***Newsletter Service***

**September/October 2023**

**SEPTEMBER ISSUE**

**Bergen Walk of Fame**
You may have heard of the Hollywood Walk of Fame, but did you know that the city of Bergen has its own Walk of Fame?

Along the sidewalks of Nøstegate, not far from the famous colorful wharf, Bryggen, there are 40 inlaid sidewalk tiles that celebrate the famous sons and daughters of Norway’s second city.

Among those heralded are internationally-acclaimed musicians such as AURORA and Sondre Lerche, athletes like world-champion boxer Cecilia Brækhus and a gold-winning Olympic speed skating team, hard-boiled crime novelist Gunnar Staalesen and former Prime Minister Erna Solberg. Comedic brothers Bård and Vegard Ylvisåker (aka Ylvis of What Does the Fox Say? Fame) each have their own plaque, but composer couple Edvard and Nina Grieg share one. Other inclusions are bands, actors, journalists, artists and more. Citizens of Bergen choose who gets to be inducted next. Notably, there is one person in the mix without a direct connection to Bergen- Sir Paul McCartney.

The star-studded walk was launched in 2015 and now includes 40 tiles.

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**13-Year-Old Running Phenomenon**

Norway has become known for producing fantastic athletes such as Karsten Warholm and the Ingebrigtsen brothers. Another such athlete might just be on the rise; 13-year-old Per August Halle Haugen of Stavern, Norway, has caught the attention of many with the success he’s seen at such a young age. His natural talent was showcased when he became the second fastest 12-year-old boy to run a road 10K in 33 minutes, 17 seconds.

Halle Haugen is building upon his talents by participating in the “Norwegian endurance training method.” The method consists of interval sessions and pricking one’s finger to ensure that the body’s lactate levels are in optimal range – at “threshold.” It is believed that operating at threshold levels makes for a more effective workout and recovery. The method also teaches restraint and not to overexert before the runner is ready. Following this model that other great Norwegian athletes have used, Halle Haugen could very well be on track to participating in the 2032 Brisbane Olympics.

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**Mountain Comeback Story**

Musk Oxen are the symbol of Dovre National Park in Central Norway. These shaggy creatures roamed the area 30,000 years ago, previously sharing a habitat with woolly mammoths. Unfortunately, all of these herds died off in the last ice age.

Known as moskus in Norwegian, the enormous herbivores can now be found in the Dovrefjell region again, but the current populace isn’t native to the area. In the 1930s through 1970s, repeated attempts were made to introduce musk oxen from Greenland to the rocky plateaus of central Norway.

Though the populace is still threatened, roughly 240 musk oxen dot the region, with 50 new calves debuting each year. As former Arctic animals, they can easily withstand cold and snow. Though they appear similar to bison, they are more closely related to sheep and goats. A full-grown adult weighs up to 450 kilograms (992 pounds), subsisting on a diet of grasses, willows, moss and lichen.

They appear laid-back from afar, but gentle giants they are not! Rather than fleeing perceived danger, when in doubt, musk oxen resort to attack mode. In fact, there is a Musk Ox Code of Conduct that visitors need to know before hiking in the area- basically, keep your distance and never surprise a musk ox, as they can run 60 kilometers per hour (37 miles per hour). It’s best to take a guided musk ox safari, which assures that you will view them safely.

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**TRANSLATION**

# Kronprinsesse Mette-Marit blir 50 årLørdag fyller kronprinsesse Mette-Marit 50 år. Neste uke blir det stor bakgårdsfest på slottet for dobbel 50-årsfeiring.

– Når du blir 50, skjønner du faktisk at livet ikke er uendelig. Det sier kronprinsesse Mette-Marit til magasinet [D2](https://www.dn.no/d2/kronprinsesse-mette-marit/kronprins-haakon/kongehuset/kronprinsesse-mette-marit-fyller-50-ar-og-ser-seg-tilbake/7-1-js_weetj0u).

– Men det er noe veldig godt med denne alderen også. Det er en trygghet. Jeg er mye mindre opptatt av hva folk tenker om meg. Det er andre ting som er viktigere nå.

Selve bursdagen blir feiret privat, ifølge Kongehuset. Men neste uke har kronprinsparet invitert til en stor, felles 50-årsfeiring. Det blir holdt en stor bakgårdsfest på slottet.

Rundt 380 gjester fra hele landet er invitert.

– Gjester fra hele Norge er invitert, melder Kongehuset.

