***Newsletter Service***

**May/June 2023**

**MAY ISSUE**

**Syttende Mai – Festival of Music**

When we think of Norway’s national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem,“Ja, Vi Elsker”will be belted out at some point, but there is much more depth to the day’s soundtrack.   
   
Starting bright and early on *grunnlovsdagen*, choirs and glee clubs will assemble to perform patriotic anthems, including “Sønner av Norge” (Sons of Norway), “Norges Skaal” (To Norway), both previously in use as national anthems. “Kongesangen” (The Royal Anthem) may also make an appearance, which shares the same melody as “My Country ‘Tis of Thee.”    
   
In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.   
   
Modern favorites with warm sentiments for Norway include the sedate “Mitt Lille Land,” (My Little Country) by Maria Mena and “Fedrelandet” (The Fatherland) by Robin og Bugge- both available on YouTube. 

**Article photo for download:**

[**https://www.pexels.com/photo/flag-of-norway-waving-on-flagpole-4178802/**](https://www.pexels.com/photo/flag-of-norway-waving-on-flagpole-4178802/)

**Barnebunader**

The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!

**Article photo for download:**

[**https://pixabay.com/photos/children-costume-tradition-bunad-588880/**](https://pixabay.com/photos/children-costume-tradition-bunad-588880/)

**Festivals Abound in The Month of May**

As summer approaches and weather warms, calendars fill up and plans are hatched. Norway rounds out spring by hosting a plethora of festivals in May.

In the first part of May, Stavanger hosts its annual MaiJazz festival. This year, MaiJazz is celebrating for its 35th year. The festival goes from May 9 -14 and is intended to draw up interest in jazz music in the Stavanger region.

Perhaps one of the cleverer festival names is the Karmøygeddon Metal Festival. This festival began in 2004 and is aimed at showcasing both well-known and up and coming bands to introduce the audience to the metal scene. About 4,000 people attend from Norway and internationally.

The Bergen International Festival is the “flagship of music and theatre festivals in the Nordic countries.” It runs from May 24 through June 7 this year and features programs for all ages. King Harald and Queen Sonja will both be in attendance for the opening of the festival.

Mark your calendars if you’ll be in Norway in May. If not, these will be lively festivals to read about after the fact.

**Article photo for download:**

[**https://pixabay.com/photos/performance-music-musician-concert-3202707/**](https://pixabay.com/photos/performance-music-musician-concert-3202707/)

**TRANSLATION**

**Slik gjør du bunad skjorten klar til 17. Mai**   
Slik stryker du bunadskjorten, fjerner flekker og blir klar til 17. mai!

**Slik stryker du bunadskjorten**

De fleste bunadskjorter er av lin, og må derfor alltid strykes, men det er noen ting som er viktig å huske på når det kommer til stryking av linskjorter. 

Lin tørker ikke like fort som bomull og andre stoffkvaliteter, så om du skal vaske den først burde du gjøre det i god tid før nasjonaldagen slik at den rekker å bli tørr. Når du stryker lin, må du bruke middels varme, eller lin-funksjonen på strykejernet. Hvis du ikke er vant til å stryke, kan det være lurt å legge et tørkle eller en tynn håndduk mellom jernet og skjorten, slik at du ikke får brennmerker. Pass også på at strykejernet er helt rent før du setter i stikkontakten. Du kan også forsiktig spraye på litt vann for å fukte stoffet. Legg mye press på når du stryker denne typen stoff. 

Når det kommer til å stryke ermene, så gjelder det å ikke få en presskant. Da kan du enkelt tre armen over den tynneste delen av strykebrettet, og stryke i vei. Da vil du få en rund og fin arm. 

**Flekker på bunadskjorten eller bunaden**

Enten det er is etter toget, kake på fest, pølse i brød eller en skikkelig festmiddag kan du være uheldig og søle på bunaden. Da er trikset å være superrask med å stryke over med en klut dyppet i kaldt vann. Ull absorberer ikke ting like fort som annet stoff, så om du er rask nok kan det gå fint. Om flekken ikke går bort kan du prøve en flekkfjerner, men her anbefales det å være veldig forsiktig. 

