



SONS OF
NORWAY

Newsletter Service
Sept., Oct. 2013

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,

A handwritten signature in cursive script that reads "Linda Pederson".

Linda Pederson
Fraternal Director
Sons of Norway



September • september



Munch More than an Artist

Edvard Munch is undoubtedly Norway's most famous artist. His iconic and evocative works of art continue to make waves 120 years after their creation. For instance, his most widely recognized piece, "The Scream," sold at auction for a world-record breaking \$119.9 million to an American buyer in 2102. This year will be a year full of Munch celebration, as he will be commemorated with a series

of comprehensive exhibitions, events, and programs recognizing the 150th anniversary of his birth.

What is lesser known about this prominent Norwegian figure is that in addition to his artworks, Munch was also a writer. Philosophical speculations, plays and drafts of novels are among the 13,000 handwritten pages housed in the Munch Museum after being willed to the city of Oslo following Munch's death in 1944. Included in these pages are writings about his paintings, including "The Scream," "The Sick Child" and "Madonna."

One of the first people to gain access to many of Munch's writings, pianist Ketil Bjørnstad, likens the process to asking for access to a bank vault, citing intense secrecy when he sought out the texts to create an album of Munch's words set to music in 1993. Bjørnstad believes it is a "disgrace" that the public is not aware of the artist's skills as a writer. Bjørnstad asserts that "Munch's literary works are far more than background material" and at their best they measure up to Swedish playwright and novelist Johan August Strindberg.

The Munch Museum maintains that Munch's texts were previously unavailable due to a clause in the inheritance that specifies that texts should only be read by "understanding, broad-minded people" after Munch's death. In recent years the interpretation of the clause has been weakened and as a result roughly 70% of Munch's writings were made available online as part of the museum's digitalization project.

To enjoy English translations of Munch's writings or to view his original diary and sketchbook entries, visit <http://www.emunch.no/english.xhtml>

September • september

- Working Together for You
- New Royal Postage Stamps
- Sons of Norway Limited Edition Christmas Ornament
- New Addition to Viking Magazine: Quarterly Family Matters Page
- Gustav Vigeland's Park

October • oktober

- Attention Local Lodge Foundation Directors
- Two Exciting Fundraisers are Coming your Way this Fall
- Fridtjof Nansen Remembered
- Coffee Tradition in Norway

Matlyst Monthly

- Norwegian Apple Pie (*Eplepai*)
- Lapskaus



September • september



Working Together for You!

Sons of Norway's fraternal and financial arms work together to strengthen the organization as a whole. The 18 Norwegian immigrants who signed on as charter members of Sons of Norway in 1895 had come together for mutual assistance. Not only did they want to provide security for their families against financial crisis, but they also wanted a forum to preserve the culture and heritage of Norway as they assimilated to their new home.

More than a century later, providing financial security for members, combined with opportunities to celebrate Norwegian heritage and culture, is still the core of Sons of Norway. The organization's financial products and cultural programs are more intertwined and codependent than many realize. Both components are critical to Sons of Norway's existence and success. The contribution each brings to the organization gives Sons of Norway the strength it needs to be a financial and cultural resource for members now and for decades to come.

Do You Know?

- Only about **30% of all members own** an insurance or annuity product through Sons of Norway, but **all members benefit** from the financial results of those products.
- Income from dues provides only half of the funding necessary to support fraternal programming. The rest of what is needed comes from the sale of our financial products. Without this support, **member dues** would be **significantly higher**.
- Sales of our insurance and annuity products provide approximately **\$1 million annually** that is dedicated to Fraternal offerings like *Viking* magazine, the Cultural Skills Program, the Sports Medal Program and more. Without the profits from our insurance operations, member benefits such as these could be drastically reduced in quality and scope, or eliminated entirely.

