***Newsletter Service***

**September/October 2021**

**SEPTEMBER ISSUE**

**Norwegian Higher Education Records Set in 2020**

In 2020, Norwegian universities and colleges experienced a record year in number of students. In fact, over 51% of bachelor students completed their studies in 2020, making it the first time more than half finished their studies without any delay. The number of students that graduated from Norwegian universities rose about 2,400 people from 2019 to 2020. Additionally, the number of applicants increased 4% from 2019 to 2020. Interestingly enough, some of this growth has been attributed to the coronavirus situation. In an interview this year, Minister of Research and Higher Education Henrik Asheim (H) stated “Experience from previous crises shows that more people want to get an education when times are bad. We saw that last year [2020], and we see that again this year. For the knowledge nation Norway, this is good news because we need more wise minds in all sectors.” 2021 is following the positive increase from 2020 and may see even higher growth.

**Article photo for download:**

[**https://www.dropbox.com/s/91fcumwpbq88r5o/Higher-Education.jpg?dl=0**](https://www.dropbox.com/s/91fcumwpbq88r5o/Higher-Education.jpg?dl=0)

**TIX Celebrates Differences at Eurovision**

Norway’s entry into this year’s Eurovision Song Contest, “Fallen Angel,” was written and performed by flamboyant rock star Andreas Haukeland, better known to his fans as TIX. This stage name was inspired by the constant storms of facial twitching and blinking he experiences due to Tourette’s Syndrome. He arrived at Eurovision not just to showcase his music, but to celebrate the fact that living with a debilitating condition doesn’t have to stand in the way of achieving your dreams.

Lyrics for “Fallen Angel” were born out of TIX’s own experiences with bullying and mental health issues. He feels a lot of people can relate to the latter, after living through 2020 and the continued pandemic. TIX made it to the final round of the epic contest, which typically draws a television audience of 200 million.

After finishing in 18th place, Haukeland released a new single, BeautiFull. You can find this offering along with Fallen Angel and other tunes, on his YouTube channel: [**https://www.youtube.com/user/TIXofficial**](https://www.youtube.com/user/TIXofficial).

**Article photo for download:**

[**https://www.dropbox.com/s/z7ocfr92eak6vsn/TIX.jpg?dl=0**](https://www.dropbox.com/s/z7ocfr92eak6vsn/TIX.jpg?dl=0)

**Make a Difference Day**Have you ever wondered how one person can create positive changes in the world? Contributing in a significant way can seem like a monumental task. On October 23rd, you can pitch in to help others on Make a Difference Day. There is still time to lend a hand to others in a meaningful service project.

**For ideas on where to start, visit:**Volunteer.gov <https://www.volunteer.gov/s/>

Volunteer Match [volunteermatch.org](http://volunteermatch.org/)
Engage [engage.pointsoflight.org](http://engage.pointsoflight.org/)
Volunteers of America [voa.org](http://voa.org/)
United Way [liveunited.org](http://redcross.org/)
Red Cross [redcross.org](http://redcross.org/)
Salvation Army [salvationarmy.org](http://salvationarmy.org/)

**Make a difference with these three steps:**

**1. Identify a need**Do some research and determine who needs help in your community. Donate canned goods, clean up a park, make care packages for a shelter, or host a fundraiser for a charity.

**2. Make plans and get the word out**Post flyers, e-mail your friends and family and advertise your project on social media, so volunteers can join your efforts. Make sure to include the date, time, project details, and any other important information.
 **3. Report back**What measurable impact did your project have? After the 23rd, tell others how you helped change lives for the better. Send a description of your project with results and photos to your District Publicity Director for use in *Viking* magazine.

Whether you design your own project or pitch in on someone else’s, do something good for someone else and make a difference in your community.

**Article photo for download:**

[**https://www.dropbox.com/s/308la852704pybs/Make%20a%20difference.jpg?dl=0**](https://www.dropbox.com/s/308la852704pybs/Make%20a%20difference.jpg?dl=0)

**Getting Back to Good Fellowship and Good Food!**

As we begin to gather in person again, please invite friends or family to join us as new members. Also, please check in with fellow members you may not have seen in a while, so they don’t miss out.

