



SONS OF NORWAY

Newsletter Service

November, December 2014



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 Erik Evans at eevans@sofn.com.

Fraternally,

Linda Pederson
Fraternal Director
Sons of Norway



November • november



"Trelleborg airphoto" by Thue C. Leibrandt - Own work. Licensed under Creative Commons Attribution-Share Alike 3.0 via Wikimedia Commons - http://commons.wikimedia.org/wiki/File:Trelleborg_airphoto.JPG#mediaviewer/File:Trelleborg_airphoto.JPG

Viking Age Fortress Found in Denmark

In an exciting new discovery not seen in more than 60 years, archaeologists have found a fifth, ringed, Viking fortress in Denmark. "Although there were Vikings in other countries, these circular fortresses are unique to Denmark. Many have given up hope that there were many of them left," said Lasse Sonne, a University of Copenhagen historian in an interview with Danish newspaper Politiken.

Located in a field belonging to the Vallø Diocese estate roughly 30 miles southwest of Copenhagen near the Danish city of Køge, the fortress is the third largest ever found, measuring 145 meters (475 feet) in diameter. Also known as Trelleborgs, the fortresses have perfectly circular designs with 4 evenly placed gates and a central courtyard divided into four quadrants, which held longhouses set in a square pattern.

Discovered through the use of archaeological geophysics and a technique called gradiometry, researchers measured magnetic field variations found in soil to identify disturbances. Their research provided a detailed "ghost image" of the fortress site. "The technique gave us a surprisingly detailed image of the fortress in no more than a few days," Søren Sindbæk, a professor of medieval archaeology at Denmark's Aarhus University and a member of the research team, said in the statement. "So we knew exactly where to dig the excavation trenches with a view to learning as much as possible about the fortress."

Similar in construction to the other four ringed fortress sites, it is likely that samples collected from the Vallø site will date back to same time period—the late 900's—during the reign of King Harald Bluetooth. "We can't wait to find out whether the fortress dates back to the time of Harald Bluetooth, or whether it was built by a previous king. A military fortification from the Viking Age may shed more light on the links between Zealand, ancient Denmark, and the Jelling dynasty – as well as teaching us more about the period during which Denmark became Denmark," says Nanna Holm, archaeologist with the Danish Castle Center.

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Countdown to Christmas with the Julekalender

Counting down the days to Christmas is a feeling of anticipation and joy. For children, the eagerness of Santa bringing Christmas presents can arguably be the greatest happiness in a child's life. The Christmas Calendar or the *Julekalender* is a tradition, popular in Norway, which gets both children and adults alike excited for the days leading up to Christmas.

The Julekalender can be compared to the familiar Christmas Advent calendar; a cardboard Christmas scene with chocolates hidden behind small windows for every day of December. The small task of opening up a window, similarly to crossing out a day on the calendar, is a task that people of all ages can get thrilled over. This tradition of opening a small treat every day until Christmas was started in Germany for those celebrating the season of Advent, which starts four Sundays before Christmas.

In Norway, the chocolate Advent calendars can be found in nearly every grocery store around. However, many Norwegians like to make their own in order to personalize their calendar for their friends or family. The average Julekalender is simple yet extravagant compared to small chocolates. People compile their calendar with small gifts; one for each day leading up to Christmas.

Types of Julekalenders:

