



**SONS OF
NORWAY**

Newsletter Service
September, October 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,

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

Linda Pederson
Fraternal Director
Sons of Norway



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Scream Auction Update

In May the Newsletter Service updated you on the forthcoming auction of one of the world's most recognizable works of art, "The Scream." Since then, speculations have been swirling about the identity of the anonymous buyer who, in just 12 minutes of bidding, placed a world-record breaking \$119.9 million bid to purchase the pastel drawing. Initial buyer guesses included Microsoft tycoon Paul Allen, financier Leonard Blavatnik and members of Qatar's royal family.

In July it was revealed by the Wall Street Journal that the bidder was New York investment billionaire Leon Black, founder and senior partner of Apollo Global Management investment fund. While Black's spokesperson has neither confirmed nor denied the validity of the story, it is likely that Black would have an interest in the painting as a board member of both New York's Metropolitan Museum of Art and the Museum of Modern Art. Black is also an avid art collector. Among his personal \$750 million collection are works by Vincent van Gogh, Raphael, and Picasso.

In addition to buyer mysteries, the sale of Edvard Munch's famous pastel drawing has generated both trade and tax buzz in Norway.

Despite falling crude oil prices, the Norwegian Statistics Bureau has reported an annualized 44.5% increase in the country's trade surplus (43.2 billion kroner or \$7.1 billion) after the drawing's sale in May.

In an surprising twist it should also be noted that the Norwegian seller, Petter Olsen, will likely not pay any income or capital gains taxes on the sale of the artwork. In an interview with Aftenposten, Astrid Mjærum of the state authority Skatteetaten explained saying, "gains on the sale of items comprising one's fortune are generally taxable. "The tax law, however, says that gains on the sale of items in a household, such as a painting, which have been used in the owner's home or household, are exempt from tax."

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Scuba Diving Season in Norway: September and October



When the subject of scuba diving comes up, most will think about sky blue waters and coral reefs in tropical seas. Norway is probably not the first destination that comes to mind, but for fall scuba diving it should be. September and October are the most popular months to scuba dive in Norway because the waters are still warm from summer months. West coast waters of Norway are perfect at this time, around 50°F, because of consistent warm currents coming from the Gulf Stream, the water does not freeze. Also, the moderate temperatures mean clear water, because algae and other obstructions require warmer water. In fact, the further north you travel, the greater the water clarity.

What's great about scuba diving in Norway is that it offers a dive site "mecca" because of the diversity in underwater scenery and life, including shipwrecks, wolffish, and king crab. The miles of coast line create a scuba diver's dream full of endless possibilities. Kristiansand in Southern Norway is a great place to check out some shipwrecks from World War II, in particular the freightliner MV Seattle. The marine life is lively down there so catching some crab for dinner is definitely a bonus. Moving up along the west coast to the Trondheim fjord divers will experience a stronger current coming directly from Gulf Stream waters, which bring in a wider variety of deep sea wildlife at shallow depths. Marine experts flock to this unique area in order to spot rabbit fish, ghost sharks, and kelp forests.

Further north is Norway's wreck diving capital, Narvik. Located in the Arctic Circle, these crystal clear waters are relatively unknown to the tourist dive industry in North America. For this reason, these waters have been able to remain a treasured secret full of World War II freighters, war ships, submarines and planes. In 1940, Narvik was a vital harbor to both the Germans and the Norwegians, because of the iron ore coming from Sweden and exported through Norway. These waters were the location of the battle of Narvik, leaving many ships, U-boats, and planes to sink in the waters of Narvik harbor. This strong history is open for those to explore, but it is extremely important to remember that Norway's diving policy is "Look but don't touch." This is a very strict rule in Norway. Underwater hunting and fishing with permission are acceptable as long as the proper diving certifications have been met.

As you can see, Norway is home to an underwater environment that any adventure traveler should put on their bucket list of fall activities. Read about more great places to scuba dive in Norway at <http://tinyurl.com/cgtf5wk>.