- Financial Benefits Counselors (FBCs) are Sons of Norway members. They help plan and work events, and participate in lodge activities. Many are lodge officers.
- Approximately **20% of new members** are recruited by FBCs each year.
- New Membership Dinners, funded through the financial side of the organization, provide up to **\$400 per dinner** to help lodges recruit new members.
- The Lodge Revenue Sharing Program provides funds directly to the lodge based on the insurance participation of its members. Funds are distributed annually in the spring.

By taking advantage of the fraternal aspects and our financial products, members will build a **solid future for the organization** and for themselves. Please remind your members of the importance of financial side of the organization to their Sons of Norway membership experience.

Expressing your support for the financial side of Sons of Norway, having a positive working relationship with the Financial Benefits Counselor assigned to your lodge, and stressing the codependence between the fraternal and financial arms of the organization can do a lot to create a positive perception in members' minds.



Check out the September Viking's "10 Questions for your FBC" for tips on how to get the most out of a meeting with your Financial Benefits Counselor.



September • september

New Royal Postage Stamps



King Oscar II was honored as the first person to appear on a Norwegian stamp in 1855, just 15 years after Great Britain released the first-ever official postage stamp. Since then, over 150 faces have made their mark on official Norwegian postage stamps including Henrik Ibsen in 1928, Sonja Henie in 1990 and Max Manus in 2005. Queen Maud was the first woman to appear on a Norwegian postage stamp in

1939. Norwegian royals and foreign dignitaries have earned their place on these traveling portraits and this year four commemorative Royal stamps have been added to the list. Dag Mejdell, the chief executive of the Norwegian postal service said that "Posten Norge has a long tradition of issuing stamps in connection with royal anniversaries."

The new stamps have been created to celebrate of the 40th birthdays of both Crown Prince Haakon on July 20 and Crown Princess Mette-Marit's on August 19. Both the Crown Prince and Crown Princess received their own personalized stamps valued at 9.50 NOK (USD 1.50) and good for a standard postcard or letter within Norway. The third stamp marked at the same price, include one with the Crown Prince and Crown Princess and their children and the fourth stamp displays those in Norway's royal line of succession, King Harald V, Crown Prince Haakon and daughter Princess Ingrid Alexandra. All four stamps are beautifully designed by stamp artist Enzo Finger and have been made available in Norway this summer.

Are you a stamp collector? Tubfrim could use your stamps. Tubfrim, established in 1928 in Nesbyen, Norway by Postmaster Ditlef Frantzen was initiated to sell used stamps to help children with tuberculosis. Today, the money continues to help and improve the quality of life for handicapped children and youth. Tubfrim is maintained by The Norwegian Health Association and Sons of Norway is proud to be the largest Tubfrim stamp collector outside of Norway. You can help by collecting your used Norwegian and foreign stamps leaving a small margin around them so as not to damage the stamp. Used telephone cards can also be collected and donated to Tubfrim. To learn more or to donate ask your lodge leaders or contact your district Tubfrim coordinator. For more information contact your Sons of Norway Tubfrim Chairperson, Gene Brandvold at (952) 831-4361 or email at genegbrand@aol.com.

Sons of Norway Limited Edition Christmas Ornament

Show some Norwegian pride this holiday season by adding the 2013 Sons of Norway ornament to your Christmas decorations! From its rosemaling inspired outer frame to the beautiful Os design, this elegantly styled ornament is sure to be a welcome addition to your holiday traditions. Packaged in a silver-stamped gift box, containing a Christmas greeting from Sons of Norway and an informative description of Os rosemaling, this ornament can also be a unique gift for someone who enjoys the holiday season as much as you do.

This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945-8851.





September • september

New Addition to Viking Magazine: Quarterly Family Matters Page

Because engaging youth is important to the entire organization, Sons of Norway has created a new addition to Viking magazine, called Family Matters. "This new quarterly feature will be filled with engaging information for young people and their families," says Sons of Norway CEO Eivind Heiberg. "In fact, in its inaugural edition the Family Matters content is about genealogy and includes activities that can be done by children and adult members."

