***Newsletter Service***

**November/December 2021**

**NOVEMBER ISSUE**

**12-Year-Old Boy Finds Ring From Roman Times in His Search for Grandpa’s Lost Wedding Ring**

Tomas Vang, a resident of Inderøy Municipality in Trøndelag, lost his wedding ring this past winter. In hopes of reuniting the ring with its owner, Magnus—Vang’s grandson—had been searching for it all summer. Magnus used his metal detector and when it started beeping he thought he had found his grandfather’s ring. To his surprise, he had found another ring—a much older one. In fact, the ring that Magnus discovered was about 1,500 years old. Magnus and his grandpa contacted authorities who then involved archaeologists. The archaeologists were thrilled to hear about the ring and they believe it may date to late Roman times. To understand more about the ring, it is being sent to the NTNU Science Museum in Trondheim where it will be cleaned and cataloged. Grandpa Tomas was understandably both happy and disappointed with the ring pursuit, stating, “I would have liked to have found my own, but I’m glad we found this one.”

**Article photo for download:**

[**https://www.dropbox.com/s/tbh9p0eyp1izb6d/Ring.jpg?dl=0**](https://www.dropbox.com/s/tbh9p0eyp1izb6d/Ring.jpg?dl=0)

**New Law Brings a Touch of Reality to Social Media**

Earlier this year, Norwegian lawmakers passed the Retouched Photo Law requiring influencers and celebrities to use a symbol indicating if their images have been photoshopped. The idea is to promote honesty in body image and beauty standards, so young viewers retain a sense of what is realistic.

According to the new requirement, social media mavens must include this symbol whenever body shape, size or skin have been altered from reality. This only applies to paid posts. The government hopes this will reduce *kroppspress* (body pressure) and stave off anxiety and eating disorders.

One influencer, Madeleine Pederson of Moss, told Radio 1 Newsbeat that she’d previously struggled with body insecurity because of Instagram. She no longer feels like she has to modify her appearance to her audience of 90k followers.

Pederson thinks influencers will edit their photos less now, as they won’t want to admit to photoshopping.

The law stops short of banning photo retouching altogether. Some say that disclosure isn’t enough to combat the massive number of images that youth encounter each day.

**Article photo for download:**

[**https://www.dropbox.com/s/c1xjels9xlhy92v/Social%20Media.jpg?dl=0**](https://www.dropbox.com/s/c1xjels9xlhy92v/Social%20Media.jpg?dl=0)

**Thanking YOU** In 2021 we’re giving thanks for your ongoing enthusiasm for all things Norwegian and for kindness you’ve shown to fellow members. Our Sons of Norway family would not be the same without your Nordic spirit!

Best wishes and ***Happy Thanksgiving*** to you and your family from the Sons of Norway staff.

**Article photo for download:**

[**https://www.dropbox.com/s/zgbx1tt7o3o6mp5/Thanksgiving.jpg?dl=0**](https://www.dropbox.com/s/zgbx1tt7o3o6mp5/Thanksgiving.jpg?dl=0)

**A New Nordic Country?**

What country speaks a language that is somewhat similar to Finnish? This land of over 2,222 islands has a long history of being conquered and ruled by Denmark and Sweden, and was celebrated in the Old Norse Icelandic sagas as Esthland, home of fierce Viking warriors. Many Viking treasures are still being discovered across its countryside.

This country is Estonia, jutting out into the Baltic Sea, just 50 miles south across the water from Finland. Despite its cultural and historic commonalities with the Nordic countries, it is currently considered a Baltic State, along with Latvia, with whom it shares a border, and Lithuania. When the Nordic Council was formed in 1952, Estonia was occupied by the Soviet Union, and was not able to participate.

Though only a little over 50% of Estonians identify as Nordic today, perhaps someday it be welcomed into the family by Iceland, Norway, Sweden, Denmark and Finland, and we can add its blue, black and white flag to our collection.

**Article photo for download:**

[**https://www.dropbox.com/s/e9805xj2uzin64h/Estonia.jpg?dl=0**](https://www.dropbox.com/s/e9805xj2uzin64h/Estonia.jpg?dl=0)

**TRANSLATION**   
  
**Advarer om at Norge kan risikere å miste en hel generasjon unge musikere**

**En kronikk skrevet av tre unge musikere på vegne av sin generasjon får bred støtte – der de advarer om at Norge risikerer å miste en hel generasjon musikere.**

Bak VG-kronikken står Elias Tafjord (23), Daniela Reyes Holmsen (22) og Georg Minos (23), som fastslår:

– Vi er ikke spesielt interessert i å skrive kronikk, men hva annet skal vi gjøre når vi sitter uten penger på konto, og ingen anelse om når dette kommer til å endre seg?

