



SONS OF
NORWAY

Newsletter Service

July, August 2012



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. 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.

Fraternally,

Handwritten signature of Linda Pederson.

Linda Pederson
Fraternal Director
Sons of Norway



SONS OF NORWAY

Newsletter Service

July, August 2012



July • juli



2012 INTERNATIONAL
CONVENTION
SONS OF NORWAY • FARGO, ND

International Convention

Last chance to register!

This month is the last time to register for the Innovative Leadership Conference (ILC) and the International Lodge Meeting (ILM) that are being held in Fargo, ND on August 22-25. These events, which are open to all members are sure to be the highlight of the year for Sons of Norway.

If you haven't registered yet, be sure to visit www.sonsofnorway2012.com to download your registration forms. The site also contains information about the hotel and all the fun things there are to do in Fargo.

2012 International Folk Art Exhibition & Competition

"MEMBERS! Don't forget to register for this year's folk art exhibition and competition!"

Sons of Norway's largest folk art event is part of the International Convention in Fargo, ND August 23rd through August 25th. Any member, amateur or professional can display work in this year's event. Competitors have the opportunity to win a 1st, 2nd, and 3rd place ribbon including Best In Show and People's Choice Award. All participants will receive a certificate and pin for their displayed work.

Good luck and enjoy competing and/or displaying this year's Folk Art Exhibition & Competition.

Find out more at the official convention website, www.sonsofnorway2012.com

Pre-register by August 15th, 2012 to Sons of Norway Headquarters:
Sons of Norway, International Folk Art Exhibition & Competition,
1455 West Lake Street, Minneapolis, MN 55408 USA

July • juli

- Happy Birthday Queen Sonja!
- The Eclectic Oslo Traveler
- Midnight Run in Norway

August • august

- 2012 International Convention
- Building Containing Munch Murals To Be Sold
- World's Oldest Organisms Found in Norway
- Music Trendsetters: Oslo, Atlanta and Montreal
- Chocolate Eating is Slimmer

Matlyst Monthly

- Frozen Chocolate Torte (Frossen sjokoladeterte)
- Jarlsberg Filled Peppers (Jarlsbergfylt paprika)



July • juli

Frozen Chocolate Torte (Frossen sjokoladeterter)

*Authentic Norwegian Cooking
by Astrid Karlsen Scott*

Delectable ready to eat dessert right from the freezer. Remove 10 minutes before serving.

- 3 egg whites
- ½ tsp. cream of tartar
- ¾ cup (1¾ dl) sugar
- ¾ cup (1¾ dl) hazelnuts or pecans, finely chopped

Filling:

- 2 cups (5dl) whipping cream
- ¾ cup (1¾ dl) chocolated syrup
- 1 tsp. pure vanilla extract
- milk chocolate, shaved

Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Add sugar, 1 tablespoon at a time, and beat until very stiff peaks, but not dry, form. Fold in nuts. Draw 2, 9-inch (23 cm) circles on a brown paper sack, spread mixture, evenly divided within the circles. Bake in preheated 275°F (135°C) oven for 45 minutes. Turn off oven and leave door closed for 45 minutes longer. Remove to rack and cool completely.

Filling: Whip cream until firm. Stir in chocolate sauce and vanilla extract. Divide between layers and top. Sprinkle with shaved chocolate. Freeze until firm. Serves 10-12.

Happy Birthday Queen Sonja!

A very special happy birthday to Her Majesty Queen Sonja of Norway who will be celebrating her seventy-fifth birthday on July 4th. In honor of this special day, let's learn a bit more about Queen Sonja.

