



Community Guide 2017-2018

US Mint 225 Years



COME JOIN THE FUN AT ACCN'S 32ND ANNUAL AMERICAN
INDEPENDENCE DAY CELEBRATION
SUNDAY, JULY 2ND 2017, 12⁰⁰ - 17⁰⁰, FROGNER PARK

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The 2017–18 ACCN Community Guide & Independence Day Program

Dear Reader

Welcome to the 32th annual American Independence Day Celebration in Frogner Park on Sunday, July 2nd, 2017! On behalf of the American Coordinating Council of Norway, we are very proud to present ACCN's 2017-2018 Community Guide—designed by Kristin Haanæs and edited by Rande Hansen.

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

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

The ACCN would like to thank the Mayor of Oslo, the U.S. Embassy, the USMC, the City of Oslo and our sponsors. Without their continued and generous support, this day would not be possible.

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

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



Tina Rinde
ACCN Event Chair

INDEPENDENCE DAY 2017

ORGANIZING COMMITTEE CHAIRS

Event Chair Tina Rinde; Site Co-Chairs: Lully Hillestad and Bjørnar Wehn; Treasurer: Karin Mandeville; Ad Sales Co-Chairs: Bruce Allen and Ron Krueger; Arts & Crafts Chair: Christina Skovsgaard; Children's Games Chair: Katie Coughlin; Decorations Chair: Benjamin Kuban; Entertainment Chair: Greg Starr; Food & Beverages Chair: Tina Rinde; Community Guide Editor: Rande Helgesen-Hansen; Info Booth Chair: Nina Allen and Ole Hillestad; Publicity Chair: Alexander Douglas; Raffle Chair: Elaine Christiansen; Sports Chair: Bjørn Christian Thode; Volunteer Coordinator: Mia Brunelle Jønnum.; Advisors: Jan R. Soderstrom and Bruce Allen
Event photos by Jeanette Førland and Gorm Lund, Guide Design: Kristin Haanæs
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The Independence Day Celebration is a great example of the volunteer spirit. Join the fun and make new friends.

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

Independence Day 2017 Program Sunday, July 2nd Frogner Park

12:00
Opening Ceremonies

12:35
Announcements

12:40
Music: Glory Days

13:10
**1st Raffle Drawing &
Announcements**

13:25
Music: Glory Days

13:55
Announcements

14:00
Line dancing with Kelli

14:20
**Charities & Grants
Announcements
2nd Raffle Drawing &**

14:55
Music: Moving Day!

15:00
Watermelon Eating Contest

15:25
Announcements

15:35
Music: Moving Day!

16:05
**SC Event announces
exhibition winners**

16:15
Cheerleading, OCT Galaxy

16:35
**Announcements & Final
Raffle Drawing**

16:55
Closing Remarks

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Greetings from
City Hall



Happy Independence Day!

There is a strong parallel in the way Americans and Norwegians celebrate their national days. Both commemorate decisive moments in the history of our nations, and both put more emphasis on the social aspect of the celebration, rather than showing off military strength.

The American Revolution, deeply inspired by the ideas of the Age of Enlightenment, paved the way for a new understanding of individual rights and later led to democracy, as we know it. The American declaration of independence famously states "that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness". These ideas would later have a profound influence on all of Europe inspiring revolutionaries and reformists across the continent.

Norway was shaped by reformists, who had studied the ideas of revolutionaries. Only three years ago we celebrated the bicentenary of our constitution, which is the second oldest in the world still in continuous force, after the American constitution. In both countries, our constitutions have laid the foundations for a pluralistic democracy with freedom of the press and for the individual.

Former president Franklin D. Roosevelt said: "In the truest sense, freedom cannot be bestowed; it must be achieved". Independence Day is a reminder of how freedom was achieved and how every generation must discover the past in order to meet the future.

Our nations have strong historical, political, economic and cultural ties, and hundreds of thousands of Norwegians have family members in the US. We all look forward to the celebration of the American Independence Day in Frognerparken.

Marianne Borgen
Mayor of Oslo



Marianne Borgen , Mayor of Oslo



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Dear Friends



It is my great honor to wish the American community of Norway a very happy Independence Day on the occasion of the United States of America's 241st birthday. It is a great privilege to represent our country and I look forward to reinforcing the close bond that has long existed between the United States and Norway.

Our dynamic people-to-people exchanges underpin our close partnership, highlighted by the heavy volume of travel across the Atlantic for education, tourism, trade, and investment. Each year, thousands of Norwegian students choose the United States as an academic destination, while hundreds of thousands travel for tourism and business. Trade between the United States and Norway continues to thrive. As the Norwegian economy diversifies amidst challenges in the petroleum industry, Norway is now the 10th fastest growing source of Foreign Direct Investment (FDI) into the United States and the 14th largest source overall. Approximately one third of Norway's Pension Fund Global, roughly \$325 billion, is invested in the American economy.



As another sign of the strong and enduring relationship between the U.S.A. and Norway, I am happy to report that the U.S. Embassy opened for business on May 15 at its new location in Huseby. The new Embassy exemplifies environmentally sustainable design. Built on a 4 hectare site, the chancery utilizes a wide range of green features and is certified Leadership in Energy and Environmental Design (LEED®) compliant. Moreover, the building and grounds are beautiful. Although our address has changed, our services have not. Your new Embassy will continue to offer the full range of American Citizen Services and Non-Immigrant Visa Services that you have come to expect. We at the Embassy look forward to being good neighbors at Huseby and to expanding the services we provide to visitors in our new home.

While the Embassy has gained a new location and state-of-the-art facilities, we leave behind a long history in central Oslo. The old chancery building was built for the U.S. Government under a contractual agreement with the Government of Norway and opened its doors 58 years ago, in 1959. Designed by Finnish-American architect Eero Saarinen, the triangular building at Henrik Ibsens gate 48 is lauded as an architectural masterpiece and has been designated for historic preservation. Undoubtedly, many of you have memories of visiting the old building over those many years, whether it was for a consular service, to attend our many events for families and students, or to visit the old library and auditorium. Rest assured, the old building will remain a fixture of central Oslo for many years to come and we look forward to seeing the exciting news ways that our old home will be utilized in the future.

The American Coordinating Council of Norway contributes in important ways to the U.S.-Norway relationship. Please accept my thanks for providing a home to our large U.S. citizen community and for all the work you do to promote cultural exchange. The Independence Day celebration in Frogner Park is a long-standing tradition and one of Oslo's annual highlights, enabling us to get together and celebrate our shared traditions. Along with the entire American Embassy community, my wife Lisa and I hope you and your families have a wonderful Independence Day celebration. *Gratulerer med dagen!*

Best Wishes,
James DeHart
Chargé d'Affaires a.i., U.S. Embassy Norway

Lady Liberty Coin

Article by Rande Hansen

A new commemorative coin has been released from the U.S. Mint and Treasury and has received acclaim for its design. The 100-dollar golden coin features a profile of Lady Liberty, with a crown of stars in her hair and a toga-like dress. For the first time on an officially minted coin, Lady Liberty is portrayed as a black woman!



In commemoration of the U.S. Mint's 225th anniversary, the 24 karat gold coin was unveiled in January and released for sale on April 6th. And, in the next few years, Lady Liberty will enjoy the company of other "friends." The 100-dollar coin is the first in a series of 24 karat gold coins that will depict "liberty" in a variety of designs. Asian-Americans, Hispanic-Americans, and Indian-Americans will be among those commemorated, "reflecting the cultural and ethnic diversity of the United States."

The Coinage Act of 1792 established the U.S. Mint and mandated that any coins produced will include an image representing "liberty" as well as an inscription of the word.

Lady Liberty is among the most recognized symbols of the U.S. Her best known depiction stands in the New York Harbor, a gift from France in 1886, the American centennial celebration. On the Statue of Liberty the facial features of Lady Liberty here are European caucasian.

The coin's head was designed by Justin Kunz and engraved by Phebe Hemphill. "Liberty" and "In God We Trust" appear on the head side, as well as the dates 1792 and 2017. The tail side of the coin was designed by Chris Costello and features an American bald eagle in flight. Inscriptions "United States of America, E pluribus unum" – "out of many, one" as well as "1 oz. .9999 fine gold" are also on the reverse. Jeff Garrett of the American Numismatic Association is thrilled over the beauty of the coin. The relief is struck with higher points than other coins, giving it a more detailed profile.

The Lady Liberty coins will not be released for circulation as are other coins. 100,000 coins will be minted at West Point and will most likely sell for far more than their face value, depending on the current exchange value of gold. Any profit from the sale of the coins will be returned to the Treasury. In addition to the coins, the Philadelphia Mint (the Mint's birthplace) will also produce 100,000 medals – silver reproductions of the image. These will sell for about 50 dollars.

Women on Coins and Bills

The suffrage leader Susan B. Anthony appeared on 1-dollar coins from 1979 to 1981. Helen Keller, deaf-blind author and activist, was depicted on the reverse image of the Alabama state quarter in 2003. Sacagawea, the Shoshone indian guide who led the Lewis and Clark expedition to the West Coast, appeared on a 1-dollar coin that has been in circulation since 2000.

It was announced that Harriet Tubman, abolitionist and former slave, will appear on the 20-dollar bill, and female civil rights leaders will be added to the 5- and 10-dollar bills.

Sources: cnn.com, nytimes.com

The Philadelphia Mint

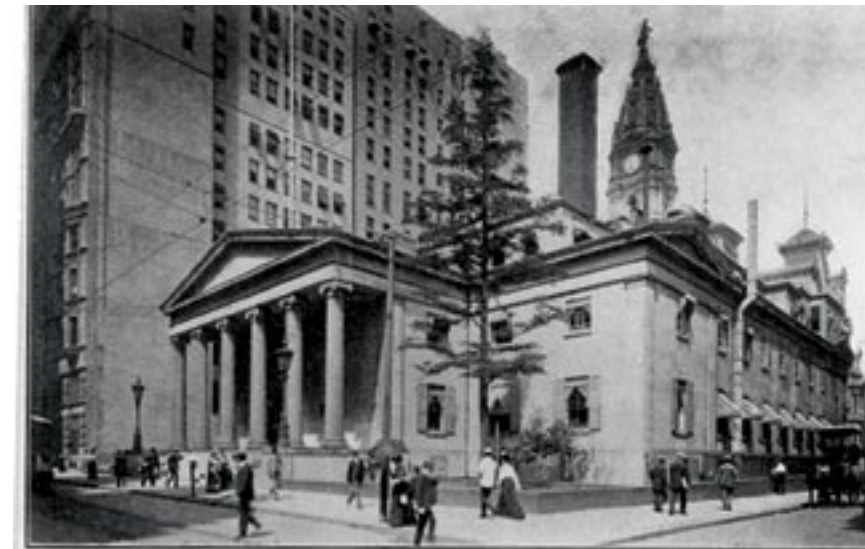
The Philadelphia Mint was created from the need to establish a national identity and the needs of commerce in the United States. This led the Founding Fathers of the United States to make an establishment of a continental national mint, a main priority after the ratification of the Constitution of the United States.

David Rittenhouse, an American scientist, was appointed the first director of the mint by President George Washington. The Mint's smelt house was the first public building erected by the United States government.



Above- First building (1792–1833)

Opening in January 1833, its production was constrained by the outdated machinery salvaged from the first mint. Franklin Peale was sent to Europe to study advanced coinmaking technologies which were brought back and implemented, increasing productivity and quality.



Left- Second building (1833–1901)

Right- Third building (1901–1973; 1979)

The third Philadelphia Mint was built at 1700 Spring Garden Street and opened in 1901. It was designed by James Knox Taylor. It was a block from the United States Smelting Company was at Broad and Spring Garden Streets. In one year alone, the mint produced 501,000,000 coins (5/7 of the U.S. currency minted), as well as 90,000,000 coins for foreign countries.



Left- Fourth and current building (1969–present)

The Philadelphia Mint can produce up to one million coins in 30 minutes. It took three years for the original mint to produce that many. The mint also produces medals and awards for military, governmental, and civil services. Engraving of all dies and strikers only occurs here.

Source- Wikipedia

The Norwegian Flag

Article by Rande Hansen

Most of us know the story behind the making of the first American flag, but not many have heard how the Norwegian flag came to be or how to display it.

