

# VIKING

## for kids

NOVEMBER 2021

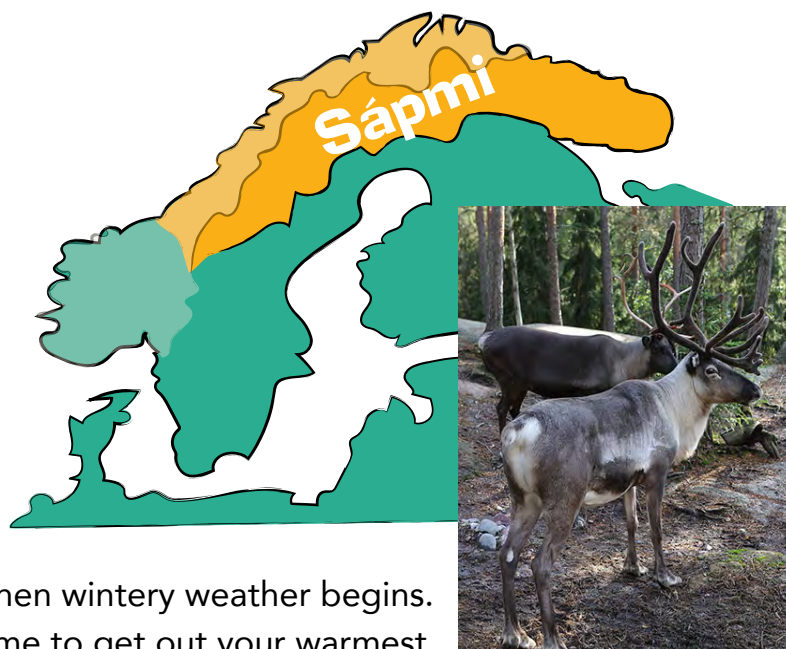
Changing Seasons in Sápmi • Norwegian Christmas •  
God Jul Coloring Page • Snowmen Ornaments •  
Snowball Lanterns • A Student Abroad •  
Snowy Sports • Recipe: Reindeer Pretzel Treats



SONS of  
NORWAY



# CHANGING SEASONS IN SÁPMI



For many people, November is a month when wintery weather begins. Brilliant leaves fall to the ground and it's time to get out your warmest coat, hat and mittens. You may even wake up one morning to find snow on the ground!

The Sámi people who live in central and northern Norway have a special word for this time of year. They call it **tjaktjadálvve** – autumn/winter. Traditionally at this time, Sámi reindeer herders would guide their reindeer into the deep woodlands and swamps to find the last grasses of the season. At the start of *dálvve* or winter, they'd ski or run with their animals further inland where the creatures wander from place to place, grazing on sparse patches of lichen. Today, many Sámi herding families travel by four-wheeler or snowmobile. In autumn/winter, they herd their animals into fenced fields where they can keep them safe and well-fed during the long, dark winter.

You may notice that the Sámi words for different seasons look different from Norwegian words. There are nine different Sámi languages, and they are more like Finnish than Norwegian! Here are some other important words in Northern Sámi:

**Lávvu** - a traditional tent-like home that can be moved from place to place.

**Gákti** - colorful traditional clothing. A gákti is made of reindeer skin, wool or cotton.



**Suohpan** - a lasso used to capture reindeer by their antlers. It isn't tied with a knot like a cowboy's lasso, but uses a lasso slide, which is a double ring, shaped like the number 8.

**Boazu** - a very special animal—the reindeer!

**See reindeer herding in action:**

<https://vimeo.com/156524688>

**Hear a song about reindeer, sung in Northern Sámi:**

<https://www.youtube.com/watch?v=arVUsPNr1ck>

Photo Credit: Reijo Telaranta

# NORWEGIAN CHRISTMAS

Are you ready for some **julestemning**? That is the Norwegian word for getting into the spirit of Christmas! **Jul** ("yule") is the Norwegian name for Christmas, and **stemning** means mood or spirit. When you put the two words together, you will have a great time anticipating a magical Christmas.



One popular custom is to serve **risgrøt** (rice pudding) around noon on **Lille Julaften** (Little Christmas Eve, December 23rd) or on Christmas Eve. A single almond is hidden in the pot and whoever ends up finding it in their portion wins a prize – most commonly, a marzipan pig.

If you live in North America, you may leave out milk and cookies for Santa Claus on Christmas Eve. Norway also has a Christmas elf or **julenisse**. Known by his red hat, this **nisse** is usually said to be a gnome that secretly oversees the success

of the household. On the night before Christmas, he must be appeased with gifts of food, such as rice porridge topped with butter, or some say he may play tricks and cause things to go awry.