[Kronprins Haakon fylte 50 år 20. juli.](https://www.klartale.no/norge/2023/07/20/den-kommende-kongen-fyller-50-ar/)

Det vil også komme folk fra regjeringen, stortings-presidenten og andre ledere fra ulike organisasjoner.

Mette-Marit ble forlovet med kronprins Haakon 1. desember 2000. De giftet seg 25. august året etter. Det er også derfor de har valgt denne datoen til sin felles bursdagsfeiring.

Som kronprinsesse har Mette-Marit har vist mye engasjement for litteratur.

Ungdom og mental helse er også noe hun arbeider mye med.

– Det ble viktig for meg av flere årsaker, sier hun til D2.

– Både som følge av at jeg har opplevd en del utfordringer da jeg selv var ung. Jeg slet med å finne et feste i livet mitt. Og fordi jeg synes det var ganske utfordrende i den perioden da jeg traff mannen min, sier kronprinsessen.

**TRANSLATION**

**Crown Princess Mette-Marit turns 50**

Crown Princess Mette-Marit turns 50 on Saturday. Next week there will be a big backyard party at the palace for a double 50th anniversary celebration.

"When you turn 50, you actually realize that life is not endless.” Crown Princess Mette-Marit told the magazine D2.

“But there is something very good about this age, too. There is a feeling of security. I am much less concerned with what people think of me. There are other things that are more important now.”

The birthday itself will be celebrated privately, according to the Royal Palace. But next week, the crown prince couple have been invited to a large joint 50th anniversary celebration. A big backyard party will be held at the palace.

Around 380 guests from all over the country have been invited.

"Guests from all over Norway are invited,” reports the Royal Palace.

**Crown Prince Haakon turned 50 on July 20th**

There will also be people attending from the government, the president of the Storting [parliament] and other leaders from various organizations.

Mette-Marit became engaged to Crown Prince Haakon on December 1, 2000. They married on August 25th the following year. That is also why they have chosen this date for their joint birthday celebration.

As crown princess, Mette-Marit has shown a lot of commitment to literature.

Youth and mental health are also something she works a lot with.

"It became important to me for several reasons,” she says to D2.

“Both as a result of the fact that I experienced a number of challenges when I was young myself. I struggled to find a foothold in my life. And because I think it was quite challenging during the period when I met my husband,” says the Crown Princess.

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**Trøndersodd - Trøndelag Sodd Soup**
Source: <https://www.matprat.no/>

If there was ever a separate national dish for Trøndelag, then it's probably sodd! In Trøndelag, sodd is celebration food, and is served at all of life's big events, and has even got its own law. Sodd made from scratch is easy but time-consuming, so make a large batch when you go about making it. The delicious flatbread [***skjenning***](https://rora-bakeri.no/skjenning/)should be served along with it. These are important things for a true trønder.

**Ingredients:**
2.5 kg (5.5 lbs) of boneless lamb or mutton from thigh or leg
4 liters of water (4.25 quarts or 135 oz.)
3 Tbsp. of salt

Sodd Balls:
1 kg (2.2 lb) boneless lamb
100 g (2/3 cup or 4 oz.) lard
1 Tbsp. salt
1.5 Tbsp. potato flour [can substitute with corn starch)
1 tsp. ground ginger
1 tsp. ground nutmeg
1 tsp. pepper

1 liter cream or half and half (4 ¼ cups or 1 quart)
5 whole carrots sliced or chopped
800 g (1 3/4 lb) potatoes

**Time:**
Over 60 min

**Degree of difficulty:**
Medium

**Directions:**
Allow plenty of time and preferably cook the meat at least a day before the sodd is to be served.

Place meat and any bones in a spacious pot, pour in cold water and bring to a boil. Add salt. Lower the heat and let the meat soak for approx. 2 hours, or until completely tender. Remove foam and impurities that form on the surface over time.

Lift out the pieces of meat and put them in a bowl. Cool and cut into pieces of approx. 1x1 cm. Keep cold until serving.

Strain the stock and cool it completely. If necessary, remove some of the fat layer that has settled on top.

Make the meatballs: Cut the meat and fat/lard into cubes. Make sure the meat, lard and liquid are really cold. Grind the meat (traditionally it should be ground 14 times, with salt from the 2nd grinding).

Mix in potato flour (or corn starch) and nutmeg, ginger and pepper. Add cream or half and half.