A Brief History

In the time prior to the Middle Ages, it was not common for countries to have a flag symbol. However, aristocratic families often had their own crest or flag. The early Norwegian kings – as well as St. Olav – also had their own crest. Ravens, eagles, lions, and snakes were common symbols of strength and appeared on flags. Eirik Magnussen was the first to use the well-known symbol of a crowned gold lion bearing an axe on a red background in 1280. The gold lion banner flew over the Akershus fortress up until 1698. This symbol was widely used on war banners and is nearly identical with that which stands on the king's flag today.

After Norway proclaimed its independence in 1814, a provisional Norwegian flag was designed. The Danish red and white flag contained the gold lion symbol in the top left portion. This flag was used on Norwegian vessels until 1821. Meanwhile, in 1815, a Swedish-Norwegian flag was designed with a white cross on a red background in the top left block of a typical Swedish trade flag with three triangular-cut points on the edge. In 1818 a third flag was used, with the same design as in 1815 but with straight edges. Between 1818 and 1821, there were actually three trade flags used at the same time.

In 1821 the Norwegian parliament appointed a flag committee. Of 18 different proposed flags and after hefty discussions, the design presented by representative Fredrik Meltzer from Bergen was chosen and approved. In his design, the gold lion symbol was removed from the upper left corner of the flag. Meltzer meant that the flag should be easily recognized from a distance, such as from a ship, and that a complicated symbol in addition would be difficult to discern. On May 4, 1821, with a winning vote of 40 of 59 ballots, the present-day flag design was approved. It is said that the parliament also saw this version of the flag to be economically positive. The Danish flag could be cut through the middle of the white cross, in four pieces, and the blue stripes added!

During Karl Johan's reign, there was a growing disapproval of a flag system that gave Sweden an upper hand in the Scandinavian union. After a suggestion from a joint committee, in 1844 King Oscar 1 approved a flag that satisfied the Norwegian idea of equality among the countries. A trade flag was issued in both countries, containing a special "union mark" in the upper left corner of the flags. The mark equally combined both countries' flag colors. The

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Taxing Topics: *A Few Words on U.S. Tax Returns*

Article by June Edvenson

Americans in Norway, as well as Norwegians with American interests, are often confused by the tax rules they face. So let's take a moment to review a few basics affecting citizens in these categories. I thought I would do this as a favor to the community.

If you find, as a result of this information, that you need to file a U.S. tax return, you're welcome to contact me. My practice is nearly full-time now, but I could refer you to a new partner I am working with who can take the extra workload and has a lot of experience doing forms for Americans overseas.

Alternatively, any preparer you find who is registered with the U.S. Internal Revenue Service and has an active PTIN number (preparer's tax identification number) could assist you. Remember: they must sign your return and put their PTIN number on it, and they must provide you with a file copy for you to keep. The IRS maintains a database of all active PTIN preparers online which you can 'find and search' at: <https://www.irs.gov/tax-professionals/ptin-information-and-the-freedom-of-information-act>

Now, for some questions:

Q: If I am an American citizen, must I file a U.S. tax return, even though my tax home is Norway?

A: Yes – unless your income is actually below the minimum filing threshold. These vary each year but are currently about \$4,000 for someone married filing separately and much less than that if you are self-employed.

Q: If I am a Norwegian with U.S. income, must I file a tax return?

A: Most often you would want to file one if you had U.S. federal tax withheld from your U.S. income. You would receive a 1042-S form by February in the year after the income was received, and you could use that form to file.

However, if you did not already have either a Social Security number or an ITIN (individual taxpayer identification number), you would need to apply for one at the time of filing. The application process is quite unfriendly as it requires sending your original passport to the IRS for review, along with a detailed application. Any Acceptance Agent can help you. I know one, if you need this service.

Q: What if I am a Norwegian, own a U.S. property and sell it? Do I have to file a U.S. tax return?

A: Yes, because sales of real property in the U.S. are considered U.S. source income and the profit on that sale is taxable to the U.S. This is covered in the tax treaty between the U.S. and Norway.

Whether a non-citizen has to file a U.S. tax return, generally, has to do with several things: their residency, their source type of U.S. income, and the treaty's treatment of that type of income. Plus, even a non-resident who is doing business in the U.S. must usually file a U.S. tax return.

Q: I am a dual citizen and decided not to renew my U.S. passport. Can I stop filing U.S. tax returns now?

A: No, sorry, this has no effect on your need to file U.S. tax returns each year.

Q: What if I am a dual citizen of the U.S. and Norway and want to stop filing U.S. tax returns. How can I do that?

A: You would have to revoke your U.S. citizenship to be able to legally stop filing U.S. tax returns. This can be arranged with the American Embassy by appointment and a large fee. However, at that time, you would have had to have filed at least 5 years of U.S. tax returns. Therefore, the first thing to do is to catch up with your U.S. tax filing obligations and then make your appointment to 'renounce' or revoke your U.S. citizenship.

Q: If I file a U.S. tax return, will I owe U.S. tax to the U.S.? I already pay my taxes to Norway.

A: Usually, an American overseas who is filing a U.S. tax return owes no U.S. tax. This is simply because they have little to no U.S. source income and therefore the form is set up in such a way that "foreign earned income" can be excluded up to a certain amount. If you make over that amount, which is about \$100,000, your income is then 'written down' using the foreign tax credit. This shows the taxes you paid on the additional income to Norway. Since Norway has a relatively high tax rate, this usually results in a complete write-down of taxes from the U.S. return forms. However, certain types of income are problematic.

Q: What types of income are 'problematic,' as you say?

A: Well, let's call them pensions. If you retire in Norway and get U.S. Social Security benefits, because you had worked earlier in your life in the U.S., then that Social Security is taxable to the U.S. You should of course then file U.S. tax returns and the formula kicks in and determines if you owe any tax on that income to the U.S. or not. An IRA (Individual Retirement Account) savings account is also considered a pension. Tax on that income is always due to the U.S. when the IRA is 'distributed'. That might be after you retire; if you take it out 'early,' you pay U.S. income tax on the whole amount taken out, plus a penalty for taking it out early.

Q: Is there anything hopeful to say about the double tax-return-reporting situation?

A: Yes. Under the tax treaty, it's usually pretty clear who has the authority to tax what where. The current problems arise in the area of pensions. I think, professionally, this area of the tax treaty should be revised. I'm not the first to mention the contradictions that seem apparent in the language of the treaty. However, it never gets done. Perhaps a new administration will someday take this small 'bull by the horns' and clear it up. It would be helpful for both U.S. and Norwegian tax service providers.

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Varmint on the Roof

Short Story by Robin Meloy Goldsby

As if a career in music isn't perilous enough, American Piano Girl Robin Goldsby and her bassist husband take on a few critters roaming the German countryside.

Thwack. Or is it thwump? Skittle, scratch, scrape, thwop. It's a quarter to three and there's no one in the place except you and me—thunk—and Dumbo? Has a baby elephant crash-landed on the roof? Thwunk. Bosh. Maybe it's Batman. Sasquatch? A lost WWII paratrooper? Lord of the Dance? At this time of the night anything is possible.

I wonder if I should awaken John, my sleeping prince of a husband. He wears earplugs and misses most pre-dawn rumblings. 'Round midnight he's in slumber-land, oblivious to things that rattle the rafters in the wee small hours of the morning. I could wake him, but I know if I do, he'll go into Rodent Red Alert, a state from which he will not emerge until the intruder is caught and removed from the premises. Not anxious to encourage a late-night hunting expedition, I ignore the critter clog-dancing over my head. I retire to the sofa downstairs, leaving my sleep-diva man tucked in and dreaming of suspicious jazz chords. What he can't hear won't hurt him. I put a pillow over my head and hope whatever it is goes away—a time-tested technique for chasing away the heebie-jeebies.

**

My husband's mission to rid the world of household pests began in 1964, when little John, age six, rescued his family home from an invasion of exotic creatures. Snug in his Louisville bed—this was before he started playing screaming loud rock and roll bass guitar and wearing earplugs to go to sleep—he heard varmints—scritch-scratch, scritch-scratch—eating away the walls, munching on the very foundation of his youth.

"Mother and Daddy," he said with a charming little-boy Louisville accent. "There's something alive in the walls. And it's eating our house."

Mother and Daddy, who couldn't hear what little John heard, brushed off his warning, until, at last, little John threw such a big fit that they had to call either a exorcist or an exterminator. They opted for the exterminator. The verdict? Carpenter ants—tiny insects capable of taking down an entire homestead. Little John was vindicated. He saved the house and reaped the rewards of a grateful family.

Several decades after the carpenter ant episode, I met and married John. We got to know each other while playing at the Grand Hyatt Hotel, next to Grand Central Station in Manhattan. He logged seven hours a night with a jazz trio in a marble lobby filled with fountains, potted palms, and uncomfortable chairs; I played a Steinway five evenings a week in Trumpet's (named after The Donald), a cocktail cave that looked

like a leather-lined womb. We dealt with a lot of pests on the job, but most of them worked for the Food and Beverage department. That's another story.

We lived in a small apartment in New York City. Most of our pals had hideous pest problems. Mice. Rats. Roaches. Oh, the war stories we heard. My friend Patti told me about an army of cockroaches that carried an



entire plate of rat poison back to their cock-hideouts—only to reappear the next morning, ready for more, more, more. A girl I knew named Nina had a rat the size of a dog drop on her head when the acoustic tile ceiling in her bathroom collapsed on her just after she had gotten out of the shower. It's hard for me to imagine anything worse—naked and attacked by a rat-dog. But our apartment was surprisingly clear of roaches and rodents. Aside from hearing the carpenter ant story about a hundred times, I had no idea how John might react to a household pest of his own. Then we moved to Germany.

Some people might say were asking for it. We built a small home on a piece of wooded property in a village thirty kilometers outside of Cologne. We moved in with our two kids, overjoyed at having a place of our own. We marveled at the deer, even though they ate our decorative bushes for breakfast. The kids caught frogs in the garden and made goo-goo eyes at the hedgehogs. Oh, the birds, the bees, the flora, the fauna, the wild boars—one morning we spotted eight (eight!) of them walking down the slope next to our house. The adult boars were bigger than any member of my family, which is saying something. They weren't needy, they were nicely choreographed, and they didn't whine. Fine. Just passing through, like a well-disciplined chorus line exiting stage left.

This, in contrast to the mouse in the sugar bowl. I spotted him one morning, flopping around on a white-sugar high, nose deep in the bowl, ass up in the air, tail shaking, re-enacting the cocaine scene from Scarface. I screamed (I am strong, I am invincible, but I am, after all, an American blond). John rushed to my side. Rodent Red Alert! John's eyes glazed over and he began plotting a trip to the local hardware store to buy traps.

"I don't know," I said. "Julia is not going to like this." Our daughter has always been an animal lover. She has been known to hold funeral ceremonies for drowned wasps. Killing a mouse would have been like offing a close friend.

"We have to be firm about this," John said to me. "Do you know how dangerous mice are? They can take over. They'll even take bites out of small children while they're sleeping."

I didn't argue, especially when he tried to convince me the mouse might be a rat.

That night at dinner, John, using The Voice—not the cool jazz cat voice, but the booming dad voice—told the family about setting the traps and how we had to band together to kill the evil and diseased rodent. Julia's eyes filled with tears. "Dad," she said. "How could you?"

Never underestimate the power of an eight-year-old girl's protest. Julia printed out über-cute photos of country mice, wrote slogans like stop the madness and please don't murder us in red crayon on them, and taped the posters to walls all over the house.

John went to Plan B, the live trap.

"We'll get that little rat," he said.

"It's a mouse," I said.

"It could be a small rat. You never know."

The live trap involved peanut butter and a weighted cake pan suspended on a Popsicle stick. I heard the pan slam in the middle of the night. John slept through it, of course; he was wearing earplugs. I stayed awake with the pillow over my head, certain I could hear the mouse choking on peanut butter while he dragged the pan—like a suit of armor—all over the kitchen. The next morning, a look of triumph on his rested face, John drove to the other side of the valley, where he released not one, but two mice (they were not rats). We were saved. Victory for the bass player.

**

For the last week I've been hearing it. Every evening, long after we've fallen asleep, there's a resounding thump on the roof, followed by a flurry of commotion. The critter must be leaping from one of the old trees near the house. But the closest branch would require Evel Knievel skills to cover the distance. I can't figure it out. On the sly, I ask Julia if she has heard anything.

"Yeah," she says. "Whatever it is, it sure sounds big and fat. But don't tell Dad. You know how he gets. The last thing we need around here is another safari."

