



Community Guide 2023-2024

**ACCN'S 36TH
INDEPENDENCE DAY
CELEBRATION**

**SUNDAY,
JULY 2ND 2023**

12:00 NOON UNTIL 17:00

FREE ADMISSION

**FROGNER
PARK**

**250TH ANNIVERSARY
OF THE
BOSTON TEA PARTY**



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Oluf Lorentzen



The 2023-24 ACCN Community Guide & Independence Day Program

Dear Reader

On behalf of the American Coordinating Council of Norway, we are proud to present the 2023-2024 Community Guide—designed by Kristin Haanæs and edited by Rande Hansen.

We would like to welcome you to our 36th annual American Independence Day Celebration in Frogner Park, on July 2nd.

We have planned an exciting and varied day of entertainment and as always, there will be sports, great American food and some new activities that we hope you will enjoy. The American Coordinating Council of Norway is an umbrella organization made up of 13 member organizations that come together to host an American Independence Day celebration here in Oslo.

This Community Guide is a year long resource. Not only will you find interesting articles, but also information about clubs, groups and activities with special interest for Americans living here as well as for our Norwegian hosts.

The ACCN would like to thank the Mayor's office, the U.S. Embassy and our sponsors for their continued support. Mareah Peoples, our Event Chair, deserves an extra acknowledgment. Mareah, while keeping every detail of this event in focus, has willingly offered her time to others who needed some help.

A heartfelt thanks to all of our dedicated team who have volunteered their time to make this event happen. An event of this size takes a lot of effort from many, who work for the most part, behind the scenes. The success of this event is due to them!

With kind regards,
Chrys



Chrys Hellem
ACCN Chair



Independence Day 2023

Organizing Committee Chairs and Volunteers

Event and Vice Chair: Mareah Peoples; Site Chair: George Guerra; Site Vice Chair: Lully Hillestad; Secretary: Alyssa Andersen; Treasurer: Karin Mandeville; Ad Sales Co-Chairs: Bruce Allen and Ron Krueger; Children's Games Co-Chairs: Sophea Budar and Mareah Peoples; Decorations Chair: Madeleine Brekke; Entertainment Chair: George Guerra; Event photos by Gorm Lund; Food & Beverages Chair: Mareah Peoples; Info Booth Chair: Naomi Ages; Info Booth Helpers: Bruce Allen, Wenche Allen, Liv Billing, and Lully Hillestad; Raffle Chair: Bill Harris; Sports Chair: LeVon Warr; Securtas: Snorre Ørneberg and Jan R. Söderstrøm; Advisors: Bruce Allen, Ole Hillestad, and Jan R. Söderstrøm; We apologize for any names that are left out.

The Independence Day Celebration is a great example of the volunteer spirit. We could not have done this without you!

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

Independence Day 2023 Program Sunday, July 2nd Frogner Park

12:00

Opening Ceremonies

12:30

Announcements

12:35

Live music! Lawson Vallery

13:20

**Announcements &
1st Raffle Drawing**

13:40

Live music! Lawson Vallery

14:25

**Announcements
2nd Raffle Drawing**

14:40

**Live music!
Stereotrain**

15:15

Announcements

15:25

Line dancing with Kelli

15:55

Announcements

16:00

**Live music!
Stereotrain**

16:45

**Announcements &
2nd Raffle Drawing**

16:55

Closing Remarks

The Community Guide:
Editor: Rande Hansen
Editor, Design and Layout: Kristin D. Haanæs
Printing: Merkur Grafisk AS

Production is carbon-neutral. CO₂ emissions have been compensated for.



To My Fellow Americans in Norway



It is my great honor to serve as the 32nd Ambassador to the Kingdom of Norway. My wife Jane and I are delighted to celebrate the United States 247th birthday with you and look forward to all the festivities planned this year in celebration. Happy Fourth of July!

This past year, I have had the privilege of serving as your ambassador and continuing to reinforce the close bond that has existed between the United States and Norway for generations. Our countries share much in common with approximately 5 million Americans claiming Norwegian ancestry. For many years, you have been building bonds of friendship and strengthening the ties that unite our two countries.

Together we stand in confronting many of today's pressing issues. More than a year since Russia's brutal and unprovoked invasion, the United States—a founding member of NATO, like Norway—remains committed to Ukraine's independence, sovereignty, and territorial integrity. We also remain committed to a diplomatic solution to the situation. Another key priority is climate change. Ongoing collaboration with Norway on the green energy transition in conjunction with implementing our commitments to cut our global emissions is imperative. Furthermore, we remained focused on Arctic security and cooperation as we seek to expand our presence in the High North. Overall, addressing shared security challenges, upholding global norms, and securing the green transition remain cornerstones of our diplomatic relationship.

This Independence Day we are reminded that we are all ambassadors for our country and do our small part in reinforcing ties with Norway and upholding the American values we are so proud of. We at the Embassy are here to assist you and are committed to facilitating connections between our two countries. We continue to help travelers obtain visas and passports for travel to the United States. We will also continue as a valued resource for information on voter registration and changing travel conditions. Additionally, we have resumed outreach to assist fellow citizens who live outside the Oslo area in compliment with our virtual services.

Thank you to the American Coordinating Council of Norway for the work you do to promote exchange between the U.S. and Norway. As a non-profit organization for Americans and Norwegians, you provide an important information network. Congratulations on your 36th Independence Day Celebration.

My family and I, with the entire U.S. Embassy community, wish you a wonderful Fourth of July 2023.



Ambassador Marc Nathanson



Greetings from City Hall



Oslo

The annual celebration of the American Independence Day in Frognerparken is an event people in Oslo look forward to. On this day everybody is welcome to take part in the celebrations and enjoy American food and culture.

On behalf of the city of Oslo I would like to express our gratitude to The American Coordinating Council of Norway for organizing this event and for furthering the relationship between our peoples.

The historical bonds between the United States and Norway are strong. Most Norwegians have family ties to the US due to the massive emigration from Norway, which occurred between 1850 and 1920. Despite the geographical distance, we feel close to the American people.

The 4th of July reminds us of the struggles that have been fought for our freedom. The American Declaration of Independence served as an inspiration for other countries, including Norway. It paved the way towards democracy, freedom of speech, the universal declaration on human rights and respect for international law.

The ongoing tragic war in Ukraine has strengthened our resolve to stand up for our common values and protect the ideals that stem from the 4th of July.

My best wishes for the American Independence Day 2023.



Marianne Borgen, Mayor of Oslo



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The Boston Tea Party – 250 years

Article by Rande Hansen

December 16, 2023 is the 250th anniversary of the Boston Tea Party. Considered one of the major events leading to America's independence from England, the colonists were protesting both a tax on tea ("taxation without representation") and the assumed monopoly of the East India Company.

In the 1760s Britain was deep in debt, so the British Parliament imposed a series of taxes on the American colonists to help pay their debts. The Stamp Act of 1765 taxed colonists on virtually every piece of printed paper they used, from playing cards and business licenses to newspapers and legal documents. The Townsend Acts passed by the British Parliament in 1767 imposed taxes on products imported into the British colonies - paint, paper, glass, lead and tea.

On March 5, 1770, a street brawl, later known as the Boston Massacre, occurred. American colonists and British soldiers fought after a group of colonists flung snowballs, ice and oyster shells at a British sentinel guarding the Customs House. As a result of the brawl, 5 colonists were killed and 6 wounded. After this protest from the colonists, the taxes were repealed in 1770, except for the tea tax. Boston merchants began smuggling in tea from Dutch traders. Meanwhile, the East India Company suffered financial difficulties and the British Parliament initiated a tea act that granted a monopoly on all tea exported to the colonies as well as an exemption on the export tax. As a result, tea imported by the colonies was to be carried exclusively by the East India Company which excluded and undersold independent merchants. Conservative colonial merchants thereafter al-

lied with radicals John Hancock and Samuel Adams and their "Sons of Liberty." Prominent patriots such as Benedict Arnold, Patrick Henry and Paul Revere were members of the group.

Tea agents in New York, Philadelphia and Charleston cancelled orders with the East India Company. However, Boston governor Thomas Hutchinson respected the tea act and gave permission to the three arriving ships, Dartmouth, Eleanor and Beaver to dock in Boston to deposit their cargoes.

On the morning of December 16, 1773, thousands of colonists convened at the wharf and a meeting was held at the Old South Meeting House. The colonists voted to refuse to pay taxes on the tea or allow the shipment to be unloaded, stored, sold or used. In response, Governor Hutchinson refused to allow the ships to return with the tea to Britain and ordered the tea tax to be paid and the shipment unloaded.

Later that evening, a group of men disguised as indigenous Americans, marched onto Griffin's wharf, boarded the ships, and dumped 342 wooden chests, 45 tons of tea, into the water. It took nearly three hours for the more than 100 colonists to empty the tea into the Boston Harbor. Surrounding British armed ships made no attempt to resist the action taken by the Sons of Liberty.

The following day, John Adams wrote in his diary:

Last Night 3 Cargoes of Bohea Tea were emptied into the Sea. This Morning a Man of War sails. This is the most magnificent Movement of all. There is a Dignity, a Majesty, a Sublimity, in this last Effort of the Patriots, that I greatly admire. The People should never rise, without doing something to be remembered—something notable and striking. This Destruction of the Tea is so bold, so daring, so firm, intrepid and inflexible, and it must have so important Consequences, and so lasting, that I can but consider it as an Epocha in History.

Following the events on December 16th, John Adams, as well as many other Americans, considered tea drinking to be unpatriotic. The popularity of tea dwindled through the American Revolution, resulting perhaps to the shift to coffee.

As a result of the uprising, King George III imposed a blockade of all ships arriving into the Boston harbor and restricted Massachusetts the right to self government. These were known as the Coercive, or Intolerable Acts. All official political representatives in Boston were to be appointed by the Parliament. Colonists in the thirteen colonies responded to the Intolerable Acts by convening the First Continental Congress, petitioning the Parliament for repeal of the acts.

A second Boston Tea Party took place in March 1774, when the ship Fortune was boarded by colonists and 30 chests of tea were dumped into the harbor. Although it did not earn as much notoriety as the first Tea Party, it encouraged tea-dumping demonstrations in other states.

The taxation of tea crisis escalated, resulting in the American Revolutionary War beginning in Boston in 1775.

Sources: Britannica.com, Wikipedia, and www.history.com



Images Source: Library of Congress Prints and Photographs Division



THE DESTRUCTION OF TEA AT BOSTON HARBOR.



