***Newsletter Service***

**Septemeber/October 2024**

**September ISSUE**

**Folk High Schools**

Scattered across Norway are *folkehøgskoler*, or folk high schools. Despite the name, these schools are usually for students 18 and older and function much like a college or university, where students live on-site and with each other from August to May. While most students are around 18-25 years old, these schools don’t have an upper age limit, making them an option for lifelong learners of any age. The 85 folk high schools vary in size, worldview, and study focus with a wide variety of subjects to focus on.

One thing all the schools have in common is their teaching philosophy. Unlike traditional schools, folk high schools don’t have grades and exams in the structure. Instead, the approach they take to learning is immersive. Teaching is conversation-based, experience-based, and participant-driven. Because the students are 18 or older, they are viewed as adults and treated as responsible individuals who will learn the most based on their desire to do so, not because they have to.

Folkehøgskoler attract students from both nearby Nordic countries and international students from afar. Many of the schools offer Norwegian courses for those who are new to the language and the immersive nature of the program reinforces those language skills over time. These schools are a great option to experience the culture of Norway.

To hear more about this experience first-hand, follow Liv’s story in [Viking for Kids](https://www.sofn.com/wp-content/uploads/2021/08/Viking-for-Kids-August-2021-online-version-FINAL.pdf).

The Sons of Norway Foundation offers the Helen Tronvold Scholarship for 17- to 25-year-olds attending folk high school and the Douglas Warne – Rolf & Wenche Eng Scholarship that can be used to study in Norway at any age.   
   
**Source:**

[**https://www.folkehogskole.no/en/about**](https://www.folkehogskole.no/en/about)

**Article photo for download:**

[**https://no.wikipedia.org/wiki/Folkeh%C3%B8gskoler\_i\_Norge#/media/Fil:Sagatun\_folkeh%C3%B8yskole-Hamar.jpg**](https://no.wikipedia.org/wiki/Folkeh%C3%B8gskoler_i_Norge#/media/Fil:Sagatun_folkeh%C3%B8yskole-Hamar.jpg)

**Crown Prince Follows Refugees Guides for a Day**

On June 20, to mark World Refugee Day, Crown Prince Haakon Magnus went for a walk with refugees and volunteer refugee guides from the Red Cross. Oslo Mayor Anne Lindboe, Secretary General of the Red Cross Anne Bergh and head of the Oslo Red Cross Astrid Solberg also took part in the trip.

Red Cross refugee guides are assigned to newly arrived refugees in Norway and help them adjust to life in their new society. The participants practice Norwegian together and get to know their local environment by going for informal walks, cooking, and having coffee along with other activities.    
   
Norway accepts refugees from, among other countries, Ukraine, Syria, Afghanistan, Eritrea and Turkey. The vast majority of people the Red Cross assists say that they want to learn Norwegian and become an equal part of Norwegian society.   
   
“Refugee guides and other activities for newly arrived refugees are important because they are a supplement to the public introduction program. Here you get the opportunity to practice Norwegian in an informal setting. It gives increased self-confidence to use the language in other arenas as well, such as work,” says Anne Bergh, secretary general of the Red Cross.

**Article photo for download:**

[**https://en.wikipedia.org/wiki/Haakon,\_Crown\_Prince\_of\_Norway#/media/File:Crown\_Prince\_Haakon\_of\_Norway\_2012-03-26\_001.jpg**](https://en.wikipedia.org/wiki/Haakon,_Crown_Prince_of_Norway#/media/File:Crown_Prince_Haakon_of_Norway_2012-03-26_001.jpg)

**Foundation Envelope in September/October Viking**

Watch for it! The envelope in the September/October issue of Viking magazine is an easy way for you to support the grants and scholarships you’ve heard about (see the scholarship article in the Sept/Oct issue, for example.) Consider the impact you can make with a tax-deductible gift to the Sons of Norway Foundation. Simply pop your check in the envelope and mail it in, or if you prefer to pay by credit card, you can go to sofn.com to make your gift there.

**Viking Sword Unearthed in Rogaland**   
   
A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Lovra, was clearing his farm, he came across a 1,000-year-old Viking sword. The discovery was particularly surprising, as the field he and his son were preparing to sow new grass on hadn’t been ploughed for many years. Mr. Lovra says that they were picking stones and explains: “I spotted an iron object that I was about to throw, but just as I was about to throw it, I discovered that it was a sword.”

