***Newsletter Service***

**November/December 2022**

**NOVEMBER ISSUE**

**Happy Father’s Day! Wait…What?**

No, you didn’t enter a time warp. We’re talking about Norwegian Father’s Day! It’s celebrated every year on the second Sunday in November.

Originally in the 1930’s, Norway celebrated in June like the United States. However, in 1949, the government changed the date to early November. This was done purely for economic reasons: it boosted sagging sales in shops in the runup to the Christmas shopping season. Other neighboring countries followed suit. Estonia, Finland, Iceland, and Sweden also celebrate their fathers on the same day.

So how can you celebrate your father, Norwegian-style? With gifts, of course! Common presents in Norway include hand-knitted items, coffee mugs, socks, ties, and gloves. Traditionally gifts are not extravagant, but rather are subtle tributes to a cherished parent. You can also make the day all about dad by making him breakfast in bed, or any favorite meal. Special desserts are of course always a favorite!

November 13th is coming up. Don’t forget to wish your father a God Farsdag!

**Article photo for download:**

[**https://www.dropbox.com/s/xgqh3rbixoxyz0h/FathersDay.jpg?dl=0**](https://www.dropbox.com/s/xgqh3rbixoxyz0h/FathersDay.jpg?dl=0)

**Rakfisk: Fermented Trout Draws a Crowd**

One would think a fermented fish would not draw too much attention as it sounds like something of an acquired taste. Right? Wrong! Norway is yet again testing our assumptions as fermented trout, known as rakfisk, entices quite the crowd to the city of Fagernes.

For the past 30 years, Fagernes has held the “Norsk Rakfisk Festival,” drawing more than 25,000 people each year. The festival celebrates food traditions and features local products/handmade items. Of course, one of the main events at the festival is the rakfisk competition where a panel of judges assess the taste, smell, and texture of rakfisk brought by several rakfisk producers.

This year will surely be an exciting one as it is the 30th anniversary of the festival; the celebration goes from November 3rd to 5th. To feel like part of the festival from afar, pair some fermented fish with lefse, sour cream, and onion. You may not draw quite the crowd as does Fagernes, but you will have experienced yet another Norwegian food tradition.

**Article photo for download:**

[**https://www.dropbox.com/s/ursi18a62ttdx7u/Rakfisk.jpg?dl=0**](https://www.dropbox.com/s/ursi18a62ttdx7u/Rakfisk.jpg?dl=0)

**Top 5 Places to *Go* in Norway**

When you are on a road trip, rest stops are of vital importance. Many of the public toilets dotted along Norway’s stunning 18 Scenic Routes are designed to reflect the natural beauty around them. Here are just a few, as ranked by the website upnorway.com:

#5: Selvika

This concrete wonder sweeps near the Selvika beach on the Havøysund route up north in Finnmark. Visitors climb a ramp which snakes around in sharp turns, providing views in all directions of its stunning setting.

#4: Bukkekjerka

It is easy to miss this mirror-covered rest stop, located on the Andøya Route, which explores the rugged beaches of northwestern Finnmark.

#3 Allmannajuvet

The toilets here are part of the Zinc Mine museum and resemble a short fire tower perched precariously on the side of a cliff. You can visit them as you drive the Scenic Route Ryfylke, which can be found in Rogaland county.

#2. Eggum

The exterior of this rest stop on the Lofoten Scenic Route resembles a neolithic amphitheater and was fashioned from a disused quarry.

#1. Ureddplassen

Praised as the world’s most beautiful toilet, Ureddplassen is on Scenic Route Helgelandskysten, which crosses the Arctic Circle.

Learn more about these stunning rest stops and others at Norway's Top 10 Most Unusual Toilets on upnorway.com.

**Article photo for download:**

[**https://www.dropbox.com/s/u61l90sslfuem9h/PlacesToGo.jpg?dl=0**](https://www.dropbox.com/s/u61l90sslfuem9h/PlacesToGo.jpg?dl=0)

**Foundation Update**

High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from $1,500 to $20,000+.

Go to the Sons of Norway Foundation website at [**https://www.sofn.com/foundation/scholarships/**](https://www.sofn.com/foundation/scholarships/)

to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

Here are a few suggestions for your scholarship application:

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.

2. Make a list of all the application requirements and check them off when completed. Then, double-check before submitting to be sure that it is complete.

3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.

4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you’ve done research beyond a simple Google search.

5. Emphasize your involvement in community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!

**Article photo for download:**

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**TRANSLATION**

**Lutefisksesongen starter: Her er lutefiskens historie**

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsatt, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøye, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.

**TRANSLATION**

**Lutefisk Season Begins: The History of Lutefisk**

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating *tørrfisk* (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.

**Norwegian Potato Dumplings (Raspeball)**

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.

