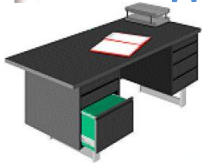


The Samhold Utsikten

Auburn Hills, Michigan | Celebrating our 55th Year



From the desk of our President



It is finally upon us: the last year of the decade of the 2010s (OK, some purists say it ends in 2020, but I'm going with just the numbers). For 2019, I'd like to share with you some of what is happening this year in Samhold lodge. For more details, I've included a copy my President's Report that I gave in the January 2019 meeting.

As you are aware, we are only providing mailed paper copies of this newsletter for those who help with its expense: \$10/year. Thank you to those who did so.

Our Board of Directors agreed to have minutes of the previous month's meeting sent out so any questions or corrections can be made. We will no longer be reading the minutes in the meeting. It has been my intent to keep lodge "business" light in the meeting to concentrate more on Norwegian culture and hands-on activities, for which Becky has been providing great material for us. See latest "Cultural Events" schedule on page 3.

As needed, I will occasionally send out information that would be useful for our next meeting. For example, in February meeting, members in attendance will vote on our 2019 Budget (as OK'd by our board for consideration). If you have any questions or comments, you can call or email me and other officers before the meeting.

My goal is to be more transparent in these important business matters to the lodge. The one exception is that I may not be posting some of this material on our website (e.g., the Minutes and our 2019 Budget) since it's open to the world. Send me your ideas on this if you'd like.

I've asked our Newsletter Editor, Kathie, to be prepared to add more content – more pages – in this year's newsletters. This was made possible, at very little if any additional cost, by our new publishing policy. For February: 11 pages! Happy reading!

Have a Great New Year, this year of 2019,

Bill Injerd, President

OUR FEBRUARY 10TH MEETING

We will be meeting on the second **Sunday, February 10th at 4:00pm** in the Fellowship Hall, **King of Kings Evangelical Lutheran Church** (1715 S. Lapeer Rd.; Lake Orion, MI).

Nancy will be providing sandwiches this month; we are asking you to **please bring a side dish** (salad, veggie, pickles/olives, fruit, rolls, or such) and/or **a dessert**.

To help us get the food served promptly after the meeting, please refrain from bringing anything which needs to be heated or micro-waved prior to serving. Bringing the pre-cooked food in crock pots would be okay.



ALL ARE INVITED!

Editor Information

Please contact the editor regarding additions or corrections to the newsletter.

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European Green Capital 2019

In early January, Oslo, the capital city of Norway, officially became the 2019 European Green Capital when the Governing Mayor Raymond Johansen was handed the Green Book during a ceremony in the world famous Nobel Peace Prize Hall. As the titleholder, Oslo will act as an ambassador for sustainable urban development, sharing and promoting best practices that have been tried and tested in the city to inspire others to make meaningful environmental changes.

Karmenu Vella, European Commissioner for Environment, Maritime Affairs and Fisheries, said: “Any city can dream of being green, but it takes determination and political leadership to find solutions for the big environmental challenges we are facing today. That is what makes Oslo special. In a country known for its wealth of energy resources, Oslo is making great strides in transitioning to a society free of fossil fuel emissions. Its success in increasing public transport and prioritising people over cars is truly inspiring. Today’s events show how Oslo is approaching its role as European Green Capital 2019 – actively seeking to inspire and motivate other cities to go green.”

Why did Oslo win?

- The restoration of Oslo’s waterways: the city’s waterways have been subject to a new revolutionary strategy which has completely reversed the previous approach of enclosing rivers and streams to make space for a growing city. 3,000m of biodiversity-rich streams and rivers have already been re-opened in order to make them accessible to the public, facilitating the development and restoration of habitats and helping to efficiently manage storm water.
- The city aims to cut emissions by 36% (compared to 1990) by 2020, 95% by 2030 and to be carbon neutral by 2050.
- Zero emissions transport: the city has become the ‘Electric Vehicle Capital of the World’ with 60% of all new vehicles sold in the city being electric in the first half of 2018.