In the future, this new youth-related *Viking* magazine content will cover a variety of topics and activities suited for young people to do on their own, or with their family. What's more, this new content will be made available to members and lodges in a PDF format that can be downloaded from the Sons of Norway website and used for lodge activities or to be emailed to family members.

If you'd like to download the current edition of Family Matters, visit www.sonsofnorway.com/family. This page will include the most recent edition as well as an archive of past Family Matters articles.

family matters
Branch Out!
Exploring the family tree together is a great way for young people to learn about their history and understand the world. **BY AMY SCHULZ**

Kids love to hear about their own family history. What's more, digging into the family tree is good for them. Maureen Taylor, author of "The Family Photo Detective" Family Tree Books, 2013, says it gives kids a sense of connection within their families, as well as a sense of general history. It also can provide a context for understanding complex issues, such as war and immigration. Exploring genealogy together offers a practical benefit for adults, too: Getting the next generation curious about family history means there will be someone to take care of family artifacts after you're gone. "You need that intergenerational connection to pass down the story and to keep the family history alive," says Taylor.

NEW!

Activities for Young People

PRESCHOOL
Tell A Tale
Bring genealogy to life by sharing family stories. Children can relate especially well to others' childhood tales. Be animated and use a unique voice for each character to increase the entertainment factor.
EXPAND IT! Use family photos and other artifacts to enhance your storytelling.

ELEMENTARY AGES
Family Tree Detective
Take a family tree project to your child's age and interests. Kids can draw, paint or cut out a tree using large sheets of paper. Draw pictures or paste photos on the branches. Together, record family members' names.
EXPAND IT! Help kids create a silhouette by using Norwegian terms for family members. See resources below for terms and pronunciation.

TEENAGERS
Story Savers
Encourage young people to preserve family stories by videotaping a relative's oral history. All that is needed is a quiet space, an audio recorder or video camera, a list of questions and a willing subject. For helpful tips, see "Oral History How-To," Nov. 2012 *Viking*.
EXPAND IT! Get creative and preserve a family story using an online tool, such as treeees.com.

LEARN MORE! Here are some resources to get you started:
Norwegian-American Links: [The Norwegian American Genealogical Center](#) and [Nansen Library](#), [nsorg.org](#) [The Norwegian American Genealogical Association \(NAGA\)](#) www.norwegian.org [Norwegian Family Terms](#) www.norwegianfamilyterms.com
Norwegian pronunciation: [Larsson dictionary online](#), dictionaribok.no
General Genealogical Links: [Ancestry.com](#) [MyHeritage.com](#) [FamilySearch.org](#) [Findmypast.com](#) [FamilyTree.com](#) [FamilyHistory.com](#) [FamilySearch.org](#) [FamilyTree.com](#) [FamilySearch.org](#) [FamilyTree.com](#) [FamilySearch.org](#)

Norwegian Apple Pie (*Eplepai*) from *The Great Scandinavian Baking Book* by Beatrice Ojakangas Makes one 9-inch pie

Although this is called a "pie" in Norway, we would think of it as a cake. Incredibly simple to make, it's a perfect last-minute dessert when fresh apples are in season.

- 1 egg
- ¾ cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup all-purpose flour
- ½ cup chopped almonds
- 3 medium-sized tart apples, pared, cored and diced

Topping

- 1 cup whipping cream
- 2 tablespoons powdered sugar

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.





September • september

a little in English...

Gustav Vigeland's Park

Vigeland Park is the world's largest sculpture park created by one single artist and it is open every day throughout the year. This unique sculpture park is Gustav Vigeland's lifework with more than 200 sculptures in bronze, granite, and wrought iron. Vigeland was also responsible for the design and architectural layout of the park which stretches across 20 square miles. Vigeland's park was completed mainly between the years of 1939 and 1949.

Most of the sculptures are placed in five large units along an 850 meter (2,788 feet) long axis: The main gate, the bridge with the children's place, the fountain, the monolith plateau and the wheel of life.

