



**SONS OF  
NORWAY**

**Newsletter Service**  
May, June 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,

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

Linda Pederson  
Fraternal Director  
Sons of Norway



# SONS OF NORWAY

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### Innovative Leadership Conference

This August will you be attending the first-ever Innovative Leadership Conference? A new component of the 2012 International Convention in Fargo, ND, this brand new event is designed to help ALL members

develop their inherent leadership skills. No matter whether you are a regular member, a delegate, or an officer, this conference is for you and sure to help you make a real and positive impact on your lodge.

This new conference is a natural evolution of the popular breakout sessions held during past International Conventions. It takes the educational component to a whole new level by lengthening the experience, which allows for more in depth discussions and increased fun and fellowship. It also utilizes the talents of a knowledgeable speaker who will provide attendees with a variety of new tools and techniques for becoming stronger leaders in their lodges and their lives.

The cost of this one-of-a-kind event is only \$100 and that covers all registration fees, conference materials and two specially planned luncheons. If you'd like to register or learn more about the event, please call (800) 945-8851 or visit Sons of Norway's 2012 International Convention website at [www.sonsofnorway2012.com](http://www.sonsofnorway2012.com).

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#### **Sumptuous Sandwich Cake (Luksuriøs smørbrødkake)**

*Authentic Norwegian Cooking by Astrid Karlsen Scott*

*Smørbrødkake filled with shrimp, crab, lox and cheese is reserved for the most memorable occasions like 17th of May, or other distinctive days when we desire to fråsse, revel in the occasion. It takes a little extra time to prepare, but there are occasions when we want the extraordinary.*

#### **Sandwich cake:**

Prepare the *cake* the day before. It can be filled hours in advance of serving. Leaving just the garnish till the last minute.

- 1 pkg. yeast
- 1 tsp. salt
- 2 cups (5 dl) water, lukewarm
- 2 tsp. sugar
- 4¾ cups (12 dl) flour, or more
- 2 tsp. oil

Mix yeast with water. If dry yeast is used mix with flour. Add all other ingredients and work into a pliant dough, about 6-8 minutes. Cover and let rise until double in bulk. Remove to lightly floured board.

Knead until smooth. Press it evenly into a large 12 inch (30 cm) greased and floured spring form pan. Cover and set to rise approx. 30 minutes. Place in preheated oven at 435°F (225°C) on the lowest rack for 25 minutes, or until done. Remove from oven, place on rack and cover with a damp cloth. Cool. Makes 1 round loaf cake.

#### **Filling 1:**

- 3½ oz. (100 g) cream cheese
- 3 tbsp. butter, room temp. with a little finely chopped crab or shrimp added
- 1 tbsp. lemon juice
- ¼ cup (½ dl) sour cream
- 2 tbsp. fresh dill, chopped

#### **Filling 2:**

- 1 6⅛ oz. (170 g) can of tuna, drained
- 1 14 oz (395 g) can asparagus
- 2 tbsp. butter, room temperature
- 1 tbsp. mayonnaise, light
- ½ cup (1 dl) sour cream, light
- 2 tbsp. fresh dill, chopped
- touch of white pepper

#### **Filling 3:**

- 5½ oz (165 dl) mayonnaise, light
- 3½ oz (100 g) crab, minced
- 2 tbsp. dill

#### **Garnish:**

- 1 head red leaf lettuce
- 5 slices lox, approx.
- 18 oz (500 g) small medium shrimp
- 5 oz (150 g) Jarlsberg cheese, cut in strips
- 10 radishes, medium
- ½ to 1 lemon
- 2 in. (5 cm) European cucumber, sliced thin
- Fresh dill

Cut crust from bread and slice in three layers (It is easiest to cut if partially frozen).

Filling 1: Mix all ingredients and spread across bottom layer

Filling 2: Chop tuna and asparagus and mix with remaining ingredients. Add second layer on top of first and add the filling and spread to the edges. Place third layer on top.

Filling 3: Mix the ingredients and spread on top and around the cake. Cover and chill until ready to garnish.

Garnish: Prepare by cutting lox into strips large enough to roll into "roses." Tear salad leaves apart, wash and dry on paper towel. Peel the shrimp. Make flowers from radishes by making deep cuts down towards the stem. Place in cold water awhile and they will spread apart. Slice cucumber and lemon.