- Improvements in cycling and public transport infrastructure: 56% of all public transport journeys are powered by renewable energy on zero-emissions trams, train and metro, and public transport journeys have increased by 50% since 2007.
- Biogas produced from bio-waste and city sewage is used to fuel city buses and waste trucks.
- Oslo’s ‘Climate Budget’, an initiative consisting of 15 separate measures across five sectors, including energy/building, heating, transport, and congestion from other mobile resources and the maritime sector. The Budget counts carbon dioxide in the same way that a financial budget counts money, aiming to cut greenhouse gases by 36% by 2020.
- Citizen participation is an integral part of city planning process: Oslo pursued an active and innovative approach to connecting with and including its citizens in their plans.
- A ‘Business for Climate Network’ fosters cooperation between the city and its business community, citizens and NGOs in addressing the impact business operations have on the climate.

SOURCE: www.norwaynews.com/oslo-starts-its-year-as-european-green-capital-2019/

Recipe Corner

KLUB – POTATO DUMPLINGS

This version uses instant potato flakes instead of real potatoes.

INGREDIENTS

- 2 1/3 cups flour
- 2 2/3 cups potato flakes
- 2 tsp. salt
- 1 jar or package of real bacon pieces

DIRECTIONS

- Mix all ingredients together.
- Add three cups of COLD water and mix.
- Form dumpling mixture into balls or patties.
- Boil for 20 minutes in boiling salted water.

Serve with a side of ham. Enjoy!

SOURCE: https://www.sofn.com/norwegian_culture/recipe_box/vegetables_and_grain_dishes/klub_-_potato_dumplings/

Cultural Events



2019

February 10: We will learn about the history of the first Birkebeiner race and tie it in with the race of today.

March 10: A video about the life and art of Edvard Munch will be shown. Hopefully we will gain insight into this Norwegian genius.

April 14: Gustav Vigeland and his Vigeland Sculpture Park in Oslo will be the discussion topic of April. Vigeland is a Norwegian artistic genius that we can all appreciate.

May 5: Syttende Mai will be celebrated with a skit, followed by a parade around King of Kings!

June 9: Since June is such a colorful month, we will play a little "I Spy" with the newly-learned Norwegian color names presented that month.

July: NO MEETING

August 11: Samhold's Annual Picnic!

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At 23 years of age, Norwegian soccer player Ada Hegerberg has already made history and is definitely someone to watch as her future unfolds. She was born in Molde, Norway. At age 16, she became the youngest player to score a hat-trick (three goals in a single game) in Toppserien, the top women's soccer division in Norway. Since 2014, she has been a striker for Lyon, the French women's team, and has led them to three championship titles. In December 2018, Hegerberg was the winner of the first-ever Women's Ballon d'Or award for best European player.



February

BIRTHDAYS

1 Steven Keech

8 Cynthia Keech

9 Clarence Mount



**Ole & Lena
CORNER**

Ole and Lena had been married seven years. Lena was getting worried that Ole might be getting the seven year itch. She thought he was cheating on her. Lena says to Ole "You never tell me you love me. Is there someone else?"

Ole replies "When ve got married I told you I loved you. If I ever change my mind I'll let ya know." ❤️

Sven asked his friend whether he had bought Lena anything for Valentine's Day.



'Yes,' Ole answered, 'I've bought her a belt and a bag.'

'That was very kind of you,' Sven added, 'I hope she appreciated the thought.'

Ole smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better.'

Sons of Norway, Samhold 5-473 Lodge

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King Harald of Norway's New Years Eve Address - English Translation

(Speech given December 31, 2018)

Explanation or clarification from Gert's Royals is in [Brackets]

We all carry something precious inside of us that is only ours. It is a compass that no one can take from us - and which holds our humanity.

In Proverbs it says:

"Above all else, guard your heart, for everything you do flows from it."

[Proverbs 4:23; I quoted the NIV Bible, His Majesty quoted from the Norsk Bibel 88/07.]

So how can we preserve our heart? We do it by being kind to each other. By having a respectful conversation despite disagreement. By lifting others up.

We also preserve it when we recognize a fellow human being in a stranger.