Hvis du søler på bunadskjorten, er det verre. Fruktflekker som saft, vin og ketchup bør fjernes med kokende vann. Kok opp vannet, og slå det gjennom flekken. Flekker av melk, fløte eller kaffe bør fjernes med kaldt vann. Les mer om fjerning av flekker på bunadskjorten, og hvordan du skal vaske den etter bruk hos [Norges linforening.](https://norges-linforening.no/2017/vask-og-stell-av-lin-bunadskjorte-2/" \t "_blank)

**TRANSLATION**

**Preparing your bunad blouse for Syttende Mai**   
This is how you iron your bunad blouse, remove stains and get ready for Syttende Mai!   
   
**Ironing your bunad blouse**    
Most bunad blouses are made of linen, and therefore always need to be ironed, but there are some things that are important to remember when it comes to ironing linen shirts.   
   
Linen does not dry as quickly as cotton and other types of fabric, so if you are going to wash it first, you should do it well before Syttende Mai so that it has time to dry. When ironing linen, you must use medium heat, or the linen function on the iron. If you are not used to ironing, you may want to place a scarf or a thin towel between the iron and the shirt, so that you don't get scorch marks. Also make sure that the iron is completely clean before plugging it in. You can also gently spray the fabric with a little water, to moisten the fabric. Apply a lot of pressure when ironing this type of fabric.   
   
When it comes to ironing the sleeves, it is important not to get a pressed edge. Then you can easily put your sleeve over the narrowest part of the ironing board and begin ironing. Then you will achieve a round and nice arm.   
   
**Stains on your bunad blouse or bunad**  
Whether it's ice cream after the parade, cake at the festivities, a hot dog or a proper dinner party, you can have the misfortune of spilling on your bunad. The trick is to be super quick to dab it with a cloth dipped in cold water. Wool does not absorb things as quickly as other fabrics, so if you are quick enough it may be fine. If the stain does not come out, you can try a stain remover, but you need to be very careful.   
   
If you spill on your bunad blouse, it's worse. Fruit stains such as juice, wine and ketchup should be removed with boiling water. Boil the water and pour it through the stain. Stains from milk, cream or coffee should be removed with cold water. Read more about removing stains on the bunad shirt and how to wash it after use at the [Norwegian Linen Association](https://norges-linforening.no/2017/vask-og-stell-av-lin-bunadskjorte-2/).

**Almond Bars**

Spruce up your Syttende Mai party with these delicious bars. Great for sharing and enjoying a “taste of Norway.”  
   
**Ingredients**   
Bars:

1/2 cup butter, softened

1 cup sugar

1 egg

1/2 tsp. almond extract

1 3/4 cups flour

2 tsp. baking powder

1/4 tsp. salt

2 Tbsp. milk

1/2 cup sliced almonds

Glaze:

2 cups powdered sugar

1/2 cup milk

1/2 tsp. almond extract

**Directions:**

Preheat oven to 325º F / 165ºC.

Line baking sheets with silpat pads or parchment paper.

In a mixing bowl, cream together the softened butter and sugar.

Add the egg and almond extract and beat until mixture is fluffy.

Add the flour, baking powder and salt until you have a soft dough.

Divide the dough into four parts.

Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.

Brush the tops with the milk and sprinkle on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned.

While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.

Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.

Drizzle glaze over diagonal sections.

**Recipe by Noelle Rulseh from** [**https://www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/**](https://www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/)

**Article photo for download:**

[**https://www.dropbox.com/s/i04m9m866q62tov/Almond-bars.jpg?dl=0**](https://www.dropbox.com/s/i04m9m866q62tov/Almond-bars.jpg?dl=0)

**JUNE ISSUE**

**Midtsommer Magic**

On June 23, or the Saturday closest to it, Norway celebrates Midsummer’s Eve with boating, picnics, bonfires and the beauty of summer.

