



CoScan Magazine

2015/2

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Confederation of Scandinavian Societies of Great Britain and Ireland

Contents:

CoScan, News and Societies

- 1 Chairman's message
- 2 Cand theol Anna Sophie Strandli: Vice President *Peter Wright*
- 3 Peter Addyman awarded prestigious medal
- 3 Changes to the Editorial Board
- 4 Reprieve for Danish church in Hull
- 5 Honour for President of ONFA
- 6 The Anglo-Swedish Society gala opening: *Alexander Malmaeus*
- 7 Finn Guild, background history: *Arna Davis*
- 10 First Finnish Bake Off: *Anna Brear*
- 12 Stockholm choir for Lucia in York Minster

Language and culture

- 13 Anglo-Scandinavian culture at St Gregory's: *S. A. J. Bradley*
- 16 Viking Navigation part 2: *Anthony W. Robards*
- 19 Ingrid Bergman: *Brita Green*
- 22 Sauna, a part of the Finnish psyche: *Helena Halme*
- 24 From the bookshelf
- 27 Anna Sophie's kitchen: *Anna Sophie Strandli*

Travel award reports

- 28 Internship in Aarhus: *Beatrice Carrigan-Maile*
- 29 A month exploring Superkilen: *Annelise Andersen*
- 31 Hammerfest: Medicine at 70° North: *Emma Hiron*
- 35 Polar bears and glaciers: *Alistair Walker*

Contact details

- 38 Member Societies 2015
- 39 Executive Committee
- 40 CoScan Trust Fund, Editorial Board
- Back inside cover: CoScan Patrons

Front cover:

Northern Lights at Tromsø, courtesy of ScanAdventures & FG Travel,
www.scanadventures.co.uk

Chairman's message

Eva Robards

Mission completed: our website **www.coscan.org.uk** has now been reconstructed and gone live! This was a lot later than we had envisaged, but I can assure you that everybody involved has put in seriously dedicated work to get it off the ground, in particular Tony Bray. We now hope that you will find the website valuable for finding information and for marketing yourselves. It will, however, only be useful with your help to make it so – therefore please feed us, mainly via Louise Sørensen (webmaster@coscan.org.uk), with your views, programmes etc.

In the process of developing the new website, we have also updated the **CoScan logo**. Here we are out on thin ice as logos evoke emotions. Not even within the Executive Committee could we all agree on a single one of the designs on offer, provided by a design agency. After some reasoning it was agreed to maintain a Viking ship as the icon, since it is an easily recognisable symbol for 'our' part of the world. Further, the ship should travel in the right direction and not be a complicated ('busy') image. The design with the most votes is now being used, but can be changed if somebody would come up with a superior proposal.

Our next **conference** is soon coming up: 22-25 April 2016 in Aarhus in Jutland, Denmark. Information about it has gone out to member societies



and individual members, and can be found on our website. The Executive Committee of CoScan and members of SKOL (Scandinavian Klubb of Lincolnshire) have collaborated on finding the best possible accommodation and programme for the stay. If you haven't yet signed up (deadline is actually passed by now) you may be able to secure a place if you talk sweetly to our Treasurer Manja Ronne (contact details at the back of the Magazine) – but don't delay this!

Aarhus is preparing itself for being the European Capital of Culture in 2017. Among Aarhus treasures are the Moesgaard Museum with *Grauballemanden* (the bog man dating from the late 3rd century BC, who was so well preserved that his fingerprints could be taken), the magnificent Aarhus Cathedral, a Viking museum with interactive exhibits (close to our hotel), the art museum *ARoS Aarhus Kunstmuseum*, and restaurants such as *Nordisk Spisehus* (a luxurious gourmet restaurant with exquisite Nordic dishes). You may well need more than the three days for Aarhus. Looking forward to seeing you there!

Cand. theol. Anna Sophie Strandli

by Peter Wright Vice President, O.B.E. J.P.



Anna Sophie Strandli

Photo: Helena Schmidt

CoScan owes a great deal to Anna Sophie for the ten intensely creative years she spent as the Editor of the CoScan Magazine. Now I have further news for you!

On our summer visit to Norway where my wife Kari and I always have the pleasure to spend two months, we went to church on a Sunday in July. There we had the magnificent experience of observing our great friend Anna Sophie conducting the Service in her new role as a Minister. It was conducted with great style, warmth and clarity, and

was greatly appreciated by the large congregation. – the peace and dignity reached all. There is no doubt that Anna Sophie has found her true vocation. She graduated this spring at the University of Oslo as Candidata Theologiae (cand. theol.); the degree is both professional and academic and required years of dedicated study.

I am very proud to see our former Editor and member of the Executive Committee in this new role and we must all wish her every success in the future.

Peter Addyman awarded prestigious medal



Dr Peter Addyman receives the British Academy President's Award from Professor Lord Nicholas Stern (left)

Photo: The British Academy

It gives us great pleasure to announce that Dr Peter V Addyman CBE, a member of our Editorial Board, was presented with the prestigious President's Medal of the British Academy at a ceremony in London on 29 September 2015 by the current President of the Academy,

Professor Nicholas Stern (Lord Stern of Brentford).

Peter was awarded the President's Medal for his significant efforts in making archaeology and historic heritage publicly accessible.

Changes to the Editorial Board

Due to other commitments, Iain Robertson has decided to step down from the Editorial Board. We thank him for his dedicated work over a number of years.

Professor Sid Bradley, Emeritus Professor of Anglo-Saxon, University of York, has joined us on the Board. We welcome him warmly. Sid was

for some years attached to the Centre for Grundtvig Studies, University of Aarhus, Denmark. He has published numerous articles on Grundtvig and the book *N.F.S. Grundtvig: A Life Recalled*. He has also written on Anglo-Saxon literature, the Danish *Mandeville*, English medieval art and literature, and 18th-century bawdy songs.

Reprieve for Danish Church in Hull

The Danish Seamen's Church in Hull, Skt Nicolaj, is the only Seamen's Church in the UK providing valuable pastoral, cultural and emergency support to Danish ships and their crew coming to UK ports. It also serves as a religious and cultural centre for all Scandinavians in the northeast of England.

As many of us have been aware for some time, its future is in jeopardy. The governing body of the Danish Church Abroad (*Danske Sømands- og Udlandskirker*: DSUK) decided to withdraw its funding due to the low membership figure, but largely thanks to a campaign to increase this, DSUK

has now undertaken to pay the salaries of a Danish pastor and a housekeeper for two more years: 2017 and 2018. However, the rates of pay will be substantially lower than hitherto. In the spring of 2016, the position of seaman's pastor will be discontinued, and after that it is expected that a retired Danish pastor will be employed by the church.



At the end of 2018 the position will be reviewed. It would be a huge loss to us all if Skt Nicolaj were to close in our time. Continued support is therefore essential. (Email hull@dsuk.dk for more details).



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Orkney Norwegian Friendship Association/ONFA Honour for President

Connie Grieve, Honorary President of ONFA, has been decorated by the King of Norway for her work over many years in strengthening links between Orkney and Norway.

The Medal of St Olav was presented by Eva M Vincent, Minister Counsellor at the Norwegian Embassy in London, at a ceremony at the Pier Arts Centre in Stromness.

One of the founding members of ONFA in 1978, Connie has served in different capacities over the years: principally as the person responsible for liaison between Orkney and Norway,

both individually and with groups such as choirs and other musicians, history societies and school classes. She has travelled widely in Norway and has used her contacts and friendships to introduce hundreds of Orcadians to Norway and vice versa. Norwegian students, yachtsmen, archaeologists and authors among others have been welcomed to the home of Connie and her husband Alan, and have received a wide range of help, information, introductions to folklore and, above all, hospitality.

She has also been a first-class and dedicated teacher of the Norwegian language, encouraging pupils to learn about the culture, music and literature of Norway, and she is still giving language classes. She has organised singing sessions and taught Norwegian carols as well as songs for 17 May. She is also encouraging many young people to form friendships across the North Sea to ensure that these bonds will continue into the future.

From the website of the Royal Norwegian Embassy in London (edited).



