***Newsletter Service***

**Nov/Dec 2020**

**NOVEMBER ISSUE**

**The Origins of Norway’s Most Iconic Sweater**

It’s no wonder Norwegians are known for their sweaters, considering Norway’s long, dark winters, culture of outdoorsiness and reputation for quality craftsmanship. Though Nordic sweaters come in many styles and colors, one stands out from the crowd as the most iconic and enduring of all: the Marius sweater.

The classic red, white and navy blue pattern of the Marius sweater echoes the colors of the Norwegian flag, but its ties to Norway run even deeper. The design was adapted from a traditional Norwegian pattern and began its rise to international fame in 1953, when lifelong knitter Unn Søiland Dale created Lillun Sports A/S.

Previously, Dale had been employed as a model and often worked on knitting projects for her friends while waiting on set for photo shoots. As her reputation grew, she received more orders, and before long she left modeling behind to go into business selling knitwear. She also began selling her tradition-inspired patterns to Sandnes Uldvarfabrik, and many of those patterns—most notably Marius—went on to become timeless classics in Norway and around the world.

**Article photo for download:** <https://www.dropbox.com/s/3xoknuezvrr3wty/The%20Origins%20of%20Norway%E2%80%99s%20Most%20Iconic%20Sweater.jpg?dl=0>

**One Minute Late**

Passengers on a recent flight from France to Norway were required to self-quarantine for 10 days after their flight landed just one minute after a midnight deadline.

On Thursday, August 6, the Norwegian government announced that it was adding France to its “red list” along with the countries of Czech Republic, Monaco and Switzerland because those nations’ COVID-19 rate exceeded the threshold of 20 cases per 100,000 people over the previous 14 days. This meant that any travelers coming into Norway from those countries would be required to self-quarantine for 10 days.

The new rule went into place at midnight, and flight SK4700 was scheduled to arrive at 12:10AM. The flight had made good time, however, and landed nine minutes early. The passengers on the plane cheered upon touchdown, believing they had arrived just in time to beat the deadline—but in fact they were one minute too late, and the Ministry of Health announced that all passengers would be required to quarantine under the new regulations. Despite the inconvenience, Norway’s efforts to contain the virus have been relatively successful, which some attribute to a widespread culture of *dugnad*, or working together for the common good.

**Article photo for download:** <https://www.dropbox.com/s/mjnx0rvfn6uj014/One%20Minute%20Late.jpg?dl=0>

**Exercise at Work for Better Health**

Sitting for long periods of time is taking a toll on people’s health. Humans are not made to move so infrequently, and experts recommend breaking up the workday with a bit of exercise—even just a few minutes per day.

Chris MacDonald, a physiologist based in Denmark, has studied exercise as a prevention for Type II diabetes and recommends building movement into our everyday routines. “We can start by thinking about exercise in the workplace,” MacDonald says videnskab.dk. “It has to be something we just do, just the same way we eat lunch.”

**Pain in the Neck**
Researchers from the National Research Center for the Working Environment (NFA) in Denmark also studied whether exercises that target the neck, shoulders and back can help stave off pain in those areas.

In trials involving three 20-minutes sessions per week, the research team found that using strength training on the shoulders, neck and back resulted in pain reduction, and that employees who worked out together felt more bonded socially.

Sons of Norway members can earn pins through the **Sports Medal Program** by taking short exercise breaks throughout the day. Contact your lodge sports director or visit sonsofnorway.com for details.

**Article photo for download:** https://www.dropbox.com/s/9miytdww2q0tg67/Exercise%20at%20Work%20for%20Better%20Health.jpg?dl=0

# TRANSLATION

<https://forskning.no/hjernen-norges-forskningsrad-partner/tre-hjerneforskere-slik-trener-vi-for-a-holde-hjernen-i-form/1726736>

# Slik trener jeg for å holde hjernen i form

Hjernen er et av organene som får aller mest ut av trening, forteller forskerne oss. Men hvordan trener lege, hjerneforsker og forfatter Kaja Nordengen selv for å holde hjernen sunn og rask?

– Mitt mantra er det ikke spiller så stor rolle hva slags utfordringer du finner for hjernen din, så lenge du utfordrer den, sier hun til forksning.no.

**Kajas hjernetreningsprogram**

**1. Puss tennene eller barber deg med «feil hånd».**

Finmotorikken din kan trenes opp i din ikke-dominante hånd, og du kan lære deg til å bruke begge hender når du skal løse en oppgave.

**2. Finn frem brettet og spill et parti sjakk.**

Sjakk trener deg både i konsentrasjon, problemløsing, mønstergjenkjennelse og strategisk planlegging.

