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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 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 Melissa Johnson at mjohnson@sofn.com.

Fraternally,

Linda Pederson
Fraternal Director
Sons of Norway



SONS OF NORWAY

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

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New Norwegian Films Breaking into International Market

Løvekvinnen – The Lion Woman

In August, "The Lion Woman" (Løvekvinnen) premiered at the 44th Norwegian International Film Festival in Haugesund and had already been sold for distribution to 40 countries. Based on the bestseller by Erik Fosnes Hansen, the drama follows the trials of Eva, a girl born in 1912 with a disorder that causes fur to grow over most of her body. Her ashamed father first tries to hide her from society, and she later suffers bullying and humiliation from all sides. Written and directed by Vibeke Ildsoe, the film was partially filmed in Lillehammer, and has the largest budget for a Norwegian film since "Kon-Tiki." This beautiful tale of otherness, tolerance and redemption shows how the Lion Woman learns to face and overcome these obstacles.

Norwegian nominating committee selects entry for Oscars

Each year a committee from the Norwegian film industry chooses one finalist to represent Norway at the Oscars in the category of best non-English language film. This year's selection is "Kongens Nei" (The King's Choice), a historical drama set in 1940 in which King Haakon VII and the Norwegian government face the German invasion and an ultimatum of capitulation. Haakon VII is expertly played by Danish actor Jesper Christensen, who conveys the humanity and loneliness of the king in this situation. Anders Baasmo Christiansen ("Kon-Tiki," "Buddy") plays Crown Prince Olav, who is fiery and impatient compared with his father's wise self-restraint. The film portrays the turmoil during a momentous chapter in Norwegian history, and the universal theme of making impossible choices in dire situations. The two other nominees were Erik Skjoldbjærg's "Pyro Manen" and Rune Denstad Langlo's "Welcome to Norway!" which also stars Anders Baasmo Christiansen.

Hybrid Technology Coming to Hurtigruten Ships

Earlier this month the Norwegian expedition operator and cruise line, Hurtigruten, announced the construction of two hybrid expedition ships. Designed by Rolls Royce and constructed by Kleven Yards in Norway, the vessels represent the biggest single investment made by Hurtigruten in the company's history. "It is beyond doubt that the future of shipping is both silent and emission-free. We will use our new expedition ships as 'icebreakers' for this technology and show the world that hybrid operations on large ships are already possible now," says Hurtigruten CEO Daniel Skjeldam.

Set to debut in 2018 and 2019, the hybrid ships will be released in two phases. The first phase will see the completion of a single 530-passenger ship outfitted with an auxiliary electric engine, capable of sailing via electric propulsion for 15-30 minutes. A first of its kind in the world, the vessel's combination of hybrid technology, hull design and onboard electricity efficiencies are projected to reduce fuel consumption and carbon dioxide emissions by 20 percent.

The objective of the second phase is to expand upon electric capabilities with a fully-fledged hybrid engine that will sustain the second passenger ship for greater lengths of time and distances. The battery propulsion will also offer a silent and emission-free solution for navigating into fjords and vulnerable port locations.

Bellona, a Norwegian environmental NGO with close ties to the project, is optimistic about the potential for the new hybrid maritime equipment. Bellona founder and President Fredric Hauge says, "This is an historic day for Norwegian shipping and for Norwegian maritime technology. Battery powered propulsion in ships this size shows that batteries are on board to stay. This represents a huge reduction in emissions from shipping, and it is only the beginning."

To learn more about the project, visit <http://tinyurl.com/jxcc9ov>



New American Embassy in Oslo

Norway's new American Embassy, currently under construction in Huseby, a western suburb of Oslo, will be completed by the end of the year.

Designed by New York's EYP Architecture & Engineering, the five-building campus features a chancery, underground annex, Marine security guard quarters and three entry pavilions. Workspaces in the building will support a staff of 200 employees. Planned outdoor spaces take cues from Norwegian design principles by utilizing the area's mature trees and stream to meld the new building with the natural landscape.