The sword was examined by archeologists who were able to take x-rays which revealed inscriptions on the blade. The inscriptions led them to believe the sword could be a Ulfberht sword, which were made between 900 and 1050 AD. The sword was covered in clay, which helped preserve it from rusting away.

Around three to four thousand swords from the Viking Age have been uncovered in Europe. Of these, only 45 with inscriptions have been unearthed in Norway making this an exciting, rare find.

**Source:**[**https://www.independent.co.uk/news/science/archaeology/viking-sword-discovered-norway-farmer-b2556863.html**](https://www.independent.co.uk/news/science/archaeology/viking-sword-discovered-norway-farmer-b2556863.html)

**Article photo for download:**

[**https://upload.wikimedia.org/wikipedia/commons/d/d5/Viking\_swords\_at\_Bergen\_Museum.jpg**](https://upload.wikimedia.org/wikipedia/commons/d/d5/Viking_swords_at_Bergen_Museum.jpg)

**Mushroom Lamb Stroganoff**

The last Thursday in September is a celebration of Fårikal, the beloved national dish made with lamb (or mutton) and cabbage. Other seasonal flavors in the fall include root vegetables and mushrooms. This recipe is a combination of both delicious things.

**Serves 2-3**

**Ingredients:**   
Leftover roast lamb – about 2 cups, cubed  (or 400 grams raw lamb, cubed)   
12 (approximately) chestnut mushrooms   
1 medium onion   
1 clove garlic   
100 ml cream   
25 g butter   
2 Tbsp. flour   
a splash of sherry (optional)   
1/4 tsp. paprika   
1/2 tsp. dried rosemary   
1 cup lamb stock   
salt & pepper to taste

**Directions:**

Cube the lamb, crush the garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb.  If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through.  Add the mushrooms at the very end, as they need minimal cooking.

Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm.  Stir the flour into the pan juices, stirring to pick up any bits sticking to the bottom of the pan.  Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock.  Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps.  Return to heat and stir to get a smooth sauce. (If the sauce is too thick, add a little milk to thin it.)

Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.

**Source:**

[**https://www.cooksister.com/2007/11/if-life-gives-y.html**](https://www.cooksister.com/2007/11/if-life-gives-y.html)

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/m2shfcd7x5bbptb12pqs6/LambStroganoff2.jpg?rlkey=c71jwmw2r5752pqbnp8guz31b&st=9ponezhs&dl=0**](https://www.dropbox.com/scl/fi/m2shfcd7x5bbptb12pqs6/LambStroganoff2.jpg?rlkey=c71jwmw2r5752pqbnp8guz31b&st=9ponezhs&dl=0)

**TRANSLATION**  
   
**Vellykket friluftsferie? Følg disse tipsene**

Vil du ha en hyggelig ferie i norsk natur? Da bør du stille forberedt.

Nordmenn er kjent for turer i skog og mark. Også mange utenlandske turister kommer for å se norsk natur. Noen områder er ekstra populære.

Å gå i flokk kan gjøre turen lite hyggelig. Kanskje risikerer du dette akkurat i år:

Den Norske Turistforening (DNT) har en nettside med turforslag som heter UT.no. Den har fått ekstra mange besøk i sommer. Tallene er sammenlignet med samme periode i fjor.

– Vi har en økning i antall brukere på 43 prosent. Det sier Veronica Solbak i en pressemelding. Hun er redaktør for UT.no.xx

DNT sier dette kan vise at interessen for friluftsliv i Norge er høy i sommer. De har hentet ut de fem turmålene det søkes mest etter på nettsiden. Det er:

Dronningstien i Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen og Trekanten i Trollheimen.

Drømmer du om ett av disse turmålene? Kanskje bør du vente til en annen gang om du vil unngå mye folk.

Uansett hvor du legger turen i sommer: Husk at bruk av naturen krever noe av deg. Norsk Friluftsliv skriver i en pressemelding at sporløs ferdsel er en del av allemannsretten. Det betyr at vi har ansvar for å etterlate naturen slik vi fant den.

– Det innebærer å ta med seg alt søppel hjem, sier generalsekretær Bente Lier.

Du skal heller ikke hogge i friske trær eller gjøre annen skade på natur.

Generelt handler det om at det ikke skal synes på naturen at du har vært der.

