



May - June 2021

sofnedmonton.ca

Edmonton, AB

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## President's Message

It is spring. We welcome the beauty and the activities that we can enjoy in the outdoors. As I write my message, I think about all the usual activities that we are all missing. We have the special memories. Let's hope for a return to normal with GOOD TIMES in person at Sons of Norway events near and far. With the ongoing pandemic restrictions we can only embrace our best memories.

I mai feirer vi Syttende Mai. I år hvordan vil du feire? Lag en spesiell matbit, ta din beste drikke og skål vårt vakre norske flagg.

How will you celebrate Syttende Mai 2021? Be Norwegian, wave Norway's beautiful Flag or flag coloured ribbons! Please set aside a part of your day for our Solglyt Lodge Zoom Celebration on May 17, 2021. Everyone is welcome – young and old. I plan to wear my Buna. For our meal, Jim & I will enjoy a Lefse Dog with potato salad and a Beer, perhaps some Aquavit. Together be ready with your favorite beverage for Skål and Shout Hurra Hurra. Our program is short but includes messages from special people. Most of all - stay and visit for a while, share a few words on why you love Syttende Mai. Children are welcome too. Do a little research and tell us what you know about Norway's Flag Day.

**See our Solglyt Syttende Mai poster on page 2, save the date!**

Now we are enjoying the warmer days of spring. Just think about this data 'In Edmonton & area we have only 7 hours of daylight for the shortest day of winter and up to 17 hours in the days around summer solstice! Edmonton averages more hours of sunshine than any other major city in Canada'

Don't forget to celebrate Mother's Day. Make her day Special. I look forward to my annual walk with my daughter on the trails at one of our favorite places – Clifford Lee Nature Reserve near Devon. It is such a treat to see the beginnings of new growth



and bird watching. I have a Mother Goose Story in Nature. On my walk recently, I saw a pair of geese in our icy acreage pond and they were covered in snow. Then on a sunny day out for a walk and the geese left Sylvia & Jim's Pond. Why? I don't understand them leaving the serenity of our country Pond and move to the City. I have to believe – Ingrid showed a photo of Mother Goose nesting in her Flower Pot! She said the Gander is being vigilant on duty except for a short time when she counted 4 eggs. Ingrid looks forward to the little ones taking swimming lessons in their urban swimming hole. **See photos on page 4.**

It has been great to see many of you attend our monthly Solglyt Zoom sessions. It is our time to share a few stories and keep connected and even attend to needed business. Let us know if you are missing one another over the summer and we can set up more Social Zooms.

Words of appreciation to members who look out for those who need your assistance in some way. Be good to one another and enjoy the best seasons of the year living in Alberta. Have a wonderful spring and summer.

Gratulaerer med Dagen on Norway's Syttende Mai.

**Hilsen Fra Sylvia og Jim**





Upper left: Solglyt Syttende Mai 2011 group photo, Right: children dancing. Lower left: Kransekaker.

## Solglyt Virtual Syttende Mai Festivities

May 17th celebrations via Zoom - assembly at 5:45 pm, program at 6:00 pm  
The Zoom link will be emailed to you earlier on the 17th.

Solglyt Lodge acknowledges the COVID-19 public health restrictions.

• Solglyt's 2021 Syttende Mai activities will not take place at the Dutch Canadian Centre/Home of the Scandinavians. COVID-19 and virus variants make this wonderful annual event impossible. We strive to stay safe!

• We can still celebrate in our own way. Where's the ice cream?!

• Hoist the Norwegian flag, wave paper flags, shine up your jewellery and then join each other on Zoom. Your favourite photos could be added to our photo gallery.

**Brenda Carlstad, Publicity**  
[info@sofnedmonton.ca](mailto:info@sofnedmonton.ca)

[sofnedmonton.ca](http://sofnedmonton.ca)







## Norwegian Honorary Consulate Edmonton

I look forward to Norwegian Constitution Day on the 17th of May every year. As a kid it was mostly for the ice cream. As an adult life it brought a day of identity, community, remembrance and celebration. As an emigrant and family father, these feelings have grown even stronger. "Syttende Mai" is an annual reminder for all of us far away from Norway to celebrate our heritage with family and friends. As your consul for Northern Alberta, I always look forward to bringing greetings from the Royal Family and Foreign Affairs to mark the occasion. More importantly I enjoy getting together with known and new faces to celebrate something we all have in common (and the Norwegian treats are pretty nice too!).

This last year has been different. As we approach the big day, we do so after months and months of isolation, and unfortunately will not be able to get together in person again this year either. However, we keep the traditions alive and look forward to getting back to more normal for next year. Remembering our values and the foundations our society is built on remains more important than ever. This is something to celebrate every 17th of May regardless of the circumstances.

I hope that you all will take the opportunity to celebrate your Norwegianess and what it means to be Norwegian-Canadian on this special day. The pride. The heritage. Our past and our future, maintaining the strong ties between Norway and Canada. Even though you may be confined to your backyard or your house, I hope you will take the time to put on a ribbon, to wave a flag, to sing a song, to eat hot dogs and ice cream, and to march and shout. Connect with family and friends through a call, zoom, skype, teams, facetime, or whatever tool you use to socialize these days. Teach your children why this day is special and everything it stands for. So, even though we may celebrate the 17th of May separately, we still celebrate together, across social distancing



boundaries, and across the ocean.

Here's wishing you and your friends, family, and loved ones a very safe and happy 17th of May celebration.

Gratulerer med dagen.

Hurra! Hurra! Hurra!

**Bjørn Morisbak**

**Honorary Consul  
Northern Alberta**

**Bjørn Morisbak, Royal Norwegian Honorary Consul, Northern Alberta, raises the flag at 2019 "Syttende Mai" festivities.**

## Oslo: Video Links - If Only We Could Be There!

• <https://www.youtube.com/watch?v=oxe6-Af7HNA>

- 17. mai toget i Oslo 2019/17 May parade in Oslo 2019
- 12 minute video
- Some great marching music

• **HMKG 2018 - 17. mai på NRK - 2018-05-17 Oslo**  
<https://www.youtube.com/watch?v=sf1XhpRjpAM>

- ans Majestet Kongens Gardes Musikk- og Driltropp
- His Majesty The King's Guard Band & Drill Team

- 19 approx, @14:44 min for King & Queen appearance

## More 17.mai.2021 – Webinar – Noon (CT)

Vesterheim – National Norwegian-American Museum & Folk Art School <https://vesterheim.org/program/syttende-mai-2021/>

Join Vesterheim online for a free, lunchtime webinar as we celebrate Syttende Mai, Norway's Constitution Day, with friends from Norway and the United States!





Solglyt Barbeque 2019 - 'The Guys'.

## Solglyt Barbeque – Similar to Barbequing in Norway



Solglyt Barbeque 2017 - (L to R) Roger Bruce, Peter and Bjarne Myhre.