- Her Majesty Queen Sonja was born in the Vinderen neighborhood of Oslo in 1937 to Dagny and Karl August Haraldsen. She received a diploma in dressmaking and tailoring at the Oslo Vocational School and then went on to receive a diploma from École Professionnelle des Jeunes Filles in Lausanne, Switzerland and later, undergraduate degrees in French, English and Art History from the University of Oslo.
- It wasn't until 1959 that she first met Crown Prince Harald. Nine years later they received permission to marry, setting into motion their wedding in Oslo Cathedral on August 29, 1968 and their consecration at Nidaros Cathedral in 1991.
- An avid lover of arts, culture and music, the Queen attends a number of art exhibitions in both Norway and abroad and is a patron of the Norwegian National Opera and Ballet, the Oslo Philharmonic Orchestra, the Oslo Chamber Music Festival and the Norwegian Traditional Music and Dance Association. Queen Sonja also enjoys photography and she often takes photographs of their trips and state visits.
- Queen Sonja is a trained skiing instructor. Each year she takes the opportunity to enjoy long ski treks or hikes in the mountains.
- The Queen plays an active role in a variety of fund-raising initiatives. In 1974 she was a member of the committee for the first nationwide humanitarian telethon. In 2010 she was visited the world's largest refugee camp in Kenya and was a patron of the Norwegian Refugee Council's telethon campaign. A recipient of the UN's High Commissioner for Refugees Nansen Medal, Queen Sonja donated her prize money to the building of schools for refugees in Tanzania. From 1987 to 1990, she also served as Vice President of the Norwegian Red Cross.

Solve Sundbø / The Royal Court.



For more on Queen Sonja or the Royal Family, visit www.kongehuset.no/english



July • juli

The Eclectic Oslo Traveler

Norway is a country packed with visitor destinations to please everyone's palate. Oslo, Norway's capital is a reputable spot for the museum goers and rock music fanatics among us. Besides the customary walk up Karl Johan's Gate from the Central Train Station to see The Royal Palace's changing of the guards here are a few other places you should check out when visiting Oslo in the summer.

The Artsy Admirer is one that will not be disappointed in Oslo. The city is packed with museums, outdoor art, unique architecture all surrounded by the natural splendor of tree covered mountains and deep blue fjords.

- **Vigeland Sculpture Park:** Located in Frogner Park is the largest outdoor park in Oslo covering 80 acres of land. The bronze and granite sculptures created by artist Gustav Vigeland expose naked bodies through various stages of life, childhood tantrums, teenage freedom, young love, family bonds, and inescapable old age. People flock to this park on beautiful summer days. It truly is a must see in Oslo.

- **Oslo Opera House:** Located at the head of the Oslo fjord this intricately designed building is home to the Norwegian National Opera and Ballet. The eye-appealing modern building is made of Italian marble and white granite and invites pedestrians to walk on its large plaza that slowly angles up to form the roof. Don't miss a visit to Oslo's modern work of art.

The History Buff is someone that finds joy in learning about the past, whether it means spending hours walking through museums and memorial sites or just exploring the old cobblestone streets and admiring the century old buildings that tell their own story.

- **Viking Ship Museum:** Buses depart every 30 minutes from Oslo's central train station to the Bygdøy Peninsula just outside Oslo's downtown. The Viking Ship Museum contains three of the

most well-preserved Viking Ships in the world. These ships were found in the Oslo fjord in burial mounds meant to store the dead. This world famous museum will leave you pretty amazed.

- **The Norwegian Museum of Cultural History:** This open-air museum is Norwegian history in a nutshell. Hosts welcome visitors dressed in traditional costumes as they demonstrate and share in historical traditions and activities. Summertime offers an assortment of fun activities for all ages including carriage rides, lefse making and folk dancing. Don't forget to visit the well-preserved Stave Church from the year 1200.

The Outdoor Enthusiast is someone that will not be disappointed with Norway. Norwegians know how to enjoy the outdoors and take advantage of each season. While the Oslo city centre offers the bustling urban attractions the charming natural landscape is found right outside your doorstep.

- **Holmenkollen Ski Jump & Museum:** One of Norway's favorite pastimes is skiing, so it is only appropriate that Norway would be home to the oldest ski museum in the world. Located under the world famous Holmenkollen ski jump, this museum displays skis from every generation. Finish the tour off by visiting the top of the ski hill and enjoy a beautiful view of the city.

- **Hovedøya:** More of a natural setting is found here at Hovedøya in the Oslo fjord. It is a place

to picnic, hike, swim and relax in the sunny weather on what feels like your own private island. Just a five minute boat ride from Oslo's Aker Brygge, this is a great place to enjoy in the Norwegian summer culture with a disposable grill and a swimsuit.

The Summer Festival Goer is someone that enjoys hitting up those outdoor festivals, concerts, and markets. What better way to enjoy the beautiful outdoors than to listen to great music, soak up the sun, and eat good food with family and friends.

