

NEWSLETTER SERVICE

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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.

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Moose Truce Declared

The debate is over. The controversy over which city could claim the tallest moose sculpture was settled by Fraser Tolmie, mayor of Moose Jaw, Canada, and Linda Otnes Henriksen, deputy mayor of Stor-Elvdal, Norway, by signing a “moosarandum” on March 6. Canada wins for tallest moose, but Norway takes the prize for the most attractive moose.

Mac the Moose, a 32-foot-tall sculpture in Moose Jaw, was the tallest moose sculpture in the world until a shiny Norwegian sculpture named Storelgen was built standing at 33 feet. For Canada to reclaim its title, it will have to do some cosmetic enhancements to Mac the Moose’s antlers.

The friendly rivalry has gained a lot of positive global attention for Canada and Norway. Both towns have seen a boom in tourism since starting the debate and now have future plans on creating a children’s book series that includes Mac the Moose and Storelgen.

Going forward, one thing is sure: Both towns will continue to take pride in their respective moose mascots. To see pictures of Mac the Moose and Storelgen, visit <http://bit.ly/picturesofthemoose>.

Syttende Mai 2019: Let the Celebrations Begin

It’s time to strike up the band, wave the flag and display Norwegian pride as Syttende Mai festivities take place on May 17 in hundreds of cities in Norway, North America and the world. Parades will be organized and draw thousands of participants; copious amounts of ice cream will be consumed; and bunads will abound in a swirl of color and activity.



Children figure prominently in the events, especially in leading the parades. Initially, dating back to 1869, only boys were allowed to march. The girls’ participation was not far behind – within 20 years they, too, enjoyed waving their flags as the parades wove through the streets of Norway and beyond.

Grilled sausage, Wienerpølser (wiener sausage) and regular hot dogs are so popular on May 17 that retail grocers have reported a huge bump in sales on the holiday. “Eat what you like” is the mantra for the day, and indulging in that manner is a big part of the celebrations.

Enjoy the day, no matter how you choose to celebrate. Happy Syttende Mai to all!



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.

How do You Celebrate Your Heritage each May?

Do you display the Norwegian flag? Perhaps you take part in a Syttende Mai parade or dinner?

It’s easy to enjoy your heritage year-round by participating in the Cultural Skills program. With 14 topics to explore, there is something for everyone. You can even earn pins as you master each topic.

See the lodge Cultural Director or email culturalskills@sofn.com for more information.



a little in English...

Bokmål Dictionary and the Nynorsk Dictionary are Now an App

The Bokmål Dictionary and Nynorsk Dictionary have been launched as an app. The dictionaries are definition and spelling dictionaries that show the current official spellings for Bokmål and Nynorsk. The dictionary app is called the Ordbøkene [The Dictionaries], and it can be downloaded both for Android through the Play Store and for iOS through the App Store. Since 2016, the two dictionaries have been owned and developed jointly by the University of Bergen and The Language Council of Norway.

“The Bokmål Dictionary and Nynorsk Dictionary are the most important sources of official information about how Norwegian words should be written, how they can be used, and what they mean. They have long been readily available as digital and regularly updated dictionaries. Now they are also available to everyone in the app Ordbøkene, which can be used without internet access. The app is important because it conveys knowledge of spelling and inflection to even more users,” says Åse Wetås, spokeswoman for The Language Council of Norway.

Updated continuously

The dictionaries are updated continuously with current spelling conventions. When you look up a word, you'll find definitions, usage examples, inflection and etymology.

“It is crucial for us that information about good and correct Norwegian is easily accessible to all users of Norwegian in Norway and elsewhere in the world. Now that the dictionaries will be available on several platforms, we can reach even more users,” says Åse Wetås.

litt på norsk...

Bokmålsordboka og Nynorskordboka blir app

Bokmålsordboka og Nynorskordboka er blitt lansert som app. Ordbøkene er definisjons- og rettskrivingsordbøker som viser gjeldende offisiell rettskriving for bokmål og nynorsk.

Ordbokappen heter Ordbøkene, og den kan lastes ned både for Android gjennom Play Butikk og for iOS gjennom App Store. Siden 2016 eies og utvikles de to ordbøkene av Universitetet i Bergen og Språkrådet i fellesskap.

– Bokmålsordboka og Nynorskordboka er de viktigste kildene til offisiell informasjon om hvordan norske ord skal skrives, hvordan de kan brukes, og hva de betyr. De har lenge vært lett tilgjengelige som digitale og jevnlig oppdaterte ordbøker. Nå blir de også tilgjengelige for alle i appen Ordbøkene, som kan brukes uten nettilgang. Appen er viktig fordi den formidler kunnskap om rettskriving og bøyning til enda flere brukere, sier direktør i Språkrådet, Åse Wetås.

Oppdateres løpende

Ordbøkene oppdateres løpende med gjeldende rettskriving. Når man slår opp på et ord, finner man definisjoner, brukseksempler, bøyingsopplysninger og informasjon om ordenes opprinnelse.

– Det er avgjørende viktig for oss at informasjon om godt og korrekt norsk er enkelt tilgjengelig for alle brukere av norsk i Norge og ellers i verden. Når ordbøkene nå kommer på flere plattformer, kan vi nå enda flere brukere, sier Åse Wetås.