Solglyt Barbeque 2019 - (L to R) Carole Parker, Linda Care, Betty Thomson and Sue Norum.

When spring comes and the weather is good outside, the barbecue season (BBQ) starts in Norway. Most people have an electric barbecue. It is most popular to grill summer chops (which are smoked), and grilled ribs and grilled sausages are great. Norwegians are grilling chicken fillet and fish as well, but it is not quite so common.

Accessories for the meat are: 1) Potato salad (which is purchased ready-made in the store), 2) Grilled corn on the cob 3) Tossed salad. The salad includes Chinese cabbage / coleslaw, tomato, cucumber, corn, paprika and pineapple. We put in the salad what we have in the fridge of the different ingredients. In addition, we use round potato loaves and possibly sausage bread for the sausages.

You are wondering about grilling in Norway? It is no different than in Canada. Norway is a country that takes on different kinds of foods from all countries. People grill their food as they are travelling on the road with their camper or trailer. Also at home too if the weather is good. We have a lady on TV in the mornings that makes and shows how to make different kinds of foods from the different parts of the world. Like pizza is a big hit here along with taco that is said to be eaten on a Friday. One can say the old fashion Norwegian food has changed a lot over the years. This is because people have been travelling to different countries and eaten all kinds of food and have taken new ideas back here.

People were eating a lot of fast foods at the start of the pandemic. Now people have been kept at home and are more interested in making food that take time to make but is healthier.



Icy pond geese.



Empty tranquil acreage pond.



Ingrid's flower pot goose.

## Solglyt Lodge Norske Class

Solglyt's Norwegian conversation class moved to Zoom during the pandemic, on the 3rd Saturday of the month. We have 16 members that participate on a regular basis.

I don't often give homework, but last month the class wrote a small paragraph on about the weather.

**For next class, and only for fun, they are supposed to make the "Heavenly summer cake"- see recipe page 16.**

**Anita Brown**

### Homework from April 17th Class

\*\*\*God dag! Det er varmt i dag i våren. Sola skinner og jeg er glad. Jeg drikker vann ute. Liker du våren?

\*\*\*Jeg elsker varen. Traerne er i blomst. Alle blomstene blomster og sangfuglene har kommet tilbake. Alt blir bra

\*\*\*\*Jeg liker sommer når det er varm og sola skinner. Jeg liker ikke ha på meg vinter klærer. Jeg liker alle grønnsaker og frukt i hagen

\*\*\*En mars min hjem er kaldt. Jeg måtte ha på meg en jakke og hansker. En arbeider tilbakestilte termostaten min og fjernet filteret. Min hjem er varmt nå. Lørdag det snør.

\*\*\*det er fin vær edag. je se golfers spille pa Derrick Golf Course. det er ingen sky pa bla himmel og ikke vind edag. det blir regn i morgen

\*\*\*Våren er min favoritt tid på året. Fuglene kommer tilbake, gresset blir grønt, planter begynner å blomstre, og været er varmt. Ikke mer snø!

\*\*\*Jeg liker været i dag. Sola skinner og det er varmt. Jeg liker å jobbe i hagen om våren og sommeren. Jeg liker det når hagen og gresset er grønt.

\*\*\*God Middag. Jeg liker var. God Paske.

I dag er det solskinn. Jeg liker varm Sol.

I dag er varm. Det er fint. Sol skinner, og det er varmt.

\*\*\*God ettermiddag. Været er sol i dag, men i morgen forventer vi snø.

\*\*\*Hvordan er været idag i Victoria?

Det regner ikke. Det blåser ikke og det er ikke kaldt. Sola skinner og det er 17 grader.

Det er fint vær i Edmonton. Det snør ikke. Det er ikke deprimerende. Det er varmt og vakkert. Det er 17 grader.

\*\*\*Jeg skal snakke om sommeren. Sommeren er vakker. Noen ganger hører jeg torden og ser lyn.

Jeg liker sommerens skjønnhet. Grønnsaker er klare til å plukkes. Blomstene er pene med farger. Jeg kan plukke bær også

\*\*\*Det blir bra på søndag. Sol og blå himmel!



## Amazing Pencil Art Work by Tommy Nilssen – Bardufoss – Northern Norway

The following art work has been completed by Ingrid Zukiwski's second cousin, Tommy Nilssen. Tommy is a paramedic by work and has recently begun drawing pictures of animals in his free time. All his work is completed with only pencil crayons. Art work is another way Norwegians are known for expressing their love of Nature. Ingrid wishes Tommy and his wife could come to Alberta and for a visit some day.

**Klem fra Ingrid**



### 7 Nordic-Inspired Ways to Celebrate Warmer and Longer Days

*As mid Spring gives way to warmer temperatures, here are some Nordic-inspired ideas to celebrate the lengthening days.*

- 1. Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.*
- 2. Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.*
- 3. Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you haven't seen in months or years and ask "what's new?"*
- 4. Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some flowers like started to pop up?*
- 5. Is there a cultural skill you want to explore this year? Consider a skill you're curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.*
- 6. Fill a bird feeder and your bird bath. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?*
- 7. It's been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!*



## Stamp Club

We need more stamps, please be sure to save stamps from any mail you might receive. They may be dropped off or mailed to:  
**Elaine Domier, 11759 – 37 Ave., Edmonton, AB T6J 0J3.**

If you can't get them to Elaine, please hold onto them. Bring them to a membership evening when we are able to meet again.



## When Life Gives You Potatoes ...Make Lefse!

It is a challenge to find Norwegian related products. My sister, Marilyn, has been busy with her graphic arts, with a nod to her Norwegian roots. Plus, if you know of any other designers or companies that you think our members will be interested in, just let us know. Takki!

Just scroll down for the examples.

<https://www.redbubble.com/people/carlstad/shop?artistUserName=carlstad&collections=1250572&iaCode=all-totes>

Enjoy. This is a U.S. company, that will print many designs from t-shirts to shower curtains.

**Brenda Carlstad, Publicity**  
[info@sofnedmonton.ca](mailto:info@sofnedmonton.ca)

## Spread Some Sunshine

**Karin Jackson**, Sunshine Director, would like to remind members to be in touch if someone you know needs to be remembered. It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss. **Karin's email is [lesandkarin@hotmail.com](mailto:lesandkarin@hotmail.com)**



## Trollhaugen Camp

Plans for Trollhaugen Camp 2021 are underway, however holding camp will be dependant on Covid-19 and the decisions of Alberta Health Services.

If you are interested in coming to camp I urge you to complete the Admission forms and send them in as soon as possible, the forms are available on our website <http://www.trollhaugenalberta.ca/>, go to the 'Admissions' tab and download the forms (they are fillable).

Our registrations are on a first come first served basis so early submissions are best. Application deadline is May 31st.

There are a limited number of Youth Development Awards available, if you would like to have your child/grandchild sponsored please be sure and complete that form and submit it as well.

