***Newsletter Service***

**March/April 2025**

**MARCH ISSUE**

**How Oslo Got Its Name**

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn’t always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, ‘lo’, meant “meadow” and the first part of the word, ‘Ás’ meant “hill” or “ridge”, which makes the entire name translate to “meadow beneath the ridge.” In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced “ooh-shloo”) However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as “Oslo” in maps at the time.

**Article photo for download:**

[**https://upload.wikimedia.org/wikipedia/commons/d/de/MUNCH\_Munch\_Museum\_Oslo\_opened\_22\_October\_2021.jpg**](https://upload.wikimedia.org/wikipedia/commons/d/de/MUNCH_Munch_Museum_Oslo_opened_22_October_2021.jpg)

**Northern Lights Museum Display**  
   
The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you’ve had the chance to see them in person. Fortunately, those of us who haven’t been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn’t been an easy one.    
   
Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren’t sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February.    
   
In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi people and completed his sketches. He became known to some as the “star man.”  Tromholt is considered a pioneer in this subject and is praised for his research contributions.

**Article photo for download:**

[**https://www.pexels.com/photo/aurora-borealis-3081835/**](https://www.pexels.com/photo/aurora-borealis-3081835/)

**Norwegian Ceramics Honored in Brussels**A January art and design event Ceramic Brussels in Belgium recently showcased the work of Norwegian ceramic artists. The multi-day event is the first international modern art fair to focus on ceramics, and included over 60 galleries, museums and ceramic artists.    
   
Oslo nonprofit Norwegian Crafts was on-site to promote contemporary Norwegian ceramic works and innovation brought to the world by Norwegian artists. In tandem with Ceramic Brussels, they curated five Norwegian galleries to highlight: RAM Galleri, QB Gallery, KIOSKEN, Format, and SKOG Art Space.   
   
This year’s expo was the first to focus on a single country, offering a look at the Norwegian ceramic scene in a cultural dialog with artists from other countries. Rounding out the exhibition were collections out of art and design galleries from Belgium, Denmark and the US. Norwegian Crafts’ presence at Ceramic Brussels portrays a vibrant spectrum of modern and traditional ceramics through “works of prominent and emerging Norwegian artists,” as mentioned by the organizers.   
  **Source:**[**https://www.stirpad.com/news/stir-news/norwegian-crafts-honours-nordic-ceramic-artistry-at-ceramic-brussels-second-edition**](https://www.stirpad.com/news/stir-news/norwegian-crafts-honours-nordic-ceramic-artistry-at-ceramic-brussels-second-edition)

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[**https://www.brussels.be/sites/default/files/styles/agenda\_detail\_image/public/agendaimages/ceramic\_2.jpg?itok=5iu7A\_dZ**](https://www.brussels.be/sites/default/files/styles/agenda_detail_image/public/agendaimages/ceramic_2.jpg?itok=5iu7A_dZ)

**TRANSLATION**

**Husker du potetferien?**Høstferien ble tidligere kalt potetferie. Den ble innført som et tiltak for at skolebarn og -ungdom skulle hjelpe til med innhøstingen av poteter.

I 1940 var det matmangel og poteten ble redningen mot hungersnøden for mange. Over hele Oslo ble bylandskapet endret. Parker og hager ble gjort om til potetåkrer. Denne filmen fra Gladtvet film viser byungdom utkommandert til å bidra i innhøstingen.

Har du plukket poteter i høstferien? 

I år er igjen blitt populært å dyrke egne poteter, men vet du hvordan de best tas vare på i vinter? Denne filmen fra 1940 kommer med mange tips om oppbevaring av poteter og hva du kan bruke de til. Her får du oppskrift på frokostbrød og potetkaker samt praktiske tips som hvordan du kan lage din egen dampkoker. Visste du at man også kan lage pålegg til brødskivene ved hjelp av poteter?

Poteten kan dyrkes overalt i Norge. Den trives langt mot nord under snøkledde fjell, i barskt kystklima og i brede innlandsbydger. Når poteten tas opp om høsten, blir den sorter først ute på jordet. De minste og de skadede potetene går til dyrefôr.

