

# Culture (Kaltar)

## Culture for July

Submitted by Cultural Director Amey



July will be about regional costumes of Scandinavia with a show/tell from members of their costumes.

## Ja Vi Elsker

1. Ja, vi elsker dette landet,  
Ya, vee EL-skur DET-tuh LAHN-duh
2. som det stiger frem,  
somm deh STEE-gur frem
3. furet, værbitt over vannet,  
FOO-ret, VAIR-bit OH-vur VAHN-nuh
4. Med de tusen hjem.  
Meh dee too-sen yem.
5. Elsker, elsker det og tenker  
EL-sker, EL-sker duh aw TENK-ur



Denmark's Den Blå Planet (N. Europe's largest)  
<https://www.visitcopenhagen.com/copenhagen/planning/den-bla-planet-national-aquarium-denmark-gdk1077922>

Northern Europe's largest aquarium, Den Blå Planet. Here, you don't just walk through an exhibition – you step into an underwater universe where all senses are brought to life. Experience the thrill as sharks swim over your head in the enormous Ocean Tank. Roll up your sleeves and assist in feeding the cownose rays, or explore the Rainforest, spotting birds, reptiles, and a sloth. During the summer months, even more adventures await: Splash around in the water playground or explore The Wild Pond, where you can catch tiny creatures with a net and examine them up close with a magnifying glass.



## Norway's Underwater Drones

<https://www.youtube.com/watch?v=p5aLFQTDtDI>

Norway uses underwater drones to locate ghost fishing gear, supporting divers and systems that remove nets and reduce harm to marine life.



**Freshwater tropical fish are most active and most healthy at what water temperature?**

## Our Sister Lodge

<https://www.daughtersofnorway.org/>

Submitted by Amey

Lodge Name

### Pauline Fjelde lodge #51

in Minneapolis Minnesota was founded in September 2010. They meet at a Lutheran church the third Saturday of the month at 10am, skipping January, July and August.

The lodge shares Scandinavian heritage through cultural programs and interest groups, and with the community at a Norway Day event held each summer in Minneapolis. They have a Damekor (women's choir) and the lodge has collected a playlist of their songs on a Youtube channel:

<https://www.youtube.com/playlist?list=PLq4hsbLcDAw5wTK9BqhGyMRTBFiy7sFfc>



Pauline Fjelde was born in May 1861 in Ålesund, Norway into a family of accomplished artists. Her siblings began emigrating to Minnesota, where she and a sister began a very successful dressmaking and embroidery business that remained in the family for many years. They embroidered the first Minnesota state flag, and Pauline further studied tapestry, with works displayed in Minneapolis, Chicago, Vesterheim Museum and the Smithsonian.

# Culture (Kultur)



## The Great Outdoors--Submitted by Candice



**FRILUFTSLIV**- Roughly translating to “open air life” or “open air living”. Representing the belief that spending time in nature is essential, no matter what the weather. “There is no bad weather, just bad clothing.” Nature is a sanctuary, not something to be conquered. Unplug- be fully immersed in the outdoors. Allemansrätten - Written into Sweden's constitution, & legal in Iceland, Finland, Estonia, & Norway, it's “Every man's right to roam”. It means the public may hike, bike, forage, & camp on all land, even if privately owned. As long as you do not disturb the landowner, (you must keep a respectful distance from residences) or cause damage to nature, & practice “Leave No Trace”. **UDESÖVNING** - “outdoor napping” A practice where even infants nap outside even in subzero temperatures. It promotes health with fewer indoor germs, builds robust immune systems, aids cognitive function, creates deeper sleep from the fresh, crisp air that lowers core temperature (average 90 minutes longer), & lowers stress levels to induce mental relaxation.



### Native Species

Iceland is completely free of amphibians & reptiles & has only 1 native wild mammal; the Arctic Fox



#### Native Nordic animals:

Arctic Fox, Atlantic Puffin, Char, Dolphins, Eurasian Lynx, Gyrfalcon, Moose, Musk Ox, Norwegian Elkhounds, Forest Cats, Lemmings, & Red Deer, Polar Bears, Svalbard Reindeer & Rock Ptarmigan, Seals, Walruses, Whales, White-Tailed Eagles, and Wolverines.

