

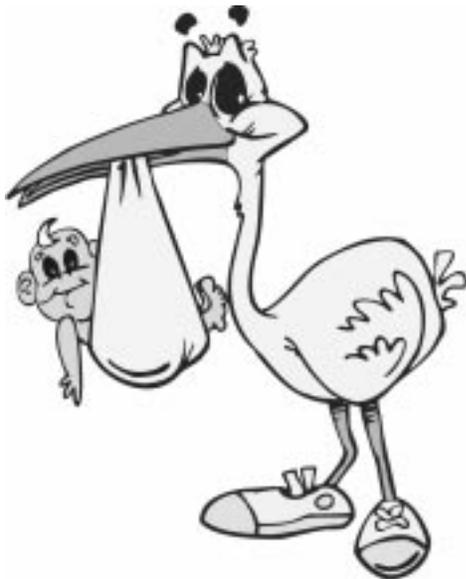
January 2004

A Little in English Norwegians Having More Children

The population of Norway increased by 20,700 during the first nine months of 2003. The main cause of this is that more babies are being born. The birth rate increased by 1,800 compared to the same period the previous year, reports Statistics Norway. Norway's population now stands at 4,573,000 people.

Oslo, Rogaland and Akershus counties have the highest birth rates. Women in Hedmark County had the fewest babies. At the same time, immigration has gone down while emigration went up, according to census data. In many European countries, too few children are being born, but in Norway this trend has perhaps reversed.

From Aftenposten-Nettavisen



januar 2004

Litt på norsk Nordmenn føder flere barn

Folketallet i Norge økte med 20.700 personer i løpet av de ni første månedene i 2003. Hovedårsaken er at det fødes flere barn. Fødselsoverskuddet har økt med 1.800 sammenlignet med samme periode året før, melder Statistisk sentralbyrå.

Befolkningen i Norge består nå av 4.573.000 mennesker.

I Oslo, Rogaland og Akershus ble det født flest barn i forhold til folketallet. Kvinner i Hedmark fødte færrest barn. Samtidig har antall innvandringer gått ned, mens antall personer som flyttet ut av Norge gått opp, viser befolkningsstatistikken. I mange europeiske land fødes det for få barn, men i Norge har trenden kanskje snudd seg.

Fra Aftenposten

Recruit & Win!

Sons of Norway is giving away roundtrip airline tickets (donated by Icelandair) for two between Icelandair's U.S. gateways and Oslo, Norway.

* The contest is open to all Sons of Norway members. Here is how you can win: From Jan. 1, 2004 to June 30, 2004, recruit as many members in the 30- to 55-age category as you can. For each member you recruit, you will receive one entry in the drawing. The more entries you have, the greater your chance to win!

The winner will be announced at the International Convention in August in Washington, D.C.

**Restrictions apply*

Norwegian Word Find

K N S N Ø R Y G
J A K K E G Ø E
S V J A I U M N
E N E L L T L S
M Ø R K Ø D U E
V I F R Y S E R

See if you can find these words associated with winter in Norway:

- Snø - snow
- Kald - cold
- Mørk - dark
- Genser - sweater
- Jakke - jacket
- Lue - stocking cap
- Skjerf - scarf
- Skitur - ski trip
- Vi fryser! - we're freezing!

Godt Nyttår!

**Happy
New Year!**

Winner in Tagline Contest

The winner of Sons of Norway's tagline contest has been selected. Her name is Charlotte Sveen and she lives in Redlands, CA. The winning tagline that Charlotte came up with is:

***Cherishing our Past,
Embracing our Future.***

For her contribution to our organization, Charlotte will receive a beautiful Scandinavian sweater.

Tusen takk, Charlotte!

More Norwegians Quitting Smoking

The percentage of smokers in Norway is sinking, and today 29 percent of the population smokes. The annual survey by Statistics Norway showed that in 2003, 29 percent of adult Norwegians smoked daily, while 12 percent reported smoking once in a while. When the first nationwide count of Norwegians' smoking habits was taken in 1973, 2 in 5 Norwegians smoked daily.

"We're very pleased that we are under 30 percent, and that there finally appears to be a positive trend among the people. It's also very nice that there's been a reduction in the proportion of women smoking. That hasn't happened since the 70s," says Sigrid Skattebo of the Tobacco Department of Norway's Health and Social Services. She felt that the Norwegian government's massive anti-smoking campaign was only one factor, and pointed instead to a general trend throughout the West.

