

INFOTAINMENT AND VIDEOSNIPPETS FOR THE DIGITAL HØSTFEST IN THE SCHOOLS, AND ALL FOR OTHER DIGITAL HØSTFESTERS.. GREETINGS FROM YOUR TROMSØ HALL CULTURAL VILLAGE FRIENDS FROM ARCTIC NORWAY. HERE ARE SOME TREATS FOR YOU

INTRODUCTION

This folder is a supporting addition to the photo folders. For inspiration, and answers questions you might have about Arctic Norway. It is not only meant for teachers and students. We hope that all others who read this, and see the photos enjoy them and the videos too.

We have put the length of each video snippet/and you tube clip. We tell you when we think it is not suitable for children, (if you are a teacher K-12). This written document is sort of "following" the folders with photos (And if you scroll down here, you will see headlines of each subject/theme. (It have the same names as their photo folder or approx. the same.).

Use it as an inspiration to learn more about the land of the northern light and the midnight sun. Join us, way up north, where we live. Be critical in how you listen and what you hear in some of the videos. Is everything said actually true? Ask us when we come! We know the answers.

We know where we live. We have knowledge about animals, marine life, fish, plants, folklore, culture, geography. Food, Wind and weather, year circle, the folk groups, songs and stories, The bunads/garbs/regalia/kofte/Gahkti. Traditions and history. Arts and craft. You name it, everything you need to know about the Arctic part of Norway. But, in some areas and topics we have also gathered and copied information from the internet. Mostly Wikipedia, used Facebook, friends, and The Norwegian Encyclopedia online.

This folder information and attitonswit hmore fun and educationalpresentations like two fairytale videos, the Tromsø poem with photos following is our gift to you. Made by "The cultural bridge, east of the sun west of the moon".

We have gathered information from what we know, since we live in the Arctic, being cultural bearers and educators. If you want to reuse, print et cetera, go ahead. Nice if you let people know you got it from us! Respect the original sources/credits of information given. Regarding the photos and short video snippets listed here, and those you will find amongst the photos in the photo folders: Many of the photographers have generously given us permission to share. A lot of the photos/videos are free to copy and use from facebook/internet/Youtube.. Some of the photos or videos are taken by Stina, or Catrine. All the photos and movies, video clips is listed with copyright, and /or owners. If not mentioned on the photo itself, the origin of it is to us unknown. In some cases we have, in spite of efforts to find out, not found the owner/one to give credit to. We thank everyone that so generously have shared his or her photos, facebook photos, videos short movies, and their knowledge. Thank you.

We have edited and put together this document in an easy way for all to enjoy, both young and adults, students, seniors, and all the travelers and friends we have not yet met over there, that wants to come and visit us.

We hope that you will enjoy our contribution to the digital Høstfest/Høstfest in the schools, and we hope to meet all of you in the near future.

We also want to thank Joan Paddock for her contribution on the lur video when visiting us here in Tromsø, and Ross Sutter for inviting us to be part of this. (Anita is playing on the piano for the Arctic Poem).

Enjoy! All the best, in this time of challenge, and greetings from your Tromsø Hall (Cultural village) friends.

Tromsø September 27 2020

The Cultural Bridge East of The Sun West of The moon.
Stina and Catrine

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THE TREES PHOTOFOLDER 2

In English SPRUCE

In Norwegian GRAN TRE

We have Spruce trees in sheltered valleys and the inland in Arctic Norway. In some areas, they do not grow. They are not natural further north than Mo I Rana (Northland County), but climate change and planting them north of Rana makes them more common here.

In the mountains of western Sweden scientists have found a Norway spruce, nicknamed Old Tjikko which by reproducing through layering has reached an age of 9,550 years and is claimed to be the world's oldest known living tree.

We also have the Siberian Spruce growing in the northernmost region of Norway all the way to Siberia/Russia. The Norway spruce are in all of Europe; important in forestry. The Norway spruce is known as the original Christmas tree.

Curiosity fact: In Tromsø we have a number of Elm trees. They do not grow or belong here naturally. The trees we do have, is known to be the Northernmost Elm trees in the world. They were planted in the late 1800, and still standing. Protected and sheltered in a small park by the bridge.

EUROPEAN MOUNTAIN ASH (ROWANBERRY TREE) ROGNEBÆR TRE

You cannot eat the berries on the Mountain Ash growing in your area. We can pick the European Mountain Ash berries. It is hard to tell the difference of those two varieties of ash trees. They E M A here, have orange-red colored berries. They are very sour, and have a lot of Pectin, but hanging over a frost night or two, we can put them in the freezer and then put them in a jar with sugar and make a sort of juice that do not taste bad. (Or make liquor) We can also make jam and marmalade, too of the berries. That taste good in sauces, or on the plate with wild game meat.

BIRCH

BJØRK

The birch grow all over Norway. We can make tea out of the spring leaves, and we also tap the trunk and get the sap for making birch sirup, like you have maple sirup. It is a good fire wood. The bark have been used to cover roofs, to make flour and add to the dough when baking bread in times of starvation in Norway since medieval days.

THE GRAY ALDER

OLDER OR

They can be up to 60-100years old. They have been used to tan and color hide and skin of animals in the Arctic.

The Sami people used the bark of the Alder to paint the figures on their shaman drum. They used sticks, and paint made of Alder bark when making symbols on their sacret drum. (The Runebomme). The grey Alder was known to be the tree of the "God for hunters". The color they could make was like the color of blood. The paint would never vanish, when used. It had strong power. The Noaidi, (Sami Shaman), would chew on the alder bark and then he would be red around his mouth.

Not good wood to put in the stove or burn in the oven.

GOAT VILLOW SELJE

Used to make willow flutes in the spring. In Norway also used in times of crisis to feed the animals. In some areas in Norway branches traditionally was picked around Easter and taken into the houses symbolizing the Easter palm leaves. Not good firewood.

BIRD CHERRY, HACKBERRY, HAGBERRY OR MAYDAYTREE

HEGG

The tree is in the rose family actually. The berries of this tree is known to be used in the Arctic for making jam, juice or liquor. It was a tree used for protection against witches, and therefore in some areas they would not put the wood from this tree in the oven. The juice known, and said to help against baldness.

The logs/wood was used for making instruments, furniture, and cups and boxes. Because of the hard wood, it was really good to make the hey rakes and shaft for axes and tools. .They also used the stump wood to make ribbons for the barrels. It have been used (Bark, leafs and flowers), in folk medicine.

The bark of the tree, placed at the door, was supposed to ward off the plague. And it protected against thunder and lightning storms, and thieves!! The bark was chewed or boiled, even made into a kind of porridge, and that healed burn-wounds, rheumatism, swellings, and soars that do not want to heal. The water they cooked the bark in, was a good remedy against scabies.

In Siberia the fruit of the tree is used for culinary purposes. The dried berries are ground and turned into flour of varying degree of fineness that serves as an ingredient in the bird-cherry cake. The flour is brown, and so is the cake, even though there is no chocolate in it. The flour and the cake can be purchased at stores and bakeries.

Fresh berries can be run through the grinder and turned into jam. It is delicious I promise, and the taste reminds much of chokecherries.

In Tromsø we have the Worlds northernmost Botanical Garden. Here you can find all sorts of plants that thrive in a cold climate. The botanical garden is free to visit, all year, and belongs to the UiT Arctic University in Tromsø, who is the worlds northernmost University.

<https://www.youtube.com/watch?v=i0iLPW6sNj4> cred [David Acou](#) time 4.45 min

<https://www.youtube.com/watch?v=4brTluUWP2M> Cred UiT Arctic University Tromsø time 1.02 min

HOGWEED/ THE TROMSØ PALM TREE

TROMSØ PALME HERACLEUM

<https://www.youtube.com/watch?v=5iWeFUNnVEY&list=PLbJRCvdbKk4NDS0mgabWwT6EvrpypyY-G&index=2> cred Tromsø Museum/UiT Arctic University time 3.46 min

We have a variety of berries. Cloudberries, strawberries, red currant, black currant, rosehips, rowanberry (Mountain Ash tree), mayday berries, crowberries, lingonberries and blueberries, and juneberries.

MARINE LIFE PHOTOFOLDER 4

In Norway we do not hunt much for whales or seal anymore, just a very small numbers of whales and seals are hunted for meat. There is a strict quota each year, to protect the numbers of whales and seals, and to make sure the whale population stays as many as the area can provide for.

It is very important to take out some whales, because if not they can starve to death, or get diseases, and become ill because of overpopulation. (Same goes for seals). Some of the whale species have to be controlled, to secure the rest of the animals and fish and food for other species that lives in the area.

This also goes for the seal hunting. It is very well regulated, and controlled, to make sure the hunt is done the correct way, and just for a small quota. All of the animals are used. For food, arts and traditional handi crafts et cetera. Nothing is wasted.

There are 6 seal species that we can see (To see seals are not common in the Tromsø region.)in the arctic part of Norway. Bearded seal, harbor seal most common.

BUT FIRST THE WHALES

If you want to watch (English subtitles), please check out Arctic Children Television program KRÅKEKLUBBEN (The Crow Club), learning about the whales outside Tromsø. A fun treat!

<https://www.youtube.com/watch?v=BmiqYEtS0hk> credits NRK (time 11.18 min)

BTW, This is filmed about 20 minutes away from where I live. It shows the Humpback whales.

THE MINKE WHALE VÅGEHVAL

Common minke whale or northern minke whale is a species of baleen whales seen in our area..

It is the smallest species and the second smallest species of baleen whales. Weight up to 10 tons. Although first ignored by whalers due to its small size and low oil yield, it began to be exploited by various countries beginning in the early 20th century. As other species declined, larger numbers of common minke whales were caught, largely for their meat. It is now one of the primary targets of the whaling industry. There is a dwarf form in the Southern Hemisphere. In Norway the minke whale hunt is strictly regulated and only hunted with a specified quota.

Mink whales can be as loud as a plane when “talking”, they migrate to warmer waters during the winter months. Rumors say that they watch the birds and then check out if herring or food is available. They use the birds as an indicator of finding food...They are also called stinky minks because of a distinct odor from their sprouting....They really look like large dolphins.

Here is a video link, be patient, the Mink whale will show up!

<https://www.youtube.com/watch?v=WsOhqsa6MOg> Cred: Alfonso Trendy time 1.31 min

BELUGA WHALE

BELUGA HVAL

On occasion we sometime get visits of the Beluga whale. One recently came to the town of Hammerfest north of Tromsø and stayed so long so he got a name: Hvaldimir.

Some facts about the Beluga Whale.

The Beluga whale known in the Arctic and sub-Arctic. It is the cousin of the Narwhale (We do not have them nearby). It is known as the white whale. It is the only whale of this color; also called the sea canary, due to its high-pitched calls. They do not have a dorsal fin.

The beluga is adapted to life in the Arctic. The beluga's body size is between that of a dolphin and a true whale, with males growing up to 18 ft long, and weighing up to 3,530 lb. This whale has a stocky body. A large percentage of its weight is blubber. Its sense of hearing is highly developed and its echolocation allows it to move about and find breathing holes under sheet ice.

Belugas form groups of 10 animals on average, although during the summer, they can gather in the hundreds or even thousands in shallow coastal areas. They are slow swimmers, but can dive to 2,300 ft below the surface. Their diets vary according to their locations and the season. The majority of belugas live in the Arctic Ocean, and the seas and coasts around North America, Russia and Greenland.

Their worldwide population is thought to number around 150,000. They are migratory, and the majority of groups spend the winter around the Arctic Ice Cap, when the sea ice melts in summer, They move to warmer river estuaries and coastal areas. Some populations are sedentary and do not migrate over great distances during the year.

