



**SONS OF
NORWAY**

Newsletter Service
September, October 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,

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

Linda Pederson
Fraternal Director
Sons of Norway



September • september



Life Insurance Awareness Month

September marks the 11th anniversary of Life Insurance Awareness Month (LIAM), an effort to raise awareness among consumers about the need for life insurance. Because we are a Fraternal Life Insurance company, we want to share some important points about LIAM and how Sons of Norway can help you achieve your financial goals and protect the things that are important to you.

It's important to know that life insurance can do some pretty amazing things for you. It can buy your loved ones time to grieve. It can pay off debts and loans, providing surviving family members with the chance to move on with a clean slate. It can keep families in their homes and pre-fund a child's college education. It can keep a family business in the family. It can provide a stream of income for a family to live on for a period of time. First things first, though: you need to own life insurance.

According to recent research, 95 million adult Americans have no life insurance whatsoever. Here's the bottom line: A majority of families either have no life insurance or not enough, leaving them one accident or terminal illness away from a financial catastrophe for their loved ones.

What if you were suddenly gone and your family had to manage on their own? When was the last time you did the math to make sure your loved ones would be financially sound? When was the last time you had your life insurance needs reviewed by an insurance professional?

This is where Sons of Norway can help. By working with your local Financial Benefits Counselor (FBC), a dedicated individual with expertise in insurance and planning for your future, you can determine if you've done enough to ensure your loved ones will be protected and that your needs for retirement are being met.

What's more, Sons of Norway's FBCs can help you determine which products serve your needs most effectively, while implementing a plan for sound financial future. All it takes is one call to Sons of Norway Headquarters to put you on the right path for retirement and beyond.

Take the best, first step during Life Insurance Awareness month and contact Sons of Norway at (800) 945-8851 to learn about our portfolio of competitive financial products as well as who your dedicated FBC is and how they can help you.

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Viking Longboat Delayed, Not Defeated

The Draken Harald Hårfagre—the largest replica Viking longboat ever built—set sail in late June from Haugesund, Norway toward Liverpool, England. Using only human power to row its 50 oars and the wind behind its 3,200 square foot sail of pure silk, the crew intended to make a stopover at the Isle of Man before continuing to England. Unfortunately, three days into the voyage, the ship encountered large waves and high winds, causing the mast to snap and plummet overboard.

Vicki Inglis, a volunteer crew member who blogs at <http://thesevagabondshoes.org/>, was asleep on board at the time and recalls being “woken by a loud crack by my head, like the sound of a locker slamming shut, followed by rumbling, then urgent shouting. Wearing only long underwear and a t-shirt, with bare feet, I climbed out of the tent through a tangle of rope. The thick shrouds snaked across the roof of the tent, and had smashed down on the galley, spilling sugar grains across the deck like ice crystals. Turning to look forward, the huge rå (yard) lay across the beam of the ship, the red sail pooling underneath and spilling over the rails into the water. And a space where the mast should be.”

Astonishingly, the top 16 feet of the mast fell off to one side of the boat, while the larger part, roughly 55 feet long and 2 feet in diameter, broke off in the other direction. Neither part had damaged the body of the ship, but floated off to the side. Despite the close quarters on board, no crew members were injured during the accident.

On July 10th, the captain announced that the crew and ship would forge on toward Liverpool, with slight adjustments to their route. They would go through the Caledonian Canal rather than sailing around northern Scotland without a sail. They navigated to Inverness, passing through Loch Ness and on to Fort Augustus, Neptune’s Staircase, the Isle of Mull, and Islay. Despite not having a sail, the ship arrived in Liverpool ahead of schedule.

During the ship’s passage through the Caledonian Canal, two crew members who are boatbuilders, Arild and Ola, traveled around Scotland in search of timber for a new mast that could withstand the voyage back to Norway. They selected a massive Douglas fir from Dumfries, which was transported by semi trailer, arriving just after the longship.

Once the boat was docked in Wallasey near Liverpool, the ship was cleaned and re-tarred and the sail stretched, before the boat was opened for public viewing.