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American Football in Norway

For Americans, many associate the crisp air of fall with football. It is no question that American football dominates sports enthusiasts within the United States. But over the past few decades, others around the world have taken up the sport as well. In fact, the first American Football Federation outside of the United States was founded in Canada in 1896. In 1998 the International Federation of American Football was formed, encompassing 33 European countries and 62 countries worldwide, including Norway.

American football is said to have started in Norway in 1957 when American marines, stationed in Oslo, began coaching at two local high schools, Ullern and Riis. The two schools started the American football tradition in Norway with a short season of one intense game per year. Protecting themselves with hockey pads and whatever else they could get their hands on, the Norwegian high school students had officially started American football in Norway.

The Norwegian American Football Federation was created in 1983 when the Oslo Trolls were formed, today called the Vålerenga Trolls. The team dominated internationally against Sweden, Finland, and England, and fell hard to St. Olaf College when they visited Oslo to compete in 1985. Teams began developing around Norway and the rivalries ensued between the Oslo Vikings, Eidsvoll 1814's, Bergen Storm, Larvik Lions, Moss Pirates, and the Tønsberg Raiders. There are 16 clubs in Norway that run similarly to a soccer club in the U.S. Within most of these clubs there are teams for young people ages 12, 14, 16 and 18, a few clubs even have girls' flag-football. The oldest team in each league is called the senior team, comprised of the best players from around Norway.

Football teams outside the U.S. are growing in popularity, but it's probably too soon to tell whether the Super Bowl will ever be played in locations outside the U.S. To learn more about the International Federation of American Football, and find out what countries have teams visit <http://www.ifaf.info/>. If you are interested in keeping up with teams in Norway, visit <http://tinyurl.com/cuphd4s> and check out club websites and team schedules.

Sauteed Norwegian Salmon with Ginger-Lime Butter Sauce

- 3 lbs. salmon filet, cut into 8 pieces
- ¼ lb. butter
- 1½ c. white wine
- 2 tbs. chopped shallots
- 2 tbs. red wine vinegar
- 1 tbs. ginger, chopped
- ¾ lb. butter, cut into 1 inch pieces
- 1 lime (zest and juice)
- ⅔ c. cream
- Salt and pepper to taste

Salt and pepper salmon pieces to your liking and lightly flour. Melt ¼ lb. of butter in a large skillet. Saute salmon filets in butter for a few seconds. Turn over filets and cook in 475°F oven for five minutes.

To create the sauce, reduce shallots, white wine, red wine vinegar, lime zest and ginger in a saucepan. Once mixture reaches ¼ volume, add cream and boil briefly. Slowly add butter pieces one at a time and whip until blended. Add lime juice and seasoning to desired taste. Spoon sauce over sauteed salmon and serve promptly.



Free image courtesy of FreeDigitalPhotos.net



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a little in English...

First Day of School in Norway

School is starting soon for children all over the world. In Norway it is the same, the royal family makes themselves ready for Princess Ingrid Alexandra and Prince Sverre Magnus to go back to school.

Prince Sverre Magnus began Jansløkka school in Asker last year. The Prince was accompanied by his parents and by his grandmother, the Queen, on his first day at school.

Once getting to school, the Prince met an “older student”, his sister, Princess Ingrid Alexandra.

Princess Ingrid Alexandra (8) started school two years ago and this fall will begin in the 3rd grade. Her first day of school in 2010 was historic, in such a way that it was the first time an heir to the throne attended the local school.

As expected, there was a large attendance when Princess Ingrid Alexandra began Jansløkka school in Asker. In addition to mom and dad, the king and grandma (Mette-Marit's mother) Marit Tjessem were along for the first day of school.

Princess Ingrid Alexandra was the first in the Royal Family who started Jansløkka school. Crown Prince Haakon and Princess Martha Louise attended Smestad, a good distance away from their childhood home in Skaugum. Smestad was also King Harald's elementary school, but because of the war, his first day of school was in the United States.

The king was very pleased with his grandchild's first day of school. “It has been a nice day. I think it's nice Prince Haakon and Princess Mette-marit have chosen differently”, he said when he met the press. “Although the school now has a student with royal blood it does not change the procedures of the first day of school.