**Ingredients:**2 1/4 lb. shredded raw potatoes
Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
1 1/4 cup barley flour
2 tsp. salt

**Directions:**

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.

2. Add the barley flour and 1 teaspoon of the salt and mix.

3. Put on large saucepan of water to boil and add 1 teaspoon salt.

4. Form a round ball by using a tablespoon and your hand.

5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.

6. Serve the dumplings immediately.

Source: [**https://www.foodnorway.com/norwegian-potato-dumplings-raspeball/**](https://www.foodnorway.com/norwegian-potato-dumplings-raspeball/)

**Article photo for download:**

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**DECEMBER ISSUE**

**Fabulous Facts: Christmas in Norway**

1. Each year, Trafalgar Square in London features a massive Christmas tree. That tree is actually a present from Norway. Oslo has been sending a tree to England every year since 1947 as a thank you for British support during World War II.
2. The *julenisse* is Norway’s elusive Christmas gnome, who sports a white beard and a red cap. Historically the julenisse has been known to help lighten the farmer’s chores and keep the farm safe. Nowadays, the nisse brings gifts to well-behaved Norwegian children. Don’t forget to keep him happy by leaving out a generous bowl of porridge!
3. “Tre nøtter til Askepott,” a Cinderella tale, has been a Christmas TV tradition since the 1990s. Strangely enough, this is a Czech version of the classic story, dubbed into Norwegian by a single actor. Watching it is so popular that it airs every year on NRK, Norway’s national broadcasting channel. To see the trailer from the 2021 Norwegian remake of “Tre nøtter til Askepott,” click here: [**https://www.youtube.com/watch?v=a-YVi\_UsGqo**](https://www.youtube.com/watch?v=a-YVi_UsGqo)
4. Find the almond! This is a game where the family eats rice porridge on Christmas Eve. There is one almond hidden in the porridge, and whoever gets it is the proud recipient of… a pig made of delicious marzipan!
5. Everyone eats well during *juletiden*, or Christmastime, even the birds. It’s common to see sheaves of wheat or oats that have been placed in the trees for the birds to feast on.

**Article photo for download:**

[**https://www.dropbox.com/s/2v43j4r8oxqmzj9/Christmas.jpg?dl=0**](https://www.dropbox.com/s/2v43j4r8oxqmzj9/Christmas.jpg?dl=0)

**Increasing Focus on Mental Health**

In Norway, as in many places, youth feel it is taboo to discuss mental health and ask for help. Because of this, the Norwegian government is taking strides to invest heavily in resources that will help young people with mental health. As part of this effort, Prime Minister Jonas Gahr Støre visited the Youth Square in Drammen, Norway, to learn what they are doing to battle mental health. Drammen is a good example as they have gathered resources such as social services, health, and mental health services all in one place and have made it free for those between 13 and 25. These offerings are invaluable and Gahr Støre hopes to include the idea of having access to several services in one place in the upcoming mental health plan. He stated, “We need to do this better to reach our young people. If we reach them earlier, I think we can solve the problems before it becomes a diagnosis.” The government’s plan is to be presented in 2023.

**Article photo for download:**

[**https://www.dropbox.com/s/qzkrsf6i3blg4e0/MentalHealth.jpg?dl=0**](https://www.dropbox.com/s/qzkrsf6i3blg4e0/MentalHealth.jpg?dl=0)

**Beware the Jólakötturinn**

Something large and fluffy stalks across Iceland, its hot, hungry breath crystallizing in the frigid air, forming icicles on its bristly whiskers. Its ever-extended claws crunch deep into the snow as it prowls from place to place to place.

# This is the Jólakötturinn, or the Christmas Cat. Resembling an enormous Norwegian Forest cat, it is the beloved pet of the 13 prankster Yule Lads who deliver presents, and their lovely troll mother Grýla. The Jólakötturinn seeks out anyone who does not receive new warm clothes for Christmas. If it finds you proudly wearing even one new mitten, it will pass you by. Otherwise, it’s dinner time for kitty.

# This may seem like a strangely specific motivation, but back in the day the whole family, including the children, spent their evenings carding, spinning and knitting wool. Family members found slacking off might not get new clothes for Christmas. In contrast, you could always gift fresh woolen garments to keep needy neighbors off the menu.

So, the next time Great Aunt Edda gifts you boring Christmas socks tell her, “Takk fyrir!” (thank you!) and take comfort in the fact you can face the long dark winter ahead, toasty-warm and uneaten!

**Article photo for download:**

[**https://www.dropbox.com/s/9e5ztpcc77eh542/YuleCat.jpg?dl=0**](https://www.dropbox.com/s/9e5ztpcc77eh542/YuleCat.jpg?dl=0)

**TRANSLATION**

**Kronprins Haakon skal på tur over Grønland [fra Mai 2022]**

En kronprins, en tidligere skiløper og flere forskere skal på tur. Den blir nok slitsom, tror kronprins Haakon.

