***Newsletter Service***

**January/February 2022**

**JANUARY ISSUE**

**Nordic Myth Turns Pop Culture Icon**

Described in the Icelandic Sagas as lurking off the coasts of Norway and Greenland, the giant, ship-devouring Kraken has recently re-emerged as a darling of popular culture. Sightings of the mythical tentacled beast are everywhere!

* On Ice: The Seattle Kraken are a new NHL hockey team for the 2021 – 2022 season. Their logo is a sea blue ‘S’ with a menacing red eye.
* At the pub: Kraken Rum was launched in the UK in 2010. Contrary to urban legend, giant squid ink is not among its rich, spicy ingredients.
* At the (virtual) bank: Do you have some bitcoin to trade or exchange? Kraken.com is a cryptocurrency exchange based out of San Francisco.
* On screen: Starring as Davy Jones’ deadly pet in Pirates of the Caribbean: Dead Man’s Chest, the Kraken continues its reign of watery terror with appearances in several Disney video games and theme park attractions.

As you can see, the Kraken is making quite a stir in popular culture today! Where will it pop up next?

Learn more Nordic myths and legends here:

[**https://www.sofn.com/blog/mythical-creatures-of-scandinavia/**](https://www.sofn.com/blog/mythical-creatures-of-scandinavia/)

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[**https://www.dropbox.com/s/jg849n9ku43wm3w/Kraken.jpg?dl=0**](https://www.dropbox.com/s/jg849n9ku43wm3w/Kraken.jpg?dl=0)

**World’s Longest Undersea Power Cable is Now Operational**

The world’s longest undersea electricity cable between Norway and the U.K. is now operational. The interconnector, known as the North Sea Link, was a joint venture between British company National Grid and Norwegian power operator Statnett. The cable spans 450 miles and connects Kvilldal in Norway with Blyth in Northumberland. At full capacity, 1.4 million homes can be supplied by hydro-power. National Grid Ventures president Cordi O’Hara said it was a “remarkable feat of engineering…we had to go through mountains, fjords and across the North Sea.”

This project will help the U.K. reduce about 23 million tons of carbon emissions by 2030. It is truly beneficial for both parties as extra renewable power will be exported to Norway when wind generation is high in the U.K. but energy demand is low. This will help Norway conserve water in their reservoirs. All in all, this venture is “a great example of two countries working together to maximize renewable energy resources for mutual benefit.”

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**Norway Takes Bronze at 2021 Bocuse d’Or**Life in the age of Corona has meant extreme uncertainty for the culinary world. Many restaurants reinvented themselves, beginning to offer curbside or outdoor service, or face the prospect of closing their doors.

These reverberations were also felt at the 2021 Bocuse d’Or international cooking competition. In a nod to lockdown, one of the challenges was preparing a three-course take-out menu. Chefs not only had to create show-stopping dishes, but also produce sustainable to-go containers. The theme ingredient was the humble tomato, which even had to be a component of the dessert.

Christian André Pettersen, a master chef from Bodø, has twice earned gold at Bocuse d’Or Europe and won a bronze medal in the Bocuse world championship in 2019. With his team, Pettersen once again received bronze, behind France and Denmark. Going forward, Pettersen plans to become a coach to support another ambitious chef. This was Norway’s 12th medal on the world podium, making it the most decorated country in the international competition.

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[**https://www.dropbox.com/s/6j7jn3kzqoh7ul3/Christian-Andr%C3%A9-Pettersen.jpg?dl=0**](https://www.dropbox.com/s/6j7jn3kzqoh7ul3/Christian-Andr%C3%A9-Pettersen.jpg?dl=0)

**TRANSLATION**   
  
**Krigshelten Norman Edward Midthun er død**

Amerikaneren Norman Edward Midthun var piloten til kronprins Olav etter krigen. Han ble 96 år.

I august markeres slutten på et begivenhetsrikt liv. 14. august stedes nemlig Midthun til hvile. Midthun tilbrakte store deler av sin karriere innenfor luftfarten, men det er kanskje krigsårene som satte dypest spor hos amerikaneren der begge besteforeldrene ble født i Norge.

Da han var 17 år ønsket Midthun å verve seg til den amerikanske marines luftvåpen, men han ble avvist på grunn av alderen.

