

A Little in English The Fairy Tale of the Oil Has More Chapters

New calculations from Philips Petroleum indicate that Norway may pump oil from Ekofisk another fifty years. With that, the Norwegian fairy tale of the oil will last at least 20 years longer than expected so far.

In the original plans for the pioneering field Ekofisk, one calculated that the field would be empty as of today, 30 years after the start of the Norwegian oil production in 1971. Little by little, however, it became clear that this would not be the case, but during the later years the prospect for production at Ekofisk has been limited to a 20-year period. Prognosis after prognosis has warned that the oil age would be over within few decades.

The old prognoses have been far too pessimistic. Philips Petroleum announced, last week, the happy news that the fairy tale of the oil may continue for at least 50 years more. There is still as much oil left as one expected the field contained 30 years ago, states NRK (The Norwegian Broadcasting).

—From *Nytt fra Norge*

Know your benefits... **Sports Medal Program**

Sons of Norway recognizes the importance of healthful activities not just to prolong life, but to improve the very quality of life. The Sports Medal Program, which originated in Norway, will improve your attitude as well as your physical well-being. No matter your age and no matter your present physical condition, the Sports Medal Program offers a fitness plan for you. With your doctor's advice, you can determine the appropriate level. You don't have to be an athlete—the only one you're really competing with is yourself.

As you reach each objective, you will be awarded different grades of sports medals. Begin in pursuit of the bronze, then work yourself up to silver, gold and eventually enamel. Set your own pace. Your goal may be to obtain one medal or all sixteen! For further details, contact your sports director or the Fraternal Department, Sons of Norway, 1455 West Lake Street, Minneapolis, MN 55408.



Litt på norsk

Oljeeventyret har flere kapitler

Nye beregninger fra oljeselskapet Philips viser at Norge kan hente opp olje fra Ekofisk i femti år til. Dermed kan det norske oljeeventyret vare minst 20 år lenger enn hittil antatt.

I de opprinnelige planene for pionerfeltet Ekofisk regnet man med at feltet ville være tomt per i dag, 30 år etter at den norske oljeproduksjonen startet i 1971. Det ble etterhvert klart at så ikke ville være tilfelle, men de senere år har utsiktene for fremtidig utvinning på Ekofisk vært begrenset til en 20-årsperiode. Prognose på prognose har varslet oljealderens slutt om få tiår.

Men de gamle prognosene har vært alt for pessimistiske. Philips Petroleum kunne i forrige uke slippe ut den glade nyhet at oljeeventyret på feltet kan fortsette i minst 50 år til. Det er fortsatt like mye olje igjen som det man trodde feltet inneholdt for tretti år siden, melder NRK.

—Fra *Nytt fra Norge*

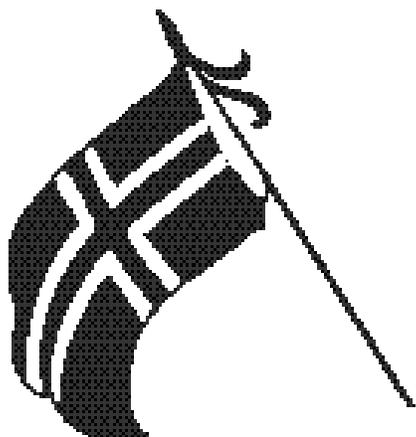
Against Dieting

For the first time in Norway, a country-wide campaign will be launched to reduce eating disorders within sports. During the next four years, trainers, leaders, health personnel, active athletes and parents of young people will learn what they may do to counteract young girls' preoccupation with having a low weight.

"In contrast to society in general, in sports we take the topic of eating disorders seriously," stated Dr. Jorunn Sundgot-Bergen, leader of the project.

—From *Nytt fra Norge*

Happy Syttende Mai!



Hurra for Syttende Mai!

Frigjøringsdag - May 8, 1945, Norway's Liberation Day

After five years under German occupation during World War II, Norway's long-awaited day of liberation came on May 8, 1945. At this time, Germany still had nearly 350,000 well-equipped and trained soldiers throughout Norway. But as the German army surrendered at several points on the European front, Norway at last received its liberation as well. Though Norway still feared that the German soldiers would not concede peacefully, hardly any incidents were reported during the liberation. Joy and gratitude swept through Norway and for several days the people celebrated. Never before had Syttende Mai been celebrated with such vigor as in 1945.

For a related topic, consider reading fellow Sons of Norway member Harald Revaa's fascinating book on survival after being torpedoed during World War II. The book is entitled *A Merchant Seaman's Story* and may be obtained from Cordillera Books, 8415 Granville Street, Box 46, Vancouver, BC V6P 4Z9.

Happy Mother's Day!

Word Find

Look for the individual Norwegian words below. Remember they may be spelled forwards or backwards, or even diagonally or upside down.