**3. Gå av bussen et stopp før eller etter din holdeplass.**

Ved å bryte ut av mønsteret og lære deg nye ruter og steder du kan legge til ditt mentale kart, trener du orienteringsevnen din.

**4. Gå av og på sykkelen fra «feil» side.**

Hvis du bryter med rutinen, utfordrer du hjernen og styrker nervecellekontakter du sjelden bruker.

**5. Gjør nye arbeidsoppgaver i hjemmet eller bytt med partneren din.**

Bytt om på oppgaver slik at den som for eksempel skifter dekk heller må lære seg å bruke symaskinen, og motsatt. Bor du alene, skift dekk selv, sy i den knappen du vet mangler eller følg en komplisert oppskrift når du lager middag. Det er slik vi får dannet nye nervecellekontakter.

**6. Bruk datamusen med «feil» hånd i en dag.**

Hjernen har godt av å bli brukt litt utenfor de faste rutinene. Når du trener opp motorikken i motsatt hånd, trener du hjernen og danner nye nervecelle- kontakter og helt nye nervecellebaner.

**7. Lær fem nye ord på et språk du ikke kan.**

Å lære nye ord setter i gang de samme belønningssystemene som aktiveres av god mat. Hele hjernen samarbeider alltid, men for språkfunksjonen vår er det først og fremst hjernebarken som er viktig.

 **Article photo for download:** [**https://www.dropbox.com/s/9miytdww2q0tg67/Exercise%20at%20Work%20for%20Better%20Health.jpg?dl=0**](https://www.dropbox.com/s/9miytdww2q0tg67/Exercise%20at%20Work%20for%20Better%20Health.jpg?dl=0)

**TRANSLATION**

**How I Exercise to Keep My Brain in Shape**

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells forskning.no.

**Kaja's brain exercise program:**

**1. Brush your teeth or shave with the "wrong hand."**Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

**2. Find the board and play a game of chess.**Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

**3. Get off the bus one stop before or after your stop.**By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

**4. Get on and off the bike from the "wrong" side.**If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

**5. Do new chores at home or swap chores with your partner.**Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

**6. Use the computer mouse with the "wrong" hand for a day.**The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

**7. Learn five new words in a language you do not know.**Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.

**Article photo for download:** [**https://www.dropbox.com/s/9miytdww2q0tg67/Exercise%20at%20Work%20for%20Better%20Health.jpg?dl=0**](https://www.dropbox.com/s/9miytdww2q0tg67/Exercise%20at%20Work%20for%20Better%20Health.jpg?dl=0)

**RECIPE**

**Pumpkin and Potato Soup**

This meatless soup makes a savory fall meal. Serve your soup garnished with sesame seeds, lemon juice, red chili and coriander leaves. This soup pairs wonderfully with a nice crusty bread.

**Ingredients**

2 3/4 cups small pumpkin, diced

3 large potatoes, diced

4 garlic cloves, peeled

2 medium red onions, diced

2 Tbsp. olive oil

2 tsp. thyme

1 green chili, finely chopped

2 cups fresh coconut milk

1 red chili, thinly sliced

2 Tbsp. lemon juice

2 Tbsp. toasted sesame seeds

2 sprigs fresh coriander leaves, finely chopped

Salt and pepper to taste

Fresh parsley, chopped

Optional garnish: toasted pumpkin seeds, sage leaves, cheese or parsley

**Directions**

Step 1

In a large frying pan over medium heat add the olive oil, diced pumpkin, potato and onions. Once these ingredients are lightly fried (the onion should be slightly soft) add the thyme and green chili (if you are using it). Salt and pepper to taste.

Step 2

Once everything is slightly soft and has good color, transfer the mixture to a blender or food processor. Puree until mostly smooth, but not completely liquified.

Step 3

In a large soup pot on your stove at medium heat, add the pumpkin mixture and coconut milk. Simmer for 15 minutes or until slightly thickened.

Step 4

Toast your sesame seeds and set them aside to use as a garnish.

*>>>Are you looking for a Norwegian or Nordic-inspired recipe? Would you like to share a favorite recipe with fellow members? Please contact membership@sofn.com.*

**Recipe photo for download: <https://www.dropbox.com/s/9miytdww2q0tg67/Exercise%20at%20Work%20for%20Better%20Health.jpg?dl=0>**

**Giving Thanks for YOU!**

Happy Thanksgiving to you and your family from the Sons of Norway staff.

Thank you for being a member of Sons of Norway. Do you have a friend or family member who would enjoy celebrating Norwegian culture and heritage? If so, please invite them to join our Sons of Norway community!

