

NEWSLETTER SERVICE

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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.

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Norwegian Artist Creates Crab out of Recycled Plastic

Along a coastal trail in Norway, facing the Atlantic Ocean, sits a giant crab made out of recycled plastic. Norwegian artist Eirik Audunson Skaar had the idea for the project after watching a video of underwater garbage, created by a scientist in Newfoundland.

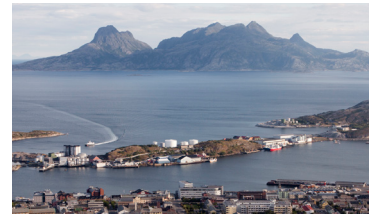
Skaar set out to make a statement, but more importantly he wanted to teach students about environmental issues. He enlisted the help of 8th and 9th grade students in Averøy, Norway, where they picked up plastic trash along the shoreline. As they collected the plastic, they analyzed it and discussed the types of plastic that was found. The plastic was then placed onto a metal frame where it would become the snow crab.

The sculpture measures 8m wide (26 ft), and is used as a tourist attraction to inspire discussions about the role plastics play in the environment. Skaar also hopes to encourage similar discussions among students in Newfoundland. Plans are currently underway to transport a second version of the crab to Newfoundland this spring.

Image Credit: Gunnar Ståle Holten

Bodø, Norway, Named A European Capital of Culture for 2024

For the third time in Norway's history, a Norwegian city has been named a European Capital of Culture. Bodø is the city that has most recently taken the crown, following Bergen's win in 2000 and Stavanger's win in 2008. However, it's a particularly prestigious award for Bodø as they are the first city north of the Arctic circle to hold such a title. What's more impressive is that they did it without any government support; the bid team ignored the Minister of Culture's advice to wait a few years and stepped up to the challenge. Fortunately, the State changed its mind after witnessing Bodø's rising success and will now help fund a year of cultural events.



As a program that's meant to raise the level of cultural awareness to that of economics and politics, Bodø has decided to focus on spreading Sámi culture through pop culture. Specifically, they would like to increase the use of the Sámi language throughout Norway. As the application stated, "The point is to create dialogue and understanding between people, including indigenous peoples and minorities."

3 Tips for Preserving Cherished Family Heirlooms

No matter their condition, it is a joy to display your heirlooms and share the memories they evoke. Here are a few tips on caring for your heirlooms:

1. Keep heirlooms out of bright sunlight and away from heat sources to avoid fading.
2. Clean surfaces gently, using soft cloths.
 - Dust wooden furniture and apply a beeswax-based polish up to twice a year. Clean painted wooden items with a damp cloth, then wipe dry. Avoid silicone polishes and abrasive or ammonia-based cleaners on wood, silver, pottery, or painted/gilded glass.
 - Clean pottery with a soft sponge. Wash silver in hot soapy water, then dry and buff.
3. Vintage textiles are too delicate for the gentlest machine wash.
 - Water may damage silk or wool items, and wet embroidery can bleed dyes. Spot cleaning may be your best option. Always test a small area first. Experts recommend a gentle, neutral-pH detergent like Orvus Paste for cleaning old fabrics.
 - Old stains and yellowing may be impossible to remove. To minimize discoloration, use cotton bags and avoid storing textiles in plastic bags or containers.



January | januar

a little in English...

6 Things You Didn't Know About Ice

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

1. Two types of ice on Earth

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of salt water.

“In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain.

“Old sea ice contains less than one percent salt,” says Lien.

2. The world's oldest ice

“The southernmost continent of the globe has an extra layer of ‘insulation’ that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old,” says Lien.

Other facts about ice:

3. Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].

4. About 10 percent of the world's land area and about seven percent of the seas are covered by ice.

5. Ice reflects away 90 percent of the sunlight.

6. The ice caps in Greenland and Antarctica are so large that they affect the earth's gravity.

litt på norsk...