De siterer avslaget de fikk fra NAV, der det står «Du har ikke inntektsgrunnlag til å få utbetalt kompensasjonsordning for selvstendig næringsdrivende», og påpeker at de har brukt alle krefter på å avslutte musikkstudier, etablere seg i musikkbransjen og jobbe døgnet rundt. I kronikken forklarer de hvordan man etablerer seg i musikkbransjen gjennom å starte på bunnen av stigen med svært lav inntekt.

– Når vi nå søker kompensasjon er det synd at fjorårets inntekt ikke reflekterer det omfattende arbeidsåret vi har hatt, påpeker de tre. Som har gått på kulturskole, spilt i korps, gått på kreative skolelinjer og fått Frifond-midler.

– Norge har en stolt tradisjon med musikere i verdensklasse, og norsk musikk er i stadig større grad blitt eksportvare. Det har vi fått til fordi vi har bygget talenter og gitt dem mulighet til å vokse.

Tafjord, Reyes Holmsen og Minos avrunder kronikken med å påpeke at de ikke bare er unge og håpefulle talenter, men er blant dem som skal bære Norges kultur- og musikkarv videre.

– Vi trengs for å kunne kalle Norge en kulturnasjon også de neste tiårene, avrunder de kronikken – som er undertegnet av over 350 andre norske musikere, i spennet fra etablerte navn som Sondre Lerche, Bugge Wesseltoft og Susanna Wallumrød til yngre krefter.

**Norway may risk losing an entire generation of young musicians**

**An article written by three young musicians on behalf of their generation has received broad support—they warn that Norway risks losing an entire generation of musicians.**

Behind the VG article are Elias Tafjord (23), Daniela Reyes Holmsen (22) and Georg Minos (23), who state:

“We are not particularly interested in writing articles, but what else should we do when we have no money in the bank, and no idea when this is going to change?”

They quote the denial they received from NAV [the Norwegian Labor and Welfare Administration], which states: "You have no baseline income from which to receive benefits for the self-employed," and point out that they have used all their efforts to complete music studies, establish themselves in the music industry and have worked around the clock. In the article, they explain that to establish oneself in the music industry you have to start at the bottom of the ladder with very little income.

“Now when we apply for benefits, it’s too bad that last year's income does not reflect the extensive working year we’ve had, the three of them point out, who have attended cultural school, played in bands, attended arts programs and received Frifond [welfare] funds.

“Norway has a proud tradition of world-class musicians, and Norwegian music has increasingly become an export commodity. We have achieved this because we have built up talents and given them the opportunity to grow.

Tafjord, Reyes Holmsen and Minos finish the article by pointing out that they are not only young and hopeful talents, but are among those who will carry Norway's cultural and musical heritage forward.

“We also need to be able to call Norway a cultural nation in the coming decades,” they round out the article - which is signed by over 350 other Norwegian musicians, ranging from established names such as Sondre Lerche, Bugge Wesseltoft and Susanna Wallumrød to younger musicians.**Arme Riddere**  
  
A Norwegian version of French toast, Arme Riddere is a wonderful way to warm yourself up on a chilly, wintry morning.

**PREP TIME:**

5 mins

**COOK TIME:**

15 mins

**TOTAL TIME:**

20 mins

Serves: 4

**INGREDIENTS**

2 eggs, lightly beaten

2 tsp. vanilla sugar (alternative substitute: 1 teaspoon vanilla extract and

1 tsp. ground cinnamon

a pinch of salt

125 ml (1/2 cup) milk

8 slices of brioche or challah bread, sliced thick (stale works well)

butter for frying

**INSTRUCTIONS:**

In a shallow baking dish, combine the eggs, vanilla extract, cinnamon, salt and milk. Set aside.

Bring a skillet to medium high heat and while it is warming up, lay a slice of bread into the egg mixture. Evenly coat the bread slice, then turn it over and coat the other side.

Once the skillet has been brought to temperature, add a pat of butter to the pan allow it to melt, then cook the bread slice until browned on both sides. You will need to turn the bread over halfway through cooking, or after 3-4 minutes. Repeat until all bread slices have been cooked, adding more butter to the skillet as necessary to keep the bread from sticking.

Top your arme riddere with butter, maple syrup, fresh fruit, powdered sugar or your favorite topping.

**NOTES:**

This recipe serves four and can be doubled.