### COMMON NORDIC LANDFORMS

Denmark - islands, cliffs, dunes, beaches, farmland

Finland - lakes, boreal forests, peatlands, islands

Greenland - Glaciers, icecaps

Iceland - glaciers, volcanoes, waterfalls, hot springs, black sand beaches, geysers, ice caps

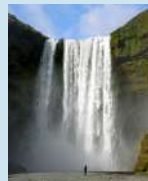


Norway - fjords, cliffs, waterfalls, rivers, glaciers, mountains

Sweden - islands, mountains, plains, boreal forests

### RECORD BREAKERS NORWAY

Strongest malestrom in the world  
Deepest, longest & oldest fjord  
Highest European Waterfall  
Largest exporter of salmon  
Highest concentration of fjords



### ICELAND

Largest European glacier by volume  
Most powerful European waterfall  
Largest & most powerful hot spring in world  
The only place you can stand on 2 tectonic plates



### SWEDEN

Most islands in the world  
Oldest stone ship monument  
Highest coastline  
Oldest living tree



### DENMARK

Highest European coastal cliffs (Faroe Islands)  
Highest chalk cliffs  
You can stand in 2 seas  
Largest system of sand & mudflats  
A massive migrating sanddune



### FINLAND

Most lakes in Europe  
Cleanest air  
Only place to see Saimaa ringed seal



### ENDANGERED OCEAN CREATURES

These are only a few of the endangered species with some from Oregon added in

#### Birds

Balearic Shearwater  
brown pelican-OR  
buff breasted sandpiper  
dalmatian pelican  
eskimo curlew  
Eurasian curlew  
Eurasian peregrine falcon  
great snipe  
white-tailed eagle  
ivory gull  
Laysan albatross -OR  
least tern  
sociable lapwing  
sooty shearwater  
stellar eider



#### Fish

angel shark  
Atlantic cod  
Atlantic halibut  
basking shark  
blue skate  
common guitarfish  
frilled shark  
Greenland shark  
haddock  
liver oil shark  
Portugese dogfish  
rabbitfish  
short-nose sucker-OR  
steelhead -OR  
whale shark- OR

#### Mammals

beluga whale  
Eurasian otter  
hooded seal  
narwhal  
North Atlantic whale  
northern fur seal - OR  
polar bear  
Stellar sea lion - OR



What did the ocean say to the beach?

# Culture (Kultur)

## Would you eat below the Sea?

<https://under.no/en/>



Five meters below the surface, at Under, you dine surrounded by marine life, watching fish drift past panoramic windows while enjoying world-class Nordic cuisine. Designed by Snøhetta, this unique experience blends architecture, nature, and gastronomy like nowhere else on Earth.

## Norway's Hydrogen Powered Cargo Ships

<https://www.facebook.com/profile/100078385924292/search?q=norway%20hydrogen%20ship>



Norway launched the world's first hydrogen-powered cargo ship, capable of sailing silently across oceans with zero emissions. It marks a major step forward in the journey toward sustainable global shipping.

## Sweden & Nature

In Sweden, an innovative startup has created a smart device that rewards crows with food in exchange for collecting cigarette butts. These incredibly intelligent birds have quickly learned how it works—turning urban waste into an opportunity for cleaner streets.

Every year, billions of cigarette butts end up polluting our environment, harming wildlife and ecosystems. But this simple yet brilliant idea shows that with creativity, sustainability, and a little help from nature, we can rethink how we tackle global problems.

Sometimes, the smartest solutions come from thinking outside the human box.



