***Newsletter Service***

**November/December 2023**

**NOVEMBER ISSUE**

**Sweater Legacy**

Annemor Sundbø enjoys rolling up her sleeves and bringing things back to the start. In 1983, she inadvertently set her life’s course when she bought the last shoddy mill in Norway, a piece of equipment that breaks down old woolen textiles, allowing them to be re-spun and knitted into new garments. Since then, she has done her utmost to re-use wool fibers, preserve and recreate lost knitting patterns and has also taken on the role of knitting historian. Sundbø has written several books on knitting and the history of Norwegian sweater patterns, among other topics.

In 2020, her latest book “Koftearven, Historiske Tråder og Magiske Mønster” [translation: Sweater Legacy - Historical Threads and Magical Patterns, sold in English as “Norway's Knitted Heritage – The HIstory, Surprises and Legacy of Traditional Nordic Sweater Patterns”] was awarded Southern Norway’s Literature Prize. This book places Norwegian kofte (sweater/cardigan) traditions into a global context, showing how the motifs that are considered native to Norway fit into the bigger picture, with ties to all kinds of far-flung cultures.

Ever the textile educator, Sundbø’s book would not be complete without several knitting patterns and hundreds of images of sweaters with richly-colored multi-strand patterns.

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/dut0q9wiql16jfr7mp0u3/Annemor-Sundbo.jpg?rlkey=fxcqix5q5ixpkyh36300dz0ov&dl=0**](https://www.dropbox.com/scl/fi/dut0q9wiql16jfr7mp0u3/Annemor-Sundbo.jpg?rlkey=fxcqix5q5ixpkyh36300dz0ov&dl=0)

**Brunost Craze Hits South Korea**

Norwegians are deeply into their brunost- the sweet and salty cheese made of cow’s and goat’s milk that tops sandwiches, waffles and even meatballs.

Jeonmi Eom liked the sweet and savory flavor so much, she decided to import and license brunost products for distribution in South Korea. In doing so, she set off a massive flavor trend.

Eom partnered with Norwegian brunost brand Synnøve, opening five brunost-themed cafés in her hometown of Busan, Korea’s second-largest city with a population of 3.4 million. Now Eom imports and sells around 52,000 units of brown cheese annually.

The founder of the cheese brand, Synnøve Finden, was also a trailblazer, becoming the first Norwegian woman—with Pernille Holmen—to own a factory in 1928. Today Synnøve Finden AS [LLC] produces over 1200 tons of brunost each year, along with other products.

Much of that brunost is sold via Eom’s cafés to South Koreans, who enjoy brunost on ice cream sundaes, croissant-dough waffles, and on pizza.

Since exports to South Korea began in 2019, Synnøve and competitor Tine have exported over 100 tons of brunost, and according to Tine’s export director Unni Sjøflot, with 52 million citizens, the country has potential to buy quite a bit of cheese.

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/tqkzgc0v5wo4f4mr6w1ji/Brunost-Rice-Krispies.jpg?rlkey=l8adxzy8onrf6amr3ez8h23mx&dl=0**](https://www.dropbox.com/scl/fi/tqkzgc0v5wo4f4mr6w1ji/Brunost-Rice-Krispies.jpg?rlkey=l8adxzy8onrf6amr3ez8h23mx&dl=0)

# WWII Submarine DiscoveredDuring a scientific trip, an 83-year-old British submarine wreck was spotted off the coast of Rogaland county in southern Norway. Mareano, a research group, was mapping the seabed and discovered the submarine along with six other objects.The craft is thought to be the remains of the HMS Thistle, which now sits 525 below the surface. Research cruise leader Kyrre Heldal Kartveit said, "We knew what characteristics we should look for; thus, we were able to identify the wreck as ‘Thistle,’ but with a small caveat that it is the Royal Navy who is responsible for the final identification."The last voyage of the HMS Thistle set out on April 10, 1940 and was sunk by a German U-Boot. None of the Thistle’s crew survived. Since the sub’s last position was only approximate, it is possible that the craft has drifted over time. Photos of the plant-riddled wreckage reveal a possible torpedo tube wedged in the hull.

