

November 2002

A Little in English

Norway Troubled by Increase in Teen Smoking

The latest research in Norway shows that more than 40 percent of 15-year-old Norwegian girls now smoke on a regular basis. For boys the same age, the figure is nearly 35 percent. These alarming statistics have made Norwegian Health Minister Dagfinn Høybråten propose an increase in the smoking tax, along with more aggressive anti-smoking campaigns aimed at teenagers. The usual price for a pack of cigarettes in Norway today is 65 kroner, or around \$8.50. If Minister Høybråten gets his way, the price will increase to nearly \$10 per pack. Hopefully, this will drive many teenagers and some of the other 1.2 million Norwegian smokers away from the habit that takes 8,000 Norwegian lives each year.

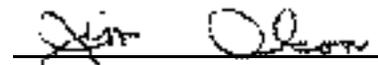
From Aftenposten

A Message from the President: Camp Norway Returns

Just a note to let you know that Camp Norway is being planned for next year. The Camp will be held starting June 21st, 2003 and last four weeks. The Camp facility near Selbu is well equipped with a capacity for 64 students. The Camp is for children or grandchildren of members with priority given to those who are members themselves. Age limit for the camp is 16 to 23.

Cost of the camp will be \$3,900 plus travel costs, the credit fee for university credit, and traveler's health insurance.

Fraternally,



International President

November 2002

Litt på norsk

Økende ungdomsrøyk i Norge skaper uro

En ny undersøkelse i Norge viser at over 40 prosent av 15-årige norske jenter røyker daglig eller av og til. Tilsvarende tall for gutter er nesten 35 prosent. Helseministeren Dagfinn Høybråten svarer på denne skremmende statistikken med forslag om en prisøkning på sigaretter og sterkere mediekampanjer mot røyking rettet mot norske ungdommer. Dagens pris på en 20-pakning er 65 kroner, eller rundt \$8.50. Og får Høybråten som han vil, skal prisen økes til nesten 75 kroner, eller rundt \$10. Forhåpentligvis vil dette drive mange ungdommer og noen av de andre 1,2 millioner røykende nordmenn bort fra en uvane som tar 8,000 norske liv hvert år.

Fra Aftenposten

Volunteers Needed for Minnesota Viking Exhibit

The Smithsonian exhibit *Vikings: The North Atlantic Saga* will be coming to St. Paul, Minnesota from November 23, 2002 to May 18, 2003. Held at the Science Museum of Minnesota, the exhibit is sure to draw Viking enthusiasts and Scandinavian-Americans from all over the region. To help run the exhibit, some 100 volunteers will be needed. Volunteers may choose to work in the Smithsonian portion, the Viking Village, or as tour leaders. Applications are available on the Science Museum web site www.smm.org, or request one by calling 651-221-4703 or e-mail lpeterka@smm.org. Be sure to leave your name, mailing address and phone number. Application deadline is October 18.

Today's Norway

Seter Mountain Farms

The quintessentially Norwegian *seter* farms have in recent years been in danger of dying out. According to the Norwegian Farmer and Small-Holders Union, only 1600 *seter* farms are still in operation, down from more than 20,000 such farms in 1949.

Seter farming in Norway goes back to a time before the Viking Age. *Setrer* are mountain outposts that nearly every Norwegian farmer at one time owned, in addition to his main farm. A shepherd would take his flock up to the *seter* for the summer months to let the flock graze. Many traditional Norwegian foods originate from these farms, such as goat cheese.

In modern Norway, the practice of living on a remote, isolated *seter* farm for any extended period of time has become impractical and even expensive. But for many who view *seter* farming as an integral part of Norwegian heritage, the tradition must be maintained. Government officials are considering further subsidizing *seter* farming to help farming families maintain this tradition.

Sons of Norway Heritage Library

Back to School

If you would like to learn more about the Norwegian *seter* farming tradition, or would like to make a presentation on this important part of Norwegian heritage at your next lodge meeting or other Norwegian event, Sons of Norway can help. The two items we can loan to members include:

- | The 45-minute video program 'Herdalsetra'
- | The 15-minute slide show presentation 'Seter Life in Norwegian Art'

To check out either of these programs, contact Sons of Norway at 612-821-4640 or culture@sofn.com. Supplies of both programs are limited, and a one-month advance notice is recommended to ensure availability.

Norsk Ost Word Find

Ost, or cheese, is a major part of the Norwegian diet. Here is a little background on different Norwegian cheeses. When you're done, try finding the words in the word find below.

- Jarlsberg* - A sharp cheese similar to Swiss that is now popular in the US.
- Cjetost* - Also spelled geitost. A goat cheese with a sweet yet strong flavor.
- Norvegia* - Norway's most popular cheese with a soft, mild taste.
- Nøkkelost* - A tasty holiday treat with a mild, seasoned taste.
- Gamalost* - A sharp, coarse brown cheese. Favorite of Edvard Grieg.

```
J N W A R K D E G A L
G A M A L O S T N P H
J R R E S C B T I A O
E I A L L A M U N V
T D F I S K A W F H E
O E T E R B V X P A L
S F N O K K E L O S T
T S H R S C D R A G P
R B A N O R V E G I A
```

Words to find, in addition to cheeses above:

- Høvel* - Cheese slicer
- Melk* - Milk
- Tine* - Norway's largest cheese maker

Norwegians Can Now Demand Good Tap Water

In July 2002, Norwegians received the legal right to demand of their local authorities that their tap water maintains a minimum quality standard. If the authorities do not comply, Norwegians can demand a rebate. In 1999, 1,345,000 people received tap water that did not meet the standards set by Norwegian regulations.