A Swedish startup built a device that trades food for litter, and wild crows quickly mastered it, helping reduce the billions of cigarette butts thrown each year

## I speak without a mouth and hear without ears. What am I?

### Ranua Wildlife Park-Finland

<https://www.discoveringfinland.com/blog/ranua-wildlife-park-northern-zoo-finland/>

Ranua holds the distinction of being the northernmost zoo in the world!, It is open every day of the year, and has an international reputation for its extensive programs in the protection of endangered species, and is well known in Finland for taking care of orphaned and injured animals found in the wild. It was established in 1983 and specializes in arctic and northern animal species. The park is home to over 50 species and over 200 animals, who live in spacious pens in the midst of a northern conifer forest, the natural habitat of most of the species here. Wander along forested paths including a lake area to see the animals. There is a Fairytale Park (petting zoo) area & the Gulo Gulo Village where you can spend the night in comfort.



## Demark's Randers Regnskov (Rander's Rainforest)

<https://www.regnskoven.dk/en/>

Not your typical zoo, but it allows you to feel more a part of nature than any zoo. This zoo is actually made up of three domes that house animals from different areas of the globe, and instead of having all the animals in cages, many walk among the visitors. You might have to duck down because of a passing bird or watch your step for a crossing mongoose. The decor of this place is also excellent, since visitors can climb cliffs and walk across bridges. The plants, waterfalls and rock formations really make you feel that you are in some type of tropical jungle seeing the animals in their natural habitats. The structures are connected, so there is no need to walk outside to get from one place to another, but during the warmer months, guests can also spend some time with farm animals that live near the rear of the grounds. There is also a large outdoor playground with plenty of room for a picnic!



# Food and Recipes (Mat og oppskrifter)

## Recipe of the Month (Månedens oppskrift)

### No-Bake Oatmeal Protein Energy Balls

<https://www.thehealthymaven.com/no-bake-oatmeal-protein-energy-balls/>

This simple and healthy no-bake oatmeal protein energy balls recipe is perfect for easy snacking on-the-go...like hiking, biking, being outdoors.

#### Ingredients

- 1 1/2 cups rolled oats
- 1/2 cup vanilla whey protein powder (about 2 scoops)
- 1/2 tsp cinnamon
- 1 tbsp chia seeds
- 1/2 cup smooth natural peanut butter (or any nut butter)\*
- 3 tbsp raw honey
- 1 tsp vanilla extract
- 1/3 cup raisins, chocolate chips, craisins or preferred add-in
- 2-4 tbsp liquid (almond milk, milk, water etc...)



#### Instructions

1. Add oats, protein powder, cinnamon and chia seeds to a large bowl and stir to combine.
2. Add in peanut butter, honey and vanilla extract. Stir to combine.
3. Add in raisins (or preferred add-in). Mixture should be slightly sticky but still crumbly.
4. Slowly add in liquid 1 tablespoon at a time and using hands (get dirty!) combine until it comes together in a sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won't hold shape.
5. Roll into balls using hands.
6. Place in a container to set in the fridge for at least 30 minutes.
7. Store in fridge until ready to eat.

\*Make sure it is drippy. If not you may need to add in extra liquid at the end.

**You might love me in summer but I never like the sun. The hotter the weather, the softer I get. What am I?**

Judy's Recipe Corner

### 4-Ingredient S'mores Pie Recipe

<https://www.foodnetwork.com/recipes/food-network-kitchen/4-ingredient-smores-pie-3364596>

If you want to pretend you are camping. Interesting reviews.... Mini-marshmallows or marshmallow fluff for the win! I would think if you used marshmallow fluff and make sure it was spread from edge to edge; it would act like the meringue on a baked Alaska and protect the chocolate ganache from melting. I guess we will have to try it to find out!-Judy



#### Ingredients

- 14 ounces milk chocolate chips
- 3/4 cup heavy cream
- One 9-inch prepared graham cracker crust
- 15 marshmallows

#### Directions

1. Combine the chocolate chips and cream in a large microwave-safe bowl and heat for 2 1/2 minutes. Stir until completely smooth (the chocolate may appear separated at first, but just keep stirring). Pour into the prepared pie crust, loosely cover with plastic wrap and refrigerate until set, about 4 hours or up to overnight.
2. Preheat the broiler.
3. Use kitchen shears to cut each marshmallow in half, on a bias, from one corner to the opposite corner. Arrange the marshmallow halves, cut-side down, on top of the chilled pie. Broil until golden, watching closely and rotating the pan as needed, about 1 minute. Let the pie cool completely, then cover loosely with plastic wrap and return to the fridge until the ganache sets again, 1 to 2 hours.

