***Newsletter Service***

**May/June 2024**

**MAY ISSUE**

**Sewing Start-up Makes Folk Costumes Accessible and Green**

Norwegian bunads are famously a major investment that can run from $3,000-$5,000, depending on the region and what extent of silver jewelry is involved.   
  
Thanks to a sewing start-up called Fæbrik, showing your fashion sense and cultural pride just got a lot more accessible. According to [flokk.com](https://www.flokk.com/en/us/hag/capisco-story/faebrik), the group was born out of necessity- four friends, Jenny Skavlan, Ingrid Bergtun, Mari Norden, and Ingrid Vik Lysne needed a studio space, and once they were in the same room, the ideas started to flow.  
  
The foursome got to work making accessible patterns to help people sew their own festdrakt (or unofficial folk costume) out of recycled fabrics. The beauty of the fæstdrakt is that it is based on re-use, and there are no rules, unlike the stricter requirements of an official bunad. Do you prefer to wear fuchsia? Tassels and pompoms? Your fæstdrakt can be made in any hue, pattern or texture to suit your personal style and shape.  
  
Fæbrik (a wordplay on the English “fabric” and the Norwegian word for “factory”) also makes downloadable patterns, step-by-step videos and offer user-friendly tailoring tips so that each person can create their ideal fit.  
  
Just like that, a pair of lace curtains gain new life as an apron, and a hand-stitched pillowcase is reimagined as a vest. The group has hosted fæstdrakt parades in Oslo’s Frogner Park- see the photos in [Aftenposten](https://www.aftenposten.no/kultur/i/g6l4qB/parade-av-fargerike-festdrakter-inntok-frognerparken) in the pattern for the myriad ways to express one’s creativity in this modern take on a folk costume. Find examples of patterns here:  
<https://faebrik.no/products/faestdrakt>

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[**https://upload.wikimedia.org/wikipedia/commons/d/df/Young\_girls\_in\_bunad.jpg**](https://upload.wikimedia.org/wikipedia/commons/d/df/Young_girls_in_bunad.jpg)

**Delayed Russ Partying Proposed**

In Norway, high-school students have a unique tradition in the weeks leading up to graduation. The tradition is known as russefeiring and it is essentially a month-long party with costumes, cultural events, pranks, and music. Following the celebration, students sit for their exams. It is said to be rite of passage for Norwegian youth.

Typically, the celebration leads up to May 17th and ends with participation in the Syttende Mai parade. However, there have been recent talks by the Norwegian Board of Education in Oslo to move the russ celebration. City Councilor Julie Remen Midtgarden, would like the celebration to be moved after exams and also wants to ban russ party buses in some places.

Youth proponents of russ would rather see exams move earlier instead of moving russ, so as not to conflict with summer holidays and students getting ready for the next step of their education. No changes have been made yet; it will likely take a year or more. However, there are steps being taken to elect a russ government that can be a voice in the negotiations.

**Article photo for download:**

[**https://upload.wikimedia.org/wikipedia/commons/d/dc/Russ\_i\_tog.jpg**](https://upload.wikimedia.org/wikipedia/commons/d/dc/Russ_i_tog.jpg)

**Gratulerer med dagen! Happy Syttende Mai!**   
Hipp hipp hurra!

**Article photo for download:**

[**https://upload.wikimedia.org/wikipedia/commons/b/b6/Oslo\_17\_mai\_2010.jpg**](https://upload.wikimedia.org/wikipedia/commons/b/b6/Oslo_17_mai_2010.jpg)

**New Krone Design Revealed**

Norway’s 20 krone coin has gotten a new look! To commemorate the 750 years since King Magnus VI proclaimed the third nationwide legal code in 1274, a call went out for design submissions.

The winner of that competition was Michael Guilfoyle, an already established coin designer who runs his own coin and metal trade business in Wales. The 60-year-old Welshman was tipped off by a Norwegian friend about the contest and made his submission despite some stiff competition from Norwegian competitors.

Guilfoyle’s design for the krone ultimately won out because of the way it linked the Middle Ages to the present and symbolizes the “legislation’s significance for the country.” The coin features an image of King Magnus on horseback, carrying the scales of justice and a shield, to represent the Law of the Land, or landsloven.

The new coin was revealed at the museum of Cultural History in Oslo, with Michael and his wife in attendance. It went into circulation February 1 of this year.