- **Øya Festival:** Medieval Park is home to Oslo's largest outdoor music festival playing artists like Kanye West, Kaizer's Orchestra, and Lily Allen. The festival draws people of all ages and sustains itself as an environmentally friendly festival offering organic foods and good fun. The festival lasts from August 7-11, 2012. oyafestivalen.com

- **Oslo Jazz Festival:** Oslo's famous Jazz Festival celebrates each year with a wide-ranging line-up of artists. This year Tony Bennet will be kicking off this year's event followed by Kurt Elling, Trondheim Jazzorkestra, and The Brazz Brothers to name a few of the many. Jazz parades through the city centre shake up the street life and concerts for all ages take place from August 13-18, 2012. www.oslojazz.no



July • juli

a little in English...

Midnight Run in Norway

The Midnight Sun Marathon in Tromsø takes place in the middle of the night during the radiant midnight sun.

“The year’s Midnight Sun Marathon is special because you start the race in June and you finish after midnight in July”, explains event leader Nils I. Hætta.

Norway is a highly desirable region for international runners with high career goals. The Midnight Sun Marathon is actually the northernmost run certified by the Association of International Marathons and Distance Races (AIMS).

The Midnight Sun Marathon has been taking place in Tromsø since 1990 and has become a trademark event for the city. You can choose between five different distances and are guaranteed to receive a unique Midnight Sun Marathon medal.

Get yourself ready for this year’s big running festival. Your first step is to sign up in order to assure yourself a spot. In 2011 there were 4,250 participants from 60 different nations.

The marathon starts at 8:30 PM on Saturday June 30.

Otherwise you can wait until winter. The Polar Night Half Marathon is the exact opposite of the summer run. While the summer run is at night during the bright summer night light, this run takes place during the day time in the darkness.

You can choose between three distances.

Polar Night Half-marathon (21.2km)

Troms Kraft-mila (10km)

Mørketidstrimmen (5km)

The date for next Mørketidsløpet is January 5, 2013.

(www.msm.no)

litt på norsk...

Midnattsløp i Norge

Midnight Sun Marathon (MSM) i Tromsø løpes på nattetid i strålende midnattssol.

“Årets Midnight Sun Marathon er litt spesielt da du kan starte i juni og gå i mål i juli”, opplyser Daglig leder Nils I. Hætta.

Norge er også et ettertraktet løpemål for internasjonale strebere, MSM er nemlig verdens nordligste AIMS internasjonalt sertifiserte maraton.

Midnight Sun Marathon er arrangert i Tromsø siden 1990 og er blitt et kjent varemerke i byen. Du kan velge mellom fem ulike distanser og sikre deg en unik MSM medalje.

Gjør deg klar for års store løpsfest. Første steg er å melde seg på til løpet slik at du er sikret plass.

I 2011 deltok 4250 deltaker fra over 60 nasjoner.

Maratonet starter nemlig klokken 20.30 lørdag 30. juni.

Ellers kan du vente til vinteren. Mørketidsløpet er den rake motsetning til sommerløpet. Mens man om sommeren løper på kvelden og i den lyse sommernatta, foregår mørketidsløpet på dagtid i mørketida

Du kan velge mellom tre distanser:

Polar Night Half-marathon (21,1km)

Troms Kraft-mila (10km)

Mørketidstrimmen (5km uten tid)

Dato for Mørketidsløpet er 5. januar 2013

(www.msm.no)



August • *august*

2012 International Convention

This month members from throughout Sons of Norway will be gathering in Fargo, North Dakota, to participate in the Innovative Leadership Conference and the International Lodge Meeting. It's sure to be a great time that's full of interesting and educational information for everyone in attendance.

Not to worry, though, if you can't make it to Fargo because you can still be part of the experience! During the Innovative Leadership Conference and the International Lodge Meeting Sons of Norway staff members will be sharing behind the scenes information on its blog, Twitter feed and Facebook pages! Any member who wants to keep up on all the excitement happening at the International Convention need only go online and visit one of the links below.

Sons of Norway Blog: www.sonsofnorwayblog.blogspot.com

Here, members can read posts about all the fun and exciting things happening in Fargo during the convention and view images of the event in real-time.

Twitter: twitter.com/sonsofnorway

The Twitter feed for this year's event will include short posts and candid photos from the convention floor. Be sure to look for #Sofn2012 to find all the convention-related posts.