A \$30.00 per person registration fee is required, it may be sent via e-transfer or a cheque along with your completed admission forms. If camp is cancelled your deposits will be fully refunded.

If you have questions about Trollhaugen camp give me a call. **Helen Evjen 780-417-5157.**



**Trollhaugen camp participants take part in a variety of cultural activities.**





**Trondheim church.**



**Lunch at Markerville.**

## Fun times for Solglyt Lodge

Soon, I hope, we will be able to plan field trips for our club. In the past we have gone to interesting places such as a tour of the Scandinavian community around Camrose, the Danish Museum and also Trollhaugen Camp. They were fun and filled with tidbits about the countryside, and the places we were visiting. So, I am thinking about perhaps one or maybe two different field trips or perhaps a combination of both:

1. Roger and I attended at Ellis Bird Farm east of Lacombe for an adventure. Oh, what a wonderful place to visit. Great walking paths, lots of information about the migration of birds, a very peaceful and welcoming atmosphere. It has a large information center with clean bathrooms. There is a small tea house on site but it wasn't open when we were there. Suitable for all walking styles. Many benches to sit and enjoy or for the more adventurous explore the surrounding sanctuary. Picnic area if we wanted to use.
2. A visit to the Laft Hus in Red Deer, Alberta;
3. Janina Carlstad recently spoke of her development of Haminga, a Nordic designation, at Lesterville, Alberta. It is close to Dickson, Alberta (Danish Museum), Markerville and Stephanson House so we could visit those places. Although Haminga, (Icelandic for Happiness) is currently under construction, slides show some very interesting things. Janina did say that we would be welcome any time but we would have to touch base with Janina about our visit to Haminga.

If you have any other ideas for field trips, please let me know. So, Sons of Norway members start dreaming of a time when we can do this. If you would like to provide me with more ideas, please let me hear from you at [rsbruce@shaw.ca](mailto:rsbruce@shaw.ca)

**Sharon Bruce**

## Scandinavian Heritage Society



Once again, Covid has derailed our plans and we will not be going into the 2021 Heritage Days at Hawrelak Park the long weekend in August. Although the Province has sent a letter to the Edmonton Heritage Society advising that they were very hopeful the current restrictions would be removed by the end of July, we felt it did not give us enough time to properly organize our pavilion. Hopefully next year. We will, however, be entering a virtual cultural presentation in this year's Heritage Days which Brenda Carlstad is putting together for us. Another set back for us this year was the theft of our trailer containing the dance floor and our figurehead bar. Through our insurance, we are working hard to replace these items

The virtual presentation by Brenda ensures we will continue to be one of the full time members at Heritage Days since 1977. We are one of ten countries who have the privilege to have this designation. We have won multiple awards over these years from first place to honourable mention. One of our Sons of Norway members, Karin Jackson, has been part of our pavilion at Heritage Days since the beginning and we are proud of her contribution to our pavilion.

The Edmonton Heritage Society is also UNESCO/CIOFF. It is a member of the International Council of Organizations of Folklore Festivals and Folk Arts (CIOFF). This



**Heritage Festival 2019 - Scandinavian Heritage Society took home three awards: First – Vignette, Second – Food, Third – Arts and crafts.**

makes the Festival an "Intangible Cultural Heritage Asset" with CIOFF's Sponsor UNESCO and allows us worldwide recognition and marketing opportunities.

The Scandinavian Heritage Society consists of a combination of five countries, Iceland, Norway, Sweden, Finland and Denmark. It is very important that we have representation from all of these Societies and would ask that you seriously consider volunteering to become part of our Society.

In the past few years, the Sons of Norway members have been added to the Swedish and Danish list to meet the requirements of our

Bylaws. Hopefully we can attract more members from these communities.

Once we are able to, hopefully in October, we are planning to have a get together to welcome new members. Many of our members have been on the Board for years and we are very proud to not have the same cultural theme every year. Over the years we have made many changes to our food. We are starting to run out of ideas so we would appreciate your helping us to keep this ongoing. If have any questions you can get a hold of me at [rsbruce@shaw.ca](mailto:rsbruce@shaw.ca)

**Roger Bruce**



**Janina Skutle Carlstad, a Solglyt Lodge member, shared some culture items at the April Zoom membership meeting.**

Beginning with a short presentation on two folk instruments from Norway, Janina explained how both her Kravik Lyre and overtone flutes were constructed and followed that with a brief demonstration of each one.

Very fond of the overtone flutes, Janina seems very pleased to have an award winning set of five flutes made by Nature Instrument artisan, Magnar Storbekken, from Tolga, Norway. Magnar has carefully created these overtone flutes (which produce an ethereal breath sound, rather like mountain winds) from elder wood (one of Janina's favorite woods for flutes), rowan or mountain ash, and topped them with birch. The main mouthpiece of the flute has only one hole and sound is created through a vibrato like playing and stronger or lesser breathing to play the variety of notes. Part of what made this particular overtone flute an award winner, is that Magnar made one mouthpiece to fit over each of the five tubes in the scale of C,D,E,F, and G. Janina enjoys travelling with it and finds it perfect for outdoor dances or calling out over a valley or open space.

The second instrument Janina shared was the Kravik lyre, so named because it was found on the Kravik farm in Numedal, Norway back in the 1600's. It is one of the most complete lyres found, and many replicas of it have been made by skilled lyre-maker Sverre Heimdal. Janina's lyre is made by the well-known lyre maker, Michael J. King, from the UK and is made of spruce, cherry, and apple wood with fluorocarbon strings (for easier tuning rather than gut) that can be plucked singly or in chords.

Then Janina went on to show a power-point presentation about land she has bought in Central Alberta, an hour west of Red Deer. She has called her new space, Hamingja – pronounced HAM-ing-ja, which is an Icelandic word for "Happiness". She and her partner, John Fletcher, are enhancing this boreal forest area with duck and bluebird nesting boxes, bat houses, butterfly houses, and many opportunities for pollinators in this area that also serves as a wildlife corridor. Both musicians and people who enjoy many cultures and cultural experiences, Janina and John have added a strong focus on Nordic traditions, décor, and Viking themed projects to their land. They recently made a special flag pole for raising the Norwegian flag alongside the Alberta and Canada flag on the pier of their trout pond. They are setting dragons on the peaks of some of the buildings around the property, and rooms throughout the house are given names in Norwegian or a Nordic context. Janina has put together a small library of sagas, language study books, Norwegian folklore and a host of Viking books. The couple are collaborating with a local log house builder to create a Viking themed picnic shelter Janina



## Janina Skutle Carlstad Introduces Solglyt Lodge Members to Norwegian Folk Instruments

fondly calls Skogsveien and the trout pond also sports a Viking themed goose or duck nesting island built by John. Sustainability is a project in itself and John and Janina are working hard to re-introduce a few native plants and flowers for pollinators and the bees (John is trying his hand at bee-keeping this year) as they work up their garden space and berry patch. The couple are also excitedly working with some large stones to create a stone circle which Janina calls Solringen – The Sun Ring, and this particular project is influenced by Janina's Irish and Scottish heritage and her travels to those countries.

