

Hardanger

Nyheter



Sons of Norway
Hardanger Lodge #109
Kelowna



The Viking shields that members constructed last year are nearing completion. Members are to complete the painting of designs so that the shields can be displayed at our Syttende Mai celebration.

Gary Goplen was gifted with a iron Viking axe head and brought it to show and tell. He gave an interesting presentation about the populating of northern Europe up to the Bronze Age.

Our Syttende Mai celebration will be a potluck supper of salads and desserts with polse and lompe being served at the home of Wenche Gransjoen.

Anne-Cath. Vestly: The children's spokesperson who re-invigorated Norwegian children's literature

Anne-Cath. Vestly's big breakthrough came with her book about Ole Aleksander Filibom-bom-bom in 1953. Through the 50 books she wrote up to 2004, she introduced new perspectives on children, childhood, family and social life.

Researcher Agnes-Margrethe Bjorvand at the University of Agder (UiA) believes Anne-Cath. Vestly is still relevant.

Children should be both heard and seen

Bjorvand says that Vestly's books are best suited for the age group of four to seven. Children like to read about someone who is the same age as or a little older than themselves, says Bjorvand.

What is new in Anne-Cath. Vestly's view of children and childhood?

Bjorvand goes on to say that in Vestly's books, children are taken seriously. Children are an important part of society and democracy. They are given responsibility, they are listened to, and they are recognized. Children are seen as equal to adults.

"All the books are about being human, a person who learns to interact with those around them. The books are based on values such as community, respect for other people, equal-

ity and the fact that everyone deserves a second chance."

Vestly was more than an author

You write that Vestly is the "queen of Norwegian children's literature. What does that really mean? "She wrote and told stories for children for over 50 years. She helped to boost children's literature after the Second World War. Anne-Cath. Vestly was also much more than an author. She was a cultural figure and an authority to be listened to."

If parents and grandparents today want to read Vestly books to their children, where should they start?

"Start with the books you yourself have liked. Adults become better communicators if we ourselves like the book we read aloud. It may also be a good idea to choose a series that has a main character who is about the same age as the person you are reading to."

The researcher recommends choosing the books about Ole Aleksander or Little Brother for 4-5-year-olds and Guro or Aurora for 6-7-year-olds. All Norwegian children should be introduced to, for example, Little Brother and Knerten and Grandma and the Eight Children.

Source:

<https://www.forskning.no/barn-boker-litteratur/anne-cath-vestly-hun-var-barnas-talsperson-og-fornyhet-norsk-barnelitteratur/2366712>

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Our 17th of May (Syttende Mai) celebrations will be at the home of Wenche Gransjoen at 575 Stirling Rd. (Rutland) Bring some goodies for the food table. Bring a Norwegian flag to wave and if you have a friend or relative who is interested bring that person also. Time—4pm to 7pm

