



SONS OF  
NORWAY

## Newsletter Service

March, April 2013

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

We are now making the Newsletter Service 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 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 Erik Evans at [eevans@sofn.com](mailto:eevans@sofn.com).

Fraternally,

A handwritten signature in cursive script that reads "Linda Pederson".

Linda Pederson  
Fraternal Director  
Sons of Norway



### March • mars

#### Sons of Norway Launches New Website for Youth

In January Sons of Norway announced the official launch of its newest online venture, called *NorwayConnects.org*. This new unique virtual community was designed to be a place where students, professionals and institutions of higher education can come together for the common good of building innovation in industry and providing opportunities for international exchange. Above all, this web portal will build bridges between North America and Norway.

The site is comprised of seven different sections which can help college students and young professional succeed in life, including scholarships, educational opportunities, finding a job or internship, volunteerism and financial literacy. Each section offers young people young people information and resources to help them build a strong foundation for the future.

#### Scholarship and Educational

**Opportunities:** Choosing a college and figuring out how to pay for it can be some of the most difficult decisions young adults face today. To make the process easier, *NorwayConnects.org* is building a comprehensive list of scholarships available to young people from all backgrounds. In addition, the site highlights a variety of educational institutions that offer Scandinavian studies programs as well as international exchange programs offered throughout Norway.

**Jobs:** *NorwayConnects.org* also offers resources for recent graduates and young professionals who are looking for new employment opportunities. The site allows young people to post their résumés and highlight their background and expertise for potential employers. Also, the new site has a job board where companies throughout North America and Norway can post employment opportunities.

**Financial Literacy:** Another benefit of using *NorwayConnects.org* is that Sons of Norway has developed a series of articles for young people that educates them about a variety of finance-related topics, from tips for renting your first apartment to the importance of life insurance.

We hope you'll take a moment to visit this new web portal from Sons of Norway and then share it with anyone you think would benefit from it. Also, if you know of a company that would benefit from *NorwayConnects.org*'s job posting opportunities, please contact the fraternal department at (800) 945-8851 and we'd be happy to reach out to them.



### March • mars

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March • mars

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### Trendy Norwegian Knitting

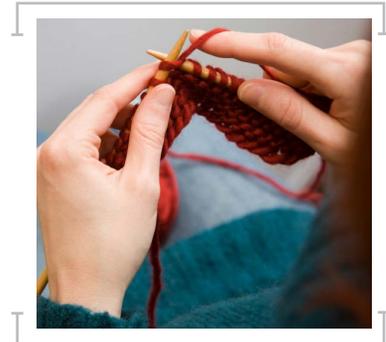
Once thought of as a quaint hobby, knitting is shrugging off its traditional image and is quickly becoming a hot trend worldwide. Wool garments are found everywhere from your grandmother's closet to fashion shows and catwalks.

Knitting has always been a prominent part of Norwegian culture, however, in recent years it has grown to include a younger, urban crowd of knitters. In Norway this trend is supported by celebrities like TV personality Dorte Skappel and actress Sofia Gråbøl. The online release of Skappel's "Skapple jumper" pattern, featuring Alpaca wool, quickly led to a wool shortage in shops around Norway. The Faroe Isle knitwear frequently worn by Gråbøl is also in high demand.

The effects of this booming knitting industry can easily be found throughout Norway. In Sandnes, a once ailing wool mill is now the biggest wool supplier in Norway and has experienced a 50% increase in sales. Knitting books are also in demand in Norway like that of Fashion designers Arne Nerjødret and Carlos Zachrisson, who's book, *Julekuler*—featuring 55 hand-knit ball Christmas ornaments—is in its fourth printing, selling over 37,000 copies.

Norway has a marked history of impacting worldwide knitting and textile trends. The "Marius" pattern was at the forefront of this movement in 1954 when famous Norwegian war hero, actor and skier, Marius Eriksen modeled this unique design crafted by Unn Søliland in the film "Troll i Ord." Featuring the bold colors of the Norwegian flag, the "Marius" sweater was unusual for its time. 60 years later the "Marius" sweater is still the most sold and hand knit pattern in the world and its creator, Unn Søliland, is the recipient of the Royal Medal in Gold for her lifetime contribution to Norwegian hand knit traditions and their promotion internationally.