So, there is lots going on at Hamingja and it will be a busy place for a few months as things get sorted out and built. At some point in the next year or so, when pandemic restrictions lift and our world is in a healthier place, Janina and John would enjoy hosting a field trip or cultural activity, ie Summer Solstice at Hamingja. Stay tuned! Hamingja is also found as a Facebook page of that name.

**Above: Kravik lyre.  
Below: Overtone flutes by Magnar.**





Do you share any of these habits?

# 18 Totally Norwegian Habits



From conversation and punctuality to food and fitness, we're bringing you a list of Norwegian habits.

Before we get to the good stuff, let's clarify our subject matter by looking at some definitions of the word **"habit"**.

**Cambridge:** *Something that you do often and regularly, sometimes without knowing that you are doing it*

**Dictionary.com** *An acquired behavior pattern regularly followed until it has become almost involuntary*

**Macmillan:** *Something that you do often or regularly, often without thinking about it*

**Merriam-Webster:** *A settled tendency or usual manner of behavior. An acquired mode of behavior that has become nearly or completely involuntary*

**Oxford:** *A thing that you do often and almost without thinking, especially something that is hard to stop doing. Usual behavior.*

And now, let's get into some of the human habits prevalent in Norway.

## 1. Long pauses in conversation

One characteristic that may be odd to foreigners is the long pauses that are woven into Norwegian conversations. After the laughter, storytelling, and chats about life, don't be surprised if a seemingly lengthy silence follows.

The silence isn't awkward to many Norwegians, though! On the contrary; it's comfortable – it's a chance to catch your breath and for thoughts to settle.

The concept of "awkward silences" isn't the same in Norway as it might be elsewhere.

## 2. Being on time

One thing Norwegians hold near and dear to their hearts is punctuality.

Arriving on time is the norm in Norway.

Here, people like to be punctual, get down to business, and then leave – nothing more, nothing less.



If you show up late to any sort of agreed-upon meeting or event (be it business or personal), it's considered to be largely disrespectful. This doesn't bode well, especially if you're trying to make a good first impression in Norway.

Even when the weather is at its worst, buses and trains are usually on time – a testament to the importance of punctuality in Norway.



## 3. Recycling

Recycling is so popular in the Nordic countries that it has turned into a form of exercise.

"Plogging" originated in Sweden as a form of exercise which involves jogging while you pick up litter to be recycled afterward.

Where applicable, the litter is then recycled as plastic (collected in blue bags) or food compost (collected in green).

If it's a can or plastic bottle, it can also be collected by a recycling machine which dot supermarket



## 4. Bag or receipt? Neither, thank you

Most Norwegians deny a bag or receipt at any shop, whether it be a small supermarket or a chic boutique, usually for three reasons.

Refusing the bag indicates you don't want to pay extra for the single-use plastic – which is often useless anyway, as most Norwegians bring their own reusable bag.

Refusing the receipt implies you trust the shop charged you for the correct amount.

And finally, the paper receipt and plastic bag are ecologically harmful.

## 5. Avoiding conflict through modesty

Norwegians are known for steering clear of meaningless confrontation because they don't like it, plain and simple.

Competition is often seen as being a fine line away from conflict in Norway.

For example, following historic victories at the 2018 winter Olympics in South Korea (when Norway won 39 medals, 14 of which were gold), the New York Times reported:

"'We always want to win,' said Fredrik



Aukland, a TV sports commentator in Norway. "But modesty is a big part of the culture here. And Norwegians don't go out much."

Unless it's Constitution Day, ostentatious displays of all kinds are frowned upon in Norway, especially when it comes to wealth, a notable feature in one of the world's richest countries. Nobody expects a parade for returning athletes, even though they are bringing home 14 medals in cross-country, six in biathlon, five in ski jumping, seven in Alpine skiing, and four in speedskating."

## 6. Snusing instead of smoking

Snus is the Norwegian take on a nicotine patch.

It involves putting a pouch of tobacco under your upper lip. "Snusers" can do their business at a reasonable price and in a public space, while smokers pay around 12 euros per pack and are not allowed to smoke in public spaces.

Many consider snusing a healthier alternative from smoking, but, for one, it doesn't eradicate addiction.

## 7. Card, not cash

Norwegian supermarkets, public transportation tickets, restaurants, cafés, and more are all credit card and mobile-payment friendly.

Many Norwegians find card transactions easier, more efficient, and more environmentally friendly than cash.

## 8. Using "mmm" as a response

In many places, "mmm" is used in response to a delicious meal.

In Norway, however, the sound is often used to answer in conversations with the same function of "mhm", "ohhh" or "ahhh".

It's not in any way meant to be rude or lazy; but rather just an easy and wordless response to show your conversation partner you're engaged and listening to what they're saying.



## 9. Year-round outdoors activities

In Norway, every day is an opportunity to

connect with nature.

During the winter season, which lasts several months, Norwegians flock to the world-class ski resorts that scatter the country. In spring, summer, and autumn, you can also see people parading around parks, sidewalks, and various recreational spaces in roller skis, which are similar to rollerblades.

Hiking is another year-round activity. On weekends and holidays, it's normal to enjoy friend, family, or alone time in the woods and in the mountains.

Some Norwegians opt-out of driving to work, instead choosing to incorporate exercise (walking, biking, jogging...) for its health and ecological benefits.



## 10. Foraging for food

Foraging is the annual winter practice of mushroom and berry picking. Human communities have been foraging for hundreds of thousands of years.

At various times in the year, you may see groups of Norwegians in the country's lush forestlands filling containers with fresh and ripe berries. Foraging in Norway is not only a sustainable practice; it's also a chance to reconnect to nature and recharge your batteries.

Each month and each region offer a new choice of foods ready for the foraging. For example, northern Norway's coastline offers seaweed, snails, and sea urchins during the summer and winter. Rhubarb, dandelion, birch syrup, and cloudberries are popular options to pick, freeze, or store during warmer times – and eat during the winter months when the plants are no longer available.

Foraging regulations apply in some places around the country.



## 11. Eating lots of fish

One of Norway's most popular foods is fish.

An abundance of Atlantic cod, whitefish, salmon, and various other species thrive in Norway's cool waters.

Eating fish once or twice a week, as the Norwegians do, offers an array of health benefits. Everything from dried cod and spoonfuls of fish oil to smoked mackerel is regularly eaten in Norway.



## 12. An actually balanced work-life balance

You may have heard the quote "Norwegians work to live and Americans live to work".

In Norway, intense pressure to work overtime is rare, weekends are completely free, dress codes are comfy-casual, and around five weeks paid vacation is offered.

