



Community Guide 2018-2019



COME JOIN THE FUN AT ACCN'S 33RD ANNUAL
AMERICAN INDEPENDENCE DAY CELEBRATION
SUNDAY, JULY 1ST 2018, 12⁰⁰ - 17⁰⁰, FROGNER PARK
www.accn.no

Dear Reader

Welcome to the 33rd annual American Independence Day Celebration in Frogner Park on Sunday, July 1st, 2018! On behalf of the American Coordinating Council of Norway, we are very proud to present ACCN's 2018-2019 Community Guide – designed by Kristin Haanæs and edited by Rande Hansen.

Get ready for a fun-filled 4th of July! The event features a full schedule of children's activities, arts & crafts vendors, sports and live entertainment, as well as a wide range of delicious American food.

The ACCN Community Guide is a great resource for many of us Americans living here as well as for our Norwegian hosts. Not only will you find many articles of interest in the Guide, but you will also find valuable information regarding clubs, groups, resources and activities, which form the basis for the unique organization that is the ACCN.

The ACCN would like to thank the Mayor of Oslo, the U.S. Ambassador, the USMC, the City of Oslo and our sponsors. Without their continued and generous support, this day would not be possible. On behalf of the American community, we would like to give a special welcome to our new Ambassador, the honorable Ambassador Kenneth J. Braithwaite.

We further thank the ACCN Board, Committee Chairs and ACCN Delegates. You have all selflessly and graciously volunteered your time, and were it not for your generous commitment, incredible dedication, and hard work, this event would not be the tremendous success that it is. We appreciate each and every one of you, and we thank you all from the bottom of our hearts! This annual patriotic celebration provides our community the opportunity to bring our families and friends together in a spirit of memorable fellowship while celebrating the festive American Independence Day holiday.



Tina Rinde
ACCN Event Chair

Happy Fourth of July! Thank you for sharing it with us!

INDEPENDENCE DAY 2018

ORGANIZING COMMITTEE CHAIRS

Event Chair: Tina Rinde; Site Chair: Lully Hillestad;
Treasurer: Karin Mandeville; Ad Sales Co-Chairs: Bruce Allen and Ron Krueger;
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Decorations Chair: Cristina Murphy; Entertainment Chair: Greg Starr;
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Volunteer Coordinator: Mia Brunelle Jønnum.; Advisors: Jan R. Soderstrom and Bruce Allen
Event photos by Gorm G. Lund; Guide Design: Kristin D. Haanæs
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The Independence Day Celebration is a great example of the volunteer spirit. Join the fun and make new friends.

Contact the ACCN at www.accn.no to volunteer.

Independence Day 2018 Program Sunday, July 1st Frogner Park

12:00
Opening Ceremonies

12:35
Announcements

12:40
Music: Glory Days

13:10
1st Raffle Drawing &
Announcements

13:25
Music: Glory Days

13:55
Announcements

14:00
Line dancing with Kelli

14:20
Announcements
2nd Raffle Drawing &

14:35
Music:
Lawson Vallery Band

15:05
Announcements

15:15
Music:
Lawson Vallery Band

15:45
SC Event announces
exhibition winners

16:15
Cheerleading

16:35
Announcements & Final
Raffle Drawing

16:55
Closing Remarks



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Happy Independence Day!

I am glad that the American community in Oslo once again will gather in Frognerparken to celebrate the 4th of July. This annual tradition demonstrates that you are a close-knit community and that Independence Day truly is a joyous occasion with an important historical legacy behind it.

Through the Declaration, a small group of dedicated individuals created a new country and revolutionized how people thought about governing themselves; that a government should be accountable to its people, not the other way around. The Declaration also famously stated that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness". Even if full equality may not have been the goal of the Declaration's fathers, this sentence paved the way for equality and the development of human rights.

In Norway, as well as in many other European countries, the American Declaration of Independence had a profound influence. The fathers of the Norwegian Constitution adopted on 17 May 1814 had studied the American Declaration and the Constitution, and they used them as a source of inspiration. It is interesting to note that, second to the American Constitution of 1787, the Norwegian constitution is the second oldest in the world in force today.

As Mayor in Oslo, I want to underscore how privileged we are to have a big American community which enriches our city in every imaginable way. Your initiative every year to host this fantastic event in Frognerparken where everyone can come and enjoy American food and culture is highly appreciated.

On behalf of the city, I would like to thank the organizers of the Independence Day Celebration and wish everyone a wonderful 4th of July!

Marianne Borgen
Mayor of Oslo



Marianne Borgen , Mayor of Oslo



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Dear Friends

To my fellow Americans in Norway:

It is my honor and privilege as U.S. Ambassador to the Kingdom of Norway to extend best wishes to Norway's American community as we celebrate the United States of America's 242nd Independence Day.

Since my arrival in Norway and presentation of my credentials to His Royal Majesty King Harald V, my family and I have received the warmest of welcomes. Our time here has already been marked by wonderful memories and we feel fortunate to live in this beautiful country together with all of you. I look forward to getting to know you and to working together to advance the democratic ideals and values set forth in our Declaration of Independence those many years ago.

As a boy growing up in Livonia, Michigan, I always loved Independence Day celebrations, particularly Fourth of July patriotic parades. Now, after nearly 40 years in the service of our country in uniform and out, my sense of patriotism and love of country is stronger than ever. As we embark upon our nation's 242nd year and look ahead with shared optimism, we have much to celebrate, including the rich history and long-standing friendship we share with the people of Norway.



Ambassador Kenneth J. Braithwaite

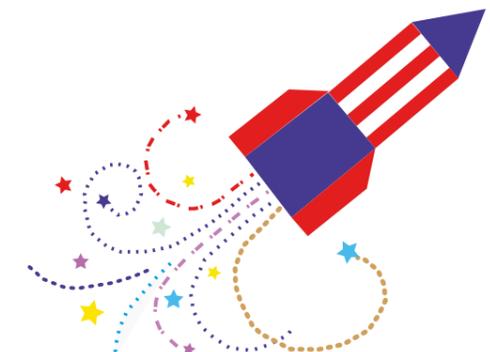
As Ambassador, I am here to represent the people of the United States and to strengthen the relationship between the United States and Norway. My priorities are to reassure the Norwegians of our steadfast and enduring alliance, to promote shared economic prosperity by pursuing new avenues of trade, investment, and innovation, and to build upon our strong historic and people-to-people ties. But while I serve as the official representative of the United States to Norway, in a very important sense, all of us, as Americans who live here—including all of you—serve as ambassadors for our nation... both in our culture and in our values every day. Together, we can share more directly our proud American heritage, fostering closer ties with our Norwegian friends and partners.

In particular, the American Coordinating Council of Norway is a key partner in furthering this vital U.S.-Norway relationship. I thank all of you at ACCN for the important work you do.

Happy Independence Day from my family to yours. Gratulerer med dagen! Our future is bright... As we say in the Navy... "Full Speed Ahead!"

Best Regards,

Rear Admiral Kenneth J. Braithwaite, USN(ret)
Ambassador to the Kingdom of Norway



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Martin Luther King— 50 years since his death

Article by Rande Hansen

"We've got some difficult days ahead," said Martin Luther King Jr. to a large crowd in Memphis, Tennessee on April 3, 1968, "But it really doesn't matter to me now, because I've been to the mountaintop. I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land."

Less than 24 hours later, King was assassinated by James Earl Ray.

King was in Memphis a few weeks earlier and lead a march which erupted in violence and was called off. He returned on April 3rd, with the intention of restoring nonviolence back to the movement in Memphis. King refused to accept the advice of his colleagues in the Southern Christian Leadership Conference to refrain from returning to Memphis to support an ongoing strike by sanitation workers.

King was suffering from a sore throat and fever that evening and asked Ralph Abernathy to take his place at the mass meeting. Abernathy soon sensed the disappointment of the crowd and convinced King to come to the temple. It was then the 39-year-old leader took his place at the podium, to a thundering applause from the audience, and gave one of his most famous speeches.

During his speech, King reminded the congregation that the fight for human rights was an international struggle, not only in the U.S. "... the cry is always the same: We want to be free."

He stressed the importance of nonviolence, no matter how difficult and painful the struggle would become. "Now, let me say as I move to my conclusion that we've got to give ourselves to this struggle until the end... Be concerned about your brother. You may not be on strike. But either we go up together or we go down together." Although preached to support the sanitation workers' dispute, his philosophy lives on today.

In a prophetic finale, King declared: "Like anybody, I would like to live a long life—longevity has its place. But I'm not concerned about that now. I just want to do God's will. And so I'm happy tonight; I'm not worried about anything; I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

Sources: www.kinginstitute.stanford.edu and www.legacy.com



Martin Luther King Jr. (1929–1968)

- Top 5 Achievements**
1. March on Washington, 1963
 2. Montgomery Bus Boycott, 1955
 3. Southern Christian Leadership Conference, 1957
 4. Birmingham Campaign, 1963
 5. Nobel Peace Prize, 1964

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The American College of Norway

Celebrating 25 Years of Cross-cultural Exchange Between Norway, the United States and Beyond

Article by The American College of Norway

Did you know that there is an American college in Norway? The American College of Norway (ACN) is celebrating 25 years of excellence in bringing Norwegians, Americans and other international students together to study in Moss, Norway.

Founded in 1989 by Dr. Steinar Opstand, ACN first opened its doors in 1992 to 24 eager and adventurous Norwegian and American students. Ever since its successful and monumental first year, ACN has had the great privilege of welcoming students from Norway, the United States and beyond to our tight-knit learning community.

"In the 25-year long partnership, over 2,000 students and more than 80 American faculty



ACN is Located in the Historic Konvensjonsgården in Downtown Moss



ACN Class of 2016/2017

have been favorably impacted. This is one of the most successful and enduring educational partnerships in all of Norway." Kåre R. Aas, Royal Norwegian Embassy, Ambassador to the United States

ACN is part of the American university system and offers curriculum in English taught by American faculty. Norwegian students choose ACN to gain one year of an American university education before heading to the United States to complete their degrees. ACN's experienced and dedicated staff work one-on-one with students to help with course

Continued on page 44

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Article by U.S. Embassy

American Midterm Elections are coming this November 6th! U.S. citizens can vote from wherever they are, and as narrow margins of victory in several state and federal elections have demonstrated, every vote really does count—including those submitted from our citizens overseas. The process of registering to vote and submitting a ballot from a foreign country can seem daunting, but thankfully you can find all the information you need on the website of the Federal Voting Assistance Program, FVAP.gov.

Since it can take some time for your voting registration and ballot request to be processed, it's important to start early in the year, so that you receive your ballot in time to cast your vote. To help you get started, we're happy to share a short overview of the process. Additional details can be found online at FVAP.gov.

Follow these simple steps to make sure that you can vote in the 2018 Midterm Elections:

1 – Register and Request Your Ballot: Complete the Federal Post Card Application (FPCA). You must complete a new FPCA after January 2018 to ensure you receive your ballot for the 2018 Midterm Elections. The completion of the FPCA allows you to request absentee ballots for all elections for federal offices (President, U.S. Senate, and U.S. House of Representatives) including primaries and special elections during the calendar year in which it is submitted. The FPCA is accepted by all local election officials in all U.S. states and territories.

There are multiple ways to complete the FPCA. The online voting assistant on FVAP.gov will ask you questions specific to your state. We encourage you to ask your local election officials to deliver your blank ballots to you electronically (by email, internet download, or fax, depending on your state). Include your email address on your FPCA to take advantage of the electronic ballot delivery option. Return the FPCA per the instructions on the website. The voting assistant will advise you if your state allows the FPCA to be returned electronically or if you must submit a paper copy with original signature. If you must return a paper version, please follow the instructions that are specific to your state.