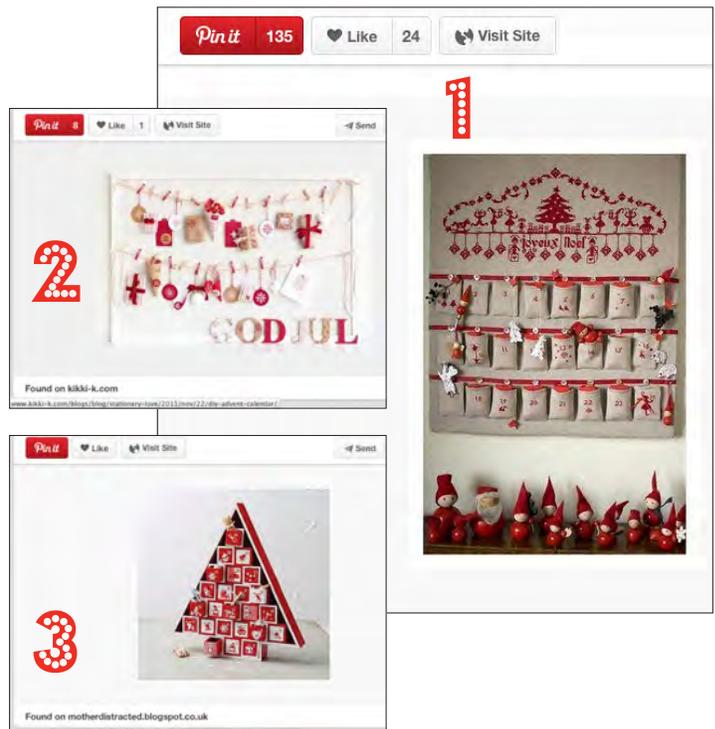
1. The Pocket Calendar literally hangs from the wall. You can use a large piece of cloth by sewing in 25 pockets in which to place each small gift. This way you can skip wrapping the gifts all together.

2. The Hanging Calendar uses some sort of structure to hang the gifts. Commonly a wire clothesline that can hang in the house, a small decorative tree or a homemade wooden structure is great for hanging 25 small gifts using clothespins, pegs, hooks or string. This calendar is very decorative and is fun to get creative with.

3. The Box Calendar is a bit tricky but is very fun to use. Using cardboard and old match boxes, create a structure of tall sliding drawers. Wrap the boxes for extra decoration, glue them together and simply add your gift inside each drawer.

Be sure to number each of your gifts in order to signify which day of December they should be opened. Some parents like to make a calendar for each child or make one and designate which kids get which day. Gifts can include small toys, chocolates, poems, jewelry, handmade ornaments and so much more. In order to give it that Nordic charm, decorate with red and white colors, use natural materials like bark, twigs, pine, paper and felt. The point is to get creative and enjoy the countdown to Christmas as a family and friends.

There are some pretty amazing Julekalender ideas on Pinterest at www.pinterest.com, so take a look and get inspired.





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Preikestolen

The famous tourist attraction, Preikestolen, or the Preacher's Pulpit, is getting crowded. In 2014, the renowned cliff received 205,000 visitors due to favorable spring conditions, and in 2015 an additional 70,000 visitors are expected. The steep mountain platform stands 1,982 feet overlooking

Lysefjorden, outside of Stavanger, in western Norway. The "pulpit's" nearly flat surface measures about 82 by 82 feet. Now the tourism association has to figure out what to do with the attraction's immense popularity.

Called one of the world's most spectacular views and natural attractions by Lonely Planet, Preikestolen was formed by a passing glacier around 10,000 years ago, and features a dramatic crack along its plateau. Geologists have confirmed that the plateau will eventually separate and tumble into the fjord, though this will not happen any time soon. Folk tales claim that when seven Lysefjord sisters marry seven Lysefjord brothers, the plateau will plummet, resulting in a deadly tidal wave.

Because of the recent increase in tourism the Preikestolen Foundation is undertaking measures to limit how many tourists may visit the famous cliff at once. "It is quite crowded when there are 500 people up there," says Mayor Ole Tom Guse, in Forsand. He attributes the sharp uptick in visitors to the power of social media and photos of the area's breathtaking landscape. He adds, "The hike up to Preikestolen has come to stay... That is why we eventually have to find a way to regulate the stream of tourists." In 2013, a national scouting camp took place in Stavanger and sent 1,500 scouts per day for four days to the top of the mountain.