The Wright Flyer

Article by Rande Hansen

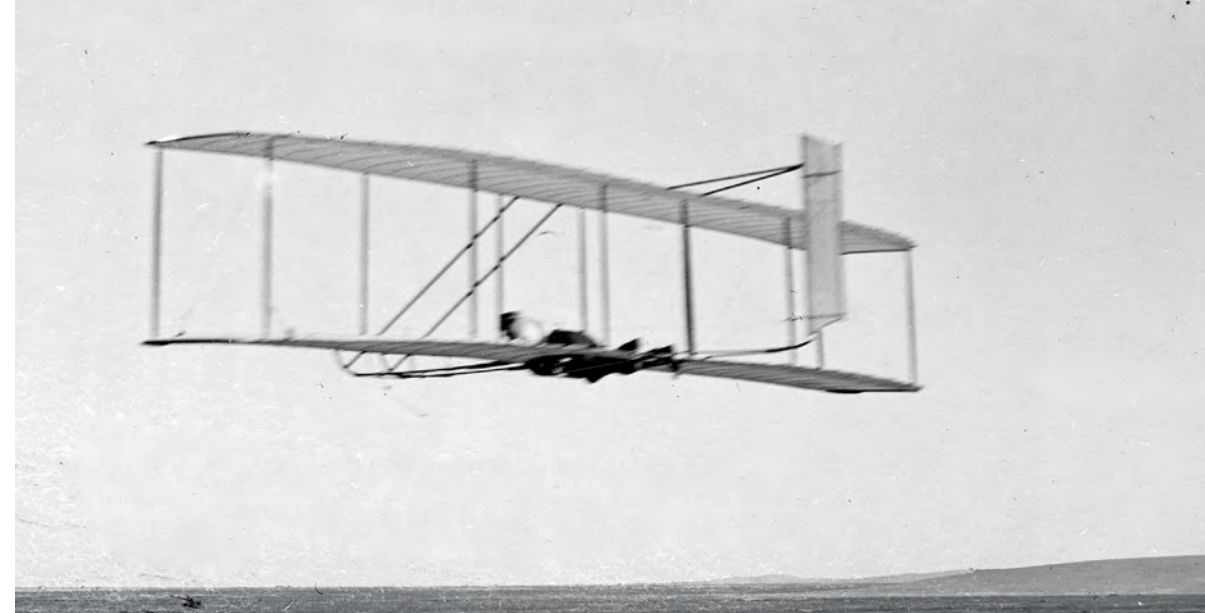
120 years ago this December 17th, The Wright Flyer / Kitty Hawk Flyer made its first sustained flight by a manned, controlled aircraft. It marked the beginning of the pioneer era of aviation.

Orville and Wilbur Wright, from Dayton, Ohio, worked in a shop specializing in printing presses, motors, machinery, and bicycles. Their work with bicycles influenced their belief that an unstable vehicle, such as a flying machine, could be controlled and balanced with practice. As early as 1900, the brothers performed many glider tests, developing their skills as potential pilots. Their choice of Kitty Hawk, North Carolina as a testing site was based on the mid-Atlantic consistent breezes and a soft, sandy landing surface. Although remote, Kitty Hawk was closer to their home and workshop in Dayton than California and Florida, and provided the brothers with the privacy they needed to conduct their experiments.

The Wrights' aircraft design was based on their kite and gliders, as well as earlier work by other aviation pioneers. The biplane aircraft had drooping wings, front elevator and rear rudder. A 12 hp gasoline engine powered two propellers. According to several biographies, it was most likely Wilbur who piloted all the gliders until 1902. As the older brother, he felt the need to protect his younger sibling from harm. However, on December

First flight, December 17, 1903

Photograph shows the first powered, controlled, sustained flight. Orville Wright at the controls of the machine, lying prone on the lower wing with hips in the cradle which operated the wing-warping mechanism. Wilbur Wright running alongside to balance the machine, has just released his hold on the forward upright of the right wing. The starting rail, the wing-rest, a coil box, and other items needed for flight preparation are visible behind the machine. (Orville Wright preset the camera and had John T. Daniels squeeze the rubber bulb, tripping the shutter.)



Wilbur Wright flying 1902 glider, Kitty Hawk

17, the brothers alternately piloted the craft, Orville first and Wilbur on the fourth attempt. They flew their aircraft four times at Kill Devil Hills, about 4 miles south of Kitty Hawk. The aircraft flew 852 feet on its fourth and final flight, but was severely damaged on landing and by powerful gusts of wind.

Wilbur and Orville Wright assemble the Flyer in camp building, October 1903, Kitty Hawk, NC.

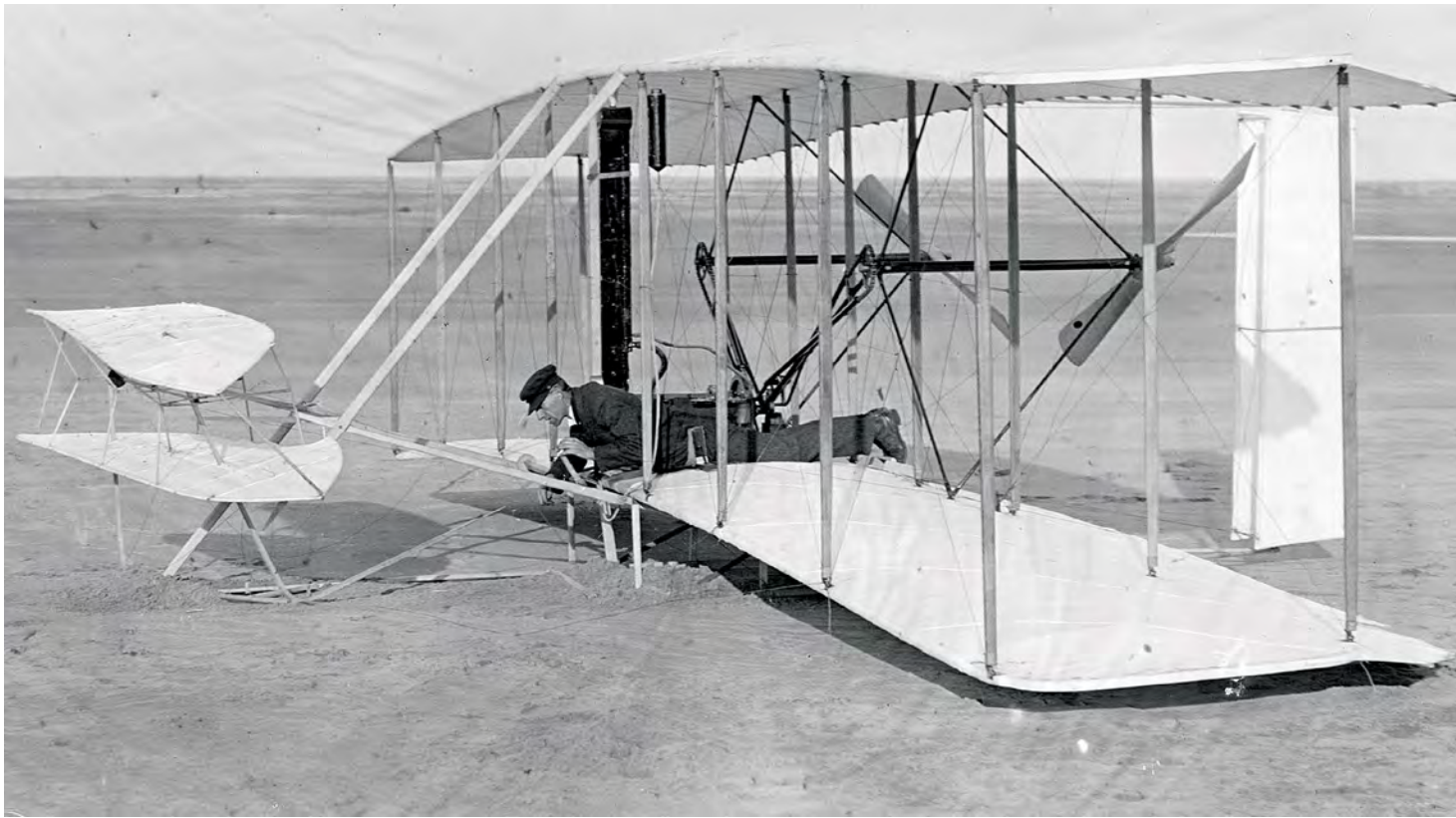
Orville's account of the fourth flight is as follows:

Wilbur started the fourth and last flight at just about 12 o'clock. The first few hundred feet were up and down, as before, but by the time three hundred ft had been covered, the machine was under much better control. The course for the next four or five hundred feet had but little undulation. However, when out



Flyer on Big Kill Devil Hill, prior to December 14, 1903 trial. Lifesaving Station men helped move it, accompanied by two boys and dog. (below)





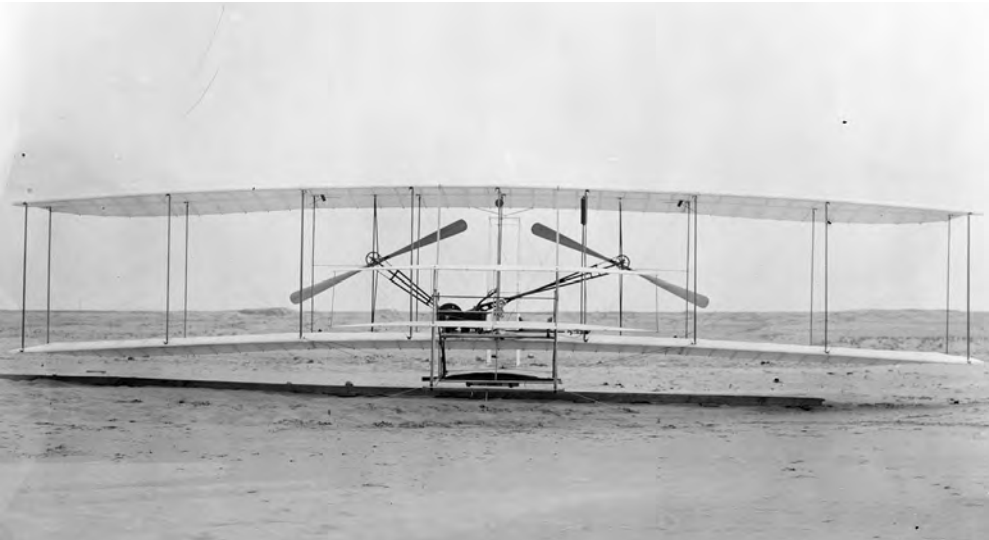
Close-up view of damaged 1903 machine, rudder frame broken in landing, on ground at end of last flight

about eight hundred feet the machine began pitching again, and, in one of its darts downward, struck the ground. The distance over the ground was measured to be 852 feet; the time of the flight was 59 seconds. The frame supporting the front rudder was badly broken, but the main part of the machine was not injured at all. We estimated that the machine could be put in condition for flight again in about a day or two.



Launch track and trolley on Big Kill Devil Hill after Wilbur Wright's failed attempt on Dec. 14, 1903, North Caronlina. (above)

The Wrights sent a telegram about the flights to their father, requesting that he "inform press". However, the Dayton Journal refused to publish the story, saying the flights were too short to be important. Meanwhile, against the brothers' wishes, a telegraph operator leaked their message to a Virginia newspaper, which concocted a highly inaccurate news article that was reprinted the next day in several newspapers, also in Dayton.