Submitted by Traci  
Sounds like my MN relatives



# Brain Food Page (morsom side)

answers on last Page

## The Month of June Word Search

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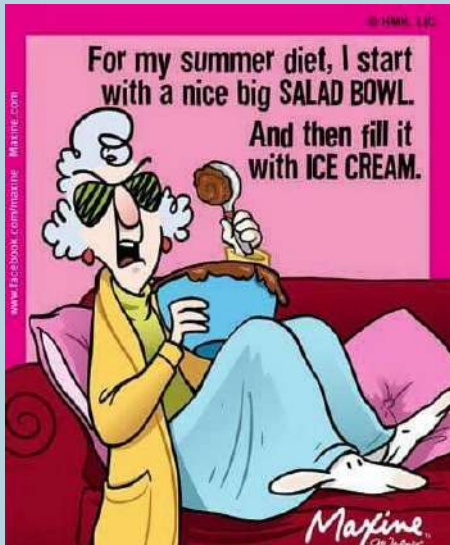
R P T A V J S R S G G L K R S S S R
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N H N S R U N B E P E B J V I O V E
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M H E I S E K A L H X P L U B G Y X
L C U S N G S N K S U N S H I N E X
O Z P X T G O U T D O O R S E A I G
  
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Words can go in any direction.

Words can share letters as they cross over each other.

ANIMALS	CAMPING	LAKES	SALTWATER	TENT
AQUARIUM	FISH	MARSHMELLOWS	SAND	TRAILS
BBQ	FORESTS	OCEAN	SHIPS	VACATION
BEACHES	HIKING	OUTDOORS	SUMMER	WATER
CAGES	HOT	REPTILES	SUNSHINE	WAVES
CAMPFIRE	KEEPERS	RIVERS	TANK	ZOO

## JOKE OF THE MONTH (Månedens Vits)



## Month of June Trivia

1. What does Solstice mean?
2. How is the Summer Solstice celebrated in Nordic countries?
3. The world's largest man-made bonfire is burned in Ålesund, Norway, to mark the summer solstice. True or False?
4. Where & when was the 1<sup>st</sup> official recipe for S'mores printed?
5. What year did Confederate States Army Officer Henry Hopkins Sibley invent the first modern tent?
6. One of the most effective ways to reset a person's natural clock is to go camping. True or False?
7. What was once used by sailors to prevent scurvy & contains vitamin C?
8. What is the largest known organism by area?
9. There are 20 mountains on Earth that exceed 8,000 meters in height. True or False?
10. How do dolphins identify each other?
11. What is the largest animal to ever exist?
12. How much of the earth's surface is covered by the oceans?
13. Octopus have 2 hearts & 11 brains? True or False?
14. Why do beavers teeth have an orange hue?
15. How many pounds of meat can a tiger eat?

**Why didn't the sun go to college?**

# Upcoming Events (Kommende arrangementer)

59<sup>th</sup> Annual  
**ASTORIA SCANDINAVIAN MIDSUMMER FESTIVAL**  
*Heritage, Tradition, Family, Food & Fun*  
**JUNE 19, 20, & 21, 2026**  
*Clatsop County Fairgrounds, Astoria, OR*



**Featured Entertainment**

- Eppei Ursin
- Polka Dots
- ASOC Olio Acts
- Brownsmead Flats
- Six Feet Back Band
- Smilin' Scandinavians
- Peter Johnson on Nyckelharpa
- Shamokawa Swamp Opera
- Coreen's Nordic Accordion Band
- Todd Carlson & Bobbie Ferrero

**Featured Dance Groups**

- Stoughton Norwegian Dancers
- Viking Nordic Scandia Dancers
- Leikarringen Dancers
- VASA Swedish Dancers



For all event details, visit:  
**ASTORIASCANFEST.COM**



## Scandinavian Day Camp!

The Scandinavian Cultural Foundation is excited to be hosting our fourth Scandinavian Day Camp! Campers will enjoy five days of Scandinavian crafts, folk dances, cook and eat delicious Nordic recipes, play games, and so much more.