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**Hva er allemannsretten?**

* Allemannsretten gir deg rett til å bruke utmark fritt. Her kan du gå tur, telte og plukke bær.
* Utmark er skog, fjell, myr og kystområder. Innmark er gårdsplasser, hustomter, dyrket mark og lignende. På innmark er det ikke generelt en rett til å ferdes.
* Du har også allemannsplikter. Det innebærer å vise hensyn overfor andre, og for naturen. Du skal ikke skade naturen.

**Source:** [**https://www.klartale.no/norge/2024/07/19/vellykket-friluftsferie-folg-disse-tipsene/**](https://www.klartale.no/norge/2024/07/19/vellykket-friluftsferie-folg-disse-tipsene/)

**TRANSLATION**

**Successful outdoor vacation? Follow these tips**

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared.

Norwegians are known for hiking in forests and fields. Many foreign tourists also come to see Norwegian nature. Some areas are especially popular.

Walking in a crowd can make your trip less enjoyable. You may run the risk of it this year:

The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called UT.no. It has received a huge number of visitors this summer, compared with the same period last year.

“We’ve had a 43 percent increase in the number of users,” says Veronica Solbak in a press release. She is an editor for UT.no.

DNT says this can show that interest in outdoor activities in Norway is high this summer. They have extracted the five destinations most searched for on the website. They are:

Dronningstien in Hardanger, Aurlandsdalen, tour of Hardangervidda, Romsdalseggen and Trekanten in Trollheimen.

Are you dreaming of one of these travel destinations? Maybe you should wait until another time if you want to avoid a lot of people.

No matter where you go this summer: Remember that experiencing nature requires something of you. Norsk Friluftsliv writes in a press release that the leave no trace movement is part of the right to roam. This means that we have a responsibility to leave nature as we found it.

“This means taking all trash home with you,” says general secretary Bente Lier.

You must also not cut down healthy trees or do other damage to nature.

In general, it's about not leaving behind evidence that you have been there.

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**What is the right to roam?**

* *Allemannsretten—*the right to roam—gives you the right to use open land freely. You can hike, camp and pick berries.
* Outland areas are forests, mountains, marshes and coastal areas. Inland areas are yards, house plots, cultivated land and the like. Inland areas are generally inaccessible.
* Along with rights there is also a code of conduct. This means showing consideration for others and for nature. You must not harm nature.

**OCTOBER ISSUE**

**Alma The Healing Dog**   
   
There is no question that a bond between a person and a dog can be something remarkable. This is evident in the story of a young girl from Norway named Nora and a dog named Alma.

Nora was unable to walk and was having a difficult time after a serious illness that lasted almost two years. To lift her spirits and aid with her healing, she was assigned a therapy dog named Alma. Alma was trained by an organization called Dyrebar Omsorg [an animal-related wordplay meaning Precious Care] that uses interaction with animals to promote health. A study conducted in South Korea proves that spending quality time with dogs can help with relaxation, concentration and the reduction of stress.

Through their time together, Nora was slowly coaxed out of her hospital bed. She and Alma enjoyed walks together in her wheelchair, shopping, and Alma even kept Nora company when she started back at school after two long years away. Nora attributes her healing to Alma and continues to meet with her, even though she is out of her wheelchair and doing much better.

**Article photo for download:**

[**https://www.dropbox.com/scl/fi/4wlhpexw5xsdnh5o351f1/Alma.jpg?rlkey=nps2h0o8i3dbqgfu2n6qpja97&st=ccejc8ne&dl=0**](https://www.dropbox.com/scl/fi/4wlhpexw5xsdnh5o351f1/Alma.jpg?rlkey=nps2h0o8i3dbqgfu2n6qpja97&st=ccejc8ne&dl=0)

**New Sámi Sport Spreads Awareness**   
   
Odin Alexander Krokmo Iversen (13) is trying out a new sport – it's not just new to him, but to the whole world. Earlier this year, Sámi Valaštallan Lihttu (SVL), the Sámi Sports Federation, showcased the new activity in Bodø.

"The easiest thing is to compare it to the biathlon. The principles are the same," said Ole Henrik Somby, who was in Bodø promoting the Ovttas Project.   
   
Through their demo during the National Championships in road cycling, the Ovttas Project was able to call attention to more serious topics. Project reps talked with teams, coaches and parents about Sámi discrimination, and plan to travel around the northern counties Nordland, Troms and Finnmark to make Sámi culture visible through sports.     
   
This demo sport combines two skills: cycling and lasso throwing. Odin demonstrates the basics: first you cycle a lap, then dismount and throw a lasso five times at reindeer antlers, mounted on stands. Any mistakes result in a penalty lap.   
   
