



SONS OF  
NORWAY



2 0 0 5

# NEWSLETTER SERVICE

Dear Lodge/District Editors:

We are pleased to provide the latest edition of the Newsletter Service. This complimentary service is printed six times each year and may be used as a supplement to your lodge newsletter. The Newsletter Service provides a variety of information, ranging from current news and culture related articles to word finds and crossword puzzles. The Newsletter Service is also available on the Web at [www.sonsofnorway.com](http://www.sonsofnorway.com), under the "Members Only" section. We hope you enjoy this issue and find its content to be beneficial.

Fraternally,

A handwritten signature in cursive script, reading "Eivind J. Heiberg".

Eivind J. Heiberg

# September 2005

*A Little in English...*

## Bergensers More Continental

The German news magazine Der Spiegel and the British The Economist top the sales list for foreign publications in Bergen. While women's magazines like Elle and Femina lead the sales statistics in Oslo, it is heavier intellectual stuff that sells best in Bergen.

"Bergensers are markedly different than the rest of the country. Publications with serious reportage, economics and social commentary come in a long ways down the sales list in almost all of the country's other counties and cities," says Cecilie R. Kjenes, director of magazine sales for the kiosk chain Narvesen. Kjenes is referring to Narvesen's publication sale's survey for 2005 which is based on the chain's 450 sales locations in Norway.

"Bergen is certainly an old trading town, a North Sea city where the distance by boat was once shorter to England than to Oslo," says Professor Frank Aarebrot from the University of Bergen.

"It is interesting that there are such great differences. We certainly encourage our students to read The Economist. Students and research institutions like Norway's Business High School could be part of the reason," says the professor.

"The results confirm my opinion that Bergens is Europe's most provincial big city," says Aarebrot.

*-from afterposten*

# september 2005

*Litt på norsk...*

## Bergenserne mer kontinentale

Det tyske nyhetsmagasinet Der Spiegel og britiske The Economist topper salgslisten for utenlandske blader i Bergen. For mens kvinneblader som Elle og Femina leder salgsstatistikken i Oslo, er det tyngre fagstoff som selger best i Bergen.

- Bergenserne skiller seg markant fra resten av landet. Blader med reportasjer, økonomi og samfunn kommer langt ned på salgslista i nesten alle andre av landets fylker og byer," sier Cecilie R. Kjenes bladsjef i kioskjeden Narvesen. Kjenes sikter til Narvesens bladundersøkelse 2005 som er basert på kjedens 450 utsalgssteder i Norge.

- Bergen er jo en gammel handelsby, en nordsjøby hvor avstanden tidligere var kortere med båt til England enn til Oslo, sier professor Frank Aarebrot ved Univesitet i Bergen.

- Det er interessant at det er så store forskjeller. Vi oppfordrer jo våre studenter til å lese The Economist. Studenter og forskningsinstitusjoner som Norges Handelshøyskole kan nok være en del av forklaringen, sier professoren.

- Resultatene bekrefter min mening om at Bergen er Europas mest provinsielle storby, sier Aarebrot.

*-fra afterposten*

## Royal Opening for Svinesund Bridge

Norway's close ties to Sweden were in focus as the nation celebrated its centennial of independence from its friendly neighbor, and the big event of opening the new Svinesund bridge.

King Harald of Norway and King Carl Gustav of Sweden officially opened the bridge over Svinesund, part of the new seven-kilometer (4.35 mile) stretch of motorway designed to end the long queues in cross-border traffic.

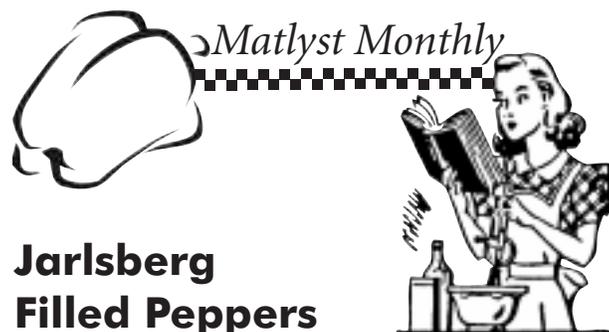
On June 10th, the two monarchs met at 11:50 a.m. under the center of the arch of the 704-meter long bridge, coming from their respective sides of the border.