Registration is \$50 for the first camper, and \$30 for each additional child in the same household.

-Camp t-shirt comes with each registration!

Spaces are limited, so sign up now! Scholarships are available

Registrations available at: <https://forms.gle/jJdBJeVDae6cQnBi9>

For questions, email [events@junctioncityscandia.org](mailto:events@junctioncityscandia.org)

\*Registration deadline is **June 8th**. No refunds after June 8th. Sack lunch and water bottle must be brought from home. This is not an overnight camp. Limited availability, first come first served.\*

**June 22-26**

**9:00-2:00**

**6-12 years**

## Nordic Northwest Events for June

<https://www.nordicnorthwest.org/upcoming-events>

**June 3: FREE EVENT! Moomin Story Time for Kids**

**June 7: Sami Jewelry Series: Necklace Workshop**

**June 11: Solheim Nordvest**

**June 19: Olle Eksell Paint Night: Birds & Bold Color**

**June 26 & 27: Oregon Midsummer Festival**



## Midsummer Dinner & Auction

[https://donorbox.org/events/935986/steps/choose\\_tickets](https://donorbox.org/events/935986/steps/choose_tickets)



## Midsummer Dinner and Auction

June 27<sup>th</sup>, 2026

6pm-8pm

195 W 5<sup>th</sup> Ave

Join us for our Annual Dinner and Auction, but this year we'll be holding it on June 27th with a Midsummer theme!

Midsummer is a large part of Scandinavian culture and tradition. Enjoy the warmer weather at an outdoor garden party while savoring a delicious meal in the Swedish smörgåsbord style, all while being entertained by local dancers, musicians, and more!

As always, we'll have a wide variety of items to bid on at the silent auction, including wine, gift cards to local restaurants and businesses, traditional rosemaling artwork, and so much more! All proceeds support the Scandinavian Cultural Foundation's operations and mission related programming.

Community Dance to follow at 8:30pm



<https://vesterheim.org/Online>

[Folk Art Courses](https://vesterheim.org/folk-art-school/)

<https://vesterheim.org/folk-art-school/>

**Online Classes**-enrollment deadlines in **blue** at end

**July 1:** Family Handcraft at Home: Rosemaling a Midsummer Blue Dala Horse (Online)-**June 17**

**July 18:** Intermediate Acanthus Carving. (Online)-**June 27**

**July 18:** Varafell Weaving on a Warp-Weighted Loom. (Online)-**June 27**

**July 20:** Scandinavian-Style Animal Carving. (Online)- **July 1**

**July 21:** Making a Norwegian Brukskniv (Work Knife) with Wood and Leather Sheath. (Online)-**July 1**

**July 27:** The Essential Scandinavian Bun Workshop. (Online)-**July 6**

**July 28:** Hallingdal Style Rosemaling. (Online)-**July 7**

**July 28:** Weaving a Boat Rug on a Warp-Weighted Loom. (Online)-**June 27**

**Aug. 2:** Norsk i Sammenheng: Sounds of Norwegian, an Introduction to Pronunciation (Online). **July 19**

**Aug. 4:** Introduction to Hardanger Embroidery. (Online)-**July 21**

**Aug. 4:** Level 1 & level 3 Norwegian Language (Online)-**July 14 & July 21**

**Aug. 7:** Blackwork Embroidery (Online)-**July 17**

**Aug. 14:** Carving the Nøstepinne: Norwegian Yarn-Winders. (Online)-**July 24**

**Aug. 15:** Scandinavian Meringues (Online)-**July 31**

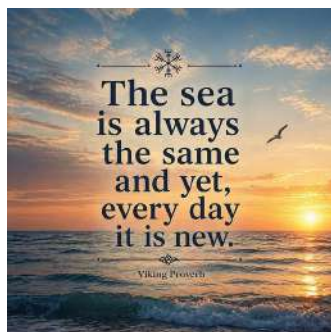


## On Demand Classes

- First Cuts: Scandinavian Flat Plane Figure Carving
- Norwegian Language for Travelers
- Sølje-Inspired Earrings