Han skal krysse Grønland. Tidligere skiløper Vegard Ulvang er med. De har med seg flere forskere.

– Det som møter oss, er først og fremst fantastisk natur. Og absolutt ingen mennesker, sier Kunuk Lennert. Det står i en artikkel på nettsidene til UiT – Norges arktiske universitet.

 Lennert er ingeniør og dykker. Han skal bli med på turen over Grønland. Turen går fra vest til øst. Første del tar tre uker. Da skal de bruke kite og ski.

De skal krysse store hvite vidder. Og gå over is som er opp til 3.000 meter tykk.

Den siste delen av turen foregår med kajakk. Men den blir uten kronprinsen.

Hensikten med turen er å formidle kunnskap om natur i Arktis. Men også om forskning og historie.

De skal ta prøver av snøen. Disse skal leveres til forskere på klima.

Harald Dag Jølle skal blogge underveis. Han har allerede delt litt informasjon i bloggen.

 Følget på sju skal bo i to telt. De kommer tett på hverandre. De har allerede vært ute på to prøveturer.

 – Vi kjenner nok hverandres gode og dårlige sider godt. Så jeg er ikke bekymret, sier Jølle.

Universitetet har en avtale med kanalen NRK. De skal lage en dokumentar om turen.

 – Jeg forventer at det blir slitsomt. Vi skal 1.200 kilometer på tre uker. Dersom vi får det til og klarer å komme så langt. Så det blir spennende, sa kronprinsen til NRK tidligere i måneden.

 Turen starter i Ilulissat torsdag.

**TRANSLATION**

**Crown Prince Haakon is going on a trip across Greenland [from May 2022]**

A crown prince, a former skier and several researchers are going on a trip. It will probably be tiring, Crown Prince Haakon thinks.

He will cross Greenland. Former pro skier Vegard Ulvang is also going. They’ll have several researchers with them.

"What awaits us is primarily fantastic nature. And absolutely no people,” says Kunuk Lennert. This was written in an article on the website of UiT - Norway's Arctic University.

Lennert is an engineer and diver. He will join the trip across Greenland. The tour will go from west to east. The first part will take three weeks. Then they will use kites and skis.

They will cross large white expanses. And walk over ice that is up to 3,000 meters thick.

The last part of the trip will take place by kayak. But that part will be without the Crown Prince.

The purpose of the trip is to convey knowledge about nature in the Arctic. But it is also about research and history.

They will take samples of the snow. These must be delivered to climate scientists.

Harald Dag Jølle will blog en route. He has already shared some information on his blog.

The party of seven will live in two tents. They will be in close quarters. They have already taken two test trips.

“We probably know each other's good and bad sides well. So I'm not worried,” says Jølle.

The university has an agreement with the channel NRK. They will be making a documentary about the trip.

“I expect it to be tiring. We are going 1,200 kilometers in three weeks. If we make it and manage to get that far. So, it will be exciting,” the Crown Prince told NRK earlier this month.

 The trip starts in Ilulissat on Thursday.**Sirupsnipper**

Sirupsnipper are a classic Norwegian Christmas cookie, made with warming spices and cut into diamond shapes. God Jul!

[**https://www.sofn.com/norwegian\_culture/recipe\_box/baked\_goods\_breads\_and\_desserts/sirupsnipper/**](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/sirupsnipper/)

**Ingredients:**

9 Tbsp. cream

1/2 cup + 2 1/2 Tbsp. Syrup

1/2 cup + 2 1/2 Tbsp. sugar

7 Tbsp. butter

2 cups flour

1/4 tsp. pepper

1/4 tsp. ginger

1/4 tsp. anise

1/4 tsp. cinnamon

3/4 tsp. baking powder

3/4 tsp. baking soda

almonds, blanched, for decorating

**Directions:**Boil cream, syrup, and sugar together. Stir in butter and let mixture cool until lukewarm.

Combine flour, pepper, ginger, anise, cinnamon, baking powder and baking soda. Whisk together the dry ingredients.

Sift in dry ingredients and knead the dough to mix thoroughly. Chill overnight.

Roll dough out as thin as possible and cut diagonal lines to make diamond shapes.

Set sirupsnipper on a greased baking sheet. Place half a blanched almond on each cookie. For a shiny finish, brush cookies with egg white. Bake at 350°F for 5 minutes.

Excerpted from December, 1999, *Viking* magazine article “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.dropbox.com/s/k6ctzvwmw7281hc/Sirupsnipper.jpg?dl=0**](https://www.dropbox.com/s/k6ctzvwmw7281hc/Sirupsnipper.jpg?dl=0)