***Newsletter Service***

**March/April 2023**

**MARCH ISSUE**

**Viking Grave Discovery**   
  
An amazing discovery was made in the backyard of a house located in the Holmen neighborhood of Oslo. A new house was set to be built on the lot, but before that could happen, archaeologists were called to excavate the site. Their labors were fruitful as they determined there lay a burial site dating back to the Viking Age. Among the items found were gravestones, knives, horse equipment, a cloak ring buckle, and an entire wooden shield. All that was left of the rotted wooden shield was its metal centerpiece. There were no human remains found at the burial site as it was Viking tradition to cremate the deceased on a bonfire. The items found were just underneath the topsoil. [Sciencenorway.no](https://sciencenorway.no/) reported that about 60 Viking graves have been discovered in Oslo. However, this one is significant in that it was the first excavation by a team of archaeologists, rather than construction workers.

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[**https://www.dropbox.com/s/fbiptnifry58ul2/Viking-Grave.jpg?dl=0**](https://www.dropbox.com/s/fbiptnifry58ul2/Viking-Grave.jpg?dl=0)

**Ukjent Arving - Genealogy Mysteries**

An unknown caller tells you that a distant relation has left you 5 million kroner (roughly US $500,000). But you have never heard of this relative- how did they track you down?   
   
What happens when a Norwegian citizen dies without creating a will? NRK tv series Ukjent Arving (Unknown Heir) places genealogy at the forefront as host Tarjei Strøm and genealogist Kai-Samuel Vigardt race the clock to locate rightful heirs.   
   
Each year between 10 and 20 Norwegians pass away without a will or any known next of kin. If no heir is found and proven within ten years, the deceased’s estate goes to the Norwegian government. Often in the process of searching, the program uncovers poignant details about the life of the deceased, reconnecting heirs with lost family stories.   
   
Do **you** have a genealogy mystery to unravel? The Sons of Norway Cultural Skills unit on Genealogy is great place to begin- log into sofn.com and click Genealogy under the Member Resources menu.   
   
For tips on planning a will, refer to page 10 of your January/February 2023 copy of *Viking*.

**Article photo for download:**

[**https://www.dropbox.com/s/kqaeo46280stihc/Genealogy-Mysteries.jpg?dl=0**](https://www.dropbox.com/s/kqaeo46280stihc/Genealogy-Mysteries.jpg?dl=0)

**International Waffle Day Approaches**

Waffles are a delicacy that are popular worldwide. In fact, there are countless types of waffles from different countries, and they are served in various ways. The origin of waffles dates to Ancient Greece and they are perhaps one of the oldest desserts in history. The country most known for waffles is Belgium; the Belgian waffle is a thicker version of an American waffle that includes yeasted batter to make it light and fluffy on the inside, while staying crispy on the outside.

Another country that shares Belgium’s affinity for waffles is Norway. However, Norwegian *vafler* are thinner, softer, heart-shaped and include ingredients such cardamom and sour cream. To add extra flavor, Norwegians are also known to add brunost—brown goat cheese—on top of their waffles for a sweet and savory combination.

What a perfect time to be dreaming of waffles, as International Waffle Day is coming up on March 25th. There is no doubt that Norwegians everywhere will be enjoying waffles on that day with their favorite toppings of cheese, jam, or sour cream. Join in with this delicious [recipe](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffles/)!

**Article photo for download:**

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**TRANSLATION**

**TURISTFORENINGEN INNFØRER FJELLSJEKKEREGLER**

Fjellet er det mest romantiske stedet å treffe en kjæreste. Nå innfører DNT Fjellsjekkeregler som skal gjøre det lettere å komme i kontakt med andre.

I 1967 innførte Den Norske Turistforening og Røde Kors Fjellvettreglene fordi det var for mange som døde i fjellet. 

Nå mener DNT det er for mange single og innfører derfor i dag «Fjellsjekkereglene».   
   
