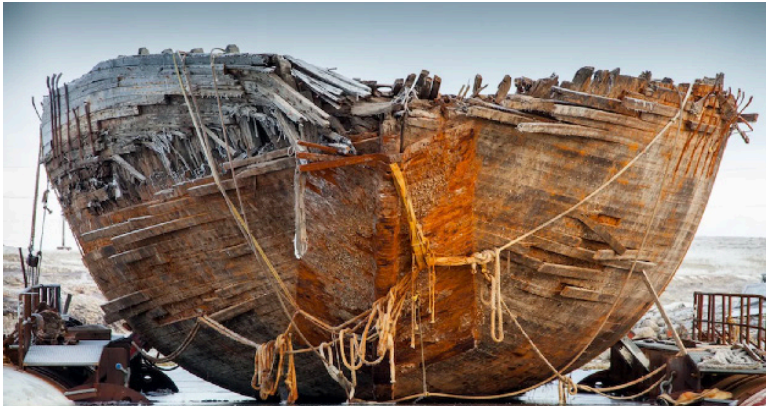


NEWSLETTER SERVICE

2018



November | november

- Maud Returns to Norway
- Attractive Branding Nixed for Tobacco Products
- Allowed to Belong to Two Countries

Call for Recipes



December | desember

- Floating Gallery Preparing to Launch
- A Nordic Christmas Wonderland
- We're Growing to 2020!

Recipe: Kringle

Newsletter Service is published six times a year containing articles that lodge/district editors may use as a supplement to lodge newsletters.

Newsletter Service is also archived online at www.sonsofnorway.com. From the home page, click on Member Resources > Lodge Leadership Resources > Administrative Resources > Communications Tool Kit. Or, from your browser, go to https://www.sofn.com/newsletter_service.

If you have suggestions for how we can improve Newsletter Service, please send an email to Rebecca Swanson at rswanson@sofn.com.

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Maud Returns to Norway

After more than a century abroad and 85 years at the bottom of the sea, Roald Amundsen's expedition ship Maud has finally returned to Norway.

Maud was built in 1917 for Amundsen's second expedition to the Arctic and set sail from Vollen in Asker, Norway, the following year. The ship was intended to be a floating scientific research station to collect data across the North Pole. Unfortunately, numerous conflicts complicated the mission, and the Norwegian explorer was forced to sell the ship in 1925 to the Canadian Hudson Bay Company. Maud was then docked in Cambridge Bay, Canada, and used as a radio station and storage unit until she sank in 1931.

Several plans to retrieve Maud from the Canadian seafloor were started, but all fell flat. It wasn't until 2011 when real estate company Tandberg Eiendom finally found success, and was able to help Maud reach surface in 2016. The journey home then took an additional two years, being towed by tugboat around Greenland and through the Atlantic Ocean, and was complete in August of 2018.

Maud now sits almost exactly where she was launched more than 100 years ago in Vollen, Norway. A museum will feature the ship's remains and share her remarkable story while above and below sea level.

Amundsen's two other ships, the Gjoa and Fram are currently housed at the Norwegian Maritime Museum in Oslo.

Photo credit: Jan Wanggaard

Attractive Branding Nixed for Tobacco Products

The Norwegian government is setting its sights on becoming a tobacco-free society by 2035. As of July 2018, some new tactics are being employed to make cigarettes and snus, (a powdered tobacco product related to snuff) less attractive.

Tobacco products have long been required to feature large print warnings with realistic color photos depicting the health repercussions of tobacco use. Now the Norwegian Directorate of Health is making moves to deter children and young adults from ever taking up smoking or snus.



Generic packaging

The neutral packaging requirement went into effect on July 1, 2018, and makes Norway the fourth country to require plain packaging. Tobacco products may no longer have any design logos, and all are required to be the same color, Pantone 448 C. This drab greenish brown color was chosen for Australia's plain tobacco packaging campaign in 2016 after the hue was found to be the most visually offensive color to tobacco users.