To decorate: Gently press proper size salad leaves around the edge of the cake. Stick the cheese strips upright into center. Place other ingredients in groups, and decorate in between with thin cucumber, lemon slices and radish roses. If not served right away, cover and carefully refrigerate.



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### Edvard Munch's "The Scream" to be Auctioned

One of the most recognizable works of art in the world, "The Scream," will be available at auction on May 2nd at Sotheby's. Experts anticipate that the sale of the piece could net more than \$80 million, placing the artwork among some of the most expensive ever sold.

Munch created four versions of the piece, each using different techniques. The piece to be sold,

a pastel drawing on cardboard created in 1895, is the only of the four which is privately owned and the sale will mark the first time that it will go on public display in London and New York. The artwork also has a few other marked differences that distinguish it from its counterparts: it is the most colorful of the four; the only version in which one of the background figures is turned toward the cityscape; and it is the only version whose original frame was hand-painted by Munch to include his poem detailing the inspiration for the piece.

Seller--Norwegian businessman and member of the Olsen shipping family--Petter Olsen grew up with many of Munch's works in his family home in Oslo. Olsen's father, Thomas, was a friend, neighbor and patron of the artist and was able to hide his collection of Munch works in a barn during the duration of the German occupation. Thomas was also instrumental in rescuing 74 of Munch's works from probable destruction after they were removed from German museums for being declared "degenerate." Noted among those works were Munch's "The Sick Child" and "The Tree of Life."

With such a rich family history of support for Munch's work, Olsen plans to use the proceeds from the sale to create a new museum, art centre and hotel on his estate in Hvitsten, Norway. Olsen also hopes to restore Munch's home and studio in the area.



### Norwegian Experience 2012

Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2012 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2013, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2012. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!



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### Surprising Discoveries at the Birthplace of Norway's Constitution

Norway's historic manor house and site of the May 17, 1814 signing of the constitution was just recently the site of a few remarkable new discoveries.



In an effort to restore *Eidsvollbygningen* and its grounds to their original appearance for bicentennial festivities in 2014, the Norwegian government is funding an extensive NOK 361 million renovation of the site. Renovations ground to a halt in February when workers

uncovered a well and beautifully laid brick floor while digging in the building's cellar. Conservationists and archaeologists have dated the flooring back to 1770, when the current building was constructed on the site of home destroyed by fire. Further digging in the cellar has also revealed an original natural stone floor, believed to belong to the previous home in 1686. Other items discovered include stone benches and shelves. "Until now, this cellar was used for storage, and this 'inner file' pops up. These discoveries offer a good picture of how life was for those working in the house during constitutional deliberations. Servants ran over these floors, in and out, with food and drink for the Eidsvoll men," said Erik Jondell, director of the organization in charge of the building.

Included in the village of Eidsvoll Verk, the area was originally part of Eidsvoll Iron Works in the early 1600s. In approximately 1770, the iron works' current owner Carsten Anker built *Eidsvollbygningen* to be one of the country's most modern and luxurious private residences, modelling it after French and Danish architecture. In 1823, *Eidsvollbygningen* and Eidsvoll Verk were sold at auction. Less than 15 years later, the house was declared Norway's first national monument and eventually purchased by the state in 1851.

To learn more about *Eidsvollbygningen* or to tour the house virtually, visit [www.eidsvoll1814.no/](http://www.eidsvoll1814.no/) A digital museum of many of the house's historical items can also be viewed at <http://digitaltmuseum.no/info/owners/EM>

### Norway's Population Hits 5 Million

On Monday, March 19th, Norway's population officially reached the 5 million mark. Boosted by record-high growth rates, statisticians believe Norway's population increase is largely due to three factors, high fertility rate, a strong economy, and a stable democracy, making it a desirable location for immigrants.

Historically, Norway has suffered a few setbacks in population growth. Notably, the Black Plague years of the mid 1300s, when 60% of Norway's population died and in the mid to late 1800s, when a significant number of Norwegians emigrated to the U.S. It wasn't until the 1940s and later in 1975 that Norway surpassed the three and four million mark.