I stedet falt valget på Det norske luftforsvaret (daværende Marinens og Hærens flyvåpen, journ.anm.) som hadde etablert seg utenfor Toronto i «Little Norway».

Til tross for at få forventet at han skulle klare det, blant annet på grunn av at han knapt snakket norsk, ble Midthun den første amerikaneren til å tilegne seg «norske vinger» under 2. verdenskrig, ifølge en nekrolog publisert i Star Tribune.

Da fløy han blant annet rekognoseringsoppdrag samt at han fraktet sabotører til kysten av Norge under okkupasjonen. Da krigen var over ble han utvalgt til å være daværende kronprins Olavs pilot under et etterkrigsoppdrag, blant annet for å vurdere skadene som var påført Norge i løpet av krigen.

**TRANSLATION**   
  
**War Hero Norman Edward Midthun Has Died**

American Norman Edward Midthun was the pilot for Crown Prince Olav after the war. He was 96 years old.

In August, the end of an eventful life is marked. On August 14, Midthun was laid to rest. Midthun spent large parts of his career in aviation, but it is perhaps the war years that left the deepest mark on the American whose grandparents were born in Norway.

When he was 17, Midthun wanted to enlist in the US Navy Air Force, but was rejected because of his age.

Instead, the choice fell on the Norwegian Air Force (then the Navy and Army Air Force, -Ed.) Which had established itself outside Toronto in "Little Norway."

Despite being expected to do so, partly because he barely spoke Norwegian, Midthun became the first American to acquire "Norwegian wings" during World War II, according to an obituary published in Star Tribune.

Then he flew, among other things, reconnaissance missions and he transported saboteurs to the coast of Norway during the occupation. When the war was over, he was selected to be the then-Crown Prince Olav's pilot during a post-war mission, among other things to assess the damage inflicted on Norway during the war.

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[**https://www.dropbox.com/s/lgbq91zmfnxwund/Norman-Edward-Midthun.jpg?dl=0**](https://www.dropbox.com/s/lgbq91zmfnxwund/Norman-Edward-Midthun.jpg?dl=0)

**Start the New Year with Norwegian Joy!**

Make 2022 a year to share Nordic heritage & culture with others. Teach a young child how to make a favorite Norwegian cookie. Pass along a book by your favorite Scandinavian author (tuck in a membership form as a bookmark!). Invite a friend to attend a meeting or lodge activity.

Please keep our Sons of Norway family strong in 2022 by sharing your enthusiasm for all things Norwegian!

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[**https://www.dropbox.com/s/j1agb3x58ibr5qs/Christmas-baking.jpg?dl=0**](https://www.dropbox.com/s/j1agb3x58ibr5qs/Christmas-baking.jpg?dl=0)

**Bacalao Stew**  
  
In a nod to Christian André Pettersen’s bronze award at the 2021 Bocuse d’Or competition, where chefs had to create and execute three courses highlighting the tomato (including a dessert!), here is a tomato-based stew recipe.

**Ingredients:**

1 1/2 (1/2 kg) pounds salted and dried cod, bacalao

2 pounds (1 kg) potatoes, cut into 1/2-inch slices

3 large yellow onions, cut into 1/2-inch slices

2 cans tomatoes, chopped, with their juices

1 pound (1/2 kg) canned pimientos, drained and cut into ½-inch (1 cm) slices

4 to 6 garlic cloves, sliced or crushed

2 bay leaves

1/4 cup (1/2 dl) chopped fresh parsley

1 to 2 dried hot red chiles, chopped and seeded

10 black peppercorns

1 1/2 cups (3 1/2 dl) olive oil

**Directions:**

**Step 1**

Soak the salted cod in a large pot of water for 24 – 36 hours, this will vary depending on how dry the cod is, until the fish is softened. Make sure that you change the water at least twice during the softening process to help remove some of the salt.

**Step 2**

Remove/drain the cod from the pot and cut it into 2-inch chunks.

**Step 3**

Wash and rinse the pot you used for the cod.

**Step 4**

In the large pot, layer the potatoes, onions and chunks of cod. Next add in the garlic, bay leaves, pimientos, tomatoes, chiles, olive oil, peppercorns and two-thirds of the chopped parsley. Place this on the stove to simmer for 30 minutes. Reduce the heat to low and cook for another 45 minutes. Shake the pot every 10-15 minutes. DO NOT STIR, this will make the fish fall apart in the soup.