To further dampen interest, all tobacco products must have the identical stark font and health warnings. Studies have shown that consumers perceive plain packaged products to be of lower quality and taste. The overall goal is not to make it illegal to buy or use tobacco, but to make the product as repellant as possible, especially to youth.

Spread the Word: Invite a Friend

Before our next meeting, please consider asking a neighbor, friend or family member to join you as a first-time guest. Even if they aren't ready to join as a member, they can help us spread a positive message about our friendly gatherings and welcoming Nordic spirit.



Support Your Norwegian Values while Doubling Your Impact on Giving Tuesday!

Sons of Norway Foundation donors sent 33 students to college and provided 66 organizations with grants to promote Nordic programming in 2017. You can help do the same by donating on Giving Tuesday.

Plus, you will double your dollars through a challenge gift. Sons of Norway Foundation leader, Karl Hella, is doubling all gifts to the Foundation up to \$24,000!



Please give at www.sonsofnorway.com/karl72

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November | november

a little in English...

Allowed to Belong to Two Countries

The government wants to let Norwegians belong to two countries. They want to give people the chance to have dual citizenship. Norwegians must be allowed to have passports from two countries. This is what the government wants. That is to say, people who live in a country outside Norway can have dual citizenship.

"It will be possible for Norwegians to keep their Norwegian passports. They can do that even if they become nationals of another country. The same will apply to foreign citizens who wish to become Norwegian. We are open to dual citizenship. This ensures that Norwegian law follows developments around the world. Connections to other countries are ever-increasing." So says Jan Tore Sanner in a message to the press. He is the Minister of Knowledge and Integration.

All of the other Nordic countries have opened up for double citizenship. So have most of the countries in Europe.

The rule today is that only Norwegians can have citizenship. But there are several exceptions to the rule. Many foreigners seeking to become Norwegians have received dual citizenship, while Norwegians who become citizens of another country have not had the same opportunity. The government's proposal makes it so people are treated more equally, says Sanner.

Norwegian citizens can regain their citizenship with this proposal. That is, if they lost their Norwegian citizenship when they became citizens of another country.

The government says that security is also an intention of the proposal. People convicted of terrorism may be deprived of their Norwegian citizenship. However, if they do not have dual citizenship, they can not be sent out of Norway.

litt på norsk...

Vil la deg høre til to land

Regjeringen vil la nordmenn høre til i to land. De vil gi folk mulighet til å ha dobbelt statsborgerskap.

Nordmenn må få lov til å ha pass fra to land. Det ønsker regjeringen. Det vil si at folk som hører til ett til land utenom Norge, kan ha dobbelt statsborgerskap.

– Det vil være mulig for nordmenn å beholde det norske passet sitt. Det kan de gjøre selv om de blir statsborgere i et annet land. Det samme vil gjelde utenlandske statsborgere som ønsker å bli norske. Vi åpner for dobbelt statsborgerskap. Slik sørger vi for at norsk lov følger utviklingen i verden. Der har stadig flere tilknytning til flere land. Det sier Jan Tore Sanner i en melding til pressen. Han er kunnskaps- og integrerings-minister.

Alle de andre landene i Norden har åpnet for dobbelt statsborgerskap. Det har også de fleste land i Europa.

Regelen i dag er at nordmenn bare kan ha ett statsborgerskap. Men det er flere unntak fra regelen. Mange utlendinger som søker om å bli norske, har fått dobbelt statsborgerskap. Mens nordmenn som blir borgere av et annet land, ikke har fått samme mulighet. Regjeringens forslag gjør at folk behandles mer likt, sier Sanner. Norske borgere kan få tilbake statsborgerskapet sitt med dette forslaget. Det er hvis de mistet sitt norske statsborgerskap da de ble borgere i et annet land.

Regjeringen sier at sikkerhet også er en hensikt med forslaget. Folk som er dømt for terror, kan bli fratatt sitt norske statsborgerskap. Men har de ikke dobbelt statsborgerskap, kan de ikke sendes ut av Norge.