**Article photo for download:** [**https://www.dropbox.com/s/istkgq3mwes0lza/Giving%20Thanks%20for%20YOU%21.jpg?dl=0**](https://www.dropbox.com/s/istkgq3mwes0lza/Giving%20Thanks%20for%20YOU%21.jpg?dl=0)

**Do You Have Retirement Insurance?**

Insurance helps replace a financial loss when the unexpected happens. Life insurance helps us make ends meet when we lose a loved one. But what about when the market takes an unexpected downturn?

Annuities can be viewed as a kind of retirement insurance—they offer the stability and predictability of income you can always count on. Call your Sons of Norway Insurance Professional today to find out how you can add a safety net to your retirement plan.

**Article photo for download:** [**https://www.dropbox.com/s/g7elvcyntvaom9u/Do%20You%20Have%20Retirement%20Insurance%3F.jpg?dl=0**](https://www.dropbox.com/s/g7elvcyntvaom9u/Do%20You%20Have%20Retirement%20Insurance%3F.jpg?dl=0)

**Don’t Miss the New *Viking for Kids!***

We received a great response to our first issue of *Viking for Kids* in August, and we have even more fun lined up in our next issue, which will be released in November. *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more—created by Sons of Norway staff especially for our Heritage members!

To download *Viking for Kids*, visit sofn.com/vikingforkids.

**Article photo for download:** <https://www.dropbox.com/s/08h766um4fmjomx/Don%E2%80%99t%20Miss%20the%20New%20Viking%20for%20Kids%21%20.jpg?dl=0>

**Sons of Norway Foundation Scholarship Applications are now open!**

Do you know a student heading off to college soon who could use tuition assistance? Do you have a child or grandchild who wants to study abroad in Norway? The Sons of Norway Foundation offers 14 different scholarship opportunities for a variety of students, including international study, adult learners, vocational programs and more. For many recipients, these awards are a life-changing opportunity to explore educational passions in the US, Canada or Norway.

Many opportunities are available to members or their children or grandchildren, and awards range from $1,000 to a full year’s tuition. Applications are due January 15 for international opportunities, and March 1 for domestic opportunities. To find more information and to apply, visit sofn.com/foundation/scholarships.

**Article photo for download:** <https://www.dropbox.com/s/htbm4rvxdhi2rme/Sons%20of%20Norway%20Foundation%20Scholarship%20Applications%20are%20now%20open%21.jpg?dl=0>

**DECEMBER ISSUE**

**Norway Reintroduces Dual Citizenship**

Following a global trend of connecting worldwide, the Parliament of Norway approved changes to the Citizenship Act in December 2019 to allow for dual citizenship.

This change, which took effect in 2020, means that both Norwegians living abroad and those living in Norway can have passports in their country of birth as well as their country of residence.

Foreign nationals living in Norway no longer have to renounce their original citizenship in order to become Norwegian citizens. Additionally, Norwegians living abroad may now become citizens of other nations without giving up their Norwegian citizenship.

In some instances, people who previously surrendered their Norwegian citizenship in order to become citizens elsewhere may now apply to regain their nationality.

More than 26,000 people applied for dual citizenship in Norway in the first 6 months of the new law. Due to the surge in applications, and delays from the coronavirus pandemic, the wait times for citizenship are currently very long.

To learn more, visit the Norwegian Directorate of Immigration (UDI) website: udi.no.

**Article photo for download:** <https://www.dropbox.com/s/9ih24abx1ugr9zk/Norway%20Reintroduces%20Dual%20Citizenship.jpg?dl=0>

**Songs From Our Past Tell the Story of Ourselves**

Imagine you’re stranded on a remote island and you can listen to just eight songs. What would they be?

This question is posed by BBC radio program “Desert Island Discs.” The answers inspired researchers to conduct a study.

The findings indicate that when imagining isolation, people choose music reminiscent of the time between ages 10 and 30, when one’s identity is being formed. Even Ruud, professor emeritus at the Norwegian Academy of Music, states “The music has a very emotional effect on us… It is therefore well suited to evoke memories and to create the story of ourselves.”

The top reasons people cited for their song choices were that the song reminded them of a relationship, a particular time in life, or a major life change.

The findings of this study are very relevant in this time of the coronavirus pandemic, when many people are feeling isolated and uncertain. As autumn descends on us, heat up some apple cider in your favorite mug, get cozy on the couch, and bask in the comfort of your own “desert island” favorites.