Photo Credit: Catkin



GOD JUL!

Ø JULAFTEN \* Ø

risgrøt

nisse

julestemning



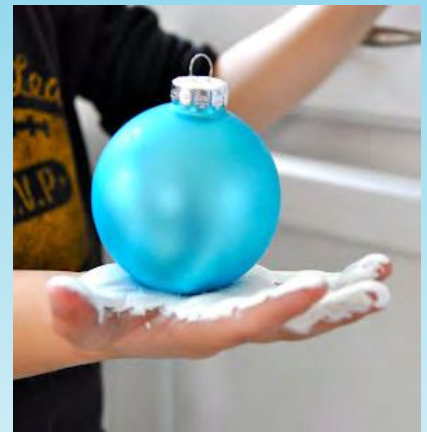
# HANDPRINT SNOWMAN ORNAMENTS

MAKE  
YOUR  
OWN

This craft is fun for the whole family and makes a great gift for friends, family and teachers! Have an adult help you gather supplies and make these ornaments.

## What you'll need:

- Christmas ball ornaments – medium-size, in solid colors.
- White craft paint
- Sharpie markers in various colors
- Paper plate
- Decorative ribbon



## How to make:

Spread craft paint on the paper plate. Press one hand into plate so your palm is covered in white paint. Keeping fingers flat, set an ornament on the center of your palm. Slowly close your hand and lightly grasp the ornament. Take fingers off ornament.



[If you need a re-do, wash paint off immediately, dry ornament and start again.]

If it looks good, set the ornament to dry on a cup or egg carton. Wash hands with warm soapy water. Let ornament dry overnight.

**Next day:** Using Sharpies, draw faces, hats, scarves and expressions on your snowmen. Write your name and the year on the bottom of the ornament, and Merry Christmas or God Jul on the back! *Optional:* use clear Mod Podge, hairspray or craft lacquer to seal your artwork and prevent it from flaking.

Source and photos: <https://www.littlebitfunky.com/search?q=snowman+ornament>



# HELLO FROM LIV!

## A STUDENT ABROAD



Hei everyone!

Let me tell you about my exciting first weeks at Fana Folkehøgskule in Norway. It already feels weird to be writing in English because I have been trying so hard to only speak Norwegian. Everyone here has been so nice and welcoming. When I arrived, students from my photography linje (main subject group) gave me a tour of the school. There are 5 international students at Fana. I am the only American student here and people comment a lot on my name being Norwegian. They ask me how I pronounce it in America. Everyone has been really interested that I have family in Norway.

In my class, I'm learning a lot about how to use my camera and its many settings. These are two photos taken on my camera. By the end of the year, I'm hoping it will be fun to see how much I've improved.

Last week, we took a two-hour bus ride to the town of Voss. We went on a nice walk to a big gorge and spent the night at a hostel. The next day we did Voss "Olympics" which basically meant we played a bunch of games. It was a really beautiful town.

That's all from me! —Liv







# SNOWY SPORTS

Even though it seems like the Summer Olympics just ended, the 2022 Winter Olympics are just weeks away! Team Norway will take center stage when the games begin February 4th in Beijing, China. At the Pyeong-

chang Winter Olympics in 2018, Norway took home a record-breaking 39 medals with 14 being gold (tied for first with Germany). This year's team looks ready to repeat its success at the last games. Watch for Norwegian competitors in these top-scoring sports:

## **Cross-country skiing - 121 Medals**

Skiers propel themselves forward across snow-covered terrain. The Norwegian army invented modern cross-country ski racing when the different units began skiing for sport (and prizes) in the 18th century.

## **Speed Skating - 84 medals**

Ice skaters race around a track, traveling a certain distance. The roots of speed skating date back over a millennium in northern Europe, especially Scandinavia and the Netherlands, where the natives added bones to their shoes and used them to travel on frozen rivers, canals, and lakes.

## **Biathlon - 41 medals**

A combination of cross-country skiing and rifle shooting. For each shooting round, the biathlete must hit five targets. Depending on the shooting performance, extra distance is added to the contestant's total skiing distance.

## **Alpine Skiing - 36 medals**

This sport measures who can complete a downhill course on skis in the fastest time. The first downhill ski competition took place in Norway's capital, Oslo, in 1868.

## **Ski Jumping - 35 medals**

Competitors aim to achieve the longest jump after descending on skis from a special ramp. Ski jumping was first contested in Norway in the late 1800s.

## **Nordic Combined - 31 medals**

Athletes compete in cross-country skiing and ski jumping. King Olav V of Norway competed in the Holmenkollen Ski Festival in the 1920s.