Odin’s verdict: “It's a lot of fun. I like to do both—cycling and throwing the lasso,” he exclaims after his first round.

**Source: <https://www.nrk.no/sapmi/svl-skal-lansere-ny-samisk-idrett-1.16936877>**

**Article photo for download:**

[**https://en.wikipedia.org/wiki/S%C3%A1mi\_peoples#/media/File:Sami\_flag.svg**](https://en.wikipedia.org/wiki/S%C3%A1mi_peoples#/media/File:Sami_flag.svg)

**Grant and scholarship applications open October 1**

It’s time once again to open the applications for grants and scholarships. As of October 1, you will be able to apply for the grants and/or scholarships that the Sons of Norway Foundation offers. You can visit the “Foundation” tab of sofn.com to learn more.

The Foundation’s grant program is a great way to add programming to your lodge’s lineup or secure funding for an update or a repair to your lodge or meeting space.

The **Together We Are the Future campaign** returns October 1 through January 15. This special annual fundraising campaign has raised over $615,000 to bring grants and scholarships to life. *Thank you* in advance for your support! Visit sofn.com/foundation to learn more.

**Easy Rutabaga Soup**

*Kålrabi* or *kålrot* (rutabaga, in American English) is a root vegetable with a somewhat confusing name. It is a hybrid between a turnip and a wild cabbage, with a purple exterior and a yellow inside. Since rutabagas are hardy in cold climates, they thrive in Norwegian growing conditions and have been a staple of the Norwegian diet for centuries. Note: there is also a green root vegetable named kohlrabi in English- this is **not** the same vegetable.

**Here is the root vegetable you are looking for, the rutabaga:**[**https://blogger.googleusercontent.com/img/b/R29vZ2xl/AVvXsEjAQEcx1eMop9n1\_vrV4mS0E7a\_80gj7rybSggj\_iiusab43T6eFGZzTl5EGRtTlxY3UDPLBRg-zFKK16bp-Ig03VGKVq1zWQo2Q2TtW7icBq13Bx34kkoMV6jZj8wSIPfK7IUaD9cCYyU/s1600/rutabaga.jpg**](https://blogger.googleusercontent.com/img/b/R29vZ2xl/AVvXsEjAQEcx1eMop9n1_vrV4mS0E7a_80gj7rybSggj_iiusab43T6eFGZzTl5EGRtTlxY3UDPLBRg-zFKK16bp-Ig03VGKVq1zWQo2Q2TtW7icBq13Bx34kkoMV6jZj8wSIPfK7IUaD9cCYyU/s1600/rutabaga.jpg)**]** 

**4 servings**

**Ingredients:**  
olive oil   
1 medium onion, chopped   
2 garlic cloves, chopped   
17.6 oz. (500 g) rutabaga, cubed   
14 oz. (400 g) potatoes peeled, cubed   
2 medium carrots, sliced   
33.8 fl. oz. (1 l) vegetable stock (hot)   
1/2 bunch of parsley, chopped   
1 Tbsp. chopped dill   
salt, pepper   
chili flakes (optional)

plain yogurt (for serving)   
some more chopped dill (for serving)

1. Peel the onion and garlic and chop it finely. Peel the rutabaga and cut it into cubes. If your rutabaga has leaves, you can use them as well (without the stems) and chop them finely. Peel the potatoes and cut them into cubes. Peel the carrots and cut them into thin slices. Wash, dry, and chop the parsley. Set everything aside.
2. Add some oil to a large pot (or Dutch oven) and heat up. Add the onions and sauté until soft and glossy. Add the garlic, rutabaga, potatoes, and carrots to the pot and **continue cooking for 2-3 minutes while stirring often**. Add the hot veggie stock, chopped parsley, and chopped rutabaga leaves (if you have some), season with salt and pepper and bring everything to a boil. When the soup starts boiling, cover the pot, reduce the heat and **let everything simmer for about 25-30 minutes** or until the veggies are done.
3. Add the chopped dill and **continue cooking for 2-3 minutes**. Use an immersion blender or a potato masher and puree/mash a small part of the veggies in order to get a soup with a thicker consistency – this is optional. Season with more salt and pepper. If you like it hot, add some chili flakes as well. Serve with some yogurt and more chopped dill sprinkled on top.