Seks ting du ikke visste om is

Is er vann i fast form. Den spiller en viktig rolle for kloden vår. Klimaforskerne Anne Britt Sandø og Vidar Lien forklarer noen av isens hemmeligheter.

1. To typer is på jorden

På jorden finnes det to typer is: Det som forskerne kaller landis, består av ferskvann, mens sjøis består av saltvann.

– I sjøisen blir saltet etter hvert skilt ut. Så ny sjøis har mye salt i seg, mens gammel sjøis vil være ganske fersk, sier Lien.

Det som skjer inni isen, er at saltet blir klempt sammen i lommer som får veldig høy saltholdighet. Etter hvert begynner disse lommene å smelte, og saltlaken lager små irrigasjoner i isen før den til slutt renner ut. Dermed blir sjøisen ferskere og ferskere. Fersk sjøis kan ha mer enn to prosent salt, mens sjøvann typisk ligger på mellom tre og 3,5 prosent salt, forklarer forskerne.

– Gammel sjøis inneholder under én prosent salt, sier Lien.

2. Klodens eldste is

Klodens sørligste kontinent har et ekstra lag med «isolasjon» som gjør at det holder på kulden.

– Isen du finner på bunnen av isdekket i Antarktis er rundt en million år gammel. Den eldste iskjernen hentet derfra er 800 000 år gammel, mens den eldste isen på Grønland er omtrent 100 000 år, sier Lien.

Andre fakta om is:

3. Saltvann fryser stort sett på 1,8 minusgrader. Ferskvann fryser på null grader.

4. Omtrent 10 prosent av verdens landareal og cirka syv prosent av havene er dekket av is.

5. Is reflekterer bort 90 prosent av sollyset.

6. Iskappene på Grønland og i Antarktis er så store at de påvirker jordens tyngdekraft.

Bidos

Source: www.reciperemiscing.wordpress.com

Ingredients

1.1 lb. / 500 g filet of reindeer or reindeer steak
(other big game or even beef can be used of course
but then the authenticity is lost)
4 Tbsp. flour
2 pt. / 10 dl water
4 potatoes
2 carrots
1/2 onion
1 tsp. salt
1/4 tsp. pepper

4 servings



Recipe

Procedure:

1. Cut the meat into cubes, and place in a casserole.
2. Make flour thickening by mixing flour and about 3 ml or 1/2 tsp. of water (cold). Pour flour thickening and remaining water over the meat. Bring to the boil, stirring to avoid lumps in the sauce.
3. Peel potatoes and cut them in half. Peel carrots and cut them into thick slices. Chop the onion. Put the potatoes and vegetables in the pot and cook until potatoes are tender.
4. Season with salt and pepper. If you want a darker sauce you can add a few drops of caramel. Serve bidos with freshly baked whole wheat bread, butter and cranberries.

NB! To get nice color and good taste on the dish, it is important to pour the flour thickening over the meat before starting to cook it.

Tip: Leek and other vegetables can be added to the casserole for variation. But then it is no longer a simple and authentic bidos but tastes incredibly delicious anyway.



How Do We Keep Growing Our Sons of Norway Family in 2020?

By welcoming more family, friends and neighbors to join in at Nordic-inspired lodge activities! A new member recently described their membership as an "...amazing way to connect to Nordic heritage, tradition, and community."

As we celebrate the 125th anniversary of Sons of Norway, please invite guests to join in our fun and get to know us. Keep our amazing family vibrant and growing well beyond 2020.



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 Insurance Professional today, or call Sons of Norway at 800-945-8851.



Flying Wind Turbines Show Promise in Norway Tests

A new flying wind turbine was tested off the coast of Norway recently, with promising results for the future of offshore wind power generation.

Floating wind turbines already exist, but they are unusable in many ocean areas because the water is too deep. The new technology, which uses a kite-like design tethered to a buoy, could dramatically expand the potential for offshore wind-power generation. Makani, the company behind the tests, says the deep-water turbines could eventually supply electricity to hundreds of millions of people.