A couple of times a year since that first mouse episode, we've had visitors. Rodent Red Alert has become com-



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The Lovely Helgeland Coastline

Article by Rande Hansen

The summer of 2016 sparked a new interest for us. After watching 18 seasons of the t.v. program 71 degrees North and dreaming of the sea, the time was ripe to try – kayaking! In addition to biking and hiking, we were soon to add a new activity to our future summer vacations.



Kayakers often stop at this nice sandy beach on a small island.

The 200 km long Helgeland coastal archipelago between Namssos in Nord Trøndelag and Bodø in Nordland is spotted with 12,000 islands, white beaches, mountain peaks and untouched natural beauty. There is an enormous variety of animals and birds living along the steep cliffs that plunge into the sea. Here is where our adventure would take us.

In order to prepare ourselves for kayaking on the sea, we enrolled in a two-part course sponsored by a local kayaking club. It is important to learn the techniques of entering and exiting the kayak (not easy!), paddling, steering, and buddy-lifesaving before heading out into the open North Sea. And most kayak rental shops require you present your "Wet Card" certificate to prove you can handle and maneuver a kayak.

Our goal was to spend some days on the island Vega, a ferry ride crossing from Horn (Brønnøysund) in addition to a few days near Sandnessjøen. The car trip from Oslo is long, so it is smart to break up the long hours of driving with an overnight stop in Trondheim. There is plenty to see and do in Norway's third largest city, founded in 997 A.D. by Olav Trygvason. The Nidaros cathedral is an impressive landmark and a popular tourist attraction. For an amazing view over Trondheim, visit the rotating Egon restaurant atop the 120 meter high Tyholt tower.

Leaving Trondheim in the morning, we arrived at the Horn ferry dock in the late afternoon and enjoyed the 50 minute crossing over to Igerøy, Vega. The ferry often stops midway at Ylvingen, a neighboring island best known for being the backdrop of the Norwegian t.v. series "Himmelblå." Despite its small size, Vega is an island community with a varied landscape and provides visitors with many outdoor activities. Hiking, biking, fishing, diving or just plain relaxing. But for us, it was primarily kayaking.

Vega Opplevelsesferie.no was our key to information about renting kayaks for the day. They provide life vests and a map over the islands surrounding Vega. Single kayaks and double kayaks are available, it's a matter of what you prefer. From there you are on your own!! Paddle where you want and at your own pace. We took a picnic lunch with us and paddled until we found a suitable spot to relax and enjoy ourselves. Paddling between the islands is pure magic. Beneath the shallow waters you can spot sea plants, urchins, and an occasional crab scampering along to find a tasty morsel to eat. On the hillside above, grazing sheep followed our every stroke of the paddle. Fantastic! We knew when it was time to return to the kayak center – in the late afternoon our forearms were beginning to



Island-hopping

ache. Muscles we don't normally exercise were getting a good workout.

The following day would rest our arms, but give our legs a chance to exercise. We left the car behind and biked a few kilometers to the base of Gullsvågsfjellet, 725 m.o.h., considered to be a challenging hike for those with "good physical condition." Not too sure that means me, but we did make it to the summit, marked with a radio tower, and down again. Along the trail, enjoy the incredible scenery as you overlook the island and the sea. Perhaps one of the most fun parts of the journey was stopping at the Tindbu cabin and checking out the possibility for overnighting on the mountain. Next to the cabin, buried under the rocks, is an outhouse that must have one of the most spectacular views in Norway. Just sit down, leave the door open, and enjoy!



An outhouse with a view!

Sandnessjøen is a coastal town and boasts one of the most spectacular backdrops in Norway. Peeking out of the clouds, the mountain range The Seven Sisters is not only a fine photo montage, it is also a popular destination for hikers. If you aren't in the mood for a challenging climb, take the Søvikskaret Storrunden, a 7 km long trail in varied terrain with lovely viewpoints. Our quaint and inexpensive rorbu cabin (Taraldsen brygge) near the Tjøtta ferry dock was a good location for this leg of our journey.



The mountain peaks, Seven Sisters, with their heads in the clouds!

Sør Herøy and Dønna were two other destinations for day trips on our bikes. We parked the car at the ferry dock and strolled on with our bikes and backpacks. Take a picnic lunch or stop at a cafe for your lunch. This is an easy and inexpensive way to "hop" from island to island and enjoy the scenery at your own pace.

Where to stay in Vega? Try www.visitnorway.no or www.visitvega.no – the website we used to find our cozy cabin at Holand, a short stroll to the kayak rental office and Nes cafe and bistro. The popular Vega Havhotell is also well known for its acclaimed restaurant. Wherever you eat, you can be assured that fish and shellfish is on the menu and it will be delicious!

For our drive back home, we opted for the lazy-man's choice. We boarded the Hurtigruten in Sandnessjøen with our car and enjoyed a two-night cruise to Bergen, avoiding the long drive along the same route as we drove north. Cabaret shows, casinos and a pulsating night life are not featured on the Hurtigruten – the beautiful scenery along the coastline is! What can be better than sailing by small islands, through narrow inlets and under bridges while relaxing in the hot tub on the top deck!

After docking in Bergen, take time to visit Norway's second largest city before returning home. The quaint city center and the Fløyen funicular are well worth a visit.

Have a fun and active summer in Norway, your nearest vacation destination!



Hiking along Søvikskaret Storrunden.

Photos: Rande Hansen

Charities and Grants



ACCN giving back!

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

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

Overview of the Charities and Grants 2016 recipients:

The first charity awarded was **Stiftelsen Oslo Barnemuseum**. They used this sum to contribute towards a memorable day for the children in Frognerparken in 2016 with a "Babyhagen" for children ages 0-2. It was a sensory area with mirrors and different tactile elements to stimulate curiosity and the sense of touch.

The second charity award went to the **Northern Lights Foundation**. This contributed to the organization's ongoing work in providing help for terminally sick children and their families.

The first grant was awarded the **American Lutheran Congregation**. The ALC used the money to further renovate the Hanson Hall and repair their stained glass window, allowing for the glass to be protected and minimize the inflow of cold air.

The second grant was awarded **The American Women's Club Oslo**. This grant contributed to the organization's ongoing work throughout the year, and allowed them to purchase an external hard drive.

The third grant was awarded to **Sons of Norway, Christiania Lodge 8-004**. This grant contributed to the continuation of their work, including their Congress in Haugestund which took place in 2016.

Jeanette Førland, Charity and Grants Chairman
E-mail: Charities-Grants@accn.no



Photos © Jeanette Førland



Hardangerfjord in a nutshell

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Tour highlights

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

Optional overnight stays along the route (online booking)

Meet Our Pastor Couple

Article by Karin Mandeville

Our newest pastor at the American Lutheran Congregation (ALC) in Oslo is actually a couple! Pastor Nestor Joel and Pastor Emily Gratia Rova-Hegener have both been ordained pastors for around 16 years. We call them Pastor Joel and Pastor Emily, and they, along with their two sons Nestor (13) and Johan (11), have been such a positive addition to our church and to the American community in Oslo.

Both hail from Minnesota, the Minneapolis-St. Paul metropolitan area to be exact, but, surprise, surprise - neither of them are of Norwegian descent! However, they are not strangers to Nordic/Scandinavian culture. Joel has Finnish ancestry and Emily is of Swedish stock.

Joel and Emily graduated from Luther Seminary in St. Paul, MN and they each took their undergraduate Bachelor degrees from good, solid, Liberal Arts colleges in Minnesota with Scandinavian roots. One couldn't be better qualified to be a pastor in Oslo, Norway!

He has lived, traveled, worked, learned and ministered in Minnesota, Iowa, Washington state, North Central Mexico, Scandinavia, around Europe and in rural and urban settings, with his fields of interest being Youth Ministry, Adult Education, Stewardship, Outdoors & Camping Ministry, and History.



Emily's fields of interest are Spiritual Formation and Direction, Faith Formation in Families, Stewardship of Time, Talents and Financial Resources, Outdoors & Camping Ministry, and Health & Wellness Issues.

Because the ALC's budget is limited we could only officially "call" (read hire) one of them and this was Joel. We are so very fortunate however to have Emily and her experience in our congregation, even though officially she is using her training and people skills to teach while in Norway.

Their gifts, pastoral styles and personalities are complementary and they have served as co-pastors in two of their previous churches. They are excited about the opportunity to love, serve, and grow with our congregation.

The church is very ecumenical and serves Lutherans, Baptists, Episcopalians, Catholics, Pentecostals and others, as a place to worship in English. In addition to Americans, the congregation consists of over 30 other different nationalities.

Please come and meet our pastor couple and enjoy the very active church life we have; including a large Sunday School, active youth group, women's gatherings, couple's group, Bible studies and of course Sunday morning services at 11:00 with a manned Nursery for infants and young children.

Welcome to the American Lutheran Congregation – we look forward to see you!

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Discover Norway!

Article by Rande Hansen

You can board a train, buy an airplane ticket or fill up your gas tank, but the best way to see Norway is by foot – one step at a time! But maybe you need inspiration, a goal to reach, in order to get off the sofa and out the door? Here's some good suggestions for both you and your family.

Tour Orienteering

"The world's best form for exercise" according to the website www.turorientering.no. "It combines experiences in nature with physical and mental activity, which results in good humor, good health and wellbeing."

What is orienteering? With the help of a map and compass, you search for posts that are set out in the nature. Once located, you can clip your control card and/or register a given code on the orienteering website. You are awarded points for each post you find and can receive a pin or diploma at the end of the season.

Although some sports clubs offer year-round tour orienteering, the most limit the season from April/May to October. A package containing maps, control cards and information can be bought at sporting goods stores or directly from the sponsoring sports club. This year's Flaggspretten package costs 400 kr. A full list of sponsoring clubs (*Finn Arrangør*) is on the turorientering website. Tour orienteering is a family-friendly activity, suitable for all ages. Got hooked on orienteering? It's also an international competition sport for surefooted athletes.

Geocaching

Geocaching is a world-wide activity with over 3 million posts (caches) scattered around in the nature, in city centers, forests, mountain tops, under water – in other words, just about anywhere! Geocaching can be compared to orienteering, but with use of a GPS (global positioning system) receiver or smart telephone instead of maps and compass. A "cache" can be a small box, a bird house, a 35 mm film canister, or a tiny magnetized pill box. In larger boxes you might find a small toy or trinket you can trade with your own trinket – lots of fun for children!

On May 2, 2000, "selective availability" was discontinued, allowing users to receive signals. On May 3, 2000 the first geocache was hidden by David Ulmer of Beavercreek, Oregon. In the course of 17 years, geocaching has become a very popular international recreational activity. In addition to locating caches near home, you can use your GPS to find installations while on vacation. Many use geocaching as a form for tour guide, as caches are often hidden at places of interest and described on each cache's own internet page.

Basic membership is free of charge (premium membership costs \$30.00 a year) and registration is done on the internet. Install the app on your smart telephone and you are set to go! There is a variety of cache types – traditional, mystery, multi, event, and earth caches. More information on how to begin your geocaching adventure is found on their website: www.geocaching.com.



Stolpejakten

A combination of orienteering and geocaching, stolpejakten's ("stake-hunt") concept is to find wooden stakes placed in a variety of terrains in Norway. Upon finding the specially marked stake, you register your find both manually, digitally, and by using an app on your cell phone to scan the QR-code on the post. Stolpejakten is an activity that is free of charge. In the Oslo area, several "kommuner" and sports organizations sponsor stolpejakten, distributing maps and information to their residents. On their webpage, www.stolpejakten.no, you will find a list of all areas where you can hunt down stakes and keep track of your progress on your own web page.



Photos: Kristin Haanæs

Turistforeningen, DNT

Are you yearning for fresh mountain air, sipping icy cold water from crystal clear streams that trickle down the hillside, the exhilarating rush of reaching a craggy 2000 meter peak? Then wilderness trekking is right for you! The Norwegian Trekking Association is Norway's biggest outdoor activity organization. For over 140 years, DNT has promoted trekking. Trekking/hiking, in the Norwegian mountains and nature is actually free of charge, but for a yearly membership fee of kr. 660 for individuals or a family membership of NOK1180, you will receive discounts for overnighting in DNT's own cabins. (A full list of membership prices is on their website, www.dnt.no and an English language link is also available.)

DNT owns and maintains over 500 cabins spread over a large area in the wilderness, making cabin-to-cabin hikes extremely popular for nature lovers of all ages. Once you have decided which area to explore, buy a tour map. Most book stores carry a good variety of maps over Jotunheimen, Rondane, Trollheimen, as well as areas closer to Oslo. Routes between DNT cabins are marked, and show how many hours of effective walking you will need to reach your next destination. The DNT website provides tips on equipment, attire, and what you need to pack in your knapsack. If you haven't hiked before, try a 3 to 5 hour hike first to get a feel for walking on the trails. DNT also maintains ski trails, so winter trekking is also a possibility!