Contrary to 160 years ago when Norway was losing much of its population to emigration, Norway's recent population boom is mostly due to immigration. In 2011, data collected by Statistics Norway (SSB), indicated that immigrants accounted for 71% of Norway's growth in the past year, with the bulk of immigrants hailing from Poland, Sweden and Pakistan.

SSB researchers also say it is likely that longer life spans, increased fertility rates and a rise in paid maternity and paternity leave have also had a larger effect on Norway's recent population growth.

*Adapted from various sources*



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*a little in English...*

### Barnetog – Children's parade

In contrast to many other countries which celebrate their national holidays with big military parades, Norway celebrates by showing off their pride and hope for the future, their children, in an important tradition called barnetog, the children's parade.

The barnetog is a Norwegian cultural institution connected to the celebration of Norway's Constitution Day, May 17th, or Syttende Mai. Every Syttende Mai all the country's children march in parades with small Norwegian flags in their hands and colorful banners proclaiming their school or class.

The barnetog tradition comes from the 1800s. At that time Norway was part of a political union with Sweden. Many Norwegians wanted Norway to become a completely independent country, and celebrating Syttende Mai became a kind of peaceful protest. In 1869 school principle Peter Qvam got the idea to start a child's parade. Qvam was a close friend of poet and national hero Bjørnstjerne Bjørnson, and together they argued and agitated for the barnetog in newspapers and other forums.

The first barnetog was held on Syttende Mai in 1870. It consisted solely of boys and numbered 1200 strong. The idea soon became popular all over the country. The first girls joined the parade in 1889.

Around the country you can find local variations in how the holiday is celebrated. In Bergen, for example, the buekorps, a special type of scouting group, make their mark on the holiday. In Oslo, the children march past the Palace, where the royal family stand on the balcony and wave to them.

*litt på norsk...*

### Barnetog

Til forskjell fra mange andre land som feirer sin nasjonaldag med store militærparader, feirer Norge med å vise fram sin stolthet og framtidshåp, barna sine, med en viktig tradisjon som kalles barnetog.

Barnetog er en norsk kulturinstitusjon knytta opp mot den årlige feiringa av den norske grunnlovsdagen, 17. mai. Hver 17. mai går alle landets skolebarn i tog med små norske flagg i hendene og fargerike faner som presenterer skolen og klassen deres.

Barnetog-tradisjonen stammer fra 1800-tallet. Da var Norge med i en union med Sverige. Mange nordmenn ville at Norge skulle bli fullstendig selvstendig, og 17. mai-feiring var derfor en type fredelig protest. I 1869 fikk rektor Peter Qvam ideen til barnetog. Qvam var en nær venn av dikter og nasjonalhelt Bjørnstjerne Bjørnson, og sammen argumenterte og agiterte de for barnetog i avisspalter og andre fora.

Det første barnetog gikk 17. mai 1870. Det var et rent guttetoget som talte ca. 1 200 stykker. Ideen ble raskt populært over hele landet. De første jentene gikk i barnetog i 1889.

Rundt om i landet vil du finne lokale variasjoner. I Bergen setter buekorpsa, en spesiell type speidergruppe, sterkt preg på dagen. I Oslo går barnetog forbi Slottet, der kongefamilien står på balkongen og vinker til dem.



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### 2012 International Convention: Recruiters' Reception



Are you attending the International Convention being held in Fargo, ND this August? If so there's an exciting event being held that you will want to know about, called the Recruiters' Reception, which is being held on the evening of Friday August 24th. It will treat attendees to great time with food and drinks, and an opportunity to share your success stories with other

recruiters from throughout the organization. To make the event even more exciting, there will be gifts and prizes for attendees with the best recruitment stories.

This has been a very popular event in the past and you definitely won't want to miss out on it this year. Getting a ticket for this year's reception is easy; all you have to do is register for the International Convention, recruit a new, dues paying member between June 25 – August 21, 2012 and send the application to HQ with your name, your member number and the code 2012INT.

The Recruiters' Reception is sure to be a highlight of this year's convention. Good luck on your recruiting and we look forward to seeing you in Fargo this August! If you have any questions about the rules or how to get your ticket, contact Sons of Norway at 800-945-8851.