Eva Vincent (left) and Connie Grieve

Photo: Antonis Marinis

The Anglo-Swedish Society

Gala opening of Abolition of Slavery Conference

by Alexander Malmaeus, Chairman of the Anglo-Swedish Society

The Anglo-Swedish Society was proud to host the opening night of the 2015 International Carl Bernhard Wadström Conference for Human Rights and the Abolition of Slavery at the Mansion House in the City of London. The three day programme was arranged in collaboration with the Centre for Scandinavian Studies Copenhagen-Lund and the Swedenborg Society, and featured an international group of speakers. Swedish-born Carl Bernhard Wadström (1746-1799) was a leading abolitionist in London and Paris in the late 18th Century

and was invited to speak before the House of Commons three times. New research about his life and work formed the starting point of a conference which covered topics stretching to the present day and beyond.

After an introduction by the Chairman of the Anglo-Swedish Society, the Lord Mayor Locum Alderman Sir Roger Gifford spoke about the uncomfortable truth that the slave trade brought much wealth into the City of London. The Corporation of London was, however, quick to back the abolitionist cause in



Alexander Malmaeus on the left

Photo: Antonis Marinis

the early 19th Century. HE Nicola Clase, the Swedish Ambassador, addressed the great challenges which remain in order to stamp out modern-day slavery and quoted the International Labour Organisation's statistic that around 21 million men, women and children are held in some form of slavery today. Knowledge, she said, is key: awareness must be raised before this blight can be stamped out.

The first keynote speaker was Professor Neil Kent, fellow of the Cambridge Security Initiative and Associate of the Scott Polar Research Institute at the University of Cambridge. He focused on the transatlantic slave trade, how it functioned and how effective its abolition actually was. Until the 17th Century, Barbary slave traders were the scourge of European coasts, and it was very common for Europeans to end up as slaves around the Mediterranean. The rise of cotton and sugar farming in the Americas created a market for African slaves, 98% of whom passed through British

hands. Professor Kent presented the uncomfortable possibility Britain may never have given birth to the Industrial Revolution without the wealth created by this disgraceful trade. Further, he backed the thesis that the trade faded away and was banned as a result of its becoming commercially unviable as opposed to the efforts of campaigners.

The second keynote speaker was Mark Florman, Chairman of the Centre for Social Justice and leading campaigner against modern slavery. The Modern Slavery Act, the result of over three years' worth of work, was the last Act of Parliament before the 2015 General Election, and the brainchild of the Centre for Social Justice. The Act must be enforced through the participation of government agencies and the community alike. Each of us, said Mr Florman, probably comes into contact with a *de facto* slave every week without even being aware of the fact.

Finn-Guild

A short account of its background history

by Arna Davis

This year is the 50th anniversary of the Finnish Church Guild, now known as Finn-Guild. As one of the founder members, and one still alive, I want to share with you, CoScan members, a little of the background history of the Finnish Church Guild.

We need to go back even a few more years, to the year 1958. It was then, on 1st June 1958, that the new, modern, beautiful and purpose-built Finnish Seamen's Church and Social Centre in London was inaugurated. It immediately became a 'little Finland'

and a substitute home for us expatriate Finns. Family services were started, there were coffee and *pulla* (buns), Finnish newspapers to read, and even a sauna to book.

In the late fifties and early sixties, after the harsh war years and the austerity that followed, a new wave of Finns, mainly young women, had come to England – no longer as emigrants but eager to explore new opportunities and feel free to come and go between the UK and Finland. We saw ourselves as migratory birds, wanting to return home annually for ‘the white nights’ of northern summers. All that was needed was a pair of affordable wings. Air fares were astronomical, and sea voyages long and impractical with small children.

Chartering planes for groups started in the early sixties. Interestingly it was Finnair who contacted the Finnish church, and offered the first group flight to members of the congregation: ‘An empty leg’ London-Helsinki-London for £16. It sold out within days. Soon afterwards a language school, bringing students from Finland to Durham and Brighton, contacted the church offering church members an opportunity to use their ‘empty leg’ seats, and agreeing to pay the church a commission for each seat sold. The word of these bargain fares spread; more and more Finns and their friends contacted the church. It became paramount to ensure that the church, in selling these seats, was fulfilling the legal requirements set out by CAA (Civil Aviation Authority). Working as a part-time Welfare Officer, I together with the lawyer was given

the task to look into the legal side. We found out that the church needed to set up an officially registered membership organisation with set rules, and with acceptable activities in addition to running flights. This was an easy task, as the purpose of the flights was two-fold: to make travelling more affordable and easier for us, the Anglo-Finnish families, and, secondly, for the organisation to use the profit from the flights for the church to improve and expand its services to the congregation. It was a win/win situation, everybody gained.

On 7th January 1965 Suomen Kirkon Kilta (the Finnish Church Guild) was founded, and the first Council elected. The chairman was the Finnish pastor; the membership secretary Neville Nelson, the church warden; the flight secretary Arna Davis. Right from the start we had on the council at least three British husbands, all holding important positions in their own fields of expertise. I do not think the Finnish Church Guild would have been the success story it has been without our husbands’ professionalism, expertise, generosity of time, and devotion.

The flight bookings reached very quickly such a level that it became feasible for the Guild to charter its own planes. After a few years, in 1974, both because the CAA had tightened its rules, and also because the business had grown, a new organisational three-part structure was created: firstly, the Guild would continue to take care of the membership, secondly, a new charity, the Finnish Church Trust, was founded, and thirdly, a company, Flying Finns Limited, owned 100% by the Trust, was established.



Arna Davis giving her presentation at Finn-Guild's AGM in London on 21 March 2015

Photo: Finn-Guild

The Trust distributed the profit from the flights between the church and the Guild.

By the early 1990s commercial airlines had started offering cheap flights; it was no longer profitable to charter planes. Flying Finns Limited stopped trading, and a new company, Guild Travel, was set up to offer a travelling service to Guild members. It soon expanded and became a licensed travel agent arranging travel also for non-members. The Guild had by then many other functions.

Why has Finn-Guild, the Finnish Church Guild, survived far beyond what it initially set out to do? I can only give my thoughts:

- For us, marooned on this island in the early 1960s, safeguarding an annual passage back to Finland, and knowing that our parents and relatives could use Guild flights

to visit us, gave a sense of basic security. We became true migratory birds, 'Flying Finns'; our children would grow up knowing their roots, and the two cultures flourished in our homes.

- The early flights were like church outings; people made friends and new contacts. As a result local friendship groups were forming. The membership mapped Finns across the whole UK.
- Hannele Branch started the first Finnish Saturday School teaching Finnish to children and interested adults in 1972. The School met and still meets at the church. Its activities were funded by the Guild. The London School was the first in the world, but the movement has spread; in the UK we have at present twenty-

- one Saturday schools.
- The financial success of Flying Finns and Guild Travel has made it possible to support many important developments within the Anglo-Finnish community.
- Neville Nelson started a handwritten Newsletter, then it became a duplicated, hand-printed version, and finally the modern, well produced *Horisontti*, which is the Journal for the Finnish British community and reaches the spread-out expatriates in various parts of the world. It is published four times a year and all members receive it as part of their membership.

- The Church and the Guild have worked together, and still do, for the benefit of all the Anglo-Finnish communities in the UK. Everyone has gained, and we are all winners.

The Finnish Church Guild has been like a child to me: I was there when FCG took its first wobbly steps, I saw it grow, struggle through adolescent years, and then, as Finn-Guild, I saw it move on to independence, new strengths and diversities. Finn-Guild is continuing to meet current and new challenges. Its aim is to find appropriate ways of serving the membership both in the UK and in Finland.

The first ever Great Finnish Bake Off, organised by Finn-Guild

by Anna Brear, intern at the Embassy of Finland in London



On Saturday 26 September a scent familiar to every Finn spread in the kitchen of the Waitrose Cookery School in London. The scent emanated from the ovens of eight bakers, who were competing in the art



of creating the perfect cinnamon bun. These bakers were taking part in the first ever Great Finnish Bake Off, and they represented Finnish, English and mixed cultural heritages. Some had travelled

from Finland, others from other parts of the UK and London, but all for the same reason: the cinnamon bun.

All the bakers were given the same basic ingredients, most of which were generously provided by Finndeli. As would become clear during the day, however, a cinnamon bun is much more than the sum of its ingredients. A bun, as was very much noted by the judges, is the result of a number of different factors, many of which can be linked directly to sentiment, to memories of the buns one ate when younger. It was therefore fascinating to watch the bakers – some of whom had a lifetime's experience in baking cinnamon buns, others who had very little or none – create eight sets of buns which were all completely different in appearance, flavour and texture.