**Author: Whitney Love at** [**http://thanksforthefood.com/**](http://thanksforthefood.com/)

**Article photo for download:**

[**https://www.dropbox.com/s/4nm8i2dhidtuzqh/Arme%20Riddere.jpg?dl=0**](https://www.dropbox.com/s/4nm8i2dhidtuzqh/Arme%20Riddere.jpg?dl=0)

**DECEMBER ISSUE**

**Norway’s Focus on Becoming the World’s Most Sustainable Data Center Nation**

As the coronavirus pandemic has shown us, the need for computer power is extremely evident. In part due to this, Norway has been focusing on their data center strategy. Minister of Regional Development and Digitalization, Linda Hofstad Helleland, stated, “Norway has a unique foundation for becoming the world’s most attractive data center nation. We have a surplus of renewable energy, low electricity prices, good digital infrastructure, and a cool climate.” The other added benefit is the creation of jobs that will result from strengthening their data center industry. The industry currently contributes to 2,000 jobs but could grow to 11,000 jobs in 2025. In the past year, several new data center locations have been established. Helleland believes it is very important that Norway is successful in facilitating sustainable business development throughout the country; “We must use Norwegian power resources to develop new green industries in rural areas and attract international investment.” Fortunately, there is great cooperation between the data center industry and the Norwegian government which will help spur further growth.

**Article photo for download:**

[**https://www.dropbox.com/s/8wlm35enn97f3we/Data%20Center.jpg?dl=0**](https://www.dropbox.com/s/8wlm35enn97f3we/Data%20Center.jpg?dl=0)

**Animal census tallies wildlife populace in Norway**

Rovdata, part of the Norwegian Institute for Natural History (NINA), takes an annual census of the country’s largest predators. Data are gathered on young born to the “the big four,” brown bears, wolves, lynxes and wolverines.

150 unique adult bears were detected in 2020. There were eight bear litters, an increase from the previous year. The goal is to see an increase to 13 annual litters.

Wolverine dens are also monitored and checked for puppies. 63 litters were registered in 2020. This populace is exceeding the target of 39 annual litters born to the estimated population of 400 adults.

Wolf numbers are increasing and much of them roam across the Norwegian-Swedish border, so the census considers about half of 114 Norway’s wolves “dual citizens.” The annual goal for litters is only four to six.

Lynxes are tallied in early summer, within “family groups.” In 2020 there were 66 groups detected, hitting their target population for the first time in nearly a decade. The adult population was around 400 lynxes.

Find an interactive map at [**https://rovbase.no/**](https://rovbase.no/)to see where the “big four” live and roam.

**Article photo for download:**

[**https://www.dropbox.com/s/bfvin2slcaxxm2a/Wolf.jpg?dl=0**](https://www.dropbox.com/s/bfvin2slcaxxm2a/Wolf.jpg?dl=0)

**Celebrate a Merry Norwegian Jul!**  
Many people have fond memories of *jul* customs and traditional holiday dishes. Do you have a friend or family member who would enjoy celebrating Norway’s Christmas traditions? We can help them re-connect to their heritage. Please invite them to learn more by joining Sons of Norway!

**Article photo for download:**

[**https://www.dropbox.com/s/86ym5lbq2xxahh0/Christmas.jpg?dl=0**](https://www.dropbox.com/s/86ym5lbq2xxahh0/Christmas.jpg?dl=0)

**Colonial-Era Norwegians in North America**

You are likely familiar with well-documented stories of Norwegian settlers coming to North America in the 19th century, like the “Sloopers.” And you’ve heard of intrepid Vikings who were the first European explorers, visiting North American shores around the year 1000. But did you know that there were Norwegians who came to stay in the New World during the colonial era? Norwegian immigrants arrived in the Dutch colony of New Amsterdam (later New York) early in the 17th century. By 1664, around 60 Norwegians were settled in the city with others living in New Netherland, near what is now Albany, New York.

Early Norwegian immigrants were not part of an organized movement like those who arrived in the 19th century. Instead, they came to do business with the Dutch colonists—there were important ties to shipping and the lumber trade—and stayed to join the melting pot of North American society. For example, an early mayor of Albany was Pieter Van Brugh—his maternal grandparents were Norwegian immigrants. Like all who leave their homelands for a better way of life, these new Norwegian-North Americans were eager to succeed. They’ve passed on their Nordic spirit to the generations that followed.

**Article photo for download:**

[**https://www.dropbox.com/s/10cj02dnls3t8dg/Pieter%20Van%20Brugh.jpg?dl=0**](https://www.dropbox.com/s/10cj02dnls3t8dg/Pieter%20Van%20Brugh.jpg?dl=0)

**TRANSLATION**

**Julekurver ble brukt til gaver**  
I dag er julekurvene bare til pynt på treet. Men opprinnelig skulle de brukes.

Før lå julegavene i kurver på juletreet. Fortsatt henger vi opp den flettede pynten. Julekurvens historie starter med juletreet, forteller Beate Lindseth. Hun har skrevet boka «Julekurver».