Calling All Cooks

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sonsofnorway.com.



For a chance to be featured, simply email your recipe to jkohlhofer@sofn.com. Feel free to include a high-quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.



Motor to Alberta to Embrace Your Nordic Roots

If on a summer road trip in Canada and you find yourself near Red Deer, Alberta, hit the brakes and stop by the charming Laft Hus Museum, which is housed in a hand-crafted log building that exudes hygge and is home to an array of intriguing historical artifacts. The building is modeled after a typical Norwegian 17th century farm home and was hand-built by devoted volunteers. Since 1984 the building has been located in Red Deer's Heritage Square.

The museum offers public programs and classes that can be tailored to specific needs and interests. Topics may include folklore, crafts, Norwegian history and more. The museum's annual festival is June 15 and will feature Viking reenactments, Scandinavian dancers, lots of children's activities and tasty foods. A fall bake sale is a popular fundraiser for the museum; check out their website for more information.

Hours: June–August

Tuesday–Saturday, 9am–5pm;

Sunday 12–5pm.

Admission: Free (\$5 suggested donation)

Location: 4402–47 Avenue Red Deer, Alberta

More information: www.norwegianlafthussociety.ca

A Slightly Different Town

On the Svalbard Islands of Norway lies the northernmost town in the world. Longyearbyen is a former coal mining town, but has since transformed into a cultural and commercial center. What makes Longyearbyen so unique isn't just its location, but the few strange laws that the residents must abide by.

The most bizarre law might be that it is illegal for the dead to be buried in Longyearbyen due to the sub-zero temperatures. If a death does occur, the body is taken to the mainland. A woman also cannot give birth in the town; an expectant mother must go to the mainland to deliver her child. Cats are banned from the city in order to protect Arctic birds. Residents are required to carry a firearm when traveling outside of the settlement, but it is illegal to have a loaded firearm within the town. It is also customary to remove one's shoes when entering an establishment, even in the museum and church.

These are only a few of the quirky facts about Longyearbyen. To learn more, visit <https://en.visitsvalbard.com/visitor-information/destinations/longyearbyen>



Welcome New Friends in 2019!

Please invite daughters, sons and friends of Norway to join as new members. We can share our friendship, culture and heritage as we get to know one another.

Plus: Recruiting members will be recognized with the limited edition 2019 recruiter pin. Please include your member number on any join form you give to a prospective member, so you get the credit AND beautiful pin, you deserve.



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.

a little in English...

Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk of physical activity.

This was shown by a University of Gothenburg study, which was recently published in the journal *Neurology*. Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years.

The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain.

Physically active people halved their risk

During the 44 years of study, 194 women developed dementia—almost one in four.

It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive.

In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's.

Culture also protected the physically passive

Women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers.

Ergo, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity.

These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.

litt på norsk...

Kryssord, strikking og hagearbeid senker risikoen for Alzheimers

Fysisk aktivitet kan forebygge demens hos eldre. Men også aktiviteter som stimulerer hjernen, som å lese, gå på konsert eller å luke i hagen, senker risikoen uavhengig av fysisk aktivitet.

Det viser en studie ved Göteborgs universitet, som nylig ble publisert i tidsskriftet *Neurology*.

Forskerne har fulgt 800 kvinner gjennom 44 år. Da studien startet i 1968, var de i snitt 47 år. Da studien ble avsluttet i 2012, var de i snitt 91 år.

Forskerne har jevnlig stilt kvinnene spørsmål om hvilke fysiske og mentale aktiviteter de drev med, som kan stimulere hjernen.

Fysisk aktive halverte risikoen

I løpet av de 44 årene studien varte, utviklet 194 kvinner demens, altså nesten en av fire.

Det viste seg at de mest fysisk aktive kvinnene halverte risikoen for å utvikle demens som skyldes kar-sykdommer i hjernen, sammenlignet med fysisk helt passive.

I tillegg var kvinnene gjennom årenes løp blitt spurt om kulturelle aktiviteter. De kvinnene som var mest kulturelt aktive, var også beskyttet mot demens, særlig Alzheimers.

Kultur beskyttet også fysisk passive

Kvinner som var kunstnerisk, intellektuelt eller manuelt aktive hadde hele 46 prosent lavere risiko for å utvikle Alzheimers sykdom enn kulturelle latsabber.

Ergo kan det å lese, synge i kor, strikke, løse kryssord eller luke i hagen beskytte nesten like mye mot demens som å være i høy fysisk aktivitet.

Disse kulturelt aktive damene fikk også 34 prosent lavere risiko for å utvikle andre former for demens.



Norwegian Knekkebrød

Enjoy this flavorful and easy to prepare treat. Recipe submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients

1 cup whole wheat flour
1/3 cup flax seeds
2/3 cup rolled oats
1/3 cup sunflower seeds
2/3 cup hazelnuts (ground)
1 1/2 tsp salt
1 cup water

Directions

Preheat oven to 350 degrees F. Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water. Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score your Knekkebrød into rectangular pieces and bake for 60 minutes.

Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite jam.

Find more of Christopher's recipes on his blog at <https://www.pumpernickelandrye.com/>