

# NEWSLETTER SERVICE

2020



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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 Ivy Swenson at [iswenson@sofn.com](mailto:iswenson@sofn.com).

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## 2020 International Folk Art Competition & Exhibition

Show off your talent and celebrate Norwegian culture by participating in the International Folk Art Competition & Exhibition, part of the 2020 International Convention in Ringsaker, Norway, August 19-23.

Members can choose to compete or exhibit their work in several Norwegian folk art categories including rosemaling, hardanger embroidery, hand knitting, photography and several others. All participants will receive a certificate of recognition and have the option to compete for 1st, 2nd and 3rd place ribbons. Members will also have the chance to compete for the Best in Show Award, given to the judges' overall favorite item, and the People's Choice Award, selected by popular vote.

### Register in Advance!

Pre-registration is the only way to guarantee an artist's spot in the International Folk Art Competition & Exhibition—space is limited. Registration will be open to all members starting March 1, 2020. You can find more information regarding requirements, categories, competition guidelines and frequently asked questions online at [www.sofn.com/folkart](http://www.sofn.com/folkart).

## Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.



At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]."

## Spread Nordic Love With Heritage Membership!

*"I grew up in a Sons of Norway lodge and loved every minute of it. I love the ability to ensure that my daughter feels tied to the culture..."*

*"My son is inspired to learn more about his Norwegian heritage, and attended a Norwegian language camp... these opportunities to connect with his cultural heritage are very valuable to him."*

Did you know members in good standing can sponsor free Heritage membership for family members age 15 and younger?



They may enjoy taking part in lodge celebrations and activities, or earning pins and medals through the youth Cultural Skills and Sports Medal programs. All Heritage members can access fun online resources including the **Just for Kids** activity pages and the **Recipe Box** (with help from a parent, if needed) at [sonsofnorway.com](http://sonsofnorway.com).

Heritage members receive a welcome kit with a personalized member ID Card that is valid until their 16th birthday. After that, they can continue in a Family membership or join Sons of Norway as an Individual member.

Contact Sherry at [fraternal@sofn.com](mailto:fraternal@sofn.com) for more details.

# March | mars

## a little in English...

### Dogs Mirror Their Owner's Stress Level

#### Long-term stress seems to transmit from human to dog.

Stress is contagious.

At least when we talk about acute stress.

It has also been shown that acute stress spreads between the human and its best friend, the dog.

But what about chronic stress? Recently, Swedish researchers investigated this topic.

And the results show that human stress levels probably reveal a lot about the condition of their pooch.

#### Hair tells about stress

Acute stress is easy to measure, in terms of the levels of the stress hormone cortisol in blood or saliva samples. But if you want to measure stress over a long time period, this is an impractical method. Fortunately, researchers have something better up their sleeve: hair.

Cortisol builds up in hair, and over time, hair gives a chronological overview of cortisol levels in the body. Thus, one can use hair strands from dogs and owners to analyze and compare the level of stress over time.

#### 58 dogs and owners

Researcher Ann-Sofie Sundman and her colleagues recruited 58 pairs of dogs and female owners. Some were solely pets, while others were active in competitions. The dogs also walked with an activity meter for a week.

#### The owners influenced the dog

The results showed that the stress level of the owner seemed to have a clear impact on the stress level of the dog. On the other hand, the level of activity did not appear to have anything to do with long-term stress.

## litt på norsk...

### Hunden speiler eierens stressnivå

#### Langtidsstress ser ut til å smitte fra menneske til hund.

Stress er smittsomt.

I hvert fall når vi snakker om akutt stress.

Det er også vist at akutt stress smitter mellom mennesket og dets beste venn, hunden.

Men hva med kronisk stress? Nylig undersøkte svenske forskere akkurat det.

Og resultatet viser at menneskets stressnivå trolig har mye å si for tilstanden hos vovsen.

#### Hår fortalte om stress

Det er lett å måle akutt stress, i form av nivåene av stresshormonet kortisol i blod- eller spyttprøver. Men skal man vite hvordan det står til over lang tid, er dette en upraktisk metode. Heldigvis har forskerne noe bedre i ermet: Hår.