Call for Recipes

Do you have a delicious Norwegian recipe or two you'd like to share – maybe a seasonal favorite, or one that's been in your family for generations? Whether sweet or savory, we'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipe to be considered for our online Recipe Box.

For a chance to be featured in the Recipe Box and possibly in EPost, simply email your recipe to jkohlnhofer@sofn.com. Feel free to include a high quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.



A Nordic Christmas Wonderland

Deep within the Norwegian mountains, the town of Røros, Norway, transforms into a magical Christmas market for one weekend, every year. The streets of Røros are lined with more than 60 market stalls, Christmas food and traditional activities. Drawing in hundreds of visitors, Røros offers a wonderful start to the Christmas season.

Experience Røros by taking a romantic sleigh ride, exploring the nooks and crannies of the old copper mining town or warm up with some freshly made gløgg. This picturesque, Nordic town was the inspiration behind Disney's movie, Frozen. Kids can meet the beloved reindeer Sven, build snowmen or try tobogganing.

Temperatures regularly dip below freezing, but the Christmas market thrives every year. This year's festivities will be taking place on December 6-9. To learn more about the Christmas market held in Røros, visit <https://www.roros.no/en/the-roeros-christmas-fair/>

More about enchanting Røros can be found online in the November 2016 Viking. Log in at www.sonsofnorway.com, then access the Viking archive by clicking on the Norwegian Culture drop down menu on the homepage.

Photo credit: Thomas Rasmus Juell Skaug / Dagbladet

Floating Gallery Preparing to Launch

Before the world's first hybrid battery powered expedition ship sets sail in 2019, Her Majesty Queen Sonja and the Queen Sonja Print Award Foundation will hand pick every piece of artwork to be displayed onboard.

The exciting partnership between Hurtigruten and the Queen Sonja Print Award Foundation was announced earlier this year by the Queen, and may also include future collaborations in design and development of joint merchandise, art talks, exhibitions and more.



Photo credit: www.hurtigruten.com

While traveling with Hurtigruten's new exhibition ship, the MS Roald Amundsen, an international public will experience nearly 600 works of art created by emerging Norwegian artists, previous winners of the Queen Sonja Print Award and even some of HM Queen Sonja's own works of art. The ship will travel to Antarctica, the Arctic and the Norwegian coast, and will have the ability to sail fully on electrical power. The MS Roald Amundsen is one of two hybrid ships being produced by Hurtigruten in the coming years as they work to strengthen their focus on sustainability.

While Hurtigruten continues to build the next generation of expedition ships and the Queen Sonja Print Award Foundation highlights the next generation of young artists, this powerful alliance only seems natural.



We're Growing to 2020!

As the year draws to a close, the 2018 Recruitment Campaign is wrapping up. Please help our lodge grow and win a prize for meeting the 9% recruitment goal. Lodges that meet the goal receive:

- First access to an exciting new Cultural Program
- \$100 cash card the lodge may use as it prefers
- 2018 Recognition Certificate

Kringle

Add your own Christmas twist to this Old Norse inspired cookie.

Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients:

1 cup sugar
½ cup melted butter
1 cup buttermilk (or 1 cup regular milk soured with 1 tbsp of lemon juice or white vinegar)
1 tsp baking soda (added to the buttermilk)
1 large egg
½ tsp salt
½ tsp ground cardamom
3 cups flour (may take more)



Directions:

In a mixer, add sugar, melted butter, egg, salt, cardamom and the buttermilk mixture (that includes the baking soda). Mix together well and then add the flour, ½ cup at a time until the dough becomes stiff. (It will still be a little slack, slightly looser than a sugar cookie dough.) Cover with plastic wrap and refrigerate overnight.

