



SONS OF  
NORWAY

## Newsletter Service

January, February 2012



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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,

Linda Pederson  
Fraternal Director  
Sons of Norway



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### 2012 International Convention and Leadership Conference

Happy New Year to all Sons of Norway members and lodges! This is going to be an exciting year for the whole organization and there's going to be a lot of new and interesting things to learn about in the 2012 Newsletter Service.

Not least of which is that this is a convention year! This means over the coming months each district will host its own convention and then towards the end of summer Sons of Norway will host the 2012 biennial International Convention. This year the convention will be held in Fargo ND from Wednesday, August 22nd through Saturday, August 25th.

During the event, Sons of Norway will be hosting the usual International Lodge Meeting, where delegates come together to chart the course of our organization for the coming biennium. This year, however, Sons of Norway is adding something brand new, called the Innovative Leadership Conference!

Based on member research, we learned there was great interest in an event that would be of a wider interest, help strengthen the leadership skills of members and, above all, be open to ALL members. In response Sons of Norway is excited to present this new event on August 22nd and 23rd as part of the International Convention!

During the day-and-a-half conference attendees will learn leadership, communication and creativity skills that will benefit them in their roles as Sons of Norway members as well as their professional lives.

This is going to be a great event and Sons of Norway hopes you'll consider joining us in Fargo for the first ever Innovative Leadership Conference! To register or learn more about this event, visit [www.sonsofnorway2012.com](http://www.sonsofnorway2012.com) or call 612-821-4623.

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New studies in Norway reveal a surprising survival skill used by reindeer, "selective brain cooling."
- **Tubfrim Chair Retires, New Chair Announced**
- **Tromsø Rated Top Cruise Destination by Frommer's**
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- **Rare Fish Found in Oslo Fjord**
- **Winter Olympics 2022**  
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Photo: Terje Rakke/Nordic Life  
[www.visitnorway.com](http://www.visitnorway.com)

### Reindeer Cooling System Explored

It isn't just your family dog who pants to stay cool, it turns out that reindeer also have a unique brain cooling ability to prevent overheating.

In a study conducted by scientists from the University of Oslo and University of Tromsø, reindeer were trained to run on treadmills

in order to understand how physical exertion affected the reindeer's ability to cool itself.

Built for Arctic winters, reindeer have heavily insulated fur, which make it difficult for them to expel body heat. "They do not have sweat glands like humans which would ruin the insulative properties of their fur, but make use of the same principle - heat dissipation through evaporation of water - when they pant," said Lars Folkow of the University of Tromsø.

At the onset of the study, the reindeer's body cooling methods behaved as expected, with the reindeer's breathing elevating to 250 breaths a minute and blood flow to the face increasing, allowing inhaled air in the sinuses to cool the blood and circulate it to the most stressed muscles of the animal's body. It wasn't until the brain temperature of the reindeer in the study reached a critically heated level, 39°C, that the reindeer displayed its most unique and unexpected trait, selective brain cooling. In an effort to recover from potentially fatal internal temperature, reindeer are equipped with an ability to divert cooled blood from their noses to the most critical area, the brain.

As of yet, the only other animal identified as having the same "selective brain cooling" skill as reindeer, are sheep.

*Adapted from BBC Nature News*

### Venison Roast

*The Norwegian Kitchen*

- 1 ⅔ pounds (750 g) rump roast of reindeer, deer or moose
- salt
- ¾ tsp. pepper
- 8 juniper berries, crushed
- 2 tbsp. butter
- 1 ¼ cups (3 dl) water
- 1 ¼ cups (3 dl) full fat milk
- ½ cup (1 dl) 35% fat sour cream

Sauce:

- 2 ½ cups (6 dl) pan juices
- ½ cup (1 dl) whipping cream or 35% fat sour cream
- ⅓ cups (1 dl) cold milk
- 3 tbsp. flour
- soy sauce
- 1 slice brown goat milk cheese (Ski Queen)
- salt
- ½ cup (1 dl) red currant jelly
- 2 tbsp. whipping cream or sour cream

Tie the roast. Season on all sides with salt, pepper and crushed juniper berries. Brown on all sides in browned butter. Transfer to a pot. Bring water, milk and sour cream to a boil and add. Deglaze the pan with 2 tablespoons of water and pour over the meat. Simmer until an instant thermometer indicates an internal temperature of 165°F (75°C), 40-60 minutes, depending upon thickness. Turn the roast several times while simmering. Remove the roast and wrap in foil. Strain and measure the pan juices. Reduce or add stock, if necessary, to make 2 ½ cups (6 dl). Stir in cream or sour cream. Combine milk and flour and whisk into the pan juices to thicken. Season with cheese, salt, pepper and jelly. Temper with cream or sour cream. Serve with boiled potatoes, gravy and vegetables.



