

# 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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## Norway's Booming Surf Scene

Surfing is classically associated with tropical islands and sunny California, but recently an unlikely new hotspot has emerged: the frigid waters of northern Norway. As wetsuit insulation technology has advanced over the past decade, it has opened up new possibilities for thrill-seeking surfers to revel in the icy waves and rugged beauty of the Norwegian Sea.

In years past, early Nordic surfers improvised their own protection from the cold by soaking wool sweaters in oil and duct-taping rain gear and dishwashing gloves to their bodies. They also coated their skin in petroleum jelly for added insulation from the cold water. By contrast, today's modern wet suits are warm, flexible and lightweight, offering a completely different experience—some even include battery-powered heaters.

More than 100 miles above the Arctic Circle, Norway's Lofoten Islands are home to the world's northernmost surf competition. Elsewhere in Norway, a growing number of enthusiasts—including Norway's royal family—are braving the chill to catch waves beneath the northern lights or midnight sun.

## The Royal Palace Buried Treasure

During World War II, the Norwegian royal family hastily abandoned the royal palace as Hitler's army began its invasion of Norway. Although the family managed to flee to safety, they left behind many precious belongings, including the royal jewels.



Two years later, a Nazi collaborator named Vidkun Quisling took great interest in the royal palace and the abandoned treasures inside. However, upon entering the castle, he discovered the valuables were missing.

Fortunately, Carl Otto Løvenskiold, head of the royal court, had decided to safeguard the royal jewelry when the monarchs fled. In the middle of an April night, he went to the palace and packed the jewels into five large suitcases. He took them to his family's cabin, deep in the forest near Oslo, and buried them under the woodshed. The jewels remained hidden there for five years.

When the war ended in 1945, Løvenskiold returned the royal jewelry back to the palace. His efforts earned him The Royal St. Olav's Order and a personal thank-you letter from the king.

## Artifacts Reveal Ancient Viking Route

The Jotunheim Mountains, about 200 miles northwest of Oslo, contain a stretch of land known as the Lendbreen ice patch. During the warm summer of 2011, archeologists began unearthing long-buried artifacts under the melting ice.



One of the first discoveries was the oldest piece of clothing ever found in Norway: a 1,700-year-old tunic. This led to many more explorations of the site, eventually resulting in the discovery of over 1,000 artifacts, including horseshoes, clothing and leather shoes, as archeologists meticulously worked through an area the size of 35 football fields.

Experts have determined that this stretch of land was used as a travel route during the Roman age, from about 300 AD until the Middle Ages. Peak use occurred during the Viking era, around 1000 AD, as it provided a key trading route between Scandinavia and the rest of Europe.

So far, no other ice patch in the world has yielded more archeological finds. But as ice continues to melt higher in the mountains, archaeologists anticipate more significant discoveries akin to the Lendbreen ice patch.

## a little in English...

### Viking men also had kitchen equipment in their graves

**What were the gender roles like in the Viking Age? A Norwegian archaeologist believes that we often misinterpret the past.**

"I think we must move away from a clear division between men and women in the Viking Age. There were not as many differences as we like to believe," says Marianne Moen of the University of Oslo. She has earned a doctorate in Archeology on gender in the Viking Age and found that women and men in the upper class were largely buried with similar things.

Moen has reviewed the contents of 218 graves in Vestfold and sorted them by type of objects.

#### Not just housewives

In the tombs in Vestfold, both common tools and objects related to the home are fairly evenly distributed between the sexes. Men are buried with kitchen equipment as often as women. Ten graves with cookware belong to men, eight are women. Moen thinks this is fun. Because that could mean that men also cooked, she believes.

#### Genderless graves

More than 40 percent of men's tombs contain personal ornamentation such as brooches or beads.

Researchers in Norway are having trouble determining the gender of tombs that lack a clear distinction in weapons, jewelry and textile tools. Every fourth grave in Vestfold is genderless.

"Archaeologists should lift their gaze and avoid focusing on buckles and swords as if they were the most important objects," Moen writes in her dissertation.

"Generally within Viking Age studies, grave goods are interpreted as associated with the deceased. So this should not change in those cases where the grave goods do not fit with modern expectations of what a man or woman should have in the grave."