Kortisol bygges nemlig inn i håret, og med tida gir hårstrået en kronologisk oversikt over kortisolnivåene i kroppen. Dermed kan man altså bruke hårstrå fra hunder og eiere for å analysere og sammenligne stressnivået over tid.

#### 58 hunder og eiere

Forsker Ann-Sofie Sundman og kollegaene hennes rekrutterte 58 par av hunder og kvinnelige eiere. Noen var rene kjæledyr, mens andre var aktivt med i konkurranser. Hundene gikk også med aktivitetsmåler i ei uke.

#### Eierne påvirket hunden

Og resultatene viste altså at stressnivået hos eieren så ut til å ha klar innvirkning på stressnivået hos hunden. Det så derimot ikke ut til at aktivitetsnivået hadde noe å si for langtidsstresset.



## Recruit a New Member and Be Recognized!

Please invite daughters, sons and friends of Norway to join as new members. When you recruit a new member and include your member number on the join form, you'll be awarded this beautiful 2020 Recruiter Pin.

## Bergen Rumballs

Submitted by: Vesterheim Museumsbutikk

### Ingredients

#### For the pastry

3 1/2 Tbsp. sugar  
3/4 cup flour  
1/3 cup margarine

#### For the cream puffs

2/3 cup water  
3 Tbsp. margarine  
1/2 cup flour  
2 eggs

#### For the filling

2 egg yolks or 1 egg  
1 1/2 Tbsp. sugar  
1 3/4 Tbsp. corn starch  
1 cup full-fat whole milk  
2-3 Tbsp. rum  
Scant 1/2 cup whipping cream  
12-14 cocktail cherries



### Recipe

#### For the pastry

1. Combine sugar and flour and cut in the margarine.
2. Knead lightly. Form into a ball, wrap in plastic. Chill 1 hour.

Preheat the oven to 210 C (425 F).

#### For the cream puffs

1. Bring water and margarine to a boil.
2. Add the flour and stir until the mixture forms a ball.
3. Remove from the heat. Cool slightly, then beat in the eggs, one at a time.
4. The mixture should be thick enough to just keep its shape. Make 12-14 balls with a spoon and place far apart on a greased baking sheet.
5. Roll out the pastry. Cut out round cookies with a 6-7 cm (2 1/2") cutter. Drape them over the balls and press carefully against the baking sheet.
6. Bake until golden, 25-30 minutes.

#### For the filling

1. Whisk together eggs, sugar, cornstarch and milk in a saucepan.
2. Heat to boiling, stirring constantly, but do not allow to boil. Cool, stirring occasionally.
3. Stir in rum. Whip the cream and fold into the rum mixture.
4. Puncture the bottom of the cream puffs. Fill a pastry tube with rum cream and pipe the mixture into the cream puffs. Top each with a cherry.



## Life Happens in a Heartbeat

Whether they're moving out, moving on or moving home again, every stage of life is another opportunity to model for your adult children the value of financial planning. Any time you reduce your expenses, you have a great opportunity to save for future needs, including life insurance. As you help them plan a budget, be sure to emphasize the importance of dedicating funds to protect what's most important: their future.

Let a Sons of Norway Financial Professional help you prepare for whatever the future holds.

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## Setesdal Named to UNESCO Intangible Heritage List

After a seven-year campaign, the folk music and dance traditions from Setesdal in Agder County (southern Norway) have been added to the UNESCO list of Intangible Cultural Heritage. UNESCO (the United Nations Educational, Scientific and Cultural Organization) regards intangible cultural heritage as the traditions passed between ancestors and descendants. A few examples are traditional storytelling, performing arts, rituals, festivals and craft skills.