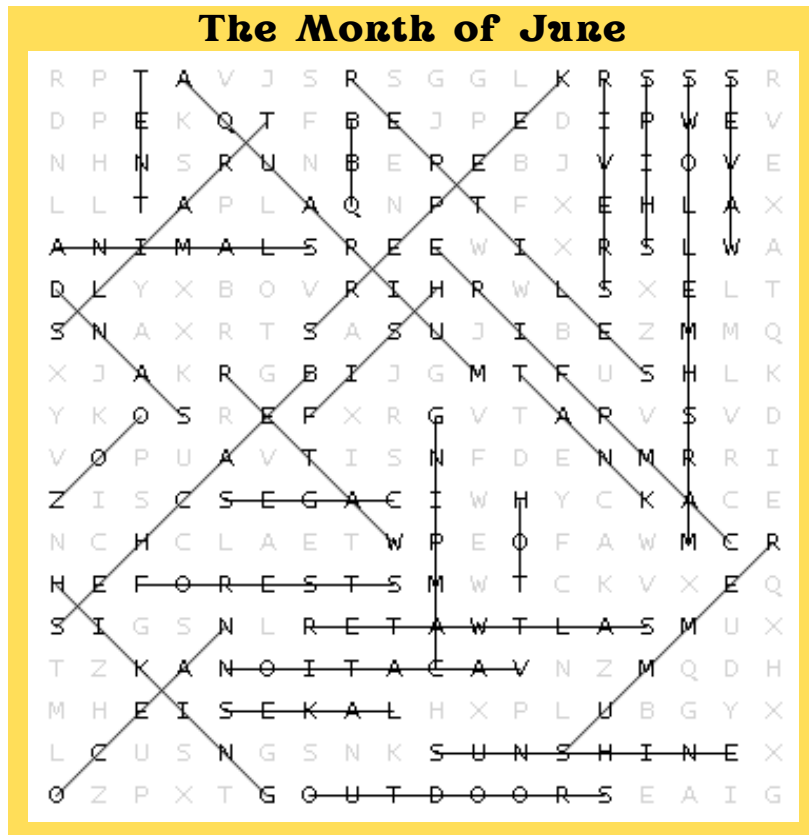
**What do fish use for money?**

# Answers & Extras (svar og tillegg)



## Trivia, Brainteasers, etc. Answers

- page 1: The wind
- page 2: Because it saw the ocean's bottom
- page 3: the letter U
- page 4: the outdoors
- page 5: Tiergarten Schönbrunn (also known as the Schönbrunn Zoo) in Vienna, Austria.
- page 6: Icebergs
- page 7: 76-80 degrees Fahrenheit.
- page 8: Nothing, it just waved
- page 9: an echo
- page 10: ice cream
- page 11: Because it already had a million degrees!
- page 12: sand dollars



## Month of June Trivia

1. It comes from Latin solstitium (sun + standing), because the sun's path appears to pause in the sky.
2. In Nordic countries, this is a major holiday celebrated with dancing, singing, and bonfires to mark the season of fertility.
3. True
4. The 1927 Girl Scouts manual featured the first official recipe for S'mores.
5. 1855
6. True
7. Pine needles were used to make a tea.
8. The "Humongous Fungus" in Oregon's Malheur National Forest.
9. False, there are 14.
10. Dolphins use a distinctive whistle (name) to identify each other.
11. The blue whale is known to be the largest animal to ever exist. They can grow to be 100 feet long and weigh up to 200 tons.
12. The ocean covers 71% of the Earth's surface.
13. False, Octopuses have three hearts and nine brains
14. Beavers have an enamel made with iron, which gives them an orange hue, but also keeps them strong and resistant to acid; (Candice says "No, Beavers have orange teeth to match OSU's colors!")
15. A hungry tiger can eat as much as 60 pounds of meat in one meal.



**A BIG THANK YOU TO ALL WHO HAVE HELPED WITH THE NEWSLETTER THIS MONTH...TUSEN TAKK**