Skiforeningen

Since 1883, the skiers organization, Skiforeningen, has worked to promote skiing and outdoor activities. From preparing and maintaining cross country ski trails in the winter months to offering a variety of ski, roller ski, bicycle and wildlife courses for all ages, Skiforeningen is active all year round. On weekends, the ski/bicycle bus takes you to Ringkollen in Krokskogen or Mylla in Nordmarka, starting points for a day-long ski or biking trip.

Skiforeningen maintains the Holmenkollen Ski Museum at the base of the ski jump. Visit the jump tower, open 365 days a year. For the brave of heart, the Fly Holmenkollen zipline – starting at the jump tower and following the entire ski jump distance – is a thrilling experience. For more information, check www.skiforeningen.no.

Conclusion?

Choose your activity, or try them all. These are some of the best ways to enjoy the beautiful nature in Norway. As seen on a tee-shirt – "Norway wasn't created to sit on your butt!"

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"America" in Norway



Article by Nicole Gallicchio

LAST FALL, I was flying from Oslo to Seattle to spend some time with my sister, who'd just had surgery*. I usually look forward to traveling. It's a time when I am truly in limbo, neither here nor there, largely unreachable for a fixed period of time. And this time is important, not just because I'm transitioning from one locale to another, but because I'm transitioning from one state of being to another. The "me" that I am in Norway, for instance, is not wholly the "me" that I am in America, just as the "me" that I am in Oslo, is not wholly the "me" that I am in Seattle. And since I've never been all that graceful with transitions, I feel like I really need that time "in between" when I'm traveling, to just have the whole process of shifting selves unfold subtly and subconsciously while I'm watching Vin Diesel movies and eating the candy I bought in Duty Free (because "I'll need some little gifts for whoever I'm visiting!" LOL), cozy in my trusty transatlantic travel socks**.

So, with all that existential angst swirling around me (I am a child of Seattle in the 90s, after all), you can imagine how jarring it was to walk into Gardermoen and find that I'd skipped all that entirely. I'd apparently fallen through some kind of portal*** and landed smack dab in the middle of 'Murica on the Fourth of July. It was as though Uncle Sam had tossed his cookies all over the tarmac. There were red, white, and blue balloons everywhere, little American flags sticking out of random places****, stars and stripes festooning the walls, and signs shouting that it was "American Weeks." And that, whatever American Weeks was, we were welcome to it! Oh, and that this was a celebration!

But of what, nobody seemed to know.

I asked around—there wasn't a lot going on in the airport that day*****—and no one could tell me concretely what "American Weeks" was. "Maybe it's to sell American products?" one Swedish cashier wondered. An astute guess. But that was at a store selling Japanese and Norwegian snacks, with nary a Twinkie or a Pop-Tart in sight. Another cashier thought that maybe it was for America's Constitution Day. He shrugged. "Like syttende mai, maybe?" An A for effort, but ... no*****. There also seemed to be divided opinions about whether or not the event(?) was that

Photo taken at Oslo Airport, Gardermoen some time in early October.



day only, or if it was to go on for several days—or even weeks, as the signs proclaimed. As for me, I wondered what, really, was going to make those weeks American?

I never did find out.

Anyway, I felt a little discombobulated by the whole thing. But I'm proud to say I rolled with it*****. I did, however, buy myself a *brødskeive med brunost* to eat at the gate, and even toyed with the idea of getting a shot of *Tran* (((shudder))) from the breakfast bar a few gates down, just to re-root myself in the "here" before entering that space in between.

Not to wax too philosophical, but ... you've got to come from somewhere in order to arrive somewhere else, right?

★★★★

* My work as an editor and communications consultant allows me to occasionally work remotely, so I can be both an "expat living the Oslovian dream" and at least try to be a loving and dutiful sister/daughter/aunt/friend to those back in the States. My fellow expats, you know the drill. And my hat goes out to all of you, 'cause it ain't easy!

** Seriously. Google "Acorn fleece socks." These babies will change your life. Just promise me you will never EVER wear them with sandals.

*** But not the cool kind, like those in Doctor Who or *Changing Planes* by Ursula K. LeGuin.

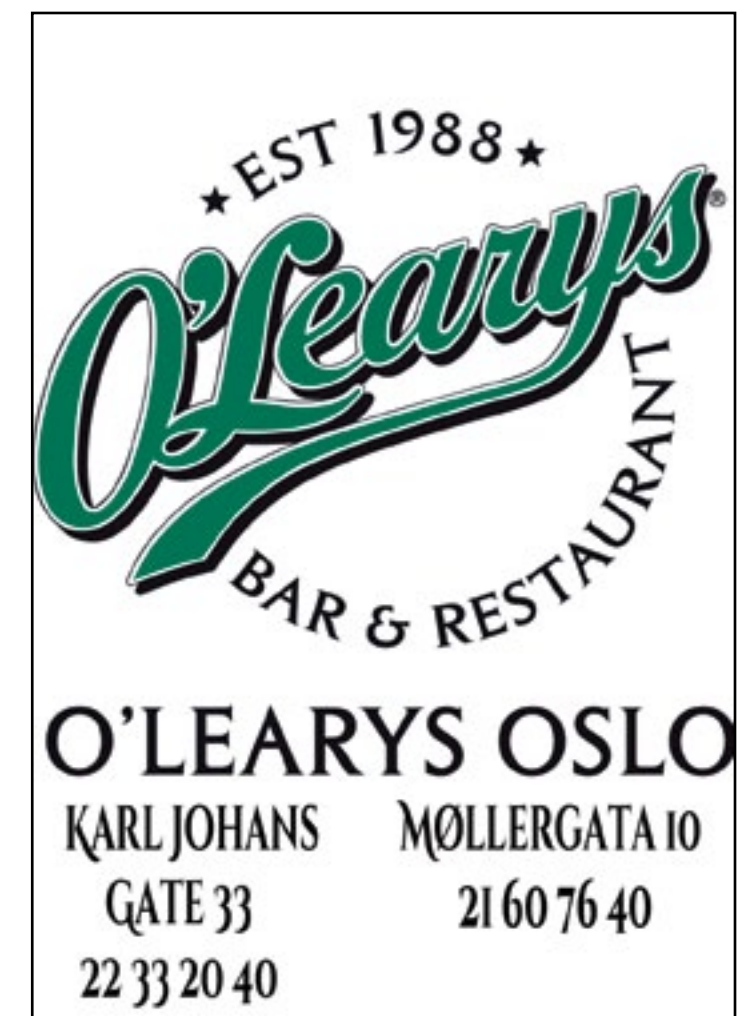
**** Remember the "hair flag lady" from Obama's 2008 re-election victory speech? I have expected her to jump out at me from behind some reindeer skins.

***** I mean, since I write a blog (gravlax-tacos.tumblr.com FTW) about all the little examples of "America" in Norway that I come across (and of "Norway" in America when I see those, too!), I had to ask. For posterity, of course. And certainly not because I'm nosy.

***** And besides, doesn't everyone in Oslo know that America's birthday is in July, thanks to the ACCN's annual Independence Day extravaganza in Frogner Park—an event that would get even Lady Liberty herself to let her hair down, eat some barbecue, kick up her heels to bluegrass and Bruce Springsteen, compete in the watermelon eating contest, and steal first base?

***** I always take things in stride. Just ask my husband. (Actually, please don't. He is fundamentally incapable of lying.)

Nicole is an American in Oslo, her blog is a tongue-in-cheek look at how "America" is consumed (pun fully intended!) in Norway, one pineapple- and corn-covered pizza at a time. (And a little about "Norge" in America, too...)



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18⁹⁰
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from **15⁹⁰**
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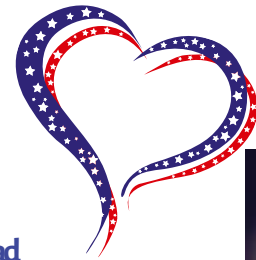
Memories of '16



Entertainment & Raffle

Program & Schedule

Moving Day!



Read
about our
entertainment
on page 47!

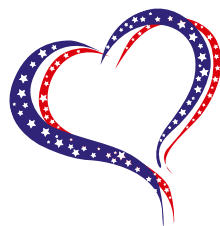
Glory Days



Cheerleading, OCT Galaxy



Line Dancing with Kelli



Don't miss ACCN's great raffle!

Grand prizes:

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

Norwegian – 7000 CashPoints to use anywhere. Plus many other wonderful prizes.

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

Don't forget to play our INSTANT WIN!
Try our lucky wheel NOK 10,- per spin – everyone is a winner!

Founded in 1985, the American Coordinating Council of Norway (ACCN) is a non-profit, non-political, non-religious social and charitable organization comprised of 15 member organizations dedicated to U.S.-Norway relations.



2016 Norwegian Grand Prize winner



SUNDAY, JULY 2ND, FROGNER PARK

ENTERTAINMENT

Emcees: Chrys Hellem and Greg Starr

- 12:00 Opening Ceremonies
- 12:35 Announcements
- 12:40 Music: **Glory Days**
- 13:10 Announcements
- 13:15 1st Raffle Drawing
- 13:25 Music: **Glory Days**
- 13:55 Announcements
- 14:00 Line dancing with Kelli
- 14:20 Charities & Grants – Jeanette Fjørland
- 14:40 Announcements
- 14:45 2nd Raffle Drawing
- 14:55 Music: **Moving Day!**
- 15:00 Watermelon Eating Contest
- 15:25 Announcements
- 15:35 Music: **Moving Day!**
- 16:05 SC Event announces exhibition winners
- 16:15 Cheerleading – OCT Galaxy
- 16:35 Announcements
- 16:45 Final Raffle Drawing
- 16:55 Closing remarks

CHILDREN'S ACTIVITIES

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

SPORTS SCHEDULE

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

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Memories of '16



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Oslo Barnemuseum



Memories of '16 Activities

Co-creating culture with kids



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Article by Katie Coughlin,

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

Have you ever drawn a picture using only your voice? Have you ever played a banana piano? Participation by the public is becoming a large part of cultural experiences in Europe and is expanding the boundaries of urban art and culture.

Oslo Children's Museum is part of the EU-cooperation "The People's Smart Sculpture – Social Art in European Spaces," a creative research and innovation project about the cultural evolution of European cities. Children can be powerful partners to create the future, and our part of the project seeks to expand children's engagement, playfully.



We have partnered with Eco-agents ("Miljøagentene"), Aftenposten Si:D and several local artists and university students to develop activities for children which stimulate the desire to engage in spaces for culture and knowledge.

Activities such as drawing with your voice and Eco-agents can help children explore important issues such as innovation, the environment and urban life in Oslo while having fun. These activities are produced in cooperation with the Department of Informatics at the University of Oslo with support from EU Creative Europe and the City of Oslo.

Based in Oslo's vibrant culture house Sentralen, Oslo Children's Museum runs monthly weekend events called "CityKids" for children ages 1-8, while continuing to work towards a permanent location. CityKids is an exciting arena for discovery and creativity. Children lead their own experiences in multi-sensory activities which stimulate their development and desire for learning.

We are making significant progress towards opening a full-time place to celebrate childhood and the value of play. Follow us on Facebook for information about our events: <https://www.facebook.com/oslobarnemuseum>.