Serving an important and unique function, the new embassy site and building plans had to meet a number of key requirements. The previous building's location near Oslo's city center is dense and highly trafficked and posed security challenges. In addition, the U.S. Department of State's Bureau of Overseas Building Operations issued a new list of guiding principles in 2011 which required that consulates and embassies be both "safe and functional and inspiring places for the conduct of diplomacy and ... a facility that represents the best of American architecture, design, engineering and construction." In essence, buildings must be aesthetically beautiful and meet high security and safety requirements. In respect of these principles, architects sought inspiration from local materials, utilizing white Norwegian granite on the building's façade and a copper roof, inspired by the Norwegian copper utilized in the Statue of Liberty.

In addition to design and safety considerations, sustainability and energy efficiency were also at the forefront of plans for the project. The new embassy will qualify for a Silver Certification in Leadership in Energy and Environmental Design (LEED) and energy needs for the building will be met almost entirely by renewable energy sources.

To learn more and to see plans of the building, visit <http://eypaedesign.com/design-diplomacy>

Turkey Soup with Norwegian Dumplings

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- 2 cups chopped celery, including tops
- Salt and pepper
- Norwegian dumplings
- ½ cups chopped fresh parsley

Place turkey bones and scraps into a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Season with salt and pepper to taste.

Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk
- ½ tsp. nutmeg
- 2 Tbsp. butter
- 1¼-1½ cups flour
- 2 Tbsp. sugar

In medium pan, combine butter, milk, sugar and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut-sized dumplings.

Hot Apple Grog with Blackcurrant, Honey and Cinnamon

(Serves 5), adapted from newscancook.com

- 1 quart (1 liter) apple juice
- 1 cinnamon stick
- ¼ lb. (100 g) blackcurrants
- 2 tbsp. honey

Boil all ingredients. Sieve and serve.

November :: november

a little in English...

How to Reduce your Fear of Spiders

Seeing what you fear for short intervals can trick the brain into being less afraid.

Many are terrified of things they have little reason to fear—harmless spiders, heights, flying. The fear prevents them from traveling, sleeping outdoors or enjoying the view. Exposure therapy is a known tool in the treatment of phobias. By gradually exposing yourself to what you are most afraid of, your fear may actually be reduced. You are reassured that the creepy things won't hurt you. But this treatment does not work equally well for everyone. Swedish scientists have therefore tried a new twist to make it more effective: exposure to even more creepy things.

Bombarded with images

The researchers showed terrified subjects pictures of what they were most afraid of: big hairy spiders. Most participants were women in their 20s. All had had arachnophobia much of their lives. They still volunteered themselves to be intimidated by researchers for two consecutive days. The exposure on day one was that they saw many pictures of spiders in succession. But before the participants brains' were awash in spider images, they saw two pictures of spiders. This is supposed to awaken the old fear before the actual treatment. This happened either 10 minutes or six hours before the intensive slideshow. It turned out that those participants who saw the pictures right before the exposure began were less afraid than when they saw pictures of spiders the next day. A mini-exposure before the massive exposure may therefore appear to be helpful, researchers concluded.

Paid to look at spiders

To study fear, researchers measured both brain activity and how participants behaved. So, what is really happening in the brain when fear takes hold? Part of what happens is increased activity in the amygdala. This can be said to be the fear center in the brain. The researchers put participants in a brain scanner during exposure. They took the high activity in the amygdala as a sign that arachnophobia was manifested. The participants were also paid to push a button to see a picture of a spider. But was it worth it when the reward was only a few crowns? Not as much for the group that was still afraid. These participants were less willing to expose themselves to the unpleasant than those who had calmed the activity in their brain's fear center.

litt på norsk...

Slik blir edderkoppskrekken mindre

Å se det du frykter mest med korte mellomrom, kan lure hjernen til å bli mindre redd.

