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The Midnight Sun

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International House to Host Nordic Gala

It is time to "Light Up the Nordic Night" at the 25th anniversary gala of International House. The annual benefit gala will be held on Saturday, September 30th at The Westin Charlotte Hotel from 6:30 pm until midnight. The gala showcases the rich traditions and breathtaking nature of the Nordic countries, Denmark, Finland, Iceland, Norway, and Sweden.

Numerous Nordic diplomats and other dignitaries will attend this year's festivities. From the Nordic Embassies in Washington the Icelandic Ambassador, the Danish Minister Economic Counselor and the Norwegian Minister Counselor for Economic Affairs will join the silver celebration. In

addition, the Honorary Consuls from Iceland, Finland, Norway and Sweden will represent the Nordic states for a "night in the land of the midnight sun." Local dignitaries including the Honorary French, Canadian and German Consuls as well as Pat McCrory, the Mayor of Charlotte, have confirmed their participation at the event.

A traditional Scandinavian Aquavit toast will open the gala dinner. The event will feature a silent and live auction with premier items such as diamonds from Donald Haack Diamonds, business class tickets from Lufthansa German Airlines, jewelry from Tiffany & Co. and Ballantyne Jewelers. The auction will

also offer unique and exciting Scandinavian items, including a Scandinavian dinner party for eight lucky winners. ScanDans, Scandinavian folk dancers will perform at the event.

All proceeds from the gala support the programs and services of International House. International House is a leading organization that promotes international understanding by serving as a center for diversity, advocating for people of diverse national backgrounds and facilitating professional and cultural exchange programs. For ticket information and sponsorship opportunities, please contact Adele Daniels, Development Manager at International House, at (704) 333-8099 or e-mail adaniels@ihct.org.

Calendar of Events

- **ScanFest 2006 Planning Sessions**
Living Saviour Lutheran Church
6817 Carmel Road
Charlotte, NC 28226
Sunday, July 16
Sunday, August 20
Sunday, September 10
Sunday, October 15
Sunday, October 29
4 pm
- **ScanFest 2006!**
Wachovia Atrium
301 S. Tryon Street
Charlotte, NC 28202
Saturday, November 4

Help Needed!

Native Nordic people and those interested in the Nordic Countries are needed to create country exhibits at ScanFest 2006!

Country Exhibits are the part of ScanFest where festival visitors truly learn about the Nordic Countries. It is essential to make the exhibits as authentic and interesting as possible. We are currently seeking



people who can lend items for displays, and to help out during the festival to man

the booths and answer questions. These exhibits will be one of the most visited parts of ScanFest. SAGA already has posters and visitor guides to decorate with. If you have items from Finland, Norway, Sweden, Denmark, or Iceland, please contact Sanna Tucker, via email sanna@scandinavianconnection.org or phone (704 846 9070).

Jarlsberg Cheese Turns Fifty!

The famous Jarlsberg cheese is known for its distinctive sweet and nutty taste, and of course, those large, round holes. This versatile cheese is perfect for cheese platters, sandwiches, salads, and for use in all types of cooking. Take your pick of lite or regular Jarlsberg, available in slices, wedges, blocks and random weight pieces.

Jarlsberg cheese is one of Norway's greatest export successes in the world market. As early as in 1830 there was an active production of cheeses with holes in the Laurvig and Jarlsberg county in the South of Norway. In 1956 Professor Ole M. Ystgaard from the Agricultural University of Norway started to do research on these cheese recipes, recognising the value of

this type of cheese. During his research he developed a semi-hard, medium-fat cheese with holes, successfully combining the cheese-making traditions with modern technologies. The new cheese was named Jarlsberg after the county where the earlier version had been made at the beginning of the 19th century. A new cheese category was established.

Fiftieth anniversaries are occasions to be celebrated. Especially when the guest of honour – Jarlsberg – keeps on going from strength to strength. Just as full of holes, just as tasty and just as energetic and proud as ever, Jarlsberg dominates the imported cheese category.

Jarlsberg is a sophisticated cheese, mild and slightly sweet with a delicious nutty



aftertaste, and those distinctive holes. Jarlsberg is also wonderfully versatile. It adds interest to any cheese board, is ideal as an accompaniment in canapés, and melts beautifully when cooked, its gentle flavour complementing other ingredients rather than overpowering them.

Join the party! Let's celebrate half a century with Jarlsberg.

Jarlsberg and Shiitake Gyoza Dumplings

Jarlsberg and Shiitake Gyoza:

- 8 oz shiitake mushrooms
- 1 tsp ginger
- 1 tsp garlic
- 3 tbsp sunflower oil (or other cooking oil)
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 5 oz grated Jarlsberg
- 2 tbsp chives
- 1 tsp lemon juice
- 12 gyoza, wonton or dumpling sheets
- 1 egg
- Oil for deep-frying



- Fry the shiitake mushrooms in oil with the ginger, garlic, salt and pepper. Leave to cool.
- Add the sesame oil, soy sauce, chives, lemon and grated Jarlsberg. Wrap small amounts of this mixture in the gyoza sheets to make any shape you like.
- Use a beaten egg to seal them.
- Deep fry the gyoza in oil that is approximately 350 °F until they are golden and crispy.

with Soy Sauce

Soy sauce:

- 1/2 cup soy sauce
- 1/4 cup sweet chilli sauce
- 5 tsp rice vinegar

- Blend all the ingredients together.
- Serve the gyoza warm with soy sauce for dipping.

For more recipes featuring Jarlsberg cheese, please visit <http://www.jarlsberg.com.au/recipes.htm>.