**Article photo for download:**

[**https://www.coin-database.com/images/Norway/6571-v.jpg**](https://www.coin-database.com/images/Norway/6571-v.jpg)

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Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk and call us to get in touch with a professional in your area. Find an agent near you at www.sofn.com in the Financial Products section.

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**TRANSLATION**

**Musikken som gir Hallgrim Berg fartsbøter**

Kenneth de Gala fra Kongsberg har til nå kostet politiker, forfatter, musiker og humorist Hallgrim Berg hele 6.500 kroner.

Det innrømmer han gjerne, i en litt annerledes plateanmeldelse han har sendt til Laagendalsposten.

Grunnen er: Kvar gong eg set på CD-plata hans i bilen på veg til Oslo blir eg tatt i bilkontroll. Eg gløymer meg bort, blir oppøst av den fine musikken, trør for hardt på gasspedalen – og der, brått, står politiet og vinkar meg inn til sides.

Fyrste gongen var det springaren Hølje Tresk som ljoma gjennom høgtalarane då eg passerte gjennom Sokna sentrum i lusefart.

Det er ikkje så lett å styre seg når denne drivande slåtten går for fullt!

Eg trudde eg var på kappleik, sat og huska meg i setet i bølgjer av 3/4 takt. Men der! Like bortafor brua, på veg ut av sentrum, sto karen med bremlue og påsto høfleg at eg hadde køyrt i 61 kilometers fart. 1.600 kroner rett ut.

Verre var det eit par veker etterpå. Tidleg ein morgon var eg på veg til bokforlaget mitt i Oslo, i friskt driv nedover dalen. Eg hadde sett på plata til Kenneth like etter Nesbyen, spelte høgt, gira meg opp med Gjestebodsgubben. Og då denne medrivande slåtten kom i bilen, læt eg springaren overdøyve alt anna. Eg nikkar, i hallingtakt, intenst tema, briljant spel, og med umerkeleg aukande trykk på pedalen…

Og der! Nei pinadausen! På ein skogsstrekning langs Krødern, utan eit hus eller eit kristna menneske å sjå på nokon kant, og likevel 70-sone, sprett det fram ein svær kar i uniform, og dirigerer meg inn. – Berg, du hadde 102 i sta’n for 70, det blir 4900 kroner.

For å vera sikker har eg no køyrt plata til fjells og plassert henne på hytta.

Eg tykkjer det er flott at det finst vitale folkemusikkmiljø som dyrkar solospel utan altfor mykj arrangert pling-plang. Slåttespel på hardingfele er ein sjølvstendig kunstart.

Kongsberg spel- og dansarlag, som alar fram slike talent i dans og spel fortener ein stor takk.

**Source:**  
[**https://www.laagendalsposten.no/kultur/kultur/musikken-som-gir-hallgrim-berg-fartsboter/s/2-2.1601-1.7799186**](https://www.laagendalsposten.no/kultur/kultur/musikken-som-gir-hallgrim-berg-fartsboter/s/2-2.1601-1.7799186)

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/2rnzqpflm0993exyd0xwa/Music.jpg?rlkey=fq62lqxp6081clk0u7uopgg4a&dl=0**](https://www.dropbox.com/scl/fi/2rnzqpflm0993exyd0xwa/Music.jpg?rlkey=fq62lqxp6081clk0u7uopgg4a&dl=0)

**TRANSLATION**

**Music That Gives Hallgrim Berg Speeding Tickets** 

Kenneth de Gala from Kongsberg has so far cost politician, author, musician and humorist Hallgrim Berg a whopping 6,500 kroner [roughly 600 US dollars].

Berg readily admits this, in a record review he sent to the newspaper *Laagendalsposten*:

“The reason is: Every time I’ve put on his CD in the car on the way to Oslo, I've been ushered into a traffic control stop. I forget myself, get carried away by the nice music, press too hard on the gas pedal - and then, suddenly, the police are motioning to me to pull over.

The first time it was the *springar* Hølje Tresk that shone through the loudspeakers as I passed through the center of Sokna at lightning speed.

It's not so easy to control yourself when this driving *slått* [folk tune]is going full blast!    
   