Mange er livredde for det de har liten grunn til å frykte – ufarlige edderkopper, høyder, å fly. Frykten hindrer dem i å reise, sove utendørs eller å nyte utsikten. Eksponeringsterapi er et kjent virkemiddel i behandlingen av fobier. Ved gradvis å utsette deg for det du er mest redd for, kan frykten faktisk bli mindre. Du blir trygg på at det skumle ikke skader deg. Men denne behandlingen virker ikke like godt på alle. Svenske forskere har derfor forsøkt en ny vri for å gjøre den mer effektiv. Enda mer av det skumle kan se ut til å være svaret.

Bombardert med bilder

Forskerne viste vettskremte forsøkspersoner bilder av det de var mest redd for: store, hårete edderkopper. Deltakerne var av begge kjønn, men flest var kvinner i 20-årene. Alle hadde hatt edderkoppfobi store deler av livet. De lot seg likevel frivillig skremme av forskerne to dager på rad. Eksponeringen på dag én gikk ut på at de fikk se mange bilder av edderkopper etter hverandre. Men før deltakerne badet hjernen i edderkoppbilder, fikk de se to bilder av edderkopper. Det skulle vekke den gamle frykten til live før selve behandlingen. Dette skjedde enten ti minutter eller seks timer før det intensive bildeshowet. Det viste seg at de av deltakerne som fikk se bildene rett før selve eksponeringen begynte, ble mindre redde da de fikk se bilder av edderkopper dagen derpå. En mini-eksponering før den massive eksponeringen kan derfor se ut til å være nyttig, konkluderer forskerne.

Betalt for å se edderkopp

For å undersøke frykten målte forskerne både hjerneaktivitet og hvordan deltakerne oppførte seg. For hva er det egentlig som skjer i hjernen når frykten griper tak? Noe av det som skjer, er økt aktivitet i amygdala. Dette kan sies å være selve fryktsenteret i hjernen. Forskerne la deltakerne i en hjerneskaner under eksponeringen. De tok høy aktivitet i amygdala som et tegn på at edderkoppfobien ga utslag. Deltakerne fikk dessuten betalt for å trykke på en knapp for å se et bilde av en edderkopp. Men var det verdt det når belønningen bare var et par kroner? I mindre grad for den gruppa som fortsatt var redd. Disse deltakerne var mindre villige til å utsette seg for det ubehagelige enn dem som hadde roet aktiviteten i hjernens fryktsenter.

Excerpted and translated from: <http://forskning.no/helse-edderkoppdyr-psykologi/2016/08/slik-bli-edderkoppskrekken-mindre>



Winter Activities

As snow begins to fall and the colder months of winter set in, this time of year can be a great opportunity to not only enjoy outdoor activities but also embrace the coziness of the indoors. Whether you opt for an active, outdoor lifestyle or instead choose a cup of coffee next to a warm fire, here is how you can stay connected to Norwegian culture this winter.

For those looking to embrace the great outdoors:

From cross-country skiing and snowshoeing to winter nature hikes, there are plenty of outdoor activities to enjoy, even during the colder months. So grab your

skis, skates, snowshoes or winter hiking boots and enjoy the great outdoors!

For a fun group activity that gets people outdoors, try setting up a skiing group in your lodge. Then track your skiing mileage using the Sons of Norway Sports Medal program. This can be a great way to connect with other lodge members while also staying healthy and active. Contact your lodge's Sports Director to learn more about the Sports Medal program.

Or, if you're interested in event planning, this could be your chance to shine. By hosting a Barneløpet, or children's ski race, you can get your local community involved in an exciting Sons of Norway event. Check out the Idea Bank in the Member Resources section of the Sons of Norway website for more information on how to start planning.

For the warm-and-cozy lovers:

From disaster thrillers like "The Wave," to the popular Slow TV segments, online streaming services like Netflix or digital rental services like Amazon offer a variety of Norwegian films and TV series that you can enjoy in your own home.

For some activities to enjoy in the lodge setting, form a Cultural Skills group or start a Norwegian-themed book club. With units ranging from cooking to literature, there are plenty of Cultural Skills to satisfy a variety of interests. Contact your lodge Culture Director to learn more and get started.