**Article photo for download:** [**https://www.dropbox.com/s/1h6g9jbqmokei3p/Songs%20From%20Our%20Past%20Tell%20the%20Story%20of%20Ourselves.jpg?dl=0**](https://www.dropbox.com/s/1h6g9jbqmokei3p/Songs%20From%20Our%20Past%20Tell%20the%20Story%20of%20Ourselves.jpg?dl=0)

**TRANSLATION**

<https://www.nrk.no/kultur/xl/rikard-nordraak-komponerte-den-norske-nasjonalsongen-_ja_-vi-elsker_-1.14992970>

**Composer Who Wrote Ja Vi Elsker (Norwegian National Anthem) Only Lived to 23**

This month’s translation is written in *nynorsk* to challenge your language skills. Nynorsk is one of two official standards of **written** Norwegian, the other being *bokmål*. About 13% of Norwegians write in nynorsk, primarily in Western Norway, while *bokmål* dominates in the rest of the country. *Bokmål* is a heavily Danish-influenced version of written Norwegian, and *nynorsk* is a conglomerate of dialects, representing Norwegian, as if it had remained uninfluenced by Danish rule.

**Den unge flammen**

Rikard Nordraak er saman med diktaren Bjørnstjerne Bjørnson ansvarleg for at vi alle reinskar halsen og tar sats ved «og den saganatt som senker, senker drømme på vår jord».

Nordraak blir fødd 12. juni 1842 i Christiania. Familien hans har piano i stova, og Rikard byrjar å spele tidleg.

I 1850 flyttar søskenbarnet Bjørnstjerne Bjørnson, som er i byen for å studere, inn hos familien.

Bjørnson observerer at den unge guten har musikalsk talent.

## **Ja, vi elskar «Ja, vi elsker»**

«Ja, vi elsker» strekk seg over eit unormalt langt tonesprang til å vere allsong. Han er overambisiøs. Mange har nok opplevd å starte så mørkt dei kan, men likevel ende opp med pipestemme ved slutten av songen.

Teksten er skriven av Bjørnstjerne Bjørnson.

Då diktet skal bli tonesett til Grunnlovsjubileet i 1864, gir Bjørnson sjølvsagt oppdraget til sin kjære fetter.

Første offisielle framføring blir under Grunnlovsjubileet 17. mai 1864.

Dirigenten til mannskor har fortalt om den første øvinga at songen «elskedes straks og alle følte: her er vår nasjonalsang kommet!»

Tidspunktet er perfekt. Som Bjørnson seier, tar «Ja, vi elsker» opp i seg pusten til eit heilt folk, nokre tiår før Noreg blir sjølvstendig.

«Ja, vi elsker» blir ganske raskt nasjonalsongen i kraft av sin popularitet. 21 år gammal har Rikard Nordraak klart det utrulege.

## **Dødsleiet**

I november 1865 får han lungebetennelse. Etter fem månader med sjukdom, omgitt av legar og husverten, døyr Rikard Nordraak 20. mars 1866.

Sjølv om vi i ettertid kan lese alle godorda om Nordraak, glir gravferda hans umerka hen, og vitnar om ein einsam ung mann. To menneske møter opp i gravferda: Husverten og ein ven.

**Ny Aktualitet**Utover 1900-talet får Nordraaks idear ny aktualitet når Noreg blir sjølvstendig. Han blir heidra med minnesmerke i Berlin, København og Oslo, før urna hans blir flytta til Vår Frelsers Gravlund i 1925.

I desember 2019 blir «Ja, vi elsker» offisielt stemt fram som Noregs nasjonalsong av Stortinget, etter å ha vore i bruk i over 150 år.

**Article photo for download:** <https://www.dropbox.com/s/le2f813w0o36uaa/The%20Young%20Flame.jpg?dl=0>

**TRANSLATION**

**The Young Flame**Rikard Nordraak, together with the poet Bjørnstjerne Bjørnson, is responsible for all of us clearing our throats and belting out "and the saga night that lays, lays dreams upon our earth."

Nordraak was born on June 12, 1842 in Christiania. His family has a piano in the living room, and Rikard starts playing early. In 1850, his cousin Bjørnstjerne Bjørnson, who is in town to study, moves in with his family. Bjørnson observes that the young boy has musical talent.
 **Yes, We Love «Ja, Vi Elsker»**
"Ja, Vi Elsker" extends over an abnormally wide tonal range to be a sing-along. It is overambitious. Many have probably experienced starting as deeply as they can, and still ending up with a squeaky voice at the end of the song. The lyrics are written by Bjørnstjerne Bjørnson. When the poem is to be set to music for the Constitutional Jubilee in 1864, Bjørnson of course gives the assignment to his dear cousin.

The first official performance takes place at the constitutional jubilee, May 17, 1864. The men’s choir conductor recounted about the first rehearsal that the song "was immediately beloved and that everyone felt: ‘Now, this is our national anthem!’"