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### Tubfrim Chair Retires, New Chair Announced

In mid-January, Tubfrim chairperson, Knut Karlsen and his wife Svea will draw the winner of the round trip ticket to Norway. With this drawing, Knut will retire as Tubfrim chair, a position he has held for 25 years. Also retiring will be his wife Svea. During their tenure, Knut and Svea have overseen a phenomenal growth in the program, from 100 pounds of stamps being sent to Norway in 1986 to more than 3,500 pounds this year. Watch *Viking* magazine for the announcement of the ticket winner, more details about the program, and Sons of Norway's heartfelt thanks to the Karlsens for their commitment and hard work to make Tubfrim the success that it has become.

While Sons of Norway is sad about the Karlsens' retirement, we are excited to announce the new chairperson. Gene Brandvold, 28-year member, past district and International officer, and enthusiastic and longtime Tubfrim participant and advocate, has accepted the position of Sons of Norway's Tubfrim chairperson and will begin his duties following the drawing.

### Bishop

*The Norwegian Kitchen*

\* Spiced wine is a common Scandinavian drink during the holiday season. The most common drink is called gløgg, however, here is a different version called bisp, or in English, "bishop."

- 3 cups (7 ½ dl) water
- 1 vanilla bean
- 2 sticks cinnamon
- 12 whole black peppercorns
- ⅔ cup (1 ½ dl) sugar
- 1 bottle (¾ liter, 3 cups) red wine
- 3 ½ tbsp. (½ dl) 60% alcohol

Bring water, spices and sugar to boil. Simmer over low heat about 90 minutes. Strain. Add red wine and alcohol. Bishop can also be made with blueberry or cherry wine.

\* An alcohol-free version can be made with black currant or blueberry juice. Serve warm in high glasses.

### Tromsø Rated Top Cruise Destination by Frommer's

Bestselling travel guidebook series, Frommer's, just rated Tromsø as the top cruise destination for 2012.

What makes Tromsø such a popular cruise stop? Guidebook author of "Frommer's Norway," Roger Norum, calls Northern Norway a "winter (and fall, and summer, and spring) wonderland." Norum also points out that wildlife is abundant in the coastal area, with cliffs full of nesting puffins, kittiwakes and cormorants. Tromsø is also one of the best locations for viewing stunning light phenomena. "Winters in Tromsø see the magical blue season, when an iridescent cobalt blue hue engulfs everything; summers offer 24 hours of midnight sun. The remaining seasons are ideal for experiencing the Northern lights: scientists have determined this year will offer the best conditions in half a century for viewing these stunning natural phenomena," said Norum.

For more on beautiful Tromsø, visit [www.visittromso.no/en/](http://www.visittromso.no/en/) or to check out many other great Nordic destinations, visit [www.frommers.com/destinations/norway/](http://www.frommers.com/destinations/norway/).



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*a little in English...*

### Ten New Cabins Wait for You

In the span of the past year, the Tourist Association has opened ten new cabins in the cabin net, which now consists of more than 480 cabins from north to south.

Among the new cabins are romantic small cabins perfect for couples who like to be cozy next to the fire place and large cabins for those who like to be surrounded by more people when in the mountains. The cabins are very spread out: Indre Syltevik is the northernmost new cabin and lies on the northeastern tip of the Varanger Peninsula – actually farther east than Istanbul.

In beautiful Lofoten you now have the chance to visit Nøkksetra, northwest of Svolvær. Berit Rødstøl, DNT's communication advisor, characterized the cabin as the most romantic newly opened cabin of the year.

In Okstindene in Nordland, Hemnes Association is in the process of building Rabothytta at an altitude of 1200 meters, which will eventually be Northern Norway's highest tourist cabin. In addition to the fantastic view, the building will have modern architecture and will get its electricity from the sun and wind. This specific cabin will not be finished until 2013 but Hemnes Association has already allowed hikers to use the cabin.