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### Oslo Restaurant Wins New Michelin Stars

Restaurants in Oslo are abuzz following the release of the 2012 Michelin Main Cities of Europe guidebook. For the first time ever a Scandinavian restaurant, Maaemo, has received two Michelin stars on its very first rating.

Located in Oslo's Grønland district, Maaemo's seasonal menu is based solely on 100% organic local ingredients, including rare Norwegian herbs and berries. Chef Esben Holmboe-Bang said in an interview with Norwegian Broadcasting (NRK) that he was in a state of "positive shock" and was "incredibly proud."

In addition to Maaemo, Oslo's restaurant industry also boasted three other notable entries in the guidebook this year with Bagatelle, Statholdergaarden and Restaurant Oscarsgate each winning a star.

Michelin stars are awarded on a three star scale. One star is considered "a very good restaurant in its category," while two stars qualifies as "first class cuisine of its type." Restaurants earning a three star ranking are defined by their "exceptional cuisine, often extreme expense and extensive wine list."

Since Michelin stars are also very rare, they are highly coveted. For example, in 2009, France's Michelin Guide included over 3,500 restaurants but only 12% of those restaurants received one star, just 2% were awarded two stars and less than 1% received three.



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### 2012 International Folk Art Exhibition & Competition

Sons of Norway is pleased to invite all members to participate in the 2012 International Folk Art Exhibition & Competition. All members, both amateurs and professionals, are encouraged to display their skills at Sons of Norway's largest folk art event as part of the International Convention in Fargo, North Dakota from August 22nd through August 25th.

Members can choose to compete, exhibit or both. Everyone who enters will receive a certificate of participation and a unique pin for their contribution. Members who enter the competition can win ribbons for First, Second, and Third places in a variety of categories, a People's Choice award and the Best In Show prize for the judges' overall favorite item.

For more information, complete rules and more, check out the official convention website, [www.sonsofnorway2012.com](http://www.sonsofnorway2012.com)

### Meteorites Make Rare Appearance in Norway

Just days apart, two meteorites were discovered in Oslo in March. The first, was found by members of the Thomassen family when they visited their *kolonihage*, a small urban garden cabin, and discovered a hole in the roof. The cabin had been hit by a 1lb 4 oz. meteorite. The second, weighing in at 1 lb 8.69 oz, was discovered on a grassy hilltop in Oslo known as Ekebergsletta.

Astrophysicist Knut Jørgen Røed Ødengaard with the University of Oslo believes the rocks likely detached from a meteorite that was sighted over Norway on March 1. Since then, researchers have been scouring Norway hoping to locate any fragments of the meteor.

Adding to the excitement is the fact that these particular meteorites are rare. A variety of compressed particles within the rocks indicate that another larger meteorite collided with this one on another planet before Oslo's meteorite was propelled into space.

While it is yet unknown where the Oslo meteorite originated, it is possible that the rocks could be worth quite a bit of money. Meteorites from the moon or Mars, for example, could sell for as much as \$800 to \$1000 per gram.

Meteorite findings in Norway are quite rare, only 14 have been found in the country since 1848.

*Adapted from various sources*



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### Amundsen Ship to Return to Norway

After over 80 years of weathering the ice of Cambridge Bay in Nunavut, Canada, the wreck of the Maud has just received federal approval from the Canadian government to return home to Norway.

You may remember that back in September of last year, the Newsletter Service highlighted the long story of this famous Amundsen ship and how she came to rest in Cambridge Bay.

Since then, investors with the group Maud Returns Home have been working with the Canadian Cultural Property Export Review Board to receive the necessary export permits to raise the wreck and ready it for a long journey aboard a barge to Norway, where the ship would be the centerpiece of a new museum in Vollen. After receiving a notice of refusal in mid-December, Maud Returns Home persevered with an appeal hearing in March, culminating in a reversal of the board's initial ruling in 2011. "The board recognized the shared heritage of Canada, Norway and the world, and after careful consideration of the criteria under the Act, determined that an export permit will be granted for the Maud," said a statement released after the ruling.