**Article photo for download:**

[**https://www.dropbox.com/s/bv9im4epe2cf9km/Fellowship.jpg?dl=0**](https://www.dropbox.com/s/bv9im4epe2cf9km/Fellowship.jpg?dl=0)

**TRANSLATION**

<https://www.klartale.no/kultur/2021/03/18/skifter-navn-til-laks-for-a-fa-gratis-sushi/>

**Skifter navn til «Laks» for å få gratis sushi**

Myndighetene i Taiwan ber folk slutte med bytte av navn. Flere i landet har skiftet navn til «Laks» i det siste.

«Laks» har blitt et populært navn i Taiwan. Mange unge taiwanere har byttet navn. Noe av årsaken er et tilbud fra en kjede restauranter.

En kjede har lovet at folk kan få gratis sushi denne uka. Men da må de har de kinesiske tegnene for laks i navnet sitt. Det er «Gui Yu». Fem andre venner kan også få gratis sushi.

Resultatet er at mange har byttet navn, ifølge lokale medier. De siste dagene har rundt 150 personer møtt opp for å bytte navn. De fleste er unge.

– Jeg endret nettopp navnet mitt i dag tidlig. Nå heter jeg «Bao Cheng Gui Yu». Vi har allerede spist for over 7.000 taiwanske dollar, sa en student til en lokal TV-kanal.

Summen er rundt 2.000 kroner. Bao Cheng Gui Yu kan bli oversatt som «eksplosiv, vakker laks».

Flere har flere ulike kombinasjoner av navn med laks. Andre eksempler er «lakseprins», «meteor laksekonge» og «laksestekt ris».

– Jeg har skiftet fornavn til «Laks». To av vennene mine har gjort det samme. Vi endrer bare navnet vårt tilbake etterpå, sier en kvinne til TV-kanalen SET TV.

Men ikke alle er fornøyd med at folk bytter navn. Myndighetene ber folk slutte.

– Denne typen navnebytter er å kaste bort tid. Det skaper også unødvendig mye papirarbeid, sa Chen Tsung-yen torsdag. Han er vise-innenriksminister.

– Jeg håper folk kan være mer rasjonelle, sier han.

Torsdag er det slutt på tilbudet. Det har vart i to dager.

**Changed name to "Salmon" to get free sushi**

Taiwanese authorities are asking people to stop changing their names. Several people in the country have changed their name to "Salmon" recently.

"Salmon" has become a popular name in Taiwan. Many young Taiwanese have changed their names. Part of the reason is an offer from a chain of restaurants.

A chain has promised that people can get free sushi this week. But then they must have the Chinese characters for salmon in their name—Gui Yu. Five other friends can also have free sushi.

The result is that many have changed their names, according to local media. In recent days, around 150 people have turned up to change their name. Most are young.

“I just changed my name earlier today. Now my name is "Bao Cheng Gui Yu". We have already eaten over 7,000 Taiwanese dollars’ worth, a student told a local TV channel.

That sum is around 2,000 kroner. [US$225] Bao Cheng Gui Yu can be translated as "explosive, beautiful salmon."

Several have various different combinations of names containing salmon. Other examples are "salmon prince," "meteor salmon king" and "salmon fried rice."

“I have changed my first name to ‘Salmon.’ Two of my friends did so, too. We’ll just change our names back afterwards,” says a woman to the TV channel SET TV.

But not everyone is happy that people are changing their names. The authorities are asking people to stop.

“This type of name change is a waste of time. It also creates an unnecessary amount of paperwork,” Chen Tsung-yen said Thursday. He is the Deputy Minister of the Interior.

“I hope people can be more rational,” he says.

The offer ends Thursday. It has lasted for two days.

**Spice-Crusted Salmon with Aquavit Sour Cream**

The spices that are used in this salmon dish may lead you to think that this is a Middle Eastern recipe. All the spices, however, are also ingredients in the traditional Scandinavian aquavit - the potato-based liquor. Serves 2.

