***Newsletter Service***

**January/February 2023**

**JANUARY ISSUE**

**Crown Princess Donates Unique Garment**  
  
In June 2022, Crown Princess Mette-Marit attended a dinner for the opening of the new National Museum of Art, Architecture and Design in Oslo. The dazzling pink dress she wore for the event was both symbolic and personal.

When the pandemic hit, the princess borrowed a loom to fulfill a long-standing fascination with weaving. As she practiced, the idea for a dress came together. She enlisted Norwegian luxury designer Peter Dundas to co-design a modern garment that paid homage to traditional crafts.

Previously, Mette-Marit had visited Aurora Verksted, a workshop for people with differing abilities located in Bærum, near Oslo. The community employs around 100 artists with and without disabilities who practice traditional techniques in ceramics, textiles, clothing, graphics and painting in an atmosphere focused on creativity and joyful connection.

The fabric of the pink woolen dress has a weaving pattern based on a Telemark rug, and ornate embroidery along the arms and hem.

In July, the crown princess and several artists from Aurora Verksted were present to donate the dress to conservators at the National Museum. Director Karin Hindsbo told NRK that the dress is “a unique piece of fashion history.”

**Article photo for download:**

[**https://www.dropbox.com/s/h4pkxufsj32w592/Crown-Princess.jpg?dl=0**](https://www.dropbox.com/s/h4pkxufsj32w592/Crown-Princess.jpg?dl=0)

**Salmon Eye Floating Exhibition Opens in Hardangerfjord**

There is a new, eye-catching feature in the middle of Norway’s Hardangerfjord. The feature is called the “Salmon Eye” and is a floating exhibition created to educate visitors about the seafood industry and aquaculture. The idea was launched in 2019 by brothers Sondre and Erlend Eide, third generation salmon producers and owners of their family business, Eide Fjordbruk. The installation’s architecture was based on a fisheye and features 9,500 stainless steel plates to imitate fish scales. The interior, which is 650 square meters, is split into four floors and one is underwater. The structure can only be accessed by ferry and is aimed at discussing sustainable aquaculture.

Eide Fjordbruk has made significant strides in improving the environmental impact of salmon farming, being the first fish farming company to produce carbon-neutral salmon. They also will unveil a new technology that “enables farming in the fjord and sea with no negative impact on the environment or climate.” With seafood being a major part of Norway’s industry, the hope is that visitors will recognize the ocean as a vital food source.

**Article photo for download:**

[**https://www.dropbox.com/s/bhowlzu3pvpvjkm/Salmon-Eye.jpg?dl=0**](https://www.dropbox.com/s/bhowlzu3pvpvjkm/Salmon-Eye.jpg?dl=0)

**What’s for McLunch in Norway?**

Have you ever waited in the drive-thru line at McDonalds and wondered: what might I be ordering if I were at McDonald’s in Norway?

It turns out, Norwegians have some of the same familiar favorites as North Americans, such as Big Macs, Chicken McNuggets and french fries. However, they also have some items that we don’t, like the Big Mac Chicken, the Fish McFeast, and the Cheese Tops Burger. Since we are talking about food in Norway, it’s not too surprising to see that they have made an effort to make even McDonald’s healthier. There are several vegetarian items available. In the Happy Meals, you have the same choices as in North America…and some that feel uniquely Norwegian, like 2 different fish sandwiches and a veggie burger.

Speaking of drive-thru lanes, Norway does have them, but they account for about 40% of total sales versus 65% of McDonalds’ business in the US.

Here's a link to check out other menu items you might like to try. Håper det smaker! Enjoy the food!

<https://www.mcdonalds.com/no/nb-no/meny.html>

**Article photo for download:**

[**https://www.dropbox.com/s/a2fvh7nisuivar0/McLunch.jpg?dl=0**](https://www.dropbox.com/s/a2fvh7nisuivar0/McLunch.jpg?dl=0)

**Foundation Update**

High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from $1,500 to $20,000+.

Go to the Sons of Norway Foundation website at [**https://www.sofn.com/foundation/scholarships/**](https://www.sofn.com/foundation/scholarships/)

to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

Here are a few suggestions for your scholarship application:

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.