Male belugas in captivity can mimic the pattern of human speech, several octaves lower than typical whale calls. It is not the first time a beluga, known to sound human, and they often shout like children.

One captive beluga, after overhearing divers using an underwater communication system, caused one of the divers to surface by imitating their order to get out of the water. Subsequent recordings confirmed that the beluga had become skilled at imitating the patterns and frequency of human speech. After several years, this beluga ceased making these sounds.

A videosnippet of Hvaldimir (In English)

<https://www.youtube.com/watch?v=PxuYgPf-MZM> Cred Not known time 2.55 min

THE KILLER WHALE/ORCA SPEKKHOGGER

A toothed whale, in the dolphin family, of which it is the largest member.

Killer whales have a diverse diet, although individual populations often specialize in particular types of prey. Some feed exclusively on fish, while others hunt marine mammals such as seals and other species of dolphin. They are known to attack baleen whale calves, and even adult whales. Killer whales are predators, as no animal preys on them.

They can be found in each of the world's oceans in a variety of marine environments, from Arctic and Antarctic, to tropical seas, absent only from the Baltic and Black seas, and some areas of the Arctic Ocean. Killer whales are very social. Some populations are composed of older matriarchs, in family groups (pods) which are the most stable of any animal species. Their sophisticated hunting techniques and vocal behavior, which are often specific to a particular group and passed across generations, have been described as manifestations of animal culture.

The International Union for Conservation of Nature assesses the orca's conservation status as data deficient because of the likelihood that two or more killer whale types are separate species. Some local populations are considered threatened or endangered due to prey depletion, habitat loss, pollution (by PCBs), capture for marine mammal parks, and conflicts with human fisheries. In late 2005, the southern resident killer whales, which swim in British Columbia and Washington state waters, were placed on the U.S. Endangered Species list.

Wild killer whales are not considered a threat to humans and no fatal attack on humans has ever been documented, but there have been cases of captive orcas killing or injuring their handlers at marine theme parks. Killer whales feature strongly in the mythologies of indigenous cultures, and their reputation in different cultures ranges from being the souls of humans to killers.

Here is a link to see orcas: Orcas (and some humpbacks too) outside of Tromsø

<https://www.youtube.com/watch?v=a5ZhggMCyKE> Cred NRK Norway time 1.43 min

And a guy paddling his kayak all of a sudden gets very close to an Orca:

<https://www.youtube.com/watch?v=82UUKN9UrNs> Cred Leif Riis/Dagbladet time 2.04min

THE HUMPBACK WHALE KNØLHVAL

A species of baleen whale. It got its name because of the characteristic knobbls/lumps on it.

It is one of the larger species of whale, with adults ranging in length from 39–52 ft, and weighing around 28–33 short tons. The humpback has a distinctive body shape, with long pectoral fins and a knobby head. Known for breaching and other distinctive surface behaviors, making it popular with whale watchers. Males produce a complex song lasting 10 to 20 minutes, which they repeat for hours at a time. All the males in a group will produce the same song, which is different each season. Its purpose is not clear, though it may help reaching a female. Found in oceans and seas around the world, humpback whales typically migrate up to 16,000 miles each year. They feed in polar waters, and migrate to tropical or subtropical waters to breed and give birth, fasting and living off

their fat reserves. Their diet consists mostly of krill and small fish. Humpbacks have a diverse repertoire of feeding methods, including the bubble net technique.

Like other large whales, the humpback was a target for the whaling industry. The species once hunted to the brink of extinction; its population fell by an estimated 90% before a 1966 moratorium. While stocks have partially recovered to some 80,000 animals worldwide, entanglement in fishing gear, collisions with ships and noise pollution continue to affect the species.

Here is a link to Humpback whales visiting Tromsø region.

<https://www.youtube.com/watch?v=heqIN9TtmL4>

Copyright: Djnord time 2.03 min

HARBOUR PORPOISE

NISE

SPRINGAR

When we go out with our boats, close to land even, almost every day we can see many of these dolphin-whales called harbor porpoise. They are playful and swim alongside the boats. Then they disappear for a while, only to be back seconds later. We do not hunt or eat these small whales. It is said to be the smallest of the whales, and in the dolphin family. Overall, the harbor porpoise is not considered threatened and the total population is in the hundreds of thousands. Their average life-span is 8–13 years, although individuals have reached 20 years of age. The harbor porpoise populations mostly is of the North Sea, Baltic Sea, western North Atlantic

Here are a Cellphone video clip taken in Sørfjorden in Troms county of the Harbor porpoise

https://www.youtube.com/watch?v=6_2hty8nXDY Cred [Jan Arne Karlsen](#) time 1.40 min

THE GREENLAND SHARK

HÅKJERRING

Greenland sharks have been found scavenging the blubber thrown overboard during Norwegian minke whaling operations off Svalbard. The Greenland shark has the longest known lifespans of all vertebrate species

In 2016, a study based on 28 specimens that ranged from 2.7–16.5 ft in length used radiocarbon dating of crystals within the lenses of their eyes to determine their approximate ages. The oldest of the animals sampled, which also was the largest, had lived for 392 ± 120 years and was consequently born between 1504 and 1744. In Arctic Norway, and also further south in Norway in the old days they hunted the Greenland shark for liver (oil). The meat could be fermented. On Iceland they still ferment this meat. The largest Greenland Shark fished in Norway was 775 kilos. They can be as old as 270 years.

Here some video snippets of the Greenland shark:

https://www.youtube.com/watch?v=De_cerQH_fU cred: UIT The Arctic University Universitetet i Tromsø, Norges Arktiske Universitet time: 1.40 min

<https://www.youtube.com/watch?v=iJRcDMtrZ3Y> cred Dagbladet/Fredrik Myhre time 1.12 min

THE BASKING SHARK

BRUDGE

Historically, the basking shark has been a staple of fisheries because of its slow swimming speed, placid nature, and previously abundant numbers. Commercially, it was put to many uses: the flesh for food and fishmeal, the hide for leather, and its large liver (which has a high squalene content) for oil

As a result of rapidly declining numbers, the basking shark has been protected in some territorial waters and trade in its products is restricted in many countries under CITES. Among others, it is fully

protected in the United Kingdom and the Atlantic and Mexican Gulf regions of the United States. Since 2008, it has been illegal to fish for, or retain if accidentally caught, basking sharks in waters of the European Union. It is partially protected in Norway and New Zealand, as targeted commercial fishing is illegal, but accidental bycatch can be used.

in Norway, any basking shark caught as bycatch and still alive must be released. As of March 2010, it was also listed under Annex I of the CMS Migratory Sharks Memorandum of Understanding.

Once considered a nuisance along the Canadian Pacific coast, basking sharks were the target of a government eradication program from 1945 to 1970. As of 2008, efforts were under way to determine whether any sharks still lived in the area and monitor their potential recovery.

It is tolerant of boats and divers approaching it, and may even circle divers, making it an important draw for dive tourism in areas where it is common.

Here is a link to a video snippet of the basking shark visiting the Lødingen fjord south of Tromsø

https://www.youtube.com/watch?v=IXfrsL_KI9M cred: TV2/ Kevin Christensen time:0:41

A Cellphone snippet of a longer video by Simon Spear are added in the photo folder. Time 1.11 min

THE SEALS PHOTOFOLDER 5

For some of the seal species the male Seals are called bulls, and the female cows, and their young are called calfs.. When the seal give birth to its pup's it "whelp". They often communicate with barking sounds like dogs. There are 6 species of seals that we have in the Arctic Ocean/North sea (Norskehavet). We do not have that many seals close by the coastline and the arctic fjords naturally, but we have them visiting on occation. Further north of Tromsø, in Finnmark County (Finnmark fylke) they may have more of them in the fjords. And also south of us, in Northland county (Nordland fylke)

We have to go far out in the Barents sea, North Sea or towards Russia to see the seals in larger numbers.(Seal hunting) But, we sometimes do see seals in the harbor of Tromsø. Those visiting seals can not be hunted!

Watch a seal video snippet here,

<https://www.youtube.com/watch?v=7WK9ZytkmiQ#action=share>

cred Oceanwide Expeditions time: 1.17 min

THE HARP SEAL GRØNNLANDS SEL

The harp seal also known as saddleback seal or Greenland Seal, and it is an earless seal, or true seal, native to the northernmost Atlantic Ocean, and Arctic Ocean.

Harp seals can strand on Atlantic coasts, often in warmer months, due to dehydration and parasites. Harp seals often consume snow to stay hydrated, but in mild winters may not have enough available. Several centers are active in seal rescue and rehabilitation. Harp seals are protected by the Marine Mammal Protection Act in the United States. Hunting has had a significant impact on the population size of Harp Seals. Over the past 150 years, the Harp Seal population has fluctuated from over 9 million to as little as 1 million.

As of 2016, the current population is estimated to be 7.4 million. Hunting restrictions are now in place for these animals. The Northwest Atlantic populations was found to have decreased by at least 50 percent from 1952 to 1970. Populations have also been changing with respect to distribution and have been found to have invaded areas such as North Norway. There they often drown in fishermen's net. Or of starvation because of less food to eat. The Harp Seal invasions have been harming the area's fjord fisheries.

THE BEARDED SEAL STORKOBBE BLÅSEL STEINKOBBE

The bearded seal also called the square flipper seal, is medium-sized. Found in and near to the Arctic Ocean. It gets its first latin name from Greek and that name means heavy jaw. The other part of its name means bearded and refers to its most characteristic feature, the conspicuous and very abundant whiskers. When dry, these whiskers curl very elegantly, giving the bearded seal a "raffish" look. Bearded seals are the largest northern seal type. They have been found to weigh as much as

300 kg with the females being the largest. Their main predators include polar bears. However, typically pups around age 2 are attacked within birthing lairs, leaving older juveniles and adults commonly unharmed.

Due to climate change, factors such as loss of sea ice, as well as decrease in prey population may create negative results on the bearded seal population in the future. Therefore, monitoring of the species as well as influences of human activity, will be vital to ensure species stability. The bearded seal is unique in that it is an intermediate.

I remember when I was a little girl, the old seal hunters coming back home from being away out by Svalbard and Spitsbergen with the meat of the bearded seal, and a delicacy way back then, and for some still today is boiled flippers. I do not recommend it. Neither did my mom. Dad had to boil that meat outdoors because of the smell...

<https://www.youtube.com/watch?v=9TehuvSaI4Y> cred Arne Martin Pedersen time 3 min

THE RINGED SEAL RINGSEL SNADD

The **ringed seal** is also known as the jar seal, as *netsik* or *nattiq* by the Inuit, and is also an earless seal. It lives in the Arctic and Subarctic regions. In the Arctic we also call it a Snadd.

The ringed seal is a relatively small seal, rarely greater than 1.5 m in length, with a distinctive patterning of dark spots surrounded by light grey rings, hence its common name. It is the most abundant and wide-ranging ice seal in the Northern Hemisphere: ranging throughout the Arctic Ocean and Bering Sea, over to Japan in the Pacific. Along the North Atlantic coasts of Greenland and Scandinavia, over to Newfoundland. It includes two freshwater subspecies in Northern Europe.

Ringed seals are one of the primary prey of the polar bears and orcas, and have long been a component of the diet of indigenous people of the Arctic. In Tromsø we sometimes can get meat in the supermarket. When the boats come in, there is a long line of people standing on the dock to make sure they get some meat.

Ringed seals eat a wide variety of small prey that consists of 72 species of fish and invertebrates. Feeding is usually a solitary behavior. While feeding, ringed seals dive to depths of 35 to 150 ft. In the summer ringed seals feed along edge of the sea-ice for polar cod. In shallow water they feed on smaller cod. Ringed seals may also eat herring, smelt, whitefish, sculpin, perch, and crustaceans.