We are always looking for new partners, artists, sponsors and volunteers. If you are interested or would like more information, please contact katie@oslobarnemuseum.org

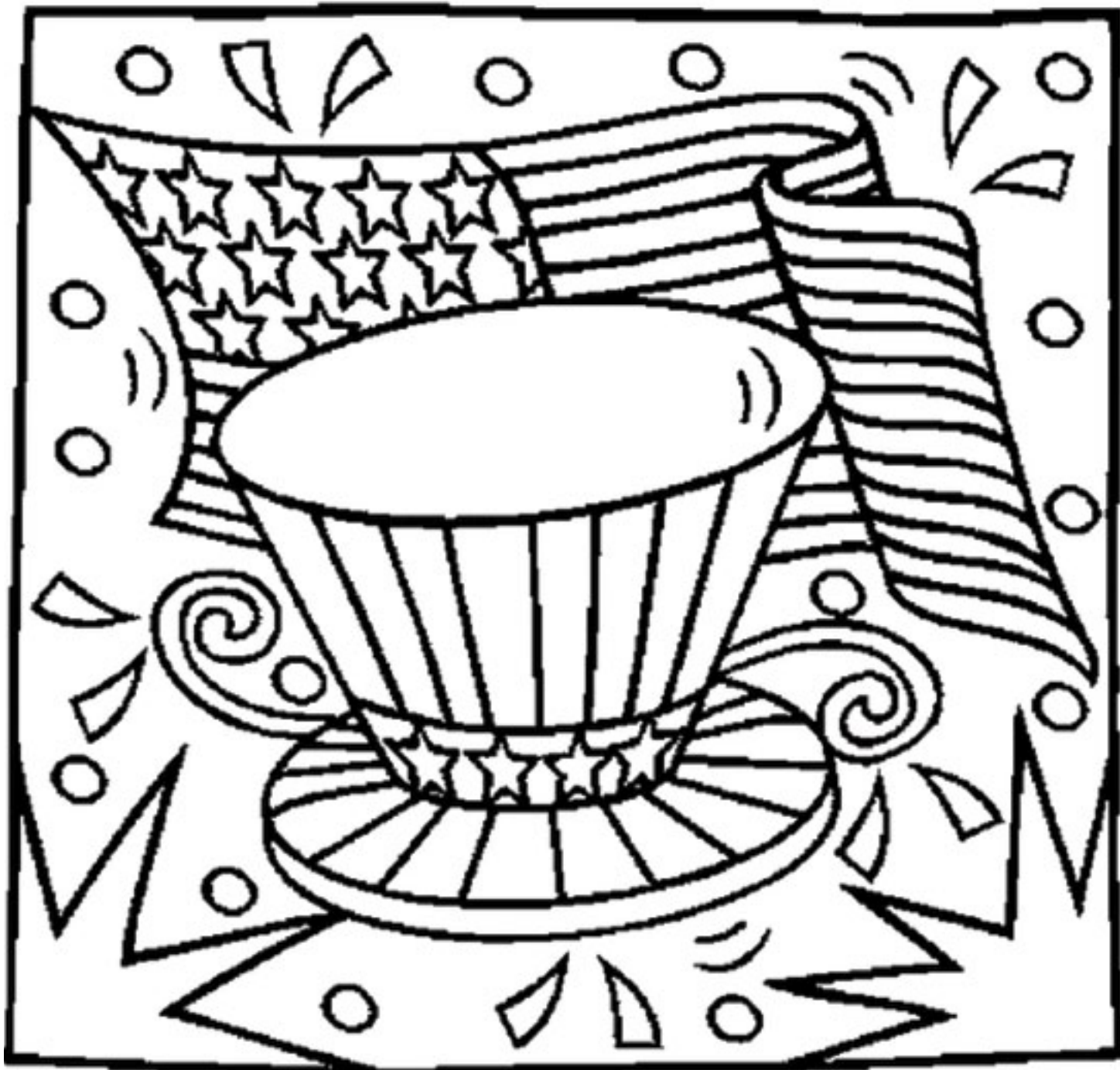
Congratulations to ACCN in 2017 for organizing Europe's largest (and best!) American Independence Day



For Kids

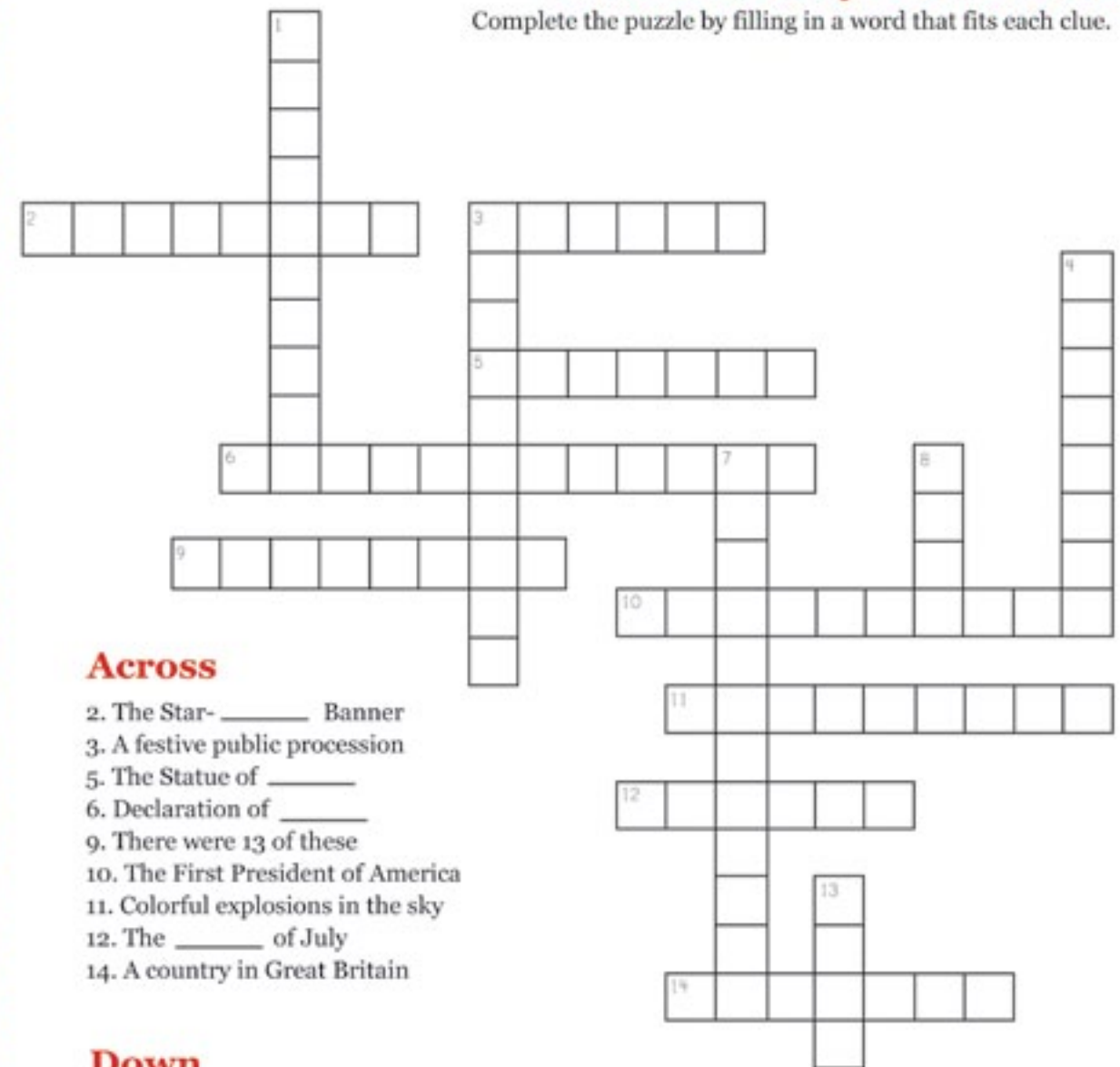


... And the Young at Heart



Fourth of July Crossword

Complete the puzzle by filling in a word that fits each clue.



Across

2. The Star- _____ Banner
3. A festive public procession
5. The Statue of _____
6. Declaration of _____
9. There were 13 of these
10. The First President of America
11. Colorful explosions in the sky
12. The _____ of July
14. A country in Great Britain

Down

1. The war against the British was called the American _____.
3. Made the famous Midnight Ride
4. A Citizen of the USA
7. Document that begins with "We the People"
8. Historic item sewn by Betsy Ross
13. America's birth month

Answers to crossword on page 44

monplace. But whatever is thumping on the roof is in a different category. We don't need a trap for this thing; we need a counter-terrorism unit.

I can't sleep. I keep thinking of my New York friend Nina and that rat-dog crashing through the ceiling and landing on her head. Finally, I have no choice. I tell John. He removes his earplugs, stays up, listens to the racket, and proclaims a full-scale emergency. He confers with his good friend, Hans, a Dutch drummer with pest issues of his own. John and Hans, experts in jazz and critters, determine our roof dweller is a Marder, an American martin, which is a member of the dreaded weasel family.



Just what we need—a German weasel. We hear from neighbors that this particular weasel has been chewing on brake cables of parked cars down the street. He has also massacred and eaten the pet bunnies living next door to us. Julia's friend, Maryam, is still heartbroken. She didn't even have a carcass to bury. Julia nicely arranged a small memorial service.

"No more Mr. Nice Guy," says John, using The Voice. "This is a dangerous situation. That weasel gets under the shingles and into the walls of the house, we're in big trouble." With a capital T and that rhymes with P and that stands for Protected Species. In this part of Germany, we have to be nice to the weasels. The weasel is our friend.

We buy an expensive device called a "Weasel-Schreck" which claims to make a constant high-pitched squeal—unappealing

to members of the weasel family.

Doesn't work. Perhaps the weasel is also wearing earplugs.

Following Hans's advice, John buys an expensive live trap that looks big enough to catch one of the neighborhood toddlers. I spy John setting the trap with a cheese-topped cracker and an olive. Looks like a weasel cocktail party.

Doesn't work. The crackers and olives are gone, but the trap remains empty. I suggest a pitcher of martinis.

We drink the martinis ourselves, call the Baum Meister, and spend hundreds of euros having him trim back branches close to the house.

Doesn't work. The thumps at night grow louder as the weasel leaps from even greater distances. It seems we have a member of the Flying Wallendas living on our roof.

We consult with a home improvement center Pest Expert. He tells us there's no legal way to get rid of a German weasel. Then he takes us aside, lowers his voice, and tells us to wait for a full moon, drink some Schnaps. "Go out on the roof with a shotgun," he whispers. "Sit there until he shows up. Then blow the weasel to smithereens when he's not looking."

This won't work for obvious reasons. In contrast to so many of our fellow Americans, we don't own a gun. We don't like Schnaps, we're afraid of heights, and we're skeptical about spending a winter night—even with moonlight—perched on a steep and slippery roof with a lethal weapon. And we have no intention of being deported for shooting a weasel, which is not only illegal, it's just not nice. Remember, the weasel is our friend.

For over a month, the weasel on the roof dominates our conversations. In addition to Ritz crackers and cheese, the weasel also likes to eat wiring, plastic tubes, and insulation. I have a nightmare that he breaks into the house, eats my iMac, all of my groceries, and kidnaps the children.



Then, one night, it all stops. The weasel is gone. No more thumps or thwacks at three in the morning. I don't think the weasel is finished with us, but he has evidently gotten bored with Project Goldsby and moved on to the next thing. I can't say I miss him, but, as an artist, I sort of know how he feels.

**

Three months later, early spring:

"Robin, we have a situation," says John. I've learned to dread these words.

"What?" I ask. "What?"

"There's something frozen in the rain barrel. And it looks like a human head."

"What? How is that even possible?" There was a lid on that barrel—we've always kept it tied down with cables and weighted with bricks. A small hole in the lid allowed rainwater from the roof of the garden shed to drip into the barrel—a perfect system for collecting water for the garden, not necessarily an ideal place to store heads. "Nothing could have gotten in there," I say, trying not to panic.

"Someone opened it and put the head—or something that looks like a head—in there. The lid was off. Here, look. I took a photo—"

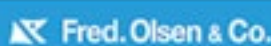
Continued on page 38



Shipping since 1848

Fred. Olsen & Co. dates back to 1848 when the Fred. Olsen family first engaged in shipping. The related company, Bonheur ASA, listed on Oslo Stock Exchange, has owning interests in a fleet of drilling vessels, cruise vessels and transport- and installation vessels for offshore wind turbines. The company also hold interests in other renewable energy activities, including a portfolio of wind farm projects.

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

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“Nooooo!” I scream. The last thing I want to see is a photo of a frozen human head in my rain barrel. I swat John’s camera away from me before the image burns itself onto my brain. “Just tell me what it looks like.”

“Well,” he says. “It has gray hair and pointy teeth and bloodshot beady eyes.”

“That could be anyone,” I say. “Or—”

“You know what?” John says, as he studies the photo. “It could be an animal. Maybe some poor critter chewed through the cables, knocked the bricks on the ground, dislodged the lid, and dove into the water barrel. He drowned and then the water froze. What an awful way to die.”

Silence.

“The weasel?” I say.

“The weasel,” he says. “Brick-throwing. Cable chewing. Death-defying leaps. Think about it. This situation has the weasel’s name all over it.”

“What are you going to do?” I ask.

