



SONS of NORWAY



June 2021

Walworth County, WI

Norsemen of the Lakes 5-650

Wow, is it great to be home, especially as we can now meet in person with a fair degree of safety. At our picnic last Tuesday, we enjoyed the company of 10 members.

I have to apologize for not releasing the edition until after the picnic. I have been around the country on family concerns, traveling from AZ to ID to pick up my father. Then taking him to MN to visit friends and family, then to my new home in Lyons. I'm trying to decorate my new home in the Nordic style and hope to invite you here for a meeting some time in the fall.

At our June picnic, two items were discussed. The first one was to meet throughout the summer, even though we usually don't. We thought it important to resume some normalcy in our organization and get back to celebrating our Nordic culture.

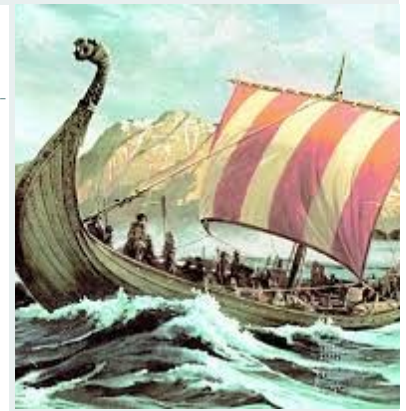
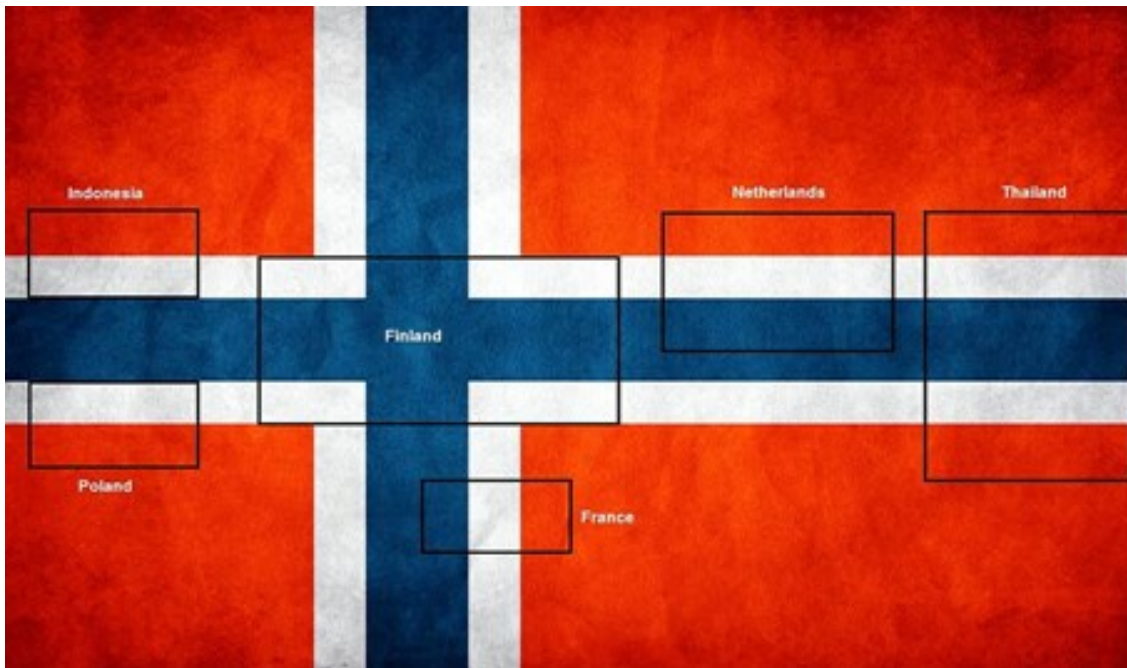
Because it may be difficult to find a place to have a meeting and some may be careful of sharing food yet, we decided to have a BYO picnic at the Williams Bay park again. I hope you will make the effort to attend.

The second item we discussed was a request from Mike Palecek to serve a picnic lunch at a Norwegian-American history event in Heg Park Aug. 14th. Since this may be our only opportunity to raise money this year, it was decided to help Mike out. Please let me know if you are interested in helping.