*litt på norsk...*

### Ti nye hytter venter på deg

I løpet av året har Turistforeningen åpnet ni nye hytter i sitt hyttenett, som nå inneholder mer enn 480 hytter fra sør til nord.

Blant nyhetene er romantiske små hytter perfekte for peiskos og par, og større hytter for deg som liker å omgi deg med litt mer folk når du er på fjellet. Hyttene ligger godt spredt: Indre Syltevik er den nordligste nye hytta og ligger på nordøst-spissen av Varanger-halvøya - faktisk lenger øst enn Istanbul.

I vakre Lofoten har du nå sjansen til å besøke Nøkksetra, nordvest for Svolvær. Hytta karakteriseres av DNT's kommunikasjonsrådgiver, Berit Rødstøl, som den mest romantiske nyåpningen i år.

Ved Okstindene i Nordland er Hemnes Turistforening i gang med å sette opp Rabothytta i 1200 meters høyde, det som etterhvert skal bli Nord-Norges høyestliggende turisthytte. I tillegg til fantastisk utsikt vil bygget ha en svært moderne arkitektur og skal få energi fra sol og vind. Selve hytta er ikke ferdig før i 2013 men det er allerede satt opp ei arbeidsbu som fjellvandrere kan bruke etter avtale med Hemnes Turistforening.

*\*Taken from VG Nett, <http://www.vg.no/reisel/artikkel.php?artid=10023304>*



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### **International Leadership Conference: You're Invited!**

You're invited to the newest Sons of Norway event happening this summer!

Last month you may have read in *Viking* magazine or your lodge newsletter about the newest element of the 2012 International Convention, called the Innovative Leadership Conference. This is an exciting addition to our biennial event because, unlike the International Lodge Meeting, ALL members are invited to register and participate in the conference!

Past conventions have included a small educational component, but in recent years Sons of Norway has received feedback from members indicating an interest in an event that would be of a wider interest and help strengthen the leadership skills of members. Based on this we have put together a day-and-a-half program that will provide attendees with the skills and knowledge to become strong leaders within Sons of Norway as well as in their professional lives.

Over the course of the conference attendees will learn about a number of topics, including:

- Getting recruiting results with everything you say
- Managing changes within your lodge
- Group problem solving through collective visioning
- Creativity
- Creating passion in members and potential members
- And much more!

This is going to be an exciting event for sure, so if you think you'd like to attend or know someone who might, you can learn more about the full schedule of events, cost, topics and speaker information by visiting [www.sonsofnorway2012.com](http://www.sonsofnorway2012.com) or by calling 612-821-4623.

We invite you to the premiere Sons of Norway event of 2012 and hope you'll join us in Fargo this summer!



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### Sonja Henie TV Series & Film Planned

This year marks the 100th anniversary of the birth of Norway's "Queen of the Ice," Sonja Henie. To commemorate Henie's career as a gold medal winning skater and actress, Norwegian Broadcasting Corporation (NRK) is planning a TV series on the skater.



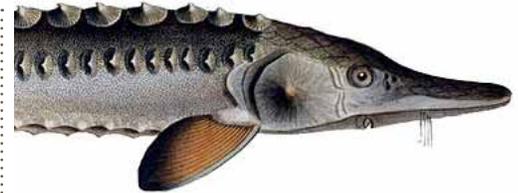
Henie is the most decorated female figure skater of all time, earning three Olympic Championships (1928, '32, '36), 10 World Championships and six European Championships. In addition to her legacy as a competitor, Henie is also credited with being the first skater to adopt the hallmarks of figure skating we know today: short skirted costume, white boots and dance choreography.

Henie also achieved new heights as an actor, becoming one of the highest paid stars in Hollywood.

Anna Bache-Wiig, the writer commissioned for the television drama series, says that funding for the project has been secured from NRK and the Norwegian Film Institute, with plans to start filming in 2013.

As for feature film plans, media sources report that director Anne Sweitsky—whose film *Happy Happy* is Norway's candidate for best foreign film at the Academy Awards—will be working on a biographical film with producer Synnøve Hørsdal.

As of yet, neither the feature film or series have cast the role of Sonja Henie.



### Rare Fish Found in Oslo Fjord

When Per Arne Johansen went fishing in the Oslo Fjord just outside of the town of Son he wasn't expecting to catch anything out of the ordinary, however, in the dark of early morning, he did just that.