For such a wide array of buns a wide array of judges is required. The Bake Off was lucky enough to be judged by

judges' panel. Pirjo Pellinen, cultural attaché of the Embassy of Finland in London is almost a naturalised Briton, but whilst one can take a girl out of Finland, one can never take Finland out of a girl, and Pirjo knows a good cinnamon bun when she tastes one. Last but not least the two ladies were accompanied by Director of Finndeli Markku Launonen, a distributor of Finnish delicacies in the UK.

Indeed, as one may expect, judging was not the easiest of tasks. The bakers presented their creations to the judges who carefully analysed the buns one after another. Here the nuanced differences became clear. 'Caramelisation would not have been as successful if a fan-oven had been used', 'cardamom really does make a difference', and 'is that a hint of vanilla sugar? I love it!' were some of the remarks that were made. Eight



three bun-lovers. Helena Puolakka is a Finnish chef living in London. Known for appearances on television and owning gourmet restaurants in London, she brought culinary expertise to the

good buns, of which only one perfect one and two runners-up could be awarded the honours.

After a 15-minute deliberation, the judges presented their choice.

The winner had created a bun which, apart from looking perfect, also tasted so. But perhaps more importantly, the bun had the capacity of evoking the right memories and sentiments. The creator of the winning bun was Hanna Leppälä from east London, whose son and husband were both present at the judging. And what a win it was! She was awarded a family trip to Iceland, and her

excitement was tangible. Second place was awarded to Ulla Ojanen from Lahti, and third place to Kathryn Rannikko, a Brit who lives in Tampere and is married to a Finn.

All in all, the Great Finnish Bake Off was a wonderful and very well executed event which will certainly be repeated in the future.



The winners
Photos: Anna Brear

York Anglo-Scandinavian Society Stockholm choir for Lucia in the Minster

On 11 December it is time for our third Lucia in the Minster. This year we welcome Chorus Pictor to do the Lucia procession and singing. Chorus Pictor is a Swedish church choir from the community of Täby, just north of Stockholm. The name of the choir is taken from the highly productive artist Albertus Pictor (c. 1440-1507), who painted religious scenes on the walls and ceiling of their church. One of these inspired the film director Ingmar Bergman to the famous scene in 'The Seventh Seal' in which a knight plays chess with Death.



Anglo-Scandinavian culture at St Gregory's Minster in Kirkdale, North Yorkshire

by Professor S. A. J. Bradley

When, about the year 1060, a great landowner of estates around Kirkdale bought and rebuilt a ruined church which stood there (the ancient foundations still lie beneath the rebuilt walls) it evidently already went under the name of St Gregory's Minster.

After saints of the Scriptures, Gregory the Great, c. 540-604, pope 590-604, was among the most popularly chosen patrons of English churches, prior to the Reformation; and most of the dedications to him are pre-Norman. This early Anglo-Saxon devotion reflected the homage paid to him from the 6th century onwards for his evangelising role as Apostle of the English. To the English, Gregory was more than one of the greatest of the popes: he was *Gregorius noster* – our Gregory.

The Anglo-Saxon word 'minster' derives from Latin *monasterium* and historians suggest that in the early years of the Christian settlement of England the Anglo-Saxons used the word to designate 'mission' churches supported by a community of monks whose task was to evangelise the region about them and sustain the congregation of Christians they formed.

Why then did this 'minster' become *al tobrocán & tofalan* – all ruined and

collapsed, as the lengthy English (Anglo-Saxon) inscription on its 11th-century sundial records? Most probably because in the late 9th century these lands north of the Humber were overrun and colonised by the Danish invaders of Anglo-Saxon England who cultivated Odin, Thor and Freyja, plundered Christian churches and left them to go to ruin.

York became for a period the fortress of Scandinavian kings, while among the valleys and moorlands of Yorkshire the more powerful ex-vikings were rewarded with great grants of land. Danish-dominated communities (Danby – farmstead or village of the Dane[s]) and English-dominated communities (Ingleby – farmstead or village of the English) developed side by side (exchanging, no doubt, both language and genes). Land-owning Danes gave their names to their territories: Thorkell, for example, to Thirkleby and Thurkilsti (Thorkell's road, recorded as a boundary in medieval documents) which runs through Bransdale and close to St Gregory's Minster, where it crossed the Roman route running east towards Scarborough.

Lands seized by the Danes had been handed on down several generations

by the time a certain Orm Gamalson bought the ruin of St Gregory's Minster and caused it to be built anew from the ground. Both Orm and his father Gamal bore Scandinavian names. It is tempting to envisage Orm as a descendant of Vikings who plundered and fired the old St Gregory's Minster. Archaeology has detected some signs of burning, but all this is guess-work. Knowledge of Orm's origins and ancestry is too scanty to verify this bit of historical symmetry.

In his poem *Kirkdale*, Herbert Read (1893-1968; 'Knight, poet, anarchist' as his Kirkdale gravestone declares), envisages Orm as realising that this ruin was a holy place and being aware

that after generations of turbulence the need was felt among his tenants and neighbours for 'a priest's solace'— 'Therefore I raised these grey stones up again.'

In reality the reassertion of the Christian Church in post-viking Yorkshire was not as abrupt or as late as this. Christian burials were taking place in Kirkdale – the graves marked with sculptured crosses in 9th-century Anglo-Scandinavian decorative style – in the century before Orm's time. Recently, in May 2014, human remains which had been archaeologically excavated in the churchyard were reinterred: the new headstone placed upon their grave records that they



St Gregory's Minster Kirkdale.

Photo: Andrew De Smet

represent over 1000 years of Christian burial in Kirkdale. The oldest skull (on the basis of radiocarbon dating) appears to date from the period between the Danish colonisation of Yorkshire and Orm's rebuilding of the Minster.

By Orm's time the English Church was experiencing a rich revival under royal patronage. The long reign of Cnut, the Danish Viking celebrated by court poets for the carnage he wrought wherever he subjugated the English, was over. Some of the leaders of his unstoppable army he had rewarded with lands in Yorkshire. As king he had strategically converted to Christianity, had solemnly sworn before God to rule by the Christian laws of his English predecessors, had set the example of building and generous endowment of churches in expiation of past viking excesses, and had sent English Benedictine monks into Denmark to vitalise the Church there.

Modern historians show a preference for attributing the early advances of Christianity in England, as in Scandinavia, to political expediency among the power-seekers rather than to spiritual awakening of the kind Read attributes to Orm.

Orm himself was related by marriage to a powerful aristocratic Northumbrian dynasty. His brother-in-law was Siward, an Earl of Northumbria who fought against Macbeth in Scotland; and – about the time that Orm was rebuilding

St Gregory's Minster – Siward built in York (St Olave's Marygate) the first church in England to be dedicated to the King of Norway, St Olaf Haraldsson, martyred in battle in 1030. Thus Siward chose to associate his authority with a brand new Scandinavian saint, a martyred ex-viking king of the Norwegians, an adversary of Cnut, while Orm chose to promote his by revitalising the centuries-old English cult of '*Gregorius noster*'.

Furthermore, Orm took two ancient stone tomb covers, finely sculptured in a style well pre-dating a Scandinavian presence in Kirkdale, and built them into his west wall, on either side of the lay people's door. He seems to have been assuming to himself (the relative newcomer?) the instant effect of antiquity, rootedness and continuity from the Anglian Christian past. More explicitly still, with his flamboyant sundial (originally painted in bright colours?), he arranged for his name to stand alongside not only Christ and St Gregory, but Edward (the Confessor) and Tostig, Edward's appointed Earl of Northumbria.

All in all, he is apparently declaring to posterity his social and political position, which is (ostensibly, at any rate) solidarity with the English political establishment, its church and its language – to which is nevertheless added, it seems, a touch of pride in his Scandinavian names.