Ringed seal are an important food item in particular for polar bears .

During the pupping season, the Arctic Fox and glaucous gulls take ringed seal pups born outside lairs while orcas and Greenland sharks, and occasionally Atlantic walrus prey upon them in the water. Ringed seals have long been an important component of the diet of Arctic indigenous peoples throughout their range, and continue to be harvested annually by many communities.

THE GRAY SEAL HAVERT GRÅKOBBE GRÅSEL HAVKOBBE

The grey seal is found on both shores of the North Atlantic Ocean. The Gray Seal is a large seal and are commonly referred to as "true seals" or "earless seals". Its name is spelled **gray seal** in the US; it is also known as Atlantic seal and the horsehead seal.

Human noise pollution continues to affect marine-life communication. This is typically important for marine mammals. It difficult to protect behaviors of mammals like the grey seal if we do not know all of their behaviors purposes. Since the recent discovery of their clapping communication, this is another factor to be aware of when looking at importance of reducing human noise. Understanding species like this can ultimately help coming up with ways to protect them and allow them to thrive.

Video of playful gray seal (nice cute fun),

<https://www.youtube.com/watch?v=GmC9Z0eUZek> cred Vidar Skalevik time 4.10 min

NOTE: The following video below is NOT suitable for children. Wievers discession advised. It is a 5.47 minute video about hunting the gray seal in Lofoten Islands. (The actual hunt). Possibly of interest to people that are used to deer/moose/geese hunting in ND.

<https://www.youtube.com/watch?v=Kcq75HYVE7I> credits: Thomas Lindy Nissen og Hanne Lunn Nissen time 5.47 min.

THE HOODED SEAL KLAPPMYS HÆTTAKALL HETTESEL

The **hooded seal** is a large, and found only in the central and western North Atlantic. In Norway outside and around Svalbard and Jan Mayen and Bear Island Bjørnøya. The male is called a Hættakall in Norwegian, and means "The old guy with a hood ". The female is called a mouse, and the little ones are called pigs.

The seals are typically silver-grey or white in color, with black spots that vary in size covering most of the body. Hooded seal pups are known as "blue-backs" because their coats are blue-grey on the back with whitish bellies, though this coat is shed after 14 months of age. The hooded seal bears its name because of a peculiar inflatable bladder like septum on the head of the adult male. This bladder hangs between the eyes and down over the upper lip in the deflated state. In addition, the hooded seal can inflate a large balloon-like sac from one of its nostrils. This is done by shutting one nostril valve and inflating a membrane, which then protrudes from the other nostril.

My dad was in the mid 1950's a seal hunter, and he was hunting the Hooded Seal on a flake of ice in the ocean. Then he stumbled over some ice, and a big, gigantic male Hooded Seal tried to attack him, blowing up this bladder to the max.. A scary sight. Luckily some of my dad's friends managed to distract the angry male hooded seal, so my dad was safe.

Prior to the 1940s, adult hooded seals were primarily hunted for their leather and oil. More recently, the main threats are hunting. Hunting primarily occurs in areas of Greenland by local Inuits, in Canada, Russia and Norway. Overall, northwest Atlantic Hooded Seal populations are stable or increasing whereas the northeast Atlantic populations have declined by 85–90% within the last 60 years. It is now required to hold a license to hunt Hooded Seals in international waters and each license is set a quota. Total allowable catch of hooded seals are set at 10,000 annually.^[4] The Hooded Seal is protected under the Marine Mammal Protection Act of 1972

It is a weird seal. Just take a look: <https://www.youtube.com/watch?v=ZPFkmwo8DQU>

Cred NAT GEO Wild time 2 minutes

THE WALRUS HVALROSS

The walrus plays an important role in the religion and folklore of many Arctic peoples. Skin, tusks and bone are used in some ceremonies, and the animal appears frequently in legends. For example, in a Chukchi version of the widespread Myth Of The Raven.

The which Raven recovers the sun and the moon from an evil spirit by seducing his daughter, the angry father throws the daughter from a high cliff and, as she drops into the water, she turns into a walrus – possibly the original walrus.

According to various legends, the tusks are formed either by the trails of mucus from the weeping girl or her long braids. This myth is possibly related to the Chukchi myth of the old walrus-headed woman who rules the bottom of the sea, who is in turn linked to the Inuit goddess Sedna. Both in Chukotka, Alaska and Greenland the Northern Lights is believed to be a special world inhabited by those who died by violence, the changing rays representing deceased souls playing ball with a walrus head.

The much smaller population of Atlantic walruses ranges from the Canadian Arctic, across Greenland and Svalbard, over to the western part of Arctic Russia. The Atlantic walrus once ranged south to Sable Island, Nova Scotia, and as late as the 18th century was found in large numbers in the Greater Gulf of St Lawrence region. Sometimes in colonies of up to 7,000 to 8,000 individuals! Even though walruses can dive to depths beyond 500 meters, they spend most of their time in shallow waters (and the nearby ice floes) hunting for food.

This population was nearly eradicated by commercial harvest. Their current numbers, though difficult to estimate, probably remain below 20,000.

In April 2006, the Canadian Species at Risk Act listed the population of the northwestern Atlantic walrus in Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador as having been eradicated in Canada. A genetically distinct population existed in Iceland that was wiped out after Norse settlement around 1213–1330 AD.

Video clip of Walrus visiting harbor of Båtsfjord, Finnmark County north of Tromsø:

<https://www.youtube.com/watch?v=uD62uOodAic> Cred Arne martin Pedersen time 2.45

ON THE BOTTOM PHOTOFOLDER 6

THE SEA URCHIN

KRÅKEBOLLE

The green sea urchin that is found in the arctic waters where we live, is commonly known as the green sea urchin because of its characteristic green color. It is found in northern waters all around the world including both the Pacific, and in the Atlantic Ocean to a northerly latitude of 81 degrees.

Tromsø is on the 69 parallel, and these sea urchins as far south as outside of Seattle U.S, and outside of England. The average adult size is around 2 inches, but it has been recorded at a diameter of 3.4 inches. In January and February we can pick or dive to harvest the sea urchin. It taste like a sweet shrimp/prawn. It is nicknamed the poor man's oysters in some areas. The green sea urchin prefers to eat the seaweeds root stalks, but will also eat other organisms. They are eaten by a variety of predators, including sea stars, crabs, large fish, mammals, birds, and humans. The species name "droebachiensis" is derived from the name of the town Drøbak in southern Norway.

Sea urchin have tube feet, and also something called Aristotle's lantern...

It uses this appendage to eat with, by scrape or tear their food into digestible bits. This structure is made of five calcareous, protractible teeth that they maneuver by muscular structure. The sea urchin crawls on top of its food and uses the Aristotle's lantern to tear up chunks of it.

It has not been harvested for a long time, earlier ages most for bait purposes, but lately it has been more popular to eat. We can harvest them here in Tromsø region in January/February when the gonade (Sea urchin roe) taste the best. The gonade is the only part that is eaten. They are harvested for export in, among other places, Newfoundland, Labrador, Iceland and Norway. Exported to Japan you can get as much as 300-400 USD per kilo! The sea urchin roe (Gonade) is quite popular in many parts of the world, where the live delicacy is harder to transport.

No wonder they are expensive. We can eat them for free. They are invasive, and now there are too many of them. They just eat the stem of seaweed and kelp, and leave the ocean bed dead as a desert, so the small young fish and fish eggs do not have any place to hide, and therefore are eaten or they die. So it is important to keep the sea urchin numbers under control.

In France, the urchin is often found as a part of "the fruits de mer"

Here is a video snippet that shows the sea urchin in the kelp and seaweed forest and how they are invading our fjords. Seaweed and kelp have also been harvested for food, and as a first aid supplement when too little food for the Arctic farm animals in the spring, in the old days. We dry the seaweed and kelp, and crunch it and use it as spice in fish soups and in bread, and on fish dishes. We add the dried seaweed and kelp in sea-salt as a spice too.

<https://www.youtube.com/watch?v=vrKHS3RHFj8> Cred NIVA Norsk Institutt for vannforskning, time 1.17 min

<https://www.youtube.com/watch?v=WejHI-IDFtk> credits [007Aquaman](#) time 1. 50 min

SCRIMP/PRAWN

REKER

They play important roles in the food chain and are an important food source for larger animals ranging from fish to whales. The muscular tails of many shrimp are edible to humans, and they are widely caught and even some places farmed for humans to eat. We do not farm them here in Arctic Norway. Yet.

Commercial shrimp species support an industry worth 50 billion dollars a year, and in 2010 the total commercial production of shrimp was nearly 7 million tonnes. The ocean particularly the Lyngen Fjord close to Tromsø is a good place to fish for shrimp/prawns. And this fisheries have been ongoing for over a century, and probably longer. Shrimp/Prawns in the Lyngen Fjord outside of Tromsø, are exported worldwide. We eat them fresh of the boat, just boiled. On a slice of bread (White loaf), with mayo and fresh squeezed lemon juice on top... Yummy! We also use it in soups, salads and other dishes..

Have you ever seen a shrimp swim. Not? Well, here's a chance:

<https://www.youtube.com/watch?v=aSvs0BFvjMI> cred Havforskningsinstituttet time 1.17 min

THE RED KING CRAB/KAMSJATKA CRAB

KONGEKRABBE KAMSJATKAKRABBE

This is a very large species of the crab. Sometimes reaching a carapace width of 11 inches and a leg span of 6 ft!!!. Its natural range is, and was, the Bering Sea around the Kamchatka Peninsula, (Russia/Aleutian Islands).

It is invasive, and is now a treat in the Arctic waters outside of Tromsø. Way to many of them now. We are not allowed to catch them without having a special permit. Some smaller fishing boats get a small quota. But we can buy them in the store, and they taste delicious. Fried with garlic, or in soups, or on the barbecue.

This crab was put (two crabs) in the ocean by a scientist in the late 60's at the Kamchatka peninsula. He wanted to see if the crab's would start to migrate, and we now have this crab all over the Barents sea, and they are crawling into the fjords. Leaving a dead seabed behind them as they march on. So it was intentionally introduced and is now a pest.

<https://www.youtube.com/watch?v=drwmndgQ9Aw> cred Auroraborealis time 2.40 min

SHELLFISH

Despite the name, shellfish are not actually fish, but are simply water-dwelling animals. Most shellfish are low on the food chain and eat a diet composed primarily of various plankton.

It is many varieties of shellfish, and crustaceans in particular, are actually closely related to insects and arachnids; Molluscs include cephalopods (squids, octopuses, cuttlefish) and clams and oysters, as well as gastropods (aquatic species such as whelks and winkles; land species such as snails and slugs).

Molluscs used as a food source by humans include many species of clams, mussels, oysters, winkles, and scallops. Some crustaceans that are commonly eaten are shrimp/prawns, sea urchin and crabs.

MUSSELS

BLÅSKJELL

We have huge amounts of mussels outside of Tromsø. Along the beaches and rugged shore we can pick buckets full whenever it is safe to pick them. We have to be on the safe side by calling the phone number for ocean safety and they give hands up, or stay away in different areas all over Norway. Although mussels are valued as food, mussel poisoning due to toxic planktonic organisms can be a danger along some coastlines. For instance, mussels should be avoided along the west coast of the United States during the warmer months. We do not pick them if water temperature gets high. This poisoning is usually due to a bloom of red tides, which contain toxins. The red tides and their toxin are harmless to mussels, even when concentrated by the mussel's filter feeding, but if the mussels are consumed by humans, the concentrated toxins cause serious illness, such as paralytic shellfish poisoning. A person affected in this way after eating mussels is said to be *musselled*.