1903 Wright Flyer, front view, Kitty Hawk NC.

Orville restored the damaged plane, but it never flew again. The aircraft was first displayed at the London Science Museum until 1948, but is now on permanent exhibit at the National Air and Space Museum in Washington D.C.

Wilbur died of typhoid fever in 1912 and Orville died in 1948 from a heart attack. See Wikipedia for further accounts of the Wright brothers' work with air flight following the 1903 Wright Flyer.

Interesting facts:

- ★ The name Kitty Hawk is derived from the native Algonquin Amerindian language word Chickahawk, meaning "a place to hunt geese".
- ★ USS Kitty Hawk was an aircraft carrier, decommissioned in 2009.
- ★ Kitty Hawk was the name of the Command Module on Apollo 14.
- ★ The U.S. states of Ohio and North Caroline both take credit for the Wright brothers and their world-changing inventions—Ohio because the brothers developed and built their designs in Dayton, and North Carolina because Kitty Hawk was the site of the Wrights' first powered flight. With a spirit of friendly rivalry, Ohio adopted the slogan "Birthplace of Aviation" (later "Birthplace of Aviation Pioneers", recognizing not only the Wrights, but also astronauts John Glenn and Neil Armstrong, both Ohio natives). The slogan appears on Ohio license plates. North Carolina uses the slogan "First in Flight" on its license plates.
- ★ NASA named the first Martian take-off and landing area for the 2021 Ingenuity helicopter "Wright Brothers Field".

Source: Wikipedia
All images courtesy of Wright Brothers' documentary "Kitty Hawk" at www.wrightbro.com



The Global Seed Vault

Article by Rande Hansen

On Spitsbergen, outside of Longyearbyen, 78 degrees north, the Svalbard Global Seed Vault celebrated its 15th anniversary in February 2023. Created as a long-term storage facility for seeds and grains from around the world, the Seed Vault could be vital in regenerating crops and plants damaged due to disease, war, sabotage or natural disasters.

Completely funded by the Norwegian government, at a construction cost of \$8,8 million (45 million kr.), the Seed Vault officially opened on 26 February 2008, although the first seeds arrived in January 2008.

A short history

The concept of storing seeds in a controlled temperature was first found in 1984. The Nordic Gene Bank began storing backup plant germ plasm via frozen seeds in an abandoned coal mine outside of Longyearbyen. Conservationist Cary Fowler, together with the Consultative Group for International Agricultural Research (CGIAR), actively campaigned for the development of the Seed Vault and approached the Norwegian Government. They conducted a feasibility study in 2004 and concurred that Svalbard was an appropriate location for long-term storage.

The Seed Vault boasted over 400,000 samples by the end of its first year, and in 2013 approximately one-third of the crop diversity stored in genebanks globally was represented at the Seed Vault. The number of samples continues to rise, currently at nearly 1,2 million varieties.

As a result of the Syrian civil war, the International Center for Agricultural Research in the Dry Areas (ICARDA) was unable to maintain its Syrian genebank and made the first-ever withdrawal of seeds from the Seed Vault in 2015 to regenerate and store those seeds in active collections in Lebanon and Morocco.

Although the Seed Vault was securely built to preserve the temperature and humidity inside, it suffered a major setback in October 2016. Following a season of heavy rainfall and mild temperatures, there was unexpected seepage into the entrance tunnel. Improvements to the tunnel and exterior drainage ditches were completed in 2019 and are expected to prevent further seepage.



Svalbard Global Seed Vault in the summer. Photo source: [www.Canva.com](https://www.canva.com)



Global Seed Vault entrance in the winter.

In 2020, the Cherokee Nation became the first Indigenous group from North America to deposit when it safeguarded the seeds of nine heirloom food crops that predate European colonization.

Storing the seeds

To further protect the seeds, approximately 500 seeds are placed in three-ply foil packages, then stacked in containers on metal shelving racks. Each box is marked with a nanofilm that describes the seed identity and other valuable information. The storage rooms are maintained at -18 degrees C (-0.4 F). The low temperature prevents the seeds from aging or germinating. Permafrost surrounding the facility further protects the temperature. The storage chamber is carefully monitored, however it is opened only 3-4 times a year, ensuring the stability of the climate surrounding the seeds. It is estimated that the facility has a capacity to store 4.5 million seed varieties, or over 2.5 billion seeds.

Testing and retrieving the seeds

A 10-year project to test seed samples and their ability to germinate after storage is underway. This will insure that the seeds on deposit can be utilized in the future. Much like a bank, only the "depositors" of the seeds can retrieve the seeds they placed in the vault.

Awards

Time Magazine ranked the Svalbard Global Seed Vault as number 6 on the best inventions of 2008. It received the Norwegian Lighting Prize for 2009, and the Project Management Institute ranked it as the 10th most influential project over the past 50 years.

15th Anniversary

To celebrate the 15th anniversary of the Seed Vault, Agricultural and food minister Sandra Borch visited the facility. She invited the town's 15 year old students to join her at the Seed Vault and deliver new packets of seed varieties from Benin to be stored. In her speech at the ceremony, she reminded us of how important the Seed Vault is for the entire planet and future generations. "The whole of humanity relies on the genetic diversity of crops maintained in the world's gene banks, and the Seed Vault is the last line of defence against the loss of that diversity," said Sandra Borch, "It is impressive when you see all the nations who have delivered seeds, so we have a lot to be proud of today."

Closed to the public

The Seed Vault is not open to the public, however a virtual tour can be seen on <https://seedvaultvirtualtour.com>. It is possible to visit the exterior, the entrance to the vault and take pictures. In the winter months, the entrance is illuminated and can be easily seen on the mountainside between Longyearbyen and the airport.

Sources: Wikipedia, Reuters.com, Croptrust.org.



The Kings Road over Filefjell

Article by Rande Hansen

The need to connect east and west Norway by horse and carriage was solved in the 1790s with the construction of the Kings Road over Filefjell, between Vang and Lærdal. Today, it stands as one of the most spectacular examples of road construction, completed in 1793, 230 years ago!

Prior to the 1700s, Norway had only roads or paths based on bridle and packhorse riding. Between the major cities in Norway, there was a need for transporting goods as well as the royal family and their officials by carriage. As a result four Kings Roads were established. Here, at Filefjell, the original road had a reputation for being the most dangerous part of the journey between Oslo and Bergen. There was a crucial need for improvement.



The famous hair pin turns twisting down the valley. Images: Rande Hansen

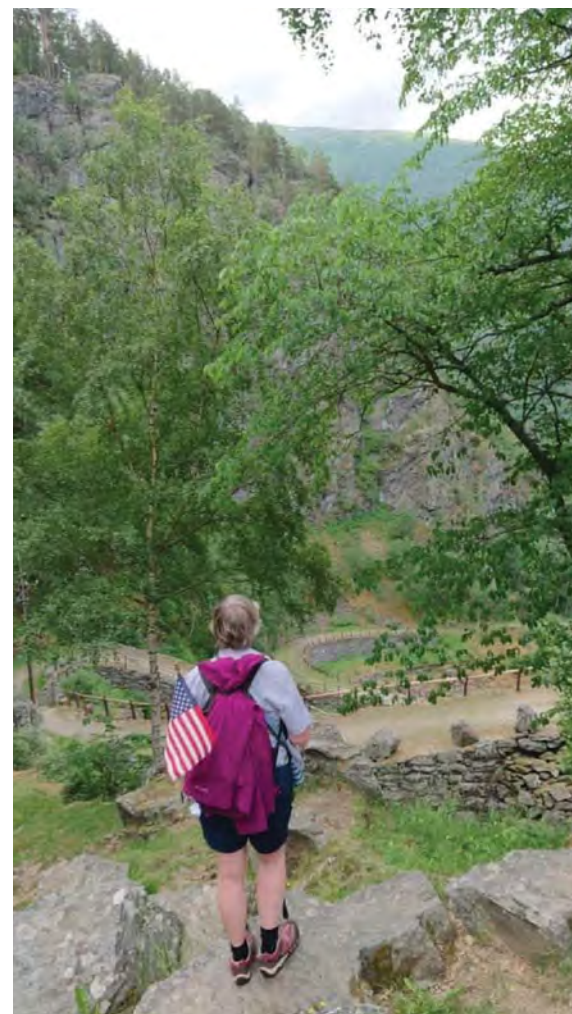
At Filefjell, the steep mountain pass created a challenge for the construction of a road that could be safely travelled with by horse and carriage. Christopher Hammer in Bergen was appointed as architect for the new road. The labor force were soldiers and local farmers, using simple tools long before dynamite came into use. The construction of the Kings Road connecting Oslo and Bergen via Hønefoss and Valdres would be one of the most ambitious transportation projects during the 1700s.

Today, the Kings Road is a 100 kilometer trekking trail and is a popular route for hikers. The trail winds through the scenic landscape of the



Information sign in Norwegian and English. (above)

Happy 4th of July! (below)



Filefjell mountains and offers a unique hiking and cultural experience. For those wanting a shorter day hike, we can recommend the most popular section called Vindhella that begins near the iconic Borgund Stave Church on E16.

Having added this trek to my bucket list years ago, we finally visited the Kings Road on July 4, 2021. We began our hike 300 meters east of the church and followed the path to the spectacular winding road. Have your camera ready to take many pictures of the impressive construction, both from above and below. Just imagine the man hours it took to construct the high stone walls. The trail ends down on the main road, but continues again just south

Looking back up at the amazing structure.

of the junction (Sverrestigen) and ends at the Borgund church. You can, of course, walk the main road or take the same route back, but there are a few scenic areas you will miss. The hike takes several hours but is not challenging or difficult to walk. We made many stops along the way. We can highly recommend Vindhella!

For more information and tips on what the Filefjell area has to offer, check out www.visitkongevegen.com, which was my source of historical information in this article. The webpage has an English language link.



The iconic Borgund stave church.



You find bits of history all along the trail



Embracing Change

Article by Danielle Kuznetsov of the FAWCO Health Team

Introduction by Kristin D. Haanæs



The American Women's Club of Oslo is not only under the umbrella of the ACCN, but also part of an international network of independent volunteer clubs and associations, FAWCO.

Founded in 1931, FAWCO comprises 57 member Clubs in 28 countries worldwide and serves as a resource and a voice for its members. It also seeks to improve the lives of women and girls worldwide, especially in the areas of human rights, health, education and the environment; advocates for the rights of US citizens overseas; contributes to the global community through its Teams and The FAWCO Foundation, which provides Development Grants and Education Awards. The organization is a global women's NGO (non-governmental organization), and since 1997, FAWCO has held special consultative status with the UN Economic and Social Council.