“Don’t know,” says John. “He’s frozen solid in there right now—I’d have to use an axe to get him out. Looks like one of those exhibits at the Museum of Natural History. Look at the photo—”

“Nooooo! You’re sure it’s the weasel and not a human head? I mean, maybe we should call the police or something.”

“Nope,” John says as he continues to look at the photo. “Not a human head. It’s a frozen dead weasel. We just have to wait for the weather to warm up so I can hack him out. But don’t tell Julia. She’ll want to have a weasel burial. And, sorry, but I just don’t feel like singing ‘Amazing Grace’ for a weasel.” John sends the photo to Hans.

**

I think about the weasel a lot. He was nasty—killing those bunnies, making little girls cry, destroying brake cables on cars, and keeping entire families awake at night. But, you know, he was acting in character, just being a weasel and performing weasel-ish deeds. He was likely living here before we moved in, hanging out with the mice, the frogs, and the wild boars. We might have served a nice cheese, olive, and cable buffet, but we didn’t exactly drag out the welcome wagon for him. I feel a little sad about his gruesome demise. I still haven’t seen the photo.

So we go on: Man (and reluctant woman) versus Nature. A couple of musicians, trying to create something meaningful out of the mess of the day—raising kids, cooking dinners, practicing, writing, setting live traps, practicing some more, listening for noise in the walls and thumps on the roof, and trying to get some sleep.

I hope the wild boars come back up the hill some day.

• • • • • Robin Meloy Goldsby is the author of *Piano Girl*, *Waltz of the Asparagus People*, and *Rhythm*. Her new book, *Manhattan Road Trip*, features a collection of short stories about (what else?) musicians. Goldsby’s career as a pianist has taken her from roadside dives to posh New York City venues and exclusive resorts, and on to the European castles and concert stages where she now performs. Robin has four solo piano recordings to her name—*Twilight*; *Somewhere in Time*; *Songs from the Castle*; *Waltz of the Asparagus People*; *Magnolia*, and *December*—and has appeared on National Public Radio’s *All Things Considered* and *Piano Jazz* with Marian McPartland. Robin is a Steinway Artist.

• • • • • Visit her website at www.goldsby.de and be sure to sign up for her newsletter—a new essay every month! Her books and music can be found on Amazon.



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Childrens Games In Norway

Reprintet and updated from the Community Guide 2006-2007

As in America, one of the first signs of spring is the return of competitive games to the schoolyards and neighborhoods. Many of these are comparative to children's activities in the U.S. Paradis (hopscotch) is chalked on the asphalt and played in the same manner as in America, and both girls and boys enjoy practicing their skills at jump rope. "Double Dutch" rope jumping (with two ropes simultaneously) is not common in Norway, but it is just a matter of time before that catches on, too. In schoolyards around Oslo, young girls are now practicing cheerleading drills, an fairly recent activity. It wouldn't be a surprise if one day there were a cheerleading squad for every soccer and basketball team in Norway!

Growing up in America in the 60s and 70s, the kids in our neighborhood often met after dinner for a game of Tag, Monkey in the Middle, softball, or kickball. There was little to watch on TV back then and home computers were still decades away. In fact, there were then very few structured evening activities for youngsters that could hamper our getting a big group together to play.

Despite the fact that children in Norway are increasingly more involved with computer and television games and are less physically active, the onset of spring and summer still draws them out of their houses after dinner. After the cold, dark winter months, the long, light summer evenings are a welcome change; and many children are allowed to stay up a little longer, too.

Here are a few of the more popular games at Rykkinn's daycare centers and school. Maybe you have seen them played where you live, too?

BOKSEN GÅR—Norwegian Tag game

One of the more popular games found during school recess is "Boksen Går"—literally translated to "the box is walking" but perhaps better called Kick the Can. This is a game for both small and large groups of children and is equally challenging for all ages.



The seeker—let's call him Tom—stands beside a tin can with his hands in front of his eyes and counts to 100 while the other children hide. "98, 99, 100—those not hidden by now must freeze!" Tom begins his search. When Tom sees, for example George, there's a race back to the can. Tom puts his foot on it and shouts, "George has been canned!" George is thus caught. If George, however, is able to reach the tin can before Tom, he can kick the can as far away as possible. Everyone who is hiding

can sneak up, kick the tin can and shout "kick the can!"

Those who were caught have a chance to hide again while Tom picks up the can and puts it back in place. The game continues until everyone is caught. The first child who was caught will be "it" during the next round.

SLÅ PÅ RING—Tag the ring

This is a game of speed and concentration. The children stand in a circle, facing inwards. One child is designated to start outside of the circle. He walks or runs around the outside while the other children chant:

"Tag the ring, tag the ring, tag whoever you wish;
"Tag your own best friend, if you wish;
"The one you tag, you tag them so hard. So hard! So hard! So hard!!"

The chant goes until he tags one of the others. The tagger and the tagged now run in opposite directions around the outside of the ring. The first to reach back to the empty spot has won, and the "loser" continues the game as the tagger.

STIV HEKS—Frozen Witch

Stiv Heks is a fast-paced game, and a good warm-up game in PE class. The children spread themselves around in the room or designated area. Played outside, it is advisable to agree on boundaries ahead of time. One player is chosen to start the game. The children run, protecting themselves from the Witch, who runs after them. When the witch touches a child, she shouts "stiv heks - frozen witch!" and the tagged child must stand still in the same position in which he was tagged, with his legs apart. The other players can free the tagged child by crawling in between his legs. The object of the game is to freeze all the players, but since this can be difficult, a time limit can be set for each round and a new witch chosen for the next round.

DØDBALL—Dead Ball



One of the most popular schoolyard games is in full swing just after the snow melts from the asphalt. A close cousin to American baseball, Dødball is a game suited for all ages and abilities. The batter does not have to possess a natural talent for hitting the ball in order to run the bases and there is no pitcher. A tennis ball and a paddle-shaped wooden bat are all you need for equipment.

There is an "in-team" and an "out-team", like in baseball. The out team is spread throughout the field of six bases, with one player in the box beside the batter. She is the "catcher" for the out team. The in-team stands along a line drawn at "home base", awaiting their turn at the bat. The batter tosses the ball up in the air and hits the ball into the field. While the out-team scrambles to get the ball, the batter runs to each of the bases, first, second, third, and so on. The out team tosses the ball to the catcher, and when she is in the box with the ball, she shouts "død—dead!" If the batter stands between two bases when the catcher shouts død, he is out and must go to the end of the batting line.

Continued on page 44

Do you want updates from the capital market?

pwc

PwC Global Capital Markets Group, led by Fredrik Melle, is comprised of a dedicated team of professional advisors, including Certified Public Accountants, who assist with international securities transactions, particularly those in the U.S., and international mergers and acquisitions between U.S. and Norwegian companies.

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Moving Day!

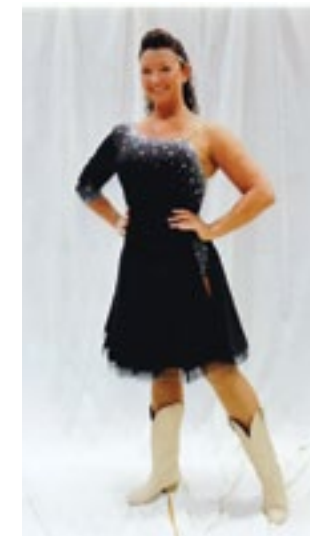
Come here Moving Day! bring Appalachia to Oslo's Frogner Park on July 2!

Moving Day! first saw the light of day in the wings of the Norwegian Opera when two professional opera singers, both with bluegrass in their blood, met and began to play this up-tempo and soulful American folk music. Now, years later, Moving Day! is moving like never before, with Paul Kirby on lead vocal and guitar, Øystein Imsen on fiddle, Mikael Jonassen on five-string banjo and high mountain tenor, Vegard Doszko on mandolin and vocals, and Lars Tormod Jensen on dog-house bass. Rip the carpet up off the floor— it's Moving Day!

Glory Days

Get ready and Let's Rock the 80's

Glory Days is a cover band playing hits and timeless classics from the 80's. They have been playing many different venues over the last 10 years, and will for sure give you a musical trip back to the 80's playing artists like AC/DC, Whitesnake, Guns N` Roses, Gary Moore, Bon Jovi, Toto, Tina Turner, Europe and many more!



Kickin' with Kelli

Kelli Haugen has been living in Valdres for 20 years, but comes from Bloomington, California. Her passion is dance, and she has shared it with thousands of Norwegians, as well as her 3 daughters who also dance. She has been giving classes since 1998, and coaching and competing herself in linedance competitions all over the world since 2000. She is a 7 time

World Champion as well as a judge. She has been in charge of choreography and dance for the "Ung I Valdres" yearly musical for the past 6 years, as well as teaching Showdance in Vestre Slidre Kulturskule. Kelli is the event director for Pers Linedance Festival in Gol, which will be held for the 18th time and is Norway's biggest linedance gathering. "Linedance is for everyone! That is why I love it so much!"



SC Event's AmCar Exhibition.

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



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www.lundgruppen.no



Etablert 1897

If subsequent batters fail to hit the ball, they proceed to first base and await the chance to advance if the next batter gets a hit. There can be many players on bases. Once a runner has touched all six bases, he stands at the end of the line and waits for his turn at bat again.

The out team gets 1 point for each ball which is caught in the air and 1 point for each batter who is "død" or dead. When the out-team has obtained some number of points, the teams exchange places.

LOST IN TRANSLATION?

Timeless and popular, these simple children's games can be seen in Norway, too.

Stolleken – musical chairs
Gjemsel – hide and seek
Rødtlys – 1-2-3-red light
Kongen på Haugen – King of the Hill
Kongen Befaler – Simon Says
Ta den ring og la den vandre – Button, button, Who's got the button?
Bro bro Brille – London Bridge



Interested in finding out more about children's games while abroad? Check www.barnesanger.no/leker for more fun ideas of traditional children's games in Norway.



Answers to Crossword (on page 34):



new flag received the dubious name – "sildesalaten" (pickled herring salad) because it reminded people of the popular breakfast dish. Although the Norwegian population was satisfied with the flag's design, the Swedes were not in agreement. The "union marked" flag was in use until 1905, shortly after the union with Sweden ended, and on June 9, 1905 the present-day flag was raised.

The Flag and Its Colors

The flag is shaped like a cross, symbolizing the Christian religious beliefs of nearly all inhabitants of Norway in the 1800's. Red, white and blue was chosen because free countries such as the U.S. and France use the same colors. And, as written in a popular 17th of May song, the colors also symbolize Norwegian nature and history – white for the snow, blue for the sky, and red for the blood St. Olav shed at the battle of Stiklestad in 1030. The exact colors of the flag are determined by the Norsk Utenriksdepartement after the "Pantone" system.

The proportions of the flag are given below.

Flag Etiquette

- You should treat the flag with respect
- The flag shall never touch the ground
- Private persons shall use the trade flag, while the government shall use the state flag with the "split and tongue" edge.
- The flag's length shall be 1/3 of the length of the flag pole when the pole stands on the ground
- Flags that hang horizontally or from buildings shall be half the length of the pole.
- When the flag is raised, two flags shall not be raised on the same flag pole
- If the flag is used as decoration, it shall hang freely and not be nailed or stepped on.
- A ruined or worn flag shall either be burned or cut up such that the colors are separated from each other
- The flags proportions are: Length: 6-1-2-1-12 with red, white, blue, white and red colors. Height: 6-1-2-1-6 with red, white, blue, white and red.
- Flag colors shall be Norwegian red (pantone 200) and Norwegian blue (pantone 281)

The flag shall be raised at sunrise and lowered at sunset. But since sunrise and sunset vary greatly in Norway, these rules apply:

- From March to October, the flag shall not be raised before 8:00 a.m. and lowered no later than 9:00 p.m.
- From November to February the flag shall not be raised before 9:00 a.m.
- In the winter months, the flag shall not be raised before 10:00 a.m. i the northern districts of Nordland, Troms and finnmark. It shall be lowered no later than 3:00 p.m.
- The American flag etiquette of displaying the flag at night, properly illuminated, does not apply in Norway.