Notice that the article on page 2 highlights the hotel where the next International convention will be held. I hope you plan on attending. It looks like just staying at the hotel will make us feel like we are in Norway without the long plane ride.



So why is Norway's flag the "Mother of all Flags?"



Gratulerer med dagen

June Birthdays

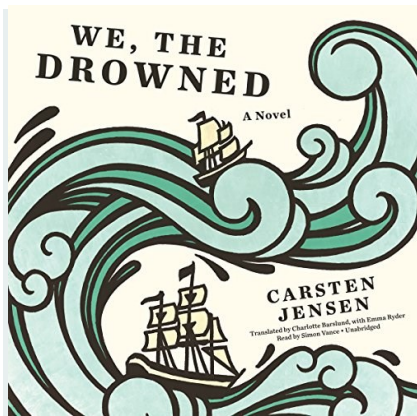
Brian Ogne	9th
Joye Kahl	11th
Judy Brun	17th
Kristen Audisho	21st
Jessica Wilson	22nd
Margaret Goethal	26th

INSIDE THIS ISSUE

- Greetings1
- Book review2
- Nordic Hotels2
- Sweater Detective3
- Travel Dreams3
- Russia Concerns4
- Cathedral Bones5
- Utøya-study6
- Viking Heritage6

KALENDAR

Picnic at Williams Bay park by the Lake, 6 p.m. July 13th.



We, The Drowned, by Carsten Jensen:

In 1848, a motley crew of Danish sailors sets sail from the small island town of Marstal to fight the Germans. Not all of them return - and those who do will never be the same. Among them is the daredevil Laurids Madsen, who promptly escapes again into the anonymity of the high seas. This is also the story of the port town of Marstal, Denmark, whose inhabitants sailed the world from the mid-19th century to the end of the Second World War and about the women and children they left behind.

The novel tells of ships wrecked and blown up in wars, of places of terror and violence that continue to lure each generation with their cannibals, shrunken heads, prophetic dreams, forbidden passions, cowards, heroes, tragedies, and miraculous survivals. The result is a brilliant seafaring novel, a gripping saga encompassing industrial growth, the years of expansion and exploration, the crucible of the first half of the 20th century, and, most of all, the sea.

Hailed in Europe as an instant classic, *We, the Drowned*, spanning four generations, two world wars, and a hundred years, is an epic tale of adventure, ruthlessness, and passion destined to take its place among the greatest seafaring literature.

This title is available at our local library.

4 Nordic Hotels in North America

By Frances Smith

Enjoy Norwegian architecture and lifestyle right here in North America with these four luxurious hotels. Whether you're seeking to spend time in nature, recharge with simple living or relish in a stunning space with Scandinavian food and design, there's a Nordic hotel that will be sure to delight. Here are four to explore...

Omni Viking Lakes Hotel in Eagan, Minnesota

As highlighted in the [May issue of Viking](#), Omni Viking Lakes Hotel has newly opened in Eagan, Minnesota. Paying tribute to both the NFL Minnesota Vikings team and Nordic culture, the destination features fine dining options, spa services and a fitness center for guests to enjoy. With clean angles and airy glass walls, the building's exterior is inspired by Nordic architecture, while the interior features simple and elegant clean lines, a tasteful nod to Scandinavian design.



Photo Credit: www.omnihotels.com

Hewing Hotel in Minneapolis, Minnesota

Located in the heart of Minneapolis' North Loop neighborhood, the Hewing Hotel exudes Nordic charm, from its sleek woodsy interior to its cozy restaurant and bar, Tullibee. A former farm implement warehouse, the building's exposed brick and timber materials pay homage to its rich heritage. In addition to the interior décor, the dining experience reflects Scandinavian culture with unique menu items sourced through foraging, butchery and fermentation.



Photo Credit: www.hewinghotel.com

Fogo Island Inn in Newfoundland, Canada

Located on an island off another island, Canada's Fogo Island Inn has a modern and minimalistic appearance, nestled at the edge of the Atlantic Ocean. Designed by Todd Saunders, an architect based in Norway, the hotel has 29 rooms with floor-to-ceiling windows in each one. Not only does it offer unmeasured beauty, the inn owners have also prioritized sustainability by reinvesting operating surpluses into the community. After a day spent relaxing and enjoying ocean views, visitors can sit down for a meal featuring



Photo Credit: www.fogoislandinn.ca

Nordic fare, and drinks with ice cubes sourced from icebergs 10,000 years old.