In a practice woven into Setesdal life since the 1700s, the singing of stev (four-line a cappella storytelling songs) is interspersed with tunes played on a Hardingfele (Hardanger fiddle) or munnharpe (mouth harp) to accompany a traditional couple's dance, gangar. Stev are meant to be shared in social settings and are typically learned through family members or local musicians. The gangar fiddle tunes are marked with loud, rhythmic foot paddling. International recognition of these cultural expressions not only promotes preservation, but also increases tourism. The rugged and remote valley of Setesdal may soon receive new visitors, as recordings of this art form can never compare to the transporting experience of live performance.

## What to Know: Traveling to the 2020 International Convention

On August 19-23, the Sons of Norway International Convention will take place in Ringsaker, Norway. This biennial gathering is a time for delegates to meet and conduct official Sons of Norway business, and also to socialize with other members in celebration of Nordic heritage and culture.

The convention site at Scandic Ringsaker Hotel, just outside of Hamar, is about an hour by train or car from the Oslo airport. Guides will be available at the airport on the morning of August 19 to help arriving members buy train tickets and find their way to the train. Upon arrival in Hamar, a shuttle bus will be available to transport guests from the train station to the hotel. Complimentary parking will be available for members arriving by car.



For those interested in additional travel before or after the convention, Borton Overseas has curated a number of tour and transportation packages especially for Sons of Norway members. Visit [www.sofn.com/international\\_convention](http://www.sofn.com/international_convention) for more information about the convention, including travel arrangements and optional tour information.

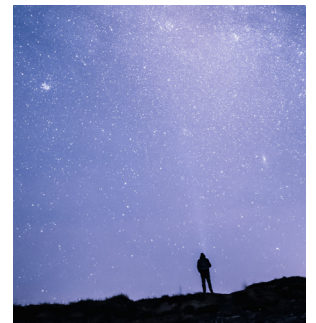
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## Norwegians Give Sámi Name to Distant Star and Planet

A star and planet 200 light years from Earth were officially given Sámi names recently, following a national naming campaign in Norway. The star in the distant solar system has been named Násti, meaning "star," while the planet is called Albmi, or "heaven."

The naming took place as part of a worldwide campaign by the International Astronomical Union (the organization in charge of naming newly discovered stars and planets) in celebration of its 100th anniversary. The global campaign, known as NameExoWorlds, invites every country worldwide to name a designated planetary system consisting of a star and an orbiting planet. Each star can be seen from its assigned country and is visible through a small telescope.

Norwegians submitted a total of 824 proposals to name the star and planet duo. The winning proposal was submitted by high school student Emma Stefanussen, who said the idea for the names was suggested to her by an ethnic Sámi friend. Stefanussen is a resident of Andøya, an island in the far north of the Lofoten archipelago.



## a little in English...

### We're Recording History on Facebook

History is being written in new ways in new media: local history is now often told by average people, according to Nina Kristiansen, editor of forskning.no, who writes this [excerpted] commentary:

A while ago, I joined the Facebook group Gamle Steinberg skole (Old Steinberg School). The school was demolished many years ago but has been revived on Facebook. That is to say: that is how it began—as a social gathering place for us who attended the old school.

Quite quickly, the group changed from “Hello” and “What year were you?” to what it has become today: a local historical memory book for a small town. Today, the group is a multitude of stories, memories, images and facts—which together tell local history in a whole new way, with brand new writers.

#### Golden times

In the Facebook group, it's about pastries at the café, about local bands and their short or long careers, and who lived in which houses. It is history told on a human scale. One of the participants obtains pictures from the archive in Eiker, while others find pictures in drawers and albums. Nostalgia gets the most space. Do you remember? Yes, we remember how nice it was. In addition, we have also found new relatives, long-lost classmates and forgotten memories.

#### A new platform on Facebook

The older men of Steinberg used to gather for a long time at the bulletin board down at the train station. There they stood for hours, talking about the weather and the past. The women had similar gatherings in their sewing club.

Now we talk in other places, but the effect is the same. History is summarized, processed and continued. The benefits of Facebook are that it is more accessible and longer-lasting than chatting next to the bulletin board or around the table.

