

November 2001

A Little in English

Polar Bear Steals C-Vitamins

Manager Trygve Steen of the Svalbard Wildlife Service was impressed by the sensibility of a fur-covered thief that visited a tourist campsite on the island of Spitsbergen. While the tourists were away on a glacier-trek, a polar bear made his way into the mess tent munched on vitamin-C tablets and a tube of toothpaste. The mutton was left to hang, untouched. Lack of vitamin C is a severe health issue among the human population of Svalbard. Polar bears tend to have pretty bad breath due to all the seal meat they eat, so Mr. Steen understood he needed a little fresher.

-From *Nytt fra Norge*

November 2001

Litt på norsk

Isbjørn stjal C-vitaminer

Daglig leder Trygve Steen i Svalbard Wildlife Service er imponert over selvinnsikten til den pelskledd tyven som besøkte turistleiren på øya mens turistene var på brevandring. Isbjørnen befant seg straks i messeteltet, der den mesket seg med C-vitamintabletter og en tube tannkrem. Fenalåret fikk henge urørt. Mangel på C-vitaminer blant menneskene på Svalbard er et helseproblem der. Og isbjørner har dårlig ånde some følge av selkjøttet de spiser. Steen sier at han forstår godt at bamsen trengte tannpuss.

-From *Nytt fra Norge*

Member Benefits

Christmas Catalog

Can't find the perfect gift for your Norwegian grandmother or uncle? Just in time for the holiday season, the Viking Treasures gift catalog features a wide variety of authentic Norwegian items, including genuine Norwegian *kofte* sweaters, *lefse* grills, *krumkake* irons and glass *nisser*. \$5 member discount for purchases of \$50 or more! Catalogs will be distributed starting October 15th, and orders can be placed by mail, phone or online at www.sofn.com. To receive gifts by Christmas, orders must be placed by December 5.



A Recipe for Norwegian Pancakes

Here's a rich Norwegian dish to add a unique touch to Thanksgiving dinner or to any other meal:

3 eggs
1 1/2 cups milk
1/2 cup cream
1/2 cup melted butter
1 cup sifted flour
1 tbsp. Sugar
1/2 tsp. salt

Beat eggs till creamy. Add the milk and cream. Sift and add dry ingredients. Beat well. Fry on hot skillet, covering bottom of skillet with dough. Fry as regular pancakes. When done, serve hot with butter and jelly or powdered sugar. Roll up or fold into quarters when serving.

God appetitt!

-From *Sons of Norway Scandinavian Cook Book*

Euro Currency Coming Soon to Norway's Neighbors

Starting January 1, 2002, the Euro currencies will be distributed throughout 12 European nations. In Finland alone, some 300 large trucks have already begun distributing the currency to banks large and small.

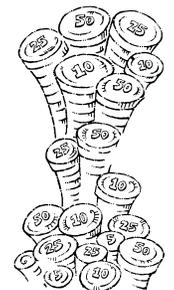
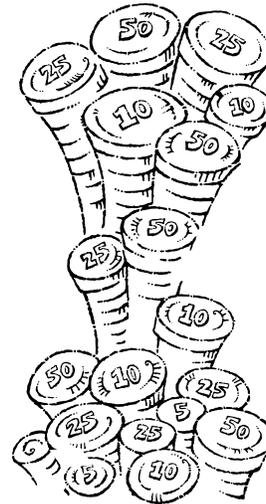
Many Norwegians are paying close attention to this because of the amount of business they conduct with the countries involved. Experts in Norway say it is too early to say what kind of an effect it will have on the Norwegian kroner. And economists do not believe the effects will be very dramatic for Norway, since its closest neighbors, Sweden, Denmark and the United Kingdom, while members in the EU, have chosen not to join the Euro currency.

-From *Nytt fra Norge*

Norway's New Royal Couple Honeymoon in New York

Following their fairy-tale wedding on August 25, Crown Prince Haakon and his new bride Mette-Marit managed a short game of cat and mouse with the Norwegian press. It was not public knowledge where the couple had gone for their honeymoon until they were finally discovered in New York City a few days later. The Norwegian people, however, quickly dropped their curiosities when they learned of the events of Tuesday, September 11. It was only after the initial shock that people again began to wonder and worry about the new couple. To Norway's relief, it was quickly and thankfully revealed that the royal couple was safe and not anywhere near the affected area at the time.