Here, up north, we eat them just boiled in salted ocean water, and add some kelp or sea weed, spice and garlic to the broth. And just eat it. Often when hiking by the ocean, we just scoop up some water and pop the mussel in and boil on the campfire, or barbecue them in tin foil with garlic and butter....

The mussels have Byssal threads, used to anchor mussels to substrates, are those are now recognized as superior bonding agents!! A number of studies have investigated "mussel "glues" for industrial and surgical applications.

Additionally byssal threads have provided insight into the construction of artificial tendon.

Mussels are widely used as bio-indicators to monitor the health of aquatic environments in both fresh water and the marine environments. They are particularly useful since they are distributed worldwide and they are sessile. These characteristics ensure that they are representative of the environment where they are sampled or placed. Their population status or structure, physiology, behavior or the level of contamination with elements or compounds can indicate the status of the ecosystem.

ARCTIC FISH PHOTOFOLDER 7

COD TORSK SKREI (OR THE LUTEFISK BEFORE IT IS A LUTEFISK)

The Arctic fisheries have been dominated by cod fishing. It is too much history to write here, so we will tell you more about it when we come to the Høstfest in the future. Meanwhile, look at these video snippets with something you might not know:

NOTE If you are a teacher, watch the following two videos before you show the (younger) children. You know your kids best, and we know (As you see in the video), Arctic kids. They are quite rough. They start youngcutting the cod tounge, makin a lot, really a lot of money from the age of 6-7 year olds! And yes, they handle razor sharpe knives.

<https://www.youtube.com/watch?v=NfEr1phbxyE> copyright Solveig Melkeraaen time 6.09 min

The first World Championship Cod Tounge Cutting Festival

<https://www.youtube.com/watch?v=1h0leNC-DLQ> Copyright Bjørn Eide, Myre i Vesterålen. Time4.38 min

HERRING THE SILVER OF THE SEA SILD HAVETS SØLV

Adult herring are harvested for their flesh and eggs, and they are often used as baitfish. The trade in herring is an important sector of many national economies. In Europe, the fish has been called the "silver of the sea", and its trade has been so significant to many countries that it has been regarded as the most commercially important fishery in history.

Herring has been a staple food source since at least 3000 BC. The fish is served numerous ways, and many regional recipes are used: eaten raw, fermented, pickled, or cured by other techniques, such as being smoked as kippers. Herring are very high in the long-chain omega-3 fatty acids EPA and DHA. They are a source of vitamin D. Environmental Defense have suggested that the Atlantic herring fishery is an environmentally responsible fishery,

For thousands of years, the Lofoten region has been the fishing bread basket of Norway — but with the advent and integration of technology into fishing practices in the 1960s and 1970s, local herring stocks were quickly overfished by Norwegian fleets, leading to their collapse. Since then, the government of Norway has put resources in place to help these populations recover, and over time, has created one of the best managed and monitored fisheries in the world. In the video below, find out more about the important role that Norway's fisheries have played, and continue to play in the Lofoten region

https://www.youtube.com/watch?v=99J_DJuViTg cred SeaLegazy time 3:21 min

<https://www.youtube.com/watch?v=Yqb-DOKWX-c> cred [Explore Norway](#) 1.21min Drone clip

Historical black/white movie from the 50 herring fishing.

https://www.youtube.com/watch?v=x9QUgO_d3do cred Harrunostasj time 18.12 min

HADDOCK

HYSE

Main ingredients in fish-cakes, and fish burgers..... Had

dock is fished year-round using gear such as Danish seine nets, trawlers, long lines and gill nets and is often caught in mixed species fishery with other groundfish species such as cod and whiting. The main fishing grounds in the eastern Atlantic are in the Barents Sea, around Iceland, around the Faeroe Islands, in the North Sea, Celtic Sea, and in the English Channel. Landings in the eastern Atlantic have fluctuated around 200–350 thousand tonnes in the period 1980–2017. During the 1980s, the largest portion of the catch was taken at Rockall but from about 2000, the majority of the catch is caught in the Barents Sea.

The haddock has populations on either side of the north Atlantic but it is more abundant in the eastern Atlantic than it is on the North American side. In the north-east Atlantic it occurs from the Bay of Biscay north to Spitzbergen;

COALFISH SAITHE

SEI

It is common in the northern parts of the Northern Atlantic, including the Bay of Biscay and Palmas Altas Campus. Adults can typically live up to 16–20 years and grow to 100–120 cm but individuals up 51 in and weigh up to 71 lb have been caught. Juveniles tend to be found close to shore, particularly in rocky areas, and tend to move out into deeper waters as they grow. The current IGFA All-Tackle World Record is 50 lb which was caught at Saltstraumen in Northland county, south of Tromsø. It is a fish that jump a lot, and it looks like the ocean is boiling. Very fun to fish. Taste good, a bit gray in the “meat”, firm. Taste best just boiled on the beach insalty water, eaten on flatbread with butter, salt and pepper. Or fried/pan fried with raw shredded carrot and boiled potatoes on the side with a sprinkle of fresh lemon.....aiaiaiaia.....The big one are not as good as the smaller ones.

*Surface lure fishing in Norway for coalfish, In September 2018 we went to the beautiful location of Saltstraumen in Nord Norway with a special goal: catching coalfish on top water lures. We had a very good week of fishing: the best fishing of our lives. This short movie is an impression of the fishing in this anglers' paradise. It was truely awesome!

<https://www.youtube.com/watch?v=YFk1Wf44ZQI> Cred [itsPdW'](#) Time 3.33 min

From a bit further north to the remote island in Lofoten ,Røst. We get to follow Niklaus Bauer and Niklas Holmér when they are fly fishing for enormous coalfish on the island Røst in Norway. This island is very remote, has a stunning landscape and is one of the best places in the world for big coalfish. The coolest thing about the coalfish is that it's a very good fighter, and since they will target it will fly rods, they going to experience a world class fishing. Learn how to search them, what fly to use, what gear is recommended and how to catch them. not suitable for small children/ those who doesn't like fishing/hunting.

<https://www.youtube.com/watch?v=GWiyw7tBDH0> Cred kanalgratisdotse Time 21.18

ATLANTIC HALIBUT

KVEITE

Halibut is the common name for two flatfish from the family of right-eye flounders and, in some regions, and less commonly, other species of large flatfish.

The word is derived from *haly* (holy) and *butte* (flat fish), for its popularity on Catholic holy days. Halibut are demersal fish and are highly regarded as a food fish as well as a sport fish.

The **Atlantic halibut** is a flatfish of the family Pleuronectidae. They are demersal fish living on or near sand, gravel or clay bottoms at depths of between 50 and 2,000 m (160 and 6,560 ft). The halibut is among the largest teleost (bony) fish in the world, and is an endangered species due to a slow rate of growth and previous overfishing.^{[1][3]} Halibut are strong swimmers and are able to migrate long distances. Halibut size is not age-specific, but rather tends to follow a cycle related to halibut (and therefore food) abundance.

The native habitat of the Atlantic halibut is the temperate and arctic waters of the northern Atlantic, from Labrador and Greenland to Iceland, the Barents Sea and as far south as the Bay of Biscay and Virginia.^[4] It is the largest flatfish in the world,^[5] reaching lengths of up to 4.7 m (15 ft) and weights of 320 kg (710 lb). Its lifespan can reach 60 years old. Female fish over 50 kilos, can be up to a little over 300 kilos, Record in Norway 2.46 meters, weight 209.7 kilos. The largest halibut in the world caught and released.....

Age can be estimated by counting the rings laid down inside the otolith - a boney structure found inside the inner ear of the fish

The Atlantic halibut is a right-eyed flounder. It is flattened sideways and habitually lies on the left side of its body with both eyes migrating to the right side of its head during development. When the larvae are born, they start in the upright position like most other fish having one eye on each side of the head. Once the larvae reach one inch in length, the left eye moves over the snout to the right side of the head. At the same time, the coloring on the left side begins to fade to white while the upper side of the fish is a uniformly dark chocolate, olive or slate color, and can be almost black.^[6] The end of the caudal fin is concave.^[6] Young fish are paler with more mottled coloration. Male adults average about 25 to 30 pounds but can range to upwards of 60 pounds, rarely reaching 100 pounds. Females can get as large as 600 pounds. The official state record halibut was 459 pounds caught in 1996 in Unalaska Bay. Most halibuts that are caught are between 5 to 15 years old

The 30th of April 2015 Jonathan Jansson and Martin Bamberg went out on a fishing session in Nappstraumen in Arctic Norway. With a dead coalfish, rigged on a float I got a light bite but when I set the hook it turned out in to a brutal fight between them and the halibut. They were in a Westin W8 Boat we manage to secure the fish beside the boat after a fight that lasted around 15-20 minutes. The fish measured 196 cm with an estimated weight of 100,4 kg which was a new personal best and by far the biggest halibut ever caught on a float.

Our comment: Jonathan must have had good **Haili**. We will reveal to you what Haili is about when we meet

<https://www.youtube.com/watch?v=7E7vdLlkBRI> cred Nordic Sea Angling Erik Axner time3:51

GREENLAND HALIBUT

BLÅKVEITE

In the coastal waters in Tromsø region we can also catch the Greenland Halibut. (Blåkveite). It is smaller than the Atlantic one. Threats are related to their deep-water spawning grounds. Some are in areas with oil and gas extraction. Others spawning grounds are in deep near-shore regions where the ecosystem relies on nutrients from meltwater from glaciers, but these are gradually disappearing. South of the Arctic Circle it is forbidden to fish the Greenland halibut, there they have too much Dioxine in them.

WOLF FISH

STEINBIT

According to scientific data, the Atlantic wolff fish's population has decreased drastically due to overfishing and bycatch. Bottom-trawling vessels also disrupt the wolff fish's rocky underwater habitat when they drag large nets across the ocean floor, with heavy weights holding the nets to the ocean bottom. The nets are indiscriminate in what they catch and the heavy weights and nets are harmful to the benthic terrain and its inhabitants. Recreational fishing has also threatened the survival of the Atlantic wolf fish

The Atlantic wolf fish's distinguishing feature, from which it gets its common name, is its extensive teeth structure. Its dentition distinguishes the Atlantic wolf fish from all the other members of the family Anarhichadidae. Both the lower and upper jaws are armed with four to six fang-like, strong, conical teeth. Behind the conical teeth in the upper jaw, there are three rows of crushing teeth. The central row has four pairs of molars and the outer rows house blunted conical teeth. The lower jaw has two rows of molars behind the primary conical teeth. The wolf fish's throat is also scattered with serrated teeth.

The **Atlantic wolffish** (*Anarhichas lupus*), also known as the **seawolf**, **Atlantic catfish**, **ocean catfish**, **devil fish**, **wolf eel** (the common name for its Pacific relative), **woof** or **sea cat**, is a marine fish of the wolffish family Anarhichadidae, native to the North Atlantic Ocean. The numbers of the Atlantic wolffish in US waters are rapidly being depleted, most likely due to overfishing and bycatch, and it is currently a Species of Concern according to the U.S. National Oceanic and Atmospheric Administration's National Marine Fisheries Service.^[1]

Apart from their unique appearance wolffish are distinguished by the natural antifreeze they produce to keep their blood moving fluidly in their very cold habitat, involvement by both the male and female in brood bearing, and the large size of their eggs. They are also an important factor in controlling green crab and sea urchin populations, which can become overly disruptive to habitats if left unchecked. Wolffish population success is also an important indicator of the health of other bottom-dweller populations, such as Atlantic cod.