Want to be a part of the new knitting trend? Be sure to check out the knitting unit of the Cultural Skills Program available for download in the "Members Only" section of the Sons of Norway website or call 800-945-8851.



### Celebrity Knitters:

Katherine Heigl  
Julia Roberts  
David Arquette  
Uma Thurman  
Sarah Jessica Parker  
Ryan Gosling  
Jennie Garth  
Dakota Fanning  
Tim Daly  
Audrey Hepburn  
Karen Allen  
Daryl Hannah



March • mars

### Tubfrim Winner Announced

Thursday, January 10, 2013 was a lucky day for Thor 2-042, Salem, OR. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 1,769 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 1,770 pounds of stamps to Tubfrim in 2012.

For the past 27 years, our 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, today the proceeds from the resale of stamps helps 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% of all stamps collected.

While helping children is a great motivation for our 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 order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or [supply@sofn.com](mailto: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, Gene Brandvold, at 952-831-4361 or [genegbrand@aol.com](mailto:genegbrand@aol.com).

### Candied Orange Cake



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*During Eastertime, Norwegians eat more than three times as many oranges as they do during the rest of the year. That's 20 million pieces of fruit in just a couple of days!*

#### Candied Oranges

- 3 navel oranges
- 2 cups sugar
- 1 cup water

Cut ends from oranges and cut into ¼ inch slices. Combine sugar and water in a saucepan and bring to a boil. Add orange slices. Turn to medium heat and continue at a low boil, uncovered, for 12 minutes, carefully stirring slices and syrup.

Remove from heat. Line a baking sheet with parchment and preheat oven to 200° F. Arrange orange slices with a fork or tongs on baking sheet. Bake orange slices for an hour. Remove from oven and allow to cool. Store in airtight container. Keep remaining orange syrup and chill in a bowl until needed.

#### Cake

- 1½ cups all-purpose flour
- 2 tsp baking powder
- ⅔ cup milk
- 2 tbsp butter, softened
- 1 teaspoon vanilla
- 5 candied orange slices, chopped (about ¾ cup)
- ⅔ cup sugar
- ¼ tsp salt
- 2 tbsp olive oil
- 1 egg
- candied orange slices

Combine flour, sugar, baking powder and salt in a mixing bowl. Add vanilla, milk, oil, butter and egg and beat with mixer on low until blended. Continue to beat mixture for an additional minute on medium speed. Add chopped candied orange slices and stir. Set aside.

Grease and flour a round 9 x 1½ inch pan and pour in batter. Place pan in a preheated 350° F oven for 25 to 30 minutes. Test with a toothpick in center for doneness. Cool on a wire rack for 10 minutes, then remove cake from pan and allow to cool completely.

Top cake with candied orange slices and drizzle with orange syrup.



### March • mars

*a little in English...*

#### **The Sami Easter Festival**

*March 27 – April 1, 2013*

The Sami culture is alive even today. The famous Easter festival is an example of this, an annual event with proud traditions. Easter was the time of year when Sami from throughout the region gathered in Kautokeino. They celebrated the end of the long winter and its darkness with religious parties and weddings.

85% of residents in Kautokeino are Sami speakers, and one of three work with reindeer. Kautokeino has the largest reindeer community.

At Easter, the sun has returned, and daytime temperatures are pretty manageable. It is the beginning of the Easter festival. Sami weddings receive thousands of guests, and bryllupsbidosen (stew) is served around wooden table settings. The Kautokeino community kicks off the whole Easter week with a good mix of party, fun, worshiping, cultural and exciting competitions.

Sami Grand Prix is a music competition with participants from all over Sápmi, with two classes of competition, joik and pop music. Joik is a living song tradition that is constantly evolving, so the material is entirely new. The class of pop music moves from joik inspired music to hard rock. Similar to the Eurovision Song Contest the audience decides the winner, so the Sami radio streams live and includes voting from across Lapland.

The concert goes on through Easter week is varied and includes Sami rock, jazz and joik inspired music and famous Norwegian artists. Often the country's most famous artist, Mari Boine, performs. The Sami theater there, Beavváš provides a premiere location.

Nowhere in the world do you get so much Sami culture in such a short period of time during the Easter festival. To visit, however, requires some planning. Kautokeino is reached most easily by car, as there is a shortage of public transportation. Accommodation must certainly be organized in advance. Worth the hassle? Absolutely! See their homepage for this year's program.