Sick days, mental health days, and parental leave are also respected in Norway – which was named the #2 best country to raise a family in for 2020



## 13. Sunbathing

As soon as the chilly Norwegian winter ends and the first ray of sunlight peaks through the heavy clouds, many Norwegians flock to open, outdoor areas.

Even when the weather is still cool – if the sun's out, so are the Norwegians.

It's not unusual for parks, beaches, and benches to be crowded with sunbathers on a clear day.



## 14. Border crossing with Sweden

Crossing the border to Sweden is reliable, safe, and done on the regular by many Norwegians.

Why? The conversion rate between Norwegian and Swedish kroner, as well as general costs, can make some goods cheaper to buy in Sweden.

The top products Norwegians buy from Swedish stores are candy, meat, alcohol, and tobacco.



## 15. Reading, reading, & more reading

Bookworms can rejoice in one of the countries that reads the most books in the world per capita! In 2018, Norway ranked at #2 for the statistic.

Books are so loved in Norway that they are

among the only objects that are tax-free.

Thrillers are among the most popular genre bought in Norway.

Economist and singer-turned author Jo Nesbø is one of Norway's best-selling novelists. He is widely known for his Harry Hole detective series, which have sold more than three million copies in Norway (especially impressive when you consider Norway's population is just over five million).



## 16. No shoes inside

While in someone else's house in Norway, it's imperative to take off your shoes.

Shoes are rightfully considered unclean, dirtied from the ground outside – and having clean socks on underneath is preferable, as well.

Many Norwegians slip into slippers once inside the home.

## 17. An inhaled yes

As with many Scandinavian countries, ja, which means yes, is pronounced with an inhaled breath.

This technique is referred to as an inhaled affirmative, a version of an ingressive sound.

The outcome sounds more like "hhh" than "ja." This pronunciation is widely accepted and used in the country.



## 18. Practicing kos

Koselig, kos for short, is Norway's answer to the Danish hygge. Hygge, per the Oxford Dictionary, is "a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being." The phenomenon often conjures up images of a crackling fireplace, big blankets, steaming tea, fuzzy socks, and all things soft and comforting.

Koselig can be practiced alone, with a good book and a few candles, or in the company of others, with a feel-good movie and a plate of warm cookies. You can find koselig inside your home (in bed, on a couch, in a reading nook...), or outside of it (inside a cushy café, beside a fire pit, on a blanket on the beach...).

To take it a step further – many Scandinavian people have cozy vacation homes, often cabins, far away from urban crowds, and deep within nature.

Norwegians aren't constantly in a state of kos, but they sure do enjoy it!

**Source: Lara Rasin, Norway Today,**



# The Norwegian Birthday Song

**To all Lodge members celebrating a birthday between May - August, here is your song!**

Hurra for deg som fyller ditt ar!  
Ja, deg vil vi gratulaere!  
Alle i ring omkring deg vi star,  
og se, na vil vi marsjere,  
bukke, nikke, neie, snu oss omkring,  
danse for deg med hopp og sprett og spring  
onske deg av hjertet alle gode ting!  
Og si meg sa, hva vil du mere?  
Gratulaere!

Hurray for you celebrating your Birthday!  
Yes we congratulate you!  
We all stand around you in a ring,  
And look, now we'll march,  
Bow, nod, curtsy, we turn around,  
Dance for you and hop and skip and jump!  
Wishing you from the heart all good things!  
And tell me, what more could you want?  
Congratulations!



# My Norwegian Roots

**My Norwegian relatives: Knute and Anne Olson-Temanson family photo, taken in the early 1900s, in Fertile, Minnesota. My grandfather, Gilbert, is the tall one, standing 4th from right. He had a similar photo, taken the same day without the children, hanging on his bedroom wall in Underwood, North Dakota, for decades. In the late 1900s, this photo, found in an antique shop window in Fertile by a passerby who recognized the Temanson family, is now in my possession.**



## Those troublesome surnames

**ScanGen - Number 33 in a series, David Luyben**

Until the late 19th or early 20th century, all Scandinavian countries used the patronymic system for personal names. The word comes from “father” and “name”, and it is literally a name derived from the person’s father’s name. The form in Scandinavia is to use the father’s first (given) name and add an extension—son or daughter.

If you have done any research you may also have found The term “matronymic”, a name derived from the mother’s given name—not common in Scandinavia, but it does occur, and has become more popular in recent years. The illegitimate child of a Scandinavian woman might be given a matronymic name as well.

Scandinavians did not find it necessary to use a surname until after the Middle Ages—due to sparse population and the fact that families generally stayed in the same locale for generations. Everybody knew everyone else by first name and knew their family origin.

It wasn’t until the 15th or 16th century (varying locally) that surnames began appearing.

### The surname adoption pattern

The nobility were the first to adopt fixed surnames, then the artisans, clergy, merchants, and finally, the farmers and laborers.

The clergy often “Latinized” their surnames or used an actual Latin name; a number of Scandinavian merchants and craftsmen in areas where the German Hanseatic League was present (Bergen, for example), used German surnames as a result of working in close contact with members of the League.

The majority of the general public adopted the patronymic system at that time, and the system continued through the 19th, and into the 20th century.

These changes occurred over time, with each country determining the end of patronymics at different times. Even when it became the law of the land, adoption of fixed surnames was not universally accepted immediately—particularly by farmers and laborers.

As is still common in Iceland today, Scandinavian women did not normally adopt the surname of their husbands, retaining their birth name for life. (i.e. Helga Torsteinsdatter, wife of Andres Steinarnson, was not the daughter of her husband’s father Steinar Andresson, so why use his last name?). A woman would be listed by her birth name in her own birth, marriage records, birth records of her children, and her death record.

In the mid 1800s, some women adopted their husband’s surname, much as women did in the rest of Europe, and it became more widespread over the years. More recently, many married women are going back to using their birth surnames. When searching for female ancestors from Scandinavia (or elsewhere), it’s a good idea to check both names.

In the late 1800s, as families emigrated to North America, women began adopting their husband’s surname rather than keeping their birth surname, to conform to the naming system in the USA and Canada. In that case, Helga Torsteinsdatter, wife of Andres Steinarnson, highlighted above, became Helga Steinarnson and her father’s name was erased from her identity. In fact Helga Torsteinsdatter might simply be listed as “Mrs Andresson/Anderson” which would make the search even more difficult.

Watch for these surname changes—and omissions—when looking for your female ancestors. Search for their marriage record to ascertain what her birth name was.

Another research problem that researchers have is not being aware of sibling variations of a family name and/or spelling changes after coming to North America and elsewhere.

