



North Carolina Vikings

Founded in 2007

Sons of Norway / Vol. 15, No. 6 / August 2022

NC Vikings Lodge 3-675 Supports a Dementia Friendly Society



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2021-2022

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President's Message

See you all at our upcoming meeting –

Saturday, September 17 at 2pm!

Med Vennlig Hilsen,
Asgeir (Andy) Kristoffersen
North Carolina Vikings Lodge 3-675



Upcoming Vikings Lodge Program and Lodge Meetings

Meetings in 2022 will be held at Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) unless noted otherwise.

September 17, 2022

2:00 pm

Items for the Newsletter

If you've got an announcement, or just have something interesting to share with the group, please email Andy Kristoffersen at asgeirkristoffersen@gmail.com or Frank Bell at bellfrank2@gmail.com.

August, September Lodge Birthdays

August 9	Cyrus Buchanan
August 24	Cameron Smith
August 29	Peter E. Helgesen
September 9	Caryl Ott
September 9	Randi Veiberg
September 18	Terri A. Richards
September 19	Erik J. Askeland
September 22	Katherine L. Serumgard
September 30	Janet Loraine Carlson



Help Plan a Meeting

Can you invite a professional, expert or overall fun person to help us with cultural programs at our lodge meetings? Call Andy Kristoffersen or Frank Bell to pick an activity you can line up for the lodge!

North Carolina Vikings Facebook Page

Join the NC Vikings Sons of Norway Lodge 675 Facebook page, set up and maintained by lodge member Terri Richards. Learn all about life in Norway, including Norwegian food, culture and history. It's a great way to keep up with the group between meetings.

Sons of Norway Book Club Update

Sons of Norway Book Club Selections | August – December 2022

All books available from Amazon.com (see descriptions on Amazon)



August 2022 Book Club Selection

Main Read: Norwegian Emigration: Between Rocks and Hard Places by Ann Urness Gesme.

Published: 2004. **This is a special book club evening with the author, Ann Urness Gesme, speaking about her book.**

Synopsis: The author addresses not only the indispensable facts of geography and history, culture and society, but also the often overlooked aspects of daily life that allow us to glimpse the human beings who undertook the incredible journey of migration from Norway to America.

Zoom Meeting/Discussion Date & Time: August 25 7:00 – 9:00 p.m. Eastern Time (no second meeting or mystery book this month due to this being an author talk).

August 25, 2022, 7:00 - 9:00 p.m. Eastern Time Link

<https://uso2web.zoom.us/j/83896224629?pwd=dHlrVmpVZlkrT2hodFZCK2YoVoxyUT09>

or from Zoom website

Meeting ID: 838 9622 4629 Passcode: 462444

****Please RSVP**



September 2022 Book Club Selections

Main Read: The Far Traveler: Voyages of a Viking Woman by Nancy Marie Brown. Published:

Mystery Read: The Land of Dreams (#1 in The Minnesota Trilogy) by Vidar Sundstol. Published: 2008 (Norwegian original)

Zoom Meeting/Discussion Date & Time: September 29 7:00 – 9:00 p.m. Eastern Time 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



October 2022 Book Club Selections

Main Read: Madhouse at the End of the Earth by Julian Sancton. Published: 2021

Mystery Read: The Darkness (Detective Inspector Hulda Hermannsdóttir #1) by Ragnar Jonasson. Published: 2015 (Icelandic original)

Zoom Meeting/Discussion Date & Time: October 27 7:00 – 9:00 p.m. Eastern Time 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



November 2022 Book Club Selections

Main Read: Giants in the Earth by Ole Edvart Rolvaag. Published: 1927

Mystery Read: My First Murder (Maria Kalio #1) by Leena Lehtolainen. Published: 1993 (Finnish original)

Zoom Meeting/Discussion Date & Time: November 24 7:00 – 9:00 p.m. Eastern Time 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



December 2022 Book Club Selections

Main Read: For the Love of Cod by Eric Dregni. Published: 2021

Mystery Read: The Redbreast (Harry Hole #3) by Jo Nesbo. Published: 2000 (Norwegian original)

Zoom Meeting/Discussion Date & Time: December 29 7:00 – 9:00 p.m. Eastern Time 7:00 – 9:00 p.m. Eastern Time and 7:30 p.m. - 9:30 p.m. Mountain Time



**To join the Sons of Norway Book Club,
send an email to SonsofNorwayBookClub@gmail.com**



10 Highlights of the National Museum in Oslo, Norway

<https://www.lifeinnorway.net/national-museum-highlights/>



The new National Museum in Oslo has opened its doors to the public. Here are 10 must-see exhibits to check out when you visit.

After many years of development including several lengthy delays, the new National Museum of Norway is finally open to the public. The 'big, grey box' as it has been dubbed by critics holds few clues as to the contents.

The new museum replaces four previous buildings including the former National Gallery. It's home to more paintings, contemporary art, and design and crafts from the full collection than ever before.

“Norwegian politicians decided to bring these four collections into one to have an institution that was able to tell the whole story from antiquity up until today about visual arts and culture”, said museum director Karin Hindsbo.