Viking Navigation part 2

by Professor Anthony W. Robards

In the first part of this brief article I explained how Vikings adopted the principle of 'Latitude Navigation' by sailing along a coast line until they reached the latitude of their destination and then heading directly east or west. The challenge was how to maintain a course along the chosen latitude and here's where the story gets both exciting and speculative because, of all the navigational instruments that Vikings may or may not have used, virtually the only archaeological relic is one wooden fragment of a 70mm diameter disc dating from the 11th Century that was discovered in 1948 on the site of an old Benedictine Convent in Uunartoq, Southern Greenland (Fig. 1). This has been interpreted as a sun compass

(Thirslund, 2007) that would originally have had a vertical pin (gnomon) at its centre. Prior to a passage, the navigator would have marked the course of the sun's shadow from the tip of the gnomon over a day as it traversed the dial. The curved line engraved on this wooden fragment is thought to be part of such a record. For the next few days, the sun's position would be sufficiently similar to cast the shadow in the same place and, therefore, once out to sea in the boat it would be possible to determine whether the heading was either north or south of the due course set to the east or west. Recent publications have made some fascinating and ingenious proposals for similar, but derivative, instruments from the sun compass but we do not have space to go into these here.

During the Vikings' sailing season the days would have been long and the nights relatively short. Some help with latitude navigation would have been provided



Fig. 1. The Uunartoq fragment. Reproduced by courtesy of the Viking Ship Museum, Roskilde, Denmark, who hold the copyright.

Photo: Werner Karrasch.

by observation of zenith stars (those directly overhead at specific latitudes and times of the year) or, for example, the pole star where the angle of elevation is approximately equivalent to the latitude of the observer.

However, most of the navigation would have been done during daylight when it would have been important, if not to see the sun at least to know where it was so that the sun compass could be used to check latitude, and this is where the remarkable hypothesis of the Viking sunstone comes into contention. The sunstone is mentioned in the Viking sagas where a farmer's son, Sigurd, supposedly demonstrated to King Olaf the Holy that he could establish the direction of the sun; so there certainly is a clear precedent for Viking knowledge of sunstones even if there was no direct reference to their use in navigation. The Danish archaeologist Thorkild Ramskou proposed in 1969 that sunstones might have been used to determine the direction of the sun, even when it is below the horizon or obscured by clouds or mist. Despite enthusiastic adoption by one or two protagonists, this idea remained not much more than a theory until fairly recently when Horváth and others (see Bernáth et al.) undertook some sophisticated scientific research to determine whether sunstones could have been used to determine the direction of the obscured sun.

What, then, is a sunstone and how would it work? Put simply, when the sun's rays strike the earth's atmosphere, some become polarised so that the light is only vibrating in a single direction. The direction of polarisation is perpendicular

to the rays from the sun and is at a maximum at 90° from the sun's position. If you look toward such a sky through a polarising filter, for example one of the lenses of a pair of Polaroid sunglasses, rotating the filter will cause it to become black when its direction of polarisation is at right angle to the plane of polarisation of the sun's rays and clear when parallel to the sun's rays. Try it! A sunstone could be a birefringent crystal such as tourmaline, cordierite or, the most frequently cited, calcite, which is simply a crystal of calcium carbonate, also known as Iceland spar. A ray of light passing through a birefringent crystal is split into two emerging rays so, if a dark spot is placed on one side of the crystal and pointed towards the sky, two spots will be seen on the other side. By orientating the stone so that these two spots are of equal opacity it is possible to deduce the position of the sun (Fig. 2). Much, much more could be said about this but it certainly works, although that cannot prove that the Vikings used it or whether it would have provided sufficient accuracy when used on the deck of a ship at sea. Although a sunstone has never been found associated with any Viking archaeological exploration, one was found in an Alderney ship wreck of 1592 and closely associated with other navigational instruments (Le Floch et al. 2013), thus lending support to the idea that it could have been used in marine navigation, possibly as a cross-check on magnetic compass accuracy.

This brief article can only touch on a very substantial and exciting literature

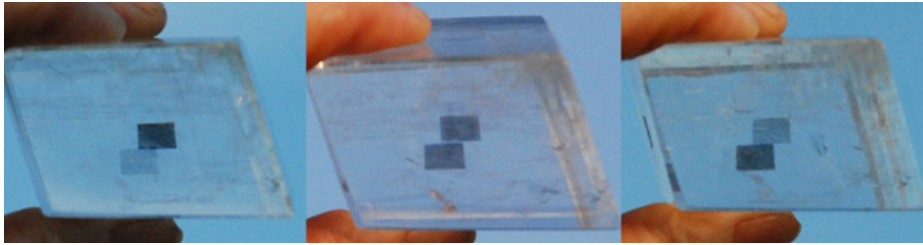


Fig. 2. Finding the sun's position with a sunstone.

An opaque patch is stuck on one side of the birefringent crystal (calcium carbonate, calcite, here). When the sky is viewed through the crystal with the patch outwards and at approximately 90° to the direction of the sun, two images will be seen. One will be darker than the other except when the crystal axis at right angles to the viewing plane is precisely in line with the sun's position, in which case both images will be of equal density, so providing an accurate location of the sun even when it is not clearly visible. See www.atoptics.co.uk/fz767.htm for a fuller description of the use of a sunstone.

on Viking Navigation but, if you would like to read more, I suggest that you look at the books by Leif Karlsen and Søren Thirslund and, if you would like to tangle with the latest science, last year's articles by Bernáth et al. and Ropars et al. will certainly get you started. Finally, it is important to maintain an open mind in relation to the tools of Viking navigation: some authors have enthusiastically invoked the use of sunstones, lodestones and other navigational tools without having any real evidence for them, so we must await the results of further archaeological research to provide more information in this enthralling saga. Keep digging!

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Ingrid Bergman – the first ‘natural’ Hollywood star

by Brita Green

This year Ingrid Bergman would have been a hundred. To mark the occasion, a documentary film, *Jag är Ingrid* (English title: *Ingrid Bergman in her own words*) was shown at the Cannes film festival in May and premiered in Swedish cinemas in August. Ingrid was a keen photographer herself, so home movies feature in it, and there are contributions from her four children and other family members and friends.

In the film and in her autobiography she comes across as a single-minded (‘If you took acting away from me, I’d stop breathing’), hard-working person, very honest, very energetic, and with a huge appetite for life and for fun. She was impulsive, and said what she thought, and often regretted it. In her professional life, she was very confident, and knew from early on that “her life would be significant”. Privately she was less confident and could, at least in her younger days, be shy and awkward.

Ingrid had not had an easy childhood. Her German-born mother died when she was only 2½. Her beloved father, an artist and photographer, who had always encouraged her love of dressing-up and play-acting and had photographed and filmed her, died when she was 13. But the seeds of acting had been sown, and she was accepted at the Royal Dramatic Theatre School. However, she only completed her first year, having been tempted into the world of films during the first summer vacation.



Photo: pixabay.com/en/ingrid-bergman-actress-vintage-399557

Ingrid was only 21 when she married 30-year old Petter Lindström, a dentist and later neuro-surgeon. He was very supportive, and shouldered all the practical aspects of their life. By this time she had already started to make a name for herself in Sweden. *Intermezzo* (with Gösta Ekman) in 1936 was her real breakthrough, and Hollywood invited her to appear in a remake (with Leslie Howard), which was released in 1939. She returned briefly to Swedish film-making, but was persuaded to go back, so soon after the outbreak of World War 2, Ingrid, Petter and their baby daughter Pia emigrated.

When Ingrid arrived in Hollywood, she refused to change her name or have

her appearance modified: 'That's my name, and this is what I look like'. David Selznick decided to launch her as the first 'natural actress'. 1940-46 was the peak of Ingrid's Hollywood era. She made twelve films in those years and was idolised by the public. She played against all the famous leading men: Humphrey Bogart in *Casablanca* (1942), Gary Cooper in *For Whom the Bell Tolls* (1943), Charles Boyer in *Gaslight* (1944 – her first Oscar), Gregory Peck in *Spellbound* (1945), Bing Crosby in *The Bells of St Mary* (1945) and Cary Grant in *Notorious* (1946). She worked with Hitchcock, she became friends with Ernest Hemingway.

She also appeared on stage. During a press conference in Washington D.C. she protested against racial segregation after seeing it first hand at the theatre she was acting in. She hated the typecasting typical of the star system and was keen to play a variety of roles – 'I came from Sweden where acting meant a certainty of change'. When she saw Roberto Rossellini's film *Rome – Open City* in 1948, his realistic style was a revelation to her. She wrote to ask him if she could make a film with him, not realising how it would change her life.