Nordic Village Resort in Jackson, New Hampshire

Situated in New Hampshire's scenic mountains, the Nordic Village Resort offers views of the Mount Washington Valley and is closely integrated with its natural landscape. In addition to the abundant beauty, the resort offers a chance to embrace slow living and enjoy friluftsliv, a Norwegian way of life that celebrates and is closely intertwined with the outdoors. Guests can enjoy opportunities to play tennis, observe wildlife,



Photo Credit: www.nordicvillage.com

stroll and enjoy the property's flowers and foliage, or simply relax with a warm cup of coffee, bringing Nordic values to the U.S.

Sweater Detective Uncovers Secrets

Today, beautiful woolen sweaters are emblematic of Norwegian culture. However, the art of knitting is relatively new to Norway. Sweaters were originally a luxury imported from Europe until the early 1800s. When faced with shortages precipitated by the Napoleonic wars, Norwegians embraced the challenge, grabbed some needles, and began entwining their own traditions into this formerly exotic art form.

Annemor Sundbø, known as the "Norwegian Sweater Detective" has dedicated her life to ferreting out the secrets behind the techniques and patterns found in Norwegian knitting.

She began her professional life as a spinner and weaver, teaching her craft all over the world. Returning to Kristiansund in 1983, she approached a local mill owner about learning to use his industrial looms. The mill owner was happy to let her use the looms all she wanted, but she would have to buy the factory first! So, she did.

Her purchase was the last shoddy mill in Norway. This kind of mill doesn't use new yarn, but tears apart old garments as a form of recycling, re-spinning and re-dyeing the wool to weave into new textiles. Along with the coveted industrial looms, Sundbø found she had purchased 16 tons of old sweaters, mittens and socks, which were 30 to 100 years old. While sorting through her hoard, she realized it was a treasure trove representing the work and innovations of thousands of Norwegian women throughout the past century. These cast-off garments contained captivating clues, not only about everyone's favorite sweater designs, but about ideas and beliefs reaching up through the ages from deep within the Norwegian psyche. Sundbø believes that when a woman knits or weaves, "she is also affecting the fate of the person who will wear the garment, if she does it right. What you will be wearing will affect your destiny."

Sundbø has written award-winning books on Norwegian textiles and her salvaged sweater collections have been celebrated at the Setesdal Museum and other museums throughout Norway. Today, she lives in the village of Ose, Agder, with her husband and the echoes of a thousand antique knitting needles and looms.



Dreaming of Travels to Come?

Whether you will be a first-time traveler to the Nordic countries or are eager to continue exploring, here are a few unusual destinations for you to consider visiting.

Helsinki, Finland



The subterranean city below Helsinki, Finland is part of a 60-year expansion that began in the Cold War era. Visitors find a surprising array of shops, an ice rink, swimming pools and even art at the Amos Rex Museum.

Trelleborg Viking Fortress



Looking to experience the Viking Age? Then plan a trip to the Trelleborg Viking Fortress, near Slagelse in West Zealand, Denmark. Originally constructed around A.D. 980 by King Harald Bluetooth, the fortress museum showcases Viking crafts and history. There's also a Viking festival each summer.

Gamle Stavanger



Established in 1975, the Norsk Hermetikkmuseum (Norwegian Canning Museum) is found in the historic area of Gamle Stavanger. With novel hands-on activities like packing sardines, and a colorful collection of canning labels, it's a surprisingly fun way for all ages to learn about Norway's fishing industry.

Hellisheiði, Iceland



Where can you go to see the benefits of geothermal activity? Iceland! Plan a tour of the Hellisheiði Power Station to view giant turbines and more. You'll learn how the country generates much of its electricity and hot water by taking advantage of shifting tectonic plates far below the island.

Admiral Moiseyev Slams Norway's Ties with the United States as NATO Kicks off Major Missile Defense Exercise

Thomas Nilsen May 16, 2021 The Barents Observer

The Northern Fleet Commander considers Norway as the United States' bridgehead in the Arctic.