In addition to operating in deeper water, the new technology has other advantages over traditional wind turbines: They can operate at higher altitudes, where wind currents are more reliable, and they also require less building material and are far cheaper to build and install.

If they prove to be successful, the turbines could be of particular interest to Norway as it eventually seeks to replace its current exports of oil and gas with more sustainable sources of energy.

Image Credit: www.lifeinnorway.net

Norwegian Vocabulary: 3 Untranslatable Words

Some words are easily translated from Norwegian to English—hund means dog, for instance, and ti means ten—but others, like these, have no English equivalents and can only be approximated.

Kos(elig) – The warm, pleasant feeling of enjoying life's simple pleasures with people you like. Although often translated as "nice" or "cozy," these words only capture part of the spirit of kos. It may mean cuddling by a fire on a snowy day, but it can also mean running into an old friend, enjoying yourself at a party, or even spending some peaceful time alone.



Dugnad – Roughly translated as "volunteering" but encompassing so much more, a dugnad is a day when communities come together to participate voluntarily in unpaid work for a common cause. Dugnads may be organized by neighborhoods, schools, sports teams, housing complexes or other groups to accomplish tasks that are necessary for the common good, such as outdoor work at the change of seasons.

Takk for sist – Literally "thanks for the last time," this is what you say upon encountering someone you haven't seen in a while—whether that means it's been a few days or a few decades.

Digitizing Archives Mean Access to Cultural Heritage for All

The National Archival Services of Norway and the National Library of Norway (Arkiverket og Nasjonalbiblioteket) will receive a 2020 budget windfall to convert and store items of cultural heritage and other historical data. Concerts, photos, historical audio recordings, property records, and even school records will be digitized.



Minister of Culture Trine Skei Grande says that it is unusual to see such a large budget available to a historical archive. 127 million Norwegian kroner (US\$ 13.8 million / Can\$ 18.3 million) has been earmarked for the conversion project, to the delight of the archive and library staff. Minister of Culture Trine Skei Grande told Aftenposten that it is urgent to save the historical materials and make them available to all. "Your mailing address should not determine your ability to find information. Now we are preparing for as much of the historical documentary heritage as possible to be available from your home PC. You will no longer need to go to a library to find the information," says Grande.

Floppy disks from the 1980s are also slated to be digitized, as they are vulnerable to damage. Trine Skei Grande says that many digital databases are in danger of disappearing if no action is taken.

a little in English...

Eating Fish Early in Life Reduces Risk of Disease

It does not take much fish for young children to reap major health benefits. Fish at least once a week yields positive results. Children should be introduced to fish or cod liver oil early in life, already around the age of one. These children have a significantly reduced risk of eczema, asthma and wheezing by the time they are six years old.

“We compared children who had fish at least once a week until they were two years old with children who had less fish,” says associate professor Torbjørn Øien at the Department of Public Health and Nursing at NTNU [Norges teknisk-naturvitenskapelige universitet, or Norwegian University of Science and Technology].

All types of fish are favorable

The starting point was numbers from the pediatric allergy survey that began in Trondheim in the year 2000. Data from more than 4,000 families contributed to these new analyses that looked at the relationship between the mother's or the child's fish intake and the development of eczema, asthma and hay fever.

All these conditions have increased sharply in Norway since the 1950s. They are, among other things, linked to lifestyle changes. One of these changes is that we as a population eat less fish than previously.

“It seems that eating all types of fish provides a health benefit, not just fatty fish,” says Melanie Rae Simpson. She is a postdoctoral fellow at the Department of Public Health and Nursing.

litt på norsk...

Fisk tidlig i livet reduserer faren for sykdommer

Det skal ikke så mye fisk til for at små barn skal få store helsegevinster. Fisk minst én gang i uka gir allerede gode resultater.

Barn bør introduseres for fisk eller tran tidlig i livet, allerede fra de er rundt ett år gamle. Disse barna har nemlig sterkt redusert risiko for eksem, astma og pipende pusting når de er seks år gamle.