Facebook: facebook.com/sonsofnorway

The official Sons of Norway Facebook page will be a great place for everyone to have a voice about what's happening at convention. If you don't have a Facebook account yet, be sure to sign up in time to be part of the ongoing conversation!

Jarlsberg Filled Peppers (Jarlsbergfylt paprika)

Authentic Norwegian Cooking
by Astrid Karlsen Scott

- 4 large peppers, red or green
- 2 tsp. coarse salt
- 1 lb. (450g) ground meat, low fat
- ½ tsp. Tabasco
- ½ tsp. garlic salt
- ½ tsp. pepper, coarsely ground
- 1 lemon, juice of
- ⅔ cup (½ dl) French bread crumbs
- 1¼ cup (3 dl) Jarlsberg, diced
- 3½ tbsp. butter
- garlic salt

Divide peppers in two, remove stem and seeds. Sprinkle the coarse salt on baking pan. Mix meat, Tabasco, garlic salt, pepper, lemon juice, crumbs, and half of Jarlsberg cheese. Divide evenly between the peppers. Top the peppers with remainder of the cheese. Melt butter, add garlic salt and brush over the peppers. Place on top of coarse salt on baking sheet, and bake in 350°F (175°C) oven about 35 minutes. Serves 4-6.



August • *august*

World's Oldest Organisms Found in Norway

Scientists with the University of Oslo made a surprising discovery 20 years ago in a lake just south of Oslo, but it wasn't until just recently that scientists learned just how unique the discovery was. An elusive, single-cell microscopic algae-eater from Lake Ås has been declared one of the world's oldest living organism.

The organism, known as Collodictyon, evolved nearly a billion years ago and is described as being single celled, 30-50 micrometers long and containing 4 tail-like propellers. While Collodictyon is generally considered a type of eukaryote due to it's structure, the organism does not genetically match any of the known five types of eukaryotes (animal, plant, fungi, algae or protist) in existence.

"We have found an unknown branch of the tree of life that lives in this lake. It is unique," says Dr. Kamran Shalchian-Tabrizi, researcher from the University of Oslo. "It is quite fascinating that we can still find these kinds of organisms after so many years."

Researchers hope that the study of these microscopic organisms will provide insight into what life on Earth looked like hundreds of millions of years ago. Collodictyon have not been discovered anywhere else in the world, but Lake Ås.

Adapted from various sources

Building Containing Munch Murals To Be Sold

Edvard Munch's "The Scream" just sold at Sotheby's for a record breaking \$120 million, but, a lesser known Edvard Munch work may face a very different type of sell-off in the future.

In 1921 Munch was commissioned to paint 12 large murals in the women's cafeteria of Oslo's Kraft Foods factory. The murals depict scenes from resort towns on Norway's east coast. "These paintings are light and happy, unlike many other Munch paintings," says Kristian Hvilten, from Kraft Foods in Norway. "Munch did them as an older man - it shows he was at peace with himself." In 1934 the paintings were moved to a general dining hall, where they have been enjoyed by employees ever since. However, changing requirements at the factory may mean that the cafeteria containing the murals will need to be sold.

In an effort to preserve not only the murals but the rich cultural significance of the cafeteria, the Cultural Heritage Management Office will closely monitor the sale.

Currently the murals can only be seen by visitors on pre-booked guided tours, concerts or open events. Hvilten hopes that the sale might give the public greater access to view the works.

To view the murals, visit <http://www.nrk.no/kultur-og-underholdning/1.8110192>



SONS OF NORWAY

Newsletter Service

July, August 2012

August • *august*

Music Trendsetters: Oslo, Atlanta and Montreal

Want to know which cities are music's trend-setting hotspots? Look no further than Oslo, Atlanta and Montreal. A recent report titled "The Geographic Flow of Music" analyzed music preferences and data collected from *last.fm*, the internet's largest music catalog website. For the past three years *last.fm* provided weekly music charts for about 200 cities, allowing researchers to plot the popularity of music tracks as they spread across the world and identify overall music habits and trends by city.