You can use ground lamb or mix ground lamb and hamburger to make the meatballs. If you have the opportunity, grind the meat a few extra times, or run it in a food processor so that the ground meat is extra fine. When you shape the meatballs, you can use a piping bag or your hand against a teaspoon.

Heat the finished broth. Shape the ground meat into small, even balls with a teaspoon and add them to the hot stock as you go. Leave the meatballs to soak for 10-12 minutes.

Add the meat and let it all heat through. Taste the sodd and, if necessary, adjust the taste with more salt.

Serve the stew steaming hot in deep plates with boiled potatoes and carrots, and scones or good flat bread.

Sodd was first described in Håkon the Good's saga from the 13th century. The word sodd means to seethe- the dish should therefore not boil, but simmer below the boiling point. In 2012, "Festsodd fra Trøndelag" received a protected geographical designation for sodd from Trøndelag, with its own sodd law.

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**OCTOBER ISSUE**

**Norwegian Sweaters**It is well known that Norwegian sweaters have unmistakable characteristics and have stood the test of time. So how did they come to be?

It is believed that Norwegian sweaters have been knitted since the fifteenth century. They were knitted using local wool and plant-based dyes. The original hand-knit sweater known as the lusekofte is named after the “lice” stitch used in the sweater. Some of the other first patterns used in the sweaters were the Selburose motif and the Fana pattern. Over time, patterns, colors, and styles have evolved with new knitting techniques, tools, and dyes.

Today, Dale of Norway is one of the most well-known Norwegian sweater manufacturers. They have made the sweaters for the Norwegian Ski Team in the Olympics since 1956. The Marius-sweater is the other most common Norwegian sweater. In fact, it is the most hand-knitted pattern in Norway, making it a Norwegian icon. Not only are the sweaters loved within Norway, they have spread to other countries and have been adored by many others.

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**Kebabnorsk Explained**

In Norway, there are a variety of different dialects that have mainly resulted due to geographical location. The dialects differ by vocabulary, accent, grammar, etc. One way of speaking in Norway that has become debated as to whether it should be considered a dialect is Kebabnorsk. This form of spoken Norwegian has been used often by young people in East Oslo. It is known as a multiethnolect, meaning the majority language (Norwegian) is mixed with other minority languages (in this case, Turkish, Arabic, and Kurdish to name a few).

A notable feature of a multiethnolect is that vocabulary words are “stolen” from the minority languages and accepted into the new form of the majority language. Kebabnorsk started gaining traction in 2005 when Andreas E. Østby released his “Kebabnorsk Dictionary.” Since then, people have wondered if it should be given a new name as it could be considered offensive. Today, the language is quite popular and can be heard on the streets of Oslo, in Norwegian music and on TV.

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**A Norwegian Gap Year**
Norwegian folk high schools in Norway are unlike anything we have in North America.

Danish writer and pastor Nikolai Frederik Severin Grundtvig came up with the concept of the folk high school. His idea was based on the fact that students needed “lifelong learning” skills in order to succeed. He liked the English Boarding School concept and mixed that with popular education and enlightenment rather than the formal education curriculum. Folk high schools stand out because they offer a wide variety of subjects, no final exams, freedom, self-motivation and a focus on self-development.

Norway’s first folk high school was formed in 1864 and now there are 85 folk high schools around the country. About a third of these schools have a religious focus but all vary according to subjects and location. To learn more about Norwegian *folkehøgskoler*, visit the official Norwegian [*Folkehøgskole*](https://www.folkehogskole.no/en/frontpage) website: <https://www.folkehogskole.no/en/frontpage>

Did you know that the Sons of Norway Foundation offers financial support for members attending folk high schools? Visit the Foundation’s scholarship page to find out more: <https://www.sofn.com/foundation/scholarships/>

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**Translation**

**Vil flytte russetiden til etter eksamen**

Flertallet av elevene i Oslo vil flytte russetiden, viser en undersøkelse.

Oslo kommune har gjort en undersøkelse om russefeiring. 1.900 elever og rektorer har svart. De fleste vil flytte russetiden til etter eksamen.

Marte Gerhardsen er direktør i Utdannings-etaten. Elevene fortjener en feiring etter 13 år på skolen, sier hun.

– Men feiringen trenger ikke foregå midt i eksamens-perioden, sier Gerhardsen.

Embla Kristoffersen Sjøvoll er elevråds-leder på Elvebakken videregående skole. Russestyret og elevene må få bestemme selv, mener hun.