Thomas Nilsen May 16, 2021
The Barents Observer

NATO military presence up north is provocative and threatens security in the Arctic, Admiral Moiseyev told journalists in Severomorsk, the *Izvestia* newspaper reported on Thursday. The Admiral claimed that the Norwegian leadership is “under pressure” to promote the expansion of military presence by NATO allied forces and for pushing the conflict potential in the Arctic. This happens, according to Moiseyev, despite the “historically established long-term good neighborly relations” between Russia and Norway, two countries with the “ability to have constructive dialogue on problematic issues in the region.”

“Recently, the United States considers Norway as the main bridgehead in the Arctic, as a territory used for the forward presence of the Armed Forces, deployment of reconnaissance and surveillance equipment, and the development of dual-use infrastructure,” Admiral Aleksandr Moiseyev said to *Izvestia*.

The Northern Fleet Commander added that NATO warships' presence in the Norwegian- and Barents Seas have reached levels unseen since the Second World War, Associated Press reported from the press meeting. He pointed to the increase of NATO exercises closer to Russian borders and increased flights by U.S. strategic bombers. “Such actions are provocative and have a negative impact on regional security,” Moiseyev said.

Last week, the U.S. Navy fast-attack submarine “*USS New Mexico*“ docked at a civilian port in Tromsø, northern Norway. With more Russian nuclear-powered submarines sailing out from the Kola Peninsula, NATO submarines boost their presence up north. The strategic importance of the waters from the shallow Barents Sea to the deeper Norwegian Sea increases as tensions in the Arctic are rising like they are in the Baltic Sea region and the Black Sea area.

On May 7th, the Northern Fleet received the first of the modern Yasen-M class multi-purpose nuclear-powered subs. The “*Kazan*” carries the advanced naval version of the cruise missiles Kalibr, Oniks and likely the hypersonic Zircon, as well as torpedoes and surface-to-air missiles. Another seven similar submarines are currently under construction at the Sevmaš yard in Severodvinsk.

Missile defense exercise

On Saturday June 3rd, NATO started Europe's biggest and most complex air and missile drill, Exercise Formidable Shield. A dozen aircraft and 15 warships from ten NATO countries participate in the waters from north of Scotland to Andøya, inside the Arctic Circle off northern Norway. One of the ships participating is the Arleigh Burke-class destroyer “*USS Ross*”, a ship with the capability to function as part of the Aegis Ballistic Missile Defense System.

Moscow has previously voiced concerns that the current increase in NATO sailings in the adjacent waters to Norway is part of the American anti-ballistic missile defense training.

On Saturday, the “*USS Ross*” visited the Faroe Islands. “*USS Ross*' presence in the North Atlantic Ocean demonstrates mutual commitment to regional security and stability as the ship prepares to participate in Exercise Formidable Shield,” the U.S 6th Fleet said in a press release.

NATO deputy spokesperson Piers Cazalet said in a statement, the aim of the exercise is for NATO forces to work together “to defend populations from the very real threat of missiles.”

During the next two weeks, part of the war game will see ships train to detect and track a missile flying at more than 20,000km/h. Ships will also defend against an array of anti-ship and other sub and supersonic missiles.

Was Stavanger Cathedral Built on a Viking Settlement?

May 28, 2021 by David Nikel

Archaeologists may have solved the question of what used to exist on the site of Stavanger cathedral.

Underneath the northern part of Stavanger cathedral, archaeologists have found animal bones and settlement traces they believe may be from the Viking Age. This may finally give an answer to what was on the site before the church was built.

Stavanger cathedral is the country's best-preserved medieval cathedral. It has been in continuous use ever since it was built in the 11th century. During spring of 2021, archaeologists are examining the crawl space in Stavanger cathedral. The work is being done in connection with the restoration of the cathedral in time for the city's anniversary celebrations in 2025. Archaeologists from the Norwegian Institute for Cultural Heritage Research (NIKU) and the Archaeological Museum of the University of Stavanger (UiS) have worked on the project. Their findings should help us understand more about the fascinating **history of Stavanger**.



Photo: Kristine Ødeby / NIKU

Pig bones and settlement traces

“In the northern chambers of the church we have found thