



SONS OF  
NORWAY

Newsletter Service  
September, October 2011



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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 printed six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

We are now making the Newsletter Service primarily available online from the Sons of Norway website, which can be found at [www.sonsofnorway.com](http://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 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](mailto:eevans@sofn.com).

Fraternally,

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

Linda Pederson  
Fraternal Director  
Sons of Norway



### September • september

#### Norwegians Hope to Recover Amundsen Ship from Canada

Norwegian investors hope to reclaim an almost 100 year-old piece of Norwegian history from Canadian waters. For the past 80 years the wreck of the *Maud*, named for Queen Maud of Norway and built for Roald Amundsen's second Arctic expedition in 1916, has weathered the ice of Cambridge Bay in Nunavut, Canada.



*The wreck of the Maud, Cambridge Bay  
Photo: Ansgar Walk, Wikimedia Commons*

After the second phase of the Northeast Passage expedition, the *Maud* was sold in 1925 and used as a floating trading post. Five years later the ship sank at its mooring. Ownership of the *Maud* stayed with Hudson Bay Co. until 1990 when the ship was purchased by Asker, Norway for \$1.

Today, investors behind the group *Maud Returns Home* are working to return the *Maud* to Norway--an endeavor that could cost as much as \$10 million (USD)--in the hopes of creating a new museum exhibit around the famous ship. Relocation of the ship would not be an easy task. The wreck would need to be raised with balloons and readied for a long journey aboard a barge. Officials in Asker must also secure a cultural properties permit from the Canadian federal government.

The relocation of the *Maud* is a very disheartening notion to the Canadian community, who enjoy the ship as a tourist attraction and a piece of local fur trade history. The International Polar Heritage Committee, Parks Canada and the Government of Nunavut are also skeptical of the plan. Susan Barr, President of the International Polar Heritage Committee says, "In Canada, *Maud* could some day become part of a United Nations world heritage site, organized around the voyages of the early European explorers in the Arctic." Some residents of Asker have also opposed the plan to relocate the ship, saying the proposed futuristic design of the *Maud* museum would clash with the surrounding idyllic fishing harbor.

*Adapted from various sources*

### September • september

- **Norwegians Hope to Recover Amundsen Ship from Canada**
- **The Norway Lemming**  
2011 could be a banner year for lemming populations in Norway, find out why here.
- **Oslo & London's Pricey Parking**
- **Notable Dates in Norwegian History**
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Enjoy this translated selection from "Sons of Norways Røtter"

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### The Norway Lemming

As a result of a mild and snowy winter, the Norwegian Lemming enjoyed perfect breeding and habitat conditions, marking for a potentially historic population boom this year.



*The Norway Lemming*  
Photo: Wikimedia Commons

Lemmings are a creature plagued by urban legend, with numerous myths attributed to the small rodent. For instance, in the 1500's it was believed by geographer Ziegler of Strasbourg that the rodents fell from the sky during stormy weather and then died suddenly when the grass grew during Spring. Strasbourg's theory was later refuted by natural historian Ole Worm, who noted the lemming's similarity to other known rodents.

Within Norway there is also a popular theory that lemmings explode when angry. While exploding lemmings may sound like a silly idea, there is some truth to the angry lemming theory according to researcher Per Gustav Thingstad of the Norwegian University of Science and Technology. Lemmings can actually become so temperamental that they develop metabolic and blood pressure related problems that cause them to die of stress.

Or perhaps, you've heard the myth that lemmings often commit acts of mass suicide during migration. While lemmings do often migrate in large groups and are subject to the dangers these migrations entail, like drowning, they do not actively commit suicide on a mass scale. It is believed that the chaotic three to four year fluctuations of the lemming population are more likely attributed to population swings of their predators.

To learn more about the Norway lemming, visit [http://en.wikipedia.org/wiki/Norway\\_lemming](http://en.wikipedia.org/wiki/Norway_lemming).

*Adapted from various sources*

### Oslo and London's Pricy Parking

A recent study conducted by Colliers International, a real estate consulting firm, sets Oslo and London at the top of the world's most expensive cities to park a car.

The study of 156 worldwide locations and central business districts surveyed parking garage costs on both a monthly and daily basis. While London has the distinction of having the highest monthly parking costs of over \$1,000, Oslo has the highest daily rate of just over \$89. Study results also showed an almost worldwide increase in parking rates for the last 12 months, excluding the U.S. The downtown and midtown areas of Manhattan also ranked fairly high on the list, taking 17th and 18th place for monthly rates (\$533, \$541) and 35th and 15th place for daily rates (\$30, \$41).

