

Newsletter

service :: May, June 2017



May :: mai

- Norway Tops the Global Happiness Rankings for 2017
- Today's Recruitment Goals Fuel Future Success
- Facts about Norway's Constitution
- Kids Will Now Have Time to Eat

Recipe :: Veiled Peasant Girls (Tilslorte bondepiker)



June :: juni

- Celebrating Edvard Grieg
- Spotlight on Vesterålen
- Time for Midsummer Festivities
- Adults Get Help with Reading and Math

Recipe :: Midsummer Campfire Bread and Hot Dogs

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.

1455 West Lake Street
Minneapolis, MN 55408-2666
Toll Free: (800) 945-8851
www.sonsofnorway.com

Norway Tops the Global Happiness Rankings for 2017

According to this year's World Happiness Report, Norway has jumped from 4th place in 2016 to 1st place this year, followed by Denmark, Iceland and Switzerland in a tightly packed bunch.

All of the top four countries rank highly on all the main factors found to support happiness: caring, freedom, generosity, honesty, health, income and good governance. Their averages are so close that small changes can re-order the rankings from year to year. Norway moves to the top of the ranking despite weaker oil prices. It is sometimes said that Norway achieves and maintains its high happiness not because of its oil wealth, but in spite of it. By choosing to produce its oil slowly, and investing the proceeds for the future rather than spending them in the present, Norway has insulated itself from the boom and bust cycle of many other resource-rich economies. To do this successfully requires high levels of mutual trust, shared purpose, generosity and good governance, all factors that help to keep Norway and other top countries where they are in the happiness rankings.

All of the other countries in the top 10 also have high values in all six of the key variables used to explain happiness differences among countries and through time – income, healthy life expectancy, having someone to count on in times of trouble, generosity, freedom and trust, with the latter measured by the absence of corruption in business and government. Here too there has been some shuffling of ranks among closely grouped countries, with this year's rankings placing Finland in 5th place, followed by the Netherlands, Canada and New Zealand; and Australia and Sweden tied for the 9th position, having the same 2014-2016 score to three decimals.

The USA is a story of reduced happiness, according to the report. In 2007 the USA ranked 3rd; in 2016 it came in 19th.

Reference- Helliwell, J., Layard, R., & Sachs, J. (2017). *World Happiness Report 2017*, New York: Sustainable Development Solutions Network.

Today's Recruitment Goals Fuel Future Success



Sons of Norway Headquarters is pleased to announce the launch of its 2017 recruitment campaign – a revamped and expanded

Founders Day Awards. With our 125th anniversary fast approaching, the new campaign reinforces the vision of Sons of Norway's founders for an organization that celebrates its roots while continuing to look toward the future.

With the new Founders Day Award, lodges that reach their target recruitment goal are rewarded with a number of prizes. These include a \$200 cash card the lodge may use toward a celebration of reaching its goal, exclusive access to a new program for lodge members, and more.

Lodge Vice Presidents recently received additional information about the 2017 Founders Day contest as well individualized goals for recruitment. These goals were developed to align with Sons of Norway's overall goal of welcoming 3,500 new members in 2017, just one of the ambitious organizational goals developed by Sons of Norway's International Board of Directors.

The 2017 Founders Day campaign is an opportunity for all members to get involved and support not only their lodges, but help grow the organization. Keep up with the Sons of Norway blog and e-Post throughout the year for ways you can help Sons of Norway and find lodge success stories.

Join the conversation about growing Sons of Norway into the future - find us on Twitter @SonsofNorway or on our Facebook page. Better yet - share how you or your lodge is working toward the future by using #Growingto2020.

Facts about Norway's Constitution

Most of us know that the Constitution was signed on May 17, 1814, a day that Norway celebrates today with massive parades and parties annually. But there are plenty more interesting facts surrounding this event, arguably Norway's greatest event in history.

- **Did you know...** that the Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today? At the time it was also considered to be the most forward thinking and radically democratic Constitution ever written.
- **Did you know...** that the Constitution underwent a linguistic revision in 1903? The overall language of the Constitution has basically remained unaltered, and the 1903 language is still used when proposed changes are made to the Constitution.
- **Did you know...** that the document was inspired by the United States and French constitutions? The main difference was the text that referred to Norway as a Constitutional Monarchy.
- **Did you know...** that within the famous portrait of the Constituent Assembly at Eidsvoll, about 70 of the 112 delegates present were painted well enough to be identified?
- **Did you know...** that the representatives who put the Constitution together were under great pressure to finish the document? The Constitution was written and signed in 5 weeks. The January 14, 1814 Kiel Treaty said that Denmark would relinquish control over Norway to Sweden. During that transition of power Norway was considered an independent kingdom. In taking full advantage of that control a Constituent Assembly was put together, a King was appointed and a Constitution was written.

Veiled Peasant Girls (*Tilslørte bondepiker*)

Authentic Norwegian Cooking

Astrid Karlsen Scott



- ½ lb. apples
- ½ cup water
- ¾ cup approx. sugar
- 2½ tbsp. butter
- 2 cups white bread, dried and ground
- ¾ cup sugar
- 1½-2 cups heavy cream
- ½ tsp. pure vanilla extract

Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool.

Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread can easily be burnt if it is not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool.

Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce and whipped cream in a glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish. Serves 4.

a little in English...

Kids Will Now Have Time to Eat

Schoolchildren should not have to gobble their lunches. The [Norwegian] government wants kids to have 20 minutes to eat.

“Now the children will have time to eat their lunches. It is important to set aside time for this. Both for diet and health,” says Torbjørn Røe Isaksen to news agency NTB. He is [Norway’s] Minister of Education.

The government and Norwegian Directorate for Health and Social Affairs want children to have more time to eat. They advise about 20 minutes for lunchtime. For everyone.

“We know that mealtimes at many schools disappear into many other things. Some students in Norway receive five or ten minutes to devour their lunch. No more,” says Isaksen.

This advice is part of a plan for a better diet. It applies to all of Norway. Only half of the primary schools in Norway have a lunch break of 20 minutes.

Schools and municipalities get to decide how the school day goes. And how long students will have for breaks.

“Kids get very little time to eat. Many parents will recognize this. It creates bad attitudes towards having a good lunch break,” says Isaksen.

“The government does not want to control municipalities. They’re calling it a request. But that could change if schools don’t follow suit,” he said.

litt på norsk...

Nå skal barna få tid til maten

Skolebarn skal slippe å sluke matpakka. Regjeringen vil at barna skal få 20 minutter til å spise på.

– Nå må barna få tid til å spise matpakka si. Det er viktig å få satt av tid til dette. Både for kosthold og helse, sier Torbjørn Røe Isaksen til nyhetsbyrået NTB. Han er kunnskapsminister.

Regjeringen og Helse-direktoratet vil at barn skal få mer tid til å spise. De kommer med et råd om 20 minutter spisetid. For alle.

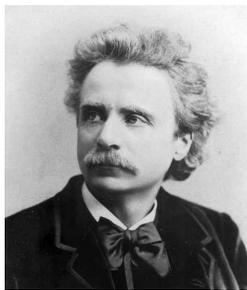
– Vi vet at spisetiden på mange skoler forsvinner i masse annet. En del elever i Norge får fem eller ti minutter til å sluke en matpakke. Ikke noe mer, sier Isaksen.

Rådet står i en plan for et bedre kosthold. Den gjelder for hele Norge. Bare halvparten av grunnskolene i Norge har matpause på 20 minutter.

Skolene og kommunene kan bestemme hvordan skoledagen skal være. Og hvor lange pauser elevene får.

– Barna får veldig kort tid til å spise. Mange foreldre vil kjenne seg igjen i dette. Det skaper dårlige holdninger til både det å ha en god matpause, sier Isaksen.

Regjeringen ønsker ikke styre kommunene. De kaller det en oppfordring. Men det kan endre seg om ikke skolene følger etter, sier han.



Celebrating Edvard Grieg

June is the month to pay homage to Norway's most revered composer, Edvard Grieg, who was born in Bergen on June 15, 1843, in the Grieg's family home.

Here are a few notable facts about the composer culled from The Grieg Museum's website.*

- Grieg's most famous compositions include Piano Concerto in a minor, incidental music for Ibsen's drama "Peer Gynt" (Morning Mood, In the Hall of the Mountain King, Solveig's Song a.o.), Lyric Pieces for piano, Holberg Suite, Last Spring
- He grew up in a successful merchant family, together with his brother John (born 1840) and his sisters Maren (born 1837), Ingeborg Benedicte (born 1838) and Elisabeth (born 1845). Very early he showed a strong interest in music and for the piano as instrument. He could sit at the piano for hours, exploring all kinds of tunes on his own.
- During his early school years in Bergen, Edvard wasn't the most disciplined pupil. He preferred to discover the music himself. Instead of the compulsory etudes, he preferred to improvise and play new tunes and melodies. However, despite the certain amount of reluctance, his love for music grew into what was to become, in his innermost spirit, the right thing to do in life – to be an artist.
- Edvard Grieg studied at the music conservatory in Leipzig, Germany. This conservatory was founded in 1843 by Felix Mendelsohn, and was reckoned to be the best and most modern conservatory in Europe. His teachers in Leipzig were some of the best pedagogues in Europe: Ignaz Moscheles in piano, Carl Reinecke in composition and Moritz Hauptmann, for whom Edvard Grieg had the greatest respect. He graduated from the conservatory with excellent marks in 1862.
- An extensive touring schedule with innumerable concerts, combined with a weak health condition, was to put an end to Grieg's life. In September 1907 Grieg became seriously ill and was hospitalized in Bergen, where he died on Sept. 4, 1907, of chronic exhaustion.

Learn more about the Norway's rich musical heritage by participating in Music and Musicians of Norway, a cultural skills program available to Sons of Norway members at www.sonsofnorway.com.

* <http://griegmuseum.no/en/about-grieg>



Spotlight on Vesterålen

Vesterålen, nicknamed the "Green Alps," is known for its soft, lush landscape and its prime location for viewing Norway's stunning Northern Lights. The archipelago comprises six municipalities over four large islands and is located just north and east of Lofoten.