2 – Receive and Complete Your Ballot: Election officials are required to send out ballots 45 days before a regular election for those who are registered and have requested a ballot. If you request a ballot within 45 days of the election, they will send your ballot as soon as possible. All states must allow you to receive your blank absentee ballot electronically, when requested. This may include email, fax, or electronic download. If you have any questions about the status of your FPCA, contact your local election office. Furthermore, they will contact you if your application is denied or if they need additional information from you.

3 – Return Your Completed Ballot: Some states allow you to return your completed ballot electronically while others do not. If your state requires you to return paper ballots, you can do so free of charge at the nearest U.S. Embassy or Consulate. Place your ballots in postage paid return envelopes or in envelopes bearing sufficient domestic U.S. postage, and address them to the relevant local election officials. Make sure to follow the instructions sent with your ballot to return it properly.

You may drop off your ballot request or voted ballot at the U.S. Embassy in Oslo for return to the U.S. between 8 a.m. and 3 p.m. Please note that it has to be the FPCA (Federal Postcard Application) or FWAB (Federal Write-in Absentee Ballot) envelope found on FVAP.gov. Regular envelopes will not be accepted. The guards outside the Embassy will accept the envelope. The person dropping it off must present a valid ID and wait until it has been scanned before leaving. The Embassy will send it back home without the need to pay international postage. Normal transit time for Embassy mail from Oslo, Norway to the U.S. is currently from six to eight weeks. If it's easier for you to use Norway's postal system, be sure to affix sufficient international postage, and allow sufficient time for international mail delivery. You may also return your FPCA or ballot to your local election officials via international mail or professional courier service at your own expense.

Researching the Candidates and Issues:

Check out the FVAP.gov links page for helpful resources that will aid your research of candidates and issues. Non-partisan information about candidates, their voting records, and their positions on issues are widely available online. Summaries of candidates and their positions are typically published in voter pamphlets by election officials. You can also read national and hometown newspapers online. For information about election dates and deadlines, subscribe to FVAP's Voting Alerts (vote@fvap.gov). FVAP also shares Voting Alerts via Facebook and Twitter.

Learn more about voting abroad at the Federal Voting Assistance Program's (FVAP) website, FVAP.gov. If you have any questions about registering to vote overseas, please contact the U.S. Embassy's Voting Assistance Officer at voteoslo@state.gov.

Remember, your vote counts!



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Care giving for a Loved One From Abroad – Many Ways to Hold Hands

Article by Sharon Manson

Living abroad in Norway offers so many opportunities. Exploring new places, learning about different cultures, and experiencing the beauty of the lakes and forests, the sun shimmering of the sea and the glorious colors of autumn.

There are also challenges. Learning about new work protocols, school schedules and social expectations. There are the pragmatics of learning about local shopping, medical systems, and, well, snow shoveling and walking on ice. There is the adapting to the long summer sunshine and winter darkness.



With all the opportunities and challenges of a new culture, a hectic schedule in navigating the day-to-day, what happens when a loved one living back home needs caregiving?

How frequent is this? According to a study of a European ex-pat community, over ½ of respondents either experienced (38%) or anticipated (20%) caring for a loved one from abroad.

Are you or do you know someone trying to care for someone while living abroad? A parent? Sibling? Or perhaps another relative or friend?

Isn't **caregiving** something that requires being geographically close? While this was historically the case, support increasingly is provided in a variety of ways. A standard definition includes providing basic assistance and care for someone who is frail, disabled, or needs help with daily activities. This can mean assisting with physical, as well as mental, social and psychological needs and well-being of the person. Along with the aspects of caregiving, this may also entail helping with money management, arranging for in-home care to providing respite care for a primary caregiver and planning for emergencies.

Some experts refer to **long-distance** caregiving (also referred to as caring from afar) is defined, in general, as living an hour or more away from the person who needs care.

Caregiving from abroad, indeed, also occurs, with additional layers of complexities to the role. It is more than jumping in the car or on the train, as difficult as that may be. When the accident happens, the cancer diagnosis comes, a flurry of questions arise, perhaps the first being "When do I go (tickets aren't cheap vs. life is short)?" How do I find/coordinate services with local caregivers, family, nurses? Even the basics in communication -- time zone differences, timing? What about my job? Balancing my family's and my life here while needing to be the ready-to-go-back mode? How and when should I be helping -- sharing responsibilities with siblings near with me abroad? How do my children interact with their cousins, grandparents at Christmas? And there is the often-felt guilt, guilt.....

We are grateful that we are in the age of technology -- no longer awaiting the letter that comes across the ocean awaiting a reply weeks, if not months, later. Yet, caring from abroad is tough. Technology can gulf geographic

distances -- Skype, emails, phone calls -- in staying in contact. Yet, we all know it is not a complete substitute for being with someone in person, for holding hands. For the intricacies of family dynamics, the unknown of a situation in flux, and, perhaps, language or culture challenges. Really knowing what is unfolding, what is needed -- financial, social, spiritual, physical, and all the aspects of life.

Are you interested in joining a conversation about caregiving for a loved one from abroad? The conversation is about a community for those sharing struggles, ideas, successes, and resources. Holding hands in caregiving from abroad. Dr. Hermanson has started a Facebook conversation about caregiving abroad. If you are interested in joining, email her at caregivingabroad@gmail.com and provide the email you would like to be part of the Facebook group.

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Citi is proud to support the American Coordination Council of Norway
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48 Hours in Narvik

Article by Rande Hansen

Nestled midway between Bodø and Tromsø, Narvik is probably not on your Bucket List of cities to visit in northern Norway. But maybe it should be....

Narvik came into our lives through our son, Martin. After military service, he studied at the university (Høyskolen i Narvik, now UiT) and has since made the city his home. The third largest city in Nordland fylke, Narvik has been the most important port city in the north, shipping iron ore from mines in Kiruna, Sweden. An impressive and continuous flow of trains loaded with raw ore creeps through the town 24 hours a day, while ships wait out in the fjord for their turn to dock. The Ofotbanen railway was completed in 1902, just 4 years after the construction of the railway was approved by the Norwegian and Swedish governments.

Unfortunately, Narvik became a strategic target during WWII, and on April 9, 1940, the city was invaded by German and Austrian forces. Subsequent naval attacks in April, with many ships being hit and sunken in the fjord, made Narvik's seaport the largest naval graveyard in the country. The War Museum in Narvik opened in July 2016 and has an impressive collection of vehicles, uniforms, and other artifacts from WWII. A large table model of the city and surrounding area gives visitors an "interactive experience," reliving the naval battles that ensued during the war. However, Narvik is so much more than iron ore export and war history.

Our 48 hours in Narvik were spent during the last weekend of winter vacation. Daily flights from Gardermoen land in Evenes, and Narvik is a 75 minute bus trip from the airport. In the winter months the sun barely lights up the sky for more than a few hours a day, making Narvik a fantastic stop on a northern lights tour. We experienced the aurora borealis on our stay, thanks to the cooperation of the weather gods. Consequently, the summer months provide 24 hours of sunshine, the midnight sun, also a fine time to visit the city.



Room 213, Queen of the North was a haunting, though beautiful room.

Did I mention Bucket List? On Saturday, our road trip took us to Sweden and gave me the chance to check off one of the top items on my list. We dressed warmly with layers of wool garments – because even though we were heading off on a warm and cozy car, our destination would require us to protect ourselves from the harsh arctic temperatures. We were on the way to Kiruna, Sweden, and the Ice Hotel at Jukkasjärvi! The desolate, snow-and-windswept roads over the mountain pass from Norway to Sweden are challenging in the winter months, but are normally well maintained. There isn't all that much to see and do between Narvik and Kiruna in the winter, although there are a few cabin resort areas dotted along the route.

After a couple hours' drive, we arrived in Kiruna, in Lappland. As mentioned earlier, Kiruna's economy is based on the iron ore mining industry. Since 1898 iron ore has been extracted



Which way do we go? The signpost in Narvik center may not be accurate as to pointing in the right direction, but it's an amusing tourist attraction.



The Space Room, where two astronauts with glowing helmets stand watch while guests sleep.

from underground mines on which the city is perched. In recent times, it was discovered that residential areas were beginning to sink, with the danger being sucked completely down into the mine shafts. This problem has escalated to the extent that the entire center city is in peril. Plans and construction are under way to move the city center to safer ground, some kilometers from its present location!

I mentioned arctic temperatures, and although Kiruna's day temperature was about -15C, it was soon to get even colder. Our next stop would be at the world-famous Ice Hotel in Jukkasjärvi, 200 km above the Arctic Circle, and with a thermometer reading -23C outside of the hotel. Founded in 1989, the hotel is the first of its kind and attracts visitors year round. Situated along the crystal clear waters of the Torne River, ice blocks are harvested every spring and stored in a large warehouse until the autumn. Construction of the hotel begins when temperatures sink, and international artists flock to Jukkasjärvi in November, using 2 weeks to sculpt and decorate one-of-a-kind hotel rooms, using light fixtures to illuminate and highlight their creations. The result is magical! Visitors can view all the rooms, take pictures, and enjoy the balmy -5C inside temperatures until 6 p.m., when hotel guests move in for a good night's sleep. (Oh, by the way, the rooms are not en suite – the "facilities" are found in a service building next door.)

The Ice Hotel has become a popular venue for destination weddings. The ice chapel is beautiful. A ceremony surrounded by blue-colored ice, candlelights and reindeer-skin covered pews is surely a once-in-a-lifetime experience for the happy couple and their guests. It's just sad to think that the chapel and its adjoining rooms will soon return to the Torne River.

In 2016, the hotel constructed a permanent feature, essentially a large cold-storage warehouse housing many decorated ice-rooms that can withstand the summer temperatures. Summer tourists can also enjoy the winter wonderland, sip cocktails from ice goblets at the Ice Bar, and comfortably sleep on reindeer skin-covered ice block beds. Brrrr! But staying at the ice hotel comes at a price...



A wedding ceremony in the Ice Chapel will definitely be a lasting memory for all.

Back again in Narvik after sundown on Saturday we settled down in our room at the guest house and peered out the window, capturing our last view of the northern lights. Our evening flight to Oslo on Sunday gave us the opportunity to enjoy a scenic afternoon tour on the Narvikfjellet gondola ski lift. Even in the middle of the ski season, many "foot tourists" take the gondola up to the "Fjellheisrestaurant" 656 meters over sea level, to enjoy both the scenery and a bite to eat. On the weekends, there is afterski entertainment med a DJ or live music.



A scenic view of Narvik from the top of the gondola lift. Photos: Rande Hansen

In the summer months, hikers take to the trails in the mountain area. Narvikfjellet's proximity to the city makes it accessible for tourists of all ages. Taking the gondola to the top station means you avoid the initial steep climb by foot. From there, several routes lead to mountain peaks, as high as 1272 meters over sea level. I'll have to come back to Narvik in the summer, where the midnight sun will shine all night long. Sounds fantastic!

So, one post checked off of my Bucket List, one more added to it....

www.icehotel.com

Charities and Grants



Photo © Jeanette Førland

ACCN giving back!

The American Coordinating Council of Norway (ACCN) gives charities and grants to member organizations. They can also nominate another organizations to receive charities. ACCN giving back is based on surplus of funds from Independence Day of the previous year. Every year applications are evaluated by the ACCN Board and voted on which organizations will receive said awards.

On behalf of ACCN I would like to give a very special thank you to all of our sponsors, donors and to ALL of YOU who bought raffle tickets during the Independence Day celebration in the Frogner Park. You all make it possible for us to grant these awards and give back.

Overview of the Charities and Grants 2017 recipients:

Based on the surplus from the Independence Day Celebration in 2016, The ACCN had NOK 35.000 to award for Charity and Grants. Overall, the caliber and standard of the applications were high. This presented a challenge for us to decide how our resources will be allocated, especially in terms of how this will further benefit the community and contribute to worthy causes.