As with the new Munch Museum, the building's exterior has caused some controversy. It stretches out behind the Nobel Peace Centre so you don't actually appreciate the building's full size from any one angle.

With 13,000 square metres of exhibition space, Norway's National Museum is bigger than Amsterdam's Rijksmuseum and Bilbao's Guggenheim. That presents a challenge for visitors in knowing what to see.

Reindeer skull curtain – a Sami protest against Norwegian policies



There is a large amount of artwork born out of protest on display in the museum. One of the most impressive, thought-provoking and controversial, is actually on display in the foyer.

Guests are greeted by a tapestry made up of 400 polished reindeer skulls–pierced by bullet holes–by Sámi artist Máret Ánne Sara. It has been used as a Sámi protest symbol against policies of the Norwegian state for many years.

Edvard Munch room

Without doubt, the number one attraction for the new museum is the return of the Edvard Munch room. While the waterfront Munch Museum takes a deep dive into the artist and his work, the Munch room presents the highlights.



As Norway's most famous artist, Munch's room is understandably popular. But as with the old national gallery, it's much easier to see his famous works such as The Scream in relative peace compared with other art museums in Europe.

Lena Trydal's Royal paintings



Up at the top of the museum is the vast Light Room, by far the biggest temporary exhibition space in Norway. Several pieces in the inaugural exhibition 'I Call It Art' are eye-catching, but none more so than the colourful work of Norwegian artist Lena Trydal.

It's rare to see Royal portraits looking anything other than super formal, so these tongue-in-cheek portraits were a welcome sight.

Norwegian fashion designers

Norwegian fashion is profiled to a bigger audience than ever before in the new museum. I knew next to nothing about fashion in Norway, so it was an interesting learning experience for me.

Pieces from renowned Norwegian designers including Per Spook and Peter Dundas are on display, together with younger designers who are quickly establishing a reputation in the fashion world. In another room, numerous items from the royal costume collections of Queen Maud and Queen Sonja are on display.



Read more here - <https://www.lifeinnorway.net/national-museum-highlights/>

Telenor: The Number of Foreign Tourists Visiting Trolltunga Increased by 68% This Year

<https://norwaytoday.info/category/travel/>



Figures from Telenor show that 68% more foreign tourists are visiting Trolltunga this year compared to 2021.

“According to our data, we see that the national mobility, i.e., the movement pattern in society, is at 90% of what it was before the pandemic broke out. It is a clear indication that we have taken everyday life back,” researcher Kenth Engø-Monsen in Telenor Research told the newspaper Hardanger Folkeblad.

When it comes to the movement patterns at Trolltunga in Hardanger, Telenor states that 68% more foreign tourists have found their way to the tourist destination than at the same time last year.

Geiranger has experienced the largest increase in the proportion of visitors from abroad on a country-wide level – an increase of 448% compared to last year.

Norway Hits Export Record Amid Soaring Gas Prices

<https://apnews.com/article/russia-ukraine-global-trade-norway-26475d6d723d3bebebb009bd781dfcc7>

Norway’s exports reached a record in July, driven mainly by natural gas prices that have soared since Russia’s invasion of Ukraine.

The Scandinavian country’s statistics agency on Monday said Norwegian exports reached 229 billion kroner (\$24 billion) last month, 0.4% higher than the previous record set in March this year.

Norway’s trade surplus of 153.2 billion kroner (\$15.8 billion) also was the highest on record.

Norway, a major producer of offshore oil and gas, has seen energy exports surge as European countries scramble to find alternatives to Russian energy in response to Moscow’s invasion of Ukraine.

Since the invasion, the EU has approved bans on Russian coal and most oil to take effect later this year, but it did not include Russian natural gas because the 27-nation bloc depends on gas to power factories, generate electricity and heat homes.

However, Russian President Vladimir Putin has weaponized gas exports to pressure the bloc into reducing its sanctions over the war in Ukraine or to push other political aims. The EU has been left scrambling to fill gas storage ahead of winter, when demand rises and utility companies draw down their reserves to keep homes warm and power plants running.



A New Look at Lemmings

<https://www.sofn.com/blog/a-new-look-at-lemmings/>



Norwegian lemmings inhabit the tundra and fells of Norway, the northern reaches of Sweden, Finland and the Kola Peninsula of Russia. These round, six-inch rodents—called *lemen* in Norwegian—do not hibernate. They happily tunnel under the snows of the harsh, Arctic winter, seeking out their favorite foods: sedges, grasses and mosses. When summer breezes melt their icy hideaways, they migrate south, where their patchy black, orange and yellow fur stands out brightly against the rocky landscape. They are neither nocturnal nor

diurnal, randomly dividing their time between frenetic foraging and power napping.

The lemmings of Norway are not meek. They do not run and hide when facing danger. You can find several videos online featuring one going head-to-head with a very confused predator. They charge forward, baring their long teeth and emitting supersonic squeaks, declaring, “Stay away. I bite. I bite hard. Don’t mess with me. Just go away. Go away now.” You can watch a sample of this behavior in a video titled [Fearless attack lemming](#). While intimidating, this display doesn’t always work. Lemmings are a very important food source for several creatures, including the Arctic fox, which is endangered in Norway.