Hilde Charlotte Solheim, the Director of Travel and Culture for the commerce federation *Virke*, thinks Preikestolen's popularity is due to a mix of improved facilities and status. A project in 2013 and 2014 helped make the steep paths more user-friendly. Sherpas from Nepal were hired for a six-month project to widen paths and make them a little less rugged. These updates have already resulted in a drastic reduction of hiker injuries and rescue missions, and have helped ease trail congestion considerably.

Turkey Soup with Norwegian Dumplings

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- 2 cups chopped celery, including tops
- Salt and pepper
- Norwegian dumplings
- ½ cups chopped fresh parsley

Place turkey bones and scraps in a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Add salt and pepper to taste.

Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk
- 2 Tbsp. butter
- 2 Tbsp. sugar
- ½ tsp. nutmeg
- 1¼-1½ cups flour

In medium pan, combine butter, milk, sugar, and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut sized dumplings.

Hot Apple Grog with Blackcurrant, Honey and Cinnamon

(Serves 5), adapted from *newsincancook.com*

- 1 quart (1 liter) apple juice
- ¼ lb. (100 g) blackcurrants
- 1 cinnamon stick
- 2 tbsp. honey

Boil all ingredients. Sieve and serve.



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a little in English...

Norway Celebrates Father's Day

The second Sunday in November is Father's Day, November 9th. It is tradition to do a little extra for your father, maybe make him breakfast in bed or give him a Father's Day card. But what do you write on the card. To father? Or papa?

"Loved children have many names" or "A rose by any other name would smell as sweet" (Romeo & Juliet), as some say, but parents can be called a bit of everything. What do you usually call your parents?

The University of Oslo has a large college of dialect speech recordings of men and women, young and old, from all over the country. In this collection, linguist Ruth Vatvedt Fjeld made some interesting discoveries. She found that in the oldest voice recordings, from 1951 to 1984, it was clear that most said 'mother' and 'father'. But this has changed. In the newer voice recordings, from 1998-2012, 'mama' and 'papa' are much more common.

An explanation for why 'mama' and 'papa' outperform 'mother' and 'father' can be that we are influenced by other countries. In Sweden, mama and papa have been much more common than mother and father, and the vast majority of Americans say 'mommy' and 'daddy' or 'mom' and 'dad' instead of 'mother' and 'father'.

When it comes to Father's Day, Norway has also been influenced by Americans. Father's Day was first celebrated in the USA in 1909. Norway began to first celebrate after World War II, when in that time period it was still common to say 'father'. So it is no wonder the day was called Father's Day. Imagine if we had started the tradition now. Would we possibly be calling it Papa's Day?

litt på norsk...

Norge feire farsdag i november

Andre søndag i november er farsdag, 9. november. Da er det tradisjon å gjøre litt ekstra stas på faren sin, kanskje servere frokost på senga eller gi ham et farsdagskort. Men hva skriver man på kortet? Til far? Eller til pappa?

"Kjært barn har mange navn", er det noe som heter, men foreldre kan jammen kalles litt av hvert, de også. Hva er det vanligst å kalle foreldrene sine?

Universitetet i Oslo har en stor dialektsamling med taleopptak av menn og kvinner, unge og gamle, fra hele landet. I denne samlingen har språkforsker Ruth Vatvedt Fjeld gjort noen interessante funn. Hun har funnet ut at i de eldste taleopptakene, fra 1951 til 1984, var det klart flest som sa "mor" og "far". Men dette har forandret seg. I de nyere opptakene, fra 1998-2012, er "mamma" og "pappa" mye vanligere.

En forklaring på at "mamma" og "pappa" utkonkurrerer "mor" og "far" kan være at vi blir påvirket av andre land. I Sverige har mamma og pappa vært mye mer brukt enn mor og far, og i USA sier de aller fleste "mommy" og "daddy" eller "mom" og "dad" istedenfor "mother" og "father".

