



SONS OF
NORWAY

Newsletter Service
May, June 2011



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. 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.

Fraternally,

Linda Pederson
Fraternal Director
Sons of Norway



SONS OF NORWAY

Newsletter Service

May, June 2011



May • mai

Recruit and Win Prizes!

Would you like to win an official Sons of Norway coffee mug? How about two, three or four mugs? How about some fresh ground coffee? Recruit during the 2011 Sons of Norway Midsommer Madness recruiting contest and you will be a winner!

Summer is the time to attend festivals and holiday celebrations, have picnics and participate in family reunions. Why not take these opportunities to invite family and friends to join Sons of Norway? They get to enjoy the many benefits of membership and you get a prize.

For every three full dues paying members you recruit between May 1 and August 31 you will receive a Sons of Norway coffee mug. After four mugs, with the 13th person recruited, you will receive a pound of fresh roasted coffee. And there's more! For every full dues paying member recruited, you will also be entered into the Norwegian Experience recruitment contest as well.

Don't forget to include your member number on the application in order to receive credit for your recruit. For complete rules and additional information, contact Joe Eggers, Membership Coordinator, at membership@sofn.com or 800-945-8851 ext 697.

Syttende Mai Word Match

- | | | |
|-----------------------|-------|-----------------------|
| 1. constitution | _____ | A. å feire |
| 2. ice cream | _____ | B. flagg |
| 3. parade | _____ | C. pølser |
| 4. patriotism | _____ | D. barnetog |
| 5. royal palace | _____ | E. is |
| 6. flag | _____ | F. patriotisme |
| 7. independent nation | _____ | G. grunnloven |
| 8. children's parade | _____ | H. slottet |
| 9. hot dogs | _____ | I. selvstendig nasjon |
| 10. celebrate | _____ | J. et tog |

Answers: 1.G, 2.E, 3.J, 4.F, 5.H, 6.B, 7.I, 8.D, 9.C, 10.A

May • mai

- **Norway's Stella Mwangi sets her sights on Eurovision 2011**
Tune in May to see Norway's 2011 Eurovision contestant take the stage.
- **Christian Frederik: King for a Day...**
Find out how a Danish prince helped to shape Norway's constitution.

June • juni

- **Norway's Union with Sweden and the Fight for Independence**
- **Measuring Happiness**
Norway tops the Prosperity Index for the second year in a row.
- **Syden**
Think you know what it means to go *syden*? Take a closer look at the ambiguous meaning of this Norwegian word in Norway's culture.
- **Identity Fraud Precautions Affect Swedes in Norway**

Matlyst Monthly

- Kvæfjord Cake
- Italian Salad (Italiensk Salat)



May • mai



Norway's Stella Mwangi sets her sights on Eurovision 2011

The month of May marks many exciting events within the Norwegian community, primarily the celebration of Norway's Constitution Day. However, this year Norwegians have yet another event to celebrate: Eurovision 2011.

In its 56th year, the Eurovision song contest is an international broadcasting event—coordinating simultaneous broadcasts in 43 of the participating nations as well as Australia, Canada, Egypt, Hong Kong, India, Jordan, Korea, New Zealand and the United States. From May 10th through the 14th, viewers across Europe will be tuning in to this year's live song contest to watch and vote for their favorite contestants. Hosting the event this year is Düsseldorf, Germany, the home country of last year's Eurovision winner, Lena Meyer-Landrut.

Norway's contestant, Stella Mwangi, received a winning 280,217 votes in Oslo's Melodi Grand Prix with her song "Haba Haba" to win the nomination for her adopted county in February. Mwangi's energetic pop song takes cues from her African roots and centers heavily on the words of encouragement Mwangi received from her grandmothers, who encouraged her to be whatever she wanted to be. Commentators from Aftenposten suggest that Mwangi may have good chances of winning Eurovision since recent winners—including Alexander Rybak—have succeeded with upbeat songs.