**Ingredients:**

1 pound (½ kg) salmon fillet, skin on, any pinbones removed

2 tsp. coriander seeds, crushed

2 tsp. cumin seeds

2 tsp. dill seeds

2 tsp. fennel seeds

1 tsp. salt

¼ cup (½ dl) fresh lemon juice

¼ cup (½ dl) sour cream

1 Tbsp. aquavit

1 tsp. caraway seeds

1 Tbsp. finely chopped fresh chervil

2 tsp. white wine vinegar, or to taste

**Directions:**

Preheat the oven to 350°F / 175°C

Rinse the fish under cold running water. Pat dry with paper towels. In a small skillet, toast the coriander, cumin, dill, and fennel seeds over medium heat for about 2 minutes, until they start to release their fragrance. Transfer to a small bowl, add the salt, and mix well. Rub the fish with the spice mixture and place in a baking dish. Sprinkle with 1 tablespoon of the lemon juice. Cover and let marinate in the refrigerator for 1 to 2 hours. To prepare the aquavit sour cream, in a small bowl, mix together the sour cream, aquavit, caraway seeds, and chervil. Add vinegar to taste. Cover and refrigerate.

Place the baking dish with the fish on the middle oven rack and bake for 12 to 15 minutes, until the fish flakes nicely with a fork. Serve the fish topped with the sour cream and accompanied by the fennel.

Note: If you cannot find aquavit, season the sour cream with 1/4 teaspoon ground fennel seeds, 1/4 teaspoon ground dill seeds, 1/4 teaspoon ground cumin seeds, 1 teaspoon sugar, and 1 tablespoon brandy.

Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING

[**https://www.newscancook.com/seafood/spice-crusted-salmon-with-aquavit-sour-cream**](https://www.newscancook.com/seafood/spice-crusted-salmon-with-aquavit-sour-cream)

**Article photo for download:**

[**https://www.dropbox.com/s/q24u76n0p2hy1hs/Salmon.jpg?dl=0**](https://www.dropbox.com/s/q24u76n0p2hy1hs/Salmon.jpg?dl=0)

**OCTOBER ISSUE**

**Hope Floats**

Inspired by Norway’s stave churches, Hope Cathedral is a unique structure, floating on a barge near the mouth of the river Glomma in Fredrikstad, Norway. It is constructed out of timber and over a thousand plastic fish boxes. The multi-colored fish boxes, recovered during shoreline clean-ups, have been recycled into jewel-like roof tiles.

Solveig Egeland, an artist and cultural advisor to the Church of Norway’s Diocese of Borg, was inspired to start the project back in 2018 as she witnessed more and more plastic waste being deposited on her favorite beaches. In their stead, she envisioned an edifice of many colors rising from the sea. That fall, 35 volunteers banded together to realize her dream.

They have since been joined by thousands of people from across the globe, binding people of different faiths and nationalities together into a supportive, sustainability-focused community. Now nearly finished, Hope Cathedral was opened to the public on June 5, 2021.

To find out more, visit their website: [**hopecathedral.no**](https://www.hopecathedral.no/)

**Article photo for download:**

[**https://www.dropbox.com/s/xxiby4g9sxu2jt8/Hope.jpg?dl=0**](https://www.dropbox.com/s/xxiby4g9sxu2jt8/Hope.jpg?dl=0)

**Peace Prize Nominees Named in Oslo**

The nomination process for the Nobel Peace Prize (*Nobels fredspris)* begins each September, and the laureates are revealed in October the following year. In December, the Nobel medals and diplomas are conferred along with a prize of 10 million Swedish *kronor* (the 2020 amount), around $1.16 million US dollars. Who was nominated and who made the nominations is kept secret for 50 years, even from the nominees.

In 1895, the will of Swedish inventor Alfred Nobel set up prizes for Peace, Chemistry, Physics, Physiology or Medicine and Literature. The Nobel Peace Prize is awarded to those who have “done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses.”