*litt på norsk...*

#### **Samisk påskefestival**

*27. mars – 01. april 2013*

Den samiske kulturen er levende, også i dag. Den berømte påskefestivalen er et eksempel, et årlig arrangement med stolte tradisjoner. Påsken var den tiden på året da samer fra hele regionen samlet seg i Kautokeino. Man feiret at den lange mørketiden var over med religiøse fester og bryllup.

85% av innbyggerne i Kautokeino er samisktalende, og en av tre jobber med reindrift. Kautokeino er Norges største reindrifkommune.

I påsken er sola tilbake, og dagtemperaturene ganske greie. Det er begynnelsen på påskefestivalen. Samiske bryllup fikk tusen gjester, og da serveres bryllupsbidosen (lapskausen) i tre bordsettinger. Befolkningen i Kautokeino har nå blitt vant til å sette av hele påskeuka til en god blanding av fest, moro, gudstjenester, kultur og spennende konkurranser.

Samisk Grand Prix er en musikkkonkurranse med deltakelse fra hele Sápmi, og det konkurreres i to klasser, joik og popmusikk. Joik er en levende sangtradisjon i stadig utvikling, så materialet er nykomponert. Klassen for popmusikk beveger seg fra joikinspirert til hardrock. Akkurat som i Melodi Grand Prix er det publikum som avgjør, så sameradioen overfører direkte og avvikler stemmegivning over hele Sameland.

Konsertprogrammet påskeuka igjennom er variert, og omfatter samisk rock, jazz og joikinspirert musikk og landskjente, norske artister. Ofte er samelands mest kjente artist, Mari Boine, til stede. Det samiske teatret Beavváš stiller gjerne opp med en premiere eller en markering.

Ingen steder i verden får du så mye samekultur på så kort tid som under påskefestivalen. Å dra dit krever imidlertid litt planlegging. Kautokeino nås enklest med egen bil, da det er smått med offentlig transport. Overnatting må absolutt organiseres på forhånd. Verdt strevet? Så absolutt! Se hjemmesida deres for årets program.

<http://www.nordnorge.com/nolfestival-kultur/?News=6>

<http://www.samieasterfestival.com/index.php>

<http://www.visitnorway.com/no/Reisemall/Nord-Norge/Kautokeino/>



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### Lodge Revenue Sharing Program: Support Your Lodge through Life Insurance

Building a strong lodge often takes a lot of time and effort on the part of the members and elected leadership. Whether it's planning a new, interesting lodge program to attract new members or making all the arrangements for a fundraiser to help financially support the lodge, members put in a lot of hard work. But what would you say if you were told that there is a way to financially support your lodge through something you're either already doing or ought to be thinking about?

We're talking about purchasing life insurance from Sons of Norway.

Thanks to the Lodge Revenue Sharing Program, offered by Sons of Norway headquarters, lodges can financially benefit when their members purchase our Life Insurance products. In fact, each year Sons of Norway distributes thousands of dollars to the lodges through this program and helps financially support their cultural and heritage endeavors.

So, if you've been thinking about buying life insurance, why not buy it from Sons of Norway? In addition to offering sound, proven financial products, a portion of your premium will go to help strengthen your lodge and provide financial support for all the things that are important to you.

If you'd like to learn more about Sons of Norway life insurance or the Lodge Revenue Sharing Program, contact us at 800-945-8851 or reach out to the Financial Benefits Counselor who is assigned to your lodge.

### Campfire Bread with Hot Dogs and Homemade Tartar Sauce



*This bread can be prepared at home by mixing dry ingredients in a plastic bag at home. When it is time to bake the bread, just add your liquid of choice (water, milk or buttermilk) and butter and work into dough.*

#### Bread Dough

- 1¾ cups flour
- ½ tsp salt
- 2 tsp baking powder
- 3 tbsps butter
- ¾ cup water, milk or buttermilk
  
- 4 hot dogs
- 4 slices of bacon
- 4 slices of cheese

Combine dry ingredients with butter and stir until texture is grainy. Add liquid (water, milk or buttermilk) to mixture and work into a dough-like consistency. Divide into 4 pieces and roll dough into a sausage shape.

Wrap a slice of bacon and cheese around each hot dog. Next, twist dough around wrapped hot dog and skewer with a stick. Carefully heat hot dog over campfire and grill until cooked.