## litt på norsk...

### Vi skriver historie på Facebook

Historie skrives på nye måter i nye medier: lokalhistorien fortelles av folk flest. Og nå har også forskerne sett nytten, skriver forskning.no redaktør Nina Kristiansen i denne kommentaren.

For en stund siden ble jeg medlem av Facebook-gruppa Gamle Steinberg skole. Skolen er revet for mange år siden, men fikk nytt liv på Facebook. Det vil si: det var sånn det begynte – en sosial samlingsplass for oss som gikk på gamleskolen.

Ganske fort forandrer gruppa seg fra Hei på deg og Hvilket årskull var du? til det den har blitt i dag: en lokalhistorisk minnebok for et lite tettsted. I dag er gruppa et mangfold av historier, minner, bilder og fakta – som til sammen forteller lokalhistorie på en helt ny måte, med helt nye forfattere.

#### Gylne tider

På Facebook-gruppa handler det om wienerbrøda på kafeen, om lokale band og deres korte eller lange karriere, og om hvem som bodde i hvilke hus. Det er historie i menneskehøyde som fortelles. En av deltakerne henter bilder fra Eiker arkiv, mens vi andre finner bilder i skuffer og album. Nostalgien får mest plass. Husker dere? Ja, vi husker hvor fint det var.

I tillegg har vi også funnet nye slektninger, bortkomne klassekamerater og glemte minner.

#### Ny kampsak på Facebook

De eldre mennene på Steinberg pleide lenge å samle seg ved oppslagstavla nede ved stasjonen. Der sto de i timesvis og snakket om været og fortida. Kvinnene hadde lignende forum i syklubben.

Nå snakker vi på andre plasser, men effekten er den samme. Historia oppsummeres, bearbeides og videreføres. Fordelene med Facebook er at det er mer tilgjengelig og mer varig enn praten under tavla og rundt bordet.



## Pssst... Don't Keep Sons of Norway Membership a Secret!

As you go about your daily life, please speak up about your enjoyment of membership with those you meet. Share the fun of celebrating 125 years of friendship, culture and heritage with others in our community during this special anniversary year!

## Pan-Fried Whitefish

### Ingredients

#### For the whitefish

White pepper  
Sugar  
Salt  
1/2 cup breadcrumbs  
Salt to taste for the breading mixture  
5-6 Tbsp. butter

#### For the dressing

1 tsp. horseradish  
1 Tbsp. chopped chives  
1/2 tsp. lemon zest  
5 Tbsp. sour cream  
2 Tbsp. mayonnaise

#### For the potato salad

1-2 Tbsp. salmon roe (optional)  
1 egg, lightly whisked  
8 radishes, cut into halves  
1 head of cauliflower, pre-boiled and cut into bite-sized florets  
8 oz trimmed sugar snap peas  
1 lb. new potatoes, pre-boiled and cut into quarters

### Directions

#### For the potato salad

1. In a large bowl, mix together all of the ingredients for the dressing.
2. Add the potatoes, cauliflower, radishes and snap peas.
3. Toss the vegetables and dressing together and then place in the refrigerator to marinate for 15 minutes, tossing once more at about 10 minutes.

#### For the whitefish

1. Place the whitefish fillets on a cutting board. Run your fingers along the fillets to locate any pin bones. Removing them is quite a bit easier if you pull them out with a tweezers. (Be sure to wash the tweezers well before and after using.)
2. Season the de-boned fillets with the salt and white pepper.
3. Lightly whisk the egg in a shallow bowl. In a separate bowl, combine the breadcrumbs and salt.
4. Dip the fillets in the egg and then dredge in the breadcrumb mixture.
5. In a large frying pan at medium-high heat, add the butter and fry the fillets until they are golden brown.
6. Drain the extra fat by placing the fillets on a paper towel. This will also keep them crispy.
7. Serve the fried fillets on top of a decent portion of the potato salad.



## You Never Stop Being Their Protector

Whether it's checking for the boogeyman under the bed or making sure they never go hungry, you are always there for them. Be sure you have life insurance in place to ensure their protection is never at risk.

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