Source: Wikipedia



Resource Directory

EMERGENCY NUMBERS

110 Fire
112 Police
113 Ambulance

ADVERTISING FLYERS

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

ALUMNI CLUBS

Johns Hopkins University, School of Advanced International Studies (SAIS) Norway Alumni Chapter
Contact the college for more information

Luther College

Contact the college for more information

MIT Club of Norway

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

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

AMERICAN FOOD PRODUCTS

Centra Mat
O.H. Bangs vei 5, Høvik,
67 10 24 00
Centra Mat
Colosseum, vis-à-vis Colosseum
Kino, 23 20 55 20
Deli de Luca
Mega, Bekkestua
Jacobs Mathuset
Ekebergv 145, Oslo,
22 28 58 58
VikamatColonial (kiosk),
Klingenberggaten 7, Oslo,
22 83 48 48
Alternative foods
Helios, www.helios.no

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

COOKING

Norwegian cookbooks in English
"American Accent" anniversary cookbook published by American Women's Club.
"Trolldom in the Kitchen" by Melody Favish.
Call 957 67 092 to order.
"The Norwegian Kitchen" edited by Kjell E. Innli.
"Eat the Norway" by Aase Strømstad.
"Norwegian National Recipes" by Arne Brimi.
"Authentic Norwegian Cooking" by Astrid Karlsen Scott

A few websites with Norwegian recipes:
www.norway-hei.com
www.food.com/topic/norwegian
www.thanksforthefood.com

US Measurement Equivalents

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

American to Metric Conversion

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

Temperature Conversion

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

Spices & Cooking Ingredients

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

Basil = basilikum
Bullion = buljong
Cardamom = kardamomme
Chives = gressløk
Cilantro = fersk koriander
Cinnamon = kanel
Cloves = nellik
Cream of tartar = kremortartari
Curry = karri
Garlic = hvitløk
Ginger = ingefær
Horseradish = 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, 6:00 - 7:30 pm, Frogner menighetshus Schaftelokken (yellow house), Solheimgaten 2b (3rd floor), Phone: 95 81 09 34.
Overeaters Anonymous, <http://oanorge.wordpress.com/english>

DAYLIGHT SAVING TIME

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

DO NOT CALL LIST

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

ENGLISH-SPEAKING SOCIAL, CULTURAL & PROFESSIONAL ORGANIZATIONS (NOT AFFILIATED WITH ACCN):
Professional Women's Network (PNW), meets first Wednesday of each month from Sept. to June. Website: www.professionalwomen.no
The Canadian Club of Norway is a social club for Canadians living in Norway, their families, and anyone who considers him/herself a friend of Canada. The club's members and activities are largely concentrated in the Oslo region. The annual membership fee is NOK 150 for families, NOK 100 for individuals. For further information, visit www.canclubnor.info
International Forum, monthly meetings with speakers, courses and tours. Activity groups. Website: www.iforum.no

Norway International Network

organization for foreigners studying, working or living in Norway, and for Norwegians interested in meeting people from different cultures, monthly meetings and social events at various locations.
Website: www.ninside.org
Oslo Toastmasters Club, meets every Tuesday from 6:00 pm. www.toastmasters.no
ICON (International Club Oslo Norway), formerly the Petroleum Women's Club) is a friendly club welcoming newcomers to Oslo. Meetings typically take place every third Tuesday of the month. For more information please see www.icon-oslo.com

EVENTS IN OSLO

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

Other sources:

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

Oslokino.no, which lists information on the movies playing in Oslo, now has a page in English, www.oslokino.no

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

FITNESS CENTERS

Oslo- Look under Trening in the yellow pages.

FLEA MARKETS/ SWAP MEETS

Birkelunden Bruktmarked in Grünerløkka, Sundays from 12.

Bærumshallen, Kadettangen, Sandvika. Sundays year round from 10:00 a.m. to 4:00 p.m.
Brukthallen, Sinsenvn. 11, Thursday-Sunday.
Bruktmarked på Grønland, underneath the overpass between Grønland torg and the bus terminal, Saturdays, 7:00 a.m. to 7:00 p.m.
Selters, Bogstadvn 44. Every other weekend. Saturdays 9:00 a.m. to 6:00 p.m., Sundays 11:00 a.m. to 6:00 p.m.
Slurpen Bruktmarked, Lakke gata 79b, entry from Sarsgt. Last Sunday of every month, 12 noon - 4:00 p.m.
Vestkantorget (Amandus Nielsens plass, corner of Prof. Dahlsgt/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 2017
Fellesferien (national summer vacation). The last 3 weeks of July when many businesses and factories close.
Olsok (St. Olaf's Day) - July 29.
Høstferie (fall vacation). School vacation at the end of September or 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 12
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.
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

2018

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.
Fastelavnssøndag (Shrove Sunday) - February 11.
Palmesøndag (Palm Sunday) - March 25
Skjærtorsdag (Maundy Thursday) - March 29
Langfredag (Long Friday) - March 30
Påskedag (Easter Sunday) - April 1
2. påskedag (Easter Monday) - April 2
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 10.
Unionsoppløsningen 1905 (Union Dissolution 1905) - June 7.
Pinse (Whit Sunday and Whit Monday, 50 days after Easter) - May 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.
Olsok (St. Olaf's Day) - July 29.
Høstferie (fall vacation). School vacation at the end of September or beginning of October.

Resource Directory

FN Dagen (UN Day) – October 24.
Bots og bededag (Day of Penance and Prayer) – October 28
Halloween – October 31.
Allehelgensdag (All Saints' Day) – November 4.
Farsdag (Father's Day) – second Sunday in November.
1. søndag i advent (1st Sunday in Advent) – December 2.
Luciadagen (St. Lucia's Day) – December 13.
Lillejulaften (Little Christmas Eve) (Note: most offices close at noon on the 23rd)
Julaften (Christmas Eve) – December 24
Juledag (Christmas Day) – December 25
2. juledag (2nd Day of Christmas / Boxing Day) – December 26

INTERNET CAFES

Oslo S main train station

INTERNET TV & RADIO

Watch hundreds of channels on the Internet for free.

www.livestation.com or

www.itv.com

C-SPAN

All three C-SPAN TV channels (1, 2 and 3) and C-SPAN Radio can be watched and/or listened to at www.c-span.org.

NRK

All NRK TV and radio channels can be watched/listened at

www.nrk.no

NPR

All NPR content and public radio content can be accessed via www.npr.org.

Old Time Radio Shows

Hundreds of vintage radio shows in mp3 format, all for free: www.radiolovers.com

NORWAY IN A NUTSHELL

(Source: CIA World Factbook)

Area

Total: 323,802 sq km

Land: 307,442 sq km

Water: 16,360 sq km

Arable land: 2.7%

Coastline

25,148 km (includes mainland 2,650 km, as well as long fjords, numerous small islands, & minor indentations 22,498 km; length of island coast-

lines 58,133 km)

Population

5,265,158 (July 2016 est.)

Age structure

0-14 years: 18.2%

15-64 years: 12.8%

25-54 years: 40.98%

55-64 years: 11.7%

65 years and over – 16.51%

Life expectancy (2016 est.)

Total population 81.8 years

Male 79.8 years

Female 83.9 years

GDP

Purchasing power parity –

\$376.3 billion (2016 est.)

GDP per capita

Purchasing power parity – \$69,300

(2016 est.)

Labor force

2.794 million (2016 est.)

Unemployment

4.8% (2016 est.)

Budget

Revenues: \$199.8 billion

Expenditures: \$188.8 billion (2016 est.)

Industries – exports

Petroleum and petroleum products, machinery and equipment, metals, chemicals, ships, fish

Independence

7 June 1905 (Norway declared the union with Sweden dissolved); 26 October 1905 (Sweden agreed to the repeal of the union)

NORWEGIAN LANGUAGE CLASSES

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

NORWEGIAN NEWS

& INFORMATION IN ENGLISH

The Foreigner -

<http://theforeigner.no/>

Views and News from Norway –

www.newsinenglish.no

Norway News –

www.norwaynews.com/en

Norway Post –

www.norwaypost.no

Norwegian Embassy in the U.K. –

www.norway.org.uk

Norwegian Embassy in the

United States of America –

www.norway.org

Norwegian government press

releases – [www.regjeringen.no/](http://www.regjeringen.no/en/whatsnew/news)

en/whatsnew/news

Statistics Norway – www.ssb.no

ORIENTATION RESOURCES

“Living and Working in Norway,”

by Michael Brady, sold at bookstores

“Orientation Handbook,” U.S.

Norway Fulbright Foundation,

phone 22 01 40 10, e-mail:

fulbright@fulbright.no

The American Women's Club of

Oslo website at www.awcoslo.org

contains a wealth of practical information for newcomers.

Doorway to Norway (relocation

and orientation service), website:

www.doorwaytonorway.no

See also social media for expats

RADIO CHANNELS IN OSLO AREA

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

Note: Norway is the first country to turn off the FM radio and og digital. The national FM net of radio stations will be shut down in 2017. This will occur regionally in the course of 11 months. In the Oslo area, NRK radio stations will shut down on September 20th, whereas P4 and Radio Norge will shut down on December 8th. Local radio will continue to send on the FM band. During the changing process to DAB radio, there will be simultaneous FM and DAB sendings.

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

RELIGIOUS SERVICES IN ENGLISH

American Lutheran Church,

Fritznersgate 15, off Bygdøy allé behind Frogner Kirke,

22 44 30 15. Sunday School for all

ages at 11:00 am. Worship at 11:00

am, <http://alcoslo.org>

The Church of Jesus Christ of

Latter Day Saints,

Hekkeveien 9, 0571 Oslo,

22 71 76 24

Sandviksveien 206, Sandvika,

67 56 87 50.

First Church of Christ Scientist,

Frognervein. 51, Oslo, 22 44 00 49.

Gardermoen International

Christian Fellowship,

Worship services are held at Nordby

Ungdomsskole, Trond-hjemsveien

122, 2050 Jessheim, 25 30 60/ 25

40 01.

Pastors Linda and Terje Aadne,

e-mail: linda.aadne@baptist.no

[www.gardermoen-kristne-felless-](http://www.gardermoen-kristne-fellesskap.com)

[kap.com](http://www.gardermoen-kristne-fellesskap.com)

The International Baptist Church,

Løxaveien 15,1351 Rud, 67 56 57 74.

Pastor Robert Burns

Website: www.ibch.no

Greek Orthodox Church, Kirkeveien

84, Oslo, 22 46 37 06.

Jewish Mosaik Synagogue, Berg-

stein 15, Oslo.

Kristensamfunnet i Norge

Oscars gate 84, Postadresse:

Inkognito terrasse 9, 0256 Oslo. 22

55 37 20

Kristi Freds Catholic Church,

Veståsen 18, Eikeli, Saturday eve-

ning Mass at 6:00 pm. , Sun-day

morning Mass at 9:30 am.

Quakers Society of Friends, Melt-

zers gate 1, Oslo, 22 44 01 87

St. Edmund's Church Anglican

Chaplaincy in Norway, Møllergata

30 (near Youngstorget), 22 69

22 14. Sunday worship at 11:00

am. Website:

www.osloanglicans.net

St. Olav's Church (Roman Catholic),

Sunday Mass in English at 7:00 pm.

Address: Akersveien 5, Oslo,

phone: 22 36 23 60.