ANGLER FISH

MONK FISH

The Monk fish, commonly known as the **angler**, is a monkfish in the family Lophiidae. It is found in coastal waters of the northeast Atlantic, from the Barents Sea to the Strait of Gibraltar, the Mediterranean and the Black Sea. Within some of its range, including the Irish Sea, this species comprises a significant commercial fishery. The pectoral and pelvic fins are so articulated as to perform the functions of feet, so the fish is able to walk along the bottom of the sea, where it generally hides itself in the sand or amongst seaweed. Around its head and also along the body, the skin bears fringed appendages resembling short fronds of seaweed, a structure which, combined with the extraordinary faculty of assimilating the colour of the body to its surroundings, assists this fish greatly in camouflaging itself in the places which it selects on account of the abundance of prey. It has no scales.

The fish has long filaments along the middle of its head, which are, in fact, the detached and modified three first spines of the anterior dorsal fin. The filament most important to the angler is the first, which is the longest, terminates in a lappet, and is movable in every direction. The angler is believed to attract other fish by means of its lure, and then to seize them with its enormous jaws. While it is considered probable that smaller fish are attracted in this way experiments have shown that the actions of the jaw is automatic and depends on contact of the prey with the tentacle. Its stomach is expandable and it is not unknown for these fish to swallow prey of their own size

In Norwegian this fish was traditionally not eaten. They just put it back in the sea if caught. But now it is a delicacy. This fish have a lot of nicknames like: Breiflabb, meaning big mouth. Havtaske Ocean purse/or ocean bag. Marulk, ugly ocean fish. Sjødjevel sea devil. Storkjeftkonge big mouth king, Ulke, and breikjeft another word for big mouth.

Insulin was for the first time isolated from the pancreas of an angler fish. Then some videos:

Angry monkfish

<https://www.youtube.com/watch?v=mZdbnuC8pV4> cred NRK time 0.50 min

The chef makes the catch of the day just outside the restaurant. Here is real slow food. ...26 kilo dozile Angler fish

<https://www.youtube.com/watch?v=U2RydvVc9HE> cred [Trine Wilhelmine Rønnevig](#) time 1.93 min

From ocean to aquarium

<https://www.youtube.com/watch?v=mZdbnuC8pV4> cred [Sigbjørn Lerstad](#) time 4.12 min

ROSE FISH OCEAN PERCH ATLANTIC REDFISH. UER AUAR

The rose fish (*Sebastes norvegicus*), also known as the ocean perch. Atlantic redfish is a deep sea species of rockfish from the North Atlantic. In Norway we have 4 members of the Rose fish families, and in the fjords of Tromsø area, we preferred the not too big rose fish for food. It can be a large, slow-growing, late-maturing fish and the subject of a fishery. This food fish lives off the coasts of northern Europe and eastern North America. Adults are found off the coast at depths of 330 to 3,280 ft. Juveniles may be found in coastal waters such as fjords. The adults are slow-moving, gregarious fish, of some commercial importance. They can reach 3 ft 3 in, though most only are about half that length. They are viviparous. Individuals live up to 75 years and enter reproduction rather late. While the young fish are of brownish color, the adults are bright red. Since the mid-2000s, populations have been severely overfished in some areas.

According to Greenpeace, some populations are no longer reproducing sufficiently, and their chances of recovery are slim. In Norway fisheries are strictly regulated. North of the 62 parallel you can only fish with a rod June 1st-31 August. South of 62 parallel, you can fish all year round.

We in our region traditionally use to eat the rose fish salted and raw. The head and neck considered a delicacy. It is good on the barbecue as well. Now they have almost stopped/downscaled the commercial fisheries for rose fish, but on occasion you can catch one. Here a video from Sørøya north of Tromsø

<https://www.youtube.com/watch?v=iE18jkBKHZk> cred Hooked time 1.15 min
<https://www.youtube.com/watch?v=ivXu7FbJ5Gg> cred Tteam Sluk time 1.59 min

ARCTIC BIRDS ARKTISKE FUGLER PHOTO FOLDER 8

The Arctic has such diversity of wildlife on land and at sea, it can be easily overlooked that some of the planet's most exotic and attractive bird species live there, too. From puffins to kittiwakes, little auks to northern fulmars, diving black guillemots to gliding king eiders, the Arctic boasts some of the best and most abundant bird life on Earth. (Statement from Oceanwide expeditions web page)

Here are 10 of our personal favorites, selected from our much larger article <https://www.youtube.com/watch?v=2KWxPeojvM0> and <https://bit.ly/33NkxQS> copyright Oceanwide expedition

We do have a lot of birds, so this is just some of the birds we have. We do have swans, snow owls, falcons, magpies, ravens, sparrows and buntings. Several species of eagles, well, one of those eagles is more like a falcon or hawk, but in Norwegian its name is for an eagle, and that is the Osprey.

We have the White tailed eagle, and the Golden Eagle.

In Tromsø the seagull is very common. In our region you will also find:

(About the birds, we have gathered most information from the internet/Wikipedia.)

KITTYWAK KRYKKJE

Kittiwake are known for their graceful flight. Unlike larger gulls, their flight is light with the wings beating in fast strokes.¹

When looking at them flying around the colony, kittiwakes often look as if they are playing in the wind with their agile flips and loops. Kittiwakes are highly gregarious and therefore are rarely seen flying alone far away from the colony. Kittiwakes are a frequent encounter of fisheries in northern regions. Their diet consisting almost exclusively of fish, fishermen tend to seek large aggregation of seabirds since they are often a sign of fish abundance. On the other hand, kittiwake and other seabirds hang around fishing boats or platforms to collect scraps or any fish that might have been left out. Due to the kittiwake pelagic lifestyle, they rarely interact with humans on the land, other than occasional sight near the ocean's coast.

In New England, the black-legged kittiwake is often called the "winter gull" since its arrival often signals to people that winter is coming. The kittiwake is named after its call that resembles a long "kit-ti-wake". Apart from their typical call, kittiwakes have a wide array of vocalization. Their greeting call is used by the two members of a pair when meeting at the nest after an absence of one or both members. Before and during copulation, the female will often vocalize by making a series of short high pitched "squeak". This call is also used by the female to beg for food from the male (courtship

feeding). When predators are around, the kittiwake alarm call, an "oh oh oh oh" will be heard all across the colony.

Kittiwake will vocalize all day for various reasons and will only stop when the sun is down.

FULMAR HAVHEST STORMFUGL

The northern Fulmar was first described in 1761, based on a specimen from within the Arctic circle. On Spitsbergen. Northern Fulmars stomach contents are a hallmark indicator of marine debris in marine environments because of their high abundance and wide distribution.† A study of 143 Northern Fulmars from the year 2008 to 2013 found 89.5% of them containing micro plastics within their gastrointestinal tract. A mean score of 19.5 pieces of plastic and 0.461g per individual was calculated based upon the 143 individuals.^[23] This is considerably high compared to past studies on northern fulmars, meaning this can also lead to possible implication of increased plastic debris into marine ecosystems and shorelines, more data collection and research is needed to make such conclusions. Long term data of the Netherlands dating back to the 1980s, show an increase of user plastics (consumer plastic) and a decrease of industrial plastic in the stomach contents of fulmars.

In Norway it is also named stormfugl, meaning storm bird.

COMMON EIDER ÆRFUGL EA

The eider's nest is built close to the sea and is lined with eiderdown. Plucked from the female's breast. She insulate her nest with the down. This soft and warm lining has long been harvested for filling pillows and quilts, but in more recent years has been largely replaced by down from domestic farm-geese and synthetic alternatives. Although eiderdown pillows or quilts are now a rarity, eiderdown harvesting continues and is sustainable, as it can be done after the ducklings leave the nest with no harm to the birds. In the northern part of Norway Eider duck houses have been built, and there is a possibility that the eider was one of the first animals the early Norwegians kept close to their houses from the Viking age. The farms that have the special eider duck houses are the only ones allowed to harvest the down, and sell it. So they could earn lot of money to add to their low income as "poor coastal cotters/fisher-farmers".

This following two videos is a tribute the eider ducks of Lånan. Lanan is just below the Actic circle, but the way they do with the eider ducks and the down was and still is in some areas common also further north to the Bodø/Helgeland region.

Lånan is the largest producer of egg and down in the Vega islands. Here the traditional eider industry is kept alive. On 1st July, 2004 Lånan as one of the islands of Vega, was added to UNESCO'S prestigious World Heritage list. Lånan is no longer inhabited while the winter storms are raging at their worst. The last inhabitants moved from the island at the end of the seventies. Nevertheless every year when spring arrives the eider keepers return to look after the ducks. They prepare nests and protect the eider ducks from dangers during the breeding season. As a reward the ducks return year after year and provide their keepers with valuable eider down, eggs and lasting memories of nature experienced. The eider ducks of Lånan are highly appreciated. We protect their nests from the dangers of the outside world, and to return the favour, we can use their eiderdown for the world's very best of duvets. This film is a tribute to the eider ducks of Lånan. Arne Nævra and

Torgeir Beck Lande are two of Norway's leading nature photographers, and through their lens we will come closer to the eider duck than ever before. In this film we follow the eider duck's journey – from the building of their nests to the ducklings' first faltering steps into the big open world. Learn more about us at <http://www.lanan.no/en/>

This one is approx 2 minutes: <https://www.youtube.com/watch?v=euhyvng5Oiw>

They also have a approx 6.5 minute long snippet too:
<https://www.youtube.com/watch?v=6m0bP8tcepo> copyright: [Utværet Lånan](#)

BLACK GUILLEMOT TEIST

The Black Guillemot is a circumpolar species distributed in the boreal, low arctic and high arctic regions of the north Atlantic and arctic oceans and breeding between 43° and 82°N. The 5 listed subspecies inhabit different parts of this range. In North America they can be found as far south as the Gulf of Maine and New England and across parts of the northern coast of North America as far as Alaska. Typically restricted to rocky shores, black guillemots utilize the cliffs, crevices and boulders for their nests, hunting the inshore waters for benthic prey. Compared to other auks they forage fairly close to the colony, in the breeding season mostly in inshore waters more than 50m in depth, farther afield in the winter months.

LITTLE AUK ALKEKONGE

This is the only Atlantic auk of its size, half the size of the Puffin at 19–21 cm in length, with a 34–38 cm wingspan. Adult birds are black on the head, neck, back and wings, with white underparts. The bill is very short and stubby. They have a small rounded black tail. The lower face and fore neck become white in winter. Little auks breed in large colonies on marine cliff sides. They nest in crevices or beneath large rocks, usually laying just a single egg. They move south in winter into northern areas of the north Atlantic. Late autumn storms may carry them south of their normal wintering areas, or into the North Sea. The species is also commonly found in the Norwegian sea.

The glaucous gull and the Arctic fox are the main predators on little auks. In some cases, the polar bear has also been reported to feed on little auk eggs.

ARCTIC SCUA TYVLJO

LONG -TAILED DUCK HAVELLA IS-AND

Their breeding habitat is in tundra pools and marshes, but also along sea coasts and in large mountain lakes in the North Atlantic region, Alaska, northern Canada, northern Europe, and Russia. The nest is located on the ground near water; it is built using vegetation and lined with down. They are migratory and winter along the eastern and western coasts of North America, on the Great Lakes, coastal northern Europe and Asia, with stragglers to the Black Sea. The most important wintering area is the Baltic Sea, where a total of about 4.5 million gather.

The long-tailed duck is gregarious, forming large flocks in winter and during migration. They feed by diving for mollusks, crustaceans and some small fish. Although they usually feed close to the surface, they are capable of diving to depths of 200 ft. According to the Audubon Society Field Guide to North American Birds they can dive to 80 fathoms 480 feet. They are the only ducks that use their wings to dive, which gives them the ability to dive much deeper than other ducks. In Norwegian it is also called is- and, and directly translated that means ice-duck.