Den Norske Turistforening innførte [luemerking](https://www.dnt.no/artikler/nyheter/343-dnt-innfrer-ny-merking-i-fjellet/) etter sivilstatus i påsken 2014. Det begynte som en aprilspøk, men etter en enorm respons på sosiale medier ble det virkelighet.   
   
- Mange begynner å bli lei av nettdating og sjekkeapp’er. Fjellet er absolutt det mest romantiske stedet for å finne noen. Her kommer man lett i prat, man er naturlige og deler felles interesser, sier Ida Amelie Helgesen, kommunikasjonsrådgiver i Den Norske Turistforening.   
   
- Folk er altfor sjenerte! Vi må begynne å snakke sammen. Noe må gjøres når kulturen vår er så forsiktig, sier Martine Bortheim, som selv har på seg en grønn lue.   
   
**Fjellsjekkereglene** 

1. Legg gjerne ut på sjekking på fjellet uten trening. Øvelse gjør mester!   
2. Meld fra hvor du går, slik at man kan møtes igjen.   
3. Vis respekt for andres luefarge. Grønn lue betyr ledig, rød lue betyr opptatt og oransje eller gul betyr kanskje åpen for kontakt.   
4. Bli værfast – og få en ekstra dag til å finne din utvalgte.   
5. Ta alltid med rikelig tursnacks som kan deles. Veien til hjertet går ofte gjennom magen.   
6. Lytt til erfarne fjellsjekkere.   
7. Husk kart og kompass, slik at du kan spørre om hjelp til å bruke det.   
8. Gå ikke alene, spør om dere skal slå følge.   
9. Vend i tide, det er ingen skam å løpe etter for å spørre om telefonnummeret.   
10. Spar ikke på smilene og le av dårlige vitser om nødvendig.

**TRANSLATION**

**Norwegian Tourist Association Introduces Mountain Pick-Up Code**

The mountains are one of the most romantic places to meet a girlfriend or boyfriend. Now DNT (*Den Norske Turistforening*, the Norwegian Tourist Association) has introduced the Mountain Pick-Up Code, which should make it easier to meet people.    
   
In 1967, the Norwegian Tourist Association (DNT) and the Red Cross introduced the Mountain Code because too many people were dying in the mountains.   
   
Now the DNT believes there are too many single people and as a result have introduced the "Mountain Pick-Up Code."   
   
Over Easter break 2014, the Norwegian Tourist Association introduced a hat color code to signify relationship status. It started as an April Fool's joke, but after an enormous response on social media, it became a real thing.   
   
"Many people are tired of internet dating and dating apps. The mountains are certainly the most romantic place to meet someone. You can start up a conversation easily, be yourself and share common interests,” says Ida Amelie Helgesen, communications advisor for DNT.   
   
“People are far too shy! We need to break the ice. Something has to be done since our culture is so cautious,” says Martine Bortheim, who wears a green hat herself.   
   
**The Mountain Pick-Up Code**    
   
1. Feel free to flirt on mountain trails without previous experience. Practice makes perfect!   
2. Let people know the route that you’ll be taking, so that you can meet up with them again.   
3. Show respect for the color of other people's hats. A green hat means single, a red hat means in a relationship and orange or yellow hat means open to flirting.   
4. In case of bad weather, stay put- you'll have an extra day’s time to find your special someone.   
5. Always bring plenty of hiking snacks to share. The way to the heart is often through the stomach.   
6. Listen to the advice of experienced mountain flirts.   
7. Remember your map and compass, so you can ask others for help with using them.   
8. Don't hike alone, ask someone to join you.    
9. Turn back if need be—there is no shame in running after someone to ask for their phone number.   
10. Smile freely and laugh at bad jokes if necessary.   
   