In 1924 Vigeland moved into an apartment at Frogner in Oslo. There he lived a quiet and regular life together with his wife Ingerid, whom he married in 1922. He became completely involved in his work and was rarely seen out in public. At night he would sit mainly in the library where he would draw, read or wood carve. Vigeland lived at Frogner until his death in 1943.

Vigeland did not live to see the finished park. Not until around 1950 were most of the sculptures and architectural elements in place. The municipality of Oslo was the largest contributor to the realization of the artist's vision but there were also a number of private donors and companies that gave generous financial support so that Norway's capital could have a park that would be unmatched across the world.

Vigeland molded all of the sculptures in the park by hand from full size clay. Carving in clay and casting in bronze were left to a number of skilled craftsmen. In addition, Vigeland stood by for the architectural design and landscaping of the 300 acre plus parkland.

Today Vigeland's Park and its 212 sculptures, the last built in 2002, are unique to the international scene. In the winter the Bymiljøetaten ski trail is prepared in the park which surely makes Frogner Park the world's only park where you can enjoy skiing surrounded in a sculptural landscape. Frogner Park is the most visited tourist attraction in Norway. Between 1.5 and 2 million people visit the park each year.

litt på norsk...

Parken til Gustav Vigeland

Vigelandsparken er verdens største skulpturpark utført av en kunstner og er åpen døgnet rundt gjennom hele året. Den unike skulpturparken er Gustav Vigelands livsverk, med mer enn 200 skulpturer i bronse, granitt og smijern. Vigeland har også stått for design og arkitektonisk utforming av parken som strekker seg over 32 square kilometers. Vigelands-anlegget ble i hovedsak ferdigstilt mellom 1939 og 1949.

De fleste skulpturene er samlet i fem større enheter langs en 850 meter lang akse: Hovedportalen, Broen med barneplassen, Fontenen, Monolitt-plataet og Livshjulet.

I 1924 flyttet Vigeland inn i en leiligheten på Frogner i Oslo. Her levde han et stille og regelmessig liv sammen med sin kone Ingerid, som han hadde inngått ekteskap med i 1922. Han gikk fullstendig opp i sitt arbeid og var sjelden ute blant folk. Om kvelden satt han helst i biblioteket, hvor han tegnet, leste eller skar tresnitt. Vigeland bodde på Frogner til sin død i 1943.

Vigeland opplevde ikke selv å se parken ferdig. Først rundt 1950 var de fleste skulpturer og arkitektoniske elementer kommet på plass. Oslo kommune var den største bidragsyter til realiseringen av kunstnerens visjoner, men også en rekke privatpersoner og bedrifter bidro med generøse tilskudd for at Norges hovedstad skulle få en park som det ikke finnes maken til i hele verden.

Vigeland modellerte egenhendig alle skulpturene i Vigelandsparken i full størrelse i leire. Hoggingen i granitt og støpingen i bronse overlot han til en rekke dyktige håndverkere. Vigeland sto dessuten for den arkitektoniske utforming og den parkmessige planlegging av det over 300 mål store parkområde.

I dag er Vigelandsparken med sine 212 skulpturer, den siste oppført så sent som i 2002, unik i internasjonal sammenheng. Om vinteren preparerer Bymiljøetaten skiløyper i parken. Dette gjør antakelig Frognerparken til verdens eneste park hvor man kan nyte en skitur i et skulpturlandskap. Frognerparken er Norges mest besøkte turistattraksjon. Mellom 1,5 og 2 mill mennesker besøker parken hvert år.



October • oktober

Attention Local Lodge Foundation Directors:



Thank you to the lodges who responded to the Local Lodge Scholarship survey. If your lodge did not participate in the survey, you may still request the Local Lodge Scholarship Guidelines and Best Practices information from Cindy Olson at foundation@sofn.com. This will give your lodge up to date information on scholarship monies and how to handle them.

Two exciting fundraisers are coming your way this fall!

October on-line Auction

This month marks the Foundation's second annual online auction. All proceeds go to benefit the Foundation and support the great work it does in communities throughout the U.S.