In my maternal line, my 2x great grandfather, Tideman Gulbrandsen, from Storodden, a farm in Buskerud, Norway, immigrated to the USA, and in some records he is listed as Tideman Gulbrandsen (birth name), Tideman Storodden (place name), and more. In Minnesota records, his children had a variety of surnames until it was finally stabilized as “Temanson”, the name used by my great-grandfather Knute Tidemansen/Temanson, his siblings and his descendants, including my mother, Alvina Temanson-Luyben.

It’s important to note that these changes were made AFTER arriving in America, making their names different from the names on their



immigration record.

In other confusing family records, my great-grandmother, Helga Guttormsdatter Søndreli, married Erik Olsen Gladhus from Nørdreli. When they immigrated to America, they shortened their name to "Lee".

For years in my genealogy research I assumed they were from the same "Lee" family, or that Erik changed his surname to Helga's family's surname, as one custom was that an individual from a less prosperous family might change his name to his wife's more affluent family's surname.

My grandmother, Ragna Lee-Temanson, had Lee cousins in Western Minnesota and in North Central North Dakota that I believed were from the same Lee family. After considerable research, I found they weren't related at all, except through the marriage of Erik, from Nørdreli, and Helga, from Søndreli (both near Gol, Hallingdal, Buskerud County,

Norway).

As grueling as it can sometimes be, sorting out surnames is a vital part of family genealogy. I recently received a message on ancestry.com from a woman who was researching her Norwegian ancestry and noticed that we had a match, sharing my 3x great grandfather Anders Olson with her 2x great grandfather. She was requesting confirmation. It turned out we had no connection at all.

On it goes. Every new discovery must be confirmed in your research.

The most important genealogy rule of all is "verify, verify, verify".

Source: Allison Dolan/The Family Tree Guidebook to Europe

**Reprinted from Scandinavian Press Magazine, Spring 2021 issue. Subscription info: [www.scandpress.com](http://www.scandpress.com).**

## Elaine Domier: Researching Norwegian Surnames - Helpful Tips

For anyone with issues regarding the Norwegian surnames, I have a couple examples.

I couldn't find the ship's record showing my grandfather and his brother on the ship sailing from Norway to the US but Ken found it for me. The 2 brothers were listed one below the other – names Lorents Smolan and Gunerius Olsen. Gunerius was my grandfather. A middle brother was already in the US – Ole Olsen (one of the thousands of Ole Olsens). Lorents, as the oldest brother got the farm, Smolan, which he sold before leaving for America; my grandfather and the brother already in the US used the patronymic, Olsen because their father was Ole Larson. My grandfather legally had our family name registered and spelled Smulan.

Another example was Ken's cousin- Erland Johannesen Stenen, born in 1831, and Thora Thorsdatter Sundstuen, born in 1832, were married in 1852.

They lived at one of the Sundstuen cottages where their first two children were born.

In 1857 Erland and Thora and their two children emigrated to America. In the rural chronicle which lists emigrants from Nord Fron, they are listed as: Erland Johannesen Sundstuen, Thora Thorsdatter

Sundstuen, Johannes Erlandsen Sundstuen, and Mari Erlandsdatter Sundstuen.

### ERLAND – SUNDSTUEN-JOHNSON

- ERLAND JOHANNESSEN WAS BORN AT STENEN
- HE MARRIED AND LIVED AT SUNDSTUEN. THAT BECAME HIS FAMILY NAME
- WHEN HE CAME TO WISCONSIN IN 1857:
- HE APPLIED FOR US CITIZENSHIP UNDER THE SURNAME JOHNSON, SHORT FOR JOHANNESSEN
- HE ACQUIRED LAND IN COON VALLEY UNDER THE NAME STENEN
- IN 1864 HE WAS DRAFTED INTO THE UNION ARMY UNDER THE NAME ERLAND JOHNSON
- IN COON VALLEY HE WAS ERLAND SUNDSTUEN

Ken's daughter, Linda found notes on a talk Ken gave at the Tre-Lag Stevne about family names.

**Elaine Domier**

**Just in case you missed it...Elaine Domier's letter to the Editor, Edmonton Journal on March 27, 2021.**

### Attend church online until it's safe to return

I am a Christian 78-year-old lady who used to be a clergy wife. GraceLife Church pastors and congregation are being very selfish in not caring who gets sick because of their actions. How many people have gotten sick because of this so-called church and the selfish leaders who only seem to care about themselves and their reputations? Pastors and leaders of the church should be mindful of the health of their members and who is spreading to whom. I have seen no report of who has or is infecting others.

We are not in usual times and everyone has to take care of others. All of us are tired of the isolation we are having to endure. We attend church online via Youtube or Zoom until we can meet again. Everyone should be doing services this way.

**Elaine Domier, Edmonton**





# My Norwegian Roots

## There Are 7117 Languages in the World; What are the 5 Languages Currently in Use in Norway?

**DID YOU KNOW – Norway ranks fourth in the world in English proficiency!**

- “7117 languages are spoken today”
- “Just 23 languages account for more than half of the world’s population” and
- “roughly 40% of languages are now endangered”

(Eberhard, David M., Gary F. Simons, and Charles D. Fennig (eds.), 2020. *Ethnologue: Languages of the World*. Twenty-third edition. Dallas, Texas: SIL International. <http://www.ethnologue.com>)

**One language dies every 14 days; that’s truly sad! is one good reason to learn our ancestral language.**

Within Norway there are 2 languages most of us are well aware of; one is Bokmål and one is Nynorsk.

Modern Norwegian has many dialects but all of the dialects as well as Bokmål, Nynorsk, Swedish and Danish are easily understood in conversation between the peoples of Norway, Sweden and Denmark. Norwegian, Swedish and Danish are linguistic descendants of Old Norse (In medieval times Norway was an independent kingdom; Old Norse was the language spoken by the Vikings. After the Black Death, Old Norse started to die out and Danish became the language of the educated.). Norwegian, like English, is a Germanic language.

- **Bokmål** is the primary language spoken in the Oslo area and the eastern Norwegian lowland area. Bokmål (“Book Language”; Danish roots) is the main language of commerce and communications as well as being the language in use by approx. 80% of the schools.
- **Nynorsk** is primarily the spoken language of the mountainous interior and along the west coast; Nynorsk reflects the Old/middle Norwegian language used before the union with Denmark.
- **Sami** - The Sami language has official minority language status (since 2005) and is spoken by approx. 50,000 indigenous people in Norway; the Sami language has ten variants all of which are notably different from each other and vastly different from Norwegian. Sami has its roots in the Uralic language family (Hungarian and Finnish are the best known languages in the Uralic family).

Languages spoken in Norway which are severely endangered of dying out completely within the next 20 years include: Lule Saami, South Saami, Pite Saami, Ume Saami, North Saami, Skolt Saami, and South Saami.