The following article is from FAWCO's online quarterly magazine, *Inspiring Women*. The magazine profiles the lives of members of FAWCO Clubs throughout the world who have used their skills and talents to make an impact in the global community. It also contains special features, tips and hints such as travel tips to cities and areas where FAWCO clubs can be found.

If you wish to subscribe to the magazine ... www.fawco.org/about/publications/inspiring-women.

We all know that there are not many guarantees in life. Many people joke that death and taxes are the absolutes we can count on. I would add CHANGE to that short list as well.

Change is something that most people avoid like the plague. It is unpredictable, uncomfortable, and usually uninvited. Yet, making peace with it is vital to our health as individuals, couples, families, and communities, big and small.

FAWCO is in the midst of exactly this kind of change; a circle of endings that are beginnings and beginnings that are endings. What happens on a small level in our private lives supersedes in organizations. Creating the space and opportunity for the people's real needs and the time to adjust is key in transitioning successfully from where you are to where you want to go.

As expats we have unique experiences that help us thrive in change. Generally, planning strategically, maintaining adaptability and flexibility, and leading by example are the staples that keep us moving forward. What other criteria are needed to celebrate the good and build upon it so the return on investment (ROI) of change has lasting value?



As a Life Coach and a woman who has experienced a huge life transition in the last few years (empty-nest and moving), I have been exploring this issue, with many ups and downs. Retooling is not something that comes quickly, and there is no roadmap to follow. Each path for each person or organization is different. That being said, I have found common stepping stones to use as my guide. Here they are:

1. Identify your values. A value is a principle that gives our life meaning and helps us to keep going when the going gets tough. Change, whether internal or external, requires that we reassess what is meaningful and necessary for us to move on in a stable and healthy fashion. A little bit of reflection can bring great clarity. The internet provides many free value inventories, making this reflection exercise fairly easy.

2. Set your priorities. Priorities may be big or small, but knowing them and creating intentions around them is key. In order to keep moving ahead, I have found that committing to activities the evening prior is extremely beneficial and creates order and balance that keeps me moving in the right direction.

3. Be honest about opportunities and obstacles.

YES! So often, we have high integrity when it comes to serving others, but not to ourselves. This is a daily discipline of review of self.

Are we following through on what we say we want and is important to us, and are we delivering in the relationships that matter most?

Commit yourself to ongoing learning, improvement, and development.

Change on the outside is the invitation for change within. I miss this common sense invitation often, instead bucking reality. Mistakes have been my friend in this process as I keep polishing my skill sets by picking myself up and moving on. Being teachable is one of my values.

*Find your nearest coffee shop
or visit our online shop at
kaffebrenneriet.no*





Engage in activities that contribute to the cause.
Whether as an individual or an organization, focus is imperative so the way is not lost in the process. Having clear, defined goals or aspirations and a structure that allows for continual contribution requires rigorous commitment.

Communicate effectively.
Francis of Assisi said, "Use words if necessary." I will always be a student when it comes to communication.

Move from good intentions to good actions.
It is ironic that we judge others by what they do and ourselves by our intentions. Principle number 3 helps me to assess daily whether or not my actions are a good reflection of my hidden intentions.

Add value to people every day.
My "Saved my Life" mentor of my 20s would always repeat, "People are more important than things." I was dumbfounded at that statement until I began to see how often I failed to see the person in front of me and only saw the thing that was on my mind. Unfortunately, I hurt many people before I realized that I needed to practice the

Golden Rule daily in all circumstances with all people. Time and aging have their benefits. I have improved.

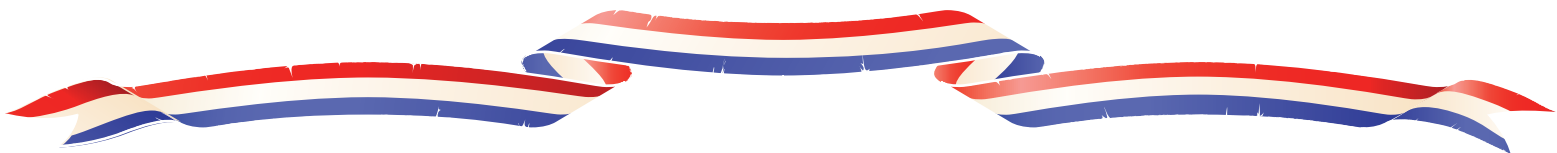
Exercise Hope.
Hope is a VERB and a skill set. Augustine of Hippo said, "Hope has two beautiful daughters; their names are Anger and Courage. Anger at the way things are, and Courage to see that they don't remain as they are." Hope starts with the belief that things can be better, and we all have a role in making that better happen. Hope is always in motion.

Measure results.
Results are where internal and external change pop like a firecracker. It is the ultimate accountability partner. In *Change Your World*, John Maxwell and Rob Hoskins propose a positive change rubric: Discover, Design, Deploy, and Document. This combination, whether personal or corporate, helps to see how close one is hitting the target and if impact is taking place.



Danielle Kuznetsov currently lives in Speyer, Germany, with her husband Alex. While in this season of transition, she is serving the local Russian/Ukrainian community, maintaining family ties with kids and grandkids, and helping clients grow into their best selves. Danielle enjoys traveling with her husband, reading, investing in and developing young mothers, and pursuing God in prayer. She is a member of the Heidelberg International Women's Club. She can be reached at: Kuznetsov.danielle@gmail.com

Images courtesy of Annelize Smith, FAWCO member.



Funny Norwegian Words

Funny Norwegian words when translated literally. What is the English word or phrase?	
Sugerør	Sucking pipes
Blomkål	Flower cabbage
Gresskar	Grass bucket
Jordbær	Dirt berries
Grønnsaker	Green stuff
Rumpetroll	Butt trolls
Kjærlighet på pinne	Love on a stick
Tannkjøtt	Tooth meat
Støvsuger	Dust sucker
Piggsvin	Spike pig
Smultring	Lard ring
Tåfis	Toe fart
Spekkhogger	Blubber chopper
Hageslange	Garden snake



Reflections on Svalbard

Reprinted with permission from Polar Bears International
Article by KT Miller, Director of Field Programs and Relations

Polar Bears International is made up of a passionate team of conservationists, scientists, and volunteers—working to secure a future for polar bears across the Arctic. Our mission is to conserve polar bears and the sea ice they depend on. Through media, science, and advocacy, we work to inspire people to care about the Arctic, the threats to its future, and its connection to our global climate. Polar Bears International's headquarters are in Churchill, Manitoba, Canada.

We are wrapping up another wild and inspiring field season in Longyearbyen, Svalbard. Each year is unique and challenging, and this one was no different. The weather was really difficult. In 18 days of fieldwork, we only had three days where the weather allowed us to get out into the field—and those days were not “bluebird days” but filled with mixed clouds and wind, providing just enough of a window for us to get out to do the work and return home. We had many days where we got up early, got everything ready, waited for a phone call, and then were not able to go. Doing that day after day gets a bit exhausting, but necessary to get the work done.

During our three days out we were able to successfully deploy three remote camera systems at polar bear den sites across the archipelago. It's wild to travel through the vast landscape here and work in such challenging and technical conditions. This year's den locations were especially tricky. The first two den sites we visited were located in avalanche terrain, which we carefully avoided to manage the risk. At the second location we stepped onto a safe low-angle slope just to the side of the area we were working in and initiated a large collapse, with the snow settling beneath us, making a loud “whump.” It was fine because we were located in a safe spot, but a sign

that the steep surrounding slopes were primed for avalanches. At our third den location the terrain was a bit easier to manage. However, winds picked up throughout the deployment, halting additional drone flights, and making working conditions frigid and challenging. We were all swinging our arms and legs to stay warm as we waited for the helicopter to retrieve us.

We were also able to successfully fly a total of six ultra-wideband radar surveys at three den sites—testing whether they can detect dens under the snow—working with two team members from the research institute, NORCE. They had mostly

flown in flat terrain previously so were excited by the challenge of flying and conducting surveys on slopes. It was interesting to listen to them doing math in the field to calculate and plan each “mission” from a safe landing zone to the polar bear site up the slope. Once again, the complexities of the terrain added to the challenge.



This year we were very excited that Dr. Megan Owen of the San Diego Zoo Wildlife Alliance, the research lead on the project, was able to join us in the field, providing invaluable expertise and leadership that helps guide this long-term study. The San Diego Zoo Wildlife Alliance has been instrumental in the development of the Maternal Den Study, guiding the analysis, and helping to develop custom software for the mini den cameras. Our collaboration is another example of how much more we can accomplish when we work together.

Camera systems will be collected opportunistically by our partners at the Norwegian Polar Institute in the weeks and months to come. We are so grateful that, due to the amazing amount of research being conducted in Svalbard, other researchers are willing to pick up our equipment when they are in the area, be it weeks or months from now. Once all the systems are collected we will gather the memory cards and pass the data along for analysis.

In addition to the fieldwork, our team hosted a community presentation in Longyearbyen, sharing a bit of polar bear biology and information about our research. We also premiered the first in-person screening of Violet, the story of a polar bear in southwest Spitsbergen, in collaboration with Hearts in the Ice. We are excited about continuing to grow our work in this region and hope to continue to do so in 2023 and beyond.

Huge thanks to our research partners that made this year's field work a success—the Norwegian Polar Institute, San Diego Zoo Wildlife Alliance, and NORCE. And huge thanks to all of you, our greater community, who support our work and make this research possible. We couldn't do it without you.



All images courtesy of Polar Bears International

Cooking with Bård Greni

MASTER CHEF

People say our dry aged burger is better than the dry aged burgers in New York. Try it and let us know what you think!

AT JACOB'S MAJORSTUEN YOU'LL FIND OUR SPLENDID KITCHEN OFFERING **FOOD AND WINE COURSES** ON A REGULAR BASIS.

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8-21 (9-20)



SCAN THE QR-CODE AND WATCH BÅRD PREPARE THE DELICIOUS "GULLBURGER" MADE FROM MATURED BEEF FROM OUR OWN DRY AGE LOCKER, SERVED WITH CREAMY CORN AND TASTY AIOLI. ENJOY!

Memories of '22



The 2023 ACCN Independence Day Celebration

Entertainment & Raffle

Lawson Vallery Band



Stereotrain



Read about our
entertainment
on page 39!



Line Dancing with Kelli



Don't miss ACCN's great raffle!

3 drawings with 2 airline tickets on Norse Atlantic Airways in each of the last two drawings!
Kr. 50,- per ticket, each ticket is good for all 3 drawings!

Grand prizes:

4 airline tickets on Norse Atlantic Airways
Plus many other wonderful prizes.

Each ticket is valid for all drawings. Must be present to win.
Some conditions may apply to plane tickets.

INSTANT WIN Try our lucky wheel – everyone is a winner! Kr. 25,- per spin.

A non-profit council of American organizations founded in 1985, the ACCN's main objective is an interest in furthering Norwegian-American relations here in Norway and strengthening the bonds between Norway and the United States.