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Berry Season in Norway

Sweet, mouthwatering, vibrant colored berries are so cherished in Norway they are included in nearly every Nordic recipe imaginable. Berry season is upon us and in Norway wild berries can be eaten right off the stem. Picking season starts in June and for some varieties it can last until October when the first frost hits. Norwegian law (Allemannsrett) says that everyone has access to picking berries on public land however some places restrict picking unripened berries.

Blåbær, bringebær, jordbær, and tyttebær oh my. These are just a handful of the most popular berries found in Norway and the muldebær (cloudberry) reigns supreme. This orange-colored, bumpy-looking berry is native to alpine and arctic environments. Picked ripe in late August this small fruit can be found close to the ground in the mountains, valleys and near the sea. The valuable cloudberry is treasured in Norway because it is so hard to get and can cost up to NOK350/1kg in the store (about \$25/1lb), which is why strict rules apply to picking these berries over any other in Norway.

Norway's cool summer weather allows the delectable fruit to mature slowly producing a rich, sweetness at prime ripeness in early fall. Norwegians hold their berries to a high standard because they are such a versatile food. Berries are used in a variety of recipes including fruktsuppe and bløtkake. Fresh juices and lingonberry sauces are squeezed from the small berries to cover riskrem, vaffer, and meatballs. In order to not waste a single berry, freezing berries and canning jams are perfect for later use in winter meals.

August, September and October are prime times to pick berries in Norway. When going to berry picking (plukke bær), it is important to be aware of your natural surroundings. Do not pick on private or fenced off land, look out for moose, and don't pick until the berries are ripe. Be sure to bring buckets, and wear waterproof hiking boots and a light jacket. Don't forget to go with an empty stomach for plenty of taste testing opportunities.

Vanilla Cheesecake with Lingonberries and Cardamom Whipped Cream *adapted from <http://alittlezaftig.com>*

- 2 lbs cream cheese (room temp.)
- 1/2 cup unsalted butter (room temp.)
- 1 tbsp vanilla extract
- 1 1/2 cup sugar
- 1/2 cup less 1 tbsp cornstarch
- 7 large eggs
- 2 cups heavy cream
- 1/4 cup lemon juice

Berry Topping

- 1 cup fresh lingonberries
- 1/4 cup sugar

Cardamom Cream

- 2 cups heavy cream
- 1/4 cup sugar
- 1 tbsp vanilla extract
- 1 tbsp freshly ground cardamom seeds

Move rack to upper 1/3 position and preheat oven to 350. Beat cream cheese and butter with electric mixer until smooth. Add sugar, vanilla and cornstarch and beat well. One at a time add the eggs, beating well between each addition. With the mixer set to low, gradually add the cream and lemon juice. Pour into a buttered 9x13 pan. Place pan in a bain marie (directions below) and bake for 30 minutes. After 30 minutes, increase oven temperature to 375 and rotate cheesecake 180 degrees in the oven. Bake for additional 15 minutes or until the top is a golden brown. Allow cheesecake to cool to room temperature. Carefully run a knife around the edge of the pan to release the cake and invert onto a serving tray. To prepare the topping, sprinkle lingonberries with sugar and stir until sugar dissolves. Allow to rest for 30 minutes. Whip cream, sugar, vanilla and cardamom seeds with electric mixer. Spoon berries and cardamom cream onto each piece of cake and serve. **To make a bain marie**, fill a pan one size larger than your 9x13 cake pan with boiling water. Do not fill more than 1/3 of the pan. Slowly lower your cake pan into the pan of boiling water, covering the sides of the cheesecake pan half of the way. Add or remove water to reach correct level and place both pans in the oven.

Bærtype sesong i Norge (Berry Season in Norway)

Type	Season
Bjørnebær (blackberry)	August - September
Blåbær (blueberry)	Mid July - August
Bringebær (raspberry)	Mid July - August
Jordbær (strawberry)	Late May - July
Muldebær (cloudberry)	August - September
Solbær (blackcurrent)	July - August
Stikkelsbær (gooseberry)	July - August
Tyttebær (lingonberry)	August - October



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What to Expect when Moving to Norway



Have you ever dreamed of moving to Norway? For many it can be a lifelong goal. Moving to a new country with a different culture and language can be an exciting idea but a stressful process. Do your homework and prepare for what is to come in order to absorb some culture shock. Here are some things to prepare for when moving to Norway.