The following was decided:

- Charity American Woman's Club: NOK 8.600 (USD 1.000.)
- Grant Northern Lights Fund: NOK 11.700
- Sons of Norway: NOK 3.000
- Stiftelsen Oslo Barnemuseum: NOK 11.700

These were chosen, based on the clear need and positive impact towards community and clearly presented through the applications from American Women's Club of Oslo, Northern Lights Fund, Stiftelsen Oslo Barnemuseum and Sons of Norway.

The American Women's Club of Oslo (AWCO) requested a charity fund, which for the FAWCO Target Project. The FAWCO Target Project is a sustainable investment by their Member Clubs to empower women and girls and to support women and girls' education.

The Northern Lights Fund specifically articulated that they had chosen to grant two wishes, one to a young lady for her travel costs and for the "Pinjata" with the Children's Carnival Festival at Rikshospitalet.

Stiftelsen Oslo Barnemuseum has positively contributed to the Independence Day celebrations for many years, engaging the kids who come every year. They requested a grant to purchase a "littleBits STEAM Education Class Pack" which give children creative engineering tools to add light, sound and motor functions to their inventions. The remaining application, focused primarily on more 'administrative' aspects of running voluntary organization. This is also important, and Sons of Norway received support for these more 'day-to-day' needs for the meeting at Otterstad on May 27th 2017.

Respectfully edited and submitted by Chrys Hellem, on behalf of the former Charities and Grants Chairman; Jeanette Førland. E-mail: Charities-Grants@accn.no



Hardangerfjord in a nutshell

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Prices include transport by fjord cruise boat, buses and train (one way).

Duration
1 day or more, runs daily
1. May - 30. September

Alternatives & booking at fjordtours.com

Tour highlights

- The scenic Bergen Railway
- Bus trips through scenic western mountain terrain, fruit and farmland by the fjord
- Fjord cruises on the stunning Hardangerfjord
- Sightseeing trip to the spectacular Veringsfossen waterfall and Hardangervidda Nature Centre
- Numerous encounters with picturesque villages

Optional overnight stays along the route (online booking)

Den Norske Turistforening - 150 Years

Article by Rande Hansen

The Norwegian Trekking Association – DNT – celebrates its 150th anniversary this year. Instituted on January 21, 1868, the association is the largest of its kind in Norway, with over 290,000 registered members in 2017 and 57 local member organizations. The cabins stretch from Kristiansand in the south to the North Cape. "DNT aims to promote straight-forward, active, versatile and environmentally-friendly outdoor activities and to preserve the outdoors and the cultural landscape."



Source: DNT

The brainchild of banker and philanthropist Thomas Johannessen Heftye and captain Hans Hagerup Krag, the organization's intention was to promote trekking and tourist life in Norway. DNT owns and maintains over 500 cabins spread throughout the country. The first cabin was Krokan tourist cabin in Rjukan (1868), followed by Tvindehaugen (1870) and Gjendebu (1872).

Claus Helberg

Claus Urbye Helberg (1919-2003) was employed by DNT and was integral in developing the organization's network of trails connecting the cabins. He authored several handbooks for mountain hikers and was an important spokesman for tourism in Norway.



Claus Urbye Helberg (1919-2003)
Source: NRK

Born in Rjukan, Helberg took business education in Bergen and began working at Geilo Hotel in 1937. In 1938 he accepted a position with DNT as an assistant. In 1940 he completed recruit school and resumed his position at DNT. However, his life would take a dramatic turn several weeks later, when the Germans invaded Norway on April 9th. Helberg strapped on his skis and made the journey through Nordmarka, where he joined the Norwegian forces. As a result of a military struggle near Hønefoss, he was taken prisoner but later released. His tenure in the armed forces continued through to the fall of 1942, when Helberg participated on perhaps Norway's most famous military maneuver.

In October 1942 Helberg, Arne Kjelstrup, Jens Anton Poulsen and Knut Haugland were sent to Hardangervidda in anticipation of the heavy water action. His knowledge of the Norwegian mountain terrain would come into good use as

the group planned their attack on the heavy water installation at Vemork, near Rjukan. In February 1943, the group left their isolated cabin in the mountain by skis, and traversed the steep mountains, blowing up Norsk Hydros installation for heavy water production. Helberg managed to escape the German forces and went into hiding. Under a razzia some weeks later, he managed to escape once again. The story of "the heroes of Telemark" has been immortalized by the film industry several times, perhaps the most well-known being the 1965 British film starring Kirk Douglas and Richard Harris. William Marlowe had the role of Claus Helberg. In the 1948 Norwegian film, Kampen om Tungtvannet, Helberg played the role of himself!



Preikestolen
Photo: Rande Hansen

After the war, Helberg continued his work with DNT as "route inspector" with the added responsibility of maintaining the small cabins in wooded areas and the marked winter and summer trails. He was a sought after speaker, spreading his passion for the wilderness and nature conservation. He enjoyed being a tour guide, especially when he took two very sporty ladies - Queen Sonja and Queen Margrethe of Denmark - on mountain hikes.

In Claus' honor, DNT built Helberghytta, which opened in 1993. The self-service cabin lies in Tinn kommune, 7-8 km from Gvepseborg, near Våervatn, in an area where Helberg was active during the war. A lovely view of Gaustatoppen can be seen from here.

DNT today - volunteer spirit

DNT is pleased and proud to have many members who dedicate many hours of service to maintain the cabins and trails, act as tour guides, and participate in arrangements and festivities. Those interested in joining a DNT "dugnad" group can contact their local organization. In the Oslo area, DNT Oslo og Omegn can be found at Storgata 3 in the city center. Here you can also purchase maps, equipment, and receive helpful tips from the employees.

The trekking routes

Some of the most popular routes can be found in Hardangervidda, Jotunheimen, Rondane, Telemark –and Osломarka! Not far from Norway's capital city lie 86 cozy cabins welcoming hikers taking a weekend trek. Many cabins are also accessible by bicycle.

Continued on page 42

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The Ferris Wheel - 125 years

Article by Kristin Haanæs

Ever wonder how and when that iconic ride of fairgrounds and amusement parks, found the world over, came into being? Well this year marks the 125th anniversary of the Ferris Wheel. It was designed by civil engineer George W. Ferris, a bridge-builder from Pittsburgh, Pennsylvania, for the 1893 World's Columbian Exposition.

To mark the 400th anniversary of Columbus' landing in the New World the 51st US Congress of 1890 declared that a great fair, the World's Columbian Exposition, would be held on April 9th of 1893 in Chicago. The 1889 world's fair held in Paris showcased the architectural and engineering feat known as the Eiffel Tower, and Chicago was determined to have something similarly spectacular to boast about. A contest was announced to design a structure that would put the Eiffel to shame and this fired Ferris's imagination. Supposedly he sketched out the revolutionary new attraction on a napkin.



George Washington G. Ferris Jr. (1859–1896)

Although far shorter than the Eiffel Tower, Ferris' wheel rotated on a 71-ton, 45-foot axle that had, at the time, the world's largest hollow forging manufactured in Pittsburgh by the Bethlehem Iron Company. Its height was 80.4 meters (264 ft) and weighed in at 89,320 pounds, together with two 16-foot-diameter (4.9 m) cast-iron spiders weighing 53,031 pounds.

There were 36 cars, each fitted with 40 revolving chairs which were able to accommodate up to 60 people, giving a total capacity of 2,160. The wheel carried some



The original 1893 Chicago Ferris Wheel
Source: The New York Times photo archive

38,000 passengers daily and took 20 minutes to complete two revolutions, the first involving six stops to allow passengers to exit and enter and the second a nine-minute non-stop rotation, for which the ticket holder paid 50 cents.

Although the Exposition ended in October 1893, the wheel continued to be used until April 1894 when it was dismantled and stored until the following year. It was then rebuilt on Chicago's North Side and operated there from October 1895 until 1903, when it was again dismantled, and transported by rail to St. Louis for the 1904 World's Fair. Although Ferris' wheel was finally destroyed by controlled demolition using 200 pounds of dynamite on May 11, 1906, its legacy and the public's love of the attraction continues around the world.

Source: Wikipedia



View through support wires, Source: Starks W. Lewis, Amateur, Brooklyn Museum Archives,

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GONE FISHING!



Whenever you feel like a break from your daily routine, try Jacob's Majorstuen for your grocery shopping. All departments are filled with tempting goods. In the cheese department you'll find cheese from all over the world from Mature Cheddar to Norwegian white goat cheese Kvitlin. In the meat department you will find tender rib eye from the maturing cabinet professionally taken care of by our butchers.

The fruit department has an overwhelming selection of fresh fruit and vegetables, and the fish department is worthwhile the extra mile. Why not go for the halibut? *Join us and enjoy!*

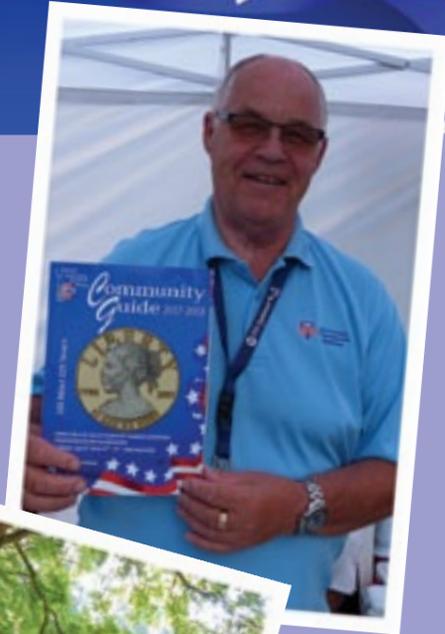


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Memories of '17



Entertainment & Raffle

Program & Schedule

Lawson Vallery Band



Read about our entertainment on page 37!

Glory Days



Cheerleading



Line Dancing with Kelli



Don't miss ACCN's great raffle!

Grand prizes:

Icelandair – 2 round-trip tickets from Oslo to any of Icelandair's destinations in the U.S.A.

Tickets are NOK 20,- apiece. Must be present to win. Some conditions may apply to plane tickets and hotel stays. Proceeds go to local charities selected by the ACCN.

Don't forget to play our INSTANT WIN!
Try our lucky wheel NOK 20,- per spin – everyone is a winner!

Founded in 1985, the American Coordinating Council of Norway (ACCN) is a non-profit, non-political, non-religious social and charitable organization comprised of 18 member organizations dedicated to U.S.-Norway relations.



Purchasing raffle tickets helps fund the ACCN Charities & Grants. Here are last year's winners.



SUNDAY, JULY 1ST, FROGNER PARK

ENTERTAINMENT

Emcees: Chrys Hellem and Greg Starr

- 12:00 Opening Ceremonies
- 12:35 Announcements
- 12:40 Music: **Glory Days**
- 13:10 Announcements
- 13:15 1st Raffle Drawing
- 13:25 Music: **Glory Days**
- 13:55 Announcements
- 14:00 Line dancing with Kelli
- 14:20 Announcements
- 14:25 2nd Raffle Drawing
- 14:35 Music: **Lawson Vallery Band**
- 15:05 Announcements
- 15:15 Music: **Lawson Vallery Band**
- 15:45 SC Event announces exhibition winners
- 16:15 Cheerleading: **OTC Galaxy**
- 16:35 Announcements
- 16:45 Final Raffle Drawing
- 16:55 Closing remarks

CHILDREN'S ACTIVITIES

- 12:45 - 17:00 Hands-on activities provided by Project Oslo Children's Museum
- 12:45 - 17:00 Pony rides: provided by Stall Nordstjena
- 15:00 **Watermelon Eating Contest**

SPORTS SCHEDULE

- 12:45 - 17:00 Batting cage (charge NOK10) provided by NSBF
- 12:45 - 16:00 American Football activities: provided by Oslo Vikings
- 15:00 - 16:30 Softball / Baseball (Bring your bat & glove!)
- 15:30 Baseball game

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Try our lucky wheel NOK 20,- per spin – everyone is a winner!