Close to 15,000 spectators were reported to attend the historic ceremony, 59 years after the opening of the previous Svinesund bridge, attended by Norway's King Haakon and Swedish Crown Prince Gustav Adolf.

After the official opening the two kings joined by Queen Sonja of Norway and Queen Silvia of Sweden made their way to a celebration on the Norwegian side, where 3,000 children, from both nations performed.

Nightly entertainment and festivities took place by the Norwegian foot of the bridge and over 9,000 runners took part in a race from Sweden to Norway the next day on June 11th.

The new bridge, which cost NOK 1.3 billion (USD 201 million) opened to traffic on June 12th.



## Jarlsberg Filled Peppers

- 2 tsp. coarse salt
- 1 lb. (450 g) ground meat, low fat
- 1/2 tsp. Tabasco
- 1/2 tsp. garlic salt
- 1/2 tsp. pepper, coarsely ground
- 1 lemon, juice of
- 2/3 cup (1 1/2 dl) French Bread Crumbs
- 1 1/4 cup (3 dl) Jarlsberg, diced
- 3 1/2 T butter
- Garlic salt
- assorted peppers

Divide peppers in two, remove stem and seeds. Sprinkle the coarse salt on baking pan. Mix meat, Tabasco, garlic salt, pepper, lemon juice, crumbs, and half of Jarlsberg cheese. Divide evenly between the peppers. Top the peppers with remainder of the cheese. Melt butter, add garlic salt, and brush over the peppers. Place on top of coarse salt on baking sheet, and bake in 350°F (175° C) oven about 35 minutes.

From Ekte Norsk Mat--Authentic Norwegian Cooking by Astrid Karlsen Scott, available for purchase through the Vesterheim bookstore. Call toll free at 1-888-979-3346.

### Looking for a Predictable Yield on Your Money?

#### Interest Rates on Sons of Norway's Fixed Rate Annuities are as follows:

\$ 2,000 - 9,999	3.15%
\$ 10,000 - 24,999	*4.75%
\$ 25,000 - 49,999	*4.95%
\$ 50,000 - 99,999	*5.20%
\$100,000 and over	*5.30%

\*These rates include a 1% first year bonus.

Contact your local Sons of Norway representative for more information on how our Nordic Elite Universal Life Insurance product can be of benefit for you and your family.



**SONS OF NORWAY**

1455 W. Lake Street  
Minneapolis, MN 55408  
[www.sonsofnorway.com](http://www.sonsofnorway.com)



*A Little in English...*

## The Norwegian Who Changed English History

When the Norwegian King Harald Hardråde was killed on September 25th, 1066 at Stamford Bridge in England, the last true viking king died as well, and world history would never be the same.

Harald Hardråde, originally Harald Sigurdsson, was the half brother of Saint Olaf who was himself killed at Stiklestad in the year 1030. The young Harald, only fifteen, was with his half brother at the Battle of Stiklestad, and afterwards fled to Constantinople. There he became the leader of a viking army in the service of the Byzantine emperor. He became rich and famous, and led many military campaigns.

When he returned to Norway circa 1045, Harald had become so powerful that the king of that time, Magnus the Good, had to acknowledge Harald as joint king. The two kings reigned together until Magnus the Good's death in 1047. King Harald went to war many times, both abroad and at home in Norway against resisters.

Harald Hardråde was important for uniting the country. Under him many parts of Eastern Norway truly came into the kingdom. He completed the unification of the country and harried those who tried to overthrow his kingdom. Harald consolidated a purely Norwegian dynasty, and the kings who came after him in the 11th and 12th centuries were his descendants.

In 1066 Harald tried to take England, and he believed the followers of his kinsman Knut the Great would support him. But that did not happen, and Harald was killed in a terrible battle against the English king at Stamford Bridge in the vicinity of York on September 25th. Just nineteen days later the English king had to fight against the Normans at Hastings – and lost the battle. If Harald Hardråde had not weakened the English, the Normans never would have conquered England, the history of the world would be completely different.

*fra nrk.no/ckt*

*Litt på norsk...*

## Nordmannen som endret engelsk historie

Da den norske kongen Harald Hardråde ble drept den 25. september, 1066 på Stamford bro i Engeland, døde den siste ekte vikingkongen, og verdens historie skulle aldri være den samme.

