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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. 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 Rebecca Swanson at rswanson@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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Tubfrim Winner Announced

Friday, Jan. 13, 2017, was a lucky day for Vennskap 1-554 in Canby, MN. Drawn from over 1000 other cards, the lodge was the winner of the Tubfrim drawing to give away an airline ticket to Norway, worth up to \$1,000. With each card representing one pound of collected stamps, Sons of Norway sent at least 1,084 pounds of stamps to Tubfrim in 2016. Vennskap contributed 21 pounds to that total. This past year, 70 lodges participated in the program, clipping 1,626,000 stamps.

For over 30 years, Sons of Norway members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors.

Originally, the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, the proceeds from the resale of stamps now helps to improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30 percent of all stamps collected.

While helping children is a great motivation for members to participate, there is a special incentive to say "thank you." For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be ordered from the Sons of Norway supply department, 800-945-8851 ext. 645 or supply@sofn.com.

If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page on the Sons of Norway website. For more information or questions, contact Sons of Norway Tubfrim Chairperson Mary Bennett at 608-837-8335 or mjbenn4@gmail.com.



Are You Using Your Sons of Norway Benefits?

In addition to offering many ways to celebrate Norwegian culture, your Sons of Norway membership gives you access to many outstanding discounts. Whether you're looking to save money around town or around the world, Sons of Norway can help keep some of that money in your wallet.

1. Perkspot

As a member, you have dozens of exciting discounts available to you daily through Perkspot. What is it? Perkspot is a service that collects deals from leading retailers from around the country and puts them all at your fingertips. For example, Sons of Norway members are eligible for a 15 percent discount on TurboTax products on Perkspot – just in time for tax season!

2. Cost Saving Travel Discounts

Is a trip to Norway in your future? As a member, you're eligible for a five percent discount on packages through our friends at Borton Overseas and five percent off flights through Icelandair. Even if you're not traveling abroad, discounts on hotels such as Best Western or Carlson Hotels, or on car rentals through Avis will help offset the cost of travel this spring.

3. Free Financial Review

You probably already know that Sons of Norway offers superb financial products, but how much do you know about them? As a member, you're eligible for a free financial review with your lodge Financial Benefits Counselor to determine which financial products will provide you peace of mind and a sound financial future.

To see a complete list of the benefits of being a Sons of Norway member, log on to sonsofnorway.com/member_benefits.

Lillestrøm Bicycle Hotel

A new bicycle hotel has opened in Lillestrøm, Norway, as part of a project commissioned by Norwegian National Railways. Finding a natural home in Norway's "best cycling city," the hotel was constructed to further encourage commuting around the city on two wheels.

For a small monthly fee, the Lillestrøm Bicycle Hotel allows cyclers to store bicycles indoors while they're out of town or at work, providing a safe location and convenient storage option. With the hotel's practical location right next to the train station, it also offers commuters an incentive to choose commuting by bicycle and train over driving.

Bicycle hotels are not a new concept in Norway – there are several across the country – but this hotel is the nation's largest yet, with nearly 5,000 square feet (465 square meters) of storage. The Lillestrøm Bicycle Hotel can house 400 bikes at a time, a feat that took some inventive engineering to accomplish. The architects looked for interesting ways to maximize the space in the compact urban location by constructing multi-level storage racks to accommodate as many bicycles as possible.

In an effort to maximize the functionality of the building in a way that would also benefit those living in the area, the roof of the hotel offers a publicly-accessible green space with benches that provide visitors stunning views of Lillestrøm.

Currently there are also bicycle hotels in Norway's cities of Drammen, Gulskogen, Sandefjord, Moss and Asker – more will surely appear across the country as the popularity of the concept rises.

Start riding!

Cycling can be a positive step toward a healthy lifestyle – a step that should be rewarded. Through the Sons of Norway Sports Medal program, you and your fellow lodge members can earn pins for the mileage you bike. Reach out to your lodge sports director or Sons of Norway Headquarters at sportsmedals@sofn.com for more information.