2. Make a list of all the application requirements and check them off when completed. Then, double-check before submitting to be sure that it is complete.

3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.

4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you’ve done research beyond a simple Google search.

5. Emphasize your involvement in community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!

**Article photo for download:**

[**https://www.dropbox.com/s/b79bsuk2l4i65g0/Foundation.jpg?dl=0**](https://www.dropbox.com/s/b79bsuk2l4i65g0/Foundation.jpg?dl=0)

**TRANSLATION**

**Badstue er like sunt som trening**

Umotivert for å trene? Nå kommer finske forskere med et hett tips til oss på nyåret: En halvtime i en dampende badstue er like bra for hjertet som en treningsøkt, mener de.

De siste årene har forskere ved Universitetet i Øst-Finland jaktet på helsefordeler ved å gå i sauna.

Og de har funnet mange. Tidligere har forskere kommet fram til at regelmessige turer i badstua både gir lavere risiko for hjerte- og karsykdommer, plutselig hjertestans, Alzheimer og demens.

Nå har den samme forskergruppen fra Finland gjort et eksperiment. De har sendt 102 frivillige deltakere inn i en 73 graders varm badstue. De hadde en gjennomsnittsalder på 52 år og alle hadde minst én risikofaktor for hjerte- og karsykdom.

**Som en moderat treningsøkt**

I den nye studien finner forskerne mer ut om hva som egentlig skjer med kroppen når vi har svettet i en badstue i en halvtimes tid.

De testet deltakerne før de gikk inn i det dampende fellesskapet. Deretter målte de kroppstemperatur, hjerterytme og blodtrykk rett etter at de kom ut igjen.

Resultatet viste at kroppstemperaturen til badstubaderne økte med to grader etter en halvtime inne i varmen. Blodtrykket deres ble redusert og blodårene deres ble mer elastisk.

Hjertefrekvensen deres steg tilsvarende det man vanligvis oppnår ved moderat trening.

**Bedre helse av å gå to­–tre ganger i uka**

På 1980-tallet ble 2315 finske menn spurt om badstuevanene deres. Deretter så de hvem som levde 21 år seinere.

Det viste seg at det var høyere dødelighet blant dem som tok badstue én gang i uka enn blant dem som varmet seg to-tre ganger per uke.

De som var i innom fire til sju ganger i uka, hadde enda lavere risiko for å dø.

Og det gjaldt ikke bare dem som døde av hjertestans eller hjerteinfarkt. Det gjaldt også dem som døde av andre årsaker.

Forskerne antydet i 2015 at funnet kunne tyde på at temperaturen gir høyere hjertefrekvens og dermed bedringer i blodtrykket.

Redaktøren av tidsskriftet *JAMA Internal Medicine*, som publiserte artikkelen i 2015, antydet også at badstue kan være bra fordi du slapper så godt av der inne i varmen, og at du ofte er i et godt lag.

**TRANSLATION**

**Sauna as healthy as exercise**

Unmotivated to exercise? Now Finnish researchers have a hot tip for us in the New Year: Half an hour in a steamy sauna is as good for the heart as a workout, they believe.    
     
In recent years, researchers at the University of Eastern Finland have been looking for the health benefits of sitting in a sauna.    
     
And they have found many. In the past, researchers have concluded that regular trips to the sauna both result in a lower risk of cardiovascular disease, sudden cardiac arrest, Alzheimer's and dementia.    
     
Now the same research group from Finland has carried out an experiment. They sent 102 volunteer participants into a 73º[C, or 163º F] hot sauna. They had an average age of 52 and all had at least one risk factor for cardiovascular disease.    
     
**Like a moderate workout**

In the new study, the researchers find out more about what actually happens to the body when we have sweated in a sauna for half an hour.    
     
They tested the participants before entering the steamy hangout. They then measured their body temperature, heart rate and blood pressure immediately after they got back out.    
     
The result showed that the body temperature of the sauna bathers increased by two degrees after half an hour in the heat. Their blood pressure was reduced and their blood vessels became more elastic.    
     
Their heart rate rose to what is normally achieved with moderate exercise.    
     