Excerpted from: <https://forskning.no/arkeologi-historie-kjonn-og-samfunn/ogsa-vikingmenn-hadde-kjokkenutstyr-med-seg-i-graven/1338668>

## litt på norsk...

### Også vikingmenn hadde kjøkkenutstyr med seg i graven

**Hvordan var kjønnsrollene i vikingtida? En norsk arkeolog mener vi ofte feiltolker fortida.**

– Jeg mener vi må bevege oss bort fra en tydelig deling mellom menn og kvinner i vikingtida. Det var ikke så mange forskjeller som vi liker å tro, sier Marianne Moen ved Universitetet i Oslo. Hun har tatt doktorgraden i arkeologi om kjønn i vikingtida og funnet ut at kvinner og menn i overklassen stort sett er begravd med lignende ting.

Moen har gått gjennom innholdet fra 218 graver i Vestfold og sortert det etter type gjenstander.

#### Ikke bare husfruer

I gravene i Vestfold er både vanlige verktøy og gjenstander knyttet til hjemmet ganske jevnt fordelt mellom kjønnene. Menn er begravd med kjøkkenutstyr like ofte som kvinner. Ti graver med kokekar tilhører menn, åtte er kvinners. Det synes Moen er gøy. For det kan bety at også menn laget mat, tror hun.

#### Kjønnsløse graver

Mer enn 40 prosent av mannsgravene inneholder personlig pynt som brosjer eller perler.

Forskerne i Norge får problemer med å kjønnsbestemme gravene som mangler et tydelig skille i våpen, smykker og tekstilredskaper. Hver fjerde grav i Vestfold er kjønnsløs.

Arkeologene bør løfte blikket og unngå å fokusere på spenner og sverd som om det var de aller viktigste gjenstandene, skriver Moen i doktoravhandlingen sin.

– Generelt innenfor vikingtidsstudier blir gravgods tolket som tilknyttet den avdøde. Da bør ikke dette endres i de tilfellene hvor gravgodset ikke passer med moderne forventninger til hva en mann eller kvinne burde ha med seg i graven.



### Coming Soon: *Viking for Kids*

As part of our 125th anniversary celebrations, we are delighted to announce the return of *Viking for Kids*. Coming this August, *Viking for Kids* will be a quarterly digital publication that will be available for download on our website. It will include Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to the launch of *Viking for Kids*.

For updates, visit [sofn.com/vikingforkids](https://sofn.com/vikingforkids).



## Fish on the grill

<https://www.food.com/recipe/grilled-fish-in-foil-6919>

Serves: 4

### Ingredients

1 lb. fish fillet (fresh or frozen)  
2 Tbsp. margarine or butter  
1/4 cup lemon juice  
1 Tbsp. parsley, chopped  
1 tsp. dill  
1 tsp. salt  
1/4 tsp. pepper  
paprika  
1 medium onion, thinly sliced



### Recipe

- On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish.
- In small saucepan, melt margarine; add lemon juice, parsley, dill, salt and pepper.
- Pour equal amounts over fish.
- Sprinkle with paprika; top with onion slices.
- Wrap foil securely around fish, leaving space for fish to expand.
- Grill 5 to 7 minutes on each side or until fish flakes with fork.
- Refrigerate leftovers.



## SAVE THE DATE: International Day of Friendship is July 30

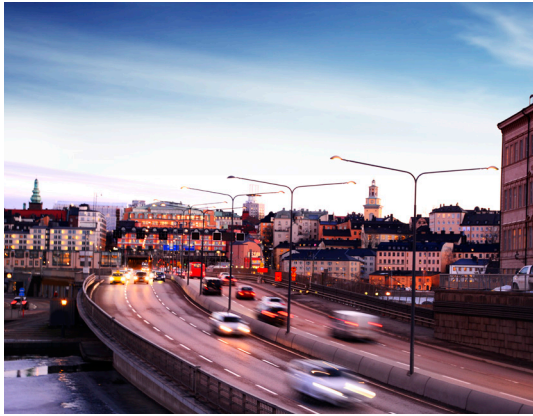
Celebrate your lodge friendships with a cheery call or card. PLUS: make an extra call or two and invite friends to join Sons of Norway. No matter where they live, it's easy for them to join online at [sofn.com](http://sofn.com). Let's work together to help our Sons of Norway family grow in 2020!



