications are still being taken for 2003, so apply today by calling 800-945-8851 or visiting www.sonsofnorway.com.

In addition, each Sons of Norway district sponsors a youth summer camp. To find out more about any of these fabulous summer opportunities, visit www.sonsofnorway.com.

april 2003

Litt på norsk **Advarsel mot full elg i Sør-Norge**

På Sørlandet i fjor vinter ble det advart mot full elg. Nei, elgen begynte ikke å gå på fylla eller henge på bar. Den ble derimot beruset av gjæret frukt. En varm sommer gjæret frukten godt, og tidlig snøfall gjorde at folk ikke fikk fjernet eplene før vinteren satte inn.

Distriktsveterinæren Paul Stamberg i Kristiansand sa at det var første gang han hadde hørt om full elg, men han mente det skal mye til for en elg å bli full siden den har en relativt stor kropp. En full elg kan være ganske uberegnlig og farlig, advarer veterinærer.

-Telemarksavisa

Norway Travel News **Historic Cultural Heritage Trail in Nordfjord**

Under the auspices of the European Union project "North Sea Viking Legacy," the "Sagastad" project at Eid has created a historic cultural heritage trail for Nordfjord. Against the backdrop of the breathtaking scenery of Norway's fjord country, visitors can now more easily access cultural heritage sites in the area. Cultural heritage maps have been produced and signs erected in the area. For more information, visit www.nordfjord.no, select your language, and click on "Activities," then "Walking," then "Eid."

Norway Travel News is brought to you by Sons of Norway and Scandinavian travel specialists Borton Overseas. Travel is often the best way to discover your heritage. Sons of Norway members receive a 5% discount on all Borton Overseas package tours.

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Norwegian WWII Trivia

Sixty-three years ago, on April 9, 1940, Nazi Germany invaded Norway. In remembrance of that event, see if you can answer these trivia questions about World War II and Norway:

1. Where was the Norwegian government in exile during the war?
2. What native invention did Norwegians wear during the war as a symbol of national unity?
3. Who was the Prime Minister of Norway during the war?
4. What is the significance of May 8, 1945?
5. In what countries did the Norwegian Royal Family take refuge?

Answers: 1) London, England 2) A paper clip 3) Johan Niggardsvold 4) Høytidsfeiringen, Liberation Day, when Nazi troops surrendered 5) The United States and Britain

Crime Doesn't Pay in Norway

If you are looking to start up a career as a bank robber, Norway is definitely not the place for you. In 2001, only fifteen bank robberies were reported in all of Norway, and those responsible were caught in twelve of those incidents. Norwegian post offices, which offer some banking services, are even more secure. From the eight post office robberies in 2001, all suspects were caught.

Norway has the world's safest banks, says the European Banking Federation. "We have some of the most advanced security systems in the world," says Arne Vestby, head of security with Den Norske Bank. "The risks now are so great, it isn't worth the potential benefit."

-Nordic Reach

Today's Norway

Travel Tips: Shopping in Norway

Traveling in Norway, even today, may require some adjustment in shopping habits for many North American visitors. Nearly every business is closed on Sunday, and few are open in the evening or later than 2pm on Saturday. Here is a list of minimum business hours for the essential stops:

Stores	9 - 5 M - F 9 - 2 Saturday
Shopping centers	9 - 8 M - F 9 - 6 Saturday
Banks	9 - 3 M - F
Post Offices	8 - 4 M - F 8 - 1 Saturday

Businesses are often open longer in larger towns and cities, as well as having a *langdag*, long day, on Thursday, when hours often extend into early evening. Also, gas stations and kiosks tend to be open until late evening. Because hours vary from place to place, it is a good idea to ask the locals when you arrive.

If you have thought of traveling to Norway, check www.visitnorway.com for help