**Healthier to go two to three times a week**

In the 1980s, 2,315 Finnish men were asked about their sauna habits. Then they looked at who was living 21 years later.    
     
It turned out that there was a higher mortality among those who took a sauna once a week than among those who warmed up two or three times a week.    
     
Those who visited four to seven times a week had an even lower risk of dying.    
     
And this didn't just apply to those who died of cardiac arrest or heart attack. This also applied to those who died of other causes.    
     
The researchers suggested in 2015 that the finding could indicate that the temperature causes an increased heart rate and thus improvements in blood pressure.

**Fødselsdagskringle – Birthday Tea Ring**

The perfect substitute for those who do not want a cake on their birthday. Also pleasing anytime a good delicacy is called for. You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4 to 5 hours to raise twice.  
  
**Ingredients:  
For the Dough**

1 pkg. active dry yeast   
1 Tbsp. water, lukewarm   
2 eggs, slightly beaten   
2 1/8 cups (300 g) flour   
1/3 cup (50 g) sugar   
1/4 tsp. salt   
1 tsp. ground cardamom (preferably fresh)   
7 oz. (200 g) unsalted room temperature butter

**For the Filling**

5 Tbsp. (75 g) butter   
1/3 cup (50 g) sugar   
1/2 cup (50 g) raisins   
1/2 cup (50 g) citron, finely chopped   
1/2 cup (50 g) almonds, chopped

**Directions:**

**Step 1**

Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

**Step 2**

Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

**Step 3**

Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool space.

**Step 4**

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch (15 x 86 cm) ribbon.

**Step 5**

Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

**Step 6**

Form the dough into a kringle (or ring) shape on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

**Step 7**

Brush the surface with egg and sprinkle with sugar and sliced almonds.

**Step 8**

Bake in a 375ºF (190º C) oven for 25 – 30 minutes, or until golden brown.



Source: Ekte Norsk Mat – Authentic Norwegian Cooking by Astrid Karlsen Scott

**Article photo for download:**

[**https://www.dropbox.com/s/5rfa8m5ykk7ccps/Tea-Ring.jpg?dl=0**](https://www.dropbox.com/s/5rfa8m5ykk7ccps/Tea-Ring.jpg?dl=0)

**FEBRUARY ISSUE**

**The Influence of Pop Band a-ha on Norway’s Electric Car Industry**

In the 1980s, Norway’s environmental movement attempted to push electric vehicle technology to no avail. In a stroke of genius, Professor Harald N. Rostvik, from the University of Stavanger, decided to recruit the country’s biggest pop group, a-ha, to be the face of the movement.    
   
After traveling to the Tour de Sol exhibition in 1989 where they witnessed an electric Fiat Panda, the band imported and started driving a similar car in Norway to show the country that there is a better alternative to polluting fossil fuel vehicles. Part of the band’s campaign involved civil disobedience, such as getting fines through toll booths or refusing to pay vehicle taxes. The stance was that this type of sustainable travel should not be subject to such fees, making it that more enticing.    
   
After several years of embarrassing the government with their charades, Norway adopted the incentives that the campaign had advocated for, such as free parking, zero tax, and free ferry travel. Today, Norway is a different place with over a half a million EVs and 78% of new car sales in the last year being pure electric.

**Article photo for download:**

[**https://www.dropbox.com/s/8rfuzx1uj4oksjo/Electric-Car.jpg?dl=0**](https://www.dropbox.com/s/8rfuzx1uj4oksjo/Electric-Car.jpg?dl=0)

**Deafening Denizens of the Deep**

Sperm whales (or *spermhval* in Norwegian) are probably familiar to most of us, whether that’s thanks to National Geographic or Moby Dick. Their massive rectangular heads and vast size are unmistakable.  These whales can be found in Norwegian waters year-round, so any time is a good time to go on a whale safari!

What may be less commonly known is that sperm whales are the LOUDEST animal on the planet.  They make a lot of different vocalizations like creaking, trumpeting, and squealing—but what you need to watch out for is the clicking! Sperm whales make clicking sounds that can reach 230 decibels. That’s loud enough to actually deafen a person diving with these giant mammals. Divers have also reported partial paralysis and general body heating when exposed to the overwhelming volume and concussion of these clicks.