Fiskekaker (Norwegian Fish Cakes)

Makes 6 cakes. Adapted from gooseberry-mooseberry.com

- 1 lb white fish fillets (such as cod or haddock)
- ½ tsp salt
- ⅛ tsp pepper
- ⅛ tsp ground nutmeg
- 1 egg white
- 1 ½ tbsp corn starch
- ½ to 1 cup ice-cold milk, more if needed
- 1 tbsp finely chopped chives
- 1-2 tbsp canola oil for frying



Dry fillets with paper towels and cut into large pieces. Process fillet pieces in a food processor. Add egg white, corn starch, salt, pepper and nutmeg to processor and grind until blended. Set the processor to a low speed and slowly add milk through

the chute until the mixture has a paste-like consistency, using as much milk as the mixture can absorb without becoming too watery to form the cakes. Add chives to mixture and process. Move mixture to a bowl. Heat oil in a large pan on medium heat. Divide mixture into 6 portions and form into cakes (roughly 2-3 inches wide). Fry cakes for four minutes each side or until golden brown. Serve and enjoy.

Remoulade Sauce

Makes 1 ½ cups

- 1 ¼ cups mayonnaise
- ¼ cup mustard
- 1 tbsp sweet paprika
- 1-2 tsp cajun or creole seasoning
- 2 tsp prepared horseradish
- 1 tsp pickle juice (can substitute lemon juice or vinegar)
- 1 tsp hot sauce
- 1 large clove garlic, minced and smashed

a little in English... Happy Salmon Swim Longer

Salmon's reluctance to swim far may be due to anxiety or fear. After being born in a freshwater river, salmon swim out into the vast ocean to grow big and strong. Many salmon swim far to get where they are going, but it's not always the case.

Scientists at Umeå University in Sweden now think that anxiety or fear may be the reason why some salmon don't want to swim as far as their friends. "By treating salmon with anti-anxiety drugs, we could see that happy salmon wandered further and faster than untreated salmon," said Gustav Hellström, one of the researchers behind the study, in a press release from Umeå University.

Twice as fast

The study was conducted both in controlled environments and in a natural environment, specifically in a farm outside Umeå in northern Sweden. Half of the fish were given doses of the drug oxazepam, which is used to treat people for anxiety and unease, among other things. Half of the fish were given no treatment. In both controlled and natural surroundings the now-anxiety-free salmon swam almost twice as fast as their untreated brothers. This effect diminished gradually, however, as the drug disappeared from their blood.

Two previous studies have shown that anti-anxiety drugs can have an effect on fish. Researchers therefore believe that the increase in migration may be due to lower levels of anxiety which normally would have the effect of the salmon taking fewer risks.

An anxious animal

It is the salmon's nature to be anxious. It has many enemies who want to eat it, and thus it relies on hiding in the river to avoid predators. So says Torbjørn Forseth, senior scientist at the Norwegian Institute for Nature Research, NINA. "One can certainly describe salmon as an anxious animal. We know for example, that the biggest salmon rarely swims up in smaller waterways, probably because it has fewer hideouts there," says Forseth. Young salmon that migrate out to sea, *smolt*, also have good reason to be anxious. On the way they meet many potential enemies, and there are few who survive the perilous journey. "Fewer than five percent survive, and it could be as little as under one percent," the now-late Ove Skilbrei of the Institute of Marine Research told *forskning.no* last year. (<http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid>)

Torbjørn Forseth at NINA says that smolt mostly swim at night, partly because darkness provides protection against predators. He believes that it thus seems logical that a fish with lowered anxiety takes greater chances than a fish with a normal level of anxiety.

litt på norsk... Glad laks svømmer lenger

Laksens motvilje mot å svømme langt kan skyldes angst eller redsel. Etter at den blir født i en ferskvannselv, skal laksen svømme ut i det store havet for å vokse seg stor og sterk. Mange laks svømmer langt for å komme seg dit de skal, men det er ikke alltid tilfellet.