Purchasing raffle tickets helps to keep our event free. Here is the Grand Prize winner from 2022.



The 2023 ACCN Independence Day Celebration

Program & Schedule

SUNDAY, JULY 2ND, FROGNER PARK

ENTERTAINMENT

12:00	Opening Ceremonies
12:30	Announcements
12:35	Live music! Lawson Vallery
13:20	Announcements
13:25	1st Raffle Drawing
13:35	Announcements
13:40	Live music! Lawson Vallery
14:25	Announcements
14:35	2nd Raffle Drawing
14:40	Live music! Stereotrain
15:15	Announcements
15:25	Line dancing with Kelli
15:55	Announcements
16:00	Live music! Stereotrain
16:45	Announcements
16:50	Final Raffle Drawing
16:55	Closing remarks

CHILDREN'S ACTIVITIES*

12:00 - 17:00	Hands-on activities · Lei & Haku making · Tattoos & face painting
12:45 - 17:00	Pony rides: provided by Stalla Dorati
15:00	Watermelon eating contest

* all children must be accompanied

SPORTS SCHEDULE

13:00 - 17:00	Batting cage: provided by NSBF
13:00 - 14:30	American Football activities: provided by the Vålerenga Trolls
14:00 - 15:00	Cornhole competition
15:30 - 16:30	Children's Baseball / Tee Ball (Bring your bat & glove!)

AMERICAN FOOD FEAST

Hamburgers · Hotdogs · BBQ · Chili · Mac & Cheese · Sandwiches · Corn dogs · Funnel cake · Baked goods · Ice Cream · Soft drinks and much, much more!

AND MUCH MORE:

ACCN Member Organizations · Information Booth · Voter Registration information · U.S. Consular Services · AWC Used Book Stand · U.S. Marine Guard · Classic American Cars · Other Exhibitors

FREE ADMISSION



ACCN reserves the right to make changes at any time.

Memories of '22

Memories of '22





For Kids . . .



And the Young at Heart



Name: _____

Boston Tea Party Word Search



D	I	S	G	U	I	S	E	D	N	X	V	S	H	C	P	R
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F	A	V	Q	W	X	N	T	L	V	W	A	O	J	L	Q	S
V	F	F	Z	T	L	S	Z	D	C	R	Q	P	A	O	J	A
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E	A	S	T	I	N	D	I	A	E	A	Y	X	G	Z	K	E
J	O	X	T	E	A	P	A	R	T	Y	M	T	K	G	Q	N
H	X	O	H	G	O	V	E	R	B	O	A	R	D	J	V	K
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Novice



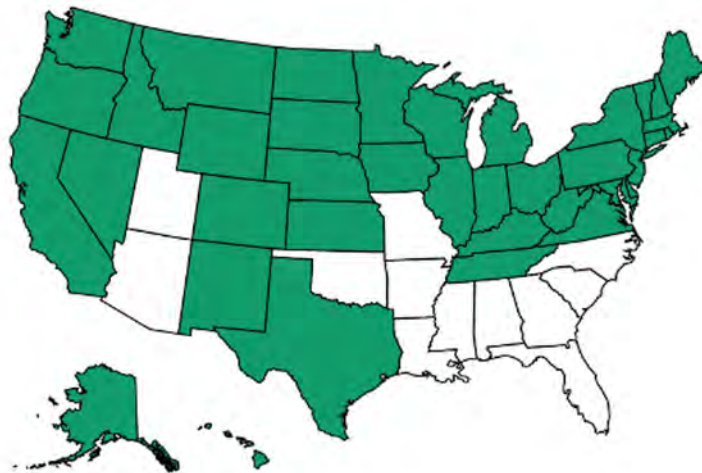
100+ Years of ERA History



Article by Christina Skovsgaard, Democrats Abroad

The Equal Rights Amendment (ERA) is a rather straightforward addition to the US Constitution, that some seem to think those right are already included.

“Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.”



The 38 states that have passed the ERA thus far.

Abigail Adams (1744–1818) argued that the laws of the new nation should recognize women as something more than property and protect them from the arbitrary and the unrestrained power that men held over them. Nearly 150 years before the House of Representatives voted to pass the 19th Amendment giving women the right to vote, Adams letter was a private first step in the fight for equal rights for women.^{2&3}

Leading up to the 19th Amendment, in 1848, the first women's rights convention in the United States, was held at the Wesleyan Chapel in Seneca Falls, New York. At that conference, activist and leader Elizabeth Cady Stanton drafted The Declaration of Sentiments, which called for women's equality and suffrage.⁴

In 1923 Alice Paul drafted and introduced the first Equal Rights Amendment (ERA) at a conference to commemorate the 75th anniversary of the Seneca Falls Convention. She was a Republican and one of the founders of the National Woman's Party, which worked for the passage of the Nineteenth Amendment granting women the right to vote. After successfully gaining women's suffrage in 1920, Paul characterized the amendment as the next logical step for the women's movement.

Support for the amendment slowly grew, and the ERA was added to the Republican Party platform in 1940 and

This proposed amendment to the United States Constitution designed to guarantee equal legal rights for all American citizens regardless of sex. It seeks to end the legal distinctions between men and women in terms of divorce, property, employment, and other matters.¹

History of the Equal Rights Amendment

In 1776, John Adams thoughtful wife, Abigail Adams advised her husband in a letter to “remember the Ladies, and be more generous and favourable to them than your ancestors”, when he and other colonial leaders were meeting in Philadelphia in the Second Continental Congress. Even though he often heeded the advice of Abigail, this time he did not.

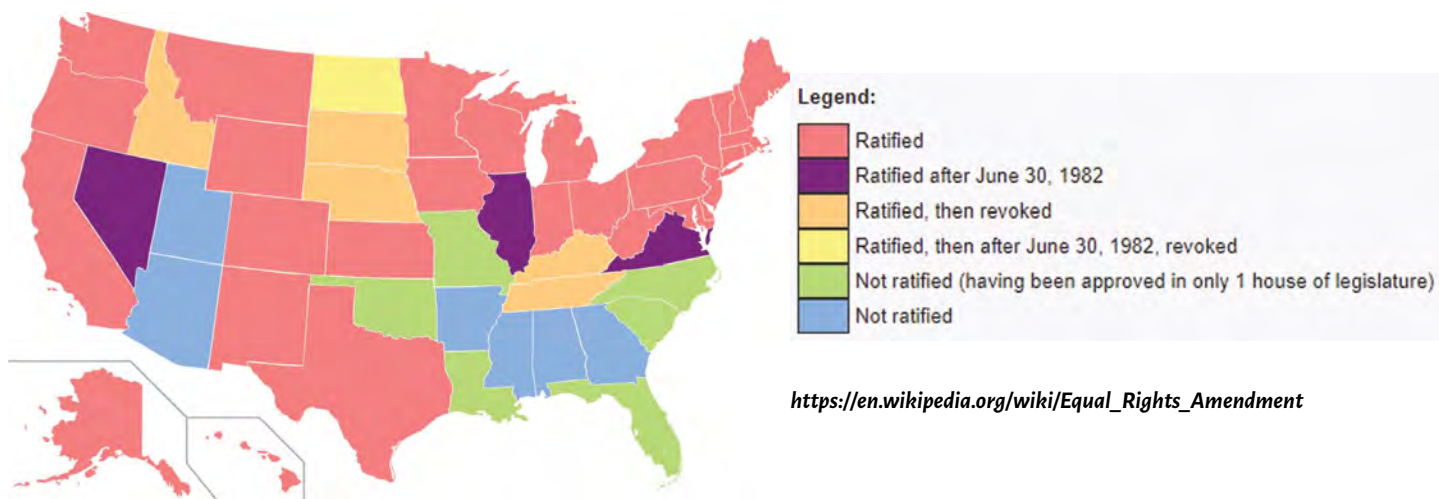
Democratic Party platform in 1944. The Republican Party included support of the ERA in its platform beginning in 1940, renewing the plank every four years until 1980. ERA supporters were hopeful that the second term of President Dwight Eisenhower would advance their agenda. Eisenhower had publicly promised to “assure women everywhere in our land equality of rights,” and in 1958, Eisenhower asked a joint session of Congress to pass the Equal Rights Amendment, the first president to show such a level of support for the amendment. However, the National Woman's Party found the amendment to be unacceptable and asked it to be withdrawn.



Betty Ford and Rosalynn Carter in unity for the ERA.

There was once again a time with wide, bipartisan support (including that of both major political parties, both houses of Congress, and presidents Richard Nixon, Gerald Ford, and Jimmy Carter) the ERA seemed destined for ratification until Phyllis Schlafly mobilized conservative women in opposition. These women argued that the ERA would disadvantage housewives, cause women to be drafted into the military and to lose protections such as alimony, and eliminate the tendency for mothers to obtain custody over their children in divorce cases.





In 1972, the U.S. House and Senate passed the ERA and sent it to the states for ratification, as outlined in the Constitution. Congress imposed a seven-year deadline for the necessary ratification by three-fourths of the states, or 38. States initially rushed to ratify the ERA and twenty-two states ratified the amendment within the first year. Progress slowed and only 35 had ratified the amendment by 1978 when Congress then extended the deadline to 1982.

The last three states needed did not ratify the amendment until between 2017 and 2020 — well after the 1982 cut-off. They included Nevada, Illinois and Virginia. In addition five states rescinded their ratification, but the legal status of these rescissions is uncertain.

The fight to implement the ERA has been the subject of numerous unsuccessful court cases. Many had hoped that when Virginia as the 38th state passed the resolution it would be added to the constitution. But the Archivist has not added it to the Constitution. Some think enshrining the ERA in the Constitution may now require the Supreme Court to allow Congress to waive the deadline after the fact, since it was an arbitrary deadline. Others think the deadline can be removed by Congress, since it was extended the once before.^{5&6}

On April 27, 2023, a Joint Resolution (S.J.Res.4) to remove the deadline for the ratification of the Equal Rights Amendment was voted upon. It stated “The Administration strongly supports Senate passage of S.J. Res. 4, a Joint Resolution that would declare the Equal Rights Amendment to be valid to all intents and purposes as part of the Constitution. As a recently published Office of Legal Counsel memorandum makes clear, there is nothing standing in Congress’s way from passing such a resolution. In the United States of America, no one’s rights should be denied on account of their sex. It is long past time to definitively enshrine the principle of gender equality in the Constitution. Gender equality is not only a moral issue: the full participation of women and girls across all aspects of our society is essential to our economic prosperity, our security, and the health of our democracy.⁷ The vote for the resolution failed with 51 ayes and 47 nays—60 was required to pass. The votes show it is divided along party lines, with only a few Republicans voting aye. Here’s the link to the official votes:⁸ Many believe the ERA has met all the conditions of Article 5 of the constitution and therefore should be part of the Constitution since January 27, 2022, went Virginia passe the ERA, and needs to be officially published. Many states are demanding this happen. Many states, including Democrats Abroad, are putting forth resolutions pressuring the government to pass the ERA.