She arrived in Rome in March 1949, and she and Rossellini fell head over heels in love. A great scandal ensued, especially when Ingrid gave birth to a son before her divorce had come through. She was even denounced in the US Senate: 'Out of Ingrid Bergman's ashes perhaps a better Hollywood will come'. She married Roberto Rossellini in 1950 and settled in Italy. They had twin daughters in 1952.

But there were problems, for example with custody – she did not see her eldest daughter for five years – and there was enormous press interest in everything she did. Her films with Rossellini were not successful. His style, using amateur actors and improvising dialogue, did not suit her. She needed a script. Work often kept them apart: Rossellini worked in India, and she was getting job offers from France and England. Even if the United States finally forgave her for having fallen off the pedestal they had placed her on and in 1956 awarded her another Oscar, for *Anastasia*, she did not want to go back.

When Ingrid then met a fellow Swede who, like her, had lived abroad most of his adult life, and was a theatre producer, they found they had much in common. She divorced Roberto, and married Lars Schmidt in 1958. They lived in France, and spent their summers on an island on the Swedish west coast, near Fjällbacka, where there is now a bust of her and a square named after her. The documentary shows how her Italian children loved their Swedish holidays. The marriage to Schmidt lasted for 17 years, and the main reason it ended in divorce was again that work came first, and work tended to keep them apart.

During the 60s and 70s she worked a lot in the theatre, mainly in Europe (Paris, London, Guildford, New York), and she moved to London. She also made films, and her role in *Murder on the Orient Express* (1974) earned her a third Oscar (this time for best supporting actress). She was a very good linguist. In

the documentary, one can hear her speak fluent German, French and Italian as well as English and Swedish, and she acted in all of them.

Ingrid finally had a chance to make a Swedish film again: Ingmar Bergman's *Autumn Sonata* (1978), in which she played an international concert-pianist. Ingrid and Ingmar – not related – had met briefly on a couple of occasions before they worked together, but there was also another connection: Ingmar's father, a vicar, had not only once confirmed Ingrid, he had also christened her eldest daughter Pia. Ingrid had already had two operations for breast cancer before they began filming, and she feared she may not live very long, but said that she would 'be satisfied with this finale' if she never made another movie. *Autumn Sonata* won the Golden Globe award for best foreign language film, and Ingrid was again nominated for an Oscar for best actress.

She did make another movie, in 1982. It was a TV-film biopic, and it earned her a posthumous Emmy award. In it she portrayed the Israeli prime minister Golda Meir. There were parallels between Golda's life and her own. The associate producer of the project remembers: 'Golda had lymphoma for 12 years and Ingrid had been battling breast cancer for eight. Ingrid only missed a half day of the shooting schedule, and Golda attended cabinet meetings up to the end. They had both felt guilty about leaving their children to pursue careers. Both were hounded by the press, which dogged their every move. And both had an

extraordinary idiosyncrasy of polishing a kettle until it shone like a mirror.'

During the filming she had frequently felt unwell with her spreading cancer and had had chemotherapy treatment, but she was determined not to let her illness prevent her from enjoying the remainder of her life. She died in her home in London on her 67th birthday, 29 August 1982. 'I have had a wonderful life. I don't regret a thing I've done. I only regret the things I didn't do.'

Main source: Alan Burgess, *Ingrid Bergman: My Story*, 1980.



Sauna, an integral part of the Finnish psyche

by Helena Halme

I was three days old when my parents took me into a sauna. It was early spring, and we were visiting our summer cottage near Kangasala in the Häme province of Finland. By all accounts I loved the heat and gurgled away on my mother's lap.

I've been an avid sauna-goer ever since, and one of my great regrets about living in London is that there's no room for one in our small flat.

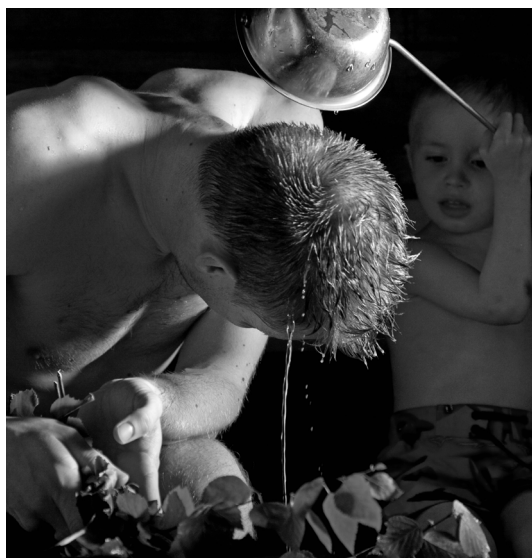
It's a different story in my native Finland, where most new flats come with saunas. If you are lucky to own a summer cottage (many Finns do), there will be a sauna there by a lake, or deep in a forest. There are reputedly some 3.3 million

saunas in the country; that's more than one sauna per two inhabitants.

Historically the sauna first came into being as part of the main dwelling quarter; later it was where you cleaned yourself, where women gave birth, and the dead were washed before burial.

Even today, the sauna is an integral part of the Finnish psyche. There's a Finnish proverb: '*Jos ei viina, terva ja sauna auta, niin tauti on kuolemaksi*'. If alcohol, tar and sauna don't make you better, you are facing death. (Tar was used as a disinfectant in the olden days.)

Sauna is where business is conducted; it was where the long-standing Cold War



Photos: Visit Finland



President Kekkonen had his most secret and important meetings with visiting Soviet leaders; it's where families and friends gather after a long day at work.

As a result of this sauna culture, nakedness in Finland is more natural. However, contrary to popular misconception, it isn't normal for women and men to mix in a sauna (unless they're immediate family). It's also now far more likely that business meetings, and political powwows take place on a golf course. Talking of which, some of the better public saunas I've visited in Finland have been in golf club changing rooms.

It's unlikely that you'll visit a hotel, a sports hall, a home or any public facility in Finland, without a sauna. The Helsinki parliament building has a sauna, as do all the Finnish embassies and consulates around the world.

There are three main types of sauna today: electric, wood-fired and smoke

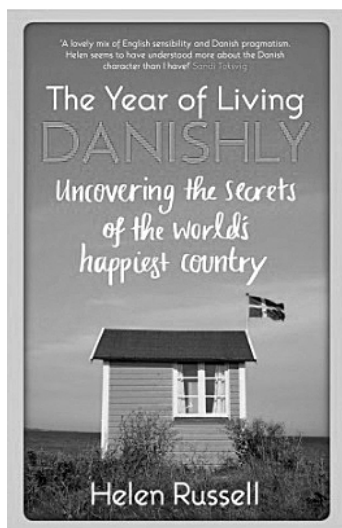
sauna. But to me, there are five main points about a Finnish sauna, whatever the type:

1. A sauna has to be hot.
2. There has to be a bucket of water available to throw over the stones to create steam, or *löyly*.
3. If there's no lake or sea to dip yourself in after a sauna, there has to be an area for quiet contemplation afterwards.
4. You have to be naked in a sauna, but the sauna has nothing to do with sex.
5. Having a sauna is a tranquil process; it's not an activity to be hurried.

So, if a Finn asks you to have a sauna with him – fear not. He's not trying to embarrass you. All he wants is to share something holy with you – so say yes. You might be surprised and become a convert!

Helena Halme is the Chief Editor of *Horisontti* (issued by Finn-Guild) and the author of four novels set in Finland: *The Englishman*, *Coffee and Vodka*, *The Red King of Helsinki*, and *The Navy Wife*.

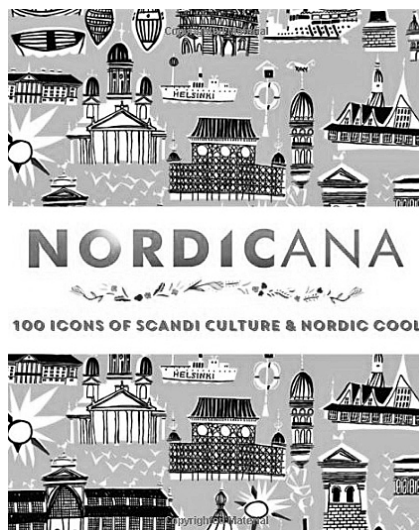
From the bookshelf



From childcare, education, food and interior design to SAD, taxes, sexism and an unfortunate predilection for burning witches, this is a funny, poignant record of a journey that shows us where the Danes get it right, where they get it wrong, and how we might just benefit from living a little more Danishly ourselves.

