***Newsletter Service***

**July/August 2022**

**JULY ISSUE**

**Sissel Receives Humanitarian Award**

In April, Sissel Kyrkjebø received the first-ever Creativity award from the Roots of Humanity Foundation for her humanitarian work and the hopeful messages in her music.

Sissel has been a UNICEF ambassador since 2005. She has received *Spellemannsprisen* (Norwegian Grammy) in both *Årets spellemann* (Artist of the Year) and *Juryens hederspris* (Lifetime Achievement) categories. She has also been knighted by Norway’s king as a Knight of the 1st Class in the Order of St. Olav.

After performing in Eurovision 1986, Sissel became a household name in Norway, known for her bell-like voice. She has recorded with the Mormon Tabernacle Choir, Placido Domingo and performed on film soundtracks such as *Lord of the Rings* and *Titanic.*

The Seven Pillars of Humanity are conferred in the subjects of knowledge, creativity, faith, love, unity, freedom and courage. "Sissel exudes all the qualities of human ability," said Tom Holdman, artist and founding board member of the Roots of Humanity Foundation. "We could not have been happier to honor her talent as a singer."

**Article photo for download:**

[**https://www.dropbox.com/s/f335ut5nnpkf8ne/Sissel.jpg?dl=0**](https://www.dropbox.com/s/f335ut5nnpkf8ne/Sissel.jpg?dl=0)

**Hurtigruten Hopes for Zero Emission Ship by 2030**

The Hurtigruten Norwegian Coastal Express has operated for nearly 130 years, traveling between 34 ports, from Bergen to Kirkenes. It is a popular way for travelers to see remote Norwegian communities and beautiful fjords. Recently, the cruise company announced that by 2030, the route will feature its first zero-emissions passenger ship. As part of the initiative, Hurtigruten has partnered with a Norwegian research institute, SINTEF, to research and analyze the ship building program.

While Hurtigruten has made many strides towards sustainability in the past, Hurtigruten Group CEO, Daniel Skjeldam, called the project its “most ambitious sustainability initiative to date.” They will first start with the Norwegian Coastal Express as its route consists of frequent anchorages, making it easier to “fuel up.” Then they would like to expand the practices to their expedition ships, which travel to places like Antarctica and Alaska.

Hurtigruten plans to be very open with their findings in hopes that the rest of the industry can benefit, as well.

**Article photo for download:**

[**https://www.dropbox.com/s/1sra67t82vg8gv6/Hurtigruten.jpg?dl=0**](https://www.dropbox.com/s/1sra67t82vg8gv6/Hurtigruten.jpg?dl=0)

**Ada Strikes Again**

Norwegian soccer superstar, striker Ada Hegerberg, is back on the Norwegian national team after five years of self-imposed exile. Hegerberg stepped away in 2017 to bring attention to disparities between men’s and women’s soccer in her home country. Her concerns included unequal pay for professional athletes, fewer opportunities for girls to play soccer, and male teams getting precedence in access to quality pitches for play and practice. In immediate response to her original announcement in 2017, the Norway Football Association doubled the pay for their female athletes so they would be on par with their male counterparts.

During the last five years, Hegerberg has focused on playing for her club, the Division 1 Olympique Lyonnais, out of Lyon, France. The striker was named BBC Women’s Footballer of the Year for both 2017 and 2019. In 2018 she was the first ever female recipient of the prestigious Ballon d’Or [golden ball] trophy.

In her first game back with the Norwegian National Team, Hegerberg scored a hat-trick in a match against Kosovo, netting three goals. She and her teammates are well on their way to a stellar season, with their sights on the 2022 FIFA World Cup in Qatar.

**Article photo for download:**

[**https://www.dropbox.com/s/g4hytcdttt98d74/Ada-Hegerberg.jpg?dl=0**](https://www.dropbox.com/s/g4hytcdttt98d74/Ada-Hegerberg.jpg?dl=0)

**TRANSLATION**

**https://ung.forskning.no/fugler/disse-fuglene-flyr-halve-kloden-rundt-uten-pause/1938138**

# Disse fuglene flyr halve kloden rundt uten pauseNylig fløy en kjempehavørn seg helt bort og havnet på feil side av jordkloden. Men for terner og spover er det helt vanlig å fly halve kloden rundt to ganger i året.