We are privileged to live in the Nordic countries which have closed more than 90% of the gender gap issues with Iceland, Finland, Norway and Sweden dominate the top five. We who live in the Nordic countries are privileged to be in a place that has closed gender gap by 90%.

American Women in Oslo for the ERA



100 years has transpired since the ERA was first introduced. It is time for Abigail Adams to get her wish.⁹

Here are some of the key dates:

- 1776 – Abigail Adams wrote her husband “remember the ladies”
- 1848 – First Woman’s Rights Convention
- 1923 – ERA first introduced into Congress
- 1940 – Republican party included ERA in platform
- 1944 – Democratic party included ERA in platform
- 1972 – ERA passes Congress and moves to states for ratification
- 1977 – 35 of the needed 38 states had ratified the ERA
- 1978 – Deadline for ratification extended from 1979 to 1982
- 1982 – Still only 35 states ratified the ERA
- 2017 – Nevada ratifies the ERA
- 2018 – Illinois ratifies the ERA
- 2020 - Virginia ratifies the ERA
- 2020 - U.S. Archivist refuses to add ERA to the Constitution based on guidance from Dept. of Justice
- 2021 – The Equal Rights Amendment is not yet part of U.S. Constitution
- 2023- Senators voted in April 28, 2023 51-47 to go forward with a bill that would lift Congress' self-imposed 1982 deadline for three-fourths of states to ratify the Equal Rights Amendment. The procedural vote, or cloture vote, required 60 senators for the ERA to move forward. What was once a non-partisans bill was now blocked by Republicans.

ERA history

The ERA was first introduced in 1923 following the women’s suffrage movement and the passage of the 19th Amendment that granted women the right to vote.

- <https://www.equalrightsamendment.org/>
- <https://americainclass.org/abigail-adams-and-remember-the-ladies/#:~:text=%E2%80%99Remember%20the%20Ladies%2C%20and%20be,in%20the%20Second%20Continental%20Congress>
- <https://www.history.com/this-day-in-history/abigail-adams-urges-husband-to-remember-the-ladies>
- <https://library.arlingtonva.us/2019/10/22/this-week-in-19th-amendment-history-national-womans-rights-convention/#:~:text=More%20than%201%2C000%20delegates%20from,%2C%20medicine%2C%20and%20the%20ministry>
- https://www.democratsabroad.org/era_history
- https://en.wikipedia.org/wiki/Equal_Rights_Amendment
- <https://www.congress.gov/bill/118th-congress/senate-joint-resolution/4>
- https://www.senate.gov/legislative/LIS/roll_call_votes/vote1181/vote_118_1_00099.htm
- https://www.democratsabroad.org/era_history



Degrees of Connection: One College, Two Generations

Article by Tonje Kristiansen, Marketing and Event Coordinator, American College of Norway



Mother-son duo - Lena Schjølberg and Jonas Schjølberg Seorum both attended the American College of Norway.

son's father, and ended up settling in the United States to start a family - where she lived for 14 years.

In 2007 she brought her family back to Norway, but as her son, Jonas, was finishing High School, it became clear that he would want to go to College in the United States. Unfortunately, this was around the time of the height of the COVID-19 pandemic, and most US universities were going remote. This led Lena to encourage Jonas to apply to the American College of Norway - a place that she had spoken warmly about ever since Jonas was a child. She knew that ACN would be a great fit for her son, and after having completed his time at ACN - Jonas is inclined to admit that his mother was right.

When reflecting on their separate - but still somewhat shared - experience of going to college in Moss, they believe that not much has changed in the 30 years that have passed. While the course offerings and instructors differ - the core experience and values of the institution remains the same. They both experienced the benefits of a small campus and the

In 2021, the American College of Norway had the privilege of welcoming the first ever second-generation ACN'er. Attending college can be a transformative experience for any student, but it becomes even more meaningful when it's a shared experience between a parent and child. That's precisely the case for one mother-son duo who attended the same college nearly three decades apart. This is the story of how attending the American College of Norway changed the path of two individuals from the same family. Their story highlights the enduring value of education and the special bonds that can be forged through shared experiences.

In 1992, Lena Schjølberg enrolled at the American College of Norway as part of the inaugural class. At the time, the local community were rallying around the new and exciting educational opportunity in the scenic seaside town of Moss. Lena remembers her time at ACN fondly, and is still in touch with her classmates from this time. She says "I had such an incredible experience at ACN - and I'm left with the opinion that it changed my entire life."

The core idea behind the American College of Norway is to promote cultural exchanges - by having American students come to Norway for a year or semester abroad, and having Norwegian students take their first year of an American Bachelor degree in Norway before going on to attend a college in the United States. As part of the inaugural class, Lena went on to complete her degree at ACN's partner school - the University of North Dakota. It was around this time that she met her



Jonas and his classmates on the American College of Norway campus in 2021.



Friends for life - Lena and her classmates hanging out during their year at ACN in 92/93

value of one-on-one interactions with their professors who were passionate about what they taught.

One thing that is true for both their experiences is that they made friends for life in Moss. Lena explains: "We were such a small group - it felt like we were family!". To this day, every year, the Norwegian students from her time at ACN come together to

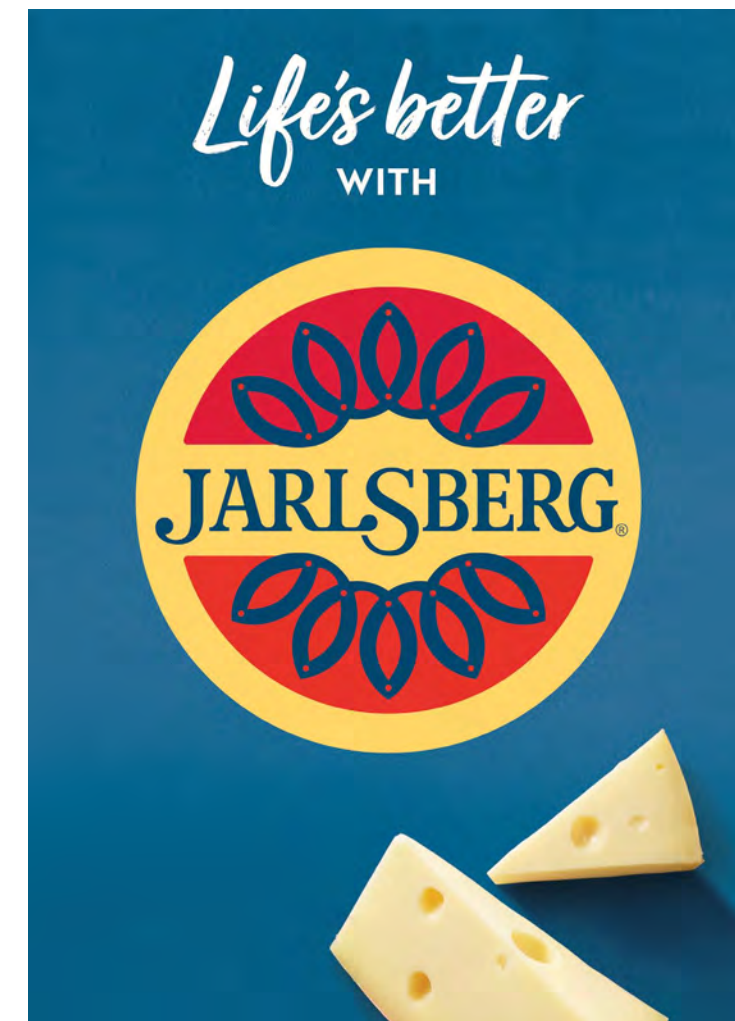
celebrate Thanksgiving, using the opportunity to catch up, reminisce about their college days, and create new memories. Beyond this annual tradition, Lena is also looking forward to hosting a former classmate and their family in her house for the upcoming 30th Anniversary of ACN - which is to be celebrated this summer. She has forged friendships that led to her children knowing her classmate's children, thereby creating intergenerational connections across the globe.

Her positive experience is what led her to encourage her son to apply to ACN, and Jonas agrees that you do really make friends for life at ACN. He is currently majoring in Political Science at the University of Minnesota, which is not far from the University of North Dakota, where not only his mother studied - but some of his classmates from ACN are currently enrolled. He is hoping to visit them soon - and foresees his friendships from ACN lasting for decades to come.

Lena believes that for Norwegian students, the opportunity to build a network at ACN before moving to the US is very likely to help students succeed when they move across the pond. She remembers feeling nervous about studying in a different language, but felt that her time at ACN helped bridge the gap in terms of language, culture and understanding a different educational system. She loved her college experience, and valued the concept that when you study in the US, your focus is primarily on just being a student.

Jonas explains that he will likely stay in the US after graduation, but doesn't deny that he would be happy to send any future children to study at the American College of Norway. "It's a place you always feel you can come home to." Lena explains about her time at ACN, continuing; "You don't really understand what a special experience it is until it's already over."

The American College of Norway is grateful to have had two generations of the same family enrolled, and are looking forward to welcoming a new group of students in the fall. Every semester we see students forging friendships that will last a lifetime, and make memories that they will be able to share with their children - hopefully leading us to receive our third-generation ACN'ers in the future!



U.S. Citizen Services Available at the Embassy

Article by U.S. Embassy

"The Department of State's highest priority is the safety and security of U.S. citizens abroad." – Secretary of State Anthony J. Blinken, 30 March 2023

As our Secretary of State has said, there is no role more important for U.S. embassies and consulates around the world than service to U.S. citizens. This is true whether they are living abroad or just visiting the host country for a short time.



You may already be familiar with some of the services we provide – we are the place to register major life events such as the birth or death abroad of a U.S. citizen, and to renew passports, either as they near expiration or on an emergency basis if they are lost or stolen. We also provide notarial services – most commonly in Oslo for U.S. citizens applying to marry in Norway but for other types of documents as well.

We maintain the Safe Traveler Enrollment Program (STEP) records for U.S. citizens in Norway. We recommend U.S. citizens enroll in the STEP program to ensure they receive notifications in case of emergency, hear about demonstrations or other events that could pose safety or security risks, learn of Embassy town hall events, get voting information, or receive ACS newsletters.

Sometimes U.S. citizens find themselves in need of other types of assistance. Although we cannot provide legal advice, on the Embassy's website we provide lists of English-speaking attorneys with a variety of practice areas from different parts of Norway. We also maintain a list of medical providers.

In some cases, U.S. citizens may be the victim of a crime, leading to physical, emotional, or financial injuries. While difficult anywhere, the problems may be compounded overseas because the victim may be in unfamiliar surroundings and may not know the local language or customs. As mentioned above, we can help replace a lost or stolen passport, even for immediate travel to the United States.

