***Newsletter Service***

**March/April 2021**

**MARCH ISSUE**

**Queen of Norway?**

When Princess Märtha Louise of Norway was born in 1971, women were barred from ascending the throne of Norway. Her brother, Crown Prince Haakon, was born 2 years later and would eventually become next in line to the throne.

Eventually, in 1990, the law was changed so that women could become queen. But it only applies to those born after the law was put into place.

The Princess recently shared that she was given the option to change the law. “When I was 15, the Prime Minister at the time was a woman, and she suddenly came up with the idea that [the law] was wrong. I remember she came home to us, with granddad [King Olav V], and we had a discussion about whether we should change the whole system and I should be queen.”

"They said, 'What do you want, Märtha?' And I'm like, 'I'm 15, I don't know about these things,'" she added. Ultimately, the laws remained unchanged for a few years, but it started the discussion about updating the rules.

Now, Norway is set to have a female monarch in the future. Crown Prince Haakon’s first-born child is Princess Ingrid Alexandra, and is second in line to the throne.

**Article photo for download:** [**https://www.dropbox.com/s/6juynpec5q76ofn/martha-louise.jpg?dl=0**](https://www.dropbox.com/s/6juynpec5q76ofn/martha-louise.jpg?dl=0)

**7 Nordic-Inspired Ways to Celebrate Spring**

As late winter gives way to Spring, here are some Nordic-inspired ideas to celebrate the change of seasons.

1. Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.
2. Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.
3. Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you haven’t seen in months or years and ask “what’s new?”
4. Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some early spring flowers like snow drops or daffodils started to pop up?
5. Is there a cultural skill you want to explore this year? Consider a skill you’re curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.
6. Fill a bird feeder and your bird bath, if temperatures permit. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?
7. It’s been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!

**Article photo for download:** [**https://www.dropbox.com/s/ve8and99065iq9r/nordic\_spring.jpg?dl=0**](https://www.dropbox.com/s/ve8and99065iq9r/nordic_spring.jpg?dl=0)

**Iceland Offers Long-Term Visas for Remote Workers**

With tourism taking a major downturn during the Covid era, and many more people working from home, some countries have tried to recoup their losses by offering temporary visas for remote workers. Tropical destinations like Barbados and Bermuda were among the first to make headlines with this creative approach to tourism, and now there is a new option for those who prefer a cooler climate: Iceland.

Under the newly expanded [Work in Iceland program](https://work.iceland.is/working/faq-for-remote-work-visa), certain remote workers will be able to stay in Iceland for up to six months at a time. The long-term telework visas are only available to people who are employed by non-Icelandic companies and plan to work remotely while living temporarily in Iceland. It is also open to self-employed individuals who meet income requirements.

Remote workers who meet eligibility guidelines can apply to bring their families with them for their stay. However, the program is not available to those seeking employment in Iceland or planning to relocate there permanently.

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**TRANSLATION**

# <https://www.dagbladet.no/kultur/gravplyndrer-avslort/73037518> «Gravplyndrer» avslørt

Tidligere uka slo lokale myndigheter, aviser og ildsjeler alarm. Uvedkommende hadde angivelig tatt seg inn i det berømte vikinggravfeltet på Vang i Oppdal og boret dype hull inn i 17 av vikinggravene.

Flere fryktet det verste på vegne av den gresskledde nasjonalskatten i Sør-Trøndelag: Gravplyndring.

**- Forferdelig**

NTB meldte via lokalavisa [OPP](https://opp.no/2020/11/nyheter/vikinggraver-plyndret-i-hostmorket/), som først omtalte saken, at det var varierende dybde på hullene, som «så ut til å ha blitt gravd med et spesialbor». Videre ble det fortalt at bortsett fra ved ett tilfelle i 2014, har det ikke vært gravplyndring i det store vikinggravfeltet siden 1800-tallet.

**- Det er forferdelig! Mange organiske funn går tapt, og gjenstander kan gå tapt når det kommer luft ned i gravene, sa Thora Nyborg, konservator ved Vitenskapsmuseet.**

- Det er utrolig at vi skulle få oppleve dette, supplerte fylkesarkeolog Kristin Prestvold.