# Along with the submarine, the expedition also located several shipping containers, and what turned out to be a WWII aircraft engine.

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/ufvbeezfjw1ncjp0x6kme/WWII-Sub.jpg?rlkey=3yyxkf0u4n49svgv3honl4b99&dl=0**](https://www.dropbox.com/scl/fi/ufvbeezfjw1ncjp0x6kme/WWII-Sub.jpg?rlkey=3yyxkf0u4n49svgv3honl4b99&dl=0)

**TRANSLATION**

**Hvor lang tid tar det å lære norsk?**

Noen trenger mer tid på å lære norsk enn andre. Flyktningen Paul var rask og lærte språket på ett år. Han forteller oss hvordan.

– Jeg bestemte meg for å lære språket med én gang.

Paul snakker ivrig og raskt. Han kan flere språk enn norsk og morsmålet, forteller han.

For mange er det vanskelig å lære et nytt språk raskt nok.

Samtidig er det nødvendig for å bli med i samfunnet og arbeidslivet. Folk blir stående utenfor på grunn av språk.

Paul kom hit som flyktning – på flukt fra et afrikansk land. I dag snakker og skriver han norsk flytende.

På ett år lærte han norsk på nivå B1-B2, sier han (Nivå B1: Personen forstår mye av klar tekst og tale. Han klarer seg i de fleste situasjoner. Nivå B2: Personen forstår det meste av akademiske tekster. Han deltar i samtaler med et flytende språk.). Etter 1,5 år hadde han lært norsk på et mer avansert nivå.

– Jeg er en veldig nysgjerrig person, sier mannen. Han har brukt mye tid på biblioteket der han bor. Han liker godt å lese bøker av forfatteren Knut Hamsun.

– Innvandrere lærer norsk i ulikt tempo. Noen trenger mer tid enn andre, forklarer Espen Brynsrud til Klar Tale. Han jobber i direktoratet Kompetanse Norge. De har ansvar for norskprøven som innvandrere tar.

De fleste har et mål de vil nå, sier han. Kanskje vil de bli norsk statsborger. Andre ønsker seg en bestemt jobb, eller en utdanning.

Kommunene er blant dem som lærer innvandrere og flyktninger norsk. Paul sier han tok imot all den opplæringen han hadde krav på som flyktning. I tillegg studerte han norsk ved et universitet. Hjemme snakker han bare norsk. Han har ofte valgt bort morsmålet etter at han kom til Norge.

Paul er nå fornøyd med norsken han har lært. Det har sikret ham en fast jobb. Nå ser han for seg et langt og godt liv i Norge.

– Jeg føler meg hjemme her. Derfor elsker jeg dette landet, sier han.

**TRANSLATION**

**How long does it take to learn Norwegian?**

Some people need more time to learn Norwegian than others. A refugee, Paul, was quick and learned the language in a year. He tells us how.

“I decided to learn the language right away.”

Paul speaks eagerly and quickly. He knows other languages than Norwegian and his mother tongue, he says.

For many, it is difficult to learn a new language quickly enough. At the same time, it is necessary to join society and working life. People are excluded because of language.

Paul came here [to Norway] as a refugee – after fleeing an African country. Today he speaks and writes Norwegian fluently.

In one year, he learned Norwegian at level B1-B2, he says. After 1.5 years, Paul had learned Norwegian at a more advanced level.

“I am a very curious person,” he says. He has spent a lot of time at the library where he lives. He likes to read books by the author Knut Hamsun.

“Immigrants learn Norwegian at different paces. Some need more time than others,” Espen Brynsrud explains to Klar Tale. He works in the Norwegian Competence Directorate. They are responsible for the Norwegian test that immigrants take.