E	I	F	O	R	Å	Ø	V	I
A	N	I	Q	S	M	H	R	N
I	D	R	T	T	Z	Y	G	F
L	G	J	M	E	R	G	E	R
T	E	D	Ø	R	D	G	O	D
H	A	Å	T	V	A	E	S	H
X	T	T	E	T	S	L	D	U
H	S	A	K	T	E	I	E	K
H	I	K	E	A	E	G	G	Æ
W	S	K	M	N	S	L	G	D

Adjø (formal) = Goodbye!

Ha det! (informal) = Goodbye!

God natt (used when you go to bed) = Good night!

Vi sees = See you (later)!

Takk for sist! = Thank you for last time (we were together)!

Hyggelig å møte deg! = Nice to meet you!

If you would like to hear how these words and phrases sound, go to Sons of Norway's web site, www.sofn.com, and click on Language Lesson 2. Then click on the words you want to hear.

The Month of May

There are many traditions around the month of May in Norway. It is the month when birds return, and flowers cover the forest floor like carpets. The singing of the cuckoo bird is welcomed as the true sign that spring has arrived, and summer will not be far behind. Superstitions around the cuckoo bird are many. If you first hear the cuckoo bird singing from the south, you will have a good harvest. If it sings from the north, someone will die. If it sings from west, your wishes will be fulfilled, and if it sings from the east, there will be a wedding and good fortune.

—From *Hva dagene vet*



June 2001

A Little in English Ever More Ships Visit Bergen

Bergen was visited by cruise ships a total of 172 times in the year 2000, and with that beat Oslo. It is also a new record, states *Havneavisen* (newspaper).

Geiranger, too, had more ships calling than Oslo. Geiranger had 135, while Oslo had 112. Oslo was visited by the largest number of passengers, while Bergen had 109,000.



Know your benefits...

Make New Friends

The sun is shining, the birds are chirping, and spirits are soaring. After a long winter, what better time to pack up the family car, hit the road, and do some exploring. In addition to seeing the sights this summer, how about forging some new friendships? There are over 400 Sons of Norway lodges in the United States, Canada and Norway. Go to the Sons of Norway web site www.sofn.com and click on "Lodge Directory" and you will find the lodges in the area you plan to visit. Use this membership benefit to meet others who share your enthusiasm for Norway and the Norwegian heritage.

Juni 2001

Litt på norsk Stadig flere skip besøker Bergen

Bergen hadde besøk av cruiseskip hele 172 ganger i 2000, og slår dermed Oslo. Det er også ny rekord, melder *Havneavisen*. Også Geiranger hadde flere anløp enn Oslo. Geiranger hadde 135, mens Oslo hadde 112. Oslo hadde besøk av flest passasjerer, med 109.000, mens Bergen hadde 99.000.



God ferie!

(Have a Nice Vacation?)



Rock carving in Hundvåg

Two little girls, Alexandra Bore (8) and Marita Meling (9) in Hundvåg, Rogaland, have discovered rock carvings which date back to 1800 B.C. The rock carvings show people on-board a boat with a mast. Close by is a circular form. It might be a sign that the sun was worshiped, says archeologist Helge Sørheim. He describes the find as sensational and praises the two girls for notifying the right authorities.

—From *Nytt fra Norge*



The Month of June

With the light nights of June, even the trolls are out. You may hear the water sprite shriek from deep forest ponds while the troll in the waterfall, *fossegrimen*, plays his violin and the elves dance in the grass. Female trolls may transform themselves into black cats. You might especially hear them meowing around the cemeteries.

June is said to have only one day that is dangerous, June 6. People who leave to travel abroad on that day may not return. If you get married on that day, the marriage is doomed. Lucky days are June 1, 3, 11, 19, and 21. The flower of June is the rose, and the lucky gem is the agate.

—*From Hva dagene vet*



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E	I	F	E	S	Å	Ø	Æ	S
O	N	I	Q	S	N	O	R	O
I	D	V	E	T	U	R	F	M
L	G	L	Æ	M	R	V	O	M
H	J	E	Y	R	G	O	R	E
J	S	O	M	K	A	T	F	R
E	D	O	G	T	S	K	K	U
L	T	U	R	A	Y	N	K	K
P	E	T	A	K	K	O	N	Æ
Å	N	A	Å	K	E	G	T	U

Unnskyld! = Excuse me/sorry!

Hjelp! = Help!

Vær så god! = Please (as in "please help yourself"!)!

Takk for nå! = Thank you for this time together!

God sommer! = Have a nice summer!

God tur! = Have a nice trip!!

If you would like to hear how these words and phrases sound, go to Sons of Norway's Web site, www.sofn.com, and click on Language Lesson 3; then click on the words you want to hear.

**Happy
Father's
Day**