#### Highest Per Month:

1. London \$1,084
2. London (West End) \$1,014
3. Zurich \$822
4. Hong Kong \$744.72
5. Tokyo \$744

#### Highest Per Day:

1. Oslo \$89.04
2. Copenhagen \$73.11
3. Melbourne \$69.53
4. Sydney \$67.42
5. London \$65.97



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#### Custard Cream Tartlet (Linsler)

*Authentic Norwegian Cooking  
by Astrid Karlsen Scott*

##### Pastry:

- 2 cups flour
- ¾ cup butter
- 2 egg yolks
- 2½ tbs. sugar

##### Custard Cream:

- 1 cup milk or coffee cream
- 1 vanilla bean, cut lengthwise
- 4 egg yolks
- ¼ cup sugar
- 1 tbs. cornstarch

Custard Cream: In a heavy pan make the custard by bringing the milk and the vanilla bean to a boil, let simmer 10 minutes. Remove vanilla bean. Beat eggs and sugar until *egggedosis* consistency (light and fluffy). While stirring, add spoonfuls of the boiling milk to the egg mixture. Place it all, with the cornstarch, back into the pan over moderate heat, stirring constantly until thickened. It must not boil. Cool in cold water.

Pastry: Blend the butter into flour with pastry blender, or with your finger tips, until it resembles small peas. Add sugar and egg yolks and work together quickly into a soft dough. Form into a ball and chill. Roll out ⅔ of the pastry and line greased *linse* pans, preferably heart-shaped. Divide the filling equally among the lined pans. Roll out remaining pastry and lay over filling, using unbeaten egg white on edges as a binding agent, and pressing gently around the edges. Place on cookie sheet and bake at 400° F for approx. 15 minutes or until golden. Cool a few minutes before carefully removing from the pans, as they are quite fragile. These tartlets are usually frosted with sugar glaze or sprinkled with confectioners' sugar. Makes 15.

*Linsler bring back memories of many special family get-togethers at Nesodden. If you do not have heart shaped linse pans, muffin pans may be substituted.*



#### Notable Dates in Norwegian History

- c. 870 Norwegian Vikings colonize Iceland.
- c. 900 Harald I unites Norway.
- c. 985 Erik the Red colonizes Greenland.
- c. 1000 Leif Eriksson sailed to North America.
- 1349-1350 An epidemic of plague kills about half the people of Norway.
- 1380 Norway was united with Denmark.
- 1536 Norway becomes a Danish province.
- 1814 Denmark gives up Norway to Sweden but kept Norway's island colonies.
- 1884 The cabinet of Norway becomes responsible to the parliament instead of the king.
- 1905 Norway gains independence.
- 1940-1945 German troops occupy Norway in World War II.
- 1945 Norway joins the United Nations.
- 1949 Norway becomes a member of NATO.
- 1957 King Haakon is succeeded by Olav V.
- 1960 Norway and six other nations form the European Free Trade Association.
- 1970's Norway begins producing petroleum and natural gas from North Sea fields, greatly stimulating the economy.
- 1991 King Olav V is succeeded by Harald V.
- 1994 Norway rejects joining the European Union.



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*a little in English...*

### America Fever Spreads

It would take all of 11 years before the Norwegian emigration was an annual phenomenon. Yet, there is no doubt that the first group had a large significance for later emigration. Letter exchanging and people that traveled back [to Norway], talked positively about the quality of life. In 1836, two brigs traveled from Stavanger and a year later the term "American fever" was already a fact.

However, the amount of emigrants varied starkly from district to district in Norway. In the span of nine years (1836-1845) the emigration spread itself to nine out of the country's 19 counties. But, all emigration that took place as late as 1846 was concentrated in Western and Eastern Norway. A few boats from Trøndelag or Northern Norway weren't yet ready to be sailed.

This may of course be coincidental, but one can recall that communication methods were quite bad. It took time before the "promised land" was commonly known. In the first years, Southwestern Norway had the largest emigration, something that strengthens the explanation that the first emigrants influenced their relatives and friends to follow them.

*Selection translated from "Sons of Norways Røtter" (Roots)  
by Oddstein Rygg*

*litt på norsk...*

### Amerikafeberens Brer Seg

Det skulle ta hele 11 år før den norske utvandringen ble et årvisst fenomen. Likevel er det ingen tvil om at den første gruppen hadde stor betydning for senere utvandring. Brevveksling og folk som reiste tilbake, fortalte om gode levekår. I 1836 reiste to brigger fra Stavanger og allerede året etter var begrepet "Amerikafeber" et faktum.