The ancient sun festival is celebrated throughout Europe with traditions that vary from country to country. Common to most of these traditions is happiness and gratitude for the warmer and brighter days. There’s a Norwegian saying that “a beloved child has many nicknames,” and this major holiday is referred to as midtsommerfest, Jonsok or Sankthansaften (St. John’s wake/eve).

In folk belief, good forces were believed to be particularly strong at midsummer. Herbs and hay harvested on the solstice were said to have potent magical properties. Putting a red Jonsok flower under your pillow would make you dream of the one you’d marry. A bonfire was to strengthen people going into the darker part of the year, and protect against trolls and evil spirits.

Today midtsommer is a secular festival that signals that summer vacation is imminent! Beachfront bonfires, music, dance, friends and good food are typical. Grilled meats and seafood are popular, along with potato salad, pancakes, strawberries, homemade juice, as well as beer and aquavit.

**Article photo for download:**

[**https://pixabay.com/photos/beach-bonfire-campfire-fire-1909582/**](https://pixabay.com/photos/beach-bonfire-campfire-fire-1909582/)

**Sleep Education in Schools**

In a recent youth study in Agder county, Norway, it was evident that there is a strong connection between mental health and sleep. Of the girls in the study who slept 6 hours or less, 44% had a high level of mental health problems and the boys’ percentage was at 21%. The percentages were reduced significantly with just one additional hour of sleep.

Because sleep seems to be a root of mental health and stress among youth, psychologist Anne-Kristin Imenes believes that teaching about sleep should be part of the school curriculum. It is more important than what is currently being taught. Education on sleep has been attempted in some areas in Norway already, mostly online.

Imenes is hoping to analyze the data of the survey, talk with student councils at schools, and come up with ideas to combat poor sleep habits. The hope is that sleep awareness spreads to more people and that youth develop the tools they need.

**Article photo for download:**

[**https://www.pexels.com/photo/girl-lying-on-bed-3768879/**](https://www.pexels.com/photo/girl-lying-on-bed-3768879/)

**Five Trips En Route to 50**   
   
This summer both Crown Prince Haakon and Crown Princess Mette-Marit will turn 50. They will mark their special year with five trips to various parts of Norway, each excursion highlighting a different theme.   
   
In February, Haakon went on a business trip to Stord in Vestland. At the end of March, the pair visited the towns of Vinje, Telemark and Bykle in Setesdal.   
   
First they spent time at the Raulandsakademiet in Vinje, an institution of Norwegian folk tradition and artisanship. Crown Princess Mette-Marit was thrilled to receive a pair of hand-embroidered monogrammed mittens while Crown Prince Haakon was gifted a harmonica.   
   
Hovden Ski High School was next to play host. The crown prince pair love to be active in nature and took in a mountaintop view with students and teachers. After a chat at 1209 m/3966 ft over *vafler* and a bonfire, the crown prince returned on back-country skis.

That evening, the royals were treated to a concert in the old Bykle church, a parish dating back to the 13th Century. The unique music and dance traditions from Setesdal were recently added to the UNESCO list of intangible cultural heritage.   
   
Other destinations include Finnmark in April to connect with Sámi culture, and Træna, Nordland in May, to embrace maritime life. In August they'll throw a joint birthday bash at the Palace gardens. 

When asked how it feels to be turning 50 soon, the crown prince replied: “Det er fint, det.” — “It's nice.”   
 

**Article photo for download:**

[**https://www.dropbox.com/s/dohulbkvct8mt3f/Royals.jpg?dl=0**](https://www.dropbox.com/s/dohulbkvct8mt3f/Royals.jpg?dl=0)

**Translation**

**– Han har alt**

Erling Braut Haaland er offisielt Manchester City-spiller. Klubben bekreftet signeringen mandag. Det ble gjort på samme dato som da faren Alfie Haaland signerte for 22 år siden.

Mange fotballklubber har jaktet på Erling Braut Haaland. Men til slutt var det engelske Manchester City som trakk det lengste strået.

Dermed er en av sommerens mest ventede signeringer klare. Det ble allerede klart 10. mai at den engelske klubben hadde kjøpt han. Men en offisiell bekreftelse tok lengre tid.