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Grand prizes: Airline tickets. Plus many other wonderful prizes. Tickets are NOK 20,- apiece. Proceeds go to local charities selected by the ACCN.

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ACCN reserves the right to make changes at any time.

Memories of '17



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Oslo Barnemuseum



Memories of '17 Activities

Creating digital experiences with students



Article by Katie Coughlin,
Director for Oslo Barnemuseum, a non-profit organization to establish an interactive children's museum in Oslo (www.oslobarnemuseum.org)

The challenge of trying to "keep up" with technology can be overwhelming. University students, however, make excellent partners in navigating the digital realm and exploring possibilities for culture and learning.

Based in Oslo's vibrant culture house, Sentralen, Oslo Barnemuseum produces events called "CityKids" for children ages 1-8. CityKids is an exciting arena for discovery and creativity. Children create and lead their own experiences in multisensory activities which stimulate their development and desire for learning.

Since 2007, Oslo Barnemuseum has partnered with the Department of Informatics at the University of Oslo to work with students to design and test activities for children using digital media. These projects provide a stimulating contrast to most of our other content for children which is intentionally non-technical.

In 2014, we expanded the cooperation to include international students and artists as part of "The People's Smart Sculpture" – an EU research and innovation project about audience participation with 12 partners in 8 countries. We are the only partners working exclusively with children.

Our most exciting international collaboration so far was with students from Dusseldorf, Germany who traveled to Oslo in May 2017. Using projection mapping technology, they turned a former bank vault at Sentralen into a wondrous virtual reality waterfalls with interactive creatures. The installation delighted both children and adults, and the students compiled an amazing video of the 4-day experience: <https://vimeo.com/224187470>

Working with students is one of the most rewarding things we do. Students are invited to our CityKids events to show their projects and receive feedback from up to hundreds of visitors per day. We are grateful for support from Creative Europe and the City of Oslo which enables these collaborations.

We are always looking for new partners, artists, sponsors and volunteers. If you are interested, please contact info@oslobarnemuseum.org.

Follow us on Facebook for information about our events: <https://www.facebook.com/oslobarnemuseum>.

Congratulations to ACCN for organizing Europe's largest and best American Independence Day celebration!





INSIDE FIREWORKS

Aerial fireworks come in many different shapes and sizes, and all explode in bright colors! While no two fireworks are alike, they are made up in similar ways.

WORD BANK FUSE STARS BURSTING CHARGE
CONTAINER LIFTING CHARGE

ENIATCONR

EFUS

Without this string, there would be no way for people to safely light up fireworks! This object is also connected to the base, causing the firework to lift.

This plastic like paper is made up of multiple layers and wraps all the parts of the fireworks.

RSSAT

These pea-sized balls explode and create the bright, sparkly, noisy effects of fireworks.

Surrounded by stars, this charge explodes at just the right time and ignites the stars.

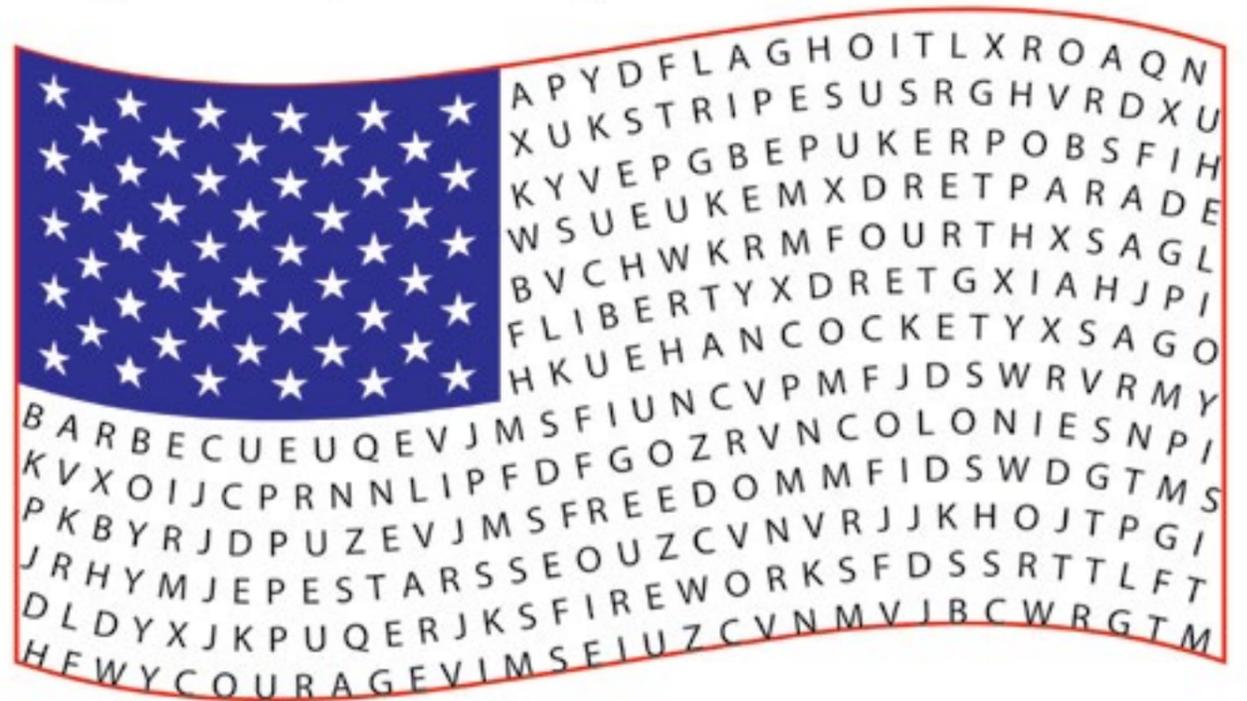
Ignited by a secondary fuse, this charge lifts the firework off the ground as it explodes.

RSTUBNIG
ERGAHC

NIGFLIT
HGRAEC

The United States gained its freedom from Great Britain after signing the Declaration of Independence on July 4, 1776. Also called "Independence Day," the Fourth of July is celebrated with fireworks, parades, games, and other ceremonies that recognize the history, government, and traditions of the United States.

Let freedom ring! Find the words that honor our country as we celebrate the Fourth of July in the flag pictured below. (Hint: not all the stripes have a word!)



stars
stripes
flag
Hancock



fireworks
courage
freedom
fourth



parade
liberty
barbecue
colonies



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Our Entertainment!



Lawson Vallery Band

Lawson Vallery sure has come a long way since taking guitar lessons from Roy Orbison.

Regular work with his band has led Lawson Vallery to being commissioned to perform

for the US embassy in Norway, as well as the 4th of July festival. Lawson was also one of the vocalists at the All-Star event that paid tribute to Kris Kristofferson in Oslo, with Paal Flaata, Bill Troiani, Linda Kvam, Hege Brynildsen and Jørund Vålandsmyr.

Lawson Vallery Band is made up of first class musicians, people who have worked with acts like Mercury Motors, Grenseland, Kenny Loggins, Joe Sun, Paul McCartney and Casino Steel.

The album "TEXIANA" will be released in June 2018.

Glory Days

For the third time we're proud to announce that Glory Days is celebrating 4th of July together with ACCN in Frognerparken. This Oslo based high energy band is named after Bruce Springsteen's legendary hit from 1984. When Glory Days is on stage, the

audience is taken straight back to the world's best decade of music, the golden age of rock. With 9 dedicated musicians on stage, Glory Days will be rocking through the greatest hits of the 80's, giving you the bold sound, the cool riffs and the great solos. The best music comes to Frogner Park on July 1st!



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Visit the companies at: www.fredolsen.no and www.bonheur.net

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Line Dancing, Kelli Haugen

Kelli Haugen has been living in Valdres for 20 years, but comes from Bloomington, California. Her passion is dance, and she has shared it with thousands of Norwegians, as well as her 3 daughters who also dance. She has been giving classes since 1998, and coaching and competing herself in line-dance competitions all

over the world since 2000. She is a 7 time World Champion as well as a judge. She has been in charge of choreography and dance for the "Ung I Valdres" yearly musical for the past 7 years, as well as teaching Showdance in Vestre Slidre Kulturskule. Kelli is the event director for Pers Linedance Festival in Gol, which will be held for the 19th time and is Norway's biggest linedance gathering. "Linedance is for everyone! That is why I love it so much!"



SC Event's AmCar Exhibition.

Street Car Event's objective is to offer young people, regardless of age and gender, a positive automotive experience. SC Event shall not limit or exclude - but include and collect car environment across interests, types of cars, etc. The main task of SC Event is to facilitate and provide positive automotive businesses where the focus is on car enthusiasts. For more information go to www.scevent.no

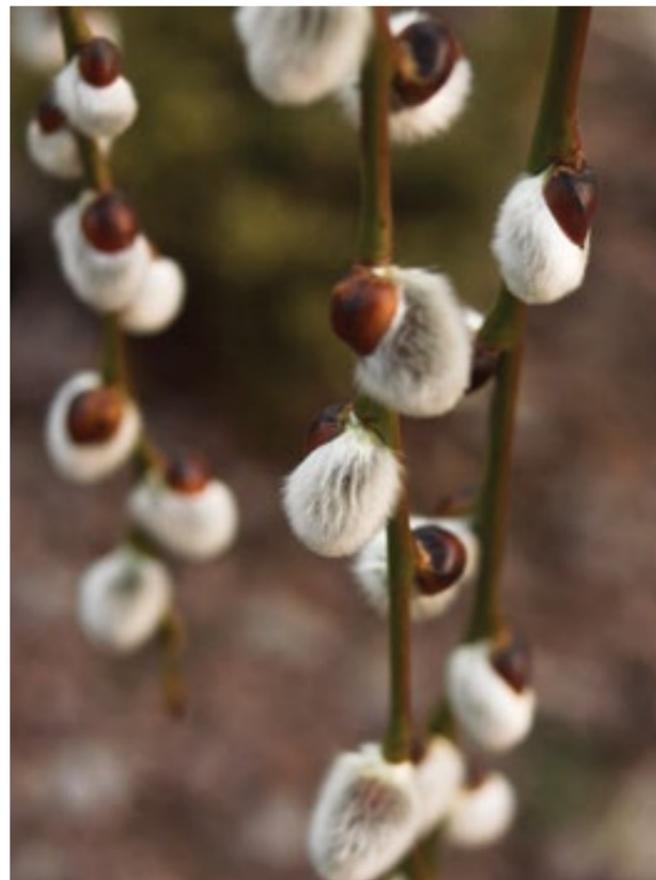
Flowers that Bloom in the Spring

Article by Lori Ann Reinhall

With the festivities of Easter week over and days getting longer, there's a new sense of excitement and awakening in Norway. The sounds of birds chirping can be heard in the morning sunlight, and bright flowers begin to pop up through the remaining snow and ice: springtime has come to Norway.

For children everywhere, spring is a wonderful time. Soon they can head outdoors in the sunshine without having to be completely bundled up, as they begin to explore a new world, fresh and green and full of color.

The Norwegian treasure chest of children's songs is full of tunes celebrating the happy days of spring. "Blomster små" is cheerful tune that every Norwegian child sings year-round, but when spring comes, it's a must to join in:



Original Norwegian:

*Blomster små
Gule, blå
Titter opp av marken nå
Vinker til Ada-lill
For hun er så snill!*

Creatively translated for singability:

Flowers little
Yellow, blue
Looking up through snow and ice
Waving to a little girl
Because she is so nice!