Adapted from various sources

litt på norsk...

Skolestart i norge

Skolestart kommer snart for barn over hele verden. I Norge er det det samme, kongefamilien gjør seg klar til at begynner på skolen igjen Prinsesse Ingrid Alexandra og Prins Sverre Magnus dra tilbake til skole.

Prins Sverre Magnus begynte på Jansløkka barneskole i Asker ifjor. Prinsen ble fulgt av sine foreldre og av sin bestemor Dronningen på sin første skoledag.

Vel framme møtte Prinsen også en “gammel elev”, søsten Prinsesse Ingrid Alexandra.

Prinsesse Ingrid Alexandra (8) begynte for øvrig på skolen for to år siden, og går denne høsten i 3. klasse. Hennes skolestart i 2010 var historisk, i så måte at det var første gang en tronarving gikk på sin nærskole.

Som ventet var det stort oppmøte da prinsesse Ingrid Alexandra begynte på Jansløkka barneskole i Asker. I tillegg til mamma og pappa var også kongen og mormor Marit Tjessem med på første skoledagen.

Prinsesse Ingrid Alexandra var den første i Kongefamilien som begynte på Jansløkka skole. Kronprins Haakon og Prinsesse Märtha Louise gikk på Smestad, en godt stykke unna barndomshjemmet Skaugum. Smestad var også Kong Haralds barneskole, men på grunn av krigen ble hans første skoledag i USA.

Kongen var svært fornøyd med barnebarnets første skoledag. “Det har vært en fin dag. Jeg synes det er fint kronprinsparet har valgt annerledes”, fortalte han når han møtte pressen. “Til tross for at skolen nå får en elev med kongelig blod, endres ikke rutinene for den første skoledagen.”





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October • oktober

Foundation Month

October is Foundation Month for Sons of Norway and it's a great time to think about all the worthwhile philanthropic opportunities our Foundation offers and how you want to support them. We are having an online auction from Oct. 1-20, 2012 with benefits going to the Heritage and Culture Fund. The auction is a great opportunity to get in some early holiday shopping and support Sons of Norway at the same time. Check it out on the website at www.sonsofnorway.com.

Did you know that the Sons of Norway Foundation offers six different scholarship opportunities, that were awarded to 25 students throughout the organization this year? Check out the recipients by visiting the foundation page of www.sonsofnorway.com. Also, did you know that the Foundation annually offers four different grants funds to dozens of lodges in the U.S., Canada and Norway? Each is designed to provide assistance for lodge programming. The Humanitarian Fund helped provide assistance to 39 Sons of Norway families who were affected by the severe floods in Minot, ND. We are asking all Sons of Norway lodges to consider a donation.

Your support will ensure that the Sons of Norway Foundation can continue to make a significant positive impact on the communities it serves, while helping lodges and individuals achieve their dreams.

You may donate on-line or send your checks made payable to the Sons of Norway Foundation and mail them to:
Sons of Norway Foundation
1455 West lake Street
Minneapolis, MN 55408-2666



Above: 39 Helping Hands to Member grants were used to help member-families in North Dakota recover from the Souris River Flood.

Above Right: Danielle Taylor, Trollheim 6-110, Oslo International Summer School recipient atop Mount Slogen in Norway.



Celebrating culture. Expanding horizons.



October • oktober

Halloween in Norway

Trolls and vikings are frightening enough in Norwegian folktales and history books. Add some witches and ghosts to the mix and you have a very hair-raising combination. Slowly but surely the American traditions of Halloween are becoming more common in Norway. Stores are seeing spikes in Halloween sales and with the widespread presence of American influence, Halloween is tricking or possibly treating its way into the hearts of children, families, and businesses around Norway.



Free image courtesy of FreeDigitalPhotos.net

Halloween has essentially been a new phenomenon in Norway having been celebrated for only the past 15 years. As Americans began traveling, living, and moving to Norway they brought over their holiday traditions. Stores started carrying and selling Halloween decorations and candy, and the ripple effect caught on. Just like in the U.S. it is obvious when some people refuse to participate by keeping their house lights off, while others go all out with homemade haunted houses and spooky decorations in the front yard.