Wife Carrying Championship

Tradition marries sports and fun in the annual Wife-Carrying World Championships celebrated in the town of Sonkajärvi, Finland

Wife-Carrying in Sonkajärvi since 1992

Tired of football, basketball or other boring sports? Well, come to Finland for the ultimate world sports event: The Wife-Carrying World Championship.

In 1992, the people of Sonkajärvi decided that it was time to revive some long-forgotten traditions: back in the late 1800's there was in the area a brigand called Rosvo-Ronkainen, who was said to have accepted in his troops only those men who proved their worth on a challenging track. In those days, it was also a common practice to steal women from the neighbouring villages.

So that's how this small town in central Finland became the focus of attention of world media and sportshusbands and wives. From year to year a large number of competitors, public, and media from Finland to Canada attend the annual Wife-Carrying rendezvous in Sonkajärvi,

doubling the population of the town for the weekend.

The Wife-Carrying World Championship is becoming increasingly popular. If he were alive today, old Rosvo-Ronkainen would have faced tough competition from husbands from as far away as Estonia, Norway, Ireland, or the United States of America. And being fit would just not be enough for Rosvo's troops taking into consideration that qualifying Wife-Carrying competitions are already being held in Estonia, Sweden, Denmark, the USA, and South Korea.



Estonian Wife-Carrying dominance

The Wife-Carrying event is charged with competitive spirit and is renowned for its warm and humorous atmosphere. The championships have traditionally been dominated by Estonian teams and that doesn't please the local Finns, who have been wife-carrying for centuries. It is precisely Margo Uusorg and Egle Soll from Estonia who hold the Wife-Carrying World Record with a time of only 1 minute 0.7 seconds.

The Wife Carrying World (con't on pg. 4)

Estonians Continue Reign at Wife-Carrying Championships

Winners received "wife's" weight in beer

SONKAJÄRVI, Finland - Finishing upside down clinging to a man's back may not be the most graceful way of winning gold, but it sure helped Sandra Kullas and Margo Uusorg to the world wife-carrying crown on July 1, 2006.

The Estonians were among 40 pairs from eight countries who competed in the annual event in Sonkajärvi, in central Finland.

They raced along a 250-meter track, complete with pools and hurdles, with the men running or walking and carrying the women on their backs.

The championship, being held for the

11th time, evokes the legend of robber Rosvo-Ronkainen who made people trying to join his gang run through a forest carrying heavy sacks.

Uusorg, 26, finished in 56.9 seconds, a world record, while Kullas, 19, clung to his back upside down with her legs around his neck. They beat Uusorg's brother Madis by 3 seconds.

"I was a bit nervous before the start, but when I started running it felt fine," Margo Uusorg said after the race. "I wanted to jump over the hurdles, but I was afraid I might fall and get penalty

seconds."

It was Uusorg's fifth world-championship and he said it might be his last.

The winning Estonians received laptop computers and Kullas' weight, 49 kg, in beer.

SUPPORT SAGA AND SCANFEST!

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ScanFest Friend \$50

Please send your donation to:

SAGA, a nonprofit organization

C/O Seppo Laaksonen

6528 Highwood Place

Charlotte, NC 28210

Thank you for your support!

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The Midnight Sun
P.O. Box 1416
Huntersville, NC 28070

Phone: 704-763-9152
E-mail: Ulrika@ScandinavianConnection.org
Jenn@ScandinavianConnection.org

"Connecting Scandinavia and the Carolinas"

We're on the Web!

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Mission Statement

SAGA of the Carolinas, a non-profit organization, is organized to promote cultural exchange between the United States and the Nordic Countries of Denmark, Finland, Iceland, Norway, and Sweden; to preserve and enjoy the Scandinavian traditions, customs, history and cultural heritage; to increase understanding of the Nordic people and societies among Americans; and to provide a forum where people interested in Scandinavia can meet and enjoy Nordic culture and activities.

Calling all Scan-Am Groups!

If your group or organization would like to have your events or news included in the next issue of *The Midnight Sun*, please send your submission of 100-200 words to Jenn@ScandinavianConnection.org by Friday, July 21.

Wife-Carrying Championship (Con't from page 3)

Championship is competed over a 253.5 meters-long official track. The surface of the track is partially sand, partially grass and partially asphalt. The track has two dry obstacles and a water obstacle, about one meter deep.

There are a few basic rules to observe in the Championship, the two most important being that all the participants must have fun and that the winner is the couple who completes the course in the shortest time.

The wife to be carried may be your own, the neighbour's or you may have found her further afield. The minimum weight of the wife to be carried is 49 kilos. If it is less than 49 kilos, the wife will be burdened with such a heavy rucksack that the total weight to be carried is 49 kilos. If a contestant drops his wife, that couple

will be fined 15 seconds per drop. The contestants run the race two at a time, so each heat is a contest in itself.

Wife-Carrying Team Competition and entertainment

Along with the Wife-Carrying World Championships there is also a Team Competition. The track is the same but three men in the team carry the wife in turns. At the exchange point the carrier has to drink the official "wife carrying drink" before continuing the race. A special prize is awarded to the team with best costumes.

On Friday night there will be a Wife Carrying Triathlon, in which the couples compete in side step, riding a bike with the wife sitting in front of the man, and wife-carrying while running through the 253,5 m long track in the new wife-carrying arena. The track has the traditional dry obstacles and water

pool, too.

Finnish top artists and local musicians have their own share in making the public enjoy the Wife-Carrying World Championships in Sonkajärvi. Alongside the wife-carrying sporting competitions, there will be bands playing music in the arena, antique traders' market place, wife-carrying karaoke, and wife-carrying dance among other amenities.

Do you want to know more about the Wife Carrying World Championships?

The Town of Sonkajärvi website provides information about the Wife Carrying World Championships, as well as registration information to participants and contact details of the organisation. Look for the "Wife Carrying" link on their homepage.