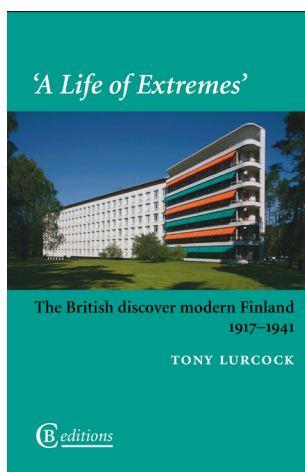
Helen Russell, *The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country*
Published by Icon Books Ltd, Jan 2015
ISBN 978-1-848318120

Helen Russell is a journalist; she now lives in rural Jutland and works as a Scandinavia correspondent.



An illustrated introduction to 100 icons of Scandi style and Nordic cool. The key to attaining the Nordic way of life, whether it is the inimitable Faroe Isles jumper (made famous by TV detective Sarah Lund), the unusual-tasting delicacy salted liquorice, the ubiquitous Swedish Dala horse, the concept of hygge, Midsummer seasonal celebrations, practical but stylish interiors, or an enduring love of noir literature and dramas.

Arrow Film Distributors Ltd and Kajsa Kinsella, *Nordicana: 100 Icons of Nordic Cool & Scandi Style*.
Published by Cassell Illustrated, a division of Octopus Publishing Group Ltd, May 2015.
ISBN 978-1-84403-805-3



This book can be read as an anthology/encyclopedia of British explorers in Finland, for Finnish culture and history, and for the sheer joy of experiencing a new territory.

Tony Lurcock has in a trilogy charted the experiences of the British in Finland over nearly two centuries. The first book described Finland as an outpost to Sweden, the second as a part of the Russian empire, and finally the present third volume *A Life of Extremes* as an independent nation, covering the years 1917-1941.

Lurcock gives here a vivid picture of the new Finland as it was seen in the accounts of more than thirty British travellers. These represented a new sort of visitor, not only exploring the unbeaten tracks in the north but also the 'model democracy' – Finland had become recognised as a pioneer in social policy. More than a few of the travellers made a pilgrimage to Sibelius, including

Noël Coward who encountered some communication problems.

Background research to the book appears impressive. The reader learns about Finnish history, but not more than necessary for an understanding of an individual traveller's situation. Some of these find themselves in precarious positions, such as when interacting across the new Russian border. Arthur Ransome is a noteworthy example; he had established himself both on land (all the way into the inner circle of the Bolsheviks) and at sea sailing in the Baltic from which he drew inspiration for several books.

Late in 1939 the Soviet Union invaded Finland and the Winter War that followed attracted numerous British volunteers, journalists and observers. Harold Macmillan was one of those who visited Finland during this time.

Tony Lurcock *'A Life of Extremes': The British discover modern Finland 1917-1941*. Published by CB editions, Oct 2015.

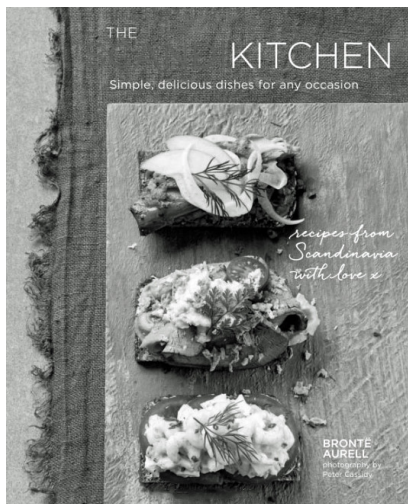
ISBN 978-1-909585-15-7

Tony Lurcock, from Kent, was educated at Oxford. He became lecturer in English at Helsinki University, and subsequently at Åbo Akademi. He returned to Oxford for research, and taught there, and in America, until his recent retirement. He is a member of Anglo-Finnish Society and the author of Not So Barren or Uncultivated: British travellers in Finland 1760-1830 and No Particular Hurry: British travellers in Finland 1830-1917.



York has been England's second city for much of its almost 2000 years of history. This atlas, produced in the Historic Towns Trusts' large portfolio format, traces the origins and growth of the city from its foundation as a Roman legionary fortress c. AD 71 right through to the 21st century, epitomising some of its greatest periods.

Peter Addyman (editor), *York: British Historic Towns Atlas Volume V*. Published by Historic Towns Trust, Nov 2015. ISBN 13: 978-1785701276.



This book features recipes for all occasions and times of the day, ranging from morning buns, light lunches, hearty dinners and indulgent desserts, to bakes and other foods for special celebrations.

Bronte Aurell, *The Scandi kitchen*. *Simple, delicious dishes for any occasion*. Published by Ryland Peters & Small, Sept 2015. ISBN 978-1-84975-654-9.

Bronte Aurell is a Danish entrepreneur; restaurateur and cook; she runs the ScandiKitchen Café and shop together with her Swedish husband.

You can win a copy of the *Scandi kitchen* book and a voucher donated by Bronte Aurell, if you are the first one to answer this correctly:

ScandiKitchen is a popular cafe in which English city?

a. Manchester

b. Sheffield

c. London

Send your answer to: magazine@coscan.org.uk.

Closing date: 31 January 2016.

Anna Sophie's Kitchen

by Anna Sophie Strandli

Photo: Marcus Nilsson/Emerril.com/A S Strandli



Firm pears such as Conference or Bosc are ideal candidates for poaching. You can customize the poaching liquid to suit your taste, adding various spices, fresh ginger, allspice berries, vanilla beans, honey, pomegranate juice and wine. Poached pears can be paired with ice cream (vanilla or caramel is great), sorbet, a favourite cake, raspberries, chocolate sauce, mascarpone cream, caramelized pecans, cheese, etc.

Core pears from the base using a melon baller or teaspoon. Leave the stem intact. Thinly peel the pears, and transfer to water added lemon juice to avoid them turning brown. Combine all ingredients of your choice in a large saucepan. Bring the mixture to a boil and cook for 5 minutes. Lower heat and add pears. The trick is to go slowly. Depending on how hard your pears are this can take from 20 minutes to an hour. Make sure pears are covered in liquid while simmering and flip them around gently to cook evenly. When the pears are tender, cool them in the liquid. Then, remove the pears with a slotted spoon, strain out the spices and, over a medium-high heat, reduce the liquid to syrup.



Pears poached in wine and spices

Picasso's favourite

1 lemon, 8 firm pears, 1 bottle red wine (Beaujolais or Burgundy), 6 tbsp Crème de



Cassis, ½ cup sugar, 2 vanilla beans (split lengthwise), 2 cinnamon sticks, 2 cloves, 6 black peppercorns, 1 star anise, 2 – 3 cups of water.

Poach the pears, cool, place them in a shallow bowl, moisten with some of the poaching liquid (before reducing) and leave in the fridge over night. Pour the (warm) syrup over the pears before serving.



Once pears are poached you can add a handful of dried fruits, such as sour

cherries, cranberries, raisins, figs, apricots or prunes to the still hot liquid. The heat will plump them up nicely. Use white wine or sparkling white wine for the poaching liquid.



Pears and blue cheese

are a classic combination and this dish is a dessert and a cheese course in one.

Red wine poached pears, crumbled Roquefort, syrup, whipped cream, roasted pistachios and fresh mint.

CoScan Trust Fund Reports from travellers in 2014

Internship in Aarhus

by Beatrice Carrigan-Maile

CoScan funding enabled me to travel to Denmark in order to begin a 6-month internship at Aarhus University Press, Denmark. I have currently completed half my internship and couldn't be happier with my choice of location and field of study.

Whilst working at the press I have been able to participate in many of the yearly events that have taken place. Only last week I enjoyed a weekend at the Copenhagen Bogforum, where I helped run the annual book fair. The event is a network designed to bring authors and publishers together, as well as the public, to promote and market recent publications. This was a great experience for me as a maturing editor.

As well as gaining experience in my chosen profession (editor/publisher) I have also enjoyed the cultural change and the many opportunities presented to me as a Danish resident. I am currently taking Danish classes at the university; this is funded by the government and aimed at all new residents. Through this I have been able to meet new people and make new friends.