**Step 5**

Serve the bacalao stew in bowls, garnish with the rest of the parsley and serve with a nice crusty bread.

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[**https://www.dropbox.com/s/4gx559p5yakgvne/Bacalao%20Stew.jpg?dl=0**](https://www.dropbox.com/s/4gx559p5yakgvne/Bacalao%20Stew.jpg?dl=0)

**FEBRUARY ISSUE**

**Crown Prince Haakon visits Norwegian National Archives**

In September, Crown Prince Haakon paid a visit to the National Archives at Sognsvann, north of Oslo.

As part of the tour, Archivist Inga Bolstad demonstrated how they use artificial intelligence to convert hand-written documents into typed text. The technology can even translate archaic language into current-day Norwegian. The Crown Prince was able to digitize a nearly 800-year-old document himself, one sent by King Håkon Håkonsson in the year 1233.

Between 2017 and 2019, the National Archives digitized many of their medieval source documents which can be view on digitalarkivet.no/en. Their goal is to completely scan the collection of medieval documents by 2024, which will mark 750 years after the first written document that refers to Norway.

During the visit, the National Archives also presented Haakon with a special gift- copies of documents from the seven kings who bore the name Håkon over the last thousand years- ranging from Håkon I in the 10th century, to the crown prince’s great-grandfather, Haakon 7.

**Article photo for download:**

[**https://www.dropbox.com/s/g90m2f8vxlb8tb9/Crown-Prince-Haakon.jpg?dl=0**](https://www.dropbox.com/s/g90m2f8vxlb8tb9/Crown-Prince-Haakon.jpg?dl=0)

**Celebration as Troms and Finnmark Break Up**

In early January 2020, 19 counties in Norway were merged into 11. Two of the counties that were merged were Troms and Finnmark. Since the merger, there have been major protests and loud opinions. In May 2020 the two municipalities submitted an application for “divorce.” The desire to separate was one thing that the two sides definitely agreed on during their time together.

When the new government in Norway presented their platform in the first half of October, they confirmed that the county merger between Troms and Finnmark can and will be dissolved. Both parties rejoiced! Wenche Pedersen, mayor of Vadsø, believes that this was the right decision and that they will now use the political power from the result to take back the regional democracy in Finnmark. County council leader Bjørn Inge Mo states that they are well prepared for the division and is satisfied that the new government delivered what they promised to the people.

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[**https://www.dropbox.com/s/erayq1ehg11zhk6/Troms%20and%20Finnmark.jpg?dl=0**](https://www.dropbox.com/s/erayq1ehg11zhk6/Troms%20and%20Finnmark.jpg?dl=0)

**Februar = fjorten dager friluftsliv**  
As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: friluftsliv (free-loofts-leave). Roughly translated as “life in the free air,” the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Being the shortest month, February is the perfect time to try and get outside every other day. Why not challenge yourself to experience friluftsliv on at least half of the days in February?\*

Post photos and anecdotes on Facebook, Twitter or Instagram with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway and encourage your friends and family to give it a go, wherever they are! There’s no need for stopwatches or competition—in fact, the simpler you go, the better.

A few ideas: watch a sunrise or sunset, chop wood, go to the dog park, hike in a nature preserve and pack some classic Norwegian trail snacks like oranges and chocolate!

\*If you can’t get outside: open the window and breathe some fresh air.

Find more ideas at [**www.sofn.com/friluftsliv**](http://www.sofn.com/friluftsliv)

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**TRANSLATION**

**Historisk same­dokument flytter hjem**

Et dokument fra 1751 sikrer fortsatt at samer kan flytte reinsdyr over landegrensene. Nå kommer samenes «Magna Carta» hjem til Kautokeino.

Kong Harald er til stede når «Lappekodisillen» overleveres til Samisk Arkiv i Kautokeino. Det 270 år gamle dokumentet har vært avgjørende for å fastsette samers rettigheter, og er fortsatt virksomt i dag.

– Det er en symboltung dag, og det føyer seg inn i en tradisjon med å tilbakeføre både dokumenter og også kulturgjenstander som betyr noe for urfolk, tilbake til dem, sier jussprofessor Øyvind Ravna til NTB.