We are currently looking for items and or experiences to be donated for this auction by members, businesses or lodges. Items must be new and be worth \$25 or more. The most popular items include restaurant or retail gift cards, sports jerseys or team logoed items, hotel stays, hand crafted Norwegian pieces (rosemaling, chip carving, wood carving, etc), books, CDs, and unusual experience packages such as tours, dinners or meet and greet with local celebrities, radio hosting, etc. Be creative. Contact Cindy Olson at foundation@sofn.com to find out how to donate.

Viking Ship Fundraiser

Oslo 3-438 member and established artist, Milton Franson, was inspired by the Snorri Sturlusson's, "Heimkringla" saga, to paint his interpretation of what King Olaf Trygvason's red dragon ship might have looked like coming full sail out of the fjords. He is donating beautiful 18x14 inch color reproductions of the original oil painting, matted and wrapped in clear protective coverings, to be used by lodges as foundation fundraisers. The prints are available to order for \$25 each from foundation@sofn.com. They are to be used for bidding on during September and October within each lodge, the proceeds of which will go to the Sons of Norway Foundation scholarship funds.

In conjunction with this fundraiser, the Foundation has a fun make-your-own Viking longboat craft project template and suggested Viking feast menu provided by Luella Grangaard, President of Solskinn 6-150. Members may win prizes for their efforts in making a ship. Coordinate with your social and cultural directors to get on the lodge fall calendar for this event.

Lapskaus

Adapted from NordicNibbler.com, makes 6-8 servings

- 2¾ lbs chuck steak (off the bone and trimmed of excess fat), cut into ¾-inch pieces
- 6 large carrots, chopped into ¾-inch pieces
- 1¼ cups parsley roots, chopped into ¾-inch pieces
- 3¼ cups rutabaga, chopped into ¾-inch pieces
- 2¼ lbs floury potatoes such as Russets, chopped into ½-inch cubes
- 6½ cups fresh chicken stock
- ½ cup butter
- Freshly chopped parsley to garnish
- Salt and freshly ground pepper to taste

Add meat in batches to a large casserole pot and brown. Once meat is browned, add chopped vegetables, stock and salt and pepper.

Bring to boil and skim stew when needed. Cover and simmer gently for 2½ hours. After simmering, check the seasoning and adjust as needed. Top with freshly chopped parsley and serve with flatbrød.



October • oktober

Fridtjof Nansen Remembered

120 years ago Fridtjof Nansen (1861-1930) set out on a courageous and historic exploration of the Arctic. His ship, Fram, was built to withstand the pressure of the ice and carried 12 men and enough food and equipment to last five years. Nansen's mission was to head north to the remotest and least understood place on earth, the Arctic, in order to study the polar ocean currents. His approach was to get his ship stuck in the ice in order to track the ocean currents. The daring journey and the discoveries found surprised Nansen, his team and the world.



Fridtjof Nansen explores the Arctic with his ship, Fram. Photo: Wikimedia Commons

Before the turn of the century research on the North and South Poles was non-existent and travel to these places was even more unheard of. So little was known that some experts believed the poles would be warm or there was land at the North Pole and the surrounding seas

would be shallow, said University of Oslo professor and historian Robert Marc Friedman. Nansen's journey would change the tides of oceanographic research.

The risky voyage planned to use the Northern Hemisphere's east-to-west ocean current. Nansen believed that the current would carry their ship across the North Pole. This theory was doubted by many. He convinced the Norwegian government to grant his crew NOK 20,000 in order to build Fram, their heavy-duty ship and home for the next three years.

The findings were spectacular and even stunned Nansen. Their first goal was to measure the ocean depth, a simple enough task that

became an unexpected difficulty. Their 2,000 meter sounding line was too short because the polar sea was surprisingly very deep, twice as deep, in fact as Nansen anticipated. The men were able to measure the depth of the ocean to 3900 meters with line constructed from their ships rigging. Nansen realized that the ocean depths and the different combinations of fresh, salt, warm and cold water played a crucial role in the oceanographic currents and affected weather patterns around the world. "He recognized that measuring different types of water, based in salinity and temperature, would enable him to determine the origins of the water", noted Friedman, these, he says are "some of the most significant building blocks in our contemporary understanding of physical oceanography."