Dublin's University College researchers, Conrad Lee and Padraig Cunningham were surprised by the studies findings. "The results are interesting. First of all, depending on the genre, the leaders vary. Secondly, the big cities are not in the lead. I was expecting the cluster of New York City and San Francisco to be leaders, but that's just not what the data shows," said Lee. While it would seem that a correlation could be made between larger cities with high populations--such as London and Los Angeles--and thriving, trendy, music scenes, the data doesn't support a link. "We find only weak support for this hypothesis," say Lee and Cunningham.

Surprisingly, Atlanta tops the report's "All Music" category with Chicago, Montreal and Pittsburgh close behind. Atlanta is also the overall trendsetter for hip hop music. Montreal leads the trend for indie music, followed by Toronto, Los Angeles and Boston. Among European cities, Oslo is the overall music leader, followed by Stockholm and Paris. Oslo is also a popular hub for jazz and black metal music.

While the researchers say that the study does not make predictions about which artists will be popular in any given city in the future, it does shed some light on which cities are leading the world's music trends.



August • august

a little in English...

Chocolate Eating is Slimmer

Are you someone that eats chocolate with a guilty conscience? There is new research out that can ease some of that guilt.

Professor of Medicine, Beatrice Golomb, and colleagues at the University of California in San Diego present new findings in chocolate research that will interest the sweet tooth among us.

Research shows that people who eat chocolate regularly are not as overweight as people who try to avoid the sweet temptation.

Essentially you look thinner even though you are taking in more calories. This means that eating chocolate on regular basis in moderation can be calorie neutral.

Sensational results were found in a research study done with 1000 healthy women and men for whom weight and height had been measured.

They had to answer a number of questions on their chocolate intake. Then researchers counted and calculated each of their Body Mass Index (BMI).

Researchers hadn't expected such clear results.

Researchers concluded that adults who consumed chocolate more often had a lower BMI than those that consumed chocolate less often.

Aside from the difference in chocolate consumption researchers were unable to find any other differences between the 1000 test participants that they could explain. Those who ate chocolate didn't exercise any more than the others and they didn't take in fewer calories than the others. On the contrary they took in more calories (ate more) than those who ate less chocolate.

The research does not say anything about how healthy chocolate is for you.

"Our findings appear to add to a great amount of information suggesting that the composition of calories, not just the number of them, matters for determining their ultimate impact on weight," says Golomb.

This is good news, both for those who have a regular chocolate habit and those who wish to start one.

litt på norsk...

Sjokoladespisere er Slankere

-Torunn Aarøy

Er du en av dem som putter i deg sjokolade med dårlig samvittighet? Nå kommer ny forskning som kan lette på samvittigheten.

Nå har nemlig medisinprofessor Beatrice Golomb og kolleger ved University of California i San Diego kommet med sjokoladeforskning som kan interessere søtmonsene blant oss.

Deres forskning viser at folk som spiser sjokolade ofte ikke er tykkere enn mennesker som sjelden lar seg friste av noen søte biter.

Faktisk ser de ut til å være tynnere, selv om de får i seg flere kalorier. Det mener forskerne kan skyldes at sjokolade inntatt i jevnlig og moderate porsjoner kan være kalorinøytral.

Forskerne kom til det oppsiktsvekkende resultatet ved finne tak i 1000 friske kvinner og menn som hadde fått målt høyde og vekt i forbindelse med en annen undersøkelse.

De måtte svare på en rekke spørsmål om hvor mye sjokolade de spiser. Deretter regnet forskerne regnet ut kroppsmasseindeksen (KMI/BMI) til hver enkelt.

Forskerne hadde ikke ventet seg et så klart resultat. Voksne som konsumerte sjokolade oftere hadde en lavere KMI enn de som konsumerte sjokolade sjeldnere, konkluderer forskerne.

Bortsett fra inntak av sjokolade kunne ikke forskerne finne andre forskjeller blant de 1000 testpersonene som kunne forklare dette. Sjokoladespisere trente ikke mer og spiste heller ikke færre kalorier enn de andre. Tvert imot fikk de i gjennomsnitt i seg flere kalorier enn de som spiser mindre sjokolade.

Forskningen sier ingenting om hvor sunt det er å spise sjokolade.

"Våre funn ser ut til å støtte tidligere resultater som antyder at sammensetningen av kalorier, ikke bare antallet av dem, har noe å si for deres endelige innflytelse på vekt", sier Golomb.

Dette er gode nyheter – både for de som har en regelmessig sjokoladevane, og de som ønsker å komme inn i en.