Weather – Norway is one of the longest countries in Europe with approximately one third of its landmass situated above the Arctic Circle. Generally the weather is mild and the country greets all four seasons gladly. The capital of Oslo can often sit at pleasant temps of 75 degrees Fahrenheit in the summer while spring, fall and winter weather can vary. One day might be perfect for a ski trip in the mountains and the next might produce uncomfortably cold winds. However, as the Norwegian saying goes, there is no such thing as bad weather, only bad clothing.

Bright Summers/Dark Winters – Long, bright summer days and cold and dark winters are probably the hardest adjustments when moving to Norway. The abundance or absence of the sun affects your mood and your sleeping habits. On midsummer the earth is tilted perfectly enough to expose the sun all day long which is why Norway is known as the ‘land of the midnight sun’. The winter is just the opposite as Northern Norway remains dark for three months straight and Southern Norway squeezes a maximum of five hours of sunlight out a day. Prepare to buy dark blinds for the summer and light boxes for the winter.

Sticker Shock – Whether you try to travel on a budget or not, Norway is expensive. Consistently ranking among the most expensive countries in the world, Norway makes up for this with its beautiful scenery and people. Most tourists suffer from sticker shock at first glance however cost of living is somewhat relative because Norway’s minimum wage is around \$17. Norway’s welfare system is paid for by Norwegian taxpayers and the oil revenue which provide free education and healthcare, so to some extent, you get what you pay for. Advice for visitors: stay with family and friends and avoid eating out.

Public transportation – It is not uncommon for families to have one car in Norway because public transportation is safe, easy to use and well maintained. Big cities have trams and subways while the rest of Norway is connected by trains, buses and ferries. Because of the fjords and mountain passes trips can take longer than expected. However, the views and the experiences are worth the money and time. Get used to spending money on train tickets instead of gasoline for your car.

The Norwegian lifestyle – Norway is unique in that the people are quiet and reserved yet hospitable and cozy. There is a strong emphasis on the family and gender neutrality is extremely progressive. Because Norway is such a long country its cultural norms vary from north to south but one thing that most Norwegians have in common is their love and respect for the outdoors. You will most likely learn to cross country ski in your first winter and probably go on a hike or two. One thing is for sure, Norway is a wonderful country that is ranked consistently as the best place to live in the world.



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a little in English...

Travel Destinations in Norway

Find your travel destination in Norway along the coast, near the fjords, in the big cities or on the high mountains.

South Coast: Flekkefjord can delight those who enjoy shopping. Located downtown are hundreds of shops within a five minute walk, a shopping center and 12 restaurants. Experience Flekkefjord at its best with beautiful nature walks, tricycle riding on the Flekkefjord railway or water sports at Rixen Cable Park. **Setesdal** stretches over 91 miles through beautiful mountain scenery between Evje in the south and Hovden winter ski resort to the north. Setesdal is known for its rich cultural traditions. We recommend a visit to the silversmith's workshop.

East Coast: Halden is an idyllic town right next to Sweden's border. High above the town sits the Fredriksten Fortress. Halden lies around 12 miles from Oslo and is easily accessible by car, bus, train or plane. **Sandefjord** has Europe's only whaling museum, clear traces of Viking times and opportunities for you to explore the land and sea. Sandefjord lies 75 miles south of Oslo. There are several domestic and international connections via Sandefjord's Torp Airport.

West Coast: Ålesund is known for its Art Nouveau architecture, its surrounding islands and fjords and the high peaks of the Sunnmøre Alps. The fjord landscape is unique and exceptionally beautiful, precisely why the Geirangerfjord and its surrounding areas are listed on UNESCO's World Heritage List. **Voss** – built for tough experiences! For nearly 200 years, Voss has welcomed tourists seeking adventures centered on nature and culture. Voss is centrally located between the Hardangerfjord and the Sognefjord "in the heart of fjord Norway", and is an excellent starting point for exploring the region.