Men mengden utvandrere varierer voldsomt fra distrikt til distrikt her i Norge. I løpet av de påfølgende 9 år (1836-1845) spredte utvandringen seg til 9 av landets 19 fylker. Men all utvandring var så sent som i 1846 konsentrert om Vest- og Øst-Norge. Noen båt fra Trøndelag eller Nord-Norge var ennå ikke seilingsklar.

Dette kan selvfølgelig skyldes tilfeldigheter, men en skal huske at kommunikasjonsmidlene var svært dårlige. Det tok tid før det "forjettede land" ble alment kjent. I de første årene var det Sør-Vestlandet som hadde den største utvandringen, noe som styrker forklaringen om at de første utvandrerne påvirket sine slektninger og venner til å komme etter.



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### Cultural Key to Happiness

As Sons of Norway members, there are many benefits that we enjoy on a regular basis, from travel discounts to *Viking* magazine and all the cultural programming in-between. But, did you know that your membership might in fact do much more?

A recent study conducted by the Journal of Epidemiology and Community Health of 50,000 Norwegian men and women uncovered an interesting link between culture and happiness. Participants who attended and engaged in cultural activities were more likely to report a higher satisfaction with life and better health than participants who did not engage in cultural activities. What types of activities you may ask? Study examples included both "receptive" activities like visits to museums, art exhibits, concerts, films and plays, along with attending church and sporting events and "creative" activities like playing sports, dancing, singing, fitness and physical activity and social clubs.



Men in the study saw particularly high benefits, as men who attended cultural activities were 9% more likely to report better health and satisfaction with life than other less engaged men. These same men were also 13% less likely to have anxiety and 12% less likely to be depressed. Women also saw marked benefits in the study, however the results were less pronounced.

Overall, those who either participated in or watched five or more cultural activities per month reported a 91% satisfaction rate with life compared to 84% for those who participated in just one activity per month.

Koenraad Cuypers, Norwegian University of Science and Technology researcher and the study's lead author, says it is possible that these activities may provide a positive effect on the brain and the immune system. It is also suggested in the study that cultural activities may enhance overall health by reducing stress levels.

If you're looking for ways to take advantage of these hidden cultural benefits within your lodge, contact membership coordinator, Joe Eggers, at [jeggers@sofn.com](mailto:jeggers@sofn.com) or (800) 945-8851 ext. 697.

*Adapted from multiple sources*



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### Tune Ship Gets a Closer Look

The Viking Ship Museum in Oslo is home to some of the most famous Viking ships ever discovered, the Oseberg and the Gokstad. But did you know that one of the museum's lesser known ships, the Tune, may be much more historically significant than originally thought?

Discovered on a farm in Rolvsøy in 1867, the Tune ship was part of an unusually large burial mound measuring about 262 feet in diameter and 13 feet high. It is estimated that the ship was built around 900 AD. Although the burial mound was looted prior to excavation, the site yielded burial gift remains, including the skeletons of a man and horse as well as a sword handle.

Until recently, it was believed that the Tune ship was used solely as a grave ship, however Norwegian Institute for Cultural Heritage Research archeologist, Knut Paasche, has a different theory. Paasche believes that the Tune ship was used for much more than ceremonial purposes; maintaining that damage and wear to the hull and keel show that ship was grounded and repaired during the life of the vessel. "Six planks forward on the starboard side extended at the same place, no boat builder would do that, not even in Viking times," Paasche told Aftenposten. "While the Gokstad Ship was a large ocean-going trading vessel, and the Oseberg ship close to a pleasure yacht, the Tune ship was a fast-sailing courier ship along the coast." Paasche went on to say that the Tune ship was also equipped with unusually strong rigging for its size.

To learn more about the Tune Ship or Oslo's Viking Ship Museum, visit [kfm.uio.no/vikingskipshuset/](http://kfm.uio.no/vikingskipshuset/)

### Foundation Month

October is Foundation Month for Sons of Norway and 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 six different scholarship opportunities, that were awarded to 25 students throughout the organization this year? Also, did you know that the Foundation annually offers four different grants funds to dozens of lodges in the U.S., Canada and Norway? Each is designed to provide assistance for lodge programming and to help Sons of Norway members in need. In fact, the Humanitarian Fund is helping provide assistance to Sons of Norway families who were affected by the severe floods in Minot, ND. We are asking all Sons of Norway lodges and members to help raise donations for the Humanitarian Fund in September and October.