Denmark is quite rightly the 'world's happiest country', and living in the 'student capital' of Denmark there is always something going on. The international community here creates weekly events to participate in, and once again this is all funded by the government to bring people of all nationalities together. From bike rides to brunch and coffee, the list is endless and it's a great



way to interact with new people, all in the same situation, having moved away from home.

The first month I was here, Aarhus had its famous Festweek. This consists of a week of live music, heavy drinking and all kinds of international food. This week welcomes all new students at the university and fitted in well with my arrival. I've visited Italian and Arabic markets, food and beer festivals, skiing events and many day trips to local outdoor amusements.

I've familiarised myself with how to become a Dane by wearing only dark clothes, dying my hair blonde and tying it up in a tiny bun on the top of my head...

I've learnt how to cycle on the right hand side of the road without getting run over, and I've learnt the basics – *Jeg taler ikke Dansk* (I don't speak Danish) and *Skål* (Cheers).

I've already had a Danish Christmas dinner, which was wonderful, and I'm always up for enjoying new Danish/Scandinavian food. *Leverpostej* and Christmas rice pudding, *Risalamande*, are two must tries!

I want to thank CoScan Trust Fund for funding my travel to Denmark. So far this has been a remarkable experience, and I'm extremely lucky to have had this opportunity.

A month exploring Superkilen

by Annelise Andersen

In December 2013 I came across a striking and entirely unique public space called 'Superkilen' in Nørrebro, Copenhagen. Compiled of three, brightly-coloured segments, each of which is defined by its own character (the 'Red Square', 'Black Market' and 'Green Park') it was unlike any conventional park I had seen before. With more research, I was excited to find that at the heart of its design Superkilen makes extensive use of public participation and aims to reflect the diversity of the community which surrounds it. As soon as I began to study

the layout of its plan, this civic element became all too obvious, as it is filled with outdoor, recreational objects from over 70 countries. As an anthropologist I was curious about this project, imbued as it was by ideas of culture, space and identity. As much as I liked the visual aesthetics of the space and the concept behind it, however, I also found it provocative and couldn't help but wonder how people were responding to it. Left with more questions than answers I decided to use it as the focus of my Master's dissertation.

My decision to study a corner of Denmark was not entirely coincidental as I am Danish on my father's side

of the family. I was born, grew up and have lived in Britain all my life but have spent considerable amounts of time in Copenhagen and Bornholm over countless summers. Danish culture has therefore always felt very familiar to me, and thanks to my father's strong cultural identity I have also been lucky enough to grow up in a home where I was surrounded by Danish interior design and was able to learn about, and practise Danish traditions. The first time I incorporated my Danish cultural heritage into my academic career specifically, though, was by choosing to take my undergraduate degree at St. Catherine's College, Oxford, which is the creation of Arne Jacobsen. I thoroughly enjoyed my time there, and living in a very Danish environment fuelled my passion for learning about the Danish way of life. What I was really interested in doing however was discovering Danish culture independently, and so I couldn't help but jump at the opportunity to use Denmark as my object of study when it came to my postgraduate studies.

Kindly supported by a travel award from CoScan, I decided to stay in Copenhagen for one month in March to April 2014 and my time there was unequivocally brilliant. Not only did I find out vast amounts for my research, but it was a very special experience for me in terms of what I learnt about my own background. My days were spent interviewing planners, local residents and park-users not only from Nørrebro but all over the capital and beyond. I immersed myself in the daily routine of the park, and discovered more than I could

have predicted. It was a very different experience being there in person than researching it at a distance and really brought to my attention the importance of spending time in the field before making interpretations. Briefly, what I surmised was that the park is well-known, but has received split reviews from those who live near it and in wider Copenhagen. This knowledge frustrated me at first and I wondered whether I would ever have a concrete thread for my thesis. As time went on, however, I came to terms with the fact that this project was probably not going to lead me to one opinion, and began to see the value in considering the many it encouraged. After all, by its very nature this park invited comment from people all over the world and celebrated in the rich discussion created by it. Rather than seeing this park as dividing its visitors, I therefore shifted my line of thought to consider its potential in creating a platform for people to share their points of view.

Outside Superkilen my knowledge of Copenhagen was greatly developed during my month there. Being able to explore it for myself opened my eyes to parts of the capital that I never knew existed, and I had a very different perception of the city by the time I left. I feel confident that my Danish language skills improved significantly also, although at one point I was warned that my pronunciation of Superkilen was a little too similar to '*Super-kylling*' (Super-chicken). Although the laughter and confusion that came out of this incident was embarrassing in the moment, at least I know it is a mistake I will not to



make again! Overall, I am so grateful for the generous donation given to me by CoScan to fund this very enjoyable, and very memorable trip. It has inspired me

to continue building upon my knowledge of Danish culture and I look forward to doing so in the future.

Hammerfest: Medicine at 70° North

by Emma Hirons

When I told people that I was going to the Arctic for my elective, everyone asked why I wanted to go to the cold when I could go to the beach. When I arrived in Hammerfest I was asked the same question.

Hammerfest & Finnmark

At 70° N and 600 miles above the Arctic Circle, Hammerfest is the world's northernmost town. The town has a population of 10,000 and is located on an island just off the coast in Finnmark, Norway's northernmost region. The

Gulf Stream means that temperatures in Finnmark are higher than in other regions at the same latitude. As such, Hammerfest boasts an ice-free harbour and was traditionally a thriving arctic hunting port. The weather defines Hammerfest. When the weather is bad it is impossible to get in or out of the town by road, sea or air. The conditions are constantly changing and it is fascinating to watch the weather moving across the bay in front of you. From 14 May this year the sun won't set until 31 July. The winters are long and cold with deep snow from

the New Year well into spring. Despite being short, Arctic summer is warm with blue skies.

It is hard to appreciate just how sparsely populated Finnmark is until you visit. Norway has a population of only 5 million. 75,000 people live in Finnmark, which at 49,000 km is approximately the same size as Denmark and two-thirds of the size of Scotland. This equates to a population density of less than 2 people per square km.

Health Care in Norway and Finnmark

Health care in Norway is tax-funded. Patients pay a minimal fee for hospital consultations and prescriptions, but other care is free of charge. Four regional health authorities are responsible for

health care across Norway. Helse Nord, the northern regional health authority covers the counties Nordland, Troms and Finnmark as well as Svalbard.

Hammerfest Hospital is the equivalent size of a small UK District General Hospital with 95 beds. Its services are tailored to the needs of the community and the staff that it can employ, including General Surgery, Orthopaedics, General Medicine, Obstetrics and Gynaecology, Paediatrics, Intensive Care, Radiology and an Emergency Department. If Hammerfest does not offer specialist services necessary for a case, the patient is referred to the University Hospital of Northern Norway (UNN), 449 km away in Tromsø.

The geography of Finnmark has huge



implications for health care. Patients can travel up to 4 hours by car, bus, plane or boat to reach Hammerfest hospital. The distances people must travel, confounded by the weather and road conditions, mean that providing health care in the Arctic is a real struggle. Primary Care and other community services are relied on heavily to avoid admitting patients to hospital. Extra funding is put towards elective and emergency patient transport, but in a critical situation the distance can be life threatening.

Finnmark is not an easy place to live and it is difficult to recruit staff to work in Hammerfest Hospital, as well as in Primary Care. The few permanent staff in Hammerfest are supported by agency staff and doctors from other parts of Norway and Europe, especially Sweden, Denmark and Germany. In Hammerfest Orthopaedics Department, not one permanent consultant or specialist trainee is Norwegian. Instability in staffing causes difficulties in building up a consistent quality of care when team dynamics are likely to change and when staff satisfaction in the work place may vary. Many different strategies have been implemented to encourage health care professionals to work in Finnmark, including training and financial benefits.

Orthopaedics

My main attachment was to the Orthopaedic Department at Hammerfest Hospital. I was able to join in with all activities in the department. I assisted in operations, put on casts in polyclinic and joined the doctors on call some evenings, weekends and over Easter.

Fractures are the bread and butter of the Orthopaedics Department in Hammerfest. Distal radius and ankle fractures are especially common due to the environment in which people live. It is all too easy to slip on the ice and snow covering Finnmark for three-quarters of the year, especially during the three months of 24-hour darkness. Many patients presented with injuries associated with an active lifestyle or physical occupations.