15 Interesting Facts You May Not Know About Norway

1. Norway is known for its stunning fjords, including the Geirangerfjord and Nærøyfjord, both UNESCO World Heritage Sites, offering some of the most breathtaking landscapes in the world.
2. The country has a high standard of living, often ranking at the top in global happiness and quality of life indexes due to its excellent healthcare, education, and social welfare systems.
3. Norway is one of the world's largest producers of oil and natural gas, and its sovereign wealth fund is one of the largest in the world, used to invest in various industries to secure long-term national prosperity.
4. The country has a unique natural phenomenon called the Midnight Sun, where parts of Norway above the Arctic Circle experience 24 hours of daylight during the summer months.
5. Norway is home to the indigenous Sámi people, who have their own language, culture, and traditional lifestyle, particularly known for reindeer herding.
6. The Vikings, famous for their seafaring explorations, originated from Norway, and the country has a rich Viking heritage, including the Vikingskipshuset museum in Oslo, which houses well-preserved Viking ships.
7. Norway is one of the few countries that has no military alliances, maintaining a policy of neutrality but also participating in international peacekeeping efforts.
8. The Nobel Peace Prize is awarded annually in Oslo, Norway, and the Nobel Committee, responsible for selecting the laureates, has been based in the country since its establishment.
9. Norway has one of the highest rates of electric vehicle ownership in the world, with electric cars making up over 50% of new car sales in recent years.
10. Norway's National Tourist Routes are a collection of scenic drives that stretch over 1,240 miles, offering some of the most picturesque views of the country's mountains, coastal cliffs, and fjords.
11. Norway is famous for its winter sports, especially skiing, and it has won more Winter Olympic medals than any other country, with cross-country skiing being the most successful discipline.
12. The Lofoten Islands, located north of the Arctic Circle, are renowned for their dramatic landscapes, including steep mountains, pristine beaches, and fishing villages.
13. Norway's traditional cuisine includes dishes like rakfisk (fermented fish), brunost (brown cheese), and lutefisk (dried fish reconstituted in a lye solution), which are enjoyed during festive times.
14. The country has a long history of folk tales and myths, with stories of trolls, elves, and other mythical creatures deeply embedded in its culture and traditions.
15. Norway is a leader in environmental sustainability, aiming to reduce its carbon emissions and transition to renewable energy sources, with plans to become carbon-neutral by 2030.



One of the earliest known photographs of the street life of Tromsø, Norway. The image shows the main square in Tromsø and was taken by Knud Knudsen in 1875



Library Investment

In 2021, an International Reading Literacy Study was conducted with 65 countries participating around the world. When the results were published last year, it found that Norwegian youth's reading levels declined from the previous measurements in 2016 and ranked 18th overall. Of the more than 7,000 students tested, it was 10-year-olds that had the largest decline of all the Nordic countries. The survey found that of those children tested, one in five fell at or below reading mastery levels for their age.

The results of the survey have led the Norwegian government to get involved. To turn this concerning trend around, they are investing 25 million kroner (\$2.36 million US Dollars) into school libraries. In particular, they are focusing on libraries in areas with poorer living conditions. The funds will help increase library hours, give children access to more books, and encourage reading for pleasure. The initiative will also promote libraries as safe and inclusive social gathering spots for youth.

Researchers are unsure what has led to the drop in scores. They theorize that the drastic increase in streaming and electronics plays a role and that possibly, the Covid pandemic and the push to digital learning played a part as well. This library investment is part of the Norwegian government's larger reading strategy initiative to set a better reading culture across the country.



Sosekjøtt & Spring Mashed Potatoes

As winter fades into spring, temperatures start to rise, and outdoor activity increases, try this delicious, hearty dish that is sure to fill you up.

Recipe source: <https://northwildkitchen.com/sosekjott-spring-mashed-potatoes/>
(Serves 4-6)

Ingredients

For the sosekjøtt:

- 2.2 pounds (1 kg) chuck steak or shoulder steak (høyrugg/bog)
- 3 Tbsp. butter, for frying
- 1 large onion, cut into thin wedges
- 6 Tbsp. butter
- 5 Tbsp. flour
- 4 cups (1 liter) beef stock
- 1 bay leaf
- Salt and pepper

For the spring mashed potatoes:

- 1 1/2 pounds (about 700 g) starchy potatoes, peeled and cut in half
- 3 Tbsp. lightly salted butter
- 1 cup (240 ml) milk
- Salt and pepper, to taste
- 1 cup (150 g) green peas
- 1 bunch dill, chopped
- 2 spring onions, chopped

Directions:

To make the stew, start by cutting the meat into large chunks, about 1 1/2 inches (4 cm). Season well with salt and pepper.

In a large, heavy-bottomed pot or dutch oven, heat 1 tablespoon of butter over medium-high heat, until hot and bubbling. Brown the meat in 3 batches (to avoid overcrowding), turning with tongs, for about 3-5 minutes per batch; add one tablespoon more butter with each batch (adding more if necessary). Transfer the meat to a large plate and set aside.