– Vi sammenlignet barn som fikk fisk minst én gang i uka til de er to år med barn som fikk mindre fisk enn det, sier førsteamanuensis Torbjørn Øien ved Institutt for samfunnsmedisin og sykepleie ved NTNU.

Alle typer fisk er gunstige

Utgangspunktet er tall fra barneallergiundersøkelsen som startet i Trondheim i 2000. Data fra over 4000 familier bidro til disse nye analysene som så på sammenhengen mellom mors eller barnets fiskeinntak og utvikling av eksem, astma og høysnue.

Alle disse tilstandene har økt kraftig i Norge siden 1950-årene. De er blant annet satt i sammenheng med endringer i livsstillen vår. Én av disse endringene er at vi samlet som befolkning spiser mindre fisk enn tidligere.

– Det ser ut som om det å spise alle typer fisk gir en helsefordel, ikke bare feit fisk, sier Melanie Rae Simpson. Hun er postdoktor ved Institutt for samfunnsmedisin og sykepleie.



Your Journey. Your Choices.

Life is a journey and you get to set your personal course. The course may have a few twists and turns. But, with planning and sound advice, you can make sure your life is well lived! The planning you do today can impact the years ahead.

Contact a Insurance Professional today for help with your personal plan.



DID YOU KNOW...

Many of our newest members say YOU are the reason they are loving their new membership. They share what they enjoy about Sons of Norway:

- “Community, friendly, great people”
- “Fun activities, nice people, quality programs”
- “It's a great group that share a common interest”
- “Friendly, community oriented”

Keep up the great work welcoming new members to our Sons of Norway family!

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Bergen Fish Soup (Bergens Fiskesuppe)

Source: www.food.com

Ingredients

Fish Stock

1/4 cup parsnip, coarsely chopped
1/2 cup carrot, coarsely chopped
1 large yellow onion, coarsely chopped (3/4 cup)
1 large potato, coarsely chopped (1 cup)
1 tsp. salt
6 peppercorns, whole
1 Tbsp. parsley stems, chopped
1 bay leaf
3 celery ribs, with leaves
2 lbs. fish, trimmings (heads, bones, etc., washed)
4 quarts cold water

Soup

1/2 cup carrot, finely chopped
1/4 cup parsnip, finely chopped
1 lb. halibut, cod or 1 lb. haddock, boneless and in one piece
1/2 cup leek, finely sliced, white parts only
2 egg yolks
sea salt & freshly ground black pepper, to taste
3 Tbsp. parsley, finely chopped (garnish)
6 Tbsp. sour cream (garnish) (optional)

6 servings

Directions

Fish Stock

- To prepare fish stock, which will be the base of the soup, combine the ingredients listed under that heading (above) in a 4 to 6 quart stock pot.
- Bring to a boil, partially cover the pot, turn the heat low and simmer for 30 to 40 minutes.
- Strain the stock through a fine sieve into a large bowl, pressing down hard on the vegetables and fish trimmings with the back of a spoon to extract their juices before discarding them.
- Wash the pot and return the strained stock to it. Reduce the stock to about 6 cups by boiling it rapidly, uncovered, for about 20 minutes.
- Restrain through a fine sieve or through a double thickness of cheesecloth lining a regular sieve.

Soup

- Again return the stock to the pot. Add the carrots, parsnips and fish. As soon as the soup reaches the boil, lower the heat and simmer uncovered for about 10 minutes.
- Add the leeks and simmer 2 or 3 minutes longer.
- Remove from heat, lift out the fish with a slotted spoon and set aside on a platter.
- In a small bowl, beat egg yolks with a wire whisk; then beat in about 1/2 cup of hot soup, 1 tablespoon at a time.
- Pour this back into the soup in a thin stream, beating continuously with a wire whisk.
- With a fork, separate the fish into flakes and add it to the soup.
- Season with salt and pepper and reheat, but do not let the soup boil.
- To serve, ladle the soup into individual bowls and sprinkle with chopped parsley. If you like, garnish each serving with 1 Tablespoon sour cream.