

# NEWSLETTER SERVICE

2019

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Newsletter Service is published six times a year containing articles that lodge/district editors may use as a supplement to lodge newsletters.

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If you have suggestions for how we can improve Newsletter Service, please send an email to Rebecca Swanson at [rswanson@sofn.com](mailto:rswanson@sofn.com).

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### Norwegian Cheese Claims Top Prize in 2018 International Competition

The annual World Cheese Awards—known as the largest cheese-only competition on the planet—has been bringing together cheese lovers around the globe for over three decades. The recent 2018 competition was particularly exciting for Norwegians as it not only took place in Norway for the first time ever, but was also a home win for the local Norwegian cheese producer Ostegården.

Out of the record breaking 3,472 cheeses from 41 countries that participated in the past year's competition, Fanaost, an aged Gouda-style cheese, came out on top. This champion cheese took nearly 12 years to produce and was made on a small Norwegian farm of just 12 cows.

The event took place in Bergen in partnership with Hanen, a local organization promoting the best that the Norwegian countryside has to offer. With the increasing popularity, pride and knowledge in Norwegian food culture and traditions, timing played a wonderful role in this year's win.

### Oslo Ranked 2nd Healthiest City in the World

Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10.

While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free, and adding more pedestrian and bike friendly areas.

Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit [spotahome.com/healthiest-cities-world](https://spotahome.com/healthiest-cities-world).



### Walnut and Cheese (Valnøtter og ost)

#### Ingredients

Walnut halves  
Normanna cheese (Norwegian Roquefort)  
Butter or light cream  
Green grapes

#### Directions

##### Step 1

Rub cheese through a sieve, or mash with a fork and blend with a little butter (room temperature) or cream.

##### Step 2

Place a small amount of cheese on whole walnut halves, press a grape into the cheese on one half and top with the other half.

##### Step 3

Place a toothpick into the grape. Arrange the appetizers on a platter with curly endive.

Find this recipe and more on Sons of Norway's online recipe box at [https://www.sofn.com/norwegian\\_culture/recipe\\_box/](https://www.sofn.com/norwegian_culture/recipe_box/).



### Are you ready to SPRING into action?

With spring just around the corner, get busy with the Sports Medal program. Embrace nature like a Nordic, as you get active outdoors walking, hiking, biking and more. This is a fun way to work toward a goal and earn recognition medals. Learn more from the lodge sports director or log in at [sofn.com](https://sofn.com) and go to Member Resources.

Please keep up the great success of 2018 and work together in 2019 to help grow our Sons of Norway family.

## a little in English...

### Liv Ullmann Celebrated on Her 80th birthday

Actor and director Liv Ullmann is known throughout the world. Sunday she turns 80 years old. She'll be given a proper celebration. Prime Minister Erna Solberg is among those who will pay tribute.

Liv Ullmann is one of Norway's international stars. As an actor she has been nominated for an Oscar twice. She has not won the highly regarded statuette, but she has received many other awards, both as an actor and director.

Liv Ullmann has lived abroad for years. But there has never been any doubt about her home turf. The newspaper Dagbladet recently visited her in Florida in the U.S. The journalist asked her if she still feels Norwegian.

"Oh, yes! I have traveled a lot, at times. But Norway will always be my home. Always," she said.

Ullmann played her first role in the Rogaland Theater in 1957. Then she played the girl Anne Frank. She became known through the role of Nora in the play "A Doll's House," but then she became a film actor. Ullmann played in 10 films directed by Ingmar Bergman.

Ullmann is also very popular in the United States. She played in several shows on Broadway, the theater street in New York. Later she has played in even more international films. She directed her first film in 1992. It was called "Sofie."

## litt på norsk...

### Liv Ullmann hylles på 80-årsdagen

Skuespiller og regissør Liv Ullmann er kjent i hele verden. Søndag blir hun 80 år gammel. Det feires skikkelig. Statsminister Erna Solberg er blant dem som skal hylle Ullmann.

Liv Ullmann er en av Norges virkelige verdensstjerner. Som skuespiller har hun vært nominert til filmprisen Oscar to ganger. Hun har ikke vunnet den gjeve statuetten. Men hun har fått mange andre priser, både som skuespiller og regissør.

Liv Ullmann har bodd i utlandet i årevis. Men det har aldri vært noen tvil om hvor hun hører hjemme hen. Nylig besøkte avisa Dagbladet henne i Florida i USA. Journalisten spurte henne om hun fremdeles føler seg norsk.

– Å, ja! Jeg har i perioder reist mye rundt. Men Norge vil alltid være hjemmet mitt. Alltid, sa Liv Ullmann da.

Ullmann spilte sin første rolle på Rogaland Teater i 1957. Da spilte hun jenta Anne Frank. Hun ble kjent gjennom rollen som Nora i stykket «Et dukkehjem» Men så ble hun filmskuespiller. Ullmann spilte i ti filmer som Ingmar Bergman regisserte.