I november i år dukket en rufsete kjempehavørn opp på østkysten av Canada.

Den hadde flydd seg vill, og havnet omtrent 7.500 kilometer bort fra sitt naturlige område. Vanligvis lever den i Kina, Japan eller østkysten av Russland.

Fugletittere strømmet til fra alle kanter for å se den sjeldne gjesten.

Det er vanlig at noen fugler forflytter seg over veldig lange avstander. Det er typisk for de fuglene som vi kaller trekkfugler, forklarer John Atle Kålås.

Han er fugleforsker ved Norsk institutt for naturforskning, NINA.

Kålås tror ikke kjempehavørnen noen gang kommer til å finne veien hjem igjen, for den har hav på omtrent alle kanter.

## **Utrolig lange reiser**

Mange av våre trekkfugler flyr «bare» til Spania eller Kanariøyene hvor de liker å være om vinteren. Akkurat som mange norske besteforeldre.

Og om våren kommer de tilbake til Norge.

– Mange fuglearter kommer helst tilbake til dit de ble født og vokste opp, sier Kålås.

Men noen trekkfugler flyr veldig langt, to ganger i året.

– Det er mange nesten utrolige eksempler på slike lange reiser, sier fugleforskeren John Atle Kålås.

## **Flyr over åpent hav uten å mellomlande**

Terner fra Norge flyr helt ned mot Sydpolen om høsten og blir der over vinteren. Det er nesten fra den ene polen til den andre.

Lappspover kan fly helt Alaska og helt til New Zealand, utenfor Australia. Det er en strekning på over 15.000 kilometer.

Rekorden ble registrert i fjor, skriver CTV News.

Da flyr de over åpent hav – uten å mellomlande en eneste gang for å ta en pause.

Det er over åtte langer så langt som Norge på langs fra Nordkapp til Lindesnes.

**TRANSLATION**

**These Birds Fly Halfway around the Globe without a Break**Recently, a Pacific sea eagle flew completely off-course and ended up on the wrong side of the globe. But for terns and curlews, it is quite common to fly half-way around the globe twice a year.

In November [last] year, a Pacific sea eagle appeared on the east coast of Canada.

It had flown the wrong way, and ended up about 7,500 kilometers [4,600 miles] away from its natural area. It usually lives in China, Japan or on the east coast of Russia.

Birdwatchers flocked in from all sides to see the unusual guest.

It is common for some birds to cover very long distances. It is typical of the birds that we call migratory birds, explains John Atle Kålås.

He is a bird researcher at the Norwegian Institute for Natural Research, NINA.

Kålås does not think the Pacific sea eagle will ever find its way home again, because it has seas on almost all sides.

**Incredibly long journeys**
Many of our [Norway’s] migratory birds fly "only" to Spain or the Canary Islands where they like to spend the winter. Just like many Norwegian grandparents.

And in the spring they return to Norway.

"Many bird species prefer to return to where they were born and grew up,” says Kålås.

But some migratory birds fly great distances, twice a year.

“There are many almost incredible examples of such long journeys,” says bird researcher John Atle Kålås.

**Flying over the open sea without landing**
Terns from Norway fly all the way to the South Pole in the autumn and stay there over the winter. It is almost from one pole to the other.

Bar-tailed godwits can fly all the way to Alaska and all the way to New Zealand, outside Australia. It is a stretch of over 15,000 kilometers [9300 miles].

The record was registered last year, writes CTV News.

Then they fly over the open sea - without stopping once to take a break.

This distance is over eight times the length of Norway from the North Cape to Lindesnes.