   
[Source: <https://www.dnt.no/artikler/nyheter/428-turistforeningen-innfrer-fjellsjekkeregler/> ] 

**Vaffelhjerter / Waffle Hearts**

In North America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The *vafler* in Norway are served for dessert or as a snack, in heart-shaped sections. They are richer and softer than American waffles and are almost always homemade.   
   
**Ingredients:**   
6 eggs   
1/2 cup sugar   
1 tsp. ground cardamom   
1 1/2 cup flour   
1 tsp. baking powder   
pinch of salt   
1 cup sour cream   
1/2 cup melted butter   
3 Tbsp. butter for waffle iron

**Instructions:**

**Step 1**Mix eggs, sugar, and cardamom together in a big bowl.

**Step 2**Add in flour, baking powder, and salt.

**Step 3**Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

**Step 4**Heat up the waffle iron and brush some butter on the surface of the iron.

**Step 5**Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.

**Step 6**Remove waffle (watch out, it’s hot!) and serve warm.

**Step 7**Top with jam and whipped cream, or sour cream. Try different toppings and make a sweet or savory waffle sandwich!

**Article photo for download:**

[**https://www.dropbox.com/s/p8ihi31d61opcl5/Heart-Waffles-2.jpg?dl=0**](https://www.dropbox.com/s/p8ihi31d61opcl5/Heart-Waffles-2.jpg?dl=0)

**APRIL ISSUE**

**God Påske!**

Easter is one of Norway’s biggest holidays, just as big as Christmas. The entire country seems to shut down during the week of Easter to enjoy the holiday with family, friends and nature. The Norwegians’ idea of having a *god påske* consists of hiding away up in the mountains, skiing the last available snow or basking in a wall of early spring sunshine known as *solveggen.*

*Påskeaften*, Easter Eve on Holy Saturday is the big day of celebration. Children get to open large colorful Easter eggs filled with candy, families organize ski races and hikes in the mountains and the biggest meal of the week concludes the day with an Easter lamb or chicken.   
   
Easter Sunday gets underway with a special breakfast at the family *hytte* or at home, sometimes followed by church. It is common to enjoy homemade Easter bread on Sunday. Pastel-colored Easter bunnies, chickens, daffodils and eggs cover the table to set the mood. No Easter break is complete without the popular *påskekrim* (Easter crime) novel.

**Article photo for download:**

[**https://www.dropbox.com/s/wwv3xlu5p9rd1dv/Paske.jpg?dl=0**](https://www.dropbox.com/s/wwv3xlu5p9rd1dv/Paske.jpg?dl=0)

**World’s First Fully Electric Public Transit System**

By the end of 2023, Norway hopes to have the world’s-first fully electric public transit system. The city has invested in 450 electric buses to replace the remaining diesel-fueled buses. While the upfront costs of US $51.3 million are higher than the price of diesel buses, they believe there will be great long-term savings as electric buses have lower maintenance and operation costs. The public transport authority for Oslo is also confident that the new buses will be more comfortable and quieter for passengers. This move is expected to not only reduce emissions but also improve public health by reducing air pollution.

It is part of Norway’s grand plan to be emissions-free by 2030. Many would say Norway is on the right track as electric vehicles in Norway now outnumber gas cars on Oslo’s roads. They have become a “global pioneer for the green transportation revolution,” hoping that other cities will follow suit to shift away from fossil fuel use.

**Article photo for download:**

[**https://www.dropbox.com/s/uu6uo90hjep1g21/Electric-Bus.jpg?dl=0**](https://www.dropbox.com/s/uu6uo90hjep1g21/Electric-Bus.jpg?dl=0)

**Milk Carton Mysteries Return**

The Norwegian national obsession with crime novels cannot be understated, especially around Eastertime. The holiday has been associated with mystery novels for a century, so much so, that there is a single word for it: *påskekrim*.    
   
This fascination with whodunits extends beyond traditional books. For 25 years, dairy company TINE printed Easter detective series on the back of milk cartons, so the whole family could put their heads together to solve a mealtime mystery. This tradition also led to a unique compound word: *melkekartongkrim,* milk carton mystery.   
   