Because children play a significant role in Norway's society, this is an appealing tradition for both kids and adults is a great addition to the fall season. There are those that are bothered by the spread of "Americanized" holiday hoopla and others who can't wait to dress up in costumes, decorate their houses, and eat too much candy. Kids are going door to door, mainly in the bigger cities, saying "Knask eller Knep" or "Digg eller deng" in order to get candy. Sound familiar?

Time will tell if this tradition will grow, but it seems like it can only get more popular from here. Let's just hope the trolls don't get mad at the witches, ghosts, and goblins making their way into Norway.

Are You Missing Out?

Have you been receiving headquarters' popular monthly e-mail publication, Viking E-post? If not, perhaps Sons of Norway Headquarters doesn't have your current email address.

To add your email address to your record:

- contact Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or fraternal@sofn.com or
- log into the members section of www.sonsofnorway.com and click on the link to *Update email/phone*. While you are visiting the site, don't forget to update any seasonal or home address changes!

Don't miss another issue of this exciting, new and informative digital publication!



This month's edition of the Sons of Norway E-post brings you a number of timely articles about what's happening this month within the organization and outside as well.

Scroll down to read some great articles about Midsummer, the International Convention and the Norwegian Experience recruitment contest. We hope you'll find these articles to be both informative and interesting. Also, if you know someone who might enjoy receiving the newsletter, please forward this month's edition to them and encourage them to join our mailing list.

If you have a story idea you would like to see in the E-Post be sure to e-mail us at sonsofnorway@sofn.com.



In This Issue

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Top Five Tips for Planning a Trip to Scandinavia



Are you planning on traveling to Norway or another Scandinavian country in the near future? If so, Sons of Norway and our travel partner, Bortan Overseas, have put together a list of the top 5 tips you should know before you go. [Click here](#)

to read more.

Traditional Norwegian Foods



Click the image above for our recipe for Pumpkin Waffles with Lemon



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Norwegian Venison Steak with Aquavit

- 2 lbs venison filet
- ¼ tsp ground cloves
- 1 tbsp flour
- 1 cup beef stock
- ½ cup sour cream
- 1½ tbsp unsalted butter
- ¼ cup red current preserves
- 1 tbsp chopped parsley
- ½ tbsp olive oil
- 1 tbsp Aquavit
- lingonberry preserves or whole-berry cranberry sauce
- ground sea salt to taste
- freshly ground black pepper

Mix cloves, sea salt and fresh ground pepper and use as a dry rub on (rinsed and paper towel dried) venison filets. Set aside.

To prepare the sauce, add 1 tbsp butter to saucepan and gradually stir in flour. Slowly add ½ cup of stock and stir, making sure to avoid lumps. Boil and add remaining ½ cup of stock. Whisk. Add chopped parsley, Aquavit and red currant preserves and simmer. Reduce heat and mix in sour cream. Simmer an additional minute. Let sauce rest.

Combine ½ tbsp oil and ½ tbsp butter in heavy skillet over high heat. Sear venison on all sides for 5 minutes. Rest for 4 or 5 minutes then return meat to pan for 3 or 4 minutes until medium rare. Rest for an additional 5 minutes and salt and pepper to taste. For additional flavor, add pan drippings to prepared sauce.

Cut venison into slices and drizzle with sauce. Serve immediately with lingonberry preserves or cranberry sauce.

Språkrådet Survey Sheds Light on Language Shifts

Norway's language council, Språkrådet, recently highlighted a number of interesting shifts in Norway's language trends in their 2012 status report.

For starters, a growing number of Norwegians are dissatisfied with the prevalence of English in Norwegian advertising. Two thirds of survey respondents said they would prefer all of the country's advertising and marketing be in Norwegian. The survey also indicated that fewer members of the business community believe that the use of English supports increased sales.