On the 10th Mwangi will compete in the first of 2 semi-finals, competing against 18 other contestants. The second semi final will take place on the 12th, the final on the 14th. To watch the performances or learn more about the contestants, visit eurovision.tv.

Photo from Wikimedia Commons

Kvæfjord Cake

*The Norwegian Kitchen
by Astrid Karlsen Scott*

- scant ½ cup margarine
- ½ cup sugar
- ⅔ cup flour
- 1 tsp. baking powder
- 3-4 Tbs. milk
- 4 egg whites
- 1 cup sugar
- 3½ Tbs. chopped almonds
- 1 package (4 oz) rum or vanilla pudding mix
- 1¼ cups full fat milk
- 1¼ cups whipping cream

Preheat the oven to 350° F. Beat margarine & sugar until light and fluffy. Beat in the egg yolks, one at a time. Sift the flour with the baking powder and add alternately with the milk. Pour into a greased 8x12" pan. Beat the egg whites until stiff but not dry. Gradually add the sugar & beat until stiff and glossy. Spread over the cake batter. Sprinkle with almonds. Bake 20-25 minutes. Cool and halve. Prepare the pudding according to the package directions, but use only 1¼ cups of milk. Cool. Whip the cream and fold into the pudding. Spread one cake layer with cream, then top with the other cake layer.





May • mai

a little in English...

Christian Frederik: King for a Day...

...or a few months in any case. Every May, Norwegians around the world celebrate Syttende Mai, the anniversary of the signing of the Norwegian Constitution on May 17th, 1814. Of the many colorful characters that helped shape Norway's constitution, one of the lesser-known is a Danish prince who became an unlikely advocate for Norwegian independence. Christian Frederik (1786-1848) was a member of the Danish line of royal succession and a cousin of the Danish King Frederik VI. In 1813, Christian Frederik was appointed governor of Norway. He was also given the mission of traveling around the country to strengthen the bonds between Denmark and Norway, and by so doing counter Swedish plans to conquer the country.

On January 17th, 1814 Christian Frederik received news of the Treaty of Kiel; Denmark had lost Norway to Sweden. He was ordered to turn over the Norwegian defenses and return to Denmark. But the Danish governor refused to follow the order. Instead, he positioned himself in the lead for the Norwegian resistance to the unjust treaty.

Originally Christian Frederik intended to proclaim himself king of Norway based on his right of inheritance, but he was eventually convinced that the Norwegian people must choose their own king. He then called for a constitutional assembly in Eidsvoll. While the representatives were being chosen, he led the country as regent, in tandem with a governing council. The Eidsvoll assembly decided that Norway would remain a monarchy, and May 17th, 1814 Christian Frederik was unanimously elected king of Norway.

The Swedish Crown Prince Carl Johan refused to accept Norway's independence. On July 29th, his soldiers invaded Norway. The Swedish army quickly defeated the Norwegian resistance, and Norway was forced to ask for a cease fire. At the Convention of Moss in August, Christian Frederik agreed to turn over his authority to the cabinet and leave the country. Norway then entered into a personal union with Sweden that would last until 1905. Christian Frederik later became the king of Denmark, ruling there from 1839 until his death in 1848.

litt på norsk...

Christian Frederik: Konge for en dag...

...eller bare noen måneder i allefall. Christian Frederik (1786-1848) var dansk tronfølger og fetter av regjerende Kong Frederik VI. I 1813 ble han utnevnt til stattholder i Norge. Hans store oppdrag var å reise omkring i landet for styrke båndene mellom Danmark og Norge, og således motarbeide svenske planer om å innlemme Norge i Sverige.

17. januar 1814 fikk Christian Frederik nyhetene om Kieltraktaten; Danmark hadde avstått Norge til Sverige. Han fikk også beskjed om å overlevere de norske festningene og vende tilbake til Danmark. Men den danske stattholderen nektet å følge ordenen. Isteden stilte han seg i spissen for den norske motstanden mot Kieltraktaten.