## 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.



### H-Day: A Historic Scandinavian “Turning Point”

We all experience frustrating traffic jams, sometimes at the most inopportune times. But one traffic jam in Sweden was meticulously planned: At five o'clock in the morning on September 3, 1967, Sweden officially switched from driving on the left side of the road to driving on the right.

Because so much of driving relies on muscle memory, millions of Swedish drivers who were accustomed to driving on the opposite side of the road suddenly had profound adjustments to make. A major reason for the change was that nearly 90 percent of cars in Sweden had their steering wheels on the left. Also, the Swedish driving law was mismatched with Norway and other parts of Scandinavia, creating problems for travelers.

So, the Swedish government launched a nationwide PR campaign and implemented Dagen-H, or “H-Day” (H is for *Högertrafikomläggningen*, which means “right-hand traffic diversion”). Workers repainted roads, adjusted traffic signals, and changed 360,000 street signs in a single day. The morning of the changeover, people filled the streets singing, chanting and even shooting off fireworks.

### Pop Stars Helped Jump-start Norway’s EV Revolution

Norway is a well-established leader when it comes to phasing out gas-powered cars, with electric vehicles (EVs) now making up a strong majority of new car sales. But how did it come to be that way? Most likely, it's the result of several factors working together—including a publicity stunt that helped lay the foundation early on.

In 1995, the Norwegian band a-ha (of “Take on Me” fame) toured Oslo in a converted electric vehicle, intentionally racking up fines and refusing to pay the city’s notoriously high road tolls. Following extensive media coverage of the stunt, Oslo soon exempted EVs from road tolls, creating an early financial incentive for drivers to make the switch to electric.



Of course, it takes more than a pop sensation to overhaul a nation’s driving habits. Other factors have helped the EV movement take hold, including Norway’s robust domestic hydropower system—a renewable energy resource that makes going green easier and more affordable than it is in countries more reliant on fossil fuels.

### Norway’s Top Five Fjords

Widely ranked among the world’s top travel destinations, the fjords of Norway attract thousands of tourists every year. Norway is home to over 1,000 fjords—long, narrow inlets where sea meets land, with deep water surrounded by steep cliffs. Here is a ranking of Norway’s top five fjords that are frequented by cruise ships and have become popular spots for hiking, camping and adventure.



1. Nordfjord: One of Norway’s popular cruise ship destinations. The waterway passes some of Norway’s wildest coastline.
2. Sognefjord: Norway’s longest, deepest fjord splits the fjord country in two. Known for its epic, picturesque beauty, it offers visitors an incredible experience.
3. Trollfjord: Its narrow entrance and steep mountainsides make Trollfjord one of Norway’s most spectacular fjords.
4. Nærøyfjord: A popular recreational spot. You can go kayaking or hiking, or visit the village of Flåm.
5. Geirangerfjord: Norway’s most famous fjord, it is known for its steep sides, waterfalls and ancient farmlands.

There’s a fjord for everyone in Norway, with plenty of activities to make your experience unforgettable.

## a little in English...

### Record number of students want to be nurses since pandemic

As many as 8.7 percent more people have applied for higher education this year. Now during the pandemic, almost every tenth applicant wants to become a nurse.

"This makes me happy," says the head of the Norwegian Nursing Association Lill Sverresdatter Larsen to forskning.no.

"Nurses are needed more than ever and there is a shortage of nurses both nationally and internationally. Nurses have proven to be tough as nails now that the profession has become even harder in recent weeks."

#### Coronavirus crisis underscores the health professions

Pia Cecilie Bing-Jonsson, the Vice Dean for Education at the Faculty of Health and Social Sciences at the University of Southeast Norway, believes that the high application numbers for health professions may be a result of the coronavirus pandemic.

"Nurses and other health workers have been in focus during the crisis and we can see that this leads to more people wanting to follow these lines of study. At the same time, many people now lack work and see that nurses and other health professions can offer fairly secure jobs in the future."

#### Many applied at the last minute

Something different about admissions this year is that as many as 24,702 applicants submitted their application at the last minute, that is, on the day of the deadline. There were 10,000 more than last year.

At Samordna [the Norwegian Universities and Colleges Admission Service], this is interpreted to mean that far more people now wish to have a plan B by seeking higher education in Norway. This year, applicants could choose from a total of 1,303 different studies at 27 universities and colleges.