I imagined I was at a folk music competition, sitting and reminiscing in my seat in waves of 3/4 time. But then! Just beyond the bridge, on the way out of the city center, stood a guy with a brimmed hat who politely claimed that I had driven at 61 kilometers per hour. 1,600 kroner outright. [$150]

It was worse, a couple of weeks later. Early one morning I was on my way to my book publisher in Oslo, in a brisk drive down the valley. I put on at Kenneth's album just after Nesbyen, playing it loudly, getting pumped up by Gjestebodsgubben. When this rousing sound entered the car, I let the *springar* drown out everything else. I nodded to the beat of a *halling*, an intense theme, with brilliant playing, applying imperceptibly increasing pressure on the pedal...

And then! Nooo, darn it! In a stretch of forest along Lake Krødern, without a house or a human to be seen—and yet a 70 kph [43 mph] zone—a large man in uniform sprang out and directed me to the side. "Berg, you were doing 102 in town in a 70 zone, that's a fine of 4,900 kroner. [63 in a 43 mph zone, a $450 fine]

To be safe, I have now taken the album up to the mountains and left it at the cabin.

I think it's great that there is a vital folk music environment that cultivates solo playing without too much arranged fiddle-faddle. Hardanger fiddling is an art form in itself.

Kongsberg folk music and dance group, which develops such talent in dance and music deserves a big thank you.  

**Music Links:**

[**https://www.youtube.com/playlist?list=OLAK5uy\_nzZSuRPHLwCeakU0XldLOXGXoejK8jbIs**](https://www.youtube.com/playlist?list=OLAK5uy_nzZSuRPHLwCeakU0XldLOXGXoejK8jbIs)

[**https://open.spotify.com/album/6kZiDwJwdmMc699UwikFp7**](https://open.spotify.com/album/6kZiDwJwdmMc699UwikFp7)[**https://music.apple.com/us/artist/kenneth-de-gala/299859296**](https://music.apple.com/us/artist/kenneth-de-gala/299859296)

**Kvikk Lunsj with Apples and Mascarpone Cream**

Why not add another excuse to the list to eat a delicious Kvikk Lunsj?

by Tina Nordström   
   
Kvikklunsj is just about as Norwegian as you can get, and very popular after skiing trips and hikes in the mountains.

There are many national versions of Kvikk Lunsj all over the world. Not exactly the same, but the American version is called KitKat.

Serves 4

**INGREDIENTS:**

3 apples, peeled and coarsely chopped    
2 lemons    
4 Tbsp. powdered sugar    
1 tsp. ground cardamom   
3/4 cup or 2 dl mascarpone    
4 KitKats (4 Kvikk Lunsj), coarsely chopped

**PREPARATION:**

* Put the apples in a saucepan with 2 Tbsp. powdered sugar, cardamom and the juice from the two lemons. Bring to the boil with the lid on and allow it to simmer for 2-3 minutes. Mash the compote using a whisk and cool.
* Whisk the mascarpone and 2 Tbsp. powdered sugar together.
* Serve the apple compote and mascarpone cream topped with the coarsely chopped KitKat (Kvikk Lunsj).

**Recipe source:** [**https://www.newscancook.com/dessert/qz5vde1bu0zfp7s3x82ds5kcwd0bhc**](https://www.newscancook.com/dessert/qz5vde1bu0zfp7s3x82ds5kcwd0bhc)

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[**https://upload.wikimedia.org/wikipedia/commons/1/18/Freia\_Kvikklunch.JPG**](https://upload.wikimedia.org/wikipedia/commons/1/18/Freia_Kvikklunch.JPG)

**JUNE ISSUE**

**Viking Marketplace Unearthed**

Another exciting Viking discovery has been made in Norway. On a small island in Rogaland county, known as Klosterøy, archaeologists from the University of Stavanger believe they have found traces of a Viking marketplace. The marketplace location coincides with the location of the Utstein monastery, one of the best-preserved medieval monasteries.

The discovery was made using ground penetrating radar and includes man-made pit houses, cooking pits, and boathouse foundations. Pit houses were structures that were covered with an angled roof and had a floor below ground level. This helped to keep the houses warm in the winter and cool in the summer. They believe the area was inhabited by Nordic farmers, merchants, craftspeople, warriors, and seafarers in the ninth century. This theory is supported by the fact that Norway’s first king, Harold Fairhair, built a royal farm on Klosterøy around that time. It wasn’t until the 13th century that the monastery was established. Researchers will conduct additional analysis of the marketplace to confirm their findings.