“Most people have a goal they want to reach,” he says. “Perhaps they will become Norwegian citizens. Others want a specific job, or an education.”

Municipalities are among the entities that teach immigrants and refugees Norwegian. Paul says he received all the training he was entitled to as a refugee. In addition, he studied Norwegian at university. At home, he only speaks Norwegian. He has often opted out of his mother tongue after he came to Norway.

Paul is now satisfied with the Norwegian he has learned. It has secured him a permanent job. Now he envisions a long and happy life in Norway.

"I feel at home here. That's why I love this country,” he says.

**Brunost Caramel Rice Krispie Bars**

#### For the treats:

* 112 g butter
* 200 g crispy rice cereal, such as Rice Krispies
* 100 g TINE Gudbrandsdalen, sliced or grated
* 454 g marshmallows

#### For the Brunost caramel:

* 50 g TINE Gudbrandsdalen, sliced or grated
* 60 ml heavy cream
* 50 g granulated sugar

HERE IS HOW YOU DO IT:

*This recipe makes 9 large squares or 36 individual bites.*

Line a 23 x 23 cm baking pan with parchment paper and lightly grease with butter or non-stick spray. \**For thinner squares, use a 23 x 33 cm baking pan.*

In a large, heavy-bottomed pan, over medium heat, melt the butter, marshmallows and TINE Gudbrandsdalen brown cheese, stirring often, for 10 minutes or until the mixture has melted and come together. Remove from the heat, fold in the cereal, and stir to combine with a wooden spoon or spatula. Pour the mixture into the prepared pan. Wet your fingers and gently press down on the mixture to evenly spread it across the pan. It's important not to press down too hard, otherwise they will become very dense. Let the treats set at room temperature for about 1 hour.

While the treats are setting, prepare the Brunost caramel. In a small saucepan, bring the Brunost, heavy cream and sugar to a simmer over medium-high heat. Cook until the mixture is thoroughly combined, whisking frequently, and has thickened to a caramel consistency (somewhat thick, but pourable)*,* about 8 minutes. Drizzle the caramel on top of the treats.

To serve, lift the parchment out of the pan, and cut into even squares.

To store the treats, cover and leave at room temperature for a couple of days. You can also freeze them by wrapping them individually in wax paper and storing in the freezer for up to 2 months, letting them thaw before serving.

**Article photo for download:**[**https://www.dropbox.com/scl/fi/tqkzgc0v5wo4f4mr6w1ji/Brunost-Rice-Krispies.jpg?rlkey=l8adxzy8onrf6amr3ez8h23mx&dl=0**](https://www.dropbox.com/scl/fi/tqkzgc0v5wo4f4mr6w1ji/Brunost-Rice-Krispies.jpg?rlkey=l8adxzy8onrf6amr3ez8h23mx&dl=0)

**DECEMBER ISSUE**

**Celebrate Lille Julaften**

Christmastime is one of the high points of the year in Norway with many rituals leading up to the big day of julaften—Christmas Eve. Weeks of preparation include cookie baking, Christmas market visits and gift-buying, lending a festive atmosphere in every town. The anticipation is almost too much to bear! Thus, Norwegians get a head start on the merriment, celebrating lille julaften “Little Christmas Eve,” on December 23rd.

But this is no recent addition- lille julaften has been celebrated as early as the 12th century in Norway and other Nordic countries. Tradition dictates that this day is for cleaning the house to make way for the juletre, the Christmas tree: everything had to be tidy and the whole family bathed, to ensure no evil spirits could invade and spoil Christmas. Today Norwegians might buy their tree on the 23rd, without first having to banish the dark forces. Next comes tree decorating with popular ornaments such as Norwegian flags, candles, white lights, tinsel and red and white woven heart baskets.

For supper, it is common to enjoy creamy risgrøt (rice pudding) with a dash of cinnamon and sugar on top. Then it’s time to settle in for some favorite shows: trivia quizzes like Julenøtter [Christmas stumpers], some favorite cartoons and Christmas films, the list of which grows longer every year.