Central Norway: Røros is one of the few mining towns in the world that is listed on the UNESCO's World Heritage List. Experience Røros nature by dogsledding, hiking, biking or canoeing. The city's atmosphere is alive with arts, crafts, shops and cafes. Travel to the islands of **Hitra** and **Frøya** for a unique opportunity of coastal culture. Here you can fish, bird watch and spend the night in a fishing cabin or a lighthouse. Hitra and Frøya lie 81 miles southwest of Trondheim. Car, boat and bus transport give you the opportunities to enjoy the Trøndelag coast.

Northern Norway: Bodø is the far-reaching hub in the north and the starting point for adventures in throughout Northern Norway. The world's strongest maelstrom (powerful whirlpool), Saltsraumen and the historic trading post, Kjerringøy are just two of the many attractions in the Bodø region. **Alta** is the largest town in Finnmark, offering the northern lights and the midnight sun, beautiful mountains, Sami culture and reindeer. Adventurous activities wait for you in Alta!

litt på norsk...

Reisemål i Norge

Finne ditt reisemål i Norge langs kysten, ved fjordene, i en storby eller på høyfjellet.

Sørlandet: Flekkefjord kan glede deg som liker shopping med hundre butikker innenfor fem minutters gange, kjøpesenter sentralt i byen og 12 spisesteder. Opplev Flekkefjord på sitt beste, vandreturer i vakker natur, dresinsykling på Flekkefjordbanen eller heftig vannsport på Rixen kabelbane. **Setesdal** strekker seg 147 kilometer gjennom vakker fjellandskap mellom Evje i syd til vintersportsstedet Hovden, i nord. Setesdal er kjent for sine rike kulturtradisjoner. Vi anbefaler en tur innom verkstedet til en av sølvsmedene.

Østlandet: Halden er en idyllisk by rett ved grensen til Sverige. Høyt over byen troner Fredriksten Festning. Halden ligger cirka 19 kilometer fra Oslo og er lett tilgjengelig med bil, buss, tog eller fly. **Sandefjord** byr på Europas eneste hvalfangermuseum, tydelige spor etter vikingtiden og gode muligheter til å boltre seg i sjøen og på land. Sandefjord ligger 75 mil sør for Oslo. Det er flere innenlandske og utenlandske forbindelser via Sandefjord Lufthavn Torp.

Vestlandet: Ålesund er kjent for jugendstilarkitektur, omkringliggende øyer og fjorder, samt de høye tindene i Sunnmørsalpene. Fjordlandskapet er unikt og eksepsjonelt vakker. Nettopp derfor står Geirangerfjorden med omland på UNESCO si liste over verdens naturarv. **Voss** - bygd for sterke opplevingar! I nesten 200 år har Voss teke imot turistar som søker aktivitetar basert på natur og kultur. Voss ligg sentralt plassert mellom Hardangerfjorden og Sognefjorden "i hjarta av Fjord Noreg", og er eit utmerka utgangspunkt for å utforske regionen.

Midt-Norge: Røros er en av de få gruvebyene i verden som er oppført på UNESCOs liste over verdens kulturarv. Opplev naturen på Røros med hundekjøring, fotturer, sykkel- eller kanotur. I byen er det levende kunst- og kunsthåndverksmiljø, butikker og cafeer. Reis til øyene **Hitra** og **Frøya** for en unik opplevelse av kystkultur. Her kan du fiske, se sjøfugl og overnatte på rorbu eller fyr. Hitra og Frøya ligger 130 kilometer sørvest for Trondheim. Bil, båt og buss gir deg muligheten til å få med deg den spennende Trøndelagskysten.

Nord-Norge Bodø er det komplette knutepunktet i nord og er en base for opplevelser i Nordland og hele Nord-Norge. Verdens sterkeste malstrøm Saltsraumen og det historiske handelsstedet Kjerringøy er to av mange attraksjoner i Bodø regionen. **Alta** er den største byen i Finnmark og byr på nordlys og midnattsol, vakre fjell, samisk kultur og reindrift. Eventyrlige aktiviteter venter på deg i Alta!