The melody of "Blomster små" is just as cheerful as the text. In the lively recording from Barn i Studio—Barnas Viser 1 (P&C Egmont Serieforlag AS), the children sing along with the belief and hope that flowers get even prettier if you talk to them!

In the Norwegian version, "Ada" is the name of the little girl, but when singing "Blomster små" with a group of children, it always makes it more personal to include their names instead, and when children hear the names of their friends, they can wave to them.

This simple game makes this one of the most popular songs in preschools and kindergartens all over Norway. (The English version can be adjusted with the names of your boys and girls, too.)

As school classes and families head outdoors on walks, it's also time to learn the names of spring flowers.

Featured are some of the most common. These are the earliest springtime flowers in Norway, which begin to appear in more abundance as the season progresses—and they are joined by even more beautiful wildflowers going into summer.

What could be more fun than picking a little bouquet of wildflowers to bring home to share with your family as you add a splash of color and joy to your life? And if it happens to be a rainy day, another simple activity is to sit down and draw and color them together while learning the flower names.

A love of flowers and nature are a part of life in Norway, but you don't have to be in Norway to share this experience with your children: you can easily pick and choose the flowers you love. In America, and depending on where you live, the flora may be different, but the educational value and fun of these activities remain the same.

This article originally appeared in the April 6, 2018 issue of The Norwegian American. Reprinted with permission of the author.



Norwegian Stave Churches

Article by Rande Hansen

There is undoubtedly no tourist attraction, no museum, no mountain or fjord in the whole of Norway that depicts the country's heritage and history more visually effective than the medieval relics known as Stave Churches. The 29 remaining churches dotted throughout the country stand as living reminders of a thriving culture that a thousand years ago was in the throes of a religious revolution. The stormy transition of the Norwegian people from their Viking pagan gods to Christianity can be read in the "dark messages" of the carved wooden figures and ornaments on the stave churches.

Prior to 1000 A.D., the merchant traders known as the Vikings celebrated their own form of religious belief, with various gods and demi-gods. Odin, Thor and Freya are names that come to mind when one contemplates Norse mythological gods.

In 1015 A.D., after many years as a Viking on the European continent, Olaf (Olav) Haraldsson returned to Norway. His dream and quest was to unite Norway under the rule of one king. While on the continent, Olav had converted to Christianity, and his belief became the foundation of his quest. He bore the "banner of the Cross" wherever he travelled and, while he met fierce resistance, he slowly converted the inhabitants to a belief in one supreme God.

Following Olav's incredible journey throughout Norway, many churches were constructed, most still bearing witness to continued pagan belief.



Reini Stave Church's door, Oppland
Photo: private

The location for the church was never coincidental. The church demanded a high, open location prominent in the landscape, perhaps overlooking a fjord or a river. Many believe that the design of the stave church represents a complicated mixture of building practices from Europe and the Middle East, as well as traditional old techniques. It is implied that craftsmen travelling outside of Norway brought back architectural ideas for new churches and perhaps hired foreign labor to assist in the construction.

The precise, intricate system of columns (staves) and supports are the trademark of the endurance of stave churches. It is possible that the first churches did not survive through generations due to a wooden foundation planted into the soil. By introducing stone foundations that lifted the walls from the ground, the upper wooden construction could withstand damage from moisture. The columns and planks were hand-tooled and joined, using dovetailed joints and pegs, thus allowing for expansion and contraction. Written accounts of severe storms through the centuries attest to the strength and flexibility of the church's construction.

The stave church was an integral part of the community; it was God's House and a place for prayer and worship. The interior decoration was as essential as

Heddal Stave Church, Notodden
Photo: private



the construction. The corner staves represent the four integral gospels of Christian education and are more elaborately decorated than other framework. In addition, the beams, floorboards, and roofing symbolize the 12 apostles, humility, and protection from temptation. The walls were often painted with both pagan and Christian symbols and figures. Throughout the church intricate woodcarvings on beams and columns depict stylised animals and serpents intertwined in each other.



Borgund Stave Church
Photo: Kristin Haanæs

Of the existing stave churches in Norway, Borgund Stave Church in Lærdal, Sogn, is perhaps the best preserved and most widely recognized by tourists. It was probably built in the late 1100s. The interior is modestly decorated, and when the doors are closed, it is strikingly dark. The only source of natural light comes from one original window and several small peepholes in the walls. Of special interest are the many runic inscriptions on the inner and outer walls of the church, which experts have delighted in translating.

The "Queen of the Stave Churches," Urnes Stave Church in Luster, Sogn, was most likely built between 1130-1150 A.D. Listed on UNESCO's World Heritage List, it boasts the largest number of visitors of any stave church in Norway. The church lies 120 meters above Lusterfjord, with breathtaking views from all sides.

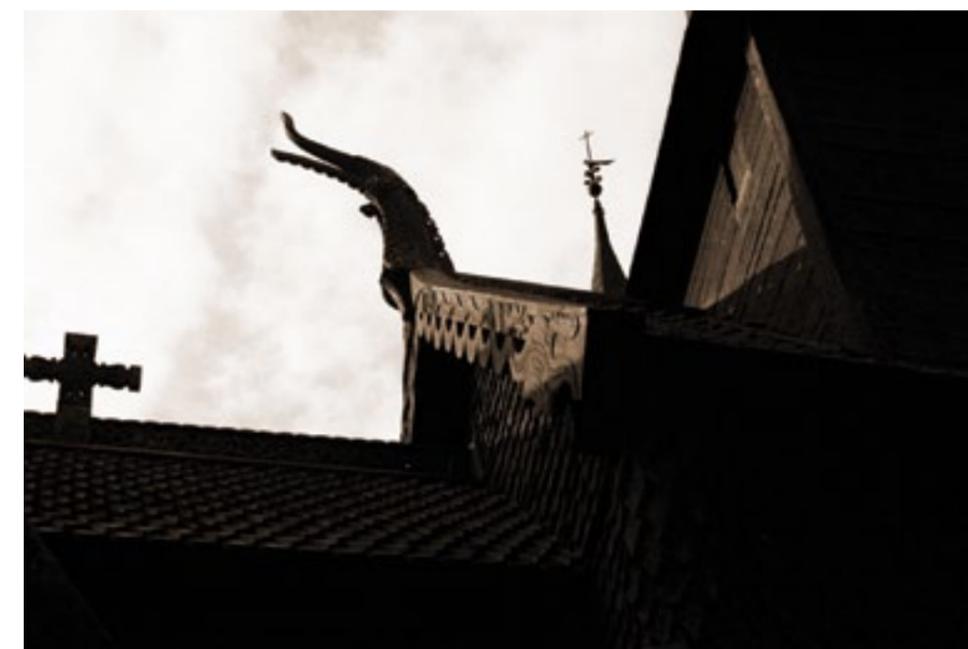
Curiously, long before many of the stave churches began "popping up" in many areas of Norway, church buildings of a more substantial construction were already standing. In addition to the 29 medieval stave churches in Norway, there are approximately 150 stone churches from the same era. Tanum Church in Bærum dates from approx. 1150 A.D., while the mighty Nidaros Domkirke in Trondheim dates from 1035 A.D. The first construction was a small wooden chapel built over the believed gravesite of St. Olav, who was canonized in 1031 A.D. From 1070 to 1090 A.D. the chapel was replaced by a stone church, and by 1300 A.D., the present church stood in all its splendor.

Though perhaps not as esthetically beautiful as their stave church cousins exterior-wise, the church interiors are remarkable. Alter fronts, pulpits and baptism fonts are elaborately carved and painted. In some churches, interior white wall paint has been stripped away to reveal original paintings.

This summer, take a step into the past and explore Norway's rich history through its fascinating stone and stave churches.

For more information, check www.stavechurch.com

Lom Stave Church
Photo: Kristin Haanæs



Borgund Stave Church in Lærdalen
Photo: private

The tourist cabins

Connecting the DNT cabins is a network of over 20,000 kilometers of marked summer trails and over 7,000 kilometers of ski trails. The rustic cabins you meet at the end of the trails fall in 3 categories – no service, self-service, and staffed lodges:



One of DNT's cabins, beautiful Torfinnsbu, located in the middle of Jotunheimen. Photo: Kari Merete Horne. Source: DNT

- No service, cabins are the most basic types, though they have firewood and woodburning ovens for heat, propane stoves for cooking, kitchen utensils, bunkbeds, and a cozy little outhouse. All you need to bring in your knapsack is a sleeping bag, food, and toiletries.
- Self-service cabins are also basic, but provide an added convenience – a pantry stocked with packaged and canned foods, knekkebrød, tea, coffee and cocoa mix. You pay for the items you take and use from the pantry. These cabins have blankets/duvets and pillows to use, but hikers are required to use a sheet sack for hygienic reasons.
- Staffed lodges service breakfast and dinner. Many have showers and electricity, and they are open during the high tourist seasons.

Membership

Membership in DNT has the added bonus of reduced prices for overnights and food. In addition, for a deposit of 100 kr. you can obtain a copy of the DNT cabin key. This is handy to have in your knapsack when visiting no service cabins, as they are normally padlocked. In addition, members enjoy discounts at Swedish, Finnish and Icelandic trekking association mountain cabins as well as on a NSB customer card.

Individual membership (January 1-December 31) costs kr. 680 pr. year, with reduced prices for spouses, children, and senior citizens. A family group membership is also available.



One of DNT's cabins, Fondsbu. Source: DNT

Guided tours

First-time hiker? Do you want to go with a guide and friendly group? DNT arranges many tours year-round, 5 to 15 days in length. Some tours have a theme – singles tour, ladies' tour, peak tour, senior tour, just to name a few. And if you wish to broaden your horizons, there are guided tours in Italy, France, and more.

More information found at www.dnt.no

ACCN congratulates DNT on their 150th anniversary in 2018.

FERO

Willis Towers Watson

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www.vintagewheels.no

selection, applications, transferring, visa information and other practical matters necessary for their transition to the U.S. system. After completing their year at ACN, students continue their U.S. bachelor's degree at universities all over the United States.

One significant benefit and advantage of starting your U.S. bachelor's degree at ACN is the opportunity to spend a year getting adjusted to the American educational system while earning general credits towards your degree. ACN students also have the time and resources necessary to research schools and programs all over the United States. Collectively, this gives students a better understanding of where they should apply. Students are also assisted throughout this process with personal, one-on-one advising. In addition to the opportunity to apply at any university, ACN has eight partner institutions in the United States where upon successful completion of the program, students are guaranteed admission, if they apply.



Norwegian ACN Students Graduating from West Chester University

"I am grateful for ACN! The transition went smoothly. I have talked with other international students and they have struggled with the American system. I am happy that I went through that transition already in such a safe and small school." Christine Bernsten, ACN Class of 2015/2016.

Americans make up about 10% of the student body. Together, there are only 70 students admitted to the program each year. This allows students get to know their classmates and enjoy the intimate environment. They attend ACN to study abroad and experience a different culture, and experience the daily excitement of living in Norway. Additionally, the schedule and academic calendar at ACN follows the American system. Because Americans are comfortable with this form of education, other cultural differences are then exciting and not overwhelming when they choose to spend a semester or more abroad with us.

"The American College of Norway provides a great opportunity for students looking to study abroad. As a freshman, it has given me the chance to have an experience abroad while taking care of my general classes before I get deep into a major. The small classes and many activities present the chance to really get to know professors, staff

and other students well. The school is located in a nice, smaller town that has easy access to Oslo and surrounding airports, which makes it easy to travel. My semester at ACN has been amazing and my biggest regret is that I came here for only a semester rather than a full year." Conrad Pederson, Study Abroad Student Spring 2018.

