



Sverdrup Nyheter

Sverdrup 4-107

Bismarck, ND

Volume 46, Issue 6
June 2015

From the President

Sometimes sharing an “inside joke” doesn’t get the response we are looking for, but I’ll risk it anyway. “I got a new trailer! Actually it’s a very old trailer, a little worn around the edges and the tires aren’t so good, but it’s perfect! Perfect for what?” you ask. I’ve had the duty of putting together a Sverdrup Lodge parade entry for many years now. Each September I beg or borrow a trailer and a pickup (that doesn’t have dents like mine does) and drive down the Bismarck parade route and wave at the thousands who have gathered. It’s a struggle to decorate a different style of trailer from year to year. Sometimes it’s hard to find long enough fringe to cover the exposed areas under the trailer. You see, I have a preconceived notion of what a parade entry should look like. It should dazzle the crowd, entertain and inform the crowd and they should smile when the float passes by.



Now I need your help to plan and implement the float ideas and have it ready for the September Autumn Fest parade. Woodworkers, putterers, handymen and handywomen and painters are needed. Lend your support and contact me. I’ll grill hamburgers if you will come out and look it over. The planning will begin -- like a Viking.

Hadde bra og takk for meg - Jerry Saude
grammas@bekel.com



June Calendar of Events

- 03 Needlework - 1:30 p.m. at the home of Karen Oby, 920 Couch Street, Bismarck
- 10 - Brown Bag in the S/N Park with Cultural Activity noon. Bring your own lunch and share the noontime learning something about the notable North Dakota Norwegian Fingal Guldbrandson Enger
- 17 Needlework - 1:30 p.m. at the home of Shirley Grondahl, 1224 Prospect Pl, Bismarck
- 25 Business Meeting - 1st Luth 7 p.m.



Mission Statement

The mission of Sons of Norway is to promote and to preserve the **heritage** and **culture** of Norway, to celebrate our relationship with other Nordic countries, and provide quality insurance and financial products to our members.



June Birthdays

June 2015

James A Skaret	2
Helen C Swenson	4
Elizabeth Kathleen Davis	5
Norma S Lundstrom	6
Eunice A Wolf	6
Janet M Esser	8
Etheleen Hoovestol	8
Scott W Robinson	8
Naida J Feland	10
Margaret Gibson	10
Diane L Mittelstedt	12
Susan Hammer Schneider	14
Al Kaldor	15
Katherine Svanes	16
Ted G Thiede	16
Mary J Hanson	18
Arthleen A Larson	19
K lone Leet	19
Josephine Hanson	20
Eldon Hagen	21
Lois Hanson	22
Gladys M Diede	23
Wayne Maurice Granfor	23
Barbara Jo Holwegner	23
Kathleen M Robinson	26
Ruth A Olson	27
Marilyn M Bender	28
June Bervik	30
Susan Wefald	30

Fixed Annuities with Sons of Norway

Our members have been very satisfied placing their fixed annuity business with Sons of Norway. We compare the rates credited on annuity products for various competitors on a summary report done each month by Towers Watson, a major independent insurance consulting firm.



The following are the rates reports by Towers Watson at May 1st for annuity products:

Percentile Annuity Crediting Rate

90th % 3.00%
75th % 2.65%
Average 2.08%

The current interest average interest rate of 2.9% and top rate of 3.05% on new annuity contracts are just either side of the 90th percentile of the average rate for new annuity products. You can see Sons of Norway is very competitive. Placing your business with Sons of Norway is a win - win. Call you financial benefits counselor today.

Ann Krause, FIC, LUTCF
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NORWEGIAN PROVERB

Ikke selg skinnen før bjørnen er skutt.

"Don't sell the hide until you've shot the bear."

Happy Birthday

Gratulerer Med Dagen

{Congratulations on Your Day}



What's In Your DNA?

You may have read the article in the Scandinavian Times spring edition on DNA testing. It just so happens that I submitted a sample to "23andme" and received information recently. My maternal and paternal sides revealed the following:

Maternal haplogroups are families of mitochondrial DNA types that all trace back to a single mutation at a specific place and time. By looking at the geographic distribution of mtDNA types, we learn how our ancient female ancestors migrated throughout the world.

Haplogroup: T1, a subgroup of T

Age: 22,000 years

Region: Europe, Near East, Northern Africa

Example Populations: British, Palestinians, Turks, Syrians

Highlight: The Vikings may have introduced haplogroup T1 to Britain.

Paternal haplogroups are families of Y chromosomes that all trace back to a single mutation at a specific place and time. By looking at the geographic distribution of these related lineages, we learn how our ancient male ancestors migrated throughout the world.

Haplogroup: I1, a subgroup of I

Age: 28,000 years

Region: Northern Europe

Example Populations: Finns, Norwegians, Swedes

Highlight: Haplogroup I1 reaches highest frequencies in Scandinavia.

The Viking exploits are real and show up in my DNA, and probably some of yours too. We go forth- LIKE A VIKING! Jerry

Membership Information

Dues are currently as follows:

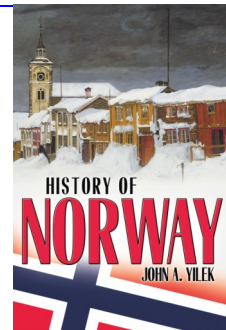
Primary member \$43 - Spouse \$36

Unge Venner \$23 (unless a parent is a member, in which case there is no fee, just an application for Ages 16-23)

New member applications are turned in to Eunice Wolf, Financial Secretary for processing together with a check for the appropriate amount written to Sons of Norway. Eunice's Address: 2951 Arizona Dr, Bismarck, ND 58503-5369 -Total 351

History of Norway

Minnesota author John A. Yilek has written a new book called *History of Norway*, which clearly describes Norway's history from the Stone Age to the present day. The book is the first comprehensive history of Norway by an American author in almost 70 years, and it is filled with stories of Vikings, the Sami, kings and queens, farmers and fishermen, the Black Death, the Hanseatic merchants, the Reformation, Norwegian independence, emigration from Norway to America, polar explorers, World War II in Norway, and much more. It is available in paperback or ebook at bookstores, Scandinavian gift shops, and online booksellers. The author teaches Norwegian history in the Mindekirken Norwegian Language & Culture Program in Minneapolis.



John A. Yilek
Stillwater, Minnesota USA
jjilek@q.com

Norwegian Shrimp Salad Smørbrød

Taken from the Williston Bjarne Beacon summer issue
Yields two servings

1/2 cup small salad shrimp, cooked and peeled
1/4 cup finely chopped cucumber
1 tsp finely chopped parsley or dill
1 tsp finely chopped scallion
1/4 tsp capers (optional)
Fresh lemon juice to taste
2 tsp mayonnaise or sour cream
Salt
Freshly ground pepper
1 avocado, sliced thinly
Slices of hearty bread



Combine shrimp, parsley/dill, capers, scallion and cucumber in a bowl. Add mayonnaise or sour cream and mix until combined. Season to taste with salt, pepper and lemon juice. Chill in refrigerator. Serve chilled shrimp salad with avocado slices on top of a slice of your favorite bread for a delicious open faced sandwich.

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June 2015

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