Give the Gift of Sons of Norway this Christmas



Do you have a loved one who is looking for a way to connect with their Norwegian roots? Maybe a friend who's interested in exploring

Nordic cooking? Consider giving a membership to Sons of Norway this holiday season. As you know, there's so much to being a Sons of Norway member – whether it's connecting with fellow Norwegians in the lodge or exploring the culture on their own, your loved ones will fuel their interests with a Sons of Norway membership.

A gift membership to Sons of Norway opens up a world of benefits for its recipients: like the outstanding Viking magazine, a welcoming network of lodges, cultural programs that introduce Norwegian arts and crafts or valuable discounts on things like airfare, hotels and so much more. How many other holiday gifts can give so much?

A gift membership doesn't only benefit its recipient; it's great for your lodge, too. Giving a membership to a loved one is a great way to introduce them to lodge, especially if they aren't already familiar with Sons of Norway. In fact, many people who've been given gift memberships across the organization have gone on to be long-term members of lodges.

If you're interested in giving a gift membership for Christmas, contact Sherry Gorse, Membership Services Coordinator at (800) 945-8851.

December :: desember

St. Lucia Day

Celebrated across Scandinavia, St. Lucia Day marks the start of the Christmas season and a time to embrace lighter days to come. The national feast day, part of the Christian Calendar of Saints, is celebrated throughout Norway on December 13.



Though the holiday was first introduced with the spread of Christianity, many of the traditions truly took root when the holiday was readopted during the 20th century in Norway. Reclaiming its derivations from the Latin word for light, St. "Lucia" is honored with parades of light during the darkest time of year.

In schools across Norway, children celebrate with holiday programs and processions. Throughout hospitals, school buildings and

city centers one can find parades of children clad in white, handing out *Lussekatter* (Lucia cats), saffron-flavored buns, to those passing by.

As a way to enjoy the start of the holiday season, families can celebrate this holiday of hope and light by baking the traditional *Lussekatter* – a recipe for the buns can be found online at <https://food52.com/recipes/8318-saffron-buns-lussekatter>. Or, in honor of the Norwegian tradition families can join together in singing the St. Lucia Song (lyrics provided below).

Sankta Lucia (Norwegian)

Svart senker natten seg i stall og stuer.
Solen har gått sin vei, skyggene truer.
Inn i vårt mørke hus stiger med tente lys,
Sankta Lucia, Sankta Lucia!
Natten er mørk og stum. Med ett det suser
i alle tyste rom som vinger bruser.
Se på vår terskel står, hvitkledd med lys i hår,
Sankta Lucia, Sankta Lucia!

Saint Lucia (English)

Black night is falling in stables and homes.
The Sun has gone away, the shadows are threatening.
Into our dark house enters with lit candles,
Saint Lucia, Saint Lucia!
The night is dark and silent; suddenly a rush
in all quiet rooms, like the waving of wings.
See, at our threshold stands, dressed in white with lights in her hair,
Saint Lucia, Saint Lucia!

For more information about Christmas traditions in Norway, visit the Sons of Norway Information Bank in the Member Resources section of the Sons of Norway website at https://www.sofn.com/member_resources/cultural_programming/information_bank/.

Norwegian Coconut Macaroons

Adapted from <http://thanksforthefood.com/kokosmakroner/>

- 4 egg whites
- 8.8 oz (250g) flaked, unsweetened coconut
- 5 oz (150g) powdered sugar
- 1.76 oz (50g) vanilla sugar

Whisk the egg whites until stiff peaks form. Add remaining ingredients and gently fold together. Do not overmix. Line a baking tray with parchment paper and spoon macaroon mixture onto the tray. Cook in 350°F (180°C) oven for 10-12 minutes.

a little in English...

Why Norwegians are Driving More Slowly

Norwegian motorists have slowed their pace year after year. A wild theory has been that older drivers are slowing things down. Now researchers have studied the trend.