I utgangspunktet ville Christian Frederik la seg utrope til norsk konge i kraft av sin arverett. Men etterhvert ble han overbevist at det norske folk burde velge sin konge. Da innkalte han en grunnlovgivende forsamling på Eidsvoll. Mens valget av representanter foregikk, styrte han som regent sammen med et regjeringsråd. Forsamlingen fastslo at Norge fortsatt skulle være et monarki, og 17. mai 1814 ble Christian Frederik enstemmig valgt til Norges Konge.

Kronprins Carl Johan nektet å akseptere Norges selvstendighet. 29. juli gikk Carl Johans soldater inn i Norge. Den svenske armeen nedkjempet raskt den norske motstanden, og Norge måtte be om våpenhvile. Ved konvensjonen i Moss 14. august inngikk Christian Frederik avtale om å overdra regjeringmakten til statsrådet og forlate landet. Christian Fredrik ble senere konge av Danmark, og regjerte der fra 1839 til hans død i 1848.



June • juni

Norway's Union with Sweden and the Fight for Independence

The Treaty of Kiel initiated Norway's union with Sweden. The Treaty, signed in 1814, secured the transfer of Norway from its 439 year union with Denmark to a new union with Sweden. The Norwegians fought this new Swedish union in a short-lived war, concluded by the Convention of Moss. The Norwegian Parliament ratified the Act of Union and Carl Johan was crowned as the King of Norway, and bound to the rules of the Norwegian constitution.

The two countries had differing views of the union. Sweden thought of the union as regained territory or compensation for their previous loss of Finland to Russia. Norway, on the other hand, saw itself as the "little brother" in the union. It also saw the union with Sweden as one with significant constitutional shortcomings. The King of Sweden, and head of Norway's executive branch, controlled the foreign policy of both countries and excluded Norwegian councillors' participation in such matters. Norwegians also quickly noticed that a political shift in Norwegian Parliament could not fully manifest as executive power resided in a bureaucracy in Stockholm.



*The Norwegian Storting passes the "revolutionary" resolution.
Photo: Wikimedia Commons*

Throughout the 19th Century, there was a consistent Norwegian push towards dissolution. However, in the 1890's the struggle for independence became a central and pressing issue. The Norwegians were prepared to fight for their independence but, fortunately, the union was dissolved peacefully and in actuality quite suddenly. Christian Michelsen, a Bergen entrepreneur and member of the Storting, masterminded the Norwegian political strategy towards independence. Michelsen led Norwegian delegates to Stockholm to present King Oscar II with a bill that would establish a separate Norwegian consular service. When King Oscar II refused to sign the bill into law, the Norwegian government dissolved. Oscar II was unable to establish a Ministry as required by the Norwegian constitution, meaning that he failed in his duties as a constitutional monarch. Because of this failure, it was apparent that the union had come to an end. Oscar II recognized the collapse of the union and met with Norwegian government officials in Karlstad, Sweden to negotiate the procedures for the union's dismantling.

In June of 1905, Norway voted to dissolve their union with Sweden. Oscar II formally abdicated as King of Norway on October 26, 1905. Norway's independence led to a national debate over whether or not Norway should become a kingdom. The argument was resolved by popular vote in favor of a Kingdom of Norway, which appeased the European monarchies of the time. The Norwegian Parliament then asked the Danish Prince Carl, who later took the name Haakon VII, to be the country's king. Haakon VII was married to Maud, the daughter of the King of England - a Norwegian ally. On a snowy day in November, Haakon VII, Maud and their son, Olav, arrived in the newly independent Kingdom of Norway. On June 7, 1905, the Kingdom of Norway had finally found its place amongst the other independent European states.



June • juni

Measuring Happiness

Norway is once again making news throughout the world for coming out on top of a rather interesting study—a study measuring happiness.