[**https://www.nrk.no/video/potetferie-i-1983\_126140**](https://www.nrk.no/video/potetferie-i-1983_126140)

**TRANSLATION**

**Do you remember Potato Break?**Fall break used to be called Potato Break. It was introduced as a measure for school children and youth to help out with the potato harvest.   
   
In 1940 there was a food shortage and the potato became the savior from hunger for many. All over Oslo the city landscape was changed. Parks and gardens were converted into potato fields. This film from Gladtvet shows urban youth assigned to take part in the harvest. Have you picked potatoes in fall break?   
   
This year it has again become popular to grow your own potatoes, but do you know how they are best taken care of in the winter? This film from 1940 provides many tips on storing potatoes and how to use them. Here you have the recipe for breakfast bread and potato cakes along with practical tips on how to make your own steam cooker. Did you know that you can also make sandwich toppings with the help of potatoes?   
   
Potatoes can be grown all over Norway. They thrive in the far north under snow-capped mountains, in the rough coastal climate and in broad inland villages. When potatoes are plucked/ picked in the fall, they are first sorted on the ground/in the field. The smallest and most damaged are made into livestock feed.[**https://www.nb.no/historier-fra-samlingen/er-det-noen-som-husker-potetferien/**](https://www.nb.no/historier-fra-samlingen/er-det-noen-som-husker-potetferien/)[**https://www.nb.no/historier-fra-samlingen/god-potetferie/**](https://www.nb.no/historier-fra-samlingen/god-potetferie/)

**Norwegian Potato Stew (Lapskaus)**

Serves 6

15 minutes prep time

30 minutes cook time

**Ingredients:**

2 turnips, peeled and chopped

3 lbs. russet potatoes, peeled and chopped

2 carrots, peeled and chopped

1 stalk celery, chopped

1 onion, diced

8 oz. ham steak, cubed

2 Tbsp. salted butter

1 quart chicken broth

2 bay leaves

1 Tbsp. fresh parsley, minced

Kosher salt and freshly cracked black pepper, to taste

**Directions:**

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.
2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.
3. Enjoy!

**Source:** [**https://12tomatoes.com/norwegian-potato-stew/**](https://12tomatoes.com/norwegian-potato-stew/)

**Article photo for download:**

[**https://cdn.greatlifepublishing.net/wp-content/uploads/sites/2/2022/10/11111035/Norwegian-Potato-Stew-Horizontal-9-scaled.jpg**](https://cdn.greatlifepublishing.net/wp-content/uploads/sites/2/2022/10/11111035/Norwegian-Potato-Stew-Horizontal-9-scaled.jpg)

**Please Give Photo Credit: Dom Ruane, 12tomatoes.com**

**APRIL ISSUE**

**Stavanger Celebrates 900 Years**

Stavanger was founded in 1125, with the completion of its cathedral. Today, this southwest coastal city stands as the country’s third-largest city and is central to the country’s oil and gas industry.

To mark the occasion, the city is taking the entire year to celebrate with the theme of *Stavanger 2025: Past, Present, Future*. Over the course of the year, events will occur that include themes of origin, cultural heritage, community, urban life, and natural wonder. The topics of innovation and sustainability will also be evident.

Festivities kicked off in January, with an estimated 17,000 in attendance for light festival events. Spring and summer festivities will be full of music, dance, performances, reenactments, and food celebrations. One of the biggest highlights will happen in July when the replica ship *Restauration* sets sail from Stavanger harbor to re-enact the start of Norwegian mass migration to America in 1825. The year-long commemoration will conclude in December with an event called *Into the Future,* that will focus on technology and innovation topics.

**Sources:**

[**How Norway’s Stavanger Will Celebrate Its 900th Year In 2025**](https://www.forbes.com/sites/davidnikel/2024/12/25/how-norways-stavanger-will-celebrate-its-900th-year-in-2025/)

[**The celebration of Stavanger's 900th anniversary is now underway – NRK Rogaland – Local news, TV and radio**](https://www.nrk.no/rogaland/na-er-feiringen-av-stavanger-900-ar-i-gang-1.17212760)

**Article photo for download:**

**https://en.wikipedia.org/wiki/Stavanger#/media/File:Stavangercollage01.jpg**

**Magnus Carlsen Reviews Queen’s Gambit Chess Moves**The Netflix original series *The Queen’s Gambit* premiered in late 2020, during the middle of the Covid-19 pandemic. Set between 1958 and 1968, its main character, orphan Beth Harmon learns to play chess in grade school and becomes an elite chess player who crowds flock to watch. The show was such a sensation that it hit #1 in 12 countries, including the U.S.   
   