The ACN experience is designed to prepare students to succeed



Norwegian and American ACN Students on the Svalbard Travel Course, Fall 2017



ACN Summer School 2017

personally, socially and academically in a global environment.

ACN offers a wide variety of courses that fit into the general education requirements at U.S. universities and hosts faculty with experience and education from top institutions around the world.

In addition to ACN's academic school year, ACN also offers a four-week summer program each year which focuses on both relevant and current

social and political issues. During our summer session, students have the opportunity to earn up to six credits in small, interactive classes. Summer school at ACN is a unique experience both in and out of the classroom with exciting field trips. Additionally, classes are scheduled Monday through Thursday leaving a three-day weekend where students can explore Norway and the rest of Europe!

"I would highly recommend studying abroad at ACN! The instructors and staff gave us so many wonderful opportunities both in and out of the classroom. From great classroom discussions and exciting field trips, to backyard BBQ's and hikes, not to mention traveling, we did it all! These experiences made my time at ACN both personal and unforgettable." Morgan Matson, Summer School Student 2017

If you would like more information on how ACN can help prepare and get you to the United States, send us an e-mail at info@americancollege.no and visit our website at americancollege.no/.

If you know of anyone looking to study abroad in Norway, tell them to visit our English website at americancollege.no/information-in-english/ for more information.

Additionally, connect with us on social media!

- Facebook - American College of Norway
- Instagram - @americancollegeofnorway
- Snapchat - myacsnaps
- Twitter - @my_ACN
- YouTube - American College of Norway

We look forward to welcoming you to Moss!

Resource Directory

Resource Directory

EMERGENCY NUMBERS

110 Fire
112 Police
113 Ambulance

ADVERTISING FLYERS

To stop unaddressed flyers from filling up your mailbox, go to any post office or in-store post office and ask for a "Nei takk" sticker.

ALUMNI CLUBS

Johns Hopkins University, School of Advanced International Studies (SAIS) Norway Alumni Chapter

Contact the college for more information

Luther College

Contact the college for more information

MIT Club of Norway

Pres. John Samseth
Epost: Jon.Samseth@hioa.no
Web: www.alumweb.mit.edu/clubs/norway

To list your alumni club or organization with the American Coordinating Council of Norway e-mail: prame@online.no

AMERICAN FOOD PRODUCTS

Meny

O.H. Bangs vei 5, Høvik, 67 10 24 00

Jacobs Mathuset
Colosseum, vis-à-vis Colosseum Kino, 23 20 55 20

Deli de Luca
Mega, Bekkestua
Jacobs Mathuset
Ekebergv 145, Oslo, 22 28 58 58

VikamatColonial (kiosk),
Klingenberggaten 7, Oslo, 22 83 48 48

Alternative foods
Helios, www.helios.no

Tip: For reasonably priced fruits and vegetables and ethnic foods check out the immigrant-owned shops on Torg gate, Trondheimsvn, Herslebs gate, Brugata, Grønlandsleiret and in Grunerløkka.

COOKING

Norwegian cookbooks in English
"American Accent" anniversary cookbook published by American Women's Club.

"Trolldom in the Kitchen"

by Melody Favish.

Call 957 67 092 to order.

"The Norwegian Kitchen" edited by Kjell E. Innli.

"Eat the Norway"

by Aase Strømstad.

"Norwegian National Recipes" by Arne Brimi.

"Authentic Norwegian Cooking"

by Astrid Karlsen Scott

A few websites with Norwegian recipes:

www.norway-hei.com

www.food.com/topic/norwegian

www.thanksforthefood.com

US Measurement

Equivalents

3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = ¼ cup
1 cup = ½ pint
2 pints = 1 quart
4 quarts (liquid) = 1 gallon
16 ounces = 1 pound

American to Metric Conversion

1 tsp = 4.93 ml
1 ounce = 28.35 gram
1 fluid ounce = 29.57 ml
¼ cup = 60 ml
1 cup = 0.236 liter
1 quart = 0.946 liter
1.06 quarts = 1 liter
1 gallon = 3.785 liters
16 ounces/1 pound = 454 grams
2.2 pounds = 1 kg

Temperature Conversion

Fahrenheit	Celsius
250	120
300	150
350	175
400	205
450	230

Spices & Cooking

Ingredients

Allspice = allehände
Baking powder = bakepulver
Baking soda = natron
Bay leaf = laubærblad

Basil = basilikum

Bullion = buljong

Cardamom = kardamomme

Chives = gressløk

Cilantro = fersk koriander

Cinnamon = kanel

Cloves = nellik

Cream of tartar = kremortartari

Curry = karri

Garlic = hvitløk

Ginger = ingefær

Horseradish = pepperot

Marjoram = merian

Mace = muskatblomme

Mustard = sennep

Nutmeg = muskatnøtt

Parsley = persille

Poppy seeds = valmuefrø

Sage = salvie

Thyme = timian

Vanilla = vanilje

Tip: If you can't find a condiment, spice or herb at your grocery store ask at a pharmacy (apotek) or health food store.

CRISIS AND THERAPY

Americans Overseas Domestic Violence Crisis Center,

www.866uswomen.org

Frogner English Speaking Al-

Anon Group, Mondays at

7:00 PM, American Church,

Fritzners gate 15.

Gamblers Anonymous,

6:00 - 7:30 pm, Frogner

menighetshus Schaftelokken

(yellow house), Solheimgaten 2b

(3rd floor), Phone: 95 81 09 34.

Overeaters Anonymous,

<http://oanorge.wordpress.com/english>

DAYLIGHT SAVING TIME

Since 2007, most of the United States begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S., each time zone switches at a different time. In the European Union and Norway, Summer Time begins and ends at 1:00 a.m. Universal Time (Greenwich Mean Time). It begins the last Sunday in March and ends the last Sunday in October. In the EU, all time zones change at the same moment.

DO NOT CALL LIST

Norway's Do Not Call list is run by the Brønnøysund Register Center at www.brreg.no. Unlike the U.S. phone number-based system, each person has to register to be protected against telemarketers. Also, the list only covers consumers, businesses cannot be protected. To register, click on the "Reservasjon mot reklame" in the right-hand column of the website and enter your 11-digit Norwegian identity number. Next, check the next two boxes to stop personally addressed advertising through the mail and phone calls. Although the major humanitarian organizations like the Red Cross and Salvation Army are exempt, there is also a third check-off box for other charities. Repeat process for every member of your household or the telemarketers can and will continue to ask for unlisted family members. It can take up to three months before your Do Not Call listing is fully effective. In addition to charities, please note that you will continue to receive calls from pollsters and market research firms. While registration stops the majority of calls, unscrupulous telemarketers who do not consult the list may continue to call, especially during the day.

ENGLISH-SPEAKING SOCIAL, CULTURAL & PROFESSIONAL ORGANIZATIONS (NOT AFFILIATED WITH ACCN):

Professional Women's Network (PNW)

, meets first Wednesday

of each month from Sept. to June.

Website:

www.professionalwomen.no

The **Canadian Club of Norway** is a

social club for Canadians living in

Norway, their families, and anyone

who considers him/herself a friend

of Canada. The club's members

and activities are largely concentrated

in the Oslo region. The annual

membership fee is NOK 150 for

families, NOK 100 for individuals.

For further information, visit

www.canclubnor.info

International Forum, monthly

meetings with speakers, courses

and tours. Activity groups.

Website: www.iforum.no,

Norway International

Network, organization for foreigners studying, working or living in Norway, and for Norwegians interested in meeting people from different cultures, monthly meetings and social events at various locations.

Website: www.ninside.org

Oslo Toastmasters Club, meets

every Tuesday from 6:00 pm.

Website: www.toastmasters.no

ICON (International Club Oslo

Norway), formerly the Petroleum

Women's Club) is a friendly club

welcoming newcomers to Oslo.

Meetings typically take place every

third Tuesday of the month. For

more information please see

www.icon-oslo.com

EVENTS IN OSLO

Events List is a free list of events distributed weekly to individuals of the English-speaking community in and around Oslo. To subscribe, send an email with the word **Request** in the subject line to events.list@yahoo.com.

Other sources:

For complete listings of movies, shows, concerts, events, festivals, restaurants, museums, etc. go to Oslo Promotion's official guide to Oslo at www.visitoslo.com and click on English. Listings (in Norwegian) are also available in Aftenposten's Friday Puls section and online at www.oslopuls.no.

Another source - in Norwegian - is

Det Skjer i Oslo -

www.detskjerioslo.no

Oslokino.no, which lists information

on the movies playing in Oslo,

now has a page in English, www.oslokino.no

The Cinemateket/Norwegian Film

Institute listings are available in

English at

www.nfi.no/cinemateket

FITNESS CENTERS

Oslo- Look under Trening in the

yellow pages.

FLEA MARKETS/ SWAP MEETS

Birkelunden Bruktmarked in

Grünerløkka, Sundays from 12.

Bærumshallen, Kadettangen,

Sandvika. Sundays year round

from 10:00 a.m. to 4:00 p.m.

Brukthallen, Sinsenvn. 11,

Thursday-Sunday.

Bruktmarked på Grønland, under-

neath the overpass

between Grønland torg and the bus

terminal, Saturdays,

7:00 a.m. to 7:00 p.m.

Selters, Bogstadvn 44. Every other

weekend. Saturdays 9:00 a.m. to

6:00 p.m., Sundays 11:00 a.m. to

6:00 p.m.

Slurpen Bruktmarked, Lakke gata

79b, entry from Sarsgt. Last Sunday

of every month, 12 noon - 4:00 p.m.

Vestkantorget (Amandus Nielsens

plass, corner of Prof. Dahlsgt/Neu-

berggt., Oslo) Saturdays, March

1st through December 20th from

9:00 a.m. to 5:00 p.m.

www.vestkantorget.no

Local school music bands organize

large flea markets in the spring and

fall. Check your local newspaper

or roadside signs for upcoming

markets. It's also a great way to donate

useable items you don't need.

For a comprehensive list of rum-

mage sales, garage sales, bazaars,

etc. go to:

www.loppemarked.info

HOLIDAYS, U.S., FEDERAL

New Year's Day, January 1.

Martin Luther King Day,

third Monday in January.

Inauguration Day, January 20

every four years. (Federal holiday

in D.C. area)

Presidents' Day,

third Monday in February.

Memorial Day,

last Monday in May

Independence Day, July 4.

Labor Day, 1st Monday in Sept.

Columbus Day,

second Monday in October.

Election Day, Tuesday on or

immediately after November 2.

(Not a federal holiday)

Veterans' Day, November 11.

Thanksgiving Day,

fourth Thursday in November.

Christmas Day, December 25.

HOLIDAYS, U.S.,

WIDELY CELEBRATED

Groundhog Day, February 2.

Boy Scout Day, February 8.

Valentine's Day, February 14.

Girl Scout Day, February 12.

St. Patrick's Day, March 17.

April Fool's Day, April 1.

Earth Day, April 22.

Administrative

Professionals' Day, Wednesday

of the last full week of April.

Arbor Day is often the last Friday

in April (since 1872), but since

planting conditions vary, it may

occur from Sept. to May; please

consult the National Arbor Day

Foundation's list of Arbor Day

Dates.

National Teachers Day,

first Tuesday in May.

Cinco de Mayo, fifth day of May.

Mothers' Day,

second Sunday in May.

Armed Forces Day,

third Saturday in May.

Flag Day, June 14.

Fathers' Day,

third Sunday in June.

Parents' Day,

fourth Sunday in July.

Grandparents' Day,

Sunday after Labor Day.

Leif Erikson Day, October 9.

United Nations Day, October 24.

Halloween, October 31.

HOLIDAYS & CELEBRATIONS, NORWAY

Second half of 2018

Fellesferien (national summer

vacation). The last 3 weeks of July

when many businesses and factories

close.