While ranking the happiness of a country may seem like an overly subjective endeavor, an independent London-based thinktank called the Legatum Institute did just that with the Prosperity Index. The study weighs a variety of both subjective and objective criteria in determining happiness/prosperity. For instance, factors such as health, education and the economy are all measured by both the statistical data supporting them and the perceived quality and confidence of the public.

So what makes Norwegians so happy? Norway has the world's highest per capita GDP of \$53,000 a year. But Norway's high rank isn't just about money, Norwegians also have the second-highest satisfaction with their standard of living, with 95% saying that they are satisfied with the freedom to choose the direction of their lives. Survey data also shows that an unmatched 74% of Norwegians believe other people can be trusted.

The index also provides a few key markers of a prosperous country. For instance, only two (Singapore & Hong Kong) of the top 25 countries in the ranking do not have an electoral democracy. It also may be beneficial to be small, as countries with smaller populations tend to have a more homogenous population. This idea is easily illustrated when considering the rank of the United States, the only country with a population over 150 million to place within the index's top ten. A positive outlook on hard work is also a vital element to a prosperous country. According to the index, Denmark and Sweden rank 1st and 2nd in entrepreneurship but only 77% of Swedes and 84% of Danes think that working hard will get them ahead. In contrast, 9 out of 10 Americans believe that hard work will pay off.

Visit prosperity.com for additional details on the Prosperity Index rankings. You can also download a copy of the report or take your own personal prosperity quiz.

2010 Prosperity Index Top Ten

1. Norway
2. Denmark
3. Finland
4. Australia
5. New Zealand
6. Sweden
7. Canada
8. Switzerland
9. Netherlands
10. United States

2010 PROSPERITY INDEX RANKINGS

	Norway	Canada	United States
Economy	1	5	14
Health	4	11	1
Education	4	12	9
Safety & Security	2	16	25
Personal Freedom	2	1	9
Social Capital	1	8	12
Governance	12	5	3
Entrepreneurship & Opportunity	6	10	3
Overall Ranking	1 st	7 th	10 th



June • juni

a little in English...

Syden

Norwegians have acquired a reputation as world travelers. Because the cold and dark winter compels many Norwegians to get away from the unforgiving weather, traveling at least once a year *til syden* (literally “to the south”) has become a social norm. In fact, the concept of *syden* has greatly influenced Norwegian culture and everyday language.

Even though the concept of *syden* has been influential, the term has a vague definition. In fact, there is a light-hearted debate in Norwegian society about the exact location and meaning of *syden*. If someone states “*jeg skal til syden* (I am going south),” a general understanding would exist. Yet, an ambiguity would also arise over precisely where to and what will occur. Often during the depths of winter, travel agencies boast of their specials on *syden* tours and airlines offer deals on tickets to popular *syden* destinations.

Syden is a catch-all term used to refer to a warm southern vacation spot – sun and sand are a must – however, young children often mistake it for an actual country. There are preferred *syden* locations. Favorite European *syden* destinations include the Mediterranean countries, Portugal’s Algarve coast or the Canary Islands. Outside of the continent *syden* might mean Brazil, the Dominican Republic, Tunisia, Morocco or Thailand, just to name a few.

There are a variety of definitions for what it means to go on a *syden* trip. Some understand the term to describe an all-inclusive destination that caters solely to tourists with multilingual menus, overpriced tourist shops and neon lights. Others understand *syden* simply to be a good descriptor of a vacation destination that is sunny, warm and relaxing. Regardless of *syden’s* meaning and location, it plays a significant role in modern Norwegian culture.

litt på norsk...

Syden

Verden rundt er nordmenn kjent som verdensreisere. Den kalde og mørke vintersesongen gjør at mange nordmenn får reiselyst. Det er mest vanlig å reise til et sted i syden. Å reise til syden en gang i året har blitt en norm i det norske samfunnet. Begrepet syden har påvirket den norske kulturen og Norges hverdagspråk.