– Dette er en stolt dag for meg og familien, sier Haaland til klubbens nettside.

Haaland har signert en kontrakt som varer fram til 2027.

– Jeg har alltid sett på City og har elsket å gjøre det de siste sesongene. Du kan ikke annet enn å beundre spillestilen deres. Den er spennende, og de skaper mange sjanser. Det er perfekt for en spiller som meg, sier Haaland.

Haaland har ikke ønsket å snakke om overgangen før det ble klart.

Txiki Begiristain sier at Haaland har alt de ønsker i en spiss.

– Og vi er sikre på at han vil utmerke seg i denne troppen og dette systemet, sier han. Begiristain er sportsdirektør for City.

Haaland skåret sitt 20. mål for Norge søndag. Det betyr at han har skåret 42 mål på 39 kamper denne sesongen. Det gjelder alle turneringer. Av disse har 10 kommet på ni kamper med landslaget.

Mange forventer at Haaland skal skåre mye for City. De vant ligaen denne sesongen.

– Jeg ønsker å skåre mål, vinne trofeer og forbedre meg som fotballspiller. Og jeg er sikker på at jeg kan gjøre det her. Dette er en bra overgang for meg. Og jeg kan ikke vente med å komme i gang, sier Haaland.

**TRANSLATION**

**He's Got It All**   
   
Erling Braut Haaland is officially a Manchester City player. The club confirmed the signing on Monday [June 13, 2022]. It was done on the same date as when his father Alfie Haaland signed 22 years ago.   
   
Many football clubs were after Erling Braut Haaland. But in the end it was the English Manchester City who drew the longest straw.   
   
And so, one of the summer's most anticipated signings is upon us. It already became clear on May 10th that the English club had bought him. But an official confirmation took longer.   
   
“This is a proud day for me and my family,” says Haaland on the club's website.   
   
Haaland signed a contract that lasts until 2027.   
   
“I have always watched City and have loved doing so in recent seasons. You can't help but admire their style of play. It is exciting, and they create many chances. It's perfect for a player like me,” says Haaland.   
   
Haaland did not want to talk about the transfer until it was clear.   
   
Txiki Begiristain says that Haaland has everything they want in a striker.   
   
"And we are sure that he will excel in this squad and this system,” he says. Begiristain is sporting director for City.   
   
Haaland scored his 20th goal for Norway on Sunday. That means he has scored 42 goals in 39 games this season. This applies to all tournaments. Of these, 10 were scored in nine matches with the national team.   
   
Many expect Haaland to score a lot for City. They won the league this season.   
   
"I want to score goals, win trophies and improve as a footballer. And I'm sure I can do it here. This is a good transition for me. And I can't wait to get started,” says Haaland. 

**Shrimp Canapés**  
   
Serves 4 

**Ingredients:**

16 slices bread   
1/2 cup mayo   
1/4 cup butter, softened   
1 small jar capers   
1 lemon, sliced in half moons   
4 large sprigs fresh dill

20 boiled, cold shrimp, preferably still in the shell or head on

**Method:**

Boil the shrimp. Mine were jumbo and took 7-8 minutes. (Small shrimp will only need 3-4 minutes). Shock in ice water to keep them from overcooking. Drain.

Lay out all ingredients in a DIY spread. Instead of using traditional white bread, I used slices of soft wheat bread cut into dainty circles with cutters. I loaded my canapes up with the salty capers, a splash of lemon juice and a sprig of dill. It was fun assembling each sandwich.

While it’s not required, feel free to cut bread into small rounds to up the “cute factor.”

Be sure to provide plenty of napkins, sparkling water, and enough smiles to light up the room.

Enjoy! 

Source:   
[Global Table Adventure](http://globaltableadventure.com/recipe/norwegian-summer-shrimp-party-shrimp-canapes/)

**Article photo for download:**

[**https://www.dropbox.com/s/r4lnwe6zhrpgvf9/shrimp.JPG?dl=0**](https://www.dropbox.com/s/r4lnwe6zhrpgvf9/shrimp.JPG?dl=0)