October • oktober



Celebrating culture. Expanding horizons.

October is Foundation Month for Sons of Norway! It's a great time to think about all the worthwhile philanthropic opportunities our Foundation offers and how you might want to support them.

For example, did you know that the Sons of Norway Foundation offers multiple scholarship opportunities that are awarded every year to students throughout the organization? Also, did you know that the Foundation annually offers four different grants to fund local programs that benefit communities throughout the U.S., Canada and Norway?

Because of the great work that the Foundation does and the significant need of members, students and lodges, Sons of Norway is asking all members to consider supporting the Foundation by making a contribution this month. Your support will ensure that the Sons of Norway Foundation can continue to make a significant positive impact on the communities it serves, while helping lodges and individuals achieve their dreams.

If you'd like to make a contribution to the Sons of Norway Foundation, you may visit us on the web at www.sonsofnorway.com/foundation or call (800) 945-8851.

Pumpkin and Beef Casserole

Adapted from www.apéritif.no

- 2 lbs trimmed tender beef, diced
- 2 large garlic cloves, minced
- 2 plum tomatoes, chopped
- 1 tbsp salt
- 1 tsp tabasco
- 12 dried apricots, cubed
- 2 cups white wine
- 3 large sweet potatoes, peeled and cubed
- 4 shallots, roughly chopped
- 3 tbsp olive oil
- 1 green bell pepper, cubed
- ½ tsp ground pepper
- 1 tsp sugar
- 3 large potatoes, peeled and cubed
- 3 cups beef stock, water or broth
- 1 medium sized pumpkin (about 7¾ lbs)
- ½ cup fino sherry
- fresh coriander
- ¼ cup melted butter
- 2 fresh cobs of corn

Heat oil in a large frying pan and brown beef. Add onion and garlic and saute until soft. Add remaining ingredients and bring to boil. Cover and simmer for 45 minutes.

Bring lightly salted water to a boil. Add corn and boil for 4 minutes. Remove from water and allow to cool. Cut kernels from the cob and set aside.



Remove the top of the pumpkin, creating an 8" or 9" opening. Remove strands and seeds. Brush the inside of the pumpkin with melted butter. Place pumpkin in a baking dish. Add sherry and corn to the heated meat mixture and pour into the pumpkin. Replace the pumpkin top and place in the oven on the lowest rack at 350° F. Bake for 1 hour. Serve directly from the pumpkin and include the tender flesh of the pumpkin.



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Leif Erikson Day – Oct 9



An official U.S. holiday, Leif Erikson Day commemorates the achievements of famous Norse explorer, Leif Erikson. Credited with being the first European to reach the North American continent, Erikson arrived almost four centuries before Columbus. In honor of this special date, let's take a closer look at a few facts about the holiday and the man that inspired it.

Erikson or Eiriksson or Ericson? - The spelling of Leif Erikson's name varies in relation to the language it is being translated to. In his own language, Old Norse, his name would have been Leifr Eiríksson.

Family Ties - Leif was the second son of legendary Norse explorer, Erik the Red, who is believed to have established the first European settlements in Greenland around A.D. 980. Erik the Red was supposed to join his son's expedition to North America but a fall from horseback prior to the ship's boarding left Erik with misgivings about the voyage. Believing his fall to be a sign of an ill-fated trip, Erik stayed behind.

Where in North America is Vinland? - The Groenlendinga saga suggests Erikson made three landfalls: the first at Helluland, now widely believed to be Baffin Island in the present-day Nunavut, Canada; the second in Markland or what we would now know as Labrador, Canada; and Vinland.

Although it is believed that Vinland is located somewhere in Newfoundland, perhaps at the excavated site of an 11th-century Viking base camp found at L'Anse aux Meadows in the 1960's, the definitive site of the settlement remains heavily debated. In fact, the etymology of the Norse word itself has yielded at least two possible meanings, "wine-land" or "pasture-land" depending on translation and interpretation of the descriptions provided in the sagas. While it is predominantly believed that the correct translation is "wine-land," theorists point out that the wild grapes described in the sagas cannot be found today as far north as Newfoundland. Explanations for this are varied, offering that perhaps Erikson's men mistook wild berries for grapes, that the climate was warmer and more hospitable during that time, or that the saga-writers simply embellished the abundance of the land to make it more appealing.