In the same pot, add the 6 tablespoons of butter and melt over medium-high heat. Add in the flour, whisking to combine. Cook for about 5 minutes or until the mixture has turned dark brown, whisking often to ensure it doesn't begin to burn. The darker the color, the darker the stew will be. Slowly pour in the beef stock, whisking until blended.

Add in the browned meat, onion wedges, and bay leaf. Bring to a simmer. Lower the heat and cover with a lid, cooking for 2 hours until the meat is tender. Remove the lid, return the stew to a gentle simmer, and cook for 30 minutes more until thickened slightly. Remove from the heat.

While the stew is cooking for the remaining 30 minutes, prepare the spring mashed potatoes. In a large pot, cover the potatoes with cold salted water and bring to a boil. Lower the heat and simmer for 15 minutes or until the potatoes are barely tender when pierced with a knife. Drain the potatoes and return them to the pot. Add the 3 tablespoons butter, along with the milk, and mash until creamy. Season with salt and pepper. Gently stir in the green peas, dill, and spring onions.

Serve the spring mashed potatoes immediately with the warm sosekjøtt.



photo credit to **North Wild Kitchens**

Ole and Sven go moose hunting. They rent a plane to take them to the wilderness. They bag 4 moose. They bring them back to the landing site. The pilot says that it is too much weight. They argue that they got 4 moose the last time and the plane was the same model. The pilot relents. The plane gets up to 90 meters and then crashes. Sven crawls out of the wreckage and sees Ole and asks, "Ole, where are we!?" Ole replies, "I think we are at the same place we crashed last year!"

Da Yokes On YU

A Finn calls up his friend, Ole, to invite him to a party. His friend Ole says "Will there be drinking?" "Yes, bring some beer and vodka". "Will there be fighting?" "If you bring enough booze, there will be!" "Naturally". "Who's coming?" "Oh, just you!"

The Finn, the Swede and the Norseman went on a holiday in Paris together. They decided to visit the Eiffel Tower. Once they reached the top the Norseman started to feel peckish and took out some dried cod from his bag. A sudden gust of wind blew the fish from his hand and sent it falling down. The Norseman, unphased, said: 'Don't worry, we got plenty of those in Norway!'

Norwegians wait to mow lawns (News from Norway May 7, 2025)

A new trend has been spreading around Norway, nurtured this spring by unusually warm temperatures. It's become fashionable to let lawns grow, and especially all the dandelions, clover and weeds that quickly pop up.

It amounts to a form of what newspaper *Aftenposten* called "sensible laziness" in a recent editorial. Norway's biggest and rather conservative newspaper took a recent break from chiding politicians or pontificating about other pressing matters of public interest. It was time to explain why, all over the national capital and not least around many public buildings, lawns aren't being tended this spring.

"Bumblebees and butterflies need flowers to land on, not closely-clipped lawns," *Aftenposten* editorialized. The newspaper went on to tell its readers: "Don't cut your grass in May."

It was following up on recent pleas from the environmental organization WWF and other groups that think bees should be allowed to buzz and especially pollinate in peace. Spring is a growing season, and in Norway there's a natural abundance of wildflowers that seem to appear earlier and earlier. "They must be allowed to spring out," urged *Aftenposten*, free of robot lawnmowers that have become so popular in an affluent country like Norway.

State meteorologists have also reported unusually high temperatures in Southern Norway this year which they believe are tied to climate change. March temperatures were more than 2 degrees higher than normal, they report, while April was as much as 2-4 degrees warmer.

Trees have also blossomed much earlier than normal, by as much as three weeks for the cherry trees. Apple growers in Hardanger are expecting an early harvest, but also fearing frost at night. Among flowers, the rhododendrons that usually don't bloom until early June have already sprung out around Oslo. Lilac is starting to bloom, too.