#### Homemade Tartar Sauce

- ½ cup crème fraîche
- ¼ cup mayonnaise
- ½ cup chopped pickles
- 1 tbsp curry
- salt and pepper

Combine ingredients and season with salt and pepper to taste.



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### Norwegian Names

Naming a child is a big job. That little person will grow into their name and most likely live with it for their rest of their life. There are many reasons behind a decision of a name. Family names might trump all others, modern names in order to keep up with trends, unique or uncommon names in order to stand out, or cultural names with means of upholding a heritage. These motives all play a role in the decision that creates a person's identification for years to come. The United States is home to millions of Norwegian descendants, many of whom proudly embrace Norwegian first and/or last names. But where do these names come from?

Passing down family names is common in many cultures but most specifically in Norwegian history when the process of naming a child was already planned depending on birth order. The first son was named after the paternal grandfather and the second son was named after the maternal grandfather. Any sons after that were named after the great grandfathers in no particular order. Surnames were taken by root of their father's first name creating a patronymic. For example Ole Andersen's son's name would be Anders Olsen, deriving the first name from the paternal grandfather and the surname from the father. Conversely the daughter's surname would become Andersdatter. When arriving in the US though Norwegians arrived with three names, the third being the name of their family farm in Norway. Some families adopted the farm name as their official surname and others decided on one patronymic for the family such Olsen or Andersen. In most cases the decision was based on how well the name could be written and pronounced in English. To learn more about this, visit the NAHA website at [st.olaf.edu/naha/genealogy/naming.htm](http://st.olaf.edu/naha/genealogy/naming.htm)

In today's world, most specifically within the US there are a variety of names deriving from thousands of nations and backgrounds. In Norway however there is a law regulating which names can and cannot be used. In 2003 the law was altered to allow more freedom of choice when choosing a name, though the law is met with mixed emotions in Norway. The list of names is long and typically stands to benefit the future of the child being named or the person changing their name. For example the names Adolf and Vidkun are considered to hold negative connotations in Norway. This law prevents unusual or damaging names from taking hold. Nevertheless there are plenty of beautiful and traditional Norwegian names to choose from. These are the latest and most popular names of 2012 in Norway.

#### Top Boy Names

1. Lucas/Lukas
2. Emil
3. Mathias/Matias
4. Jonas
5. Alexander/Aleksander
6. William
7. Oskar/Oscar
8. Magnus
9. Markus/Marcus
10. Oliver

#### Top Girls Names

1. Nora/Norah
2. Emma
3. Sofie/Sophie
4. Linnea/Linea
5. Sara/Sahra/Sarah
6. Emilie
7. Ingrid/Ingri
8. Thea/Tea
9. Leah/Lea
10. Sofia/Sophia



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### The Role of Viking Women

A new thesis by Marianne Moen may offer some new insights into the complexities of women's roles in Viking society.

In her paper, *The Gendered Landscape*, Moen cautions that scientific interpretation of archeological burial findings may be selling Viking women short. "To assume that Viking men were ranked above women is to impose modern values on the past, which would be misleading," says Moen. For example, in the famous Oseberg ship excavation of 1904 archeologists were stunned to discover two female skeletons rather than a king or chieftain. "The first theories suggested that this must be the grave of queen Åsa mentioned in Snorr's Ynglinga saga, and that the other skeleton was her slave servant," says Moen. Carbon dating of the ship to around 834 AD later disproved this theory. Since the Oseberg ship excavation bears such similarities to the Gokstad (1880), Moen asserts it is reasonable to believe that the women buried with the Oseberg ship held important status—status that Moen warns may not necessarily be tied to "who she was married to or had mothered."

Moen also asserts that too much historical credence may be given to historical texts. "Our perception of religion's influence in the society is based on texts written hundreds of years afterwards, by men from a different and more misogynistic religion." She goes on to say, "As archaeologists we have to base our analyses on archaeological material. Historical material do have some value, but only as secondary sources," says Moen.

While more graves belonging to men have been discovered than those of women, Moen suggests that identification of the archeological findings may not be clearly male or female. In situations where human remains aren't available, archeologists rely on the type of objects present to identify a burial site. "There have also been cases of male graves with beads and woven cloths, and women were sometimes buried with smaller weapons, for instance arrowheads. Generally it is fairly obvious what constitutes male or female objects, but the lines were sometimes blurred," says Moen.