Try “clicking” this link to hear some of the sperm whale vocalizations yourself:  <https://tinyurl.com/sofnwhale>. Don’t worry, these are safe to listen to!

**Article photo for download:**

[**https://www.dropbox.com/s/6neiyvxb7n3o9oz/Sperm-Whale.jpg?dl=0**](https://www.dropbox.com/s/6neiyvxb7n3o9oz/Sperm-Whale.jpg?dl=0)

**What’s In Your Hiking Backpack?**   
*Hva har du i langtursekken?*   
   
Whether you are taking part in 14 Days of Friluftsliv this month, or working up to a major trek, these are a few things to consider for *utstyr*, or gear. There is a Norwegian saying *ut på tur, aldri sur –* when you’re on a hike, you’re never unhappy. Being prepared has a lot to do with it.   
   
**Klær og Tilbehør - Clothing and Accessories**   
ei jakke – a jacket   
regntrekk – rain gear   
en genser – a sweater   
ullsokker – wool socks   
fjellsko – hiking boots   
ulltøy - wool clothing   
ei/en turbukse – hiking pants   
ei/en lue – a hat   
hansker – gloves   
solbriller - sunglasses   
   
**Matlagingsutstyr – Cooking Equipment**   
turmat – trail food   
kaffe – coffee   
appelsiner – oranges   
KvikkLunsj – Norwegian chocolate bar   
en turkopp – a hiking mug   
et kjelesett – pots, pans, spatula, etc.   
et spisesett – mess kit (camping plate, bowl, cup and eating utensils)   
en brenner – a camp stove   
et grillspyd – a grilling skewer   
fyrstikker - matches   
en kniv – a knife   
en termos – thermos   
ei/en vannflaske – water bottle   
   
**Turutstyr – Hiking Gear**   
et turkart – map   
et kompass – compass   
fjellvettreglene – The Norwegian Mountain Code   
en kikkert – binoculars   
et sitteunderlag - a sit pad   
ei/en hengekøye - a hammock   
en regnduk – a rain tarp   
et telt – a tent   
en hoftesekk – a hip belt / fanny pack   
ei/en førstehjelpspakke - a first aid kit   
ei/en hodelykt – a headlamp   
en turstol – a camping chair   
myggspray – bug spray   
   
god stemning – a good mood 

**Article photo for download:**

[**https://www.dropbox.com/s/tp8fibgsio5xdfm/Hiking.jpg?dl=0**](https://www.dropbox.com/s/tp8fibgsio5xdfm/Hiking.jpg?dl=0)

**Foundation Update**

High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from $1,500 to $20,000+.

Go to the Sons of Norway Foundation website at [**https://www.sofn.com/foundation/scholarships/**](https://www.sofn.com/foundation/scholarships/)

to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

Here are a few suggestions for your scholarship application:

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.

2. Make a list of all the application requirements and check them off when completed. Then, double-check before submitting to be sure that it is complete.

3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.

4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you’ve done research beyond a simple Google search.

5. Emphasize your involvement in community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!

**Article photo for download:**

**https://www.dropbox.com/s/b79bsuk2l4i65g0/Foundation.jpg?dl=0**

**TRANSLATION**

**Ulykkelig forelskelse** 

Du har kanskje opplevd at du har vært forelsket, men at denne personen ikke følte det samme som deg. Da er det viktig å huske på at det ikke er deg det er noe galt med. 

Det å utvikle et ønske om et nytt forhold eller et vennskap med noen er ofte fullt av håp, forventninger og følelser av at du liker den andre personen. Du føler at denne andre personen er noen du har lyst til å bli bedre kjent med, og du føler at du har lyst til å tilbringe mer tid sammen med dem. 

Hvis du da finner ut at vedkommende ikke føler det samme, uansett om det er romantiske eller vennskapelige følelser, så er det ofte en veldig knusende følelse.  

**Mange grunner**

Det kan være mange forskjellige grunner til at noen ikke gjengjelder følelser. Om det er et romantisk forhold kan det hende de liker noen andre, allerede har en kjæreste, har en annen legning, eller rett og slett bare ikke er interessert i et forhold. 