At the same time, the council's 2012 status report indicates that Norwegian is under "continual pressure from English in many areas of society." For example, businesses as well as many state-owned companies with an international presence typically avoid publishing their annual reports in Norwegian to accommodate the needs of a global marketplace. The report also points out that social media is a likely catalyst for language trends, causing a ripple effect in language usage beyond an online environment.

Study results also indicate a similar push toward English use in higher education and research sectors. Council chief Arnfinn Muruvik Voen stresses the possible implications of this shift saying, "Many of us are not as good at English as we think. In any case, we are a lot worse at English than we are at Norwegian. Consequently, we risk making more mistakes and doing our jobs less well in many ways if English is the language used."

Språkrådet also reported both losses and gains for Norway's second language, Nynorsk. Despite being used less in schools, Nynorsk is gaining ground online. Wikipedia's Nynorsk version grew at twice the rate of the Bokmål version last year.



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a little in English...

Rondane National Park turns 50 years old in 2012.

Fifty years ago, the Parliament agreed to establish the country's first National Park, Rondane.

Rondane National Park is located in the Oppland and Hedmark counties. The park was expanded in 2003 and now covers an area of 600 miles. There are ten peaks in Rondane towering over 2000 meters, while Rondslettet stands the highest at 2178 meters above sea level.

50 years ago was the start of Norway's most important natural conservation.

The protection of Rondane is intricately linked to mountain man, Norman Heitkøtter, who initiated the debate on the possibility of nature reserves in the 1950s. It was not the words "National park" that were developed, but it was the landscape that was protected primarily in the interests of reindeer in the area. Later, the establishment of national parks in Norway developed a national system, we now have 41 of them, seven in Svalbard.

Today protection is even more important, and one of our few remaining tribes of wild reindeer is still found in Rondane. But they are challenged by a growing number of hikers. "Increased public traffic will be the largest threat to wild deer in the future", said Heitkøtter, "since the Nature Conservation Act came in power in 1954." From then on, the work has been to protect the first mountain range in Norway.

SEPTEMBER 1 ■ Official anniversary celebration, academic conference on management of national parks
8:30pm: Mountain concert at Grimsdalshytta with Dovrefjell Disharmoniske Company.

SEPTEMBER 2 ■ Official anniversary day, event is held outside with a concert from Dovrefjell discordant Company at Grimsdalshytta

Adapted from various sources

litt på norsk...

Rondane Nasjonalpark 50 år i 2012.

For femti år siden vedtok Stortinget å opprette landets første nasjonalpark, Rondane.

Rondane Nasjonalpark ligger i Oppland og Hedmark. Parken ble utvidet i 2003 og dekker nå et område på 963 km². Det er ti fjelltopper i Rondane som rager over 2,000 moh og Rondslettet er høyest med 2178 moh.

50 år siden var starten for Norges kanskje viktigste naturvern.

Vernet av Rondane er uløselig knyttet til fjelloppsynsmannen Norman Heitkøtter, som satte i gang debatten om mulig vern på 1950-tallet. Da var ikke ordet «nasjonalpark» som ble oppfunnet, men landskapet ble vernet primært av hensyn til reinsdyrene i området. Senere er opprettelsen av nasjonalparker i Norge satt i system, nå har vi 41 av dem, sju av dem er på Svalbard.

I dag er vernet enda viktigere, og en av våre ytterst få gjenværende stammer av vill fjellrein finnes fortsatt i Rondane. Men de utfordres av et økende antall fotturister. "Økt folkeferdsel vil bli den største trussel for villreinen i framtida", sa Heitkøtter da Naturvernloven kom i 1954. Fra da av startet arbeidet med å få vernet det første fjellområdet i Norge.

1. SEPTEMBER ■ Offisiell jubileumsmarkering, fagkonferanse om forvaltning av nasjonalparker
20.30: Fjellkonsert på Grimsdalshytta med Dovrefjell Disharmoniske Selskap.

2. SEPTEMBER ■ Offisiell jubileumsmarkering, arrangement i friluft Konsert med Dovrefjell Disharmoniske Selskap på Grimsdalshytta