Når det gjelder farsdag, har Norge også blitt påvirket av amerikanerne. Farsdag ble først feiret i USA i 1909. Norge begynte å feire farsdag først etter andre verdenskrig, altså i den perioden hvor det fortsatt var vanligst å si "far". Da er det ikke så rart at dagen ble kalt farsdag. Tenk om vi først hadde begynt med denne tradisjonen nå! Da ville vi kanskje kalt det pappasdag istedenfor?

Source: Nysgjerrigper.no



December • *desember*

Tromsø: Hub of the Arctic Real Estate Boom

Norway's healthiest real estate markets have typically consisted of cities like Oslo and Stavanger, the country's North Sea energy capital. Thanks to a growing local economy, a newcomer is now at the forefront of Norway's real estate market, Tromsø.

Known as Norway's "capital of the Arctic," Tromsø is a beautiful city and municipality set among mountains, fjords and islands. Locals and visitors alike enjoy the city's dramatic scenery as well as access to fantastic fishing, skiing and camping.



Lying roughly 200 miles north of the Arctic Circle, Tromsø enjoys a warmer climate than other cities along the same latitude due to the Gulf Stream. With a population of 72,000, Tromsø is "the only big city in the northern part of Norway," says Einar Storhaug, an agent with EiendomsMegler 1, Norway's largest broker.

Economic expansion in Tromsø has fueled home prices over the past two years—jumping 10% in 2013 and an additional 8% in the first half of 2014—making the area Norway's most robust property market in terms of growth. Newly constructed higher end homes in the area have been exceeding 7 million kroner, or about \$1.13 million. Among the most prominent new developments in the area is Promenaden, a 62-unit building on the city's main island of Tromsøya. At roughly \$1,365 a square foot, Promenaden's 1,200 square foot penthouses are close to the average cost of apartments in prime locations of Paris.

Jan-Frode Janson, president of SpareBank1 Nord-Norge, credits the real estate boom in Tromsø to the strength of the local economy. Growth in areas such as fishing, construction and oil and gas as well as job expansion by energy companies Aker Solutions and Subsea 7 are expected to bring an influx of international professionals to the area. In addition to interest among professionals, property directors are also seeing interest among empty nesters who have sold their family homes and are looking to relocate.



Milk Chocolate Peppermint Bark

adapted from allrecipes.com

- 2 (12oz) packages milk chocolate chips
- 2 (12oz) packages white chocolate chips
- 2 tsp peppermint extract
- 8 peppermint candy canes, crushed, divided

Servings: 50

Cover a 12x18 inch jelly roll pan with aluminum foil. Place milk chocolate in a microwave-safe ceramic or glass bowl and carefully melt in microwave on 30-second intervals. Stir between each interval until chocolate is smooth. Add peppermint extract to chocolate and stir. Spread mixture onto foiled pan and chill until set (about 30 minutes).

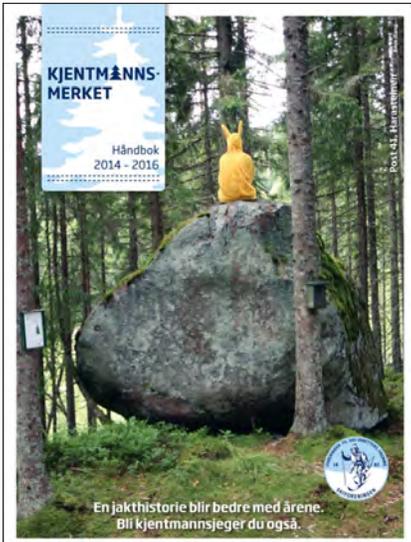
While milk chocolate is setting, melt white chocolate, repeating the same 30-second interval process as with the milk chocolate until white chocolate is smooth. Add ¼ cup of crushed candy canes and stir. Spread white chocolate and candy cane mixture evenly onto chilled milk chocolate layer. Top with sprinkled candy cane pieces and chill until set, roughly 1 hour. Break into pieces and serve.