Located on the edge of the continental shelf and given its proximity on the Gulf Stream path, Vesterålen is an excellent site for whale watching. In fact, the Whale Center in Andenes offers guaranteed whale-watching safaris. Other activities for travelers include hiking, kayaking, fishing and lighthouse experiences.

Want to learn more about this northern destination? Check out www.visitvesteralen.com.

Time for Midsummer Festivities



Is your family ready for Midsummer? The June 23rd holiday is a prime opportunity to bring a little Norwegian culture to the middle of summer. Here are a few of our favorite Midsummer customs that you can easily bring into your household!

At its heart, Midsummer celebrations are about connecting with the outdoors. In the past, girls would pick wildflowers and put them under their pillows at night in hopes of future good luck. Your family can easily adapt this tradition to today by taking a hike outside to enjoy a break from the normal hustle and bustle of modern life.

A good Midsummer celebration has to include a bonfire. In pre-Christian times, bonfires were thought to awaken the Earth after its winter slumber. Today they're a great way to bring the family together and bridge the gap between Norwegian and American customs.

Just like here, many Midsummer bonfires in Norway include hot dogs and s'mores, something that will likely be a big hit with your family at home. However, good food is always popular and Midsummer is no exception. Don't be afraid to incorporate other Norwegian recipes into your celebration, too. The online Recipe Box on the Sons of Norway website is a great place to start.

Finally, once you have the family together around the bonfire and you've had your fill of food, share some Norwegian folktales. Tales of Viking adventures or trolls make for great bonfire tales and could spark an interest in your kids' Norwegian roots. The Members' Section of the Sons of Norway website is a great place to start your search for bonfire stories!

However your family celebrates Midsummer, make it a special evening!

Midsummer Campfire Bread and Hot Dogs

Adapted from www.thefamilydinnerbook.com

- 1½ cup warm water
- 3 tsp active dry yeast
- 4 cups (or more) all purpose flour
- 1 tsp sugar
- 2 tsp salt
- 2 tbsp olive oil + a little extra
- 12 Hot dogs
- Long sticks, bamboo poles or metal skewers
- Ketchup and mustard

Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves.

Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour.

Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid.

Prepare a fire and let it burn down to red coals.

Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.

a little in English...

Adults Get Help with Reading and Math

Volunteer organizations are receiving money to help adults with reading, writing and math.

Altogether 79 nonprofits will be helping adults. The organizations will hold courses in reading, writing, math and computer skills.

The organizations have received 25 million kroner from the Ministry of Education. The money will give people the knowledge they need to get a job and for life in general.

“It is positive that several volunteer organizations are helping adults. [They are] making voluntary contributions in an important way so that adults acquire new knowledge,” says Minister Torbjørn Røe Isaksen.

Many different nonprofits will organize courses. Money will go toward training that will take place among other places in shelters, volunteer centers, prisons and libraries. Organizations such as the Red Cross, Mental Helse (a mental health-focused organization), Caritas Norway (a Catholic development and relief organization) and Folkeuniversitetet (adult continuing education) are some of those who will receive money.

They will first and foremost help adults with little education. People should be helped where they live. You can look up where the nearest courses are arranged.

“The nonprofits meet adults in many different places. Adults who are not working also need new skills. Often, new knowledge allows them to participate in public life. This can result in their getting a job,” says Gina Lund. She is director of Kompetanse Norge (the Norwegian Institute for Adult Learning), which has the responsibility of distributing the funding.

litt på norsk...

Voksne får hjelp til å lese og regne

Frivillige organisasjoner får penger for å hjelpe voksen med å lese, skrive og regne.

Til sammen 79 frivillige organisasjoner skal hjelpe voksne. Organisasjonene skal holde kurs i lesing, skriving, regning og digitale ferdigheter.

Organisasjonene har fått 25 millioner fra Kunnskapsdepartementet. Pengene skal gi folk kunnskap som de trenger for å få jobb og i livet ellers.

– Det er positivt at flere frivillige organisasjoner hjelper voksne. Frivillige bidrag på en viktig måte til at voksne får ny kunnskap, sier kunnskapsminister Torbjørn Røe Isaksen.

Mange ulike frivillige organisasjoner vil arrangere kurs. Pengene blir gitt til opplæring som skal foregå blant annet i krisesentre, frivillighets-sentraler, fengsler og bibliotek. Organisasjonene Røde Kors, Mental Helse, Caritas Norge og Folkeuniversitetet er noen av dem som får penger.

De skal først og fremst hjelpe voksne med lav utdanning. Folk skal få hjelp der de bor. Her kan du sjekke hvor nærmeste kurs blir arrangert.

– De frivillige organisasjonene møter voksne på mange ulike steder. Voksne som ikke er i jobb har også behov for ny kompetanse. Ofte kan ny kunnskap gjøre at de deltar i samfunnslivet. Det kan igjen gjøre at de får jobb, sier Gina Lund. Hun er direktør i Kompetanse Norge, som har det ansvaret for pengene som blir delt ut.