Olsok (St. Olaf's Day) - July 29.

Høstferie (fall vacation). School

vacation at the end of September or

Resource Directory

Resource Directory

FN Dagen (UN Day) – October 24.
Bots og bededag (Day of Penance and Prayer) – October 27.
Halloween – October 31.
Allehelgensdag (All Saints' Day) – November 3.
Farsdag (Father's Day) – second Sunday in November.
1. søndag i advent (1st Sunday in Advent) – December 1.
Luciadagen (St. Lucia's Day) – December 13.
Lillejulaften (Little Christmas Eve) (Note: most offices close at noon on the 23rd)
Julaften (Christmas Eve) – December 24
Juledag (Christmas Day) – December 25
2. juledag (2nd Day of Christmas / Boxing Day) – December 26

INTERNET CAFES
 Oslo S main train station

INTERNET TV & RADIO
 Watch hundreds of channels on the Internet for free.
www.livestation.com or
www.itv.com
C-SPAN
 All three C-SPAN TV channels (1, 2 and 3) and C-SPAN Radio can be watched and/or listened to at www.c-span.org.

NRK
 All NRK TV and radio channels can be watched/listened at www.nrk.no
NPR
 All NPR content and public radio content can be accessed via www.npr.org.
Old Time Radio Shows
 Hundreds of vintage radio shows in mp3 format, all for free: www.radiolovers.com

NORWAY IN A NUTSHELL
 (Source: CIA World Factbook)

Area
 Total: 323,802 sq km
 Land: 307,442 sq km
 Water: 16,360 sq km
 Arable land: 2.7%
Coastline
 25,148 km (includes mainland 2,650 km, as well as long fjords, numerous small islands, & minor indentations 22,498 km; length of island coast-

lines 58,133 km)
Population
 5,320,045 (July 2017 est.)
Age structure
 0-14 years: 18%
 15-64 years: 12.58%
 25-54 years: 41.01%
 55-64 years: 11.71%
 65 years and over – 16.71%
Life expectancy (2017 est.)
Total population 81.9 years
Male 79.8 years
Female 84 years
GDP
 Purchasing power parity – \$375.9 billion (2017 est.)
GDP per capita
 Purchasing power parity – \$70,600 (2017 est.)
Labor force
 2.797 million (2017 est.)
Unemployment
 4% (2017 est.)
Budget
 Revenues: \$214.3 billion
 Expenditures: \$198 billion (2017 est.)
Industries – exports
 Petroleum og petroleum products, machinery and equipment, metals, chemicals, ships, fish
Independence
 7 June 1905 (Norway declared the union with Sweden dissolved); 26 October 1905 (Sweden agreed to the repeal of the union)

NORWEGIAN LANGUAGE CLASSES
 Adult immigrants in Norway have a right and an obligation to complete a minimum of 300 hours of Norwegian language training. 50 of these hours should be devoted to providing an insight into Norwegian society in the immigrant's mother tongue.
www.introengelsk.cappelendam.no. Registration for Norwegian courses for immigrants can be found on your local kommune's nettside.

NORWEGIAN NEWS & INFORMATION IN ENGLISH
The Foreigner – <http://theforeigner.no/>
Views and News from Norway – www.newsinenglish.no
Norway News – www.norwaynews.com/en

Norway Post – www.norwaypost.no
Norwegian Embassy in the U.K. – www.norway.org.uk
Norwegian Embassy in the United States of America – www.norway.org
Norwegian government press releases – www.regjeringen.no/en/whatsnew/news
Statistics Norway – www.ssb.no

ORIENTATION RESOURCES
"Living and Working in Norway," by Michael Brady, sold at bookstores
"Orientation Handbook," U.S. Norway Fulbright Foundation, phone 22 01 40 10, e-mail: fulbright@fulbright.no
The American Women's Club of Oslo website at www.awcoslo.org contains a wealth of practical information for newcomers.
Doorway to Norway (relocation and orientation service), website: www.doorwaytonorway.no
 See also social media for expats

RADIO CHANNELS IN OSLO AREA
NRK (Norwegian Broadcasting Corporation) – Please note that all NRK radio channels also can be listened to online. Go to: <http://nettradio.nrk.no>

Note: Norway was the first country to turn off the FM radio and go digital. As of 2017, 38 countries are running DAB services. The majority of these services are using DAB+, with only Ireland, UK, New Zealand, Romania and Brunei still using a significant number of DAB services.

For a complete listing of both FM and DAB stations in Norway, check www.radiomap/eu/no/oslo.

RELIGIOUS SERVICES IN ENGLISH
American Lutheran Church, Fritznersgate 15, off Bygdøy allé behind Frogner Kirke, 22 44 30 15. Sunday School for all ages at 11:00 am. Worship at 11:00 am, <http://alcoslo.org>
The Church of Jesus Christ of Latter Day Saints, Hekkeveien 9, 0571 Oslo, 22 71 76 24 Sandviksveien 206, Sandvika, 67 56 87 50.

First Church of Christ Scientist, Frognervein. 51, Oslo, 22 44 00 49.
Gardermoen International Christian Fellowship, Worship services are held at Nordby Ungdomsskole, Trond-hjemsveien 122, 2050 Jessheim, 25 30 60/25 40 01. Pastors Linda and Terje Aadne, e-mail: linda.aadne@baptist.no
www.gardermoen-kristne-fellesskap.com
The International Baptist Church, Løxaveien 15,1351 Rud, 67 56 57 74. Pastor Robert Burns
 Website: www.ibch.no
Greek Orthodox Church, Kirkeveien 84, Oslo, 22 46 37 06.
Jewish Mosaisk Synagogue, Bergstein 15, Oslo.
Kristensamfunnet i Norge
 Oscars gate 84, Postadresse: Inkognito terrasse 9, 0256 Oslo. 22 55 37 20
Kristi Freds Catholic Church, Veståsen 18, Eikeli, Saturday evening Mass at 6:00 pm. Sunday morning Mass at 9:30 am.
Quakers Society of Friends, Meltzers gate1, Oslo, 22 44 01 87
St. Edmund's Church Anglican Chaplaincy in Norway, Møllergata 30 (near Youngstorget), 22 69 22 14. Sunday worship at 11:00 am. Website: www.osloanglicans.net
St. Olav's Church (Roman Catholic), Sunday Mass in English at 7:00 pm. Address: Akersveien 5, Oslo, phone: 22 36 23 60.
United Pentecostal Church International, Livets Tabernakel Address: Grefsenveien 26 Pastor: Gøran Andreassen e-mail: lgoera@online.no phone: 22151079 / 41203086

First Church of Christ Scientist, Frognervein. 51, Oslo, 22 44 00 49.
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SATELLITE RADIO & TV
 If you are interested in languages, consider investing in satellite equipment that will pick up the Hot Bird, Astra & Eurobird/Astra 2A /2B/2D signals. The over 600 unencrypted TV channels include around 80 German channels, the same number of Italian channels, plus a wide variety of French, Spanish, Greek, Arabic, Chinese, Dutch, East European, Russian, English, and Asian channels. There are also around 475 unencrypted radio channels including NPR Worldwide at 10.722H on the

Hot Bird satellite at 13 degrees east. To look up the latest satellite frequencies go to www.lyngsat.com

SCHOOLS
American College in Norway, Moss – www.americancollege.no
Asker International School
 Johan Drengsruds vei 60, 1383 Asker
www.askeris.no
Frogner International Pre-School, Fritzners g 15, 0264 Oslo. Phone: 22 55 65 82, Fax: 22 55 81 08
International Montessori Preschool – Skytterdalen 2, 1337 Sandvika, 67 54 81 20
www.internationalmontessori.no
 e-mail: impss@start.no
International Baccalaureate schools in Norway – go to www.ibo.org and type in Norway
Oslo International School
 Postboks 53, 1318 Bekkestua
 Phone: 67 81 82 90
 E-mail: ois.main@oslois.no
 Web site: www.oslointernationalschool.no
Rudolf Steinerhøyskolen (Rudolf Steiner University College), Prof. Dahls gate 30, 0260 Oslo, phone: 22 54 05 90
www.rshoyskolen.no
Steinerskolene i Norge (Waldorf Schools Norway) phone: 22 54 25 40
www.steiner.no
University of Oslo International Summer School – www.uio.no/summerschool

For information of other international schools in Norway, check www.lifeinnorway.net

SHOPPING BUS
 The free Ikea bus runs twice an hour from Jernbanetorget syd in Oslo. Top of the hour Mon. - Fri, 10:00 am -10:00 pm, Sat. from 10:00-8:00 pm to Furuset, bottom of the hour M-F from 10:30 am to 9:30 pm, Sat. 9.30 am to 7:30 pm to Slependsen.

SOCIAL CUSTOMS & BENEFITS
 See the American Women's Club website at www.awcoslo.org

SOCIAL NETWORKING SITES FOR EXPATS IN NORWAY
Facebook – New to Oslo Americans in Norway ACCN Community
Yahoo Groups – New to Oslo, http://groups.yahoo.com/group/new_to_oslo/
 Norskklassen, <http://groups.yahoo.com/group/norskklassen/>
Websites:
www.easyexpat.com
www.expatinterviews.com
www.expatfocus.com
www.alloexpat.com
www.stavangerexpats.com
Blogs:
<http://mylittlenorway.com>
<http://tressainnorway.blogspot.com>

TOURIST INFORMATION
Tourist Information at Oslo Central Station, Jernbanetorget 1
Tourist Information by the City Hall, Fridtjof Nansens plass 5, Phone: +47 24 14 77 00
 E-mail: info@oslopro.no
www.visitnorway.com
www.visitoslo.com
The Oslo Youth Information Centre, www.use-it.no

USEFUL WEBSITES
NORWAY
 Public sector information – www.norge.no, www.norway.info, www.regjeringen.no
Norges Bank (central bank) – www.norges-bank.no
Customs – www.toll.no
Directorate of Immigration – www.udi.no
Health Board – www.helsetilsynet.no
Laws translated into English – www.ub.uio.no/ujur/ulov
Library stocks – www.bibsys.no
Den Norske Turistforeningen – www.turistforeningen.no
Postal services – www.posten.no
Revenue Service – www.skatteetaten.no
Storting (Parliament) – www.storting.no

NSB train schedule – www.nsb.no
Gulesider (yellow pages) – www.gulesider.no
 Phone number directory and directions – www.gulesider.no (telefon-katalogen tab)
Public transportation in Oslo – [https://ruter.no/](http://ruter.no/)
Airport Express train – www.flytoget.no

U.S.
American Citizens Abroad – www.aca.ch
CIA – (including The World Factbook) www.cia.gov
U.S. Government Search – www.firstgov.gov
American Embassy – www.usa.no
U.S. Customs – www.customs.gov
U.S. Internal Revenue Service – www.irs.gov
U.S. Social Security Administration – www.ssa.gov
U.S. State Department – www.state.gov
The Whitehouse – www.whitehouse.gov

MEDIA & REFERENCE
ABC – www.abc.go.com
Arts and Letters Daily – www.aldaily.com
BBC – www.news.bbc.co.uk
CBS – www.cbs.com
CNN – www.cnn.com
C-SPAN – www.cspan.org
Chicago Tribune – www.chicagotribune.com
Drudge Report – www.drudgereport.com (has many links to conservative and liberal columnists and newspapers)
FOX – www.fox.com
www.foxnews.com
Information Clearing House – www.informationclearinghouse.info
International Herald Tribune – www.iht.com
The Library Spot – www.libraryspot.com
National Public Radio – www.npr.org
NBC – www.nbc.com
LA Times – www.latimes.com

Newseum – www.newseum.org
New York Times – www.nytimes.com
The Onion – www.theonion.com
PBS – www.pbs.org
Wikipedia – www.wikipedia.org

WALKING TOUR OF OSLO
 For a different type of outing, contact the Fulbright office at fulbright@fulbright.no about its bilingual brochure for a self-guided walking tour of Oslo featuring statues honoring women from various fields. Great for groups.