ARCTIC ANIMALS ARKTISKE DYR PHOTOFOLDER 9

Some of the Arctic animals you also have elsewhere in the world. In the arctic we do not have snakes or adders, but we do have some kind not dangerous spiders (Nothing poisonous except the tick due to climate change we now have ticks). We have wasps, bees, flies, bumblebees, ants (small ones), mosquitos and horse flies too.

We do not have elk or deer here. Well, due to climate change the deer seem to come further up north every year. We do have Hare, rabbit, mouse too, and sea otters.

THE OTTER SEA OTTER

OTTER HAVOTER

About the otter in myths and stories

The Norse mythology tells myths and stories for instance of the dwarf Otr that could take the form of an otter. The myth of "Otter's Ransom" is the starting point of the Norse Volsunga Saga.

Arctic fairytale collector Regine Norman (late 1800), have a beautiful fairytale about the otter, similar to the story about the Finn Folks on the Orkeny Islands, and seal story of the Selkies in Ireland/Orkenys. In some Native American cultures, otters are totem animals. The otter is held to be a clean animal and taboo to kill in some cultures.

In popular Korean mythology, it is told that people who see an otter (*sooda*) will attract 'rain clouds' for the rest of their lives. In the Buddhist Jataka tales, The Otters and The Wolf, two otters agreed to let a fox settle their dispute in dividing their caught fish but it was taken away by the cunning fox.

<https://www.youtube.com/watch?v=PiOT9yBFTbA> cred ingenlurermeidotcom Time 0.48min

LYNX GAUPE AND WOLVWERINE JERV

In this video snippet from a wildlife camera you can see unique footage of a Lynx family. First a mother lynx with her cub, and then daddy lynx. After a while a wolverine comes to the Lynx family favourite place to hang out, so it is a fight between the lynx and a Wolverine.

<https://www.youtube.com/watch?v=LrTP4OHtnsQ>
cred Norsk Institutt for Naturforvaltning NINA/ Kjell Hansen

time 1.40 min

ARCTIC WOLF

ULV

Here is a videosnippet of the 4 predators we have in all over Norway, also the Arctic caught on the same spot with the same camera, and that is quite unique.

<https://www.youtube.com/watch?v=XnflX0Yn53g>

Cred SCANCAM/nina.no, NINA: Norsk Institutt for Naturforvaltning time 1.34 min

LEMMING

LEMEN

The **Norway lemming**, also **Norwegian lemming** is a common species of lemming found in northern Fennoscandia. It is the only vertebrate species endemic to the region. The Norway lemming dwells in tundra and fells, and prefers to live near water. Adults feed primarily on sedges, grasses and moss. They are active at both day and night, alternating naps with periods of activity. When confronted with a predator, Norway lemmings do not try to run away, attacking the predator or intruder, instead. They have also been known to attack approaching humans. With their colorful body and brave behavior, it has been suggested that they belong to aposematic species.

The Norway lemming has a dramatic three- to four-year population cycle, in which the species' population periodically rises to unsustainable levels, leading to high mortality, which causes the population to crash again.

Lemmings are not afraid of anything, including humans. Watch this (cellphone snippet):

<https://www.youtube.com/watch?v=3fQNgv6RCIE> cred tinapiah time 1.40 min

STOAT / SHORT TAILED WEASEL RØYSKATT

The stoat or short-tailed weasel is also known as the ermine, is a mustelid native to Eurasia and North America. We do have some in the valleys up north.

WILD MINK AMERICAN MINK VILLMINK

The first mink farm in Norway was built in 1927, with escapees establishing wild populations within 30 years of its establishment. The first feral mink populations arose in 1930, establishing territories in southwestern Norway. These feral minks, augmented by further escapees, formed the basis of a strong population in Hordaland by the end of World War II. Feral mink colonised eastern Norway in 1930 and had become established in most southeastern counties in the early 1940s. By 1950, feral mink reached central Norway, with further populations occurring in the northern counties of Nordland and Troms. During the post-World War II period until 1965, mink had colonised most of the country. In modern times, the American mink occupies all of the Norwegian mainland, but is absent on some islands.

EUROPEAN PINE MARTEN MÅR AND THE RACOONDOG MÅRHUND

The European pine marten has lived to 18 years in captivity, but in the wild the maximum age attained is only 11 years, with a mere 3-4 years being more typical. The Raccoon dog is not native to mainland Norway or Svalbard/Spitsbergen, so we try to get rid of every one that comes into the country.

Then we do have, as you too does the

MOOSE "KING OF THE FOREST" /ELGEN «SKOGENS KONGE», also common is RED FOX /RØD REV, BRUNBJØRN/BROWN BEAR

REINDEER REINSDYR

There is so much to tell about reindeer, and we want to tell you all about it and answer your question when we come. But, the Sami people are the only ones allowed to have reindeer. Just very few reindeer down south in Norway are wild and you can have a license for hunt. **All other reindeer roaming around is owned by a Sami family reindeer herder. (Age 0-100).**

https://www.youtube.com/watch?v=aj-juLzG_A0 Cred Oceanwide Expeditions time 2.06 min

ARCTIC FOX FJELLREV BLÅREV

The Arctic fox (Blue fox) is critically in danger in Norway, for many reasons. They are almost extinct due to being hunted for the beautiful fur. Too many red foxes, climate change, less food and so forth. The Arctic Fox live high up in the mountains of Dovrefjell mountain range in the mid part of Norway, and also in remote areas further north, and on Svalbard and Spitsbergen islands north of Tromsø. (2 hours flight north)

<https://www.youtube.com/watch?v=aSQiLm54gUs> Nat Geo Wild time 2:35 min

MEEET SOME ANIMALS ON SVALBARD PHOTOFOLDER 10

POLAR BEAR ISBJØRN

Some facts you might not know about the polar bear will follow:

We do not hunt polar bears anymore. Law protects them. In Norway, Polar bears only live in the Svalbard/Spitsbergen/Bjørnøya area. Not in mainland Norway.

The polar bear prefer to hunt on ice, and mainly they eat seal. They are known to enter Longyearbyen (Main town on Svalbard), so kids are protected when going to and from kindergarten and school. Longest swim 685 kilometer in 6 days. (Like the distance from Washington DC-Boston) The latin name of the polar bear Ursus maritimus means directly translated Ocean bear or marine bear. In Norwegian that would be Havbjørn. We do not name it that. We say Isbjørn, meaning "Ice bear". When speaking English we say Polar bear. In Inuit mythology they say Pihqahiak "The eternal wanderer".

Here you can watch some videos of the polar bear

<https://www.youtube.com/watch?v=XAFaOL0Yzpl> Credits Bo Kristiansson (time 1.09 min)

<https://www.youtube.com/watch?v=dZH0T8v0eD0> Credits [Paul Norheim](#) (time 1.57min)

<https://www.youtube.com/watch?v=z4tDDiL75LE> Credits Oceanwiev Expeditions (time 3.24 min)

Gordon Buchanan comes face to face with a huge wild polar bear who is keen to get to what smells like a tasty meal. Maybe not for the smallest children, can look scary.

<https://www.youtube.com/watch?v=RJra0fcMsVU> cred BBC Earth time 4.08 min

Gordon Buchanan and his crew find themselves surrounded by thirteen cute but incredibly dangerous polar bears: cubs and their deadly mothers.

<https://www.youtube.com/watch?v=Vi-33aj12xw&list=PL50KW6aT4UgxAbO8Prssie1YWIAWp2UJL>

Cred BBC Earth time 2.31 min

SVALBARD REINDEER

SVALBARD REIN

The Svalbard Reindeer is a smaller kind of reindeer. Like a dwarf reindeer in a way. They live on Svalbard and Spitsbergen Islands north of Tromsø. They do not live in mainland Norway, and they are wild. No one herds the Svalbard reindeer.

https://www.youtube.com/watch?v=aj-juLzG_A0 Cred Oceanwide Expeditions 2:05 min

Arctic Marine Mammals videos

<https://www.youtube.com/watch?v=IYZMggi7lug> Credits Oceanwide Expeditions (3.10 min)

Here is a video for the youngest ones in English about Arctic animals and birds.

<https://www.youtube.com/watch?v=DXxzmCFwTI> Credits [Socratica Kids](#) (time 6.25 min)

Another English language video for kids about some Arctic animals, and birds:

<https://www.youtube.com/watch?v=XmyVklZEh2A> Credits: English Paradise Kids (time 4.21 min)

FARM ANIMALS IN ARCTIC NORWAY PHOTOFOLDER 11

We have some cows that are of Norwegian origin, like the Telemarksku/The Telemark cow.

There is 5 official horsebreeds from Norway, the Fjord horse, and the Lyngen(Arctic) horse is two of them.

We have of course a lot of goats, sheep and a special heepcaller utgangarsau or norsk ursau that have ancestry from the viking age or prior. Then yiu will find pigs, domesticated boars, hens, ad other animals on a Arctic farm. We do have some fish farms too.

(Note: If the video below of Joan Paddock playing Lur for the cows in Malangen outside tromsø does not work, it is also found in the photo folder named Arctic farm Animals, so you can see it from there if it do not work to click on video below (That may take some extra seconds to work, so be patient)

Kan du sjekke om denne videoen funke?



Joan playing for mlalangen cows Film Stina.mp4

PEOPLE OF THE ARCTIC AND DAILY LIFE, BUNADS, FOLKDRESSES, THE KOFTE GAHKTI

PHOTOFOLDER 12

SAMI CULTURE

The Sami people live in an area called Sápmi, which today covers northern parts of Norway. They are known here as the people of eight seasons. We will tell more when we meet. The Sami peoples are from Norway, Sweden, Finland, and the Murmansk oblast of Russia. They speak a group of 9 Sami languages known as Ume, Pite, Lule, Skolt, Inari, Kildin, Ter, Northern, and Southern. Kemi Sami went extinct in the 19th century. They are well known for reindeer herding, but they have pursued a variety of livelihoods, including coastal fishing, fur trapping, and sheep herding. Sami have historically been known, in English as the lapps or the laplanders, which have a derogatory implication. In Scandinavia because a lapp is a piece of cloth sewn to cover damaged garments. They call themselves Sámit or Sápmelaš (Sámi kin). Sámit means land folk and is a cognate of Suomi (Finnic), Zēmē (Baltic), Zemlja (Slavic).

<https://www.youtube.com/watch?v=qVpWpfdD27mM> Copyright Ihana Suloinen time 3.38 min

Meet Karen Anna - an 83 years old Sami reindeer herder and listen to her story about life in the tundra. People under the Northern lights: a Sami reindeer herder, a world-class kiteboarder and a northern lights guide: what do they have in common? Meet people who live, work and play under the Northern Lights in Northern Norway.

<https://www.youtube.com/watch?v=9gvjPg2huFU> Cred Emil Trier/One Big Happy Family time 3.24 min

Being a reindeer herder :

<https://www.youtube.com/watch?v=0ZpDM-NDkVg> Copyright: "mitt yrke" time 7.22 min

Sapmi - the land of the Sami. Sapmi is the name of the traditional homeland of the Sami. The Sami are the indigenous people of Norway, Sweden, Finland and Russia. The Sami are the only indigenous people of Scandinavia recognized and protected under the international conventions of indigenous peoples. Here you can see Northern lights, reindeer, listen to joik and learn more about the Sami culture. Watch Life of the Sami

<https://www.youtube.com/watch?v=pibxyKxiWuA> Cred: Visit Sapmi/Kurt Ivar Johnsen/ Ørjan Bertelsen Music: Georg Buljo Time : 2:59 min

SAMI PEOPLE IN HISTORY

The Sami people were, like native people in North America "and other places of the world "discovered" !!! Hmmm...

In the 12-13 century, travelers from further down in Europe came as explorers and tourists up to Scandinavia. When they came to the Botnia Bay (Sweden), and continued on land close to Haparanda/mouth of Tornedalen River (Sweden), they saw people there. Living in tents and sod huts (Gamme/Kåta). They had a strange animal pulling their sledge (Reinnsdyr med pulk.). They were dressed in colorful regalia/clothes and they traded, fished and kept reindeer. These first visitors called the people they met Laplanders because they originated from the county of Lapland (Norrrth in Sweden, and also on the Finnish side of the border)..So Like Columbus thinking he was in India, naming those he met Indians, there you go..

The Sami people in Norway prefer to be named Sami. It is a myth that all Sami herd reindeer. Just a small group of Sami have reindeer. And they are not tamed. They run up in the mountains and are herded when travelling to summer or winter pasture. The Sami most of them that are reindeer herder sami, herd the modern way. GPS and skidoo...Sami do not only live on the tundra. You have those, yes, but also forest Sami, coastal Sami, valley sami. They speak different languages, and dress differently. Most Sami in Norway live in the big city, merged into the Norwegian culture, because as Native Americans the Sami have had to fight the Norwegians, mining companies, and so forth. The Sami people were treated very bad. The children taken away, sent to boarding schools, beaten, and not allowed to speak their native tongue. The culture almost got lost. But, thanks to brave young Sami they now bring back the culture in every part of the traditions: Food, joik (Chant), drums, way of living way too dress.Arts and crafts (Duodji).

In 1882 the Danish researcher and teacher Sophus Tromholt travelled to Northern Norway in order to investigate and photograph the phenomenon of Polar Lights. In between his work he took a keen interest in taking pictures of the native inhabitants of the Sápmi area, formerly known as Lapland. The result is now a remarkable collection housed by the University of Bergen, Norway. In more recent days, Per Ivar Somby - a Norwegian of Tromsø (and of Sami origin) - creates hand colored versions of Tromholt's photographs, employing a skilful and disciplined technique. These color versions cannot replace or push aside Tromholt's original black and white photographs. Yet, it is stunning how a little color energizes these pictures to jump at us across a gap of nearly 140 years. In the Kautokeino area, where most of these pictures were taken, the color images enjoy tremendous popularity, largely due to Tromholt himself taking care to note down the names of everybody he took a portrait of, going against the grain of the times to view these people as primitive nomads. Thus the present day Sami can often identify their relatives from bygone days. Somby at times takes the liberty to crop the original images, presenting us with many close facial portraits that immediately strike us as very modern. These images reveal an amazing array of characters with composure, dignity, resilience. Men, women and even the children seem to be embedded in the wealth of experience that their lives at the frontier of the uninhabitable generates. The Tromholt Collection has been included in UNESCO's Memory Of The World list.

<https://www.youtube.com/watch?v=ya6yw7RPjGg> cred [RockOfAges00](#) time 5.08 min

<https://www.youtube.com/watch?v=V8p7V4pFNI4> cred Hurtigruten time 2.09 min

Sami people in history. A not the best quality "video"film, dated from 1978 about how it used to be, being a reindeer herder in Northern Norway

<https://www.youtube.com/watch?/kulturvarder>

Movie title: Sami Herders Cred National Film Board of Canada 1978 time 27 min

In Norway, the breeding of reindeers is a secular tradition which once was at the core of the Sami culture, the native Lapp people of the North. The effects of climate change are dramatically affecting their semi nomadic way of life. Today, less than 10 % of the households still live on this activity. Since the 1990s, the breeders lost about 90 % of their livestock because of the continuous increase of temperatures, the shortening of the icy season. These changes have also affected the migratory paths of the reindeers and the breeders have no choice but to raise the herds in farms to keep the activity profitable.

Filmmakers do not always get information correct. In the film below there are many wrong things said. First the name Lapland is incorrect. It is not Lapland but Sapmi! But nice footage. And some of the information given is correct. We will tell you what is when we meet! You Can for instance NOT become a Sami by speaking the Sami language!!! You have to be born a Sami!

Norwegian Lapland The enchantment of song

<https://www.youtube.com/watch?v=9DI-YQmWAT8&t=256s> copyright; [Best Documentary](#) time 52 min

Mari Boine short documentary. A video interview with world wide recognized and famous musician Mari Boine from the exhibition Sámi Stories: Art & Identity of an Arctic People, on view May 10 through August 23, 2014 at Scandinavia House: The Nordic Center in America.

https://www.youtube.com/watch?v=LDYfs_2EHX0 cred Rossella Ragassi time 16.05

THE KVEN PEOPLE, A MINORITY FOLK GROUP IN NORWAY

PHOTOFOLDER 14

Kvens are a Finno-Ugric national minority living in Northern Norway, but even in Norway they seem to be quite unknown. The Kvens have a similar history as the Sami people, and they were recognized as a minority folk group not too long ago. Both Catrine and I have Kven ancestry, as well as some Sami and most Norwegian/European... But we are very proud cultural bearers of the Kven culture, and have been for over 20 some years. Just recently there have been a renaissance of the Kven culture and heritage. Just 2 years ago the Kven got their own day for celebrating, March 16 is the official day to hoist the Kven flag, that is now recognized as the official Kven flag. When we meet, we will share more of the Kven culture with all of you! But here are some videos and links to information, photos and sound clip while we wait for the next høstfest....

So, join us on this epic journey to find out more about the Kven.. Who Kvens really are? Where do they come from, where are they heading to? Gonzo-journalistic music group Lönnroots is about to find out! We recommend this short film warmly.

https://m.facebook.com/kvenkultursenter/videos/?ref=page_internal&mt_nav=0

Credit Lönn Roots time 51.05 (Click "Settings" for English subtitles!)

The young generation proud of their Kven heritage, talking about their ancestry. (In Norwegian, but enjoy the photos)

[https://www.youtube.com/watch?v=gPn0P2f2-](https://www.youtube.com/watch?v=gPn0P2f2-AI&list=PLbJRcvdbKk4NDS0mgabWwT6EvrpyyY-G)

[AI&list=PLbJRcvdbKk4NDS0mgabWwT6EvrpyyY-G](https://www.youtube.com/watch?v=gPn0P2f2-AI&list=PLbJRcvdbKk4NDS0mgabWwT6EvrpyyY-G) UiT Tromsø Museum Arctic

University 4.4 min

Trine Strand a musician and artist from Malangen outside of Tromsø shares her song about her great great grandmother Gustava in her song about her. Listen! "Mor Gustava" by Trine Strand.

https://www.youtube.com/watch?v=0rFLgAI_R5U time 3.02 min

Halti Kvenkultursenter in Nordreisa have focus on the Kven Culture in our county. Here you can find some snippets with childrens songs, and the culture of the Kven. Not a Youtube video, you have to copy and paste in the search box of your computer to find this page. Hope you can find it

https://m.facebook.com/kvenkultursenter/videos/?ref=page_internal&mt_nav=0

The video below is about the Kven people's journey to get to Northern Norway, Ruija.

Det kvenske folks reise cred Eskild Johansen Time 3.25 You may try the link below:

https://www.youtube.com/results?search_query=Det+kvenske+folks+reise

THE KVEN BUNAD

The Kven bunad originates from patterns and style of Tornedalen region border between Finland and Sweden. This video on YouTube shows the bunad, the jewelry and the history about the bunad. Unfortunately only in Norwegian, but enjoy the video if you enjoy bunad traditions. We will tell you more about this beautiful bunad when we meet, and btw, Stina was the first person to wear the Kven bunad abroad, when visiting USA in 2005. She is a member of the Kven Association of Northern Norway. The title of the video means "Thank you, daddy". And we follow a young Kven girl dressing up, while we get some info about her ancestry and Kven heritage along the way.

En takk til deg pappa

cred Halti Kvenkultursenter

time 6.34 or try click

https://www.youtube.com/watch?v=NK_bYhWiLx4&t=207s

THE NORWEGIANS

In the Arctic most people that originate from here are a mix of 3 folk groups.

1) Norwegians descending from all European countries, mixed with 2) the Kven people that came here in the between 1500-1800, from the Tornedalen valley, some of them again descendants from the Vallonians. 3) the Sami. The coastal Sami, (Arctic coast) Valley sami, (Inland), or Mountain sami (reindeer ones).

Tromsø have been people since pre historic times, dated rock carvings and archaeological excavations shows human activity for approx. 10.000 years around Tromsø Island and the region. Viking boats (Not big ships but 9 meter long ones) have been found remains of for instance. We got the first catholic church here in 1267. Tromsø got city status in 1794. And have a fascinating history, that we will share with you when we meet. Meanwhile go to photofolders and look at the year circle in our area while you wait for us to come visit.

See the bunads and garbs/regalia of the Arctic on youtube videos here; Just click and copy the highlighted grey area, and paste on you tube It should go directly to the video. If not ,scroll down and it will be there.

Hoppende glad i nordlandsbunad cred Bjørn Halvfdan Martinsen time: 1:42 min

ARCTIC NORSE, SAMI AND KVEN MUSIC AND JOIK LINKS

VIOLET ROAD

Violet road can you hear the morning singing cred violet road 3,36 min

TRINE STRAND

Trine Strand NORD

https://www.youtube.com/watch?v=JOJ6ilJ4_zo time 4.08 min

LeNa BÅLFOLKET

https://www.youtube.com/watch?v=RkMinv_b55M&list=RDEM3Qcu-3g2e2pBsxdNFiiHsA&start_radio=1

SAMI JOIKS

Wimme Modern Sami joik Agalas Johtin The eternal journey

<https://www.youtube.com/watch?v=ya6yw7RPjGg> time 9.46 min

Kven folksong:

Eskild Johansen is singing in swedish, Kven and Norwegian this beautiful Kven “Lovesong, from Tornedalen” /Hyvän illan

<https://www.youtube.com/watch?v=rfs8CGyN1U> cred [RuijanKveeni](#) time 2.31min

ARCTIC FOOD PHOTOFOLDER 15

AND HOW TO MAKE LUTEFISK THE ARCTIC WAY

THE LUTEFISK

LUTEFISK

Dried cod have been made since Viking age up north. It was a way to preserve the fish, and easy to transport. Over the centuries we have exported dry cod from northern Norway specially to Italy, Portugal for making Baccalao. We make white and red baccalao also here in Norway. We will come and make a traditional meal for your laug/Losje/gulid/ club or another famous Norwegian/Arctic dish, you just come and see us when we come to visit! Here we will share one of the dishes there is so many meanings about.. Pro and con. Yes, talking about the Lutefisk.

Our shared Lutefisk tip's from the famous restaurant Arctandria/Skarven in Tromsø, famous for their varieties of cod dishes. Chef Gunnar Jensen.

In the following video you will also learn about the fish that makes the lutefisk.

And you will also be shown where the process *before* baking it.

In the mid winter, in the region above the Arctic circle they catch the midwinter cod. (Caught in the month of March) It is hanged on the rack to dry. Taken down, and sorted after high quality standards. Then you put the dried cod in cold water (Done in the fishing ports/in factories or in your house/boathouse) for 10 days. Then cut and the backbone is taken out. Then put in Lye for 2-3 days. Then in cold water bath for 3 more days to get rid of Lye. (Watch it, and babysit it.). Voila: (drumroll) Lutefisk.

We make it and serve it with no fuss, and no other strange (American style Lutefisk) ingredient like lefse, meatballs, corn...

No, here in Tromsø we serve it basic. firm. The fish is not suppose to be yellow or soggy or wobbly or smell of lot of lye. Served with potatoes, green pea stew, fried bacon. Some add shredded bits of brown goat cheese, and boiled or stewed carrots. Some like a click of mustard on the side, or instead of bacon/bacon fat they add some butter... Your choice!

The making of the dish:

Get some really big chunks of white cod that have been soaked in lye. If you don't soak the dried cod yourself, that is. Put in baking tray (deep pan), sprinkle salt. When you think you've had enough salt, then some more. Let sit for 40 minutes, 1 hour-up to 1 hour and a half. Pour off excess water from the pan.. You can, but not a must, cover pan with aluminium foil. Preferably foil must not be in contact

with the fish, that will give the fish color. 200-225 degree celsius in the oven, bake for 30-40 minutes. Check it!

Meanwhile you prepare the other good stuff: Fry bacon. In dices or in slices. Then you make pea stew with green peas (Add a little cream and if you like a pinch of mustard in the pea stew. Boil potatoes. Set the table. The Lutefisk is ready cooked when the fishmeat "flake off the bone".

<https://www.youtube.com/watch?v=RfZcuaoyr9E> skarven lutefisk Credit [NewswireNorge](#) time 3.33min

<https://www.youtube.com/watch?v=Is8W025JP4A> Credit [Irene Bisasso Hoem Network](#) time 12.33

Meanwhile in USA: At First Lutheran Church in Duluth, at the annual dinner, where volunteers serve over 500 pounds of lutefisk and hundreds of pounds of meatballs, salmon and potatoes to over 1,000 people.

https://www.youtube.com/watch?v=_bFHOTimYgE CREDIT [MPR News](#) TIME 2,03 min

THE YEAR CIRCLE

PHOTOFOLDER 16

Videosnippets to watch while waiting for the next Høstfest, or the possibility to come and visit us.

When not highlighted in blue, copy and paste gray field on the search-box on youtube, and it should take you there.

THE CITY OF TROMSØ

https://www.youtube.com/watch?v=E31mmIDXY_I

Silent movie about Tromsø, 1930 cred [harrunostasj](#) time 9.05 min

Tromsø 1930 1970 2000 <https://www.youtube.com/watch?v=jH6ti8Pbc8k&t=1182s>

cred [Roald M Hansen](#) time 27.26 min

The Aurora & The Whales,

A must see! You tube video, title: our friend Ole Christian and Phillip Bloom chasing the Northern Light <https://www.youtube.com/watch?v=FJb7PthzOOK> cred phillip Bloom time 26.25 minutes

Watch this nice video, then you know what we mean:

Top 12 Things to do in Tromsø in Winter

https://www.youtube.com/watch?v=LqqJi_UqGZY&t=193s cred Intrepid guide time 15.39 min

SUMMER IN TROMSØ (just click the title, or link here:

<https://www.youtube.com/watch?v=2rv5D6evlb8> Cred Visit tromsø time 2.09 min

TROMSØ, NORWAY IN WINTER – 4K <https://www.youtube.com/watch?v=zPeY3AD2-8A>
Cred Petit Merle time 6.50 min

Happy birthday! May 17th is Constitution Day and the national day of Norway. Usually the city center and nearby surroundings are mostly closed for cars to make room for parades, and the streets are filled with people. This year we can't celebrate like that due to Covid-19, and this will probably be the first and last May 17th in history that it's actually possible to drive through the city at noon.
Temperature: 4°C / 39°F Road conditions: Bare asphalt

Dashcam driving in Tromsø, Norway. May 17, 2020
<https://www.youtube.com/watch?v=BFmnOAS0vDk&t=196s>
cred [LindaOnTheRoad](#) time 7.11min

Why did humans settle in Norway in the first place? It is not exactly perfect living conditions for humans. It is perfect living conditions for fish. And that is exactly why humans settled in this inhospitable place.

Seafood from Norway click and copy the grey field, then when on you tube, scroll down till the snippet with the same title. <https://www.youtube.com/watch?v=Gai43ChbG88>
cred Norges sjømatråd Time 1min

TROLLFJORDEN LOFOTEN VESTERÅLEN REGION

Trollfjorden close to Svolvær in Lofoten, is a 2 km long sidearm of Raftsundet, between the Norwegian archipelagos of Lofoten and Vesterålen. Trollfjorden is a very popular place to visit in the Northern part of Norway, and is often visited by Cruise vessels, Hurtigruten (The Coastal Steamer), and other vessels. The mouth of the Trollfjord where it joins the Raftsund is only 100 meters wide. The fjord widens in the bottom to a maximum width of 800 meters. The mountains around Trollfjord are between 600 - 1100 meters high. It is surrounded by Trolltindan (Troll Peaks) (1084 m.) in the south and Blåfjell (Blue mountain)(998 m.) and Litlkorsnestinden (980 m.) in the north. The deepest point in the fjord is 72 metres. Parts of the movie Downsizing is filmed here.(released 2017). "Trollfjordslaget" The battle of Trollfjord, was fought in 1890 between the first industrial, steam-driven fishing ships and teams of traditional open-boat fishermen over access to the fjord. Johan Bojer described the battle in his 1921 novel The last of the Vikings (Den siste Viking).

<https://www.youtube.com/watch?v=86lQH1pcGQk> cred Aurora Borealis time 1.41 min

DAILY LIFE ON SVALBARD (RUSSIAN SIDE)

During the video you can meet the children in the kindergarten (starts at 13.04)Note. From the Russian town of barentsburg, where kindergarten kids are indoor. Norwegian children on Svalbard are outdoor a lot during darktime

<https://www.youtube.com/watch?v=W6vtcCS4pmI> RT Documentaries time 26. 17 minute

Around Spitsbergen and Svalbard with Oceanwide Expeditions

<https://www.youtube.com/watch?v=8rIXRQfZpAY> time 2:17 min

BODØ REGION

Fascinating video of the underwater life in the worlds strongest whirlpool/tidal current, Saltstraumen in Arctic Norway. Unfortunately in Norwegian. And not suitable for small children/ those who doesn't like fishing/hunting.

<https://www.youtube.com/watch?v=AHxuv5IZbMM> credit [Frivannsliv](#) time 20.34 min

SENJA ISLAND

Senja – Discovering new places 4K Norway

<https://www.youtube.com/watch?v=7DxJpYuze4A&t=26s>

Cred [Roger Jayro Kuriger](#) time 7.12 min

Within the arctic circle the winters can be harsh with long-lasting violent blizzards. However when the snow storm lets up and passes, it leaves a completely transformed landscape. All the familiar roads, trees, mountains and lakes are buried under a layer of deep snow taking on different sort of weird shapes. The flimsy birch trees are bending under the weight and look like they are welcoming your into a fairy-tale. The moon and the windless atmosphere play such an important role in creating a winter wonderland. Most of the sequences of this short timelapse film were shot during an interval of 3 days where the snow stuck to the branches. Senja's ever-changing weather had the best of this fleeting environment very quickly but it took over 3 months to shoot all the scenes of this movie. I really wanted the viewer to feel like they actually were in a dream straight from their winter childhood memory. Much like Narnia or Frozen you can just walk through the enchanted frozen forest, lie down in the scintillating fresh powder looking up at the branches contrasting with the blue sky and the

northern lights, and all surrounded by the mountains and the sea. From the pink sunrises and sunsets of the winter polar days to the ice figures created on the frozen shore by the converging tides, not to mention the incredibly colorful displays of aurora borealis, get ready to experience an uplifting voyage through the magical astrosapes of Northern Norway.

WINTER WONDERLAND – Senja NORWAY . 4K

<https://www.youtube.com/watch?v=xXQKvrLF3ak&t=191s> Cred Night Light Films Time 4. 47

THE MOUNTAINS IN OUR REGION

PHOTOFOLDER 17

Hike the iconic mountain Segla on the North Norwegian island Senja. Watch the video to get an idea of the hike and the amazing view from the mountain top.

Hiking Segla on Senja Norway https://www.youtube.com/watch?v=G_KayGx0tOw

cred Arctic campers 1.40 min

Another snippet of Segla. <https://www.youtube.com/watch?v=9yIBilMfmpg>

cred Explorastory Films time 6.50

Fjelltur Halls fortropp 1314 moh – (Tysfjord /Nordland) . 2017.08.19 -4K

Cred Video: Raymond T. Knudsen Time 6,26

The hidden gem Lyngen is situated outside Tromsø, Norway. Here you'll find wild mountains dropping straight into the fjords beneath and it's a paradise for skiers in the winter.

The LYNGEN ADVENTURE No –stunning mountains and lakes (drone shots included)

Cred SimonBraeck

time 4.10min

Norway- Drone 4K: From Lofoten to Lyngen Alps cred Nordic Adventure time 4.12 min

Road trip to Lyngen

Cred [Janne Nissinen](#)

time 3.37 min

Skiing down the mountain in Balsfjord
Breakfast, hike, enjoy the view, ski & repeat

Store Russetinden NE

cred [Per Wingaard Sjøqvist](#) time 0.56 min

Store Jægervasstinden

cred Trond Ivarjord time 6.30 min

Lyngen cred Robin Aarberg Time 7.32 min

LOFOTEN VESTERÅLEN REGION

Svolværgjeita (The Svolvær Goat) is a interesting small "peak" in Svolvær. It is popular to jump from one horn to the other. Just watch. If you dare....

Extreme jumps on Svolvaergeita Goat's Horns Lofoten cred Mountainreporters.com time 1:31min

THE NORTHERN LIGHT (AND MIDNIGHT SUN) PHOTOFOLDER 18

Northern lights, the celestial light, and the midnight sun and Fireworks new years eve in tromsø .
Atreat for you ! Caught on camera by friend, and world wide recognized photographer, Ole Christian Salomonsen from Tromsø.

<https://www.youtube.com/watch?v=YGMxNCTLrNs> time 3.08

New ears eve Fireworks from the mountain

<https://www.youtube.com/watch?v=XhZdylCWUVI> Ole C Salomonsen time 3.39 min

The midnight sun <https://www.youtube.com/watch?v=hieFRBYa7Eg> time2.36

Celestial light <https://www.youtube.com/watch?v=JFo500-FAx8> 2.40 min

THE ROCKETLAUNCH AT ANDØYA THE NASA AZURE PROJECT

<https://www.youtube.com/watch?v=c3q7SLCatlw> Cred Ole C Salomonsen time 4.15

Short documentary about Ole Christian Salomonsen

<https://www.youtube.com/watch?v=YptwQpYYbJw> time 3.26min

The Gorsa Canyon bridge. This is the Gorsa Canyon Bridge which is located in the upper parts of Kåfjorddalen in Troms, Norway. The bridge is known for it's summer activities, bungee jumping. We have hiked up there, and it is not difficult. Easy walk, scary view. .

<https://www.youtube.com/watch?v=mW-iQjHXMml> cred Markus dalvik time 3 33

Bunge jump from Gorsa bridge

<https://www.youtube.com/watch?v=ibVHFcRbJUM> cred elina jenni time 3.26

THE CULTURAL BRIDGE EAST OF THE SUN WEST OF THE MOON

Information about the “Cultural Bridge East of The Sun west of the moon” can be sent you on request. What we can do for you to make your Norway trip a trip that you will never forget.

Donations and sponsors are welcome to support us. That will make it possible for us to come in the future.

Here are our contact information:

“The Cultural Bridge East of the Sun West of the Moon” association

IBAN NO 5647503170481

BIC/SWIFT SNOWN022

Address to bank is SpareBank 1 Nord-Norge

Postboks 6800

9298 Tromsø, Norway

See you!

Catrine and Stina