**Mistenker grevling**

Fredag formiddag har politiet imidlertid henlagt saken, [ifølge avisa](https://opp.no/2020/11/nyheter/tror-de-vet-hvem-graveren-er/%22%20%5Ct%20%22_blank). Den antatte forbryteren viser seg nemlig å være vanskelig å få tak i.

- Det ser ut til at det er en grevling som står bak, forteller en flirende kulturkonsulent i Oppdal kommune, Sjur Vammervold, til Dagbladet.

- Det er i det minste bra at det ikke var mennesker. Grevlingen er ganske uskyldig og har nok helt andre formål enn en gravplyndrer, legger han til.

**Trolig grevlinghull**

Vammervold forteller at det det ikke er 100 prosent bekreftet fra offisielt hold at det er det karakteristisk svarte og hvite mårdyret som har herjet med norsk kulturarv, men mistanken er sterk nok til å gå ut med, samt utelukke at tobeinte syndere står bak.

- Ut fra hvordan grevling graver hull kan dette være en forklaring, sier han.

På kommunens hjemmesider informeres det om at de fleste gravleggingene på Vang er fra yngre jernalder eller vikingtid. Det vil si mellom år 750-1000 etter Kristi fødsel. Det er gjort mange verdifulle funn på området.

 **"Grave Looter" Revealed**

Earlier this week, local authorities, newspapers and enthusiasts sounded the alarm. Unauthorized persons had allegedly entered the famous Viking grave field at Vang in Oppdal and drilled deep holes in 17 of the Viking graves.

Several feared the worst on behalf of the grassy national treasure in Sør-Trøndelag: grave looting.

**Terrible**

NTB [*Norsk Telegrambyrå:* The Norwegian News Agency] reported via the local newspaper *OPP*, which first mentioned the case, that there were varying depths in the holes, which "appeared to have been dug with a special drill." Furthermore, it was said that except in one case in 2014, there has been no looting in the large Viking burial ground since the 19th century.

“It's awful! Many organic finds have been lost, and objects can be ruined when air enters the graves,” said Thora Nyborg, curator at Vitenskapsmuseet [the Science Museum].

“It is incredible that we should experience this,” added county archaeologist Kristin Prestvold.

**Badger suspected**

On Friday morning, however, the police closed the case, according to the newspaper. The suspected criminal turns out to be difficult to reach.

“It seems to be a badger behind it,” said a smiling cultural consultant in Oppdal municipality, Sjur Vammervold, to Dagbladet [newspaper].

“It’s good that it wasn’t done by people. The badger is quite innocent and probably has completely different purposes than a grave robber,” he adds.

**Probably badger holes**

Vammervold says that it has not been 100 percent confirmed that it is the characteristic black and white marten that has ravaged Norwegian cultural heritage, but the suspicion is strong enough to go ahead and rule out that two-legged miscreants are behind it.

“Based on how badgers dig holes, this may be an explanation,” he says.

The municipality's website informs that most of the burials in Vang are from the Late Iron Age or Viking Age. That is, between the years 750-1000 A.D. Many valuable discoveries have been made in the area.

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**RECIPE**

<https://blog.hamiltonbeach.com/heritage-dish-norwegian-fish-cakes>

**Fiskekaker med Brun Saus / Fish Cakes with Brown Gravy**
**Ingredients**

3 medium potatoes, peeled, sliced in quarters length-wise

6 large rainbow carrots, peeled, cut into 2-inch pieces

2 lbs. boneless skinless white fish fillets (haddock, cod, etc.)

1 1/2 tsp. salt

1 1/2 tsp. potato starch

1/2 tsp. ground nutmeg

2/3 cup whole milk

1/4 cup chopped fresh chives

2/3 cup all purpose flour, divided

6 Tbsp. vegetable or canola oil

1/2 yellow onion, chopped

3 cups beef stock, divided

2 Tbsp. Kitchen Bouquet (or [substitute](https://www.quickeasycook.com/kitchen-bouquet-substitute/))

salt and pepper

 **Instructions**

Put the potatoes and carrots in a medium pot and cover with cold, salted water by 2 inches. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.