The stylish drama made it cool to play chess, causing chess boards to fly off shelves and into homes while sparking the highest interest in chess since the 1970s faceoffs between Boris Spassky and Bobby Fischer.    
   
Norway is home to current world champion Magnus Carlsen, who is happy to see his sport portrayed in such a glamorous series. Netflix asked the Norwegian grandmaster to review the final game between Beth and adversary Borgov and it is fascinating to see that Carlsen thinks that the film’s chess was “very, very well done.”   
   
Watch the video on YouTube:[**https://www.youtube.com/watch?v=LnBZs04XQOU**](https://www.youtube.com/watch?v=LnBZs04XQOU)

**Article photo for download:**

[**https://en.wikipedia.org/wiki/Magnus\_Carlsen#/media/File:MagnusCarlsen24.jpg**](https://en.wikipedia.org/wiki/Magnus_Carlsen#/media/File:MagnusCarlsen24.jpg)

**Metal Detectorist Discovery**

Norway is no stranger to archeological digs. Given its rich Viking history, it is no surprise that there are significant and frequent excavation discoveries. In 2023, some amateur metal detectorists from the Bjørgvin Detector Club stumbled across a site in Fitjar, on the Skumsnes farm in southwestern Norway. The group alerted a local museum who enlisted the assistance of Søren Diinhoff from the University Museum of Bergen.

It was immediately evident that this was a significant find. The archaeologists discovered coins, jewelry and stones from the grave sites. While the items themselves are not unusual, what sets this site apart is that they believe the items belonged to high status Viking Age women. It is theorized that the women specialized in textile production. The jewelry and coins suggest that the women were involved in trade with others outside of the region. One brooch was repurposed from a book clasp, which experts believed may have been plundered from an English or Irish monastery, while another was forged from Frankish sword belts. One rare coin was likely made in southern Denmark between 823 and 840 A.D.

There are a total of twenty or more graves at the site, of which only two have been fully excavated and a third is being analyzed. Time is of the essence for these digs because the graves are mostly just below the surface, meaning that they are at high risk for exposure and erosion of the contents. It is likely that this isn’t the last we have heard about this rich historical site.

**Article photo for download:**[**https://archaeologymag.com/wp-content/uploads/rich-viking-womens-graves-in-norway-1.jpg**](https://archaeologymag.com/wp-content/uploads/rich-viking-womens-graves-in-norway-1.jpg)

**Please Give Photo Credit: University Museum of Bergen**

**TRANSLATION**

**Testet eksperiment: Brukte samme antrekk på jobb i én uke**

Hvert år kastes titusenvis av tonn klær og tekstiler. Forsker Synnøve Rubach ønsket å finne ut om kollegaene egentlig la merke til hva hun hadde på seg.

**– Det er mye bruk og kast. Og så tenkte jeg, hvor mye klær trenger vi egentlig?**

Det sier Synnøve Rubach som jobber ved Norsk institutt for bærekraftsforskning (NORSUS).

Hun tok på seg samme antrekk i én uke som et eksperiment på jobb.

**Spørsmålet var om noen ville legge merke til det?**

Hvert år kjøper nordmenn rundt 100.000 tonn med nye klær og sko. Mye går også i restavfallet. Lite av det går til gjenbruk, viser forskning fra NORSUS.

Produksjonen av klær skaper også store utslipps-problemer for miljøet.

Det ønsker Rubach å gjøre noe med. Hun mener det beste for miljøet er at alle har få plagg som repareres og brukes lengst muli

**Vil at flere skal reparere klær**

Forskeren var spent på om noen ville legge merke til at hun hadde på samme klær. Men hun fikk ingen reaksjoner fra kollegaene sine.

Derfor spurte hun alle på morgenmøtet om de hadde lagt merke til noe rart.

**– Det kan være at noen ikke var helt ærlig, men de sa at de ikke hadde lagt merke til det, sier hun og ler.**

**Tenker du over det dersom du bruker samme klær i flere dager?**

Ja, man skal skifte ut hele antrekket hver dag.