Snowmobiles are an integral part of both work and leisure in Finnmark. Across Scandinavia there are strict rules governing their use, including limitations on when and where they can be driven and compulsory use of helmets. Drivers must be over the age of 16 and hold a licence. However in Finnmark, maybe because of the vastness of the county and the importance of the snowmobile in some occupations, the restrictions are lifted and those that remain are often ignored. Modern vehicles are incredibly powerful and heavy, reaching speeds over 100mph. Environmental dangers include avalanches and dangerous terrain obscured by the snow. Alcohol is a factor in many accidents. From personal experience, riding as a passenger at terrific speed over the Arctic terrain is incredibly uncomfortable and jarring, not to mention terrifying.

Snowmobile accidents can result in significant trauma. Dislocated shoulders and fractured collarbones are the least of the department's worries. One 18 year old was flown by helicopter from the Easter snowmobile racing with a possible splenic rupture after the handlebar

jammed into his abdomen. A second patient who hit a rock whilst riding under the influence of alcohol dislocated one hip, fractured a finger and had an open tibial fracture. The amount of force required to dislocate a young man's hip is incredible and demonstrates the power of these machines.

The Sami

As a minority population the Sami have long been subject to discrimination. From the 1800s 'Norwegianisation' began in Norway and the Sami were forced to conform to a Norwegian way of life. Not until the 1980s' cultural revival were they able to begin to re-establish their culture through self-determination.

There is little information on the health needs of the Sami compared to Norwegians. They are at higher risk of mental health issues and alcohol abuse due to low socio-economic status, cardiovascular disease due to diet, ligament laxity due to genetic predisposition and potentially stomach cancer due to high intake of smoked reindeer meat. Traditional Sami occupations are very physical so they are also at risk of occupational injury. Common injuries include trapped fingers in trawler nets when fishing and snowmobile injuries in reindeer husbandry.

I was very lucky and privileged to be invited to spend a weekend with a Sami family and their reindeer herd. Staged 'Sami experiences' are sold by tourist companies, but what I got to see and do was the real thing. Reindeer husbandry follows a strict seasonal calendar. During

winter the reindeer graze inland where the weather is more stable and food is available. That weekend in April was time to round up the reindeer and herd them to the coast to graze on fresh grass over summer. Rounding up the reindeer ready for the ten-day journey to the coast is a huge task. The Sami use snowmobiles to round up the herd over the vast *vidda* (mountain plateau) and collect them in a large fence (pen). The reindeer are then brought into the *kirdnon* (central circular pen), fifty animals at a time, so that each family can identify their animals and move them into the family fence. Reindeer are identified by complex markings on their antlers and hides which can only be read by being amongst the herd. When the Sami men standing in the pen see their reindeer they take them by the antlers and drag the animal into the family fence. The biggest fear in this occupation is an antler to the eye; however, eye protection is not used.

Reindeer husbandry is very hard work in tough conditions. My first job was to help fix holes in the fence and put up netting over the fence to stop the reindeer being scared. Unable to tie knots with my gloves on and having to haul around metres and metres of heavy netting, this was easier said than done in the wind and cold. The Sami put their hands inside their jackets every five minutes to stop their fingers developing frostbite. Once the fences were ready and the reindeer were brought into the *kirdnon*, I stood guard at the door to the fence. When the men caught one of their animals I had to open the door to

let them push the reindeer through and close it again quickly to stop the reindeer escaping.

Conclusion

I hope that this report has explained why I chose to go to the Arctic rather than the beach. For the record, I did go for a barbeque at a beach near Hammerfest with the junior doctors, but we were all in our hats and gloves rather than our swimming costumes! I am really glad that I decided to do something different on my own and I have learnt more than I ever expected to.

I not only learnt about Orthopaedics and delivering health care in the Arctic, but I also learnt about reindeer herding, how to prepare the local delicacy Red King Crab and about aerodynamics

(thanks to the pilots flying the ambulance plane!). I explored the nature when skiing, hiking and on long bus journeys to placements. I learnt about the history and culture of Hammerfest and Finnmark through visiting local museums, conversations with hospital staff, joining in with the National Day celebrations and trying the local cuisine. And I learnt Norwegian!

I am very grateful to everyone who made my stay in Hammerfest so enjoyable and special. I have never met such friendly people who were so willing to help. Norway is a VERY expensive country to live in so I would like to thank CoScan for their financial support. It would not have been possible to take advantage of all the opportunities I had throughout Finnmark without it.

Polar bears and glaciers

by Alistair Walker

In the summer of 2014 I took part in an expedition organised by *Students on Ice*, a Canadian environmental and youth charity. I joined over 80 students and 30 mentors and specialist leaders on the expedition vessel, the *Sea Adventure*, on a voyage to northern Labrador and southern Greenland during June and July. I have always had a fascination for the Arctic and love getting into wild places like the mountains around my home. I was really pleased to get the opportunity to visit the Arctic with *Students on Ice* as

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are awarded once a year to people aged between 15 and 25 who are planning a journey of an educational nature to Scandinavia.

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it fulfilled a lifelong ambition to see the landscape, observe the wildlife and see how both the communities and wildlife have adapted to the harsh conditions.

It was in Canada that we saw our first polar bear from the ship. It was very far away and sadly by the time we landed it had moved away. I wish I could have seen it closer. I have seen a polar bear in a wildlife park close to home, but it was so special to see one in its natural surroundings. I could not believe our luck when we saw two more polar bears on the same day, including one that was swimming in the sea when we were exploring the fiord.

I had heard before I went on the trip about the midnight sun and the spectacular sunrises and sunsets, but nothing had prepared me for how spectacular they were. It was well worth staying up through the early hours to experience these stunning lighting effects. When the night was at its darkest the icebergs were silhouetted against a coffee coloured sky. With more light the sky was a kaleidoscope of different shades of yellow, orange, pink, purple and blue. This was especially impressive

when the foreground was sea ice floating on the water.

The expedition crossed the Labrador Sea with many sightings of various species of whales and marine birds. A really magical moment was when we were crossing the Labrador Sea and I was standing on my own at the back of the boat and was surprised by separate groups of fin whales and pilot whales swimming by. Shortly afterwards I saw some seals bobbing along beside the boat and later some otters played alongside.

The expedition landed at Nanortalik in southern Greenland and we then spent several days with the ship heading north visiting communities, exploring the glaciers, observing the Arctic habitats and visiting historic Viking settlements, before the expedition finished at Kangerluusuaq inside the Arctic Circle. I was really impressed by the size of the glaciers and it was fantastic to get the chance to explore them on foot. The scale of them made me feel very small and insignificant. I loved hearing the thunderous sound of the glacier calving into the fiord. It is interesting to think of the long journey the ice makes from

the glacier as an iceberg, until it melts into water far away from where it was born. The pack ice was stunning and impressive too, but it made me sad to see it and think how its extent has declined markedly due to climate change over recent decades. It is a real worry to me that it might disappear altogether in my lifetime.

Walking in the mountains reminded me of home, though the mountains in the Arctic were bigger than the mountains I am used to in Scotland. Whilst we have no glaciers in Scotland left now, in time with climate change, Greenland might start to look even more like a bigger version of Scotland. I was drawn to make comparisons between communities in the Arctic trying to sustain their future and small remote communities like my own in Scotland. Whilst there is a difference in scale, both rely on sustainable use of the natural resources they have and both are increasingly relying on income from visitors. The communities we met along the way were very welcoming and happy to share their experiences with us.

As well as the shore landings and interpretative visits led by the specialist mentors there were talks and workshops every day on aspects of the environment. I particularly enjoyed the opportunity I had to join a specialist workshop on wildlife and landscape photography. I had an interest before I went on the expedition, but I really got into it in a big way and developed my skill level with the help and guidance of the specialist photography mentors on board. They particularly helped me in composing

landscape photographs in an atmospheric way and in creating successful wildlife shots. I was very pleased to get some understanding about how to take macro shots of the Arctic flora, which in places was very prolific.

Summing up my experience in a few words I would say that my expedition to Arctic Canada and Greenland was a once in a lifetime adventure in which I experienced some magical and unforgettable moments in a very special environment and spectacular surroundings. What mustn't be forgotten are the dangers the Arctic faces and the need to take good care of it.

I am very grateful for the financial support I received from a number of organisations.

Donations, please!

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