Johansen landed a rare European sturgeon, a fish that hasn't been seen in Norwegian waters since 1940 and is defined as critically endangered on the International Red List. These fish are so uncommon, Johansen initially believed he had caught a large pike. It wasn't until he returned to Fjord Fishing headquarters in Son that the rare fish was correctly identified. "I thought it was fun for once to get something that is not so common...It will be fun to have the pictures as a memory, for I will never experience that again here," said Johansen.

"There are no new fish, it is a very old species that has survived two ice ages as far as I know," said Kurt Allan Hansen, general manager at Fjord Fishing.

"The Sea Research Institute will be involved here...They want to find out why this fellow has strayed into the fjord here. I have no theory how it has come here, but we hope that the Northern German species that was wiped out is on the way back," says Hansen.

*Adapted from various sources*



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### Winter Olympics 2022

In the wake of last year's successful Nordic World Ski Championships, Oslo is looking to host its next big sporting event: the 2022 Winter Olympics.

In October the president of the Norwegian Ski Association, Sverre Seeberg, announced that all seven of the winter sports organizations were in agreement about mounting a bid to host the games in 2022. "In the course of this autumn, we must get positive feedback from the City of Oslo and the state if this has any realistic possibility of succeeding," said Seeberg.

Should Oslo be successful in a 2022 bid, the games would likely be held in a number of locations in Norway: downhill skiing and bobsled taking place around Lillehammer, ski jumping in Vikersund and hockey in Oslo, Lørenskog, Asker and Østfold.

While public support for the bid appears to be high—a poll conducted just after the Winter World Championships showed 60% approval of a Oslo Winter Olympics among those surveyed—there are those that feel the significant funds needed to host the games would be better spent on infrastructure projects. Rival Norwegian hosting sites, such as Tromsø, are also speaking out against an Oslo Olympic bid.

Norway's national sports federation hasn't as of yet drafted any cost estimates for the games, however, the federation president, Børre Rognlien, says he has "informally" shared the Olympic plans with city politicians and first reactions were positive. In order to formally apply, a completed application and state guarantee must be received by the International Olympic Committee by the end of 2013.

*Adapted from Views and News from Norway*

### Winter Olympic Host Cities

-  1924 - Chamonix, France
-  1928 - St. Moritz, Switzerland
-  1932 - Lake Placid, United States
-  1936 - Garmisch-Partenkirchen, Germany
-  1948 - St. Moritz, Switzerland
-  1952 - Oslo, Norway
-  1956 - Cortina d'Ampezzo, Italy
-  1960 - Squaw Valley, United States
-  1964 - Innsbruck, Austria
-  1968 - Grenoble, France
-  1972 - Sapporo, Japan
-  1976 - Innsbruck, Austria
-  1980 - Lake Placid, United States
-  1984 - Sarajevo, Yugoslavia
-  1988 - Calgary, Canada
-  1992 - Albertville, France
-  1994 - Lillehammer, Norway
-  1998 - Nagano, Japan
-  2002 - Salt Lake City, United States
-  2006 - Turin, Italy
-  2010 - Vancouver, Canada
-  2014 - Sochi, Russia
-  2018 - Pyeongchang, South Korea



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*a little in English...*

### Ivar Aasen and New Norwegian

There was one direction sought to create a totally independent Norwegian written language based on dialects. That direction was created by Ivar Aasen (1813-1896). He was a country boy and a dialect user from Sunnmøre, and was under the early understanding that a thorough survey of dialects in various counties was integral to creating the basis for a Norwegian written language. With a public inquiry scholarship he traveled around the country from 1842-46, he made a comparative survey of grammar and vocabulary between the dialects, and made a comparative grammar of that in 1848 and a dictionary in 1850. He got a scholarship to investigate further and followed up with a little book where he compiled texts of different dialects and combined these texts to propose a common form of the dialects. This norm, which he called *landsmål* (country language), he built upon in the years that followed, by creating a larger grammar (1864) and a comprehensive dictionary (1873) and by writing poems and plays with it. At the end of the 1850s, others began to write in *landsmål* and ten years later it was taught in a *folkehøgskole* (adult learning school). The *landsmål* language was officially recognized as an official language with Danish in 1885, and was approved as a language of instruction in schools in 1892 (after local ruling). From 1890 to 1930 it expanded as a school language and as a language of popular usage in many regions, but only in the rural areas. In 1929 the language was given the official name of *nynorsk* (new Norwegian) via parliamentary vote.