- **Kven** – The Kven language is spoken by the Kven people who are a minority group in northern Norway with a strong Finnish heritage. It is



currently spoken by no more than 10,000 people and is in danger of dying out

- **Norsk Tegnspråk** - Norsk Tegnspråk is the Norwegian sign language and has been in use since the early 1800’s. It is used by approx. 12,000 Norwegians. There are 2 dialects, Trondheim and Oslo, and they differ in their one-handed or two-handed usage. The process is underway to make Norsk Tegnspråk an official language in Norway.

**The top 5 languages spoken in the world (based on the largest number of people speaking the language) are, in order:**

- English,
- Mandarin Chinese
- Hindi
- Spanish
- French

**Where can I go to get good Norwegian Language training online?**

There are many resources available to learn the language of your ancestral heritage. I encourage you to become a member of the Sons of Norway by visiting their website; [www.sofn.com](http://www.sofn.com) One of the many benefits of membership is the excellent online Language training available at-your-fingertips while you sit in the comfort of your Living room Recliner. In addition to the online course, some clubs offer local instruction via zoom; that’s my preference! An opportunity to keep in touch, or to expand your social circle, in addition to learning the language.



**Find your Track and Hop on the Language Train today!**

**Iris Hagen Dunham, Blogger of Scandinavian Heritage at <https://www.JourneyThruTheAgesAcademy.com>**





# Deliciously Nordic

## Flag Cake Norske flaggkake

This is the first Norwegian Flag Cake ever!

For this cake I was inspired by a cake I saw online. It was a flag cake, with the American flag inside. I thought about it for some time and came to a conclusion that this must be possible to do with a lot of flags. And since I live in Norway I thought it was fitting that I made a flag cake with the Norwegian flag inside. This is perfect for the national holiday that's coming up (17:e mai). This is my second time baking it and it's really testing my patience. Give yourself a lot of time if you're going to make this cake, 'cause you'll need it. But it's worth it and it really is a WOW-factor when the first person cuts into the cake. I want the cake to look very simple on the outside so that everyone gets really surprised when they see what's inside. Good luck and have fun!

### Ingredients:

#### 2 blue cakes à 24 cm:

- 1 cup butter (room temperature)
- 1/2 cup vegetable oil
- 3 cups sugar
- 5 eggs (room temperature)
- 3 cups all purpose flour
- 2 tsp baking powder
- 1/2 cup milk
- 1/2 cup butter milk (+1 tsp lemon juice)
- blue gel colour

#### 2 red strawberry cakes à 24 cm:

- 1 cup butter (room temperature)
- 1/2 cup vegetable oil
- 3 cups sugar
- 2 tbs JellO powder, strawberry flavoured
- 5 eggs (room temperature)
- 3 cups all purpose flour
- 2 tsp baking powder
- 4 tbs strawberry purée



(blend strawberries in a blender)

- 1/2 cup milk
- 1/2 cup milk (+1 tsp lemon juice)
- red gel colour

### Vanilla bean butter cream:

- 2 cups unsalted butter (room temperature)
- 6 cups confectioners sugar
- 1 tbs vanilla sugar
- 75 ml milk
- 2 vanilla beans
- berries for decoration

### Method:

**For the blue cakes:** Add 1 tsp lemon juice in 1/2 cup milk and let it sit for 10 minutes (and tadaa, a quick fix butter milk).

Turn your oven to 175c.

Whip butter and oil until light and creamy in consistency. Add sugar, in batches, and continue mixing until the sugar is fully incorporated. Add eggs, one at a time, and mix. In another bowl, mix flour and baking powder and add 1/2 of this to the mixture. Mix milk and buttermilk and add this to the

mixture as well. Add the remaining flour and mix well. Now, colour the mixture to desired colour with the gel colour. Cover two spring forms à 24 cm with baking paper and divide the mixture between the spring forms. And bake for 35-45 minutes on the middle shelf. A tooth pick has to come out clean – then it's done. Let the cake cool for 10 minutes in the tin and then let it cool completely on a wire rack.

**For the red cakes:** Add 1 tsp lemon juice in 1/2 cup milk and let it sit for 10 minutes (and tadaa, a quick fix butter milk).

Turn your oven to 175c.

Whip butter and oil until light and creamy in consistency. Add sugar and JellO powder, in batches, and continue mixing until the sugar is fully incorporated. Add eggs, one at a time, and mix. In another bowl, mix flour and baking powder and add 1/2 of this to the mixture. Mix milk, buttermilk and strawberry purée and add this to the mixture as well. Add the remaining flour and mix well. Now, colour the mixture to desired colour with the gel colour. Cover two spring forms à 24 cm with baking paper and divide the mixture between the spring forms. And bake for 35-45 minutes on the middle shelf. A tooth pick has to come out clean – then it's done. Let the cake cool for 10 minutes in the tin and then let it cool completely on a wire rack.

**For the butter cream:** Mix butter until light and fluffy and pale in color. Add confectioners sugar, in batches, and continue mixing. Add vanilla sugar, milk and seeds from vanilla beans. Add more milk or confectioners sugar until you reach your desired consistency. This amount of frosting is enough for the filling, crumb coat and covering the cake.

Work with circles and use frosting for the white lines in the flag. Crumb coat the cake and then decorate and pipe it how you like it. **Here's is a very good looking (don't laugh) instruction file that you can use for the assembling of the cake: [howtoflagcake](#)**

I hope you like this recipe and that your cake turned out great! And, of course, that it tastes delicious!

**Recipe and photo: *Dellie Delicious***  
[www.delliedelicious.com/norsk-flaggtarta/](http://www.delliedelicious.com/norsk-flaggtarta/)





### Himmelsk sommerkake

Sommerkaken må være med jordbær! Valnøtter i kakebunnen gir en god smak.

3 egg
200 g sukker
200 g malte valnøtter
50 g revet kokesjokolade
dynk med noe smakfullt, f.eks. sherry
3 dl kremfløte
1 kurv jordbær

Pisk egg og sukker til eggedosis. Ha forsiktig i de malte nøttene. Ha røren i en godt smurt rund kakeform (24 cm). Stek ved 175° i ca. 45 minutter. Avkjøl. Dekk kaken med pisket krem og jordbær.

## Heavenly Summer Cake

*The summer cake must be made with strawberries! Walnuts in the cake makes for a good flavour.*

- 3 eggs
- 200 gr sugar
- 200 gr ground walnuts or almonds, hazelnuts or pecans
- 50 gr grated bakers chocolate

*Soak the cake with something tasty, for example sherry*

- 300 ml whipping cream (I add a little sugar)
- 1 basket of strawberries

- Whip the eggs and sugar until the sugar is incorporated, to a thick frothy and pale yellow;
- Carefully fold in the ground nuts
- Pour batter in to a prepared 10" round form
- Bake at 350F for approximately 45 minutes;



- Cool completely;
- Cover with whipped cream and strawberries

Enjoy - Anita

## Norwegian Style Hot Dogs on Syttende Mai

### Lomper

- 1 kg potatoes
- 1 teaspoon salt
- 300- 350 ml flour

Boil peeled potatoes the night before grilling. Let sit overnight at room temperature covered with a cloth.