*Det Norske Nobelinstitutt* was established in 1904 and is housed in Oslo. In 2020, the committee received 318 candidates. The award ceremony takes place at Oslo City Hall before the King of Norway each year on the death date of Alfred Nobel, December 10th. The 2020 Nobel Peace Prize went to World Food Programme for hunger prevention in conflict-affected areas of the world.

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**Happy Foundation Month!**
Thanks to our generous donors, in 2021, the Sons of Norway Foundation:

-Awarded $110,000 in 2021 scholarship awards

-Offered over $20,000 in grants to support Nordic culture and heritage events

Find out more about application deadlines for 2022 awards:

[**https://www.sofn.com/foundation/**](https://www.sofn.com/foundation/)

Please consider donating to the Sons of Norway Foundation so we can continue to make a positive impact in our communities. Contact Emily Stark, Foundation Development Manager at estark@sofn.com or 612-821-4655.

**Article photo for download:**

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**Norwegian Air Has Been Saved**

After struggling with the fallout of the coronavirus pandemic, the ailing airline, Norwegian Air Shuttle, “has been saved” according to former CEO Jacob Schram. Part of the solution that brought the airline back to life was solely focusing on European destinations and ceasing other operations. Additionally, the airline cut their fleet from 140 aircrafts to 50. The other key to survival was their debt restructuring plan that helped them raise 6 billion kroner ($721 million) through the sale of new shares and perpetual bonds. The bankruptcy courts that Norwegian worked with demanded that they raise at least 4.5 billion kroner ($541 million) to get out of bankruptcy. These funds were attained through loan guarantees from the Norwegian government, as well as other investors. CEO Geir Karlsen, formerly the company’s CFO, was quoted as saying “We have negotiated with 30-40 large banks and several thousand creditors.” Though it was an intense year, Norwegian have changed course and are working towards continued success.

**Article photo for download:**

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**TRANSLATION**

**Kunstig intelligens kan hjelpe deg å forstå musikk bedre**
UiO-forsker jobber for at ny teknologi kan åpne folks ører for ny musikk.

Akkorder, takt, klang, rytme og harmoni – alle disse aspektene ved musikken gjør at den låter som den gjør. Men har du tenkt over hvorfor du liker akkurat den musikken du gjør?

– Musikk er ganske magisk, når du tenker over det. Når du lytter, kjenner du på mange følelser. Du forstår at det er et slags språk, men ser ikke hva som skjer. De fleste forstår ikke hva som egentlig foregår.

Det sier Olivier Lartillot, forsker ved RITMO Senter for tverrfaglig forskning på rytme, tid og bevegelse. Han utvikler nye digitale verktøy som han håper vil gjøre musikkens magi tilgjengelig for alle.

Først ut er norsk folkemusikk.

– Folkemusikken er så rik, og en skatt for norsk kultur. Likevel er det ikke så mange som hører på den. Hvis vi lager et verktøy som kan hjelpe folk å forstå musikken, kan folkemusikken kanskje få en renessanse i Norge, sier Lartillot.

**Trener opp kunstig intelligens med hardingfele**

Musikken maskinen skal klare å transkribere, er Nasjonalbibliotekets katalog med folkemusikk. Ifølge Lartillot er norsk folkemusikk og særlig hardingfela vanskelig materie for maskinen.

– Den store mengden eksempler som trengs, var i utgangspunktet ikke tilgjengelig. Derfor har vi bedt musikere, den profesjonelle felespilleren Olav Luksengård Mjelva og studenter fra Norges musikkhøgskole, om å spille for oss, og designet en programvare hvor de kunne se lydene visuelt og plassere notene for oss.

**Visualisering hjelper musikkforståelse**

Med appen Lartillot vil lage, vil du kunne bla i katalogen av folkemusikk og dra på oppdagelsesreise i musikken. Når du finner en slått eller et stev du liker, kan appen peke deg i retning av noe i samme landskap.