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[**https://en.wikipedia.org/wiki/Vikings#/media/File:Chieftains\_house\_(reconstruction)\_(cropped).jpg**](https://en.wikipedia.org/wiki/Vikings#/media/File:Chieftains_house_(reconstruction)_(cropped).jpg)

## **Next Superman film shot on Svalbard**

## As the cinema award season wraps up, movie buffs can anticipate upcoming film releases. For those that love the superhero genre, the newest iteration of Superman is planning to come out in July 2025. The film, directed by James Gunn, will feature scenes that have been filmed in Svalbard, Norway. The location was chosen to feature the Fortress of Solitude, a base for Superman featured in other films. For this version of it, film crews chose Adventdalen (Advent Valley), on the island of Spitsbergen. The valley, which runs for a length of nearly 19 miles, was chosen for its natural Arctic beauty and varied landscape that set it apart from other scouted locations.

## The director said that locals were curious about the filming that took place from 8 am to 4 pm most days and was fine with having onlookers. Perhaps situations like this will become more commonplace as Norway continues to incentivize filming throughout the country. These incentives include up to 25% return on costs spent in Norway and are supported in cooperation with Arts & Culture Norway, Norwegian Film Institute, and Oslo Filmfond.

## **Sources:**

[**First Superman Scenes Have Been Filmed in Norway, James Gunn Says (collider.com)**](https://collider.com/superman-filming-locations-svalbard-norway/)

[**James Gunn Starts Filming 'Superman' In Norway & Teases Scene With Hero Fleeing To The Fortress Of Solitude (deadline.com)**](https://deadline.com/2024/03/james-gunn-filming-superman-norway-teases-scene-fortress-of-solitude-1235846557/)

[**James Gunn finds "solitude" for Superman in Norway | ABC Audio Digital Syndication**](https://digital.abcaudio.com/news/james-gunn-finds-solitude-superman-norway)

[**Incentives & funding - Oslo Film Commission**](https://oslofilm.no/incentives-funding)

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**Membership Benefit – Life Insurance**

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**Article photos for download:**

[**https://www.pexels.com/photo/a-woman-with-documents-on-the-table-8439764/**](https://www.pexels.com/photo/a-woman-with-documents-on-the-table-8439764/)

**A Bright Midsummer's Eve**

The height of summer, June 24, marks the longest, brightest day of the year for the Land of the Midnight Sun, Norway. After long dark winters, this time is a joyous celebration of a much-awaited summer.

Different versions of this day are celebrated throughout the Northern Hemisphere with rituals dating back to Pagan times. Norway celebrates *Sankthansaften,* St. John’s Eve, each June 23, the eve before the longest day of the year. It is also called *Jonsok,* which translates to John’s wake, referring to St. John the Baptist’s birth.    
   
Celebrations have and will continue to evolve over time. In Norway, festivities typically occur on June 23 and give thanks to the bright sun and the sweet-smelling flowers in bloom. Family and friends grill sausages and light bonfires bigger than on any other day of the year. Bonfires are historically assumed to protect from evil spirits and trolls lurking in the forests. *Rommegrøt* is a favorite meal on this day steeped with melted butter, sugar and cinnamon.   
   
Once the bonfires die down and the sun begins to set, people understand that the cycle must go round. Norwegians live with polar opposite seasons every year and, therefore take full advantage of every summer, enjoying the extended company of the sun on *Sankthansaften*.

**Article photos for download:**

[**https://upload.wikimedia.org/wikipedia/commons/1/12/Mittsommerfest\_in\_Norwegen%2C\_Insel\_Tysnes\_IMG\_4425WI.jpg**](https://upload.wikimedia.org/wikipedia/commons/1/12/Mittsommerfest_in_Norwegen%2C_Insel_Tysnes_IMG_4425WI.jpg)

**Translation**

**Marcus (22) knuste den tidligere verdens­rekorden**

En Guinness-plakett er på veg til Marcus Sørfossmo.    
   
Kombinasjonen av studentøkonomi og et hjerte for grøt ga Marcus Sørfossmo en ide.