Place large chunks of fish and salt in work bowl of food processor and, using S-blade, pulse until coarsely chopped. Add potato starch and nutmeg and pulse to combine. Slowly add the milk, pulsing just until combined, and then the chives. Form the fish cakes into 12 round patties. Put 1/3 cup flour on a plate and dip patties to coat.

Heat oil in a large skillet over medium heat. Working in batches, fry on both sides until crisp and golden. Drain on paper towels and set aside.

Cook onions in remaining oil while fish cakes are draining. When the onions are soft and translucent, remove them from the pan and set aside.

Add 1 cup stock and scrape the pan until all the browned bits have become loose. Continue to cook for 2-3 minutes to allow stock to reduce.

Add remaining 1/3 cup flour and whisk to combine until there are no visible lumps. Cook another 1-2 minutes, whisking continuously, until the gravy thickens and becomes smooth. Gradually add the Kitchen Bouquet and the rest of the stock to the pan and whisk until smooth, cooking another 4-5 minutes, or until the gravy is slightly thicker but not quite at desired consistency. Season with salt and pepper to taste.

Reduce the heat to low. Add the onion, potatoes and carrots to the pan and stir into the gravy. Add the fish cakes to the pan and let simmer in brown gravy for 2-3 minutes, or until gravy has reached desired consistency. Serve fish cakes in the gravy with the vegetables.

**Article photo for download:** [**https://www.dropbox.com/s/uytbzkdtdtzb65x/fishcakes\_hb.jpg?dl=0**](https://www.dropbox.com/s/uytbzkdtdtzb65x/fishcakes_hb.jpg?dl=0)

**Keep our Sons of Norway Family Growing in 2021**

How? By welcoming more family, friends and neighbors to join us, either virtually or in person! One member described membership as an “amazing way to connect to Nordic heritage, tradition, and community.”

Who wouldn’t want to be part of an amazing organization like Sons of Norway?!

**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.

**APRIL ISSUE**

**Norway to Introduce New Passports**

On October 19, 2020, Norway issued its first new passports to the Minister of Foreign Affairs, Ine Eriksen Søreide, and the Minister of Justice and Public Security, Monica Mæland. The decision to create a new version of the passport was mainly to increase its security elements, making it more difficult to forge. The new passport features aspects of Norway’s natural scenery as a pleasant background on the pages, but it also doubles as a security feature; when placed under UV lighting, the Norwegian landscape background will switch from day to night.

This clever feature came to fruition through a design competition for the new Norwegian passport. Neue Design Studio won for its emphasis on Norwegian identity, functionality, and preservation of traditions. One of their main intentions was to convey the variances in Norway’s climate and landscape—elements that have shaped the people and country. Neue's senior designer Benjamin Stenmarck adds “The design had to create a sense of belonging and connection across age, gender and regions in Norway.” What better way to do this than through Norwegian nature.

**Article photo for download:** [**https://www.dropbox.com/s/jwuv0fk2xjdcob4/Passport.jpg?dl=0**](https://www.dropbox.com/s/jwuv0fk2xjdcob4/Passport.jpg?dl=0)

**Clean, Quiet Construction Sites? In Oslo, Yes**

In 2019, Oslo adopted a new “zero emission” policy to curb the pollution traditionally belched out by big construction machinery at the city’s many work sites. Electric excavators, saws and other plug-in equipment is now on the job, alongside traditional machinery designed to use diesel but now refitted with batteries. Fossil-fueled equipment is allowed only when a low-emission alternative is not available. The initiative has inspired manufacturers to develop new designs, ensuring that an increasing variety of electric-based construction vehicles will be available in the future.

Previously, construction equipment created 30% of Oslo’s traffic emissions. Officials say the new initiative saves 35,000 liters of diesel fuel and reduces green house gasses by 99% per construction site. Because Norway generates nearly all its electricity from hydropower, even the electricity used to power the equipment comes from a ‘green’ source. The electric trucks and other equipment are much quieter than their diesel counterparts, reducing noise pollution and increasing the quality of life for anyone living or working near by.