Enn så lenge vil det en slik app kunne brukes til spesifikk folkemusikk. På lengre sikt ønsker Lartillot å utvide kunnskapen til den kunstige intelligensen, slik at den kan brukes for all musikk.

**Artificial Intelligence Can Help You Understand Music Better**

*University of Oslo researcher works to ensure that new technology can open people's ears to new music.*

Chords, tempo, timbre, rhythm and harmony - all these aspects of the music make it sound the way it does. But have you thought about why you like the exact music that you do?

“Music is quite magical, when you think about it. When you listen, you feel many emotions. You understand that it is a kind of language, but do not see what is happening. Most people do not understand what is really going on.”

That's what Olivier Lartillot, researcher at RITMO Center for Interdisciplinary Research on Rhythm, Time and Movement, says. He is developing new digital tools that he hopes will make the magic of music available to everyone.

First up is Norwegian folk music.

“Folk music is so rich, and a treasure for Norwegian culture. Still, not many people listen to it. If we create a tool that can help people understand music, folk music may have a renaissance in Norway,” says Lartillot.

**Training artificial intelligence with the Hardanger fiddle**

The music that the machine must be able to transcribe is the National Library's catalog of folk music. According to Lartillot, Norwegian folk music, especially the Hardanger fiddle, is difficult material for the machine.

“The large amount of examples needed was initially not available. Therefore, we asked musicians, the professional fiddle player Olav Luksengård Mjelva and students from the Norwegian Academy of Music, to play for us, and designed software where they could see the sounds visually and place the notes for us.

**Visualization helps music understanding**

With the app Lartillot wants to create, you will be able to browse the catalog of folk music and go on a journey of discovery in music. When you find a song or a vocal tune you like, the app can point you in the direction of something in the same vein.

For now, such an app can be used specifically for folk music. In the longer run, Lartillot wants to expand the knowledge of artificial intelligence, so that it can be used for all music.

**Lefse…our secret weapon…**
Is there anything better than the aroma of freshly-made lefse? With fall weather, many of us turn to favorite Norwegian recipes for homemade treats. When you gift friends or sell these favorites at lodge bake sales, don’t forget to tuck in an invitation for non-members to join Sons of Norway!

**Article photo for download:**

[**https://www.dropbox.com/s/xkms1hmugvhq5cy/Lefse.jpg?dl=0**](https://www.dropbox.com/s/xkms1hmugvhq5cy/Lefse.jpg?dl=0)

**Creamy Wild Mushroom Soup**

When autumn arrives and the days are getting shorter in Norway, my body aches for soup. But as summer laziness still murmurs in me, I don’t want to get involved in long-lasting projects. This soup is easy to make, and tastes wonderfully rich. Serves 4.

**Ingredients:**

1 lb. (450 g) chanterelles (alternatively, button mushrooms, Portobello or shiitakes), sliced

3 Tbsp. dried forest mushrooms, crushed

2 medium shallots, chopped

1 clove garlic, chopped

2 tsp. tomato purée (or small handful of sundried tomatoes)

4 cups (approximately 1 liter) game stock, vegetable stock or veal stock

1 cup (a little more than 2 dl) heavy cream

½ tsp. salt

½ tsp. pepper

Swedish-style mustard (or other sweet, grainy mustard) for topping (optional)

**Directions:**

Melt the butter in a large pot over medium high heat. When melted and foamy, but not brown, add the shallots and garlic, and let simmer for 1 minute. Add the mushrooms, season with salt and pepper, and sauté for 4 minutes, until collapsed and light golden brown. Using a spatula, remove about four tablespoons of the mushrooms for garnishing. Crush the dried mushrooms and add to the pot along with the stock and the cream. Reduce heat to medium, and let simmer for about 5 minutes. Transfer to a blender and mix until smooth. If necessary, return to pot and reheat over medium heat. Transfer to serving bowls and garnish with sautéed mushrooms and mustard (optional).

Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING

[**https://www.newscancook.com/soups/creamy-wild-mushroom-soup?rq=soup**](https://www.newscancook.com/soups/creamy-wild-mushroom-soup?rq=soup)

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