**Crabs Ahoy!**

Seafood lovers will be storming the island of Atløy on the 23rd of July for the annual [Krabbefestival](https://en.visitaskvoll.no/information/product-catch-all/crab-festival-on-atloy-p4295793). Volunteers catch and prepare about 6,500 pounds of crabs for an all-you-can-eat feast!

Here is a fantastic recipe from [seafoodfromnorway.co.uk](http://www.seafoodfromnorway.co.uk/), which produces four servings.

**Crab Linguine**

**Ingredients:**

300 g crab meat (10.5 oz.)

450 g linguine (1 lb.)

1 red onion

* 1. cloves of garlic

1.5 chili, mild
3 Tbsp. olive oil
large handful flat-leaf parsley leaves, very finely chopped

salt and pepper

**Directions:**

Heat the olive oil in a frying pan and gently sweat the onion for 10 minutes until it is soft and translucent. Add the garlic, and chili if using, and fry for a further minute or two. Remove pan from heat. Add the parsley and crab meat and stir well to mix. Season to taste with a little salt and freshly ground black pepper.

While the onion is softening, cook the pasta until al dente in a large saucepan of salted boiling water. This will take 9-12 minutes. Drain, reserving a couple of tablespoons of cooking water, and toss in the crab sauce. Add a little of the cooking water to loosen it up a little and serve immediately.

**Article photo for download:**

[**https://www.dropbox.com/s/tzuvpvxzijo9gxc/Crab-Linguine.jpg?dl=0**](https://www.dropbox.com/s/tzuvpvxzijo9gxc/Crab-Linguine.jpg?dl=0)

**AUGUST ISSUE**

**The Egg that Traveled to America**

In 1898, 18 year-old Ole Brude barely survived a hurricane on a steamship, no thanks to a wooden lifeboat that was crushed by the sea when it was lowered down. From then on, Ole wondered what a reliable lifeboat should be, and made it his mission to find out.

As luck would have it, the World’s Fair in St. Louis was happening in 1904 and there was a 417,000 kroner [equivalent to 40 million kroner, or US $4.2 million today] prize to the one who came up with a revolutionary lifeboat. Ole had come up with the idea of a lifeboat shaped as an egg and soon after, his covered lifeboat was constructed out of steel, measuring six meters long.

To show the world his magnificent invention, Ole and three others set sail to America in “the egg” in July 1904. Unfortunately, the journey was long and grueling; Ole missed the World’s Fair by about two months. But nonetheless, Ole and “the egg” drew quite the attention.

Interestingly enough, covered lifeboats became mandated in 1978. Ole was 70 years too early.

**Article photo for download:**

**https://www.dropbox.com/s/x3hn3gdtcnc903v/Ole-Brude.jpg?dl=0**

**Unique Textiles Found in a Viking Woman’s Grave**

In 2020, before a new highway project launched in Hestnes, Trøndelag county, archaeologists studied the area and came across a burial site of a woman from the Viking era.

The style of chamber grave within a burial mound is atypical for central Norway and is more commonly found in southern Sweden and Denmark. Analysis of the grave revealed the approximate year of burial between 850 and 950 CE- the middle of the Viking Age.

Archaeologists from NTNU {the Norwegian University of Science and Technology] in Trondheim uncovered unexpected artefacts including wool and linen fabric, a large fabric swatch adorned with multicolored embroidery and a turtle brooch. Also excavated were hundreds of pearl beads, two wool combs and a variety of brooches.

The number of objects related to textile-making could point to this person as having worked in textile production or mean that they were exceptionally affluent.

Next, archaeologists will examine the cloth to determine the color of the fabric and embroidery and try to show whether the wool derived from sheep in Norway, or other environs.

**Article photo for download:**

[**https://www.dropbox.com/s/ttz1vhsuqbdkzht/Unique-Textiles.jpg?dl=0**](https://www.dropbox.com/s/ttz1vhsuqbdkzht/Unique-Textiles.jpg?dl=0)

**Norway’s UFO Hotspot**

Norway is a great place to witness the northern lights- an interplay of solar winds and the earth’s magnetic field. However, one small valley in the center of Norway regularly experiences a different kind of light show.