From Aftenposten



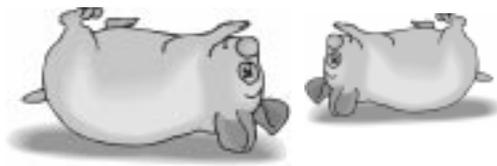
February 2004

A Little in English Cat Nab in Norway

A cat that repeatedly tried to sneak into a movie at Molde Cinema has been taken in by the police. The identity of the ticket-less theater guest is still a mystery to police. After having been caught red-handed multiple times by theater staff, the red-haired movie sneak was nabbed in a police sting.

The cat didn't resist arrest - just the opposite. "He's very friendly and has already made himself right at home," says Lieutenant Ingar Solberg with the Molde Police Department. The police hope that someone claims the movie sneak, otherwise, the cat faces an uncertain fate.

From Aftenposten



Mystery Solved: Why the Lemmings Die

The lemming, a long-time resident of northern Norway, Sweden and Finland, has long been a rodent shrouded in mystery, that according to legend commit mass suicide when their numbers become too great. After having studied the lemming phenomenon for many years, Finnish researchers have found the reason for the wild swings in lemming numbers. In one year, their numbers can multiply by 100 or even 1,000, before their numbers fall just as drastically the following year. The predatory weasel was found to be the key to the mystery, forming a back-and-forth fluctuation with the lemmings. Such has apparently been the cycle for ages in the northern reaches of Scandinavia.

From Nettavisen

februar 2004

Litt på norsk Katt pågrepet for kinosniking

En katt som gjentatte ganger forøkte å snike seg inn på film på Molde Kino er tatt hånd om av politiet. Identiteten til den billettløse kinogjesten er fortsatt en gåte for politiet. Etter flere ganger å ha blitt tatt på fersken av kinoansatte ble den rødhårete kinosnikeren pågrepet under en politiaksjon.

Katten motsatte seg ikke arrestasjon - snarere tvert i mot. Han er meget folkekjær og er allerede blitt svært så husvarm, sier politibetjent Ingar Solberg ved Molde politistasjon. Politiet håper noen gjenkjenner kinosnikeren. Dersom ingen melder seg går katten en uviss skjebne i møte.

Fra Aftenposten



North Sea Oil Harming Fish

New research on emissions from Norway's offshore oil and gas industry further demonstrates some harmful effects on North Sea fish. According to the Bergen-based Institute of Marine Research, a number of substances causing biological responses in fish have been found in oil and gas areas.

Experts have no reason to believe that this can in any way affect the quality of Norwegian fish as a foodstuff. Nonetheless, The Norwegian Oil Industry Association is seeing to it that the investigation is followed up on, as has stated a goal of zero environmentally-damaging emissions by 2005.

From www.nrk.no

Recipe for Norwegian Waffles

Here is a wonderful recipe for vafler, heart-shaped waffles, a typical homemade dessert. Vaffeljern, Norwegian waffle irons, are available through many Scandinavian shops and internet companies.

6 eggs
1/2 cup sugar
1 tsp. ground cardamom
1 1/2 cup flour
1 tsp. baking powder
Pinch of salt
1 cup sour cream
1/2 cup melted butter
3 Tbsp. butter for frying

Mix eggs, sugar, and cardamom together in a big bowl. Add in flour, baking powder, and salt. Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you make the waffles. Heat up the iron and brush some of the butter of the surface, you are now ready to make waffles. Pour 1/4 cup of the batter in the iron and wait for the waffle to become light brown. Take it out (watch out, it's hot!) and serve it warm. Jam, whipped cream, or sour cream are great toppings.



CAMP NORWAY

Camp Norway Returns!

Camp Norway will again be offered in the summer of 2004. Students between the ages of 16 and 23 are invited to attend an exciting summer program, held from June 19 to July 16, 2004, at the Peder Morset Folkehøgskole in Selbu, Norway. This exceptional opportunity will combine fast-paced study of Norwegian language and cultural with the experience of living abroad. The camp is for children and grandchildren of members. Priority will be given to students who are members themselves. The cost of the program is \$2,700, which includes room and board, instruction, field trips and camp scheduled activities. Travel costs, the fee for optional university credit and insurance are not included in the program costs.

For information on Camp Norway scholarships available through the Sons of Norway Foundation please call 800-945-8851, or go to Sons of Norway's website at <http://www.sofn.com/norwegianculture/LanguageCamps.html>. The application deadline for Sons of Norway Foundation Camp Norway scholarships is March 15, 2004. For information on Camp Norway scholarships available through your District and Lodge, contact your Lodge Foundation Director.