Nå tror forskere ved Umeå universitet i Sverige at angst eller redsel kan være årsaken til at noen laks ikke vil svømme like langt som sine venner. – Ved å behandle laksen med angstdempende legemidler, kunne vi se at den glade laksen vandret lenger og fortere enn den ubehandlede laksen, sa Gustav Hellström, en av forskerne bak studien, i en pressemelding fra Umeå universitet.

Dobbelt så fort

Studien ble gjennomført både i kontrollerte omgivelser og i et naturlig miljø, nærmere bestemt i et oppdrettsanlegg utenfor Umeå nord i Sverige. Halvparten av fiskene fikk doser av legemiddelet oxazepam, som i mennesker brukes i behandling av blant annet angst og uro. Halvparten av fiskene fikk ingen behandling. I både kontrollerte og naturlige omgivelser svømte den nå angstfrie laksen nesten dobbelt så fort som sine ubehandlede brødre. Denne effekten avtok derimot etter hvert, i takt med at legemidlet forsvant fra blodet.

To tidligere studier har vist at angstdempende legemidler kan ha en effekt på fisk. Forskerne tror dermed at økningen i vandring kan skyldes lavere nivå av angsten som normalt ville gjort at laksen tok færre risikoer.

Et engstelig dyr

Det ligger i laksens natur at den er engstelig. Den har mange fiender som vil spise den, og dermed er den avhengig av skjul i elva for å unngå rovdyr. Det forteller Torbjørn Forseth, seniorforsker ved Norsk institutt for naturforskning, NINA. – Man kan fint beskrive laksen som et engstelig dyr. Vi vet blant annet at den største laksen sjelden svømmer opp i de små vassdragene, sannsynligvis fordi den har færre skjulesteder der, sier Forseth. Unglaks som vandrer ut mot havet, smolt, har også god grunn til å være engstelig. På sin vei møter den mange potensielle fiender, og det er få som overlever den farefulle ferden. – Under fem prosent overlever, og det kan være så lite som under en prosent, sa nå avdøde Ove Skilbrei ved Havforskningsinstituttet, til *forskning.no* i fjor. (<http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid>)

Torbjørn Forseth ved NINA forteller at smolt stort sett svømmer om natta, blant annet fordi mørket gir beskyttelse mot rovdyr. Han mener at det dermed virker logisk at en fisk med hemmet angstreaksjon tar større sjanser enn en fisk med normalt angstnivå.

<http://forskning.no/fisk-fiskehelse/2016/12/glad-laks-svommer-lenger>

Getting the Most out of Norway's Great Outdoors

With nature playing such a large role Norway's national and cultural identity, embracing the outdoors is a must for anyone looking to explore Norway. Grab your hiking boots; here are some tips for getting the most out of Norway's natural beauty.

Enjoy the right to roam

Allemannsretten, known in English as the right to roam, was put into legal effect in 1957 in Norway. This concept honors the idea that everyone should have unlimited access to the great outdoors. This means that the countryside including beaches, mountains and forests are accessible to everyone – even travelers. Take advantage of the right to roam by enjoying everything that Norway has to offer, from mountain views to forest hikes and autumn foraging.

Know the rules

Along with the right to roam comes a personal responsibility. In Norway those who enjoy the outdoors practice "leave no trace." This means that everyone exploring the nation's countryside should leave the landscape just how they found it – this allows everyone the chance to enjoy the undisturbed beauty.

For more information on the right to roam regulations, visit the Norwegian Environment Agency's website at <http://www.miljodirektoratet.no/en/Areas-of-activity1/Outdoor-recreation/Right-to-Roam/>.

Pack the essentials

There's a Norwegian saying, "There's no such thing as bad weather, just bad clothes." It's important to understand the conditions for the time of year. Be prepared for anything – this means the cold and the damp – and remember to dress in layers, especially in the more unpredictable times for weather like spring and autumn. Packing the right footwear is also important, so make sure you bring comfortable hiking shoes. Below are the average temperatures for each season and some of the popular outdoor activities to help you plan and pack effectively.