– Men det er jo mer praktisk å ta feiringen etter eksamen, sier hun til avisa VG

– Jeg håper russetiden flyttes. Det er gøy å avslutte på 17. mai. Men det er bedre for oss å ta feiringen etter eksamen og få en god markering på slutten.

Mange elever og foreldre melder om ekskludering og kjøpepress i russetiden.

– Vi i Osloskolen ønsker å ta mer regi på russefeiringen. Og jobber for å skape en inkluderende feiring som alle kan ta del i, sier Gerhardsen.

Sunniva Holmås Eidsvoll er byråd for utdanning i Oslo kommune. Undersøkelsen er viktig, sier hun til nyhetsbyrået NTB. Den kan hjelpe til å skape en mer inkluderende russefeiring.

Eidsvoll ber Utdannings-etaten prate med skolene om russetiden.

– Jeg vil be Utdannings-etaten gå i dialog med russen, skolene og de ansatte om hvordan vi kan sørge for at russen både får arbeidsro til eksamen. Og festen de fortjener, sier Eidsvoll.

Hun mener feiringen bør starte etter eksamen. I Tromsø har russen selv valgt å flytte russetiden, sier hun

**TRANSLATION**

**Motion to Move Russ Celebrations Before Exams**

The majority of students in Oslo want to change the russ period [of pre-graduation festivities], a survey shows.

The City of Oslo has carried out a survey on russ pre-graduation celebrations. 1,900 pupils and principals responded. Most want to move the russ period to after the exam.

Marte Gerhardsen is director of Utdanningsetaten [the Oslo Board of Education]. The pupils deserve a celebration after 13 years in school, she says.

"But the celebration does not have to take place in the middle of the exam period,” says Gerhardsen.

Embla Kristoffersen Sjøvoll is student council leader at Elvebakken Upper Secondary School. The russ board and the students must be allowed to decide for themselves, she believes.

"But it is more practical to hold the celebration after exams,” she says to newspaper VG.

“I hope the russ period will be moved. It's fun to finish on Syttende Mai. But it is better for us to celebrate after the exam and get a good grade in the end.”

Many students and parents report exclusion and pressure of consumerism during the russ period.

“We in Oslo Public Schools want to take more responsibility for the russ celebration. And work to create an inclusive celebration that everyone can take part in,” says Gerhardsen.

Sunniva Holmås Eidsvoll is the city councilor of education for the city of Oslo. The study is important, she says to news agency NTB. It can help create a more inclusive russ celebration.

Eidsvoll asks the Board of Education to talk to the schools about the russ period.

“I would like to ask the Board of Education to enter into a dialogue with the graduates-to-be, the schools and the employees about how we can ensure that the russ both get a chance to concentrate on the exam, and the party they deserve, says Eidsvoll.

She believes the celebration should start after the exam. In Tromsø, the russ themselves have chosen to move the russ period, she says.

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**Classic Gingercake with Brunost (Norwegian Brown Cheese)**

<https://www.livinganordiclife.com/post/gingercake-with-brunost>

By Fiona McKinna, [livinganordiclife.com](https://www.livinganordiclife.com/)

**Ingredients**
For the cake:

175 g / 6 oz. plain, all-purpose flour

1 1/2 tsp. baking powder

110 g / 4 oz. brown cheese

100 g / 3 1/2 oz. butter

100 g / 3 1/2 oz. sugar

2 medium eggs

2 Tbsp. milk

1 1/2 tsp. ground ginger

For the icing:

Powdered sugar / Icing sugar

Brown cheese (Norwegian brunost, or you can substitute caramel chips)

Milk

**Method**

Preheat the oven to 165°C/330° F.

Grease and line a 2 lb loaf pan.

Sift together the flour, ground ginger and baking powder. Cut the brunost into small cubes and toss in the flour. Cream together the butter and sugar until pale and slightly fluffy. Add the eggs one at a time beating well between each. If you find that your mixture is curdling add a spoonful of the flour mix. Fold in the flour and brunost mix and gradually add the milk. Pour the batter into the loaf tin and bake in the center of the oven for about 45 minutes until it rebounds to a light touch or a skewer inserted comes out clean.

Cool for a few minutes in the tin before running a palette knife around the inside and turning out to cool on a wire rack.

While you wait for the cake to cool, you can make the icing. In a small pan, melt some cubes of brunost with a little splash of milk. Once melted, add enough icing sugar to make a nice smooth, shiny icing. Drizzle over the cake and let it set for a couple of hours. Enjoy in thick slices with a glass of milk or a cup of coffee. Vær så god!

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