Excerpted from:

<https://forskning.no/utdanning-virus/rekordmange-vil-bli-sykepleiere-og-leger-under-koronapandemien/1675604>

## litt på norsk...

### Rekordmange vil bli sykepleiere under koronapandemien

Rekordmange vil bli sykepleiere under koronapandemien  
Hele 8,7 prosent flere har søkt høyere utdanning i år. Nå under pandemien vil nesten hver tiende søker bli sykepleier.

– Dette gleder meg, sier leder i Norsk Sykepleierforbund Lill Sverresdatter Larsen til forskning.no.

– Sykepleierne trengs mer enn noen gang og det er mangel på sykepleiere både nasjonalt og internasjonalt. Sykepleierne har vist seg beintøffe nå når yrket har blitt enda tøffere de siste ukene.

#### Koronakrisen viser fram helseyrkene

Pia Cecilie Bing-Jonsson, visedekan for utdanning ved Fakultet for helse- og sosialvitenskap på Universitetet i Sørøst-Norge, tror at de høye søkertallene til helseyrkene kan være et resultat av koronapandemien.

– Sykepleiere og andre helsearbeidere har stått i fokus under krisen og det ser vi kan føre til at flere ønsker å ta slike utdanninger. Samtidig er det nå mange som mangler arbeid og flere ser at sykepleier og andre helseyrker kan tilby ganske sikre arbeidsplasser i framtiden.

#### Mange har søkt i siste liten

Noe spesielt med opptaket i år er at hele 24 702 søkere sendte inn søknaden sin i siste liten, det vil si på den aller siste fristdagen. Det var 10 000 flere enn i fjor.

Hos Samordna opptak tolker man dette som at langt flere enn tidligere ønsker å ha en plan B ved å søke høyere utdanning i Norge.

Søkere kunne i år velge mellom hele 1303 ulike studier ved 27 universiteter og høyskoler.



### It's Here! Download *Viking for Kids* Now!

As part of our 125th anniversary celebrations, we are thrilled to announce the launch of *Viking for Kids*. Now available for download from [sonsofnorway.com](http://sonsofnorway.com), *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use!

To download *Viking for Kids*, visit [sofn.com/vikingforkids](http://sofn.com/vikingforkids).

## Wedge Salad Grønnsakssalater

### From Kevin's Kjøkken

Kevin Moberg is a member Hardanger lodge 4-652 in Dickinson, North Dakota. He said, "With a couple recent Scandinavian meals in our home, I served fresh vegetable side dishes that were quick, easy, and delicious, giving the salads a Nordic flair without competing too much with the main dish of each meal. This a wedge salad that makes a nice starter to a meal."

*Vær så god!*

### Ingredients

head of iceberg lettuce  
creamy bleu cheese dressing  
bleu cheese crumbles  
bacon crumbles  
cucumber, seeded and diced  
tomato, seeded and diced  
chives, chopped  
balsamic vinegar

### Directions

Cut the head of lettuce into wedges and plate one wedge per person. Spoon dressing over each wedge and then sprinkle the cheese, bacon, cucumber, tomato and chives over each wedge. Drizzle each wedge with balsamic vinegar and serve.

**Do you have a Norwegian or Nordic-inspired recipe to share with fellow members? Please contact [membership@sofn.com](mailto:membership@sofn.com).**



## Celebrating 125 years of friendship, culture and heritage

Our newest members in 2020 are loving Sons of Norway. They've recently said:

*...a wonderful place to celebrate Norwegian heritage and make new friends.*

*...I am already seeing through emails and Facebook posts how connected the Sons of Norway community is, and that is mostly why I joined.*

*...I'm walking the virtual St Olav Way and loving it!*

Please invite others to join our celebration as new members. When they sign up online at [sofn.com](http://sofn.com), they'll receive an official new member Welcome Kit in 2 to 3 weeks.



## You Have A Plan. Does It Cover Everything?

Planning for the unexpected is difficult. You have plans in place for job loss, you plan for the water heater to break down, and you've even got coverage for car repairs—but most people don't have life insurance to protect their loved ones if the worst should happen. Reach out to your Sons of Norway Insurance Professional and see if a whole life policy will fit your plans to safeguard your family's future.