The timing is perfect. As Bjørnson says, "Ja, Vi Elsker" inhales the breath of an entire people, a few decades prior to Norway becoming independent.

"Ja, Vi Elsker" quickly becomes the national anthem by virtue of its popularity. At 21 years old, Rikard Nordraak has managed something incredible.

**On his deathbed**
In November 1865 Nordraak contracts pneumonia. After five months of illness, surrounded by doctors and his landlord, Rikard Nordraak dies on March 20, 1866.

Although we can later read all the praise about Nordraak, his funeral goes unnoticed, and is a testament to a lonely young man. Two people show up at the funeral procession: his landlord and a friend.

**New relevance**

Beyond the 20th century, Nordraak's ideas gained new relevance when Norway became independent. He is honored with memorials in Berlin, Copenhagen and Oslo, before his urn is moved to The Cemetery of Our Saviour in Oslo in 1925.

In December 2019, “Ja, Vi Elsker” was officially voted Norway’s national anthem by the Storting, after having been in use for over 150 years.

**Article photo for download:** <https://www.dropbox.com/s/le2f813w0o36uaa/The%20Young%20Flame.jpg?dl=0>

**The Time for Financial Predictability is Now**

Tired of watching the market fluctuate and worrying that your hard-earned retirement savings will disappear? Now is a great time to look at fixed annuities, so you can rest assured your investment will never lose money.

But what if you need access to your funds before retirement? No need to worry. Most Sons of Norway annuities offer penalty-free annual withdrawals of up to 10%, giving you the option to access to a portion of your funds to help your family as needs arise during uncertain times.

Reach out to your Sons of Norway Insurance Professional to find out more about our annuities.

**Article photo for download:** <https://www.dropbox.com/s/0ojgbxvrgb5jslb/The%20Time%20for%20Financial%20Predictability%20is%20Now.jpg?dl=0>

**God Jul to All!**

Thank you, Sons of Norway members, for making a difference while facing the many challenges of 2020! Your participation in our sports medal and cultural skills programs, and your enthusiasm in trying new, creative ways of staying connected have been amazing. You’ve also invited and welcomed thousands of new members to our Sons of Norway family this year. We look forward to continuing our shared celebration of heritage and culture in 2021!

**Article photo for download:** <https://www.dropbox.com/s/m5xwpbndehaf7sr/God%20Jul%20to%20All%21.jpg?dl=0>

**RECIPE**

**Julekake**

This classic Norwegian Christmas bread makes a terrific addition to breakfast, and it can also be served as a snack or as an accompaniment to almost any meal. The recipe makes 2 loaves and serves about 8, depending on how thickly you slice the bread.

**For the Bread**

1 1/2 cups milk

1/2 cup sugar

1/4 cup shortening

2 packages active dry yeast (2 1/2 tsp. each)

5 1/2 cups (23 1/2 ounces) flour, plus more for kneading

1 1/2 tsp. salt

2 eggs

10 ounces candied cherries and candied orange peel, combined

3/4 cup golden raisins

1/2 cup currants

Step 1
In a saucepan over medium-high heat, scald the milk. Remove from heat and add the sugar and shortening. Cool to lukewarm. Add yeast and set aside for 5 minutes to activate the yeast. Stir in 3 cups flour, beat, then add the salt and eggs and beat again. Add cherries and orange peel, raisins and currants. Stir in the remaining flour.

Step 2
On a lightly floured board, knead well until smooth and elastic, about 5 minutes. Place the dough in an oiled bowl and cover loosely with plastic wrap; set aside in a warm place until the dough is doubled. Punch the dough down and let double again.

Step 3
Heat the oven to 375 degrees F. Divide the dough in half and place each half in a greased 9-inch by 5-inch loaf pan. Bake until browned on top, 25 to 30 minutes. Cool on a rack before icing.

**For the Icing**

3 Tbsp. milk

2 1/2 cups powdered sugar

1 Tbsp. softened butter

In a small bowl, beat the milk with the powdered sugar until the frosting is thick enough to spread. Add the butter and continue to beat several minutes until very creamy. Spoon over top of cooled loaves and let dribble down the sides.

Recipe from former Los Angeles Times food writer Russ Parsons.

*>>>Are you looking for a Norwegian or Nordic-inspired recipe? Would you like to share a favorite recipe with fellow members? Please contact* *membership@sofn.com**.*

**Article photo for download:** [**https://www.dropbox.com/s/x9fuev2mef6r4za/Julekake%20.jpg?dl=0**](https://www.dropbox.com/s/x9fuev2mef6r4za/Julekake%20.jpg?dl=0)