-From *Aftenposten* and *Nytt fra Norge*



December 2001

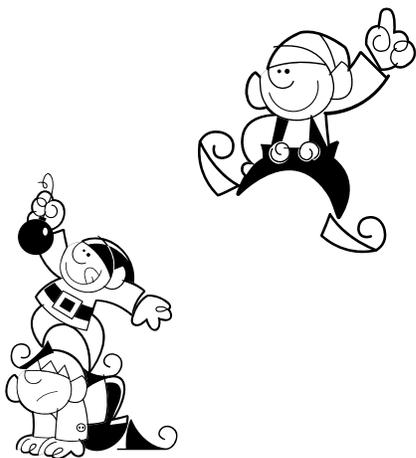
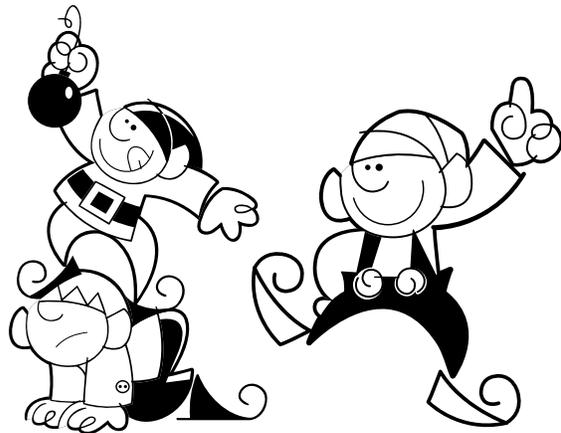
A Little in English Christmas Eve Traditions

According to some Norwegian traditions, it was imperative that the lady of the house remembered to set out a bowl of porridge for the nisse, or elf. If she forgot, the elf would leave the farm and take all of the farm's fortune with it.

It has also been tradition to leave the Christmas candle burning until the sun came up. If the candle is not lit, trolls will enter the house and celebrate Christmas in the living room.

When the sun does come up, it is the oldest in the house that blows out the candle.

-From *Hva Dagene Vet*



Desember 2001

Litt på norsk Skikk Julaften

Julaften måtte ikke matmor glemme å sette ut et fat med grøt til nissen. Glemte hun det, ville nissen reise av gårde og ta gårdens lykke med seg.

Det var også skikk at julelyset brant helt til solen sto opp. For brant ikke lyset, kom trollene inn og holdt jul i stua. Når solen eller dag var kommet, slukket husets eldste lyset.

-From *Hva Dagene Vet*

God Jul!

God Jul!

Member Benefits

Resource Center Opening Soon

Do you need a place to start your genealogy research, or are you preparing for a trip to Norway and want to know more first? Then come visit the new resource center at Sons of Norway Headquarters in Minneapolis.

Sections include:

- Genealogy (incl. bygdebøker)
- Norwegian language
- Norwegian Cookbooks
- Rosemaling
- Bunader
- Children's books

It is a user-friendly, self-service library, open to all members, with Internet access provided. The hours for the library are 8:30 am to 4:30 pm Monday thru Thursday, and 8:30 am to 11:30 am Friday.

A Little in English

Can you answer these trivia questions about Norway and America?

1. What is the period between Christmas and New Year's Day often called in Norwegian?
2. Who introduced Christianity to Norway around 1000 AD?
3. What is the name of the sour-cream porridge eaten in Norway, especially around Christmas time?
4. Who wrote the popular Norwegian Christmas songs *Musevisa* and *Julekveldsvise*?
5. In making lutefisk, what substance is the cod soaked in?
6. What is the name of Norway's Santa Claus?

Answers: 1. Romjul 2. Olav Tryggvasson 3. Rømmegrøt 4. Alf Prøysen 5. Lye 6. Julenissen



A Recipe for Rømmegrøt

Here's a real Norwegian Christmas tradition, perfect for Christmas Eve dessert:

1 pt. very thick, slightly sour cream
1/2 cup water (to rinse cream from jar)
1/2 cup flour
1/2 tsp. salt
1 pt. hot milk
sugar and cinnamon

Cook cream and water very gently for 45 minutes to 1 hour, stirring occasionally. Add paste of salt and flour, with a little cold water, stirring top. Remove fat and save. Stir in hot milk and whisk briskly with flat wire beater. Pudding should be very smooth and creamy. Pour into a bowl and make a depression on top of butterfat. Serve hot in dessert dishes and pass sugar and cinnamon to sprinkle on top. The pudding is not a success unless the butterfat comes out on top after flour is added.

God appetitt!

-From *Sons of Norway Scandinavian Cook Book*