**Reduserer ulemper**

Dokumentet ble til som et tillegg til grensetraktaten som ble forhandlet fram mellom Danmark-Norge og Sverige i 1751.

Dokumentet er den første folkerettslige og bilaterale traktaten som er gitt for å beskytte samene som minoritet og urfolk i Norge, forteller professoren.

– Kodisillen er et barn av opplysningstiden hvor man betraktet samene som et eget folk som hadde rett til «fremtidig eksistens», altså at de ikke skulle assimileres inn i den norske og svenske staten, slik politikken skulle bli senere, sier Ravna.

**Kongen er til stede i salen**

Når dokumentet offisielt skal overføres til samene under en seremoni i Kautokeino på tirsdag, er det avtroppende sametingspresident Aili Keskitalo som tar imot det.

– Det blir jo en veldig spesiell hendelse når hans majestet kongen selv kommer for å bidra til dette arrangementet. Det synes jeg setter det inn i en veldig symbolsk kontekst, for på den tiden Lappekodisillen kom til, da var det eneveldige herskere i Norden, sier Keskitalo.

**TRANSLATION**

**Historical Sámi Document Goes Home**  
A document from 1751 ensures that Sámi can move reindeer across national borders. Now the Sámi «Magna Carta» has come home to Kautokeino.

King Harald will be present when the "Lappekodisillen" is handed over to the Sámi Archive in Kautokeino. The 270-year-old document has been crucial in determining Sámi rights and is still in effect today.

“It is a symbolic day, and it fits into a tradition of returning both documents and also cultural objects that mean something to indigenous peoples, back to them,” law professor Øyvind Ravna said to NTB.

**Reduces Disadvantages**

The document was created as an addition to the border treaty that was negotiated between Denmark-Norway and Sweden in 1751.

The document is the first international law and bilateral treaty given to protect the Sami as a minority and indigenous peoples in Norway, the professor says.

“The Codisil is a child of the Enlightenment where the Sámi were considered a separate people who had the right to ‘future existence,’ i.e. that they should not be assimilated into the Norwegian and Swedish state, as the policy would be later,” says Ravna.

**The King is In The Hall**

When the document is officially transferred to the Sámi during a ceremony in Kautokeino on Tuesday, outgoing Sámi Parliament President Aili Keskitalo will receive it.

“It will be a very special event when His Majesty the King himself comes to contribute to this event. I think I put it in a very symbolic context, because at the time the Lapp codicil came into being, there were autocratic rulers in the Nordic countries,” says Keskitalo.

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**Share your love of Norwegian heritage and culture**

In 2022 our Recruitment Challenge theme is “Share Nordic Culture & Heritage.” When you recruit at least one new adult member (age 16+) and provide your member number at the time they enroll, you’ll receive this limited-edition 2022 Recruiter pin. Supplies are limited. Don’t miss out—invite a friend to join today!

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**Kjøttkaker i brun saus - Meatballs with brown gravy**  
2-3 servings

**Meatballs/Kjøttkaker**

400 grams/14,1 ounces beef minced meat

1 tsp. salt 1/4 tsp. pepper

1/4 tsp. ground nutmeg

2 Tbsp.s potato flour/starch

1.5 dl/0,6 cups water or milk (I used water)

**Brown gravy / Brun saus**

4 Tbsp.s butter

4 Tbsp.s wheat flour

1 liter/33,8 ounces broth (meat broth cube, or "real broth)

1/2 tsp. salt

1/4 tsp. pepper

**Mushy peas/Ertestuing**

1 package of frozen peas (400 grams/14,1 ounces)

1 dl/0,4 cup meat broth ( made with bouillon)

1 Tbsp. butter

1/4 tsp. pepper

Use lingonberry jam, but cranberries also work nicely. Hard boiled potatoes (plenty)

Source:

[**https://www.norwaywithpal.com/norway-travel-blog/norwegian-meatballs-or-meat-cakes-not-swedish-and-i-show-you-how-to-cook-them-recipe**](https://www.norwaywithpal.com/norway-travel-blog/norwegian-meatballs-or-meat-cakes-not-swedish-and-i-show-you-how-to-cook-them-recipe)

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