Jan Wanggaard, manager of Maud Returns Home, couldn't be more thrilled about the outcome of the hearing. "That is great news for us, and we can now go ahead making plans and prepare ourself for the great challenge to finally bring Maud home. It's a great responsibility we now take on and we will work hard to make this project something everyone can be proud of at the end of the day, both in Canada and Norway."

While most of the response in the Norwegian and Canadian communities have been positive after the board's approval, not everyone is comfortable with the plans outlined by Maud Returns Home. In an interview by the Globe and Mail former mayor Syd Glawson said, "They have good intentions. But my belief - and I really believe this - is that when they try to move it, it's going to fall apart and all they're going to get is a pile of garbage. My concern is that when they discover this, they will just pack their bags and move on and leave everything where it is and leave the mess for Cambridge Bay."

### Finnish Apple Pie with Cream Crust

*The Great Scandinavian Baking Book by Beatrice Ojakangas  
Makes one 12-inch square*

*Finns make pies without a special pan. The crust is simply rolled out on a baking sheet covered with parchment in the form of a square or round. The fruit is arranged on top and the edges lapped over the fruit. This pie also has a lattice top.*

- 2½ cups unbleached all-purpose flour
- ½ tsp. baking powder
- ½ tsp. salt
- ½ cup soft butter
- 1 cup of heavy cream

#### Filling:

- 4 to 5 tart apples, pared, cored, and sliced
- ¼ cup sugar
- 1 tbsp. all-purpose flour
- dash salt
- ½ tsp. cinnamon

#### Glaze:

- 1 egg
- 2 tbsp. milk

In a bowl, combine the flour, baking powder, and salt. Cut in the butter until the mixture resembles coarse crumbs. Add the cream and mix to make a soft dough. Chill 30 minutes. Preheat oven to 425°F. Grease and dust a baking sheet lightly with flour. Turn dough out onto the center of the sheet and roll out to make a 12-inch square. Trim edges to straighten. Reroll scraps on floured board. Combine the apples, sugar, flour, salt, and cinnamon. Arrange the apples in rows over the crust, leaving about 1½ inches empty at the edges. Cut rerolled scraps into strips and arrange across the filling, crisscrossing them. Turn edges up over filling and seal the corners. Beat egg with milk to make a glaze and brush edges and lattice strips with the glaze. Bake for 30 to 35 minutes or until golden.



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### **Sons of Norway Media Lending Library**

Whether you're looking for some new music to play at your next lodge meeting, or a Norwegian film to watch over the weekend, the Sons of Norway Media Lending Library has what you're looking for!

Sons of Norway's media lending library offers a variety of films, CDs and slides. The library has many items for both children and adults, including over 300 CDs with everything from jazz to rock to Hardanger fiddle folk music. We also have over 150 films on VHS and DVD covering everything from feature films to documentaries and much more.

It's easy to use the library. Just get in touch via [culture@sofn.com](mailto:culture@sofn.com). You can check out up to three items at a time; the items are sent to you via UPS, you can keep them for a month, and the only cost to you is to send them back. Reserving items in advance is recommended.

To request a lending library selection or to learn more about what the Sons of Norway Media Lending Library has to offer, call (800) 945-8851 or visit the members section of the Sons of Norway website at [www.sonsofnorway.com](http://www.sonsofnorway.com).

*litt på norsk...*

### **Sons of Norway Media Lending Library**

Enten du trenger musikk til ditt neste losjemøte eller en norsk film å se på over helgen, Sons of Norway har det som kreves!

Sons of Norways mediebibliotek tilbyr diverse filmer, CDer og 35mm lysbilder. Biblioteket har mange ting for barn og voksne, inkl. over 300 CDer med alt fra jazz og rock til hardingfelelåter. Vi har også over 150 filmer på VHS og DVD med alt fra langfilmer til dokumentarer og mye mer.

Det er lett å bruke biblioteket. Bare ta kontakt via [culture@sofn.com](mailto:culture@sofn.com). Du kan bestille opp til 3 ting hver gang; de sendes i posten, du får låne dem i en måned, og det eneste kostnaden til deg er å sende dem tilbake. Det anbefales at du reserverer ting på forhand.

For videre informasjon eller å bestille noe, sjekk ut [www.sonsofnorway.com](http://www.sonsofnorway.com) eller ring (800) 945-8851