**Source:** [**https://baketotheroots.de/easy-kohlrabi-veggie-soup/**](https://baketotheroots.de/easy-kohlrabi-veggie-soup/)

**Article photos for download:**[**https://www.dropbox.com/scl/fi/qr1ps3fma9luzsh5tkudg/soup.jpg?rlkey=efsord8zh6c4a3f5n3bv6nhcw&st=0lpfo2wt&dl=0**](https://www.dropbox.com/scl/fi/qr1ps3fma9luzsh5tkudg/soup.jpg?rlkey=efsord8zh6c4a3f5n3bv6nhcw&st=0lpfo2wt&dl=0)

**TRANSLATION**

**Source:**

[**https://ung.forskning.no/barn-historie-skole/slik-var-det-a-ga-til-skolen-for-over-100-ar-siden/2359474**](https://ung.forskning.no/barn-historie-skole/slik-var-det-a-ga-til-skolen-for-over-100-ar-siden/2359474)

**Slik var det å gå til skolen for over 100 år siden**    
I snart 150 år har det stått i Norges lover at foreldrene må sende barna sine til skolen. Før det foregikk undervisningen ofte hjemme hos folk.  

**Lang skolevei**

Omtrent sånn var det også i Sverige. Tre svenske forskere har derfor sett på hvordan det var for barn å gå fram og tilbake fra skolene for mellom 150 og 100 år siden.

Ofte var skoleveien lang.

Mange barn måtte gå gjennom skogen. Om vinteren var det både mørkt og kaldt.  

**Foreldrene var engstelige**

Mange foreldre var engstelige for at noe skulle skje med barna på skoleveien, finner forskerne ut.

Aviser skrev om lange skoleveier som et problem. Foreldre kjempet ofte for å få en skole nærmere der barna bodde.

Spesielt barn fra fattige familier på bygda hadde ofte lang skolevei. Det var nemlig de fattigste som ofte bodde lengst unna sentrum i bygda, med kirken, butikken – og skolen.

**Dårlige sko**

Særlig dårlige sko hos barn fra fattige familier, er noe de tre svenske historikerne finner ut at mange forteller om.

Noen ganger skrev lærere innlegg i avisen hvor de ba folk om å gi klær og sko til de fattigste barn.

Andre skoler lånte ut sko til barna.

Særlig for de minste barna, ble det ofte brukt som en slags løsning å ha skole bare annenhver dag.

En annen løsning var å holde skolen stengt på de kaldeste dagene om vinteren.  

**Morro på hjemveien**

Når forskerne leser nedskrevne minner fra skoleveien, så ser de at det var på hjemveien at barn også fant tid til litt lek og moro.

På vei til skolen var det ofte mer travelt.

Noen lærere pekte ut en ordensmann som skulle holde oppsyn med de andre barna på skoleveien. Ordensmannen måtte rapportere til læreren om de andre barna ikke gikk ordentlig hjem. Eller om de glemte å hilse på en voksen de møtte langs veien.

**TRANSLATION**

**What it Was Like to Walk to School Over 100 years Ago**

For almost 150 years, there has been a Norwegian law that requires parents to send their children to school. Before that, teaching often took place in people's homes.

**A Long Journey to School**

The situation was roughly the same in Sweden. Three Swedish researchers have therefore looked at what it was like for children to walk to and from school between 100 and 150 years ago.

The journey to school was often long.

Many children had to walk through the forest. In winter it was both dark and cold.    
   
**Parents were anxious**

Many parents were anxious that something would happen to their children on the way to school, the researchers found.

Newspapers wrote about long journeys to school as a problem. Parents often fought to get a school closer to where their children lived.

Especially children from poor countryside families tended to have a long path to school. It was the poorest who often lived furthest from the center of the village, with the church, the store - and the school.   

**Bad Shoes**

Bad shoes in children from poor families is something the three Swedish historians found many people mentioning.   
   
Sometimes teachers wrote articles in the newspaper asking people to donate clothes and shoes to the poorest children. Other schools lent shoes to the children.

Particularly for the youngest children, a solution was to hold school only every other day.

Another solution was keeping the school closed on the coldest days in winter.  

**Fun on the way home**

When the researchers read written memories of the school journey, they see that it was on the way home that children also found time for some play and fun.

On the way to school, it was often busier.

Some teachers appointed an orderly to keep an eye on the other children on the walk. The orderly had to report to the teacher if the children did not walk home properly, or if they forgot to greet an adult they met along the way.