Currently, four kindergartens and two sports arenas are being built as “zero emission” work sites. Not all projects in Oslo must follow the new policy: the guidelines for private or state-owned sites are much less stringent, and only one in five construction projects is city owned. However, city leaders believe controlling emissions at those sites is an important step toward keeping their city, and the world, green.

**Article photo for download:** <https://www.dropbox.com/s/5yh89zm4f3io6nj/hydropower-plant.jpg?dl=0>

**Sons of Norway Trivia**

How much do you know about Sons of Norway and our members? Test your knowledge with these questions.

Where is the largest Sons of Norway local lodge located?

A. Fargo, North Dakota

B. Seattle, Washington

C. Anchorage, Alaska

D. Minneapolis, Minnesota

(Answer: B – Leif Erikson lodge in Seattle has more than 1,300 members.)

True or False: Canada’s first Sons of Norway lodge was Sleipner Lodge, founded in 1910.

(Answer: True. Sleipner Lodge is located in Vancouver, BC.)

Our members find unique ways to support their communities. Which of the following community service projects have members taken part in?

A. Adopt-a-Cow

B. Soda can tab collection

C. Knitting baby hats

D. All of the above

(Answer: D – All of the above.)

Adopt-a-Cow: This Second Harvest program donates milk for hungry families. Members at Mandt Lodge 5-314 in Stoughton, WI adopted two weeks of Penny the Cow’s milk production.

Soda can tabs: At Fridtjof Nansen Lodge #6-009 in Long Beach, CA, members collect soda can tabs for their local Ronald McDonald House and make meals for families staying at the house.

Baby hats: Members of Edvard Grieg Lodge 5-657 in Cincinnati, OH, knit 24 baby hats for the Cincinnati American Heart Association's "Red Hats for Red Hearts" program.

**TRANSLATION**

<https://www.norskforinnvandrere.no/blog/28849-nordmenn-er-som-kokosnoetter>

**Det er ikke alltid så lett å være utlending, er det?**

I hvert fall ikke når nordmenn er som kokosnøtter: **myke inni, men harde på utsida** - og nesten umulig å åpne når du ikke vet hvordan.

Man kan lære mye om seg selv ved å flytte til et nytt land. Og en av de tingene jeg lærte i Peru, var at jeg var veldig norsk. Her er tre eksempler på situasjoner hvor jeg opplevde en liten kulturkrasj mellom meg selv og lokalbefolkningen:

**1. Å hilse på nye mennesker**

Når man møter venner av venner i Peru, pleier man å kysse dem på kinnet. Dette var rart for meg, og jeg ga alltid bare en klem i retur. Som norsk synes jeg det er ganske rart å kysse fremmede. I Norge er det vanligst med et håndtrykk, og kanskje en klem i spesielle tilfeller.

**2. Å gå inn en dør**

Som norsk kvinne med armer som fungerer, er jeg vant til å åpne alle dører selv. Men selv om jeg vet at det er vanlig at menn åpner dørene for kvinner i Peru, glemte jeg det foran hver dør. Hver gang kjæresten min åpnet en dør for meg, ble jeg stående og vente på at han skulle gå inn først.

**3. Behov for å være alene**

Svigerfamilien min i Peru er veldig flott, og jeg følte meg heldig som fikk bli kjent med dem, særlig svigermor. Likevel spurte kjæresten min meg en dag: “Liker du ikke familien min?” Det var et overraskende spørsmål, for jeg likte dem faktisk veldig godt! Så hvordan kunne han spørre om det?

Vel. Spørsmålet var et resultat av at jeg ofte sa nei til å bli med på besøk. Joda, jeg liker å gå på fester og middagsbesøk, men i små doser, og helst ikke mange ganger i uka. Mitt behov for å være alene eller bare sammen med kjæresten er ofte større enn behovet for å være sosial, og slik er det for mange andre også, tror jeg. Kanskje særlig for nordmenn.