**Article photo for download:**

[**https://www.pexels.com/photo/hands-of-black-men-holding-conifer-tree-branches-5727730/**](https://www.pexels.com/photo/hands-of-black-men-holding-conifer-tree-branches-5727730/)

**Metal Detector Jackpot**

After his doctor prescribed increased exercise, Erlend Bore [AIR-len BOO-reh] of Sola near Stavanger chose a metal detector as motivation to get more activity. He’d dreamt of becoming an archaeologist as a child, and within two months, he’d made a 1,500 year-old find, Norway’s gold discovery of the century.

In late August 2023, Bore went to the island Rennesøy to hike and search. Having had no luck after hours, he looked around and thought, “Where would I have been, if this was a long time ago?” Near a rocky crag, the detector signal led him to uncover something he thought was a candy wrapper.

It turned out to be a huge cache of gold from the 5th century migration period. Bore's highly unusual discovery consists of nine gold pendants engraved with a horse from Norse mythology, along with ten gold beads and three gold rings.

The Cultural Heritage Act specifies that finds older than the year 1537 are considered state property, however, according to tv2.no, a finder’s fee is commonly given, based on 10 percent of the current value of the metal, to be divided between the finder and the landowner.

The gold pieces are now on display at the Archaeological Museum in Stavanger.

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/6ec61wqucjnbwdmq4a5me/MetalDetectorJackpot.jpg?rlkey=us439569cvpgrtnrzmkohnljd&dl=0**](https://www.dropbox.com/scl/fi/6ec61wqucjnbwdmq4a5me/MetalDetectorJackpot.jpg?rlkey=us439569cvpgrtnrzmkohnljd&dl=0)

**Jon Fosse Wins Nobel Prize for Literature**

Norwegian novelist, translator and playwright Jon Fosse, whose work is based on his Norwegian roots, has won the Nobel Prize for Literature.

Raised in Kvam along the Hardanger fjord, Fosse says that the novels of Jens Bjørneboe inspired him to start writing in his early teens. His body of work includes seventy novels, poems, stories, essays, children’s books and plays. His award-winning publications have been translated into over 50 languages. The author’s minimalist prose takes on life, death, anxiety and other elemental human themes.

Fosse’s style is referred to as postmodern minimalism and he writes in a spare Nordic style in novels such as Morgon og kveld [Morning and evening] and Septologien [The Septology], an epic in seven books consisting of a single sentence. He is the fourth Norwegian to receive a Nobel Prize for Literature, and the first one in 95 years.

As the first Nynorsk writer to receive this award, Fosse attributes his win to his use of the lesser-used official version of the Norwegian language.

**Article photos for download:**

[**https://www.dropbox.com/scl/fi/6ec61wqucjnbwdmq4a5me/MetalDetectorJackpot.jpg?rlkey=us439569cvpgrtnrzmkohnljd&dl=0**](https://www.dropbox.com/scl/fi/6ec61wqucjnbwdmq4a5me/MetalDetectorJackpot.jpg?rlkey=us439569cvpgrtnrzmkohnljd&dl=0)

**Translation**

**Bjørn Wirkola fyller 80 år**

Han tok VM-gull i skihopp. Og scoret mange mål for fotballklubben Rosenborg. I dag fyller Bjørn Wirkola 80 år.

Bjørn Wirkola er for mange en helt i norsk idrett. Han har vært både skihopper og fotballspiller.

Han ble dobbelt verdensmester i skihopp i 1966. Det skjedde i Holmenkollen i Oslo. Etter hvert sluttet han med skihopp. I 1971 ble han fotballspiller for Rosenborg. Der tok han både seriegull og cuptittel.

Wirkola scoret 28 mål på 97 kamper, ifølge rbk.no.

Wirkola var også god i kombinert. Det er en blanding av skihopp og langrenn.