Hessdalen (the Hess Valley), located 75 miles south of Trondheim, has been visited by mysterious orbs of light since the 1930s. The lights vary in color, duration and behavior. Some flash for a few seconds while others linger for over an hour. They swoop and sway and hover and have been observed above and below the horizon, by day and by night.

The source of these illuminations may be underground. Scientists speculate that the extremely high and varied mineral content of the slopes surrounding the valley generate a high electric field, acting like a huge battery. It is so strong that it lights up wafts of energy in the air that would usually remain invisible to the human eye. Of course, this is just one theory. Who knows what might be out there?

See them here: [**http://www.hessdalen.org/pictures/**](http://www.hessdalen.org/pictures/)

**Article photo for download:**

[**https://www.dropbox.com/s/e9z408lqs0g5pbb/UFO.jpg?dl=0**](https://www.dropbox.com/s/e9z408lqs0g5pbb/UFO.jpg?dl=0)

**TRANSLATION**

[**https://ung.forskning.no/arbeid-skole-og-utdanning/bare-tre-av-ti-unge-vil-bli-konge-eller-dronning/1972236**](https://ung.forskning.no/arbeid-skole-og-utdanning/bare-tre-av-ti-unge-vil-bli-konge-eller-dronning/1972236)

# Bare tre av ti unge vil bli konge eller droning

# Spør du barn om hva de vil bli som store, er det mange ulike svar.

Noen av svarene som går igjen, er konge eller prinsesse.

Forandrer det seg med tiden eller vil unge faktisk inn i kongehuset?

## **Undersøkelse**

Undersøkelsen ble gjennomført av Norstat og ringte rundt til 1.000 mennesker mellom 16 og 20 år. Spørsmålet var:

Kunne du ha tenkt deg å bli konge/dronning av Norge?

63 prosent sa nei, 28 prosent sa ja, og 9 prosent visste ikke.

## **Mye ansvar**

Carl-Erik Grimstad er statsviter og kongehusekspert.

– Hvorfor tror du at bare én av tre unge vil bli konge eller dronning?

– Det har vært mye fokus på alt ansvaret ved en sånn jobb, sier han.

– Livet er på en måte litt bestemt for deg når du er kongelig. Unge folk vil gjerne bestemme selv og ha alle muligheter åpne, sier han.

Grimstad forteller at kongelige får gjøre mye spennende. De får representere landet vårt, og reise verden rundt. Men det er mye ansvar.

– Du må lære seg å holde taler og så må en oppføre seg veldig bra. Hvis du gjør noe eller sier noe som blir dumt for kongehuset, så har du ikke gjort jobben sin, sier han.

## **Må gifte seg**

– Tre av ti unge ønsker å bli kongelige. Har de noen sjanse?

– Da må man gifte seg med Ingrid Alexandra, sier han.

Hvis Norge avslutter det kongehuset vi har nå og setter inn en ny kongefamilie, kan det også være en sjanse.

– Det tror jeg ikke skjer. Men hvis kongefamilien selv vil slutte å være kongefamilie, må Norge velge om vi skal fortsette med en ny kongefamilie eller ikke. Da tror jeg mange i Norge stemmer nei, sier han.

**TRANSLATION**

**Only three in ten young people want to become king or queen**

If you ask children what they want to be when they grow up, you’ll get many different answers.

Some of the recurring answers are “king” or “princess.”

Has this changed over time, or do young people actually want to enter the royal house?

**A Survey**
Norstat conducted a survey, calling around 1,000 people between the ages of 16 and 20. The question was: *Would you want to become king / queen of Norway?*

63 percent said no, 28 percent said yes, and 9 percent did not know.

**Lots of Responsibility**
Carl-Erik Grimstad is a political scientist and royal house expert.

*Why do you think that only one in three young people want to become king or queen?*

"There has been a lot of focus on all of the responsibility involved in that kind of job,” he says.

“Life is in a way a bit pre-determined for you when you are a royal. Young people want to decide for themselves and keep their options open,” he says.