In 2021, TINE announced that they would no longer be printing crime stories on their cartons but switching to scannable QR codes leading to interactive web games. After widespread backlash and petitioning, TINE decided there was no shame in reversing course and brought back the carton crime series in 2022, introducing a new crime-fighting chicken on skis. TINE doubled down, adding a full nynorsk version for the first time on their cultured milk cartons.   
   
Read more about 100 years of the Easter crime novel in the March/April issue of *Viking.*

**Article photo for download:**

[**https://www.dropbox.com/s/6fpf17h79upzxt4/Milk-Carton.jpg?dl=0**](https://www.dropbox.com/s/6fpf17h79upzxt4/Milk-Carton.jpg?dl=0)

**Translation**

**Årets nyord betyr at du får mindre sjokolade for pengene**

Hvert år kårer Språkrådet årets nye ord. I år ble årets nyord «krympflasjon».

Ordet høres vanskelig ut, men er enkelt å forklare. Det mener Cecilie Langum Becker. Hun kommenterer økonomi i NRK.

– Det betyr at vi betaler like mye eller litt mer for en sjokoladeplate som er mindre enn før, forklarte hun på radio.

Årets ord sier noe om hva som har vært viktig for oss i året som gikk. Og i år har mange fått dårligere råd. 

**Teleskop-ord**

Årets nyord er et såkalt teleskopord som er satt sammen av andre ord.

Her er «krympe» og «inflasjon» de to ordene. Ordet er altså laget av vanlige norske ord.

Inflasjon betyr at mat, godteri og andre varer blir dyrere.

Og krympe vet nok alle hva betyr, at en ting blir mindre enn før.  

**Kamuflerer prisstigning**

I stedet for å sette opp prisen på sjokoladeplaten, har de laget litt mindre sjokoladeplater.    
   
Slik merker vi ikke så lett at mat har blitt dyrere. Da kjøper vi like mye som før.

– Det er en måte å kamuflere prisstigningen på, slik at den virker mindre enn den faktisk er, [skriver Språkrådet i en pressemelding](https://www.sprakradet.no/Vi-og-vart/hva-skjer/Aktuelt/2022/krympflasjon-er-arets-ord-2022/). 

**Urolige tider gir nye ord** 

– Lista med nyord for 2022 bærer preg av at det er urolige tider i verden, med krig, nedgang i økonomien og demokrati under press, sier direktøren i Språkrådet, Åse Wetås.

Kriser som rammer oss gjør at vi får flere nye ord. Både økonomiske kriser, klimakrisa eller pandemier. 

**Klimabrøl og selfie**

I fjor var det «sportsvaske» som ble årets ord. Det betyr å arrangere sportsarrangementer eller kjøpe for eksempel fotballklubber for å se bedre ut for verden.

Før det har finanskrise, selfie, svineinfluensa, rosetog, klimabrøl og koronaen blitt kåret til årets ord.

Her ser du hele [listen over årets ord](https://www.sprakradet.no/Vi-og-vart/Prisar_og_karingar/Arets-ord/) siden 2008.

**TRANSLATION**

**The Word of the Year Means Less Chocolate for Your Money**   
   
Each year, Språkrådet—The Language Council of Norway—chooses a new word of the year. This past year, the new word of the year was "shrinkflation."    
   
The word sounds difficult, but is easy to explain, according to Cecilie Langum Becker, an economics commentator for NRK.   
   
“This means that we pay the same amount or slightly more for a chocolate bar that is smaller than before,” she explained on the radio.   
   
The word of the year says something about what has been important to us in the past year. And this year, many people made less money.   
   
**Telescope word**   
   
This year's new word is a so-called telescope word which is made up of other words.   
   
Here, "shrinkage" and "inflation" are the two words. The word is thus made up of ordinary Norwegian words.   
   