Begrepet syden har en uklar definisjon. Det finnes en morsom debatt i det norske samfunnet over hva syden egentlig betyr. Hvis noen sier “*jeg skal til syden*” så eksisterer det en generell forståelse for hva de mener. Men usikkerhet oppstår over akkurat hvor man skal og hva som kommer til å skje. Ofte midt i vintersesongen tilbyr reisebyråer spesielle sydenturer og flyselskaper tilbyr rabatter på flybilletter til sydenlandene.

Mange barn misforstår syden for et eksisterende land, men i virkeligheten er det et begrep som refererer til et sørlig og varmt ferieland – sol og strand er en selvfølge. De mest kjente syden steder er Middelhavslandene, Algarvekysten og Kanariøyene. Utenfor Europa er det også andre steder som regnes som syden; inkludert Brasil, Den Dominikanske Republikk, Tunisia, Marokko og Thailand, for å nevne noen.

Begrepet syden har mange forskjellige variasjoner. Noen beskriver syden som en all inklusiv-ferietur komplett med menyer på mange språk, dyre turistrestauranter og neonlys. Mens andre beskriver syden som et feriested hvor målet er sol, varme og avslapping. Uansett hvordan man beskriver syden, begrepet har påvirket den norske kulturen og Norges hverdagspråk.



June • juni

Identity Fraud Precautions Affect Swedes in Norway

Swedish workers residing in Norway for more than 6 months may find themselves feeling more Norwegian due to new registration rules for foreigners in Norway. As of January 1, Swedes are now required to register themselves with the Norwegian population register (folkeregisteret) and personally appear at tax offices to receive a tax card, unlike years past when foreigners could obtain a temporary social security code--often called a D-number--from local banks. The rule changes come as some 500 cases of false "D-numbers" were discovered by tax authorities in the past 3 years.



Opponents of the change suggest that the new requirements will deter the 28,000 Swedish workers currently in Norway and forcibly transfer them from the Swedish welfare system to the Norwegian system, altering benefits they currently receive from their home country. It is also believed that the changes would prevent Swedes from receiving medical treatment in their home country, voting in local elections and driving cars with Swedish plates regardless of the length of time they intend to stay in Norway.

Ernst and Young, an international auditing firm, spoke out against the changes saying, "people in Sweden are anxious to work in Norway. This policy does not seem thought through...if a Swede lives in Norway and becomes sick, he cannot travel home to Sweden for treatment and continue to receive sickness allowance." Johan Killengreen, a partner at the firm, also suggests that the changes may create more disputes on taxable wealth and make more work for tax professionals, not less. Swedish politicians are also sharing similar concerns in regard to the changes.

As of yet representatives from the Confederation of Norwegian enterprise say that they "have not received alarming feedback from member businesses so far." They also went on to say that the new law changes shouldn't affect seasonal workers in Norway since many of the changes apply after six months of residency.

Italian Salad (Italiensk Salat)

*Authentic Norwegian Cooking
by Astrid Karlsen Scott*

- 3 cups cabbage, finely shredded and well packed
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ tsp. lemon juice
- 1 small carrot, barely cooked, and grated
- pinch of white pepper
- $\frac{1}{2}$ apple, grated
- 2 slices ham, diced
- 1 small sour pickle, chopped
- tomato & parsley
- lemon slice

Blend all ingredients using two forks. Arrange a lettuce leaf on buttered pumpernickel bread. Place on this a generous amount of Italian salad. Decorate with a tomato wedge, a lemon slice or a slice of cucumber slit to the center and twisted, plus a sprig of parsley. Makes $3\frac{1}{2}$ -4 cups.

The origin and name of this salad is a mystery, since cabbage is a staple food, and has been served continually for generations. Maybe it was a fancy name to add some excitement to dark, cold winter days. Nonetheless, it is as much a part of Norwegian food fare as sardines. It can be served on sandwiches or as a salad in a bowl.