December • desember

Kjentmannsmerket

Hikers, bikers and skiers in the Oslo area have new incentive to explore the woods and fields that surround the city. *Skiforeningen*, the local ski association, has once again posted 50 markers within park reserves and published the corresponding *Kjentmannsmerket håndbok*.



http://www.skiforeningen.no/gammelt_innhold_sf_no/ut_i_markalkjentmannsmerket

The program is named after a *kjentmann*, or a person who's in-the-know about the local area. Similar to Sons of Norway's Sports Medals Program, the trekkers earn a *merke* or badge for certain activities, in this case locating a certain number of markers on foot, skis or bike. Visiting 15 markers qualifies for bronze, 25 for silver

and participants need to visit at least 40 out of 50 markers to qualify for a gold badge. The badges encourage residents to get out and enjoy the wooded areas (referred to collectively as *marka*) that boast great hiking and skiing trails.

The *Kjentmannsmerket håndbok* (handbook) provides information on each marker with tidbits about the region as well as nearby access points for public transportation and vehicles. The handbook also points out whether the marker is suited for summer or winter conditions and rates its kid-friendliness.

Kjentmann markers were first placed by the local ski association in Oslo's wooded areas in 1962. Aside from a few years' hiatus in the mid-1980s, new markers have been posted every two years in the fall within a 30-mile radius of Oslo and they remain standing for 3 years. Even though older markers may have been removed, there's no reason not to seek out these fine places in the woods, according to Bernhard Herre who runs the website kjentmannsmerket.org (which is unaffiliated with *Skiforeningen*). On his blog you'll find lists of the current markers as well as those dating back to 1990.

The *Kjentmannshåndbok* is only available in Norwegian and is a great introduction to the natural areas in and around Oslo. For *Skiforening* members it costs kr. 250,- (about \$40) and for non-members it is kr. 370,- (about \$58). The new markers will stay standing until September 1, 2017.



December • *desember*

Norway and Sweden Celebrate 200 Years of Peace in Moss

In some sense, it was a win-win situation for Norway and Sweden. On August 14th, 1814 The Treaty of Moss was signed in Moss, Norway. It was a ceasefire agreement that ended the war between the two countries and left Norway to keep their free constitution while Sweden was to rule Norway in their new 'voluntary' union. Two centuries later, Swedes and Norwegians gathered in Moss to celebrate peace.

The original document was two pages of cloth that ultimately laid the foundation for Norway's future. The Treaty of Moss was a result of various disputes that came to a head in 1814. For nearly 500 years Denmark ruled Norway but their power was coming to an end as they found themselves on the losing side of the Napoleonic Wars. As a result Norway was ceded to Sweden in the Treaty of Kiel in January 1814. Norway was fervent for freedom so they quickly formed a democratic assembly, elected a king and created a free constitution. Signed on May 17th, 1814, Norway tried to ensure their freedom but Sweden rejected the idea and war was imminent.

On July 26th, 1814 Sweden launched a naval attack on Norway. Norway's 30,000 inexperienced troops were up against Sweden's 45,000 skilled soldiers and large naval fleet. Although the Norwegian soldiers were unprepared for such a war, they managed to drive back the Swedes, avoid an unconditional surrender and force negotiations.

Just two weeks after the war began Sweden proposed to end it with a cease-fire agreement. Without foreign support there was no way Norway could have won the war for independence in 1814. That would come 91 years later.

The Convention of Moss commenced on August 10th and negotiations for peace were underway. One major allowance of Sweden's proposal was that Norway could keep their constitution with minor amendments for the union. Norway's king was to abdicate immediately and Sweden's king would control Norway under the new union.

The ceasefire agreement was the best choice for Norway at the time. In August of this year, Norway's Crown Prince Haakon gave the "Peace Speech 2014" in Moss at the event which celebrated 200 years of peace. The Moss Treaty, a symbol of peace, was exhibited for all to see and celebrate in Moss as part of the country's bicentennial celebrations.



December • desember

a little in English...