The next morning pre-heat the oven to 350 degrees and remove the dough from the refrigerator. On a floured board roll out approximately 1 ½ tbsp of dough into ropes that are approximately 6–8 inches in length. Dipping your finger in water lightly, wet both ends of the rope and seal together to make a ring or circle. Give the ring one twist to form a figure eight and place on a parchment lined baking sheet, leaving approximately ½ inch between each one to allow for the rise while baking (they will double in size). Bake for 20 to 25 minutes or until just starting to brown. Remove and let cool before enjoying.

Find more of Christopher's recipes on his blog, [Pumpernickel & Rye](#)

a little in English... Singing in Norwegian

Hanne Sørvaag had always sung in English. Now the artist is releasing an album in Norwegian.

"The texts came so easily. The subject matter became a bit different. And it's a bit more to the point," says musician Hanne Sørvaag. She'll soon be ready with the album "Som om me hørte samene" (As if we belonged together). It's her first in Norwegian.

This is Sørvaag's seventh solo studio album. The first one came out in 2002.

Sørvaag has written several songs for others. This is one of the reasons she spent time discovering Norwegian as a singing language.

"I have received a good response to Norwegian songs, but I wanted to do so much. I wanted to make songs in Nashville in the United States. I wanted to write pop with the Swedes," she told news agency NTB. [Norsk Telegrambyrå / Norwegian News Agency] She chose English. That way she could reach the world.

Sørvaag wrote the song "My Destiny" for singer Katharine McPhee. It ended up in 2nd place on the Billboard Charts in 2006.

The musician also wrote the song "Brief and Beautiful." It went to number one in Norway. The song was sung by Maria Arredondo.

Last year, Sørvaag participated in the TV program "Hver gang vi møtes" (Every time we meet). She sang songs belonging to other artists. "God morgen min kjære" (Good morning my dear) became really popular.

That made Sørvaag change her mind. Now she wanted to take a chance on Norwegian.

"The ideas began coming to me in Norwegian," she says.

Sørvaag uses her own upbringing in her songs. It can be a bit painful. Her parents divorced when she was four years old. This gave her inspiration for songs.

Singing in Norwegian brings her closer to her audience, she thinks. "I've noticed that audiences are singing along. They understand more easily what the songs are about. It's incredibly fun!"

litt på norsk... Synger på norsk

Hanne Sørvaag sang alltid på engelsk. Nå gir artisten ut en plate på norsk.

– Tekstene kom så lett. Temaene ble litt annerledes. Og det er litt mer rett på sak, sier artisten Hanne Sørvaag. Hun er snart klar med albumet «Som om me hørte samene». Det er hennes første på norsk. Dette er Sørvaags sjuende egne studioalbum. Det første kom i 2002.

Sørvaag har skrevet flere sanger for andre. Dette er noe av årsaken til at hun brukte tid på å oppdage norsk som sangspråk.

– Jeg har fått god respons på norske sanger, men jeg ville så mye. Jeg ville lage sanger i Nashville i USA. Jeg ville skrive pop med svenskene, sier hun til nyhetsbyrået NTB.

Hun satset på engelsk. Slik kunne hun nå ut til verden.

Sørvaag skrev sangen «My Destiny» for artisten Katharine McPhee. Den havnet på 2. plass på lista Billboard i 2006.

Artisten skrev også sangen «Brief and Beautiful». Den ble nummer én i Norge. Sangen ble sunget av Maria Arredondo.

I fjor var Sørvaag med i TV-programmet «Hver gang vi møtes». Hun sang låter som hørte til andre artister. «God morgen min kjære» ble svært populær.

Det gjorde at Sørvaag tenkte seg om. Nå ville hun satse på norsk.

– Ideene begynte å komme på norsk, sier hun.

Sørvaag bruker egen oppvekst i sangene. Det kan også bli litt sårt. Foreldrene hennes skilte seg da hun var fire år gammel. Dette ga henne inspirasjon til låter.

Norske sanger gjør at hun kommer nærmere publikum, tror hun.

– Jeg merker at publikum synger med. De får lettere med seg hva sangene handler om. Det er utrolig gøy!