– Det har vært tilbud på grøt en god stund, så jeg har spist grøt hver dag. I desember begynte jeg å lure på om det fantes en rekord for grøtspising, sier Marcus.

Da han så at rekorden var 557 gram grøt på ett minutt, tenkte han at det var lett å slå og sendte en søknad til Guinness.

– Jeg er fra Rogaland, der er det grøt både til middag og til frokost. Også er det en veldig «norsk» verdensrekord å ta, som jeg synes er veldig kult.

**Tok verdensrekord**

3. februar samlet Marcus vitner, satte på stoppeklokke og kamera for å dokumentere forøket på den nye verdensrekorden.

Rekorden han måtte slå var satt av tyske Andre Ortolf, som spiste 557 gram grøt på ett minutt i 2021.

Og det klarte han.

Marcus spiste 675 gram risengrynsgrøt på ett minutt.

**Fun fact til Tinder**

Nå er Guinness-plaketten på veg til Marcus.

– Den må nok henge i stua i kollektivet. Det er jo tidenes fun fact, sier Marcus, og fortsetter:

– At jeg er verdensmester i grøtspising må på CV-en, Linkedin, Tinder og hele pakka. Kanskje jeg

kommer til å tatovere det også, ler han.

**Source:**[**https://www.nrk.no/trondelag/marcus-\_22\_-tok-verdensrekord-i-grotspising-1.16766190**](https://www.nrk.no/trondelag/marcus-_22_-tok-verdensrekord-i-grotspising-1.16766190)

**Translation**

**Marcus (22) broke a world record**

A Guinness plaque is on its way to Marcus Sørfossmo

The combination of being on a student budget and his penchant for porridge gave Marcus Sørfossmo an idea.

“There had been a sale on porridge for some time, so I had been eating porridge every day. In December, I started to wonder if there was a record for eating porridge, says Marcus.

When he saw that the record was 557 grams of porridge in one minute, he thought it would be easy to beat, and sent an application to Guinness.

“I'm from Rogaland, where there is porridge both for dinner and for breakfast. It is also a very ‘Norwegian’ world record to set, which I think is very cool.”

**Set a world record**

On February 3, Marcus gathered witnesses, started a stopwatch and camera to document the increased new world record.

The record he had to beat was set by German André Ortolf, who ate 557 grams of porridge in one minute in 2021.

And Marcus managed to beat that.

Marcus ate 675 grams of rice porridge in one minute.

**Fun fact for Tinder**

Now the Guinness plaque is on its way to Marcus.

“It will probably go up in the living room in our shared apartment. It's the most fun fact of all time,” says Marcus, and continues:

“The fact that I am a world champion in porridge eating must be on my resumé, Linkedin, Tinder and the whole nine yards. Maybe I'll get it tattooed too,” he laughs.

**Over-natten-grøt / Overnight Porridge**   
   
While you are sleeping, breakfast is being made in the fridge. Oatmeal, milk and yogurt can be topped with fruit or seeds to suit your taste.   
   
Makes 1 serving   
   
**Ingredients:**

2/3 cup oatmeal (1,5 dl)

3/4 cup + 1.5 Tbsp milk (2 dl)

1/4 cup plain Greek yogurt, vanilla Greek yogurt or lowfat cottage cheese (0,5 dl)

1 Tbsp. chia seeds, flax seed, sunflower seeds or other seed mix (optional)

1 pinch salt

**How to make:**   
Mix all the ingredients together and put into a glass or small bowl. Feel free to use a small mason jar. Cover the jar or bowl and leave the mixture in the fridge overnight or for at least six hours. Stir well before serving.   
   
**Variations:**

* Chopped fruit or mashed berries can be stirred in along with the other ingredients.
* Mix cocoa powder or chopped dark chocolate into the porridge.
* Sweeten porridge with liquid honey, brown sugar or another sweetener.
* Oatmeal can be replaced with a mixture of lightly cooked barley and oatmeal (golden barley).
* Sprinkle in spices such as vanilla, cinnamon, ground ginger and cardamom.
* Milk can be substituted with almond, soy or coconut milk.
* Add fresh berries, fresh fruit and roasted nuts or similar right before serving so that it stays crunchy and looks tempting.

**Source:** [**https://www.nrk.no/mat/over-natten-grot-1.13189408**](https://www.nrk.no/mat/over-natten-grot-1.13189408)

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