Martin Ødegaard – Norway's Youngest National Player

Martin Ødegaard (born December 17, 1998) is a Norwegian soccer player who plays for Strømsgodset Toppfotball in Tippeligaen (Norway's Premier soccer league) and for Norway. He is an offensive midfielder and is the son of the former Strømsgodset player, Hans Erik Ødegaard.

At 15 years and 117 days old, Strømsgodset's beloved became the youngest player of all time when he debuted in the 2-0 game against Aalesund on April 13th of this year.

Now he is the youngest player on the National team.

"This is incredibly huge and exciting, and it is a dream come true. I was shocked and the message came as a surprise. But I was of course very happy," said Ødegaard to football.no.

Ever since someone got the idea that Martin Ødegaard should be recruited to the national team this year, the debate has been going on. "Too early. He could get worn out." "It's a good idea. Is he good enough, is he old enough." Per-Mathias Høgmo (Norway National Soccer Team Coaching Staff) believed the latter, and we won't know until a few years from now if it was correct.

The most important thing now is to let Ødegaard get to know the level of play, maybe let him play a few minutes and then draw him back until he has matured enough to play in some more competitive games at the international

level. It doesn't take long to figure it out. "He has performed well in a number of games in Tippeligaen, I want to see him at the national level. I said before the season that he was going to be this year's comet in the Tippeligaen, and that he could be the youngest national player ever. I am not surprised that's he convinced. Now I'm excited to see him in action and see how he performs on the national level," said Per-Mathias Høgmo.

Thus, Martin Ødegaard is now the youngest recruited soccer player for Norway's National team, and the third youngest in Europe's history.

"I am incredibly proud that I can play with the flag on my chest and represent my country," says Ødegaard, who has captivated the elite league this year.

litt på norsk...

Martin Odegaard – Norges yngste landslagsspiller

Martin Ødegaard (født 17. desember 1998) er en norsk fotballspiller som spiller for Strømsgodset Toppfotball i Tippeligaen og for Norge. Han er offensiv midtbanespiller, og er sønn av den tidligere Strømsgodset-spilleren Hans Erik Ødegaard.

15 år og 117 dager gammel ble Strømsgodset-yndlingen tidenes yngste eliteseriespiller, da han debuterte i 2-0-seieren mot Aalesund 13. april i år.

Nå blir han den tidenes yngste A-landslagsspiller.

– Dette er utrolig stort og morsomt, og en drøm som går i oppfyllelse. Jeg fikk litt sjokk, og beskjednen kom som en overraskelse. Men jeg ble selvfølgelig veldig glad, sier Ødegaard til football.no.

Helt siden noen fikk ideen om at Martin Ødegaard skulle hentes inn på landslaget i år, har det gått en debatt. «For tidlig. Han kan bli ødelagt». «Riktig tenkt. Er han god nok, er han gammel nok». Per-Mathias Høgmo tenkte som de siste, og så vet vi ikke før om noen år om det var riktig.

Det viktigste nå er å la Ødegaard få kjenne på nivået, kanskje la ham spille noen minutter og så hente han tilbake i mer alvorlige kamper når han har satt seg som spiller på internasjonalt nivå. Det trenger ikke vare lenge.

– Han har vist så gode prestasjoner i flere kamper i Tippeligaen, at jeg ønsker å se han på A-landslaget. Jeg sa før sesongen at han kom til å bli årets komet i Tippeligaen, og at han kunne bli tidenes yngste A-landslagsspiller. Jeg er ikke overrasket over at han har overbevist. Nå gleder jeg meg til å se han i aksjon, og hvordan han presterer på landslaget, sier Per-Mathias Høgmo.

Dermed kan Martin Ødegaard nå tidenes yngste uttatte landslagsspiller for Norge, og den tredje yngste i Europa gjennom alle tider.

– Jeg er utrolig stolt over å kunne spille med flagget på brystet og representere landet mitt, forteller Ødegaard, som har imponert stort i årets eliteserie.

Sources: NRK, Aftenposten