For then, we realize that we share the most important thing:

To be human on earth.

I think it's important to keep in mind that everyone has an opportunity - every day - to influence both our own and others' sense of value and joy of life. For every one of us matters.

To those who think that no one cares about what you are doing, I would say:

- Just your smile can make a difference to a person you meet on the street.
- Just your kind words can create a better day for another.
- And just your thoughtfulness can trigger new good actions.

The author Johan Falkberget writes:

"Every time a person takes a step towards the light, something unheard of happens, new stars are lit, help Stars. They make it easier to take the step next time."

[Falkberget was a famous Norwegian author, who was nominated for the Nobel Prize in Literature 36 times, but never won.]

We all know well the light and the dark forces. We carry both in us - and we see them constantly at play in society and the world we are a part of. For the best in us to succeed, it requires action:

- By contributing to the inclusion of everyone who wants to be a community.
- By protesting against degrading speech.
- By standing up for the people, issues, and values we cherish.

That is how we can preserve our society's heart.

I want to highlight all those whose work we easily take for granted - but who help us to have a society with a high degree of confidence in each other:

- All of you who are in service to Norway in other countries.
- All health workers, who do their utmost to provide good and kind care.
- All teachers, who each day go to their work keeping each student in their mind, eye and heart.
- All service workers, who strive for professional and friendly service.

And with many other professions, you do your best to create a good experience for other people and want well for each other - through countless daily encounters at different venues.

We also contribute to strengthening our society by engaging in what matters to us - so that local communities and valuable cultural heritage are not lost.

It's about the thousands of men and women around the country that ensures that children and young people can enjoy recreational activities - surrounded by friends and safe adults.

It is also about all the young people who create something in their homes - so both city and country are kept alive.

And it is about all those who work to protect and share our cultural treasure. It shall we know, cherish and pass them on.

Through knowledge of both our own and others' culture and religion, we can more easily recognize what we humans have in common - despite our differences.

This legacy holds much that unites us - even if the expressions are different. I think that is what most of us are looking for. Because we want to know each other. We need each other.

We also need each other when the differences between us seem great. In meeting with others, we learn more about ourselves. We need to be connected to each other.

Norway is founded on the ability to compromise. By coming together to discuss issues, we lay the foundation for a good society. We also see the significance of this ability in the world - not least when nations work together to

protect nature and save the Earth. We compromise daily - in the family, in the schoolyard, at work and in politics.

Being able to live well together despite differences and disagreements is perhaps one of the most important things to preserve. Both in our close relations, in Norway, and in the world.

We have good reason to be proud and grateful for everything we have. We see with some concern in developments in countries that are close to us. In the midst of this, Norway is still a country where we can express ourselves, our belief, or thoughts - and most importantly: keep our freedom intact.

These hard-earned values are community property that everyone in our country can have a part in. We must together strengthen this foundation so that we will not lose ourselves and each other - but know that we are one people, that we are one country.

This is the nation's heart - the values of which our country is based.

At the transition to a new year, we happily think about joy, desire, and hope. But, many carry something upsetting. Whether it is in relation to other people or to something we have experienced.

Sometimes it is too difficult to reconcile and find peace. But whenever possible, the reconciliation has a redeeming power.

Imagine if we could all feel a little better if we were able to lift some of our burdens. If we can manage to deal with ourselves and each other - where possible.

As adults, we have a special responsibility for the way we interact with each other. Children and young people learn from adults what to do and say. We, through our behavior, convey what is acceptable. Therefore, we must behave properly towards each other.

We need to talk to each other in a way that we want our children to take with them on through life. Therefore, sometimes, we have to think carefully.

On this evening, I wish for a joint New Year's resolution for all of us:

That in the coming year, we will meet each other with kindness.

If we together wish us a society characterized by respect rather than disagreement, of openness rather than fear, of warmth rather than distance - yes we can do it.

In this way, we also preserve our heart - which life itself assumes - and which makes us who we are.

Happy New Year!

SOURCE: <http://gertsroyals.blogspot.com/2019/01/king-harald-of-norways-2018-new-years.html>