Nansen's discoveries answered many questions and researchers are still sorting through data in order to figure out ocean mysteries. In fact, a research group at the Norwegian Polar Institute has planned their own voyage to the Arctic, following in Nansen's tracks over a century later. Their vessel, The Lance and its crew will set out into the ice next winter to study the Arctic and its ever-changing climate.

Nansen's legacy transformed the way we predict weather patterns. After returning from his journey in 1896 Nansen had successfully pioneered the unknown. Nansen went on to become a leading politician and activist for humanitarian efforts in Norway and won a Nobel Peace Prize in 1922. 120 years after his Arctic adventure Nansen continues to influence the way we understand the world.



October • oktober

a little in English...

Coffee Tradition in Norway

There is little doubt that coffee is Norway's national drink. On average, Norwegians drink about five cups of coffee per day.

Norwegians have been a longtime world leader in coffee drinking and they have competed with Finland to land on the top of the list. A new survey conducted by Ipsos MMI (ipsos-mmi.no) for the Norwegian Coffee Association shows that nearly nine out of ten Norwegian adults drink coffee. Two out of three drink coffee every day. All together Norwegians drink 12 million cups of coffee each day.

Central Norway holds most of the coffee drinkers in Norway, a survey shows. There, three out of five people drink coffee daily while just one out of twenty never drink coffee. After that follows the capital (Oslo), while in eastern Norway, however, coffee drinkers are the most careful with their coffee preparations. Daily coffee drinking increases typically for those 45 years and older while the coffee drinking difference between men and women is small.

To get good coffee

- Use totally clean equipment.
- Use fresh, cold water.
- Use the correct grind in relation to the preparation process.
- Coffee is a perishable commodity. Once the bag is open it should be used within one week.
- Use the correct amount of coffee. It is recommended to filter ground coffee, about 60-70 grams per liter of water. (or about 3 tablespoon per 1 cup of water) This provides a rich coffee.
- Serve the coffee fresh.
- Remember that brewing time and temperature are critical.

Article: from Various sources

More info at www.kaffe.no

litt på norsk...

Kaffe tradisjon i norge

Det er liten tvil om at kaffe er Norges nasjonaldrikk. Gjennomsnittlig inntar en norsk kaffedrikk fem kopper per dag.

Nordmenn har lenge vært i verdenstoppen i kaffedrikking, og har konkurrert med Finland om å ligge øverst på lista. Nå viser en fersk undersøkelse gjennomført av Ipsos MMI for Norsk Kaffeinformasjon at nærmere ni av ti voksne nordmenn drikker kaffe. To av tre drikker kaffe hver dag. Til sammen drikker nordmenn 12 millioner kopper hver dag.

Det er aller flest kaffedrikkere i Midt-Norge, viser undersøkelsen. Der drikker tre av fire kaffe daglig, mens bare én av 20 aldri drikker kaffe. Deretter følger hovedstaden, mens østlendinger for øvrig er mest forsiktige med kaffedrikkingen. Den daglige kaffedrikkingen øker mest hos folk som er 45 år eller eldre, mens forskjellene mellom kvinner og menn er små.

Slik får du god kaffe

- Bruk helt rent utstyr.
- Bruk friskt, kaldt vann.
- Bruk riktig malingsgrad i forhold til tilberedningsmetode.
- Kaffe er en ferskvare. Når posen er åpnet bør den brukes i løpet av en ukes tid.
- Bruk riktig mengde kaffe. Til filtermalt kaffe anbefaler vi gjerne 60-70 gram per liter vann. Det gir en fyldig kaffe.
- Server kaffen nylaget.
- Husk at tilberedningstid og temperatur er avgjørende