From *Aftenposten*

December 2002

A Little in English

Bumbling Robber Falls Asleep on the Job

The Bergen Police had quite an easy time dealing with a robber that had broken into an office building in the city.

When they arrived at the scene, they found the 29-year-old man asleep in the office. Now he will have plenty of time to catch up on sleep – in jail.

From *Nettavisen*

Sons of Norway Heritage Library Learn More About Christmas in Norway

Through Sons of Norway Heritage Library, you and your lodge or group can learn more about Norwegian Christmas. Three information packets are available, including the 24-page 'Norwegian Christmas', the 14-page 'Norwegian Christmas Carols' and the 2-page 'Romjula'. Also, members can borrow a video and/or slide presentation on Christmas in Norway.

To obtain any of these materials, visit www.sonsofnorway.com, e-mail culture@sofn.com or call 612-821-4640.



Desember 2002

Litt på norsk

Tabberaner sovnet på jobb

Politiet i Bergen fikk en lett oppgave med å fange en tyv som hadde brutt seg inn i et firma i byen.

Da de kom frem til åstedet, fant de den 29 år gamle mannen sovende inne i lokalene. Nå får han sove så lenge han vil – i fengsel.

Fra *Nettavisen*

God Jul!

God Jul!

Recipe for Rice Porridge

Here's a recipe from Astrid Karlsen Scott's *Authentic Norwegian Cooking*. If you would like to order this book, call 360-866-3798.

Risgrynsgrøt, or rice porridge, is a traditional holiday treat. For many it is the preferred type of julegrøt, or Christmas porridge. Perfect for winter parties and get-togethers.

1-2/3 cups water
1 cup long grain rice
1 qt. boiling milk
1 tbsp. butter
Salt to taste
Sugar and cinnamon

In a heavy-bottom pan, sprinkle rice into the boiling water, and stir until it returns to a boil. Reduce heat and cover, cooking slowly until most of the water has been absorbed. Add boiling milk, stir, and continue to simmer until rice is tender and porridge has thickened. Total cooking time about 1 hr. Add butter and salt. Serve hot, with milk, or currant juice, sugar and cinnamon. Serves 4.

Today's Norway

Modern Norwegian Christmas: A Mix of Old and New

Spending a Christmas season in Norway would surely be a new experience for most North American travelers. In Norway, many celebrate all twelve days of Christmas. Also, gift exchanging in most families is reserved for Christmas Eve, while Christmas Day is for immediate families to *kose seg*, or enjoy themselves, by spending time together. Many children still go to *juletreffest* where they dance around the Christmas tree and sing children's songs. There are even some that still follow such superstitions as leaving a bowl of *julegrøt*, or Christmas porridge, out for the household *nisse*, or gnome. The belief goes that if this porridge is not left out, a vengeful *nisse* will wreak havoc on the household, letting animals out of the barn and souring the holiday spirit.

In today's Norway, some Christmas celebrations have begun to resemble Christmas in other countries such as the United States. Perhaps the best way to view such changes is to look at Norway's version of Santa Claus, *julenissen*. He is still often depicted as the traditional Christmas gnome he has always been in Norway. But it is no longer such a rare sight to see the portly fellow with the red suit and reindeer coming around to fulfill children's gift wishes. Yet another new custom in Norway is the use of festive lights by some Norwegians that have lived in the United States for a time. No matter how Christmas is celebrated in Norway, it is still a wonderful and festive season.



Recipe for Christmas Bread

Here's a recipe from Astrid Karlsen Scott's *Authentic Norwegian Cooking*. If you would like to order this book, call 360-866-3798. This recipe for *julekake*, or Christmas bread, is more like a cake than other *julekake* recipes. Makes a delicious treat for the holidays.

1-1/8 cups butter
2 cups sugar
3 eggs
4 cups flour
1 tsp. cardamom
4 tsp. vanilla sugar
4 tsp. baking powder
2 cups coffee cream
7/8 cup finely chopped citron
1-1/8 cups raisins

Cream butter and sugar until light and fluffy. Add the eggs, one at a time. Mix flour (save out a little to mix with fruit to prevent it from sinking to bottom of pan), cardamom, baking powder and vanilla sugar and add to butter mixture alternately with cream. Add fruit and stir well. Preheat oven to 350°F. Grease two loaf pans and line the bottoms with wax paper. Pour batter into pans and bake 1 hour. Cool on rack. Makes 2 loaves.

Norwegian Explorers Break World Record

Norwegian explorers Trond Hilde, Odd Harald Hauge and Ivar Tollefsen recently became the fastest team to cross the icy, harsh terrain of Greenland. Their 340-mile trek took eight days and nine hours, beating the previous record held by Olympic gold medallist Knut Holmann and partner Egil Nilsen. The explorers had calculated their journey based on good weather, but stormy weather conditions slowed them down a bit. The trio, despite the unexpectedly difficult conditions, not only survived the journey, but also broke the world record by an incredible 17.5 hours.

The first team to cross Greenland was led by Norwegian explorer Fritjof Nansen, in 1888.

From *Norway Times*