Did you know we are able to:

- ★ Contact family, friends, or employers, when a U.S. citizen gives us written permission
- ★ Provide information to facilitate access to appropriate medical care
- ★ Address emergency needs that arise as a result of the crime
- ★ Explain financial assistance options, such as assistance available to return to the United States
- ★ Provide information about local points of contact or organizations who discuss relevant host country laws and implementation of those laws
- ★ Share information about the status of the case in the local criminal justice process when applicable
- ★ Connect the U.S. citizen to overseas and U.S.-based resources for victims of crime, if available

There are limits to what we can do. Unfortunately, we are not permitted to:

- ★ Investigate crimes
- ★ Provide legal advice or represent the U.S. citizen in court
- ★ Serve as official interpreters or translators
- ★ Pay legal, medical, or other expenses

Please check the Embassy's website – no.usembassy.gov – to learn more about how we can help U.S. citizens.

Voting as an American Living Abroad

In 2024, every seat in the House of Representatives, one third of Senatorial seats, and the U.S. presidency are up for election. Voting begins with State primaries early in 2024. To participate in deciding the direction of our country, take advantage of your right to vote in the federal primaries. Make it the resolution you keep for 2024 – or even this year if you are able to participate in statewide or local elections in your home state of record.

Regardless of State laws, every adult U.S. citizen is eligible to vote in U.S. federal elections, even U.S. citizens living abroad. However, you must register to vote. You may use the last residential address you had in the United States as your voter registration address. This is NOT where you will receive your absentee ballot. However, this is the address you need to use to register to determine your voting district. Many states require you to be registered at least one month before Election Day. (If you were born abroad to a U.S. citizen parent, and have never lived in the United States, you may still be entitled to vote in the state in which your American parent last lived. Check with the election authorities in that state to determine your status.)

U.S. citizens can vote wherever they are in the world. As sometimes-narrow margins of victory in both state and federal elections have demonstrated, every vote really does count—including those submitted by citizens overseas. The process of registering to vote and submitting a ballot from another country may seem daunting, but all the information you need to get through the process may be found on the website of the Federal Voting Assistance Program, [FVAP.gov](https://fvap.gov).

Please start the process early. It can take some time for your voting registration and ballot request to be processed so that you receive your ballot in time to cast your vote. To help you get started, please look online at [FVAP.gov](https://fvap.gov).



Oslo Concept Store | Karl Johansgate 45 | daleofnorway.com

Republicans Abroad: Talking out Loud

**Article by Vincent Baugh,
Republicans Abroad Norway,**

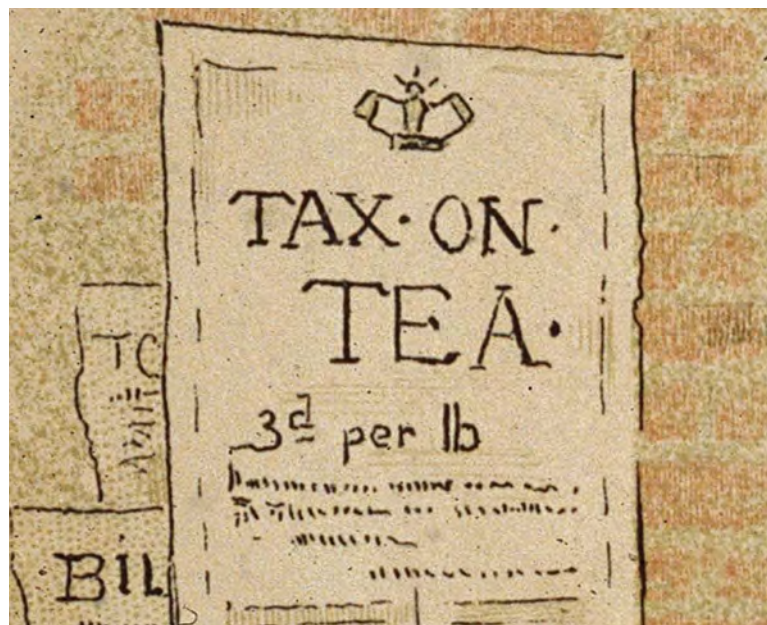
250 years ago, or so, tea was priced at a cost that was more than the market would bear. Over time, this situation became unacceptable for consumers, but was more than workable if you oversaw the selling and supplying of said tea. Eventually the concept "taxation without representation" benefitted a very slim portion of the market, namely the guys in charge. This situation was not very acceptable to the consumers or even the guys buying the tea.

Less than a hundred years later, a group of influencers took advantage of a situation whereby vast amounts of labor became available through a closed market. The appeal of cheap labor was too good a deal to pass up, and substandard existence was not the concern of the merchants who made vast profits from unpaid labor. The situation was so profitable a generational lifestyle arose to the detriment not only to the competition but to the labor force itself. The system of profit was so unbalanced and ingrained the exploitation of the labor force was allowed to flourish. The consequences of such a status quo were such that the equilibrium of the group warped the very basis of the social dynamic under which the status quo was allowed to exist. This by its very nature was unstable and was in dire need of correction.

In any system there is a need for guidance and control, sometimes even beyond the limits of the overall dynamic. Political domination coupled with oppression seeks to perpetuate itself but only highlights the need for the dynamic to change. The old order rarely usually refuses to recognize the need for change on its own. The new order is rarely patient enough to accept the transition.

Resolve is not easy to acquire on a macro level because change is an invitation to instability, and the existing situation is stability. However, at times there is the need to respond to the evolving dynamic. For instance, the price of tea in the colonies was such that it became quite clear that the price was just too high not to respond. Later it became increasingly clear that unfair and unequal labor practices were not acceptable, it took time to resolve to change and to reach the decision to amend the status quo. The interesting thing about the status quo is the safety and predictability that it fosters even when confronted with the fact that its principals have been used to advantage only part of the dynamic. When resolve is attached to larger ideal that serve the dynamic better than the status quo at the time, living by your ideals becomes possible.

Change rarely occurs on its own. It requires a catalyst whether over time or all at once, the same sort of things happen. The British in their time were not going to relinquish control of the tea without some convincing by the colonists. Slaves were not going to free themselves so the dynamic had to benefit enough on an economic level to give rise to the popular need to do the right thing... One man's revolution is another man's terrorist action. It all depends on who writes the story and to a lesser degree how successful you were. Often if your dynamic was the status quo and your side won and wrote the story, history sees you as the hero of the established order. Conversely if the changed dynamic is successful and a new story is written, the changed dynamic would be worth all the trouble and upheaval. The status quo exists to benefit the whole dynamic, its very nature requires change in time; the only thing that changes perhaps is why it changes and who makes the changes. It is not always that the change is as drastic as that brought on by the tax on tea.



Our Entertainment!

Lawson Vallery Band



The country artist Lawson Vallery, who lives in Hemnes, is ready with his new album "No Deposit, No Return". This will be the third in a row from the Norwegian-American, the first published by Tylden & Co. The band, led by Val, provides authentic southern country and top atmosphere! The new album takes listeners straight into the heart of America's southern country and depicts stories from a wonderful life story.

In 2021, the Lawson Vallery Band embarked on an extensive tour that included several countries in Europe and large parts of North America.



Line Dancing, Kelli Haugen

Kelli Haugen is from California, been living in Norway since 1994. She has recently received dual citizenship and is now a true Norwegian American. She started Kickin' With Kelli line-dance classes in 1998 and Valdres Linedance Klubb in 2000. She also competes in linedance competitions and is a 7 time World Champion.

She will compete at the World Championships in Switzerland this December. She has been part of the 4th of July festivities here in Frogner Parken for many years. Kelli is really looking forward to dancing with everyone this year!

Stereotrain



Stereotrain is a rock cover band based in Kongsberg playing songs from the last five decades. They present a mix of immortal hits and songs you have simply forgotten that you dig.

StereoTrain is starting to get good experience of playing outside in pubs and for all sorts of people. Feedback is hugely fun and positive. They have played at The Note (Sandefjord), Christians Kjeller, Gamle Norge Pub, Vegglidagen, Eidsfossfestivalen, Bellman and at various weddings and birthdays. StereoTrain plays music from, among others: Guns'n'Roses, Aerosmith, Lenny Kravitz, Gary Moore, Creedence, Survivor, Whitesnake, Dum Dum Boys, Led Zeppelin, Bon Jovi and AC / DC - PLUS MANY MORE. Here is a high all-singing factor!



For our national anthems...

Tracee Lewis Meyn, will be performing one verse each of the American & Norwegian national anthems. Tracee is a native Californian and has sung in various groups, in films and television in the US and has toured Europe.

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. Bent Bakken
Web: norway.alumclub.mit.edu/s/1314/bp19/home.aspx?gid=227&pgid=49763

University of Pennsylvania Alumni:
www.alumni.upenn.edu

AMERICAN FOOD PRODUCTS

Meny

O.H. Bangs vei 5, Høvik,
6710 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
Rosenhoff Dagligvarer,
Rosenhoff gate 3, 0569 Oslo
Trunken Department Store,
Brooklyn square, 4560 Vanse
(see Facebook page)
VikamatColonial (kiosk),
Klingenberggaten 7, Oslo,
22 83 48 48
Check your local grocery store,
many chain stores are now im-
porting American products.

Alternative foods

Helios, www.helios.no
Kinsarvik Naturkost,
www.kinsarvik.no

Tip: For reasonably priced fruits and vegetables and ethnic foods check out the immigrant-owned shops on Torg gate, Trondheims-
vn, Herslebs gate, Brugata, Grøn-
landsleiret 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 = allehånde
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 = pepperrot
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,
www.ganorge.no
Overeaters Anonymous,
www.anonymeoverspisere.no
Crisis and Therapy
www.pathwaystosafety.org

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), Check website for meeting dates.
Website: www.pwnoslo.net

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 (NIN), 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.frivillighetnorge.no

IWC (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.iwc-oslo.com

EVENTS IN OSLO Aktiv i Oslo www.aktiv Oslo.no

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.nfkino.no

The Cinemateket/Norwegian Film Institute listings are available in English at www.nfi.no/eng

FITNESS CENTERS

Oslo- Search on Google.

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.

Resource Directory

Brukthallen, Sinsenvn. 11, Tirsdag-
Fredag 12-18, Saturday 12-16.
Fretex – www.fretex.no – Shops throughout Norway, clothing and household goods.

Kali Ku Sirkelbruket – Brynsveien 88A, varied items, Monday 15-20, Thursdag 16-20, Saturday 11-15
PreLoved – children's clothes – Meierisvingen 2, Asker, Monday 11-16, Thursday 10-18, Tuesday/ Wednesday/Friday 10-16, Saturday 10-15

Vestkantorget (Amandus Nielsens plass, corner of Prof. Dahlsgt/Neuberggt., 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 rummage 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 2023
Fellesferien (national summer vacation). The last 3 weeks of July when many businesses and factories close.
Olso (St. Olaf's Day) – July 29.
Høstferie (fall vacation). School vacation at the end of September or beginning of October.
FN Dagen (UN Day) – October 24.
Bots og bededag (Day of Penance and Prayer) – October 29
Halloween – October 31. The holiday has become very popular among Norwegian children, so be prepared.
Allehelgensdag (All Saints' Day) – November 1
Farsdag (Father's Day), second Sunday in November.
1. søndag i advent (First Sunday in Advent) – December 3.
Luciadagen (St. Lucia's Day) – December 13.
Hanukka – December 7-15.
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.