Nei, det er helt greit å bruke samme genser i et par dager!

Det har jeg ingen meninger om.

Rubach sier det beste for miljøet er at alle har få plagg som repareres og brukes lengst mulig.

– Sørg for at du har et så lite klesskap som mulig, bruk de klærne du har og reparer klærne eller få hjelp til det hvis det skjer noe med dem.

[**Fortsett å lytte i NRK Radio**](https://radio.nrk.no/serie/distriktsprogram-oestfold/DKOS02001425?utm_source=radiowidgetplayer&utm_medium=openradioapp-web&utm_content=prf%3ADKOS02001425#t=2h3m4s)

**TRANSLATION**

**Experiment: She wore the same outfit to work for one week**

Tens of thousands of tons of clothing and textiles are thrown away every year. Researcher Synnøve Rubach wanted to find out if her colleagues would actually notice what she was wearing.    
   
“There is a lot of throwaway fashion. So I thought, how many clothes do we really need?“

So says Synnøve Rubach, who works at the Norwegian Institute for Sustainability Research (NORSUS).

As an experiment, she wore the same outfit to work for a week.

Her question was, would anyone notice?

Every year, Norwegians buy around 100,000 tons of new clothes and shoes. Much of it goes into the trash as well. Little of it is reused, research from NORSUS shows.

The production of clothing also creates major emission problems for the environment.   
   
Rubach wants to do something about that. She believes that the best thing for the environment is for everyone to have a few garments that are mended and in use for as long as possible. 

**Wants more people to reuse clothing**

The researcher was curious if anyone would notice that she was wearing the same clothes. But she got no reactions from her colleagues.

Therefore, she asked everyone at the morning meeting if they had noticed anything strange.

"It could be that someone wasn't completely honest, but they said they hadn't noticed,” she says, laughing.

Do you think about it if you wear the same clothes for several days?

“Yes, you have to change the entire outfit every day.”

“No, it's perfectly fine to wear the same sweater for a couple of days!”

“I have no opinion on that.“

Rubach says the best thing for the environment is for everyone to have a few garments that can be mended and worn for as long as possible.

"Make sure you have as small a wardrobe as possible, use the clothes you have and mend the clothes or get help, if something happens to them.”

[**https://www.nrk.no/ostfold/nordmenn-kjoper-titusenvis-av-tonn-klaer\_-synnove-rubach-brukte-samme-antrekk-i-en-uke-1.17209183**](https://www.nrk.no/ostfold/nordmenn-kjoper-titusenvis-av-tonn-klaer_-synnove-rubach-brukte-samme-antrekk-i-en-uke-1.17209183)

**Appelsinkake / Orange Cake**

This refreshing and easy recipe is a Norwegian favorite at Eastertime.   
   
**Ingredients:**

150 g (2/3 cup) butter

2 dl sugar (3/4 cup plus 1.5 Tbsp.) sugar

3 eggs

1 lemon

1 orange

3 dl (1 1/4 cup) all-purpose flour

2 tsp. baking powder

2 dl (3/4 cup plus 1.5 Tbsp.) powdered sugar

**Glaze:**

2 Tbsp. lemon juice

2 Tbsp. orange juice

1 Tbsp. softened butter 

**Directions:**   
Preheat the oven to 175º C / 350ºF.

Wash the fruit. Zest the peel and squeeze the juice of both the lemon and orange.

Beat the butter and sugar until white and fluffy. Add the eggs, one at a time, and then the zested peel and fruit juices (reserve 2 Tablespoons of lemon and 2 Tablespoons of orange juice for the glaze).

Sift together the flour and baking powder and mix this with the wet ingredients.

Pour the batter into a greased and floured bundt cake pan. Bake the cake for approximately 45 minutes. Use a knitting needle or toothpick. to know if the cake is fully baked. No batter should remain on the needle/toothpick. Cool the cake.

**Glaze:**    
Mix the icing sugar, softened butter and reserved fruit juice to make a smooth glaze. Pour glaze evenly over the cake. If desired, sprinkle a bit of grated orange peel over top before the icing hardens.   
   
**Source (in Norwegian):**    
[**https://norsktradisjonsmat.no/oppskrift/appelsinkake**](https://norsktradisjonsmat.no/oppskrift/appelsinkake)

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