Men jeg vet at det ikke er like lett å være utlending i Norge. Jeg har ofte hørt at nordmenn er “kalde og uhøflige”, og jeg forstår godt at vi kan bli oppfattet slik av en utlending!

**It's Not Easy Being a Foreigner, Is It?**

At least not when Norwegians are like coconuts: soft inside, but hard on the outside—and almost impossible to open when you do not know how.

You can learn a lot about yourself by moving to a new country. And one of the things I learned in Peru was that I was very Norwegian. Here are three examples of situations where I experienced a small cultural clash between myself and the locals:

**1. Greeting new people**

When you meet friends of friends in Peru, you tend to kiss them on the cheek. This was strange to me and I always just gave them a hug in return. As a Norwegian, I think it's quite strange to kiss strangers. In Norway, it is most common to shake hands, and perhaps a hug in certain situations.

**2. To enter a door**

As a Norwegian woman with functioning arms, I am used to opening doors all by myself. But even though I know that it is common for men to open doors for women in Peru, I forgot it in front of every door. Every time my boyfriend opened a door for me, I stood there and waited for him to enter first.

**3. The need to be alone**

My in-laws in Peru are very nice, and I felt lucky to get to know them, especially my mother-in-law. Still, one day my boyfriend asked me, "Don't you like my family?" That was a surprising question, because I actually liked them very much! So why would he ask about it?

Well. The question was a result of me often saying no to going to visit. Yes, I like to go to parties and dinner visits, but in small doses, and preferably not several times a week. My need to be alone or just with my boyfriend is often greater than the need to be social, and so it goes for many others, I think. Maybe especially for Norwegians.

But I know that it is not as easy to be a foreigner in Norway. I have often heard that Norwegians are "cold and rude," and I understand well that we can be perceived as such by foreigners!

**RECIPE**

***Mors Grov Brod***

This recipe for *Mother’s Graham Bread* was published years ago in a Sons of Norway *Scandinavian Cook Book* my mother used to make traditional favorites. There was nothing better than the scent of her freshly baked bread, except the taste of a warm slice slathered with salty butter!

Spring weather can be unpredictable, so this delicious bread can be served with a warming bowl of soup on a chilly day, or with lighter fare like a salad. The recipe makes 4 medium loaves—enough to share a loaf or two.

1 cake compressed yeast

4 cups lukewarm water, divided

1/2 cup molasses

1 Tbsp. salt

1/2 cup melted butter or shortening, plus additional to grease 4 bread pans

3 Tbsp. melted butter, reserved

6 cups white flour

2 cups graham flour

1/2 cup sugar

Dissolve yeast in 1/2 cup of lukewarm water; let stand 15 minutes. Add 3 1/2 cups lukewarm water, molasses, salt, sugar and 1/2 cup melted butter or shortening. Add enough flour to make a soft sponge. Beat thoroughly for about 10 minutes, then add the rest of the flour to make a stiff dough. Knead dough, then place in a greased bowl, cover and set in a warm place. When the dough has doubled in bulk, knead again. Let rise once more, then shape into 4 loaves and place in greased pans. Let rise until light (the bread will come to the top of the pan or slightly higher). Bake about 45 minutes in a moderate oven (350 degrees Fahrenheit or 175 degrees Celsius). Brush tops with reserved melted butter.*Vær så god!*

**Article photo for download:** [**https://www.dropbox.com/s/pnu5hqm3nnpt7t8/cookbook.jpg?dl=0**](https://www.dropbox.com/s/pnu5hqm3nnpt7t8/cookbook.jpg?dl=0)

**Did You Know…**

We hear from our newest members that **YOU** are the reason they are loving their membership. Working together, we keep our Sons of Norway family strong and vibrant. Thank you for welcoming new members to Sons of Norway in 2021!

**A Source of Security in Volatile Times**

In times like these, it may feel like nothing is certain and that volatility is just a way of life for your finances. Give yourself the security of a fixed rate of return and take comfort in knowing that a portion of your assets are protected. Reach out to your Sons of Norway Insurance Professional and see if putting some of your assets in a fixed annuity is right for you and your family.