Inflation means that food, candy and other goods become more expensive.   
   
And everyone probably knows what shrinking means, that something becomes smaller than before.   
   
**Camouflaging price hikes**   
   
Instead of raising the price of the chocolate bar, they made slightly smaller chocolate bars.   
   
This way, we do not notice as much that food is more expensive. So we’re spending the same amount of money as before.   
   
“It is a way of camouflaging a price increase, so that it seems smaller than it actually is, the Language Council writes in a press release.   
   
**Troubled times create new words**   
   
“The list of new words for 2022 shows that there are troubled times around the world, with war, a downturn in the economy and democracy under pressure,” says the director of the Language Council, Åse Wetås.   
   
Crises that affect us result in new words being created. During economic crises, climate crises and pandemics.   
   
**Climate-roar and selfie**   
   
Last year [in 2021], "sportsvaske" (sportswashing) was declared the word of the year. This refers to countries hosting sporting events or buying, for example, soccer teams to improve their political image in the world.   
   
Before that, financial crisis, selfie, swine flu, *rosetog [*parade of roses, in response to the 2011 terror attacks in Oslo and Utøya], climate-roar and corona have been named the words of the year.   
   
Here you can see the entire [list of words of the year](https://en.wikipedia.org/wiki/Word_of_the_year_(Norway)) since 2008.   
 

**Påskekjeks / Easter Cookies**    
   
These decorative cookies make a cheerful addition to any Easter celebration. You can vary the fillings to suit your taste- this recipe calls for fillings of orange marmalade or hazelnut/chocolate.

The dough is a shortcrust pastry with almond flour. The dough needs to be completely cold before rolling out. Chill overnight, or an hour in the fridge works well. Test a little bit of the dough rather than rolling out a big piece that ends up sticky.

You can find egg-shaped cookie cutters online or in stores, or if you want to make these without buying anything, you can cut an egg template out of a cereal box and cut around it.

Ingredients:    
   
**Dough:**

200 g butter or margarine

150 g all-purpose flour

100 g ground almonds

70 g powdered sugar

1 egg yolk (or substitute with 2 Tablespoons of water. )

**Fillings:**

75 g chocolate hazelnut spread like Nutella or Nugatti

75 g melted milk chocolate

Orange marmalade

Powdered sugar for sprinkling

Instructions:

1. Put all dough ingredients into a bowl, mix with your hands until the dough forms.

2. Wrap dough and refrigerate for an hour.

3. Roll out the dough on a floured surface to approx. 2-3 mm (1/8 inch) thickness.

4. Cut out 10 cm / 4-inch egg shapes and place on a baking sheet.    
Bottom cookies will be full egg-shapes.   
Use a smaller round cutter (2.5 cm/1 inch diameter) to cut out a “yolk” into **half** of the cookies- these will be the top cookies.

5. Bake in the middle of the oven at 200°C (400°F) for 10 minutes.

6. Remove from oven and cool on cooling rack.

7. Making the fillings:

Heat orange marmalade in the microwave or in a saucepan.    
Spread marmalade on one of the bottom cookies.   
Place the part of the cookie with the cutout on top and then fill the “yolk” with marmalade filling.    
Sift powdered sugar on top.   
Take a spoon dipped in water to bring shine to the "yolk."

Melt the chocolate and mix with nougat spread.    
Spread chocolate mixture on one of the bottom cookies.   
Place the part of the biscuit with the cutout on top and then fill the “yolk” with nut/chocolate filling.    
Top with a chocolate mini-egg or three.

These cookies have a long shelf life when stored at room temperature.

Source: [Krem.no](https://krem.no/hjem/paskekjeks/)

**Article photo for download:**

[**https://www.dropbox.com/s/s4lhlr89wqs0dl3/Easter-Cookies.jpg?dl=0**](https://www.dropbox.com/s/s4lhlr89wqs0dl3/Easter-Cookies.jpg?dl=0)