Why October 9? - The official date of Leif Erikson Day doesn't directly correlate to Erikson's arrival in North America. Instead—in a nod to the same explorative spirit that fueled Erikson's journey—the date marks the arrival of the very first immigrant ship from Norway, the *Restauration*, to New York in 1895. Exactly 100 years later, President Coolidge declared Erikson the first European to discover America during a commemorative address in Minnesota. In the years that followed several U.S. states adopted the date as a state holiday and in September of 1964 Congress approved a public resolution authorizing President Johnson to declare October 9 as Leif Erikson Day nationwide.



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Viking Games

During the Viking Age, daily life involved a lot of heavy labor, particularly in agriculture. But the Vikings' lives were not without fun. In a recent study, Leszek Gardela, an archaeologist at the University of Rzeszów, matches descriptions from saga literature with excavated artifacts to reveal how Vikings entertained themselves during leisure time. They loved board games, gambling, sports challenges, dancing, music and crafts. Leisure activities were often associated with festivals, weddings, religious events, market days and other social gatherings, though not exclusively.

While being an amusing way to pass the time, many Viking sports served a secondary purpose of preparing men physically for battle, usually involving displays of strength, agility, masculinity and violence. An ideal warrior needed to be adept of body and mind, and the games were part of their preparation.

Weightlifting challenges used boulders as weights to determine the brawniest competitor. Tug-of-war, or *toga honk*, was also popular. Wrestling (*glíma*) was widespread, and the object was to throw one's opponent off his feet onto his back using the strength of one's arms. The matches were violent and sometimes ended in broken limbs or worse. Warriors would also participate in weaponry games to hone their battle skills. Competitions in archery, sword fighting and spear- and stone-throwing offered prizes. Various other physical games were played including animal skin-throwing games (*hornaskinnleikr* or *skinnleikr*), full-contact ball games (*knattleikr*), turf games (*torfleikr*), and scraper games (*sköfuleikr*), similar to hockey. Though these offered a slightly less rugged type of sport, tripping and shoving were fair play and even these "more civilized" games sometimes turned violent and proved fatal.

Board games were played to develop intellect, strategy and problem-solving abilities, and being adept at these games was considered noble. *Hnefatafl* was a favorite war board game for two players, an ancestor of chess by about four centuries, having been well-known by 400 A.D. The two players do not start with an equal number of pieces, however. One side is surrounded by the other's army, and outnumbered, and the object is to protect one's king and strategize your way to victory, or at least safety, by thinking like your opponent.

More peaceful hobbies were also pursued, such as woodcarving, whittling, and embroidery. Also, music and storytelling were other favored pastimes and epic historical tales survived by word of mouth. Being an engaging storyteller was a prized skill, and some people did it professionally.

While Vikings lived hard lives with little time for leisure activities, they were certainly adept at amusing themselves when the opportunity arose.



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United Nations Day

October 24, 2014 marks the 69th anniversary of the United Nations serving as a force for global peace and progress. The holiday will celebrate its ability to create solutions to worldwide issues such as hunger, human rights, sickness and war.

For nearly 70 years United Nations Day has been observed world-wide in commemoration of the day in 1945 when the UN Charter went into effect and became the foundation for maintaining world peace and security. These members of the Security Council which ratified the charter were: France, the Republic of China, the Soviet Union, the United Kingdom and the United States.

In the United States, the President has issued an annual proclamation for United Nations Day each year since 1946. In Kosovo, the day is a holiday, since the state is administered by the UN Interim Administration Mission. The main locations of the UN (New York, The Hague, Geneva, Vienna and Nairobi) organize activities such as concerts, discussions on the work of the UN and visits by dignitaries.