*litt på norsk...*

### Ivar Aasen og nynorsken

Den eine retninga gjekk inn for å byggje opp eit heilt sjølvstendig norsk skriftspråk på grunnlag av dialektane. Denne retninga vart grunnlagd av Ivar Aasen (1813–1896). Han var bygdegut og dialektbrukar frå Sunnmøre, og kom tidleg til at ei grundig undersøking av dialektane i ulike landsdelar var nødvendig for å skape grunnlag for eit norsk skriftspråk. Med eit offentleg granskingsstipend reiste han rundt i landet i tida 1842–46, gjorde ei jamførande undersøking av grammatikk og ordtilfang i dialektane, og laga ein samanliknande grammatikk over dei i 1848 og ei ordbok i 1850. Han fekk stipend til å granske vidare, og følgde opp med ei lita bok der han samla tekster på ulike dialektar, og føydde til nokre tekster på ei foreslått fellesform for dialektane. Denne norma, som han kalla *landsmål*, bygde han ut i åra som følgde, både ved å gi ut ein større grammatikk (1864) og ei omfattande ordbok (1873), og ved å skrive dikt og skodespel på det. Alt frå slutten av 1850-åra begynte andre å skrive på *landsmål*, og ti år etterpå vart det undervist i det på ein folkehøgskole. *Landsmålet* vart offisielt jamstilt med dansk i 1885, og vart godkjent som undervisningsspråk i barneskolen i 1892 (etter lokal avgjerd). Frå 1890 til 1930 ekspanderte det som skolespråk og allment bruksspråk i fleire landsdelar, men berre på landsbygda. I 1929 fekk språket offisielt namnet *nynorsk* etter stortingsvedtak.

*\*Taken from Språkrådet, <http://www.sprakrad.no/nb-NO/Politikk-Fakta/Fakta/>*



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### Shrovetide Buns (Fastelavensboller)

*Authentic Norwegian Cooking*

*by Astrid Karlsen Scott*

*The week before Shrovetide Sunday, (7th Sunday before Easter) the bakeries in Norway begin to fill up with Shrovetide buns. Many homemakers prepare their own treasured family recipes.*

- 1 1/3 cup milk
- 1 pkg. active dry yeast
- 1/4 cup sugar
- 1/2 tsp. salt
- 1 1/2 tsp. cardamom
- 1 egg, slightly beaten
- 1/2 cup butter or margarine melted and slightly cooled
- 1 qt. flour or enough flour to make a smooth, pliant dough
- egg for brushing

Heat milk until lukewarm. Pour into mixing bowl and stir in remaining ingredients except flour. Stir in a little flour at a time until the dough is smooth and elastic. Place in greased bowl, cover and set aside to rise in a warm place until double in bulk. On well floured pastry cloth, turn dough out and knead very lightly. Divide into 18 portions. Form each portion into a ball by placing your hand in cupping shape over the ball pressing down while making a large circle with your hand. As you roll the ball let up on the weight little by little allowing the dough to form into a smooth ball. Slit a pocket. With a spoon dipped in water, fill each pocket with almond filling, then seal back up. Place apart on greased cookie sheet, cover and let rise 15 minutes. Preheat oven to 350° F. Brush buns with beaten egg, which allows them to rise without cracking, and gives them a smooth finish. Bake for 15 minutes. Cool on wire rack. To leave plain, read the directions but ignore the filling instructions. Or add other suggested fillings. Makes 18 buns.



### Bun Fillings:

#### Almond-filled buns:

- 1 cup almonds, ground
- 1 cup confectioner's sugar
- 2-4 tbsp. water
- egg white

Blend almonds and powdered sugar well. Add water and enough egg white needed to mix thoroughly.

#### Cream-filled buns:

This is the traditional filling for the Shrovetide buns. A gentle reminder of happy days spent in Norway with siblings and parents. Shrovetide without these cream-filled buns would not be Shrovetide.

Cut baked buns in two horizontally. Whip 2 cups of whipping cream, add sugar to taste. Cover bottom part of the bun with a large spoonful of whipped cream. Replace top and sprinkle with confectioner's sugar.

#### Raisin-Citron filled buns:

Work 1 cup raisins and 2/3 cups chopped citron into dough. Divide in 18 pieces, form into balls and place on greased baking sheet. Follow previous directions on baking.