– Juletreet er en tysk tradisjon fra 1400-tallet. I begynnelsen var treet et gavetre. Kaker, godterier og gaver som ikke var innpakket, hang på treet. Etter hvert ble kaker og godteri lagt i kremmerhus og kurver, sier hun til Klar Tale. Fortsatt er det mange som gjør det.

På 1800-tallet kom juletreet til Norge. Etter hvert ble det vanlig å legge gavene under treet isteden. Men julekurvene har vi beholdt som pynt.

– Spesielt i Skandinavia har vi tradisjon for å lage hjemmelaget juletrepynt. I andre land begynte folk å kjøpe pynt isteden, sier Lindseth.

I dag er den hjerteformede julekurven med sjakkmønster mest kjent. Men de tidligste vi har tatt vare på, er fra 1860-tallet, forteller Lindseth.

– Før hadde de andre typer kurver. De er nesten borte nå. I Danmark har de hele tiden hatt mange forskjellige mønstre i kurvene sine. De bruker mye symboler på jula. Som stjerner og engler, sier hun.

Vil du lære å lage julekurver? Denne videoen fra YouTube viser deg hvordan:

[**https://www.youtube.com/watch?v=o5Jc0fXBJac**](https://www.youtube.com/watch?v=o5Jc0fXBJac)

**Skriftlige instruksjoner:**

[**http://www.stavanger-web.com/baskets.php**](http://www.stavanger-web.com/baskets.php)

**Nissekurv:**

[**http://www.julekurver.no/julekurvmaler/maler/julekurvmal-nissekurv.gif**](http://www.julekurver.no/julekurvmaler/maler/julekurvmal-nissekurv.gif)

**Stjernekurv:**

[**http://www.julekurver.no/julekurvmaler/maler/julekurvmal-stjernekurv.gif**](http://www.julekurver.no/julekurvmaler/maler/julekurvmal-stjernekurv.gif)

**Vikingskip:**

[**http://www.julekurver.no/julekurvmaler/maler/julekurvmal-vikingskip.gif**](http://www.julekurver.no/julekurvmaler/maler/julekurvmal-vikingskip.gif)

**Christmas baskets were used for gifts**

Today, woven Christmas baskets are just used for decorating the tree. But originally they were meant to be used.

Years ago, Christmas presents hung in baskets on the Christmas tree. We still hang up the woven decorations. The history of the Christmas basket begins with the Christmas tree, says Beate Lindseth. She has written the book “Julekurver” (Christmas Baskets).

“The Christmas tree is a German tradition from the 15th century. In the beginning, the tree was a gift tree. Unwrapped cakes, sweets and gifts were hung on the tree. Eventually, cakes and sweets were placed in paper cornets and baskets,” she tells Klar Tale. There are still many who do this.

In the 19th century, the Christmas tree came to Norway. Eventually, it became common to place the gifts under the tree instead. But we have kept the Christmas baskets as ornaments.

“Especially in Scandinavia, we have a tradition of making homemade Christmas tree decorations. In other countries, people started buying ornaments instead,” Lindseth says.

Today, the heart-shaped Christmas basket with a chess pattern is the best known. But the earliest we have in our care are from the 1860s,” says Lindseth.

“Earlier, they had other types of baskets. They've almost died off now. In Denmark, they have always had many different patterns in their baskets. They use a lot of symbols at Christmas. Like stars and angels,” she says.

**Do you want to learn how to make Christmas baskets? This YouTube video shows you how:**

[**https://www.youtube.com/watch?v=o5Jc0fXBJac**](https://www.youtube.com/watch?v=o5Jc0fXBJac)

**Written instructions:** [**http://www.stavanger-web.com/baskets.php**](http://www.stavanger-web.com/baskets.php)

**Serinakaker**  
Makes about 12 dozen

**INGREDIENTS:**

2 large eggs

1 cup sugar

4 cups all-purpose flour

1 tsp. baking powder

3 sticks salted butter, softened

1/2 cup pearl sugar, or coarsely crushed sugar cubes

**STEP 1:**

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter. Beat on low speed until mixture forms a dough. Wrap in plastic wrap and chill until firm, at least 1 hour.

**STEP 2:**

Preheat oven to 350°F.

**STEP 3:**

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.

**Photo and recipe:** [**https://www.epicurious.com/**](https://www.epicurious.com/)

**Article photo for download:**

[**https://www.dropbox.com/s/8tq09dbd1nlhzoj/Serina%20Kaker.jpg?dl=0**](https://www.dropbox.com/s/8tq09dbd1nlhzoj/Serina%20Kaker.jpg?dl=0)