2024
Nyttårsdag (New Year's Day) – January 1.
Morsdag (Mother's Day) – second Sunday in February.
Valentine's Day – February 14. Is increasingly popular in Norway.
Vinterferie (winter vacation) School vacation in mid- or late February.
Fastelavnsøndag (Shrove Sunday) – February 11.
Purim – March 23-24.
Holi – March 24-25.
Palmesøndag (Palm Sunday) – March 24.
Skjærtorsdag (Maundy Thursday) – March 28.
Langfredag (Long Friday) – March 29.
Påskedag (Easter Sunday) – March 31.
2. påskedag (Easter Monday) – April 1.

Eid al-Fitr – April 9-10.
1. mai (May Day) – May 1.
Frigjøringsdag 1945 (Liberation Day 1945) – May 8.
Grunnlovsdag (Constitution Day) – May 17.
Kristi himmelfartsdag (Ascension Day, 40 days after Easter) – May 9.
Unionsoppløsningen 1905 (Union Dissolution 1905) – June 7.
Pinse (Whit Sunday and Whit Monday, 50 days after Easter) – May 19 & 20.
Sankthansaften (Midsummer Eve) – June 23.
Sankthans (Midsummer Day) – June 24.
Fellesferien (national summer vacation). The last 3 weeks of July when many businesses and factories close.
Olso (St. Olaf's Day) – July 29.
Høstferie (fall vacation). School vacation at the end of September or beginning of October.
FN Dagen (UN Day) – October 24.
Bots og bededag (Day of Penance and Prayer) – October 27

Resource Directory

Halloween – October 31.
Allehelgensdag (All Saints' Day) – November 1.
Farsdag (Father's Day) – second Sunday in November.
1. søndag i advent (1st Sunday in Advent) – December 3.
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
Hanukkah – December 25-January 2, 2025.

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 coastlines 58,133 km)
Population
5,597,924 (July 2023 est.)
Age structure
0-14 years: 17.96%
15-24 years: 12.02%
25-54 years: 40.75%
55-64 years: 11.84%
65 years and over – 17.43%
Life expectancy (2023 est.)
Total population 82.75 years
Male 80.63 years
Female 84.98 years
GDP
Purchasing power parity – \$355.122 billion (2021 est.)
GDP per capita
Purchasing power parity – \$65,700 (2021 est.)
Labor force
2.831 million (2019)
Unemployment
4.99% (2021 est.)
Budget
Revenues: \$359.2 billion
Expenditures: \$372.6 billion (2023 est.)
Industries – exports
Petroleum and petroleum products, machinery and equipment, metal, 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.ark.no/produkt/boker/skole-boker/intro-9788202503864
Registration for Norwegian courses for immigrants can be found on your local kommune's nettside.

NORWEGIAN NEWS & INFORMATION IN ENGLISH
Views and News from Norway –
www.newsinenglish.no

Norway News –
www.norwaynews.com/en
Norway Today –
www.norwaytoday.info
Norway Post –
www.norwaypost.no
Norwegian Embassy in the U.K. –
www.norway.no/en/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.relocation.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, Fritznerngate 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, Hekkevien 9, 0571 Oslo, 22 71 76 24
Sandviksveien 206, Sandvika, 67 56 87 50.
First Church of Christ Scientist, Frogneren 51, Oslo, 22 44 00 49.
Gardermoen International Christian Fellowship, Worship services are held at Gydstadmyra Ungdomsskole, Aktivitetsvegen 25, Jessheim. Mob. 47253060 and 47254001. Pastors Linda and Terje Aadne.

The International Baptist Church, Otto Sverdrups Plass 4, 1337 Sandvika
Website: www.ibch.no
Greek Orthodox Church, www.greskorthodokskirke.no
Jewish Mosaik Synagogue, www.dmt.oslo.no
Kristensamfunnet i Norge Oscars gate 84, Postadresse: Inkognito terrasse 9, 0256 Oslo. 22 55 37 20
Kristi Feds Catholic Church, Veståsen 18, Eikeli, Saturday evening Mass at 6:00 pm., Sunday morning Mass at 9:30 am.
Quakers Society of Friends, Meltzers gate 1, Oslo, 22 44 01 87
www.kveker.org/oslo
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.no
St. Olav's Church (Roman Catholic), Sunday Mass in English at 7:00 pm. Address: Akersveien 5, Oslo, phone: 22 36 23 60.
www.katolsk.no/organisasjon
United Pentecostal Church International, Livets Tabernakel Address: Grefsenveien 26 Pastor: Gørn Andreassen e-mail: lgoera@online.no phone: 22151079 / 41203086
www.facebook.com/livetstabernakeloslo

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 Drengruds vei 60, 1383 Asker
www.askeris.no
Frogner International Pre-School, Fritznern 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.rsio.no and www.steinerskole.no
University of Oslo International Summer School – www.uio.no/summerschool
Study Outside Norway www.sonor.no/universitet/university-of-utah
For information of other international schools in Norway, check www.lifeinnorway.net

Resource Directory

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 Furuseth, bottom of the hour M-F from 10:30 am to 9:30 pm, Sat. 9:30 am to 7:30 pm to Slependen.

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
American Coordinating Council of Norway- ACCN
Americans in Oslo
Americans Abroad in Norway
Yahoo Groups-
New to Oslo, http://groups.yahoo.com/group/new_to_oslo/
Norsk klassen, <http://groups.yahoo.com/group/norskklassen/>
Websites:
www.easyexpat.com
www.expatriateinterviews.com
www.expatsfocus.com
www.alloexpat.com
www.facebook.com/groups/stavangerexpats/

Språk kafe – Do you want to improve your Norwegian by chatting with other expats?
www.sprakkafe.no

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 The Oslo Youth Information Centre, www.use-it.no
Norway with Pål www.norwaywithpal.com
Discover America Norway www.discoveramerica.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
Den Norske Turistforening – www.turistforening.no
Postal services – www.posten.no
Revenue Service – www.skatteetaten.no
Storting (Parliament) – www.storting.no
Vy train schedule – www.vy.no
Gulesider (yellow pages) – www.gulesider.no
Phone number directory and directions – (telefon-katalogen tab) www.gulesider.no
Public transportation in Oslo – https://ruter.no/
Airport Express train – www.flytoget.no

U.S.
American Citizens Abroad – www.americansabroad.org
CIA – (including The World Factbook) www.cia.gov
U.S. Government Search – www.firstgov.gov
American Embassy – no.usembassy.gov
U.S. Customs – www.cbp.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.alldaily.com
BBC – www.bbc.com/news
CBS – www.cbs.com

CNN – www.cnn.com
C-SPAN – www.c-span.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.ihl.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.

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

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





The American Coordinating Council of Norway

ACCN 2023 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 cornerstone 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.

Board of Directors 2023:

Chairman: Chrys Hellem

e-mail: chair@accn.no

Vice Chair: Mareah Peoples

e-mail: vchair@accn.no

Treasurer: Karin Mandeville

e-mail: treasurer@accn.no

Secretary: Alyssa Andersen

e-mail: secretary@accn.no

Raffle Chairman: Bill Harris

e-mail: raffle@accn.no

Advisors: Ole Hillestad, Jan Söderstrøm, and Bruce Allen

Mailing Address: ACCN, Box 5064

Majorstuen, 0303 Oslo

website: www.accn.no

Twitter: twitter.com/accn norway

Facebook:

www.facebook.com/AmericanCoordinatingCouncilofNorway



American Chamber of Commerce in Norway (AmCham)

AmCham Norway is a professional business services, advocacy and event organization promoting the interests of 250 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. Sherri Frederikson. 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 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

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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. Fritznersgate 15, 0264 Oslo. Mail address: Christiania Lodge, c/o Ole Hillestad, Ludvig Karstens vei 3, 1064 Oslo. website: www.sonsofnorway.no/christiania e-mail: wenche.allen@outlook.com

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 register and 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. Democrats Abroad also has several caucuses; join one or join all (Women's Caucus, Progressive Caucus, Black Caucus, LGBT Caucus, Hispanic Caucus, Youth Caucus, and Military and Veterans Caucus, Asian-Pacific Caucus - under formation). 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. Membership is free. Follow DAN

on Facebook: Norway, go to: www.democratsabroad.org/norway, Facebook: [/DemocratsAbroadNorway](https://www.facebook.com/DemocratsAbroadNorway)

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. New America House, c/o Bruce Allen, Harry Fetts Vei 6, 0667 Oslo. e-mail: mr.bma@outlook.com

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



The American Coordinating Council of Norway

Project Oslo Barnemuseum

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 ad-

dition 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: communications@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: osloacs@state.gov website: no.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 grants to Norwegian and U.S. students at the Masters and PhD level, and to scholars and lecturers, to support study/research in the U.S. and Norway respectively. Among these grants is one for Roving Scholars – a unique program that brings three experienced educators to Norway every year to hold presentations in American Studies for teachers and students in lower and upper secondary schools. Arbinsgt. 2, 0253 Oslo; telephone: 22 01 40 10
e-mail: Fulbright@fulbright.no
website: www.fulbright.no



Sponsors, Event Supporters, and Raffle Donors

Have you noticed the Fourth of July celebrations in Frognerpark? Then you probably noticed that there is much organization behind the scenes. How can ACCN do this? Easy question, with advertising from our celebrated sponsors in the Community Guide. So please use these companies products, they have helped make this event possible.



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You can buy your ticket from a raffle seller or stop by the Raffle Booth. We take both cash and Vipps. 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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About Coca-Cola in Norway

The Coca-Cola Company (TCCC) is the world's largest producer of non-alcoholic beverages. The Coca-Cola formula was invented in 1886 by pharmacist John S. Pemberton in Atlanta, USA. Coca-Cola entered the Norwegian market in 1926. Coca-Cola Norway owns the brands while Coca-Cola European Partners Norge AS (CCEPN) has the responsibility for production, sale and distribution of Coca-Cola in Norway. From the production facility in Lørenskog outside Oslo, Coca-Cola, Coca-Cola uten sukker, Coca-Cola light, Fanta, Sprite, Sprite zero, Urge, TAB X-tra, Glaceau Smartwater, bonaqua, fuzetea, Honest, Powerade, Minute Maid, Kuli, CHAQWA are marketed and distributed. Coca-Cola European Partners Norway has about 550 employees in Norway and Coca-Cola Company Norway has around 10 employees. Visit www.coca-cola.no for more information.

¹ 100% recycled plastic throughout the plastic bottle portfolio is produced in Norway (except label and cap).