– Jeg var heldig som fikk være med på så mye. Med veldig mange hyggelige kamerater. I fotballen får man et litt annet forhold til kompisene rundt deg enn i hopp. Der er du mer avhengig av deg selv. Det sier Wirkola til nyhetsbyrået NTB.

Fredag fyller han 80 år. Han har sluttet med fotball og skihopp. Men Wirkola følger fortsatt med på sport. Han var til stede under ski-VM i Planica tidligere i år. Og han ser ofte Rosenborgs kamper på Lerkendal.

– Det er sterkt det de norske hopperne har levert de siste årene. Det gjelder også jentene. Det er bra at de er med. Og husk at alle skihoppere er snille og hyggelige, sier Wirkola.

Selv satte han tre verdens-rekorder i skiflyging. De var på 146 meter, 156 meter og 160 meter. I dag er verdensrekorden på 253,5 meter. Den ble satt av Stefan Kraft.

Wirkola var så god i skihopp at han fikk et uttrykk oppkalt etter seg. «Å hoppe etter Wirkola» betyr å gjøre noe som nesten er umulig.

*– Er du lei av å høre snakk om «å hoppe etter Wirkola» år etter år?*

– Nei da, nei da, det kan jeg høre hver dag. Det er bare hyggelig å ha et slikt ordtak, sier Bjørn Wirkola til NTB.

**Bjørn Wirkola turns 80**

He won World Cup gold in ski jumping. And scored many goals for the football club Rosenborg. Bjørn Wirkola turns 80 today.

Bjørn Wirkola is for many a hero in Norwegian sports. He has been both a ski jumper and a soccer player.

He became double world champion in ski jumping in 1966. That took place at Holmenkollen in Oslo. Eventually he quit ski jumping. In 1971 he became a soccer player for Rosenborg. There he won both series gold and the cup title. Wirkola scored 28 goals in 97 games, according to rbk.no.

Wirkola was also good in Nordic combined. It is a mixture of ski jumping and cross-country skiing.

“I was lucky to be involved in so much. With a lot of nice friends. In soccer, you get a slightly different relationship with your friends around you than in jumping. There you are more dependent on yourself,” Wirkola told the news agency NTB.

He turns 80 on Friday. He has retired from soccer and ski jumping. But Wirkola still follows sports. He was present during the skiing World Cup in Planica [Slovenia] earlier this year. And he often watches Rosenborg's [soccer] matches at Lerkendal.

“What the Norwegian jumpers have delivered in recent years is strong. This also applies to the women. It's good that they are there. And remember that all ski jumpers are kind and pleasant,” says Wirkola.

He himself set three world records in ski jumping. They were 146 meters, 156 meters and 160 meters. Today, the world record is 253.5 meters. It was set by Stefan Kraft.

Wirkola was so good at ski jumping that he got an expression named after him. "Jumping after Wirkola" means doing something that is almost impossible.

"Are you tired of hearing talk about 'jumping after Wirkola' year after year?”

“No, no, I can hear that every day. It's just nice to have a saying like that,” says Bjørn Wirkola to NTB.

**Sandkaker (Sandbakkels)**

<https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/sandkaker/>

Ingredients:
3/4 cup + 2 Tbsp. butter
1 cup + 1 1/2 Tbsp. flour
7 Tbsp. or about 1/2 cup almonds, blanched and ground
1 egg
7 Tbsp. sugar

## Instructions:

Mix butter and flour until crumbly. Add ground almonds, egg, and sugar. Work ingredients together with your hands. Let dough rest for an hour in the refrigerator.

Press into greased sandkake/sandbakkel forms. Bake at 350°F /175°C for 10-15 minutes.
Let cookies cool slightly before you remove them from the forms.

Excerpted from December 1999 Viking Magazine *“Velkommen til Bords.”* Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

**Article photo for download:**

<https://www.sofn.com/wp-content/uploads/2018/11/sandkaker.jpg>