Grimstad says that royals get to do a lot of exciting things. They get to represent our country and travel the world. But there is a lot of responsibility.

“You have to learn to give speeches and you have to behave very well. If you do something or say something that is embarrassing for the royal family, then you have not done your job,” he says.

**Need to Marry In**
*Three out of ten young people want to become royalty. Do they have a chance?*

"Then one would have to marry [princess] Ingrid Alexandra,” he says.

*If Norway were to close the current royal house and install a new royal family, there would also be a chance.*

“I do not think that will happen. But if the royal family itself wanted to stop being a royal family, Norway would have to choose whether we would continue with a new royal family or not. In that case, I think many in Norway would vote no,” he says.

**Strawberries Two Ways**

Summer in Norway is filled with strawberries. In fact, it’s said that two out of three Norwegians eat strawberries and cream in the summer. Try out these two recipes that highlight a favorite fruit of the season:

1. **Strawberries and Cream (Jordbær med Fløte)**

This simple dessert is quick and delicious!

**Ingredients:**

* Fresh strawberries
* Heavy cream (or choice of milk or whipping cream)
* Granulated sugar – optional

**Directions:**

Rinse the strawberries, remove the stems and cut them in quarters or halves. Place the slices in a bowl, pour in some heavy cream, and sprinkle with some sugar. Enjoy!

**Recipe source:**
[**northwildkitchen.com**](https://northwildkitchen.com/summer-strawberries-and-cream-jordbaer-med-flote/)

**Article photo for download:**

[**https://www.dropbox.com/s/2y0kvpycoyqeus6/Strawberries-Cream.jpg?dl=0**](https://www.dropbox.com/s/2y0kvpycoyqeus6/Strawberries-Cream.jpg?dl=0)

**2. Pancakes with strawberries and mascarpone cream**

Summer days are even better with these delightful pancakes, topped with fresh strawberries and homemade mascarpone cream.

The cream can even be enhanced by a couple of tablespoons of lime, lemon or passion fruit juice.

**Pancakes:**

3 large eggs

5 dl milk (17 oz.)

225 g all-purpose flour (8 oz. / 1 cup)

2 Tbsp. sugar

1/2 tsp. cardamom

pinch of salt

butter for frying

**Filling:**

200 g mascarpone (7 oz.)

100 g powdered sugar (3.5 oz)

1 vanilla bean, seeds

4 dl whipping cream (13.5 oz)

500 g strawberries, washed (16 oz.)

**Lime-mint sprinkle**

2 Tbsp. sugar

2 Tbsp. mint leaves, chopped

1 Tbsp. lime peel

**Directions:**
Whisk together all the ingredients for the pancakes into a smooth and lump-free batter. Feel free to use a stand mixer. Let the batter rest a half hour before cooking.

Heat a medium-sized frying pan (about 8-9 inches / 20-22 cm in diameter) over medium-high heat. Melt a little butter between each pancake you make.

Put a good scoop of batter in the pan, wait a few seconds and pour excess mixture back into the bowl again. Use a spatula and cut away the edge that remains when you pour back the batter.

Cook the pancake until it is nicely golden on the underside, turn and bake for 20 seconds on the other side. Continue like this until the batter is used up.

Whisk the mascarpone smoothly with the powdered sugar and vanilla.

Stir in the cream and whisk everything into a thick, soft cream. Be careful not to overwhip, as the cream can easily separate.

Cut the strawberries into slices.

Using a mortar and pestle, crush the sugar, mint and lime peel.

Top each pancake with a dollop of mascarpone cream, sprinkle berries on top and fold or roll the pancakes loosely together. Top with any remaining mascarpone cream and sprinkle with lime and mint sugar. Calculate 2-3 pancakes per serving.

Source:[**https://www.godt.no/oppskrift/9215/tynne-pannekaker-med-jordbaer-og-mascarponekrem**](https://www.godt.no/oppskrift/9215/tynne-pannekaker-med-jordbaer-og-mascarponekrem)

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