Harald Hardråde, opprinnelig Harald Sigurdsson, var halvbror til Sankt Olav som selv ble drept på Stiklestad i året 1030. Den unge Harald, bare femten år, var med hans halvbror på Stiklestadslaget, og flyktet etterpå til Konstantinopel. Der ble han lederen til en vikingarme i Byzantiumkongens tjeneste. Han ble rik og berømt, og ledet mange militære kampanjer.

Da han kom tilbake til Norge ca 1045, hadde Harald blitt så mektig at tidens konge, Magnus den gode, måtte anerkjenne Harald som medkonge. De to kongene regjerte sammen frem til Magnus den godes død i 1047. Kong Harald gikk mange ganger til krig, både i utlandet og hjemme i Norge mot motstandere.

Harald Hardråde var viktig for samlingen av landet. Under ham kom deler av Østlandet med i kongeriket. Han fullførte samlingen av landet, og herjet de som prøvde å underkaste seg kongedømmet. Harald konsoliderte et eget norsk dynasti, og kongene som kom etter ham på 11- og 1200-tallet var hans etterkommere.

I 1066 forsøkte Harald å ta England, og trodde at etterfølgerne til hans slektsmann, Knud den mektige, ville støtte ham. Men det skjedde ikke, og Harald ble drept i et forferdelig slag mot den engelske kongen på Stamford bro i nærheten av York, den 25. september. Bare nitten dager etter på måtte den engelske kongen kjempe mot Normannern på Hastings - og tapte slaget. Hvis Harald Hardråde ikke hadde svekket de engelske, ville Normenn aldri erobret England, og verdenshistorien ville vært helt forskjellig.

*fra nrk.no/ckt*

## Socialist Left Party Wants Cell Phones for the Whole Classroom

Norwegians are known for their love of technology, and cell phone use in most parts of Norway is even more common than it is in America. Now a member of the Norwegian parliament from the far north district of Troms says she wants to lessen the digital divide by giving all school children cell phones with email, calculators and cameras.

“The way I see it, the schools should buy a classroom set of modern cell phones so that the students get access,” says Lena Jensen, a representative from the Norwegian Socialist Left Party. “We’re talking about mastering or not mastering modern life.”

She thinks the time has come to redefine the cell phone as a digital tool with enormous possibilities.

“The use and development of both PCs and cellular phones has exploded. But the new technological possibilities also create possibilities for abuse” says Jensen. “Schools must teach the students safety and critical thinking about cell phone use.”

There were no cost estimates of how much such a program would cost.

From Stavanger Aftenbladet, June 29, 2005

<http://web3.aftenbladet.no/innenriks/politikk/article205565.ecec>

### Flexible Solutions to Preserve and Build Assets Regardless of Your Stage in Life

Look to our new  
Nordic Elite Universal Life  
Current Rate – 5.2%

*Contact your local Sons of Norway representative for more information on how our Nordic Elite Universal Life Insurance product can be of benefit for you and your family.*

This rate is effective as of 7/1/05 and is subject to change. This product is not available in all states.



**SONS OF NORWAY**

1455 W. Lake Street  
Minneapolis, MN 55408  
[www.sonsofnorway.com](http://www.sonsofnorway.com)



Matlyst Monthly

## Leek Soup

3 T. butter

3 leeks, sliced

5 potatoes, medium

2 carrots, medium

1/4 cup (1/2 dl) flour

1 quart (liter) beef broth

2 egg yolks, slightly beaten

1 tsp. salt

1/4 tsp. peper

Fresh parsley, chopped

Melt the butter in a large heavy bottomed saucepan. Cut the leeks in half lengthwise and wash thoroughly. Slice. Dice the potatoes and carrots and add with the leeks to the saucepan. Cook five minutes while stirring occasionally to prevent vegetables from browning. Add flour stirring constantly; remove from heat and add broth all at once while continuing to stir. Reduce heat and let simmer until vegetables are tender. Beat egg yolks into a soup tureen. Pour soup over egg yolks, a little at a time, stirring constantly. Season with salt and pepper to taste. Sprinkle with fresh parsley. Serve at once.

From Ekte Norsk Mat--Authentic Norwegian Cooking by Astrid Karlsen Scott, available for purchase through the Vesterheim bookstore. Call toll free at 1-888-979-3346.