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](http://www.sonsofnorway.com/foundation) or call (800) 945-8851.



Celebrating culture. Expanding horizons.



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*a little in English...*

### Bunad Copies

The Norwegian institute for bunad and folk costumes gives counsel about traditional costume standards which is the basis for today's bunads. The majority of bunads are a result of a painstaking reconstruction process of extinct folk costumes. It is, however, a common misunderstanding that bunads have always existed and that they can therefore be freely copied. Such pirated copies are the closest one can come to being illegal in the context of bunads. In some cases it is (by law) illegal to copy a bunad. But, in the majority of cases, it is not because bunads are poorly copyrighted. There are many reasons for this.

One of them is that those who prepared bunads in their time did not anticipate this issue. Husflid outlets sold fabric packages to people that sewed their own bunads, or who sewed bunads for their company.

Another reason lies in the legislation. To obtain protection through design laws or copyright acts, the design must be new and have an individual character. Something that often works against a bunad's character. The marketing law has varying success in that it is difficult to judge what is "contrary to good business practice" (§25) or "an unfair exploitation of another's work or results and creates a risk for confusion" (§30).

*Translated from Aftenposten*

*litt på norsk...*

### Bunadkopier

Norsk institutt for bunad og folkedrakt gir råd om tradisjonell draktskikk som grunnlag for dagens bunader. De fleste bunader er resultat av en møysommelig rekonstruksjonsprosess av utdødde folkedrakter. Det er imidlertid en vanlig misforståelse at bunadene alltid har eksistert og at de derfor er frie til å kopieres. Denne piratkopieringen er det nærmeste man kommer ulovlig i bunadsammenheng. I noen tilfeller er det (juridisk) ulovlig å kopiere en bunad. Men i de aller fleste tilfeller er det ikke det, fordi bunadene er dårlig opphavsrettslig beskyttet. Dette har flere årsaker.

En av dem er at de som utarbeidet bunadene i sin tid ikke så denne problemstillingen komme. Husflidsutsalgene solgte materialpakker til folk som sydde bunadene sine selv, eller sydde bunadene for dem.

En annen årsak ligger i selve lovverket. For å få beskyttelse gjennom designloven eller åndsverkloven må designet være nytt og ha individuell karakter. Noe som ofte strider mot bunadens karakter. Markedsføringsloven blir med varierende hell brukt, fordi det er vanskelig å dømme hva som «strider mot god forretningskikk» (§25) eller «urimelig utnyttelse av en annens innsats eller resultater og fører med seg en fare for forveksling» (§30).



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### Soup from Meldal

*Authentic Norwegian Cooking*

*by Astrid Karlsen Scott*

- 3 lbs boneless stew meat (pork, beef and/or lamb)
- 3 quarts water
- 3-4 tsp salt
- 4 black peppercorns
- 1 chunk fresh ginger
- 1 tsp chopped onion
- 2 cups carrot in matchstick pieces
- 2 cups cabbage squares
- 2 cups rutabaga cubes

Meatballs:

- 8 ounces finely-ground meatloaf mixture

Dumplings:

- ¾ cup 10% fat cream
- 1½ tbs sugar
- ¾ flour
- 2 eggs
- ⅛ tsp ground nutmeg

Simmer the meat in the water with salt and pepper until tender, about 60-90 minutes. Remove from the stock and slice across the grain. Moisten with stock. Cook the vegetables in the stock until tender, 8-10 minutes. Make small meatballs with a teaspoon. Simmer in the stock together with the vegetables about 5 minutes.

Dumplings: Bring the cream and sugar to a boil. Add flour, stirring until the mixture forms a ball. Remove from the heat and beat in the eggs one at a time. Season with nutmeg. Make small dumplings and simmer in the stock together with the vegetables and meatballs about 5 minutes. Serve the soup with the vegetables, meatballs and dumplings. Arrange the meat on a platter and serve with boiled potatoes and flatbread.



### Are you missing out?

Have you been receiving the Viking E-post? If not, perhaps Sons of Norway Headquarters doesn't have your current email address.

To add your email address to your record:

- contact Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or [fraternal@sofn.com](mailto:fraternal@sofn.com) or
- log into the members section of [www.sonsofnorway.com](http://www.sonsofnorway.com) and click on the link to *Update email/phone*. While you are visiting the site, don't forget to update any seasonal or home address changes!

Don't miss another issue of this exciting, new and informative digital publication.