Moen suggests, "If it is the case that women belonged to the private sphere of the home and men were in the public sphere of society, this should be reflected in the burial landscape." However, burial sites in the Kaupang area that Moen has studied contain side-by-side graves of both men and women with equal prominence. "The domestic role of Viking women may have been less limited to the private sphere than it is today. The large estates were contemporary seats of power, and the woman of the house had the keys. How private or public this role was should be interpreted outside our own cultural context," said Moen.



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*a little in English...*

### Oslo is Ready to Shine

Rio de Janeiro, Accra, Ningxia and Oslo. All towns listed in the New York Times as destinations that should not be missed in the coming year. Among the list of 46 carefully selected destinations, Oslo is the only city in Scandinavia mentioned

Despite the fact that it has been easy to overlook small Oslo in the company of other Scandinavian capitals, the Tjuvholmen and Astrup Fearnley Museums helped to change this impression, writes the American newspaper Tuesday.

They emphasize that the interior and the architecture of Oslo's waterfront gives the neighborhood an artistic touch.

Furthermore, the newspaper said, the Maaemo restaurant has captured the world's eyes after receiving two Michelin stars after being open for only one year.

Again, this proves why Oslo is ready to shine.

"This is associated with urban development in Oslo in recent years, especially with a phenomenal attention from the U.S. regarding the opening of the Astrup Fearnley last September. The sale of Scream peaked international media attention around Oslo in many ways", says a delighted Tor E. Sannerud, CEO of Visit Oslo, told Aftenposten.

He believes that Norway could be better off emphasizing the capital as a tourism product rather than just focusing on the fjords and mountains.

Old industrial areas are converted to cultural and recreational areas. Just look at the Norwegian Opera with 1.6 million visitors in 2012. The Holmenkollen area with both the cross country and biathlon stadium are also strong cultural investments. And there will definitely be new investments in the near future. "We may not have seen so many cultural investments in Oslo ever that we have experienced over the last decade", says Sannerud to Aftenposten.

*litt på norsk...*

### Oslo er klar til å skinne

Rio de Janeiro, Accra, Ningxia og Oslo. Alle byene er i følge New York Times reisemål man ikke bør gå glipp av i året som kommer. Og blant lista på 46 nøye utvalgte destinasjoner er Oslo den eneste byen i Skandinavia som nevnes.

Til tross for at det tidligere har vært enkelt å overse lille Oslo i selskap med andre skandinaviske hovedsteder, har Tjuvholmen og Astrup Fearnley-museet bidratt til å endre på dette inntrykket, skriver den amerikanske avisa tirsdag.

De understreker at interiøret og arkitekturen på Oslos sjøside gir nabolaget et kunstnerisk preg.

Dessuten, skriver avisa, har restauranten Maaemo fått verdens øyne på seg etter at de mottok to Michelin-stjerner etter kun å ha vært åpent i ett år.

Igjen beviser dette hvorfor Oslo er klar til å skinne.

"Dette henger sammen med byutviklingen i Oslo de seneste årene og spesielt med en fenomenal oppmerksomhet fra USA rundt åpningen av Astrup Fearnley i september i fjor. Salget av Skrik toppet på mange måter den internasjonale medieoppmerksomheten rundt Oslo", sier en svært fornøyd Tor E. Sannerud, administrerende direktør i Visit Oslo, til Aftenposten.

Han tror Norge kunne vært bedre på å framheve hovedstaden som reiselivsprodukt framfor bare å fokusere på fjorder og fjell.

Gamle industriområder gjøres om til kultur- og rekreasjonsområder. Bare se på den norske operaen med 1.6 millioner besøkende i 2012. Holmenkollen-området med skiarena og skiskytterstadion er også sterke kulturinvesteringer. Og det vil helt sikkert komme nye investeringer i nærmeste fremtid. "Vi har kanskje ikke sett så mange kulturinvesteringer i Oslo noensinne som vi har opplevd det siste tiåret", sier Sannerud til Aftenposten.

Source: <http://www.osloby.no/nyheter/Derfor-er-Oslo-klar-til-a-skinne-7092687.html>

<http://www.nytimes.com/interactive/2013/01/10/travel/2013-places-to-go.html?smid=fb-nytimes>