Several times in recent years traffic authorities have been able to determine that motorists of all ages are slowing down. Data from monitors in areas around the country with a speed limit of 80 kilometers per hour (50 miles per hour), show that the average speed has fallen by 1 kilometer per hour (0.62 mph) over the course of five years. It's not very much, but still a clear break with the tendency that traffic authorities were seeing decades earlier, which was that motorists were steadily driving faster.

Surveyed and Interviewed

Traffic researchers stood on the roadside and interviewed 204 motorists who passed the monitors. In addition, they recorded license plates and extracted data from the Motor Vehicle Registry of the 3,750 cars and car owners who passed. One of the goals of this study was to determine how much older age among motorists has had an effect on speed reduction.

Increased age is not important

"We conclude that the increased age of the drivers explains maybe 25 percent of the speed reduction. Most of the decline in speed is explained by other factors," says researcher Torkel Bjørnskau of TØI (Transportøkonomisk institutt, the Institute of Transport Economics). One such factor is that more cars being on the roads causes motorists to slow down. Another factor is that fewer people are driving recklessly on Norwegian roads. Why there are fewer reckless drivers, researchers don't know. One possible explanation is the increase of boxes with speed counters. Another possible explanation is the increased media attention on road safety and speed.

Gender, engine size and make of car

In this study researchers also found that cars with an owner aged 35-44 were driven fastest. After that, speed sinks steadily with increasing age. The researchers also looked at the drivers' gender. They did not find that speed held any connection with the car driver's gender. Some researchers, however, saw that cars with larger engines are driven faster than cars with small engines. And newer cars are driven faster than old cars.

litt på norsk...

Derfor kjører norske bilister stadig saktere

Norske bilister har satt ned farten år etter år. En het teori har vært at flere eldre bilførere får det til å gå saktere. Nå har forskere sett på saken.

Flere ganger de siste årene har trafikkmyndighetene kunnet konstatere at bilistene setter ned farten. Tall fra målere plassert ulike steder i landet med fartsgrense på 80 km/t, viser at snitthastigheten her har gått ned med 1 km/t i løpet av fem år. Ikke så veldig mye, men likevel et klart brudd med den tendensen trafikkmyndighetene så gjennom flere tiår tidligere, som var at bilistene kjørte stadig fortere.

Målte og intervjuet

Nå har trafikkforskere stilt seg opp i veikanten og intervjuet 204 bilister som passerte disse målepunktene. I tillegg registrerte de nummerskiltene og hentet data fra Motorvognregisteret om 3750 biler og bileiere som passerte. Ett av målene med denne studien var å slå fast hvor mye økt alder blant bilistene har hatt å si for fartsnedgangen.

Økt alder ikke viktigst

– Vi konkluderer med at økt alder på bilførerne kanskje forklarer 25 prosent av fartsnedgangen. Det meste av fartsnedgangen skyldes altså andre forhold, sier forsker Torkel Bjørnskau ved TØI (Transportøkonomisk institutt). En slik faktor er at flere biler på veiene, får bilistene til å sette ned farten. En annen faktor er at færre råkjører på norske veier. Hvorfor færre råkjører, vet ikke forskerne. En mulig forklaring er stadig flere bokser med fartsmålere. En annen mulig forklaring er den økte medieoppmærksomheten på trafiksikkerhet og fart.

Kjønn, motorstørrelse og bilmerke

I denne studien fant forskerne også at biler med en eier i alderen 35-44 år blir kjørt forrest. Deretter synker hastigheten jevnt og trutt med økende alder. Forskerne så også på bilførernes kjønn. De fant ikke at farten som ble holdt hadde noen sammenheng med bilførers kjønn. Noe forskerne imidlertid så, var at biler med større motor blir kjørt raskere enn biler med liten motor. Og nyere biler blir kjørt fortere enn gamle biler.

Excerpted and translated from: <http://forskning.no/bil-og-trafikk-samfunn-samferdsel/2016/08/derfor-kjorer-norske-bilister-stadig-saktere>