**Det ordner seg til slutt**

Men hvordan skal du egentlig komme over en slik ulykkelig forelskelse? Og hva gjør du når den du vil bli venn med, ikke er interessert i å bli bedre kjent?

* Prøv å akseptere at han/hun ikke følte det samme
* Snakk om det med noen. Er det noen du stoler på som du kan snakke med? Eller har du en trygg venn som kan forstå og gi deg trøst?
* Opplev nye ting. Det kan være lurt å tenke på noe helt annet. Prøv å få tankene over på noe annet.
* Se fremover. Til slutt føles det ikke like skuffende og kjipt lenger, og da kan det til og med hende du finner deg en ny person å være forelsket i, eller en ny person du har lyst til å bli venn med.

Det meste ordner seg til slutt, det handler bare om å reise seg opp igjen og prøve på nytt når ting ikke går som du vil at det skal. 

**TRANSLATION**

**Unrequited Love**   
   
You may have experienced being in love, but that the other person did not feel the same as you. It is important to remember that there is nothing wrong with you. 

Developing a desire for a new relationship or friendship with someone is often full of hope, expectation and feelings of liking the other person. You feel that this other person is someone you want to get to know better, and you feel like you want to spend more time with them. 

If you then find out that the person in question does not feel the same, regardless of whether it is romantic or friendly feelings, it is often a crushing feeling.   

**Many reasons**

There can be many different reasons why someone does not reciprocate feelings. If it's a romantic relationship, they may like someone else, already have a boyfriend/girlfriend, have a different orientation, or simply aren't interested in a relationship. 

**It will work out in the end**

But how do you actually get over such an unhappy crush? And what do you do when the person you want to befriend isn't interested in getting to know you better? 

* Try to accept that he/she didn't feel the same way.
* Talk about it with someone. Is there someone you trust that you can talk to? Or do you have a safe friend who can understand and give you comfort?
* Experience new things. You might want to think about something completely different. Try to get your mind on something else.
* Look ahead. In the end, it won’t feel as disappointing and awkward anymore, and then you might even find a new person to fall in love with, or a new person you want to be friends with.

Most things work out in the end, it's just about getting back up and trying again when things don't go the way you want them to.

**Hazelnut Toscakake**

A twist on the classic Norwegian almond cake

*Submitted by Christopher Mohs,*

*Vikingland Lodge 1-495, Detroit Lakes, MN*

**Ingredients:**

**For the Cake:**

4 extra large eggs

1 1/4 cups granulated sugar

1 1/4 cups all-purpose flour

2/3 cup butter

**For the Topping:**

2/3 cup hazelnuts (roughly chopped)

1/2 cup granulated sugar

3 Tbsp. milk

1 Tbsp. all-purpose flour

**Directions:**Preheat the oven to 350°F (175°C). For the cake, melt butter and set aside to cool. Whisk the eggs and sugar together until light yellow and fluffy. Add the flour and melted butter until just combined. Pour the batter into a springform pan lined with parchment paper and bake for about 45 minutes. Check to see if it’s done by inserting a toothpick or wooden skewer into the cake. If it comes out clean, the cake is done. If batter sticks, bake for an additional 5 minutes and test again.

When done, remove the cake from the oven but leave it in the springform pan. For the topping, place all topping ingredients into a saucepan and bring to a boil. Once a boil is achieved, immediately pour the mixture onto the cake and spread evenly across the top. Return the cake to the oven and continue baking; only using the top heat (broiler) if possible until it looks golden brown, about 5-10 minutes.

Remove from the oven and allow it to cool before removing from the springform pan. Enjoy!

*This recipe and more may be found on Christopher’s blog* [***Pumpernickel & Rye.***](https://www.pumpernickelandrye.com/hazelnut-toscakaka/)

**Article photo for download:**

[**https://www.dropbox.com/s/ypno1hpqvevn89l/Toscakake.jpg?dl=0**](https://www.dropbox.com/s/ypno1hpqvevn89l/Toscakake.jpg?dl=0)