The day is celebrated with speeches, discussions, meetings, and exhibits about the organization's aims. A conference called UN Day is also held annually, giving young people the chance to contribute ideas on a selected topic. Panel discussions are moderated by specialists on each subject. The event celebrates the work that the United Nations does to improve lives and solve global issues. In the United States, over 100 chapters of the United Nations Association of the US hold more than 175 UN Day events in 33 states, the District of Columbia and Puerto Rico.

Senator Timothy E. Wirth, President of the United Nations Foundation, issued the following statement in 2012 to commemorate United Nations Day: "For nearly 70 years, the United Nations has been a force for progress and peace in the world. As the world confronts urgent problems that transcend borders, the UN is more important than ever. It is the one institution with the global reach, scale, and capacity to mobilize international action to address these problems without passports. Let us recognize the UN's lifesaving and life-changing work and advocate for a strong U.S.-UN relationship. Working with the UN, we can build a safer, healthier, and more just world for our children and our grandchildren."



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a little in English...

Alt for Norge

Alt for Norge (Everything for Norway) is a Norwegian reality series produced by Monster Entertainment for TVNorge. In the series, twelve Norwegian-Americans compete to see who is the "most Norwegian" with help from different Norwegian themed challenges. The series was named the best competitive reality show by Gullruten (Norwegian TV awards) in 2011, the best reality show by Gullruten in 2012, and was also nominated for best new program series in 2011 and awarded best clip/editing in 2012.

For five years in a row TVNorge has gone on a trip with twelve charming and outspoken Norwegian-Americans in search of their Norwegian family. This year the show has included, among others, an American football athlete, a pastor, a model and a marine biologist who writes novels about a sexy troll. To meet in Norway has brought out heavy emotions for all of the participants.

"Alt for Norge is founded on a real love for Norway, and participants have a genuine motivation to find out more about their Norwegian roots. This makes the program more genuine and warm-hearted than many others. Additionally the Americans are not arrogant and will put themselves out there and those that do are easy to like," says the show's host, Henriette Bruusgaard.

The show is filmed throughout Norway, and participants are competing to find out who is the most "Norwegian". They must go through a series of Norwegian challenges, and in the process bust myths about both Norwegians and Americans. The one who stands until the end wins a meeting with their Norwegian relatives.

The series is rated as one of TVNorge's largest achievements, and the concept has been sold to several countries. The new season was filmed from April to June and will be aired in the fall 2014.

litt på norsk...

Alt for Norge

Alt for Norge er en norsk reality-serie produsert av Monster Entertainment for TVNorge. I serien konkurrerer tolv norskamerikanere om hvem som er "mest norsk" ved hjelp av forskjellige oppgaver med norsk tilsnitt. Serien ble kåret til beste konkurransedrevet reality under Gullruten 2011 og beste reality under Gullruten 2012, og var i tillegg nominert i klassen beste nye programserie i 2011 og fagprisen beste klipp/redigering i 2012.

For femte år på rad drar TVNorge på tur med tolv sjarmerende og frittalende norsk-amerikanere på jakt etter sin norske slekt. Denne gangen har kanalen, blant annet, fått med seg en amerikansk fotball spiller, en pastor, en modell og en marinbiolog som skriver en roman om sexy troll. Møtet med Norge satte sterke følelser i sving for dem alle.

"Alt for Norge er tuftet på en ekte kjærlighet til Norge, og deltakerne har en genuin motivasjon for å finne ut mer om sine norske røtter. Dette gjør nok programmet mer ekte og hjertevarmt enn mye annet. Dessuten er amerikanerne utrolig lite selvhøytidelige og byr på seg selv, og sånne folk blir man lett glad i," sier programleder Henriette Bruusgaard.

Programmet spilles inn over hele Norge, og deltakerne skal konkurrere om hvem som er "norskest." De må gjennom en rekke urnorske utfordringer, og snur i prosessen opp-ned på myter om både nordmenn og amerikanere. Den som står igjen til slutt vinner et møte med sin norske slekt.

Serien er en av TVNorges aller største seersuksesser, og konseptet har blitt solgt videre til flere land. Den nye sesongen spilles inn fra april til juni og sendes høsten 2014.