Lemming numbers fluctuate wildly, and every 3 or 4 years, there is a population explosion. Floods of wayward lemmings run amok in every direction. They are usually solitary creatures, except when mating, so having so little personal space must be especially stressful for them. They roam far and wide, migrating across long distances to explore new lands, and frankly, just to get the heck away from each other.

These wild population outbreaks have led to several myths. In the Middle Ages, it was conjectured that the rotund rodents fell from the sky during thunderstorms and then dissolved into the earth with the emergence of spring grasses and flowers. The Walt Disney corporation infamously perpetuated another legend, that lemmings purposely commit mass suicide in reaction to overpopulation. Sadly, a production team intentionally flung a herd of lemmings off a cliff to their deaths, just for the opportunity to film a scene for the supposed nature documentary of 1958, “White Wilderness.”

You do not need to invent drama to enjoy these fierce and adorable creatures. Learn more about the fascinating Norwegian lemming and its environment in this short film, [“Lemming – The Little Giant of the North.”](#)

Glacial Archaeologists Find Arrow in Melting Ice

<https://www.jpost.com/archaeology/article-715159>



Glacial archaeologists in Norway found their first arrow of the season, which is approximately 1500 years old, according to the Glacier Archaeology Program of the Innlandet County Municipality.

The archaeological site, mountainous Oppland in southeastern Norway, generally yields four types of artifacts according to their website: arrows, bows, spears and scaring sticks. Scaring sticks, meter-long wooden sticks with objects attached that moved in the wind, were used to scare reindeer toward paths easily accessible to hunters.

Archaeologists in the past have also found preserved prehistoric skis, a Bronze age shoe and a lost Viking settlement containing sleds, dead animals, clothing and household items at these glacial mountains.

The oldest arrows found at the site date back to the Early Neolithic period, 4000-3700 BCE. This latest arrow was round between loose stones, likely transported from further up the slope as the snow melted and the water trickled down the mountain.

Per the organization's Facebook page, the arrow had likely been exposed a number of times in the past.

“The fletching is gone and the sinew and tar is not perfectly preserved. Still,” the post continues enthusiastically, “the preservation is pretty awesome.”



Hot Smoked Salmon Salad

<https://seafoodfromnorway.co.uk/recipes/salmon/hot-smoked-salmon-pasta-salad/>



INGREDIENTS

- 400 g Norwegian Salmon Fillet
- 400 g Fusilli Pasta
- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- Spinach
- Cherry Tomatoes
- Extra Virgin Olive Oil
- Salt & Pepper

DIRECTIONS

Cook the Norwegian salmon fillets as directed.

Cook the fusilli as directed.

Chop the cherry tomatoes into quarters and roughly chop the peppers into approximate 1/2" cubes.

Roughly break the cooked Norwegian salmon fillets into chunks.

Toss the fusilli, salmon, tomatoes, peppers and spinach in a bowl with the oil. The spinach will slowly wilt with the heat.

Season to taste and enjoy!

Find out more about Sons of Norway!

Sons of Norway Website	https://www.sofn.com/
Facebook	http://www.facebook.com/groups/SonsofNorway/
Twitter	http://twitter.com/#!/SonsofNorway
LinkedIn	http://www.linkedin.com/company/2080826

... and here are some informative Genealogy Websites!

A comprehensive list of sites related to Norwegian-American genealogy.

<http://homepages.rootsweb.ancestry.com/~norway/>

Oldest church registers in Norwegian Parishes. Shows the year in which different parishes began keeping church records.

<http://www.nndata.no/home/jborgos/register.htm>

<http://www.cyndislist.com/norway/>

List of sites related to Norwegian-American genealogy

The National Library of Norway, including Norwegian newspapers / <http://www.nb.no>

The Norwegian Emigration and Genealogy Center / <http://www.emigrationcenter.com/index.cfm>

Norwegian National Archive. Includes the 1660, 1801, 1865 and 1900 censuses / <http://digitalarkivet.uib.no/cgi-win/WebFront.exe?slag=vis&tekst=meldingar&spraak=e>

Search amongst 16,000 documents from Norway during the period 1050 – 1590 /

http://www.dokpro.uio.no/dipl_norv/diplom_field_eng.html

And here are some interesting sites related to travel to Norway / Scandinavia –

Norway's Official Site	www.Norway.org
Royal Norwegian Embassy, Washington D.C.	http://www.norway.org/embassy/washington/
Royal Norwegian Consulate General New York	http://www.norway.org/News_and_events/CG-New-York/
Norway's Travel Requirements .html	https://travel.state.gov/content/passports/en/country/norway.html
Hurtigruten Voyages	http://www.hurtigruten.us
Viking River Cruises	http://www.vikingrivercruises.com
Norwegian American Genealogical Center & Naseth Library	http://www.nagcni.org
Vesterheim Museum	http://vesterheim.org/index.php