Ullmann er også svært populær i USA. Hun spilte i flere show på teatergaten Broadway i New York. Senere har hun spilt i enda flere internasjonale filmer. Hun regisserte sin første film i 1992. Den het «Sofie»



## Did you know...

8 in 10 Americans say family is most important to them, yet only half have life insurance? Be sure your family has the protection they need. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.





## Fish Waste to Power Cruise Ships

A new initiative will use green energy to power ships in Norway. Norwegian company Hurtigruten plans to convert at least six of its cruise liners to use biogas made from fish waste by 2021. Converting the ships to use this fossil-free fuel will reduce greenhouse gas emissions and help efforts to eliminate pollutants.

The reason for using fish waste is due to Norway's high number of fishery sectors and access to high volumes of organic waste, placing Norway in a great position for the biogas market. The ships will also use large battery packs capable of storing energy produced from renewable sources.

In addition to using biogas, Hurtigruten will be banning single-use plastics to create environmental sustainability. Hurtigruten's numerous efforts will help decrease the ships' negative impact on the environment and will be a solid step toward environmental preservation. To learn more about Hurtigruten's efforts in going green, visit <https://www.hurtigruten.com/us/press-releases>

## Tiny Almond Pies

Top off your Easter supper with this tasty dessert, laced with delicate almond flavor.

### Ingredients

For the dough:

Scant  $\frac{2}{3}$  cup unsalted butter  
1 cup flour, sifted  
1 egg yolk  
3  $\frac{1}{2}$  Tbsp. cold water  
1 Tbsp. cognac

For the filling:

1  $\frac{1}{4}$  cups ground almonds  
1 cup sifted confectioner's sugar  
3 egg whites, lightly beaten



### Recipe

#### Step 1

Divide the butter into three pieces of equal size. Crumble one piece into the flour.

#### Step 2

Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature.

Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over  $\frac{2}{3}$  of the dough.

#### Step 3

Fold over the plain section, then fold over the other section with butter, like a business letter. This forms a rectangle with three layers of dough and two of butter. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes.

#### Step 4

Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 200° C (400° F). Grease sandkake (small fluted pie) tins.

#### Step 5

Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins.

#### Step 6

For the filling, combine almonds with powdered sugar and egg whites. Place about 1  $\frac{1}{2}$  teaspoons of filling in each form.

#### Step 7

Cut out 8 mm ( $\frac{1}{3}$ ") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust.

#### Step 8

Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes.

This recipe is taken from "The Norwegian Kitchen" which is available for purchase through the Vesterheim Museum Bookstore: (800) 979-3346 or [www.vesterheim.org](http://www.vesterheim.org).

### a little in English...

#### Archaeologists Find Over 9,000 Year-Old Nut in Sykkylven

Archaeologists in Møre og Romsdal are very pleased with a discovery they made in Sykkylven this summer – a 9100 year-old hazelnut.

“The nut was partially burned. So either there was a fire in the area, or someone roasted nuts here about 9,000 years ago,” county curator Bjørn Ringstad told Sunnmørsposten.

The nut was found during archaeological surveys on the Bakke Islands in Sykkylven this summer, on a site where a new school will be built.

“We also found nutshells in one of the fire pits at the excavations in Auremarka. Then we found a whole pit full of burnt hazelnut shells. But we have not determined their age yet,” he says.

The nutshell found in the Bakke Islands was analyzed by a laboratory in the United States. Ringstad says it is a fun find, which proves that hazelnuts have grown on the discovery site for several thousand years – all the way back to the Stone Age.

### litt på norsk...

#### Arkeologer Fant over 9000 År Gammel Nøtt i Sykkylven

Arkeologene i Møre og Romsdal er godt fornøyd med et funn de gjorde i Sykkylven i sommer – en 9100 år gammel hasselnøtt.

– Nøtta var delvis brent. Så enten har det vært en brann i området, eller så har noen ristet nøtter her for om lag 9000 år siden, sier fylkeskonservator Bjørn Ringstad til Sunnmørsposten.

Nøtta ble funnet under de arkeologiske registreringene på Bakkeøyene i Sykkylven i sommer, på tomte der det skal bygges en ny skole.

– Også ved utgravingene på Auremarka fant vi nøtteskall i en av ildgropene. Da fant vi en hel grop full av brente hasselnøttskall. Men dem har vi ikke alderen på, sier han.

Nøtteskallet som ble funnet i Bakkeøyene er analysert ved et laboratorium i USA. Ringstad sier det er et artig funn, som beviser at det har vokst hasselnøtter på funnstedet i mange tusen år – helt tilbake til steinalderen.

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### Life happens in a heartbeat

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure you have the proper coverage in place. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.



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### Recruit and be recognized!

In 2018 more than 800 members earned their 2018 recruiter pin. Now you can invite new members and earn this 2019 limited edition pin. Be sure to get the credit you deserve by including your member number on any join form you give to a prospective member.