Grind using a food grinder on your stand mixer or a potato ricer.

Add salt.

Knead in the flour a little at a time by hand until the dough is easy to work with. Cover and cool in the fridge until ready to grill.

Lomper can be patted smooth with your hands, or with a rolling pin rolled, on a lightly



**Pølse Med Lompe - hotdog - the Norwegian way, loaded with ketchup and mustard.**

floured surface, to about 15 cm in diameter and approximately 2-3 millimeters thick.

Brush off any loose flour before grilling.

Lomper are baked in a dry frying pan or on a griddle.

Using medium heat, grill until medium brown; do not burn.

They tend to puff up during baking; poke with a fork to deflate.

Cover baked lomper like lefse to keep them soft.



# The Translation

## “Grave Looter” Revealed

Earlier this week, local authorities, newspapers and enthusiasts sounded the alarm. Unauthorized persons had allegedly entered the famous Viking grave field at Vang in Oppdal and drilled deep holes in 17 of the Viking graves.

Several feared the worst on behalf of the grassy national treasure in Sør-Trøndelag: grave looting.



### Terrible

NTB [Norsk Telegrambyrå: The Norwegian News Agency] reported via the local newspaper OPP, which first mentioned the case, that there were varying depths in the holes, which “appeared to have been dug with a special drill.” Furthermore, it was said that except in one case in 2014, there has been no looting in the large Viking burial ground since the 19th century.

“It’s awful! Many organic finds have been lost, and objects can be ruined when air enters the graves,” said Thora Nyborg, curator at Vitenskapsmuseet [the Science Museum].

“It is incredible that we should experience this,” added county archaeologist Kristin Prestvold.

### Badger suspected

On Friday morning, however, the police closed the case, according to the newspaper. The suspected criminal turns out to be difficult to reach.

“It seems to be a badger behind it,” said a smiling cultural consultant in Oppdal municipality, Sjur Vammervold, to Dagbladet [newspaper].

“It’s good that it wasn’t done by people. The badger is quite innocent and probably has completely different purposes than a grave robber,” he adds.

### Probably badger holes

Vammervold says that it has not been 100 percent confirmed that it is the characteristic black and white marten that has ravaged Norwegian cultural heritage, but the suspicion is strong enough to go ahead and rule out that two-legged miscreants are behind it.

“Based on how badgers dig holes, this may be an explanation,” he says.

The municipality’s website informs that most of the burials in Vang are from the Late Iron Age or Viking Age. That is, between the years 750-1000 A.D. Many valuable discoveries have been made in the area.

## «Gravplyndrer» avslørt

Tidligere uka slo lokale myndigheter, aviser og ildsjeler alarm. Uvedkommende hadde angivelig tatt seg inn i det berømte vikinggravfeltet på Vang i Oppdal og boret dype hull inn i 17 av vikinggravene.

Flere fryktet det verste på vegne av den gresskledd nasjonalskatten i Sør-Trøndelag: Gravplyndring.

### - Forferdelig

NTB meldte via lokalavisa OPP, som først omtalte saken, at det var varierende dybde på hullene, som «så ut til å ha blitt gravd med et spesialbor». Videre ble det fortalt at bortsett fra ved ett tilfelle i 2014, har det ikke vært gravplyndring i det store vikinggravfeltet siden 1800-tallet.

- Det er forferdelig! Mange organiske funn går tapt, og gjenstander kan gå tapt når det kommer luft ned i gravene, sa Thora Nyborg, konservator ved Vitenskapsmuseet.

- Det er utrolig at vi skulle få oppleve dette, supplerte fylkesarkeolog Kristin Prestvold.

### Mistenker grevling

Fredag formiddag har politiet imidlertid henlagt saken, ifølge avisa. Den antatte forbryteren viser seg nemlig å være vanskelig å få tak i.

- Det ser ut til at det er en grevling som står bak, forteller en flirende kulturkonsulent i Oppdal kommune, Sjur Vammervold, til Dagbladet.

- Det er i det minste bra at det ikke var mennesker. Grevlingen er ganske uskyldig og har nok helt andre formål enn en gravplyndrer, legger han til.

### Trolig grevlinghull

Vammervold forteller at det det ikke er 100 prosent bekreftet fra offisielt hold at det er det karakteristisk svarte og hvite mårdyret som har herjet med norsk kulturarv, men mistanken er sterk nok til å gå ut med, samt utelukke at tobeinte syndere står bak.

- Ut fra hvordan grevling graver hull kan dette være en forklaring, sier han.

På kommunens hjemmesider informeres det om at de fleste gravleggingene på Vang er fra yngre jernalder eller vikingtid. Det vil si mellom år 750-1000 etter Kristi fødsel. Det er gjort mange verdifulle funn på området.



# 2021 EVENTS

Due to the ongoing pandemic all scheduled Solglyt Lodge events/gatherings/meetings are cancelled until further notice. Please watch this newsletter and your email for further updates.

## 200 Years Old: Rød, Hvit and Blå

**Q: 200 Years! What am I?**

**A:** i) old troll, ii) an ancient ship, iii) Norway's flag

**Q: In 1821, Norway's king refused to?**

**A:** i) fly the flag, ii) sign the flag law, iii) travel to Svalbard

### Vexillology?

According to Ancient and Heraldic traditions, symbolism is associated with these flag colors:

- White - peace and honesty
- Red - hardiness, bravery, strength & valour
- Blue - vigilance, truth and loyalty, perseverance & justice

<http://www.vexillologymatters.org/norwegian-flag.htm>

The Norwegian flag was designed in 1821, based on the Danish flag. The blue cross symbolizes the union between Norway and Sweden from 1814 until 1905. It is also flies for Jan Mayen, the Norwegian volcanic island in the Arctic Ocean, and the Norwegian archipelago, Svalbard.

Although adopted by the Norwegian parliament (Storting), the king refused to sign the flag law, but approved the design for



civilian use by royal order in council on 13 July 1821. The constitution of 1814 explicitly stated that the war flag was to be a union flag, hence the common flag (Swedish with a canton signifying Norway) was used by the armies and navies of both states until 1844.



Norwegian  
Museum

Norwegian  
cultural  
classes

Butikk with  
Norwegian  
crafts, gift  
items and  
baking  
equipment

NORWEGIAN LAFT HUS, 4402 - 47 Ave., Red Deer  
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## 2021/22 Newsletter Deadlines:

- **September/October** - Aug. 27/21
- **November/December** - Oct. 29/21
- **January/ February** - Dec. 30/21
- **March/April** - Feb. 25/22 • **May/June** - Apr. 29/22

Please e-mail submissions to: [sjamison@greatwest.ca](mailto:sjamison@greatwest.ca)  
and indicate SON Newsletter in the subject line.  
Early submission of articles, when possible, is appreciated.