Spring

March – May

32 to 50 degrees Fahrenheit / 0 to 10 degrees Celsius

Activities: Fishing, Kayaking, Canoeing, Cycling, Hiking, Climbing

Summer

June – August

59 to 77 degrees Fahrenheit / 15 to 25 degrees Celsius

Activities: Swimming, Hiking, Climbing, Camping, Sailing, Canoeing, Kayaking, Cycling, Fishing

Fall

September – November

41 to 50 degrees Fahrenheit / 5 to 10 degrees Celsius

Activities: Hiking, Foraging, Fishing, Climbing, Biking

Winter

December – February

5 to 23 degrees Fahrenheit / -5 to -15 degrees Celsius

Activities: Skating, Cross-Country Skiing, Downhill Skiing, Sledding



Celebrate Financial Literacy Month

Did you know April marks Financial Literacy Month? That means this month is a terrific time to really think about your financial future. Life insurance and annuities can provide valuable long term financial security for you and your loved ones. Fortunately, your lodge is equipped with a Financial Benefits Counselor, who can walk you through the many excellent products Sons of Norway has to offer.

In that spirit, here are three reasons you should consider a Sons of Norway financial product this April.

1. Free Financial Review

As a Sons of Norway member, you're eligible to meet with a Financial Benefits Counselor to discuss your financial goals and review the Sons of Norway products that will best help you get there.

2. Support Your Lodge

Because Sons of Norway is fraternal life insurance company, money from the sale of financial products goes back into our lodges. One of the easiest ways to support yourself and your lodge is through one of our financial products.

3. Over a Century of Strength

Providing support has been a cornerstone principle of Sons of Norway since its founding in 1895. You can count on the support and security from Sons of Norway's financial product when you need it most.

Whether it's during Financial Literacy Month or beyond, it's a good idea to meet with your lodge's Financial Benefits Counselor soon.

Norway's Easter Thrillers



Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to North Americans as the Norwegian Easter tradition of *Påskekrim*. Literally translated as "Easter crime," this phenomenon grips Norway each spring and fills bookstores with

dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series.

While it is uncertain exactly how *Påskekrim* has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndret i natt* ("Bergen Train Robbed Tonight"). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym "Jonathan Jerv" and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper's masthead, featured the novel's title "BERGEN TRAIN ROBBED TONIGHT" and caused a sensation among readers who believed it to be a real headline. Readers—concerned for the welfare of passengers on the train—had missed the tiny text nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the novel's Eastertime sales success and *Påskekrim* became an annual tradition.

While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate *Påskekrim* in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon.

To learn more about Norway's popular crime writers or to find titles, log in to the digital edition of Viking magazine and check out these issues:

Nordic Noir - <http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>

Murder She Wrote - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p38>

Read On - <http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>

Summer Reading Guide - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>

The Golden Touch - <http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>

Kvikk Lunsj with Apples and Mascarpone Cream

Adapted from newscancook.com

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during eastertime family hikes and cross-country ski trips to the mountains.

- 3 apples, peeled and coarsley chopped
- 2 lemons
- 2 tbs. icing sugar (powdered sugar)
- 1 tsp. cardamom
- ¾ cup mascarpone
- 2 tbs. icing sugar (powdered sugar)
- 4 Kit Kat™ bars (Kvikk Lunsj), coarsley chopped

Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsley chopped chocolate bars in a glass or a bowl and enjoy.

a little in English...

Having a Sibling Makes You Wealthier

Having a sister or a brother can contribute to better income when you become an adult. Your parents' divorce will have no financial impact on you.

"Having one sibling can be a boon for your finances as an adult. But having more siblings, on the contrary, is negative, at least if the family is poor," says Swedish sociologist Frida Skog. Using records with data on Swedes born in 1973, Skog has studied what happened to them financially later in life. Most surprising is that it does not seem to provide any economic advantage to grow up as an only child, as many might imagine. Especially for children from poorer families, it appears to be an advantage to have one sibling. It is particularly advantageous to be the older of two siblings.