Photo Credits: Stux and Godric's Hollow



# LIGHT THE NIGHT WITH SNØLYKTER

In Norway, both children and adults enjoy building **snølykter** outside to light up the long dark nights. If you live in a place where it snows, you can create a *snølykt* too!

A *snølykt*, or snow lantern, is a tall round cone made of snowballs with a light inside. Here's how to make one: First, find a good spot in your yard. Next, make a bunch of tightly-packed snow balls. Starting with the largest ones, set them down in a circle as a base for your lantern. As you keep adding layers of snowballs, press them gently together so that they stick to each other. Make each layer into a slightly smaller circle so that your tower looks cone-shaped. After you've built up 3-4 layers, place a wax or battery-operated candle down into the center of your cone. If it is a wax candle, be sure to have an adult help you light it. Finish your *snølykt* by leaving the top open, or by closing the top with more snowballs.

Watch a *snølykt* being built in Norway:

<https://www.youtube.com/watch?v=h4kOuV00NE0>



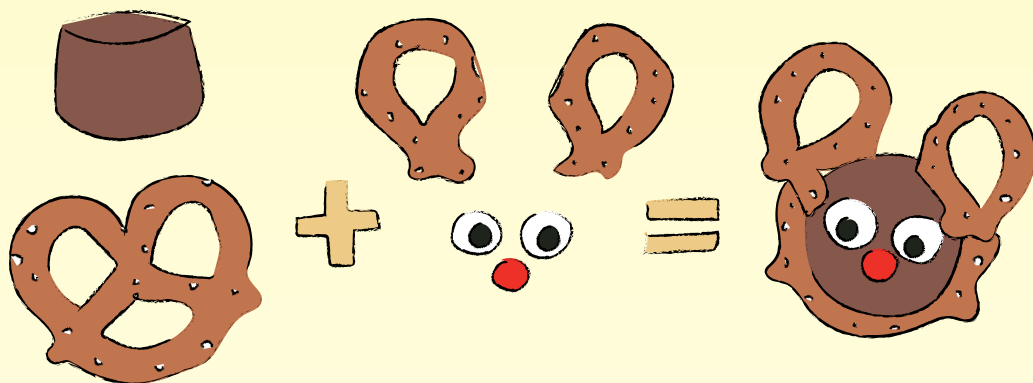
# REINDEER PRETZEL TREATS

*These reindeer are a cinch to make and an instant hit at Christmas festivities.*

## Ingredients

### What you need:

- ♥ 1 bag mini pretzels
- ♥ 1 bag Rolo candy
- ♥ Red hot candies
- ♥ Candy eyeballs

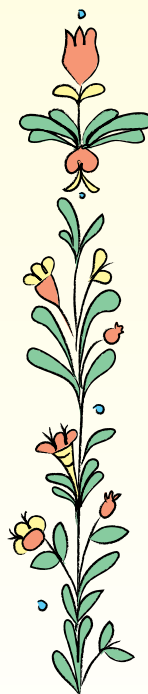


## NOTES:

Be sure to ask an adult for help with the oven and sharp knives!

## Steps:

- Heat the oven to 350 degrees F / 175 degrees C.
- Line a baking sheet with parchment paper.
- Place pretzels on baking sheet, spaced evenly.
- Set a Rolo on top of each pretzel, over the bottom half.
- Bake in oven for about 2 minutes.
- While your pretzels are baking and cooling, cut pretzels in half for your antlers.
- Remove pretzels from oven and set on cooling rack for 5 minutes.
- Place eyes, nose and antlers on the chocolate, so they stay in place.
- Let reindeer fully cool, then share with your family, friends, and teachers!



## FREE HERITAGE MEMBERSHIP

*Sponsor a new Heritage  
member today!*



## Building Heritage Membership

We are excited to introduce these colorful recognition patches for Heritage members who have been with Sons of Norway for 5, 10 or 15 years. These charming designs featuring Norwegian wildlife can be ordered for \$2 each.

We have also updated our Heritage member certificates! They are available at no cost for 5-, 10- and 15-year Heritage members. Ask your lodge leader how to organize and place an order for these items.



If you have been a Sons of Norway member for a few years, check with your parents or your lodge! You may be eligible for one of these fun patches that you can wear on your jacket or backpack!

**Note to parents:** We welcome children ages 15 and under to the Heritage member program.

Heritage members must be sponsored by a relative who is already a Sons of Norway member (most often a parent or grandparent) but they are not required to be part of the same household as the sponsoring member. At age 16, Heritage members have the option of joining Sons of Norway as an adult Individual member or as part of a Family membership, if one exists at their home address. Find the New Heritage Membership Request form here:

<https://www.sofn.com/wp-content/uploads/2020/04/Heritage-Member-Enrollment-Form.pdf>