United Pentecostal Church

International, Livets Tabernakel

Address: Grefsenveien 26

Pastor: Gørn Andreassen

e-mail: lgoera@online.no

phone: 22151079 / 41203086

SATELLITE RADIO & TV

If you are interested in languages, consider investing in satellite equipment that will pick up the Hot Bird, Astra & Eurobird/Astra 2A /2B/2D signals. The over 600 unencrypted TV channels include around 80 German channels, the same number of

Italian channels, plus a wide variety of French, Spanish, Greek, Arabic, Chinese, Dutch, East European, Russian, English, and Asian channels. There are also around 475 unencrypted radio channels including NPR Worldwide at 10.722H on the Hot Bird satellite at 13 degrees east. To look up the latest satellite frequencies go to www.lyngsat.com

SCHOOLS

American College in Norway ,

Moss – www.americancollege.no

Asker International School

Johan Drengsruds vei 60,

1383 Asker

www.askeris.no

Frogner International Pre-School,

Fritzners g 15, 0264 Oslo. Phone:

22 55 65 82, Fax: 22 55 81 08

International Montessori

Preschool – Skytterdalen 2, 1337

Sandvika, 67 54 81 20

www.internationalmontessori.no

e-mail: impss@start.no

International Baccalaureate

schools in Norway – go to

www.ibo.org and type in Norway

Oslo International School

Postboks 53, 1318 Bekkestua

Phone: 67 81 82 90

E-mail: ois.main@oslois.no

Web site:

www.oslointernationalschool.no

Rudolf Steinerhøgskolen (Rudolf

Steiner University College),

Prof. Dahls gate 30, 0260 Oslo,

phone: 22 54 05 90

www.rshoyskolen.no

Steinerskolene i Norge

(Waldorf Schools Norway)

phone: 22 54 25 40

www.steiner.no

University of Oslo Inter-national

Summer School – [www.uio.no/](http://www.uio.no/summerschool)

[summerschool](http://www.uio.no/summerschool)

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

SHOPPING BUS

The free Ikea bus runs twice an hour from Jernbanetorget syd in Oslo. Top of the hour Mon. - Fri, 10:00 am -10:00 pm, Sat. from 10:00-8:00 pm to Furuseth, bot-

tom 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

ACCN Community

Yahoo Groups-

New_to_Oslo, [http://groups.](http://groups.yahoo.com/group/new_to_oslo/)

[yahoo.com/group/new_to_oslo/](http://groups.yahoo.com/group/new_to_oslo/)

Norskklassen, [http://groups.](http://groups.yahoo.com/group/norskklassen/)

[yahoo.com/group/norskklassen/](http://groups.yahoo.com/group/norskklassen/)

Websites:

www.easyexpat.com

www.expatsinterviews.com

www.expatfocus.com

www.alloexpat.com

www.stavangerexpats.com

Blogs:

<http://mylittlenorway.com>

[http://tressainnorway.blogspot.](http://tressainnorway.blogspot.com)

[com](http://tressainnorway.blogspot.com)

TOURIST INFORMATION

Tourist Information at Oslo

Central Station, Jernbanetorget 1

Tourist Information by the City

Hall, Fridtjof Nansens plass 5,

Phone: +47 24 14 77 00

E-mail: info@oslopro.no

www.visitnorway.com

www.visitoslo.com

The Oslo Youth Information The

Oslo Youth Information Centre,

www.use-it.no

USEFUL WEBSITES

NORWAY

Public sector information –

www.norge.no, [www.norway.](http://www.norway.info)

www.regjeringen.no

Norges Bank (central bank) –

www.norges-bank.no

Customs – www.toll.no

Directorate of Immigration –

www.udi.no

Health Board –

www.helsetilsynet.no

Laws translated into English –

www.ub.uio.no/ujur/ulov

Library stocks –

www.bibsys.no

Den Norske Turistforening –

www.turistforeningen.no

Postal services –



The American Coordinating Council of Norway

ACCN 2017 Member Organizations and Delegates

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 2017:

Honorary Chairman: (Vacant),
United States Embassy
Chairman: Chrys Hellem
e-mail: chair@accn.no
Vice-Chair: Tina Rinde
e-mail: vchair@accn.no
Treasurer: Karin Mandeville
Secretary: Ole Hillestad;
e-mail: secretary@accn.no

Mailing Address:

ACCN, Box 5064

Majorstuen, 0303 Oslo;

website: www.accn.no

Flickr:

www.flickr.com/photos/accn_oslo/

Facebook:

www.facebook.com/AmericanCoordinatingCouncilofNorway

Twitter: [/accn norway](https://twitter.com/accn norway)

American Chamber of Commerce in Norway

As a business networking, information and assistance organization, the American Chamber of Commerce in Norway (AmCham) actively develops Norwegian-American business and supports trans-Atlantic commercial interests within Norway. The non-profit

organization, one of 117 AmChams globally, is comprised of 225 corporate members. AmCham Norway is a fully accredited member of the US Chamber of Commerce, which is headquartered in Washington D.C. and represents over 300,000 companies. AmCham Norway's activities include business facilitation, advocacy, and regular gatherings. Address: Lille Grenden 5, 0159 Oslo; telephone: 22 41 50 10
e-mail: amcham@amcham.no
website: www.amcham.no

American Lutheran Congregation (ALC)

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

American Women's Club of Oslo (AWC)

The AWC is a social and philanthropic organization. It offers an opportunity for American women living in 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 almost 200 members, we are a diversified and dynamic group, ranging in age from 20 to 96 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 English-language library, and awards a biennial scholarship of NOK 100,000 to enable a Specialist to do advanced study in the U.S. in a field which will benefit the health and/or well being of women and/or children. The AWC is a member of FAWCO, an international network

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Eller gå inn på www.aggreko.no

www.aggreko.no



The American

Coordinating Council of Norway

of independent volunteer clubs (www.fawco.org)
Contact: Box 3138 Elisenberg, 0207 Oslo,
telephone: 400 42 917
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 15+ 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, Box 5247 Majorstua, 0303 Oslo. e-mail: w-allen@online.no
website: www.sonsofnorway.no/christiania

Democrats Abroad Norway (DAN)

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

International Summer School

A wide range of courses, taught in English. Intensive language courses at a highly ranked European university. Excellent facilities and a modern campus. Postbox 1082

Blindern, 0317 Oslo
telephone: (47) 22 85 63 85
e-mail: iss@admin.uio.no
website: www.uio.no/summerschool

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, Kirkeveien 114E, 0361 Oslo

Norwegians Worldwide

Founded in 1907, Norwegians Worldwide is a global organization under the patronage of HM King Harald. The organization's goal is to maintain the contact between Norway and Norwegians residing outside of Norway. Norwegians Worldwide publish a magazine, organize Norgesskolen, a three-week summer school in Norwegian language and culture for children 9 – 18 years old, and maintains personal contact with members all over the world in 48 different countries. The organization has chapters and representative in nine countries. They all work to strengthen the relationship between Norway and Norwegians living abroad, as well as informing their communities about Norway, Norwegian culture and language. website: www.nww.no

Northern Lights Fund (NLF)

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

Norwegian Federation of American Sports (NAIF)

NAIF was founded January 1, 2010 as a merger between Norwegian American Football and Cheerleading Federation and Norwegian Frisbee Federation. Lacrosse has been included as a new sport. NAIF

is a member of the Norwegian Olympic Committee and Confederation of Sports, as well as the European and international federations organizing American football, cheerleading, disc sport (Frisbee) and lacrosse. NAIF's purpose is to organize and develop the four sports in Norway. Our member clubs, from Kristiansand to Hammerfest, are growing in number and members. For more information: e-mail to: naif@amerikanskeidretter.no
website: www.amerikanskeidretter.no

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

NORAM is a private, non-profit organization, founded in 1919, which mission is to promote educational and cultural exchange between Norway and North America. Annually NORAM awards approx 50-80 scholarships for study/research in Norway and North America. NORAM can give unbiased guidance, and is a part of the EducationUSA network. Our aim is to help as many as possible to achieve their educational dream, and we host educational events, visit high schools and attend education fairs. The organization has 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

Oslo Barnemuseum (Oslo Children's Museum)

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 purpose is to assist U.S. citizens residing in Norway with registering and voting in U.S. national elections, in addition to advocating for Republican principles. RAN organizes political programs and social activities to network and communicate with members and others interested in the U.S. political process.

P.O. Box 3137, 0207 Elisenberg, Oslo
e-mail: chairman@republicansabroad.no
website: www.republicansabroad.no
Facebook: www.facebook.com/groups/RepublicansAbroadNorway/

United States Embassy

Under the leadership of the U.S. Charge d' Affaires to Norway James P. DeHart, 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 provisions of consular services to U.S. citizens.

American Citizen Services:
e-mail: osloamcit@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 study, research and lecture grants to U.S. and Norwegian citizens. The Foundation also operates an EducationUSA Advising Center that provides information about studying in the United States. Arbinsgt. 2, 0253 Oslo; telephone: 22 01 40 10
e-mail: Fulbright@fulbright.no
website: www.fulbright.no

We have room for you!

Take an interest in us! We are a volunteer organization looking for people interested in bettering Norwegian-American relations thru cooperation. www.accn.no ACCN secretary: hilleslu@online.no

Raffle and Event Donors

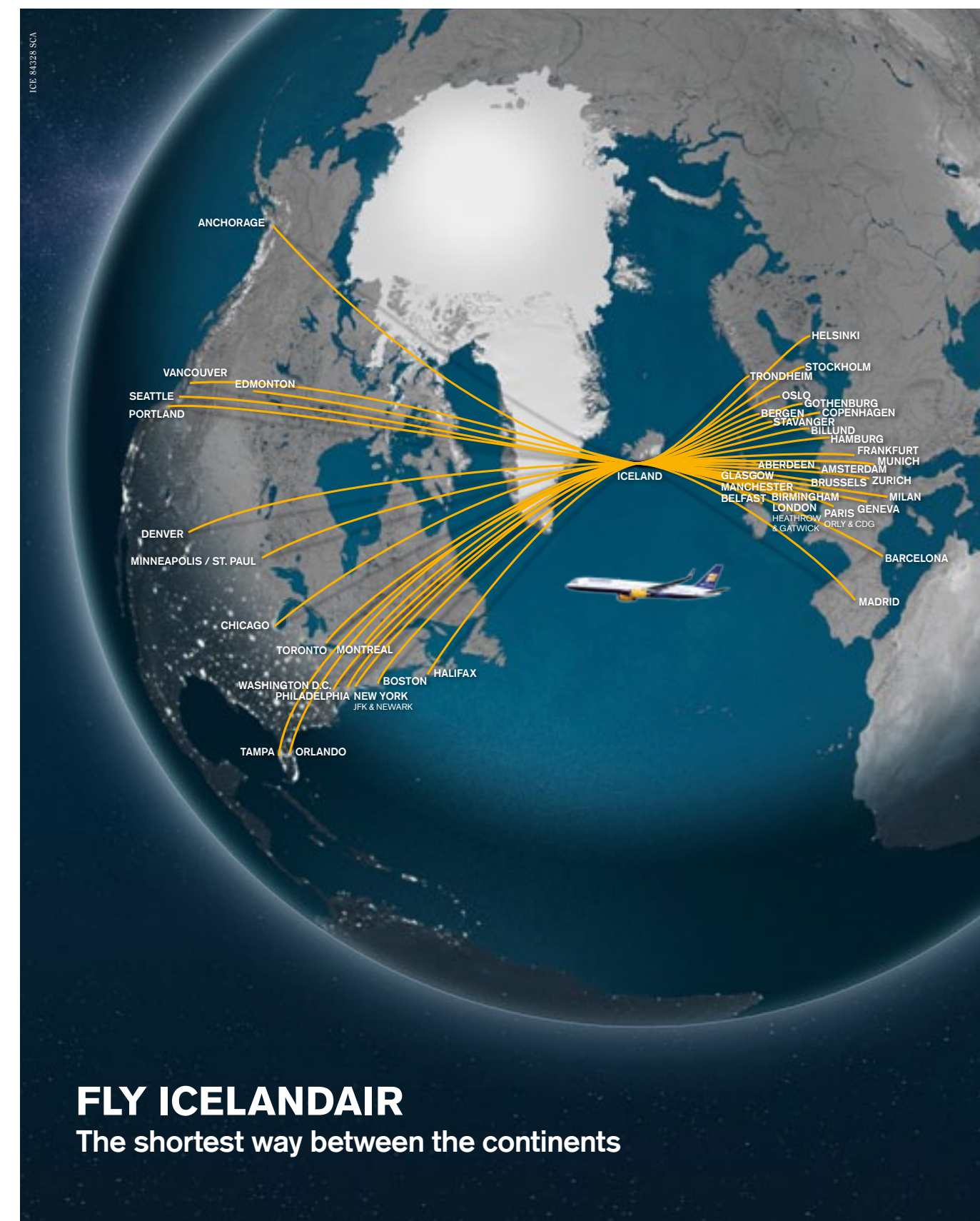


You can buy your ticket from a raffle seller or stop by the Raffle Booth. Raffle prizes like trips to the U.S. can be yours for a mere NOK 20 with proceeds benefiting charities selected by the ACCN. You must be present to win.

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

Alquema Fashion	Norwegian Air
Både Og	NSB
Coca-Cola Norge	Peppes Pizza
Dale of Norway	Petroleum Geo-Services
Fjord Tours	Pringles
Fursetgruppen	Radisson Blu Scandinavian
Grand Hotel, Oslo	Scandic Victoria Hotel
Hard Rock Cafe	Statoil
Haugen Gruppen- Heinz	Stena Line
Hos Thea	Sundvolden Hotel
Hydro	The Dubliner
Icelandair	The Nighthawk Diner
Kaffebrenneriet	Tine BA
Kellogg's Norge	Universal Sony Pictures
McDonald's	UPS Norway AS
Museum of Cultural History	Vintage Wheels
Norgesgruppen, Jacobs	Weber Stephen
Norwegian Softball & Baseball Federation	Wrigleys Scandinavia
Nærbakst AS	

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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