E-mail your suggestions and comments to: prame@online.no



- Answers to Quiz (on page 50):**
- 1913
 - 1898
 - Sweden
 - False
 - A Hanseatic merchant
 - False
 - 1981
 - Josef Terboven
 - 700
 - Stamford
 - Christian IV
 - Sekstant

Test Your Knowledge of Norway



The American Coordinating Council of Norway

- Norwegian women won the right to vote in which year?**
1903 1913 1910 1919
- All Norwegian men had the right to vote by which year?**
1898 1895 1892 1902
- As part of the compensation settlements following the Napoleonic Wars, Norway came under the rule of a foreign sovereign in 1814. Which country was it now linked to in a 'personal union'?**
The Netherlands Sweden Poland Denmark
- Viking helmets had horns.**
True or False
- Sometime during the Dark Ages the 17 year-old Queen Margrethe I, sitting at Akershus Castle in Oslo, wrote a letter in which she poured her heart out about the miserable state of her finances, practically begging for help. This letter was addressed to whom?**
The Archbishop of Nidaros Her lover, the Swedish Chancellor
A Hanseatic merchant Her brother-in-law, the King of England
- In the events leading up to 1905, Norway threatened to go to war for total independence.**
True or False
- Gro Harlem Brundtland, a medical doctor by profession and Secretary General of the World Health Organisation, was elected Norway's first female Prime Minister in which year?**

- During the German occupation, who was the Reichskommissar for Norway?**
Josef Terboven Horst Armand von Bühlow
Rudolf Flick Rainer Vogelreiter
- 17 Norwegian Jews returned from German concentration camps. In 1939, this community had counted approximately how many people?**
300 2300 1100 700
- After the battle of this bridge in 1066, the Norwegian Vikings retreated from their adventures in the British Isles, never to be lured there again until the invention of televised football.**

- The (silver) mining town of Kongsberg was founded in 1624 by which king?**
Christian II Christian IV Haakon VI Christian III
- Norwegian naval history has close links to the Netherlands. Norwegian sailors were for an extended period of time considered excellent as well as cheap labour. Spot the odd man out below NOT stemming from Dutch origins.**
Matros Køye Fender Sekstant

ACCN 2018 Members Organizations

The American Coordinating Council of Norway (ACCN) is a non-profit council of Norwegian-American organizations founded in 1985. Acting as an umbrella organization, the ACCN offers its member organizations the ability to extend their horizons by providing an information network to American and Norwegian-American groups in Norway. The ACCN's common bond and main objective is an interest in furthering Norwegian-American relations in Norway through strengthening the bonds between Norway and the United States. The corner stone of the ACCN's network is its monthly meetings with delegates from member organizations, during which news about upcoming events of mutual interest is exchanged.

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American Chamber of Commerce in Norway (AmCham)

AmCham Norway is a professional business services, advocacy and event organization promoting the interests of 240 Norwegian, American and international member companies. AmCham, a non-profit association of businesses, receives no subsidies from governmental agencies. As one of 117 AmChams around the world, AmCham Norway is a part of the US Chamber Federation headquartered in Washington D.C. – the world's largest non-profit business association. Address: Arbins gate 2, 0253 Oslo; telephone: 22 41 50 10 e-mail: amcham@amcham.no website: www.amcham.no

American Lutheran Congregation (ALC)

The American Lutheran Congregation in Oslo is a congregation of many nationalities and denominations pastored by the Rev. Joel Rova-Hegener. Sunday worship is at 11am, followed by coffee and a time of fellowship. We offer Sunday School for 3-14 year olds, nursery facilities for children under three and a variety of programs and activities throughout the year. Do visit us and consider making us your church home. We would love to connect with you. Our address is Fritznersgate 15, 0264 Oslo, just off Bygdøy Alle and behind Frogner Church. telephone: 22 44 35 84, e-mail: office@alcoslo.org website: www.alcoslo.org Facebook: www.facebook.com/alcoslo

American Women's Club of Oslo (AWC)

The AWC is a social and philanthropic organization. It offers an opportunity for American women living in the Oslo area, and women with some connection to the United States, to become acquainted with other Americans, to participate in various special activity groups and programs, to network within a large resource group, and to share the "Norwegian experience" with American friends. With over 150 members, we are a diversified and dynamic group, ranging in age from 18 to 90 years and hailing from



Source: <http://www.funtrivia.com/playquiz/quiz8326698abf8.html>

Answers on page 49



The American

Coordinating Council of Norway

virtually every U.S. state and many foreign countries. The Club meets regularly on the second Tuesday of the month (Sept-June), maintains an extensive English-language library, and awards a biennial scholarship of NOK 100,000 to enable a Specialist to do advanced study in the U.S. in a field which will benefit the health and/or wellbeing of women and/or children. The AWC is a member of FAWCO, an international network of independent volunteer clubs (www.fawco.org.) Contact: Box 3138 Elisenberg, 0207 Oslo, telephone: 400 42917 e-mail: info@awcoslo.org website: www.awcoslo.org

Christiania Lodge- Sons of Norway (SON)

Sons of Norway is a mutual benefit society preserving and promoting Norwegian heritage, cultural programs and family events throughout Norway, the United States, and Canada with approx. 65,000 members with over 400 lodges worldwide. In Norway we have 13 lodges. Our meetings are normally the third Wednesday of every month at the American Lutheran Congregation. The church is located just off Bygdøy allé, 2 blocks up the hill directly behind Frogner church. Fritznerngate 15, 0264 Oslo. Mail address: Christiania Lodge, Box 5247 Majorstua, 0303 Oslo. website: www.sonsofnorway.no/christiania e-mail: w-allen@online.no

Democrats Abroad Norway (DAN)

Democrats Abroad Norway is a non-profit organization whose main goal is to reach out to the numerous Americans living in Norway and help them vote in federal, state, and local elections. DAN works to support the aims and principles of the US Democratic Party by encouraging participation in the American political process. Along with organizing several local events each year, DAN works closely with grassroots activist groups in Norway on marches, rallies, and other campaigns. The activities of Democrats Abroad Norway are funded solely by the voluntary contributions of its members. One does not have to be a registered Democrat to be a member of Democrats Abroad. To join, send an email to: Chair@democratsabroad.no website: www.democratsabroad.org/norway Facebook: [/DemocratsAbroadNorway](https://www.facebook.com/DemocratsAbroadNorway)

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New America House (NAH)

A non-profit, non-religious, non-political organization founded in 1989 for the purpose of establishing a central meeting place for all Americans and American organizations and companies located in and around the greater Oslo area. Kirkeveien 114E, 0361 Oslo e-mail: bruce@online.no

Norwegians Worldwide

Founded in 1907, Norwegians Worldwide is a global organization under the patronage of HM King Harald. The organization's goal is to maintain the contact between Norway and Norwegians residing outside of Norway, and to work for matters of importance to its members, like allowing dual citizenship in Norway. Norwegians Worldwide also organizes Norgesskolen, a three-week summer school in Norwegian language and culture for children 9-18 years old. Norwegians Worldwide maintains contact with members all over the world in 43 different countries. The organization has chapters and representative in eight countries on all continents. They work to strengthen the relationship between Norway and Norwegians living abroad, as well as informing their communities about Norway, Norwegian culture and language. website: www.nwww.no

Norwegian Federation of American Sports (NAIF)

NAIF was founded January 1, 2010 as a merger between Norwegian American Football and Cheerleading Federation and Norwegian Frisbee Federation. Lacrosse has been included as a new sport. NAIF is a member of the Norwegian Olympic Committee and Confederation of Sports, as well as the European and international federations organizing American football, cheerleading, disc sport (Frisbee) and lacrosse. NAIF's purpose is to

organize and develop the four sports in Norway. Our member clubs, from Kristiansand to Hammerfest, are growing in number and members. For more information: e-mail to: naif@amerikanskeidretter.no website: www.amerikanskeidretter.no

The Norway-America Association / Norge-Amerika Foreningen (NORAM)

NORAM is a private, non-profit organization, founded in 1919, which mission is to promote educational and cultural exchange between Norway and North America. Annually NORAM awards approx 50-80 scholarships for study/research in Norway and North America. NORAM can give unbiased guidance, and is a part of the EducationUSA network. Our aim is to help as many as possible to achieve their educational dream, and we host educational events, visit high schools and attend education fairs. The organization have scholarships for undergraduate, graduate, researchers, and professionals. Address: Raadhusgaten 23B, 0158 Oslo; telephone: 23 35 71 60 e-mail: info@noram.no website: www.noram.no

Project Oslo Barnemuseum (Project Oslo Children's Museum)

Project Oslo Barnemuseum is working to establish a world-class, interactive children's museum in Oslo. The non-profit project will fill a growing need for year-round educational and fun cultural activities for children through diverse experiences. Oslo Barnemuseum will inspire children's creativity and self-confidence and build bridges between children with different backgrounds. e-mail: info@oslobarnemuseum.org website: www.oslobarnemuseum.org

Republicans Abroad Norway (RAN)

RAN is an independent organization established in 1978 to represent Republicans living abroad. A service and advocacy organization, its primary objectives are to assist U.S. citizens residing in Norway with both registering and voting in U.S. national elections, in addition to advocating for Republican principles. RAN

organizes political programs and social activities to network and communicate with members and others interested in the U.S. political process. P.O. Box 3137, 0207 Elisenberg, Oslo e-mail: chairman@republicansabroad.no website: www.republicansabroad.no Facebook: [@RepublicansAbroadNorway](https://www.facebook.com/RepublicansAbroadNorway)

United States Embassy

Under the leadership of the U.S. Ambassador to Norway, the Embassy team works to protect and promote U.S. interests in Norway through diplomatic relations with the Norwegian Government, commercial ties with the business community, through public diplomacy to provide Norwegian audiences with more information about U.S. policy and culture, and through provision of consular services to U.S. citizens. e-mail: osloamcit@state.gov website: norway.usembassy.gov

U.S.-Norway Fulbright Foundation for Educational Exchange (FF/N)

The U.S.-Norway Fulbright Foundation for Educational Exchange, founded in 1949, is a bi-national Foundation established to promote mutual understanding between the United States and Norway. The Foundation awards study, research and lecture grants to U.S. and Norwegian citizens. The Foundation also operates an Education USA Advising Center that provides information about studying in the United States. Arbinsgt. 2, 0253 Oslo; telephone: 22 01 40 10 e-mail: Fulbright@fulbright.no website: www.fulbright.no

Additional Information, July 2018-

Northern Lights Fund (NLF)

Was established as ACCN's own charity in 1992 and was reorganized in 1999 to become an independent non-profit fundraising foundation for special wishes/special trips for young people (6-19) with life-threatening diseases. The three major hospitals in Oslo are working with us: Rikshospitalet, Radiumhospitalet, and Ullevål Sykehus. Chair: Cheryl Doroski website: www.nlfund.no

Raffle and Event Donors



The ACCN would like to thank the following for donating raffle prizes, food and other complimentary items. Your support is greatly appreciated.

- | | |
|--|-------------------------|
| Alquema Fashion | PGS |
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| Mars | |
| Mondeleze | |
| Norgesgruppen, Jacobs | |
| Norwegian Softball & Baseball Federation | |
| Norwegian Air | |
| Peppes Pizza | |

You can buy your ticket from a raffle seller or stop by the Raffle Booth. Raffle prizes like trips to the U.S. can be yours for a mere NOK 20 with proceeds benefiting charities selected by the ACCN. You must be present to win.

Some changes to this contributor list may occur. Please see www.accn.no for a more detailed list of our friends.

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