More than two siblings result in poorer finances

If the family has more than two siblings, it turns out to be a disadvantage. It not only means tighter conditions for the family during childhood, but the children also earn less as adults. The disadvantage of having more than two siblings is reduced if the age difference between the children is small. "It may be that siblings who are close in age can give each other more support in school. But it may also be that moms have more career opportunities if children aren't born as far apart," says Frida Skog in a press release from Umeå University.

Divorce has no effect on finances

The researcher also finds that parental divorce does not affect children negatively financially in the long term. This is somewhat surprising, says the researcher, in an interview with the Swedish newspaper Västerbottens-Kuriren. Children who grow up in divorced families, are also no worse off financially as adults than children who grow up with both parents. The researcher adjusted this finding to the size of the family and the family's finances, however, she finds no difference between children of divorced and non-divorced parents. If mother finds a new partner, it also doesn't affect the child's income as an adult. Assuming that the child does not get more than one half-sibling. Frida Skog has used figures and information from databases. She can therefore conclude how things have gone financially during adulthood for an only-child born in 1973. However, this type of study cannot reveal anything about why only-children do not have a financial advantage. Many elements may play a role. Other types of studies may be able to answer this.

litt på norsk...

Du kan bli rikere av å ha et søsken

Å ha en søster eller en bror kan bidra til at du får bedre inntekt når du blir voksen. At foreldrene dine skiller seg får ingen økonomisk betydning for deg.

– Å ha ett søsken kan bli en fordel for økonomien din som voksen.
– Men flere søsken er derimot negativt, iallfall om familien er fattig, sier den svenske sosiologen Frida Skog. Fra registre med data over svensker født i 1973 har hun studert hvordan det gikk med dem økonomisk senere i livet. Mest overraskende er at det ikke ser ut til å gi noen økonomiske fordel å vokse opp som enebarn, slik mange nok tenker seg. Spesielt for barn fra familier med dårlig økonomi, later det til å være en fordel å ha ett søsken. Spesielt fordelaktig er det å være eldst av to søsken.

Flere enn to søsken gir dårligere økonomi

Består søskenflokket av flere enn to søsken, snur det imidlertid til å bli en ulempe. Det blir ikke bare trangere kår for familien i barneårene, men barna tjener også mindre som voksne. Ulempen ved å være flere enn to søsken reduseres om aldersforskjellen på barna er liten. – Det kan skyldes at søsken som er nær hverandre i alder kan gi hverandre mer støtte i skolealder. Men det kan også skyldes at mammaene har større muligheter i yrkeslivet om barna ikke kommer så spredt, sier Frida Skog i en pressemelding fra Umeå universitet.

Skilsmisse betyr ingenting for økonomien

Forskeren finner også at foreldres skilsmisse på lang sikt ikke påvirker barna negativt økonomisk. Dette er noe overraskende, sier forskeren i et intervju med den svenske avisa Västerbottens-Kuriren. Barna som har vokst opp i skilsmissemiljøer, har altså ikke fått dårligere økonomi som voksne enn barna som har vokst opp sammen med begge foreldrene. Forskeren har justert dette funnet for størrelse på familien og familienes økonomi, likevel finner hun ikke noen forskjell på barn av skilte og ikke-skilte foreldre. Om mor finner seg en ny partner, slår heller ikke det ut på barnets inntekt som voksen. Forutsatt at du ikke får flere enn ett halvsøsken. Frida Skog har brukt tall og opplysninger fra dataregistret. Hun kan derfor slå fast at hvordan det har gått økonomisk i voksen alder med for eksempel enebarn født i 1973. Men denne type studie kan ikke si noe om hvorfor enebarn ikke får økonomisk gevinst. Mange ting kan spille inn. Det vil andre typer studier kunne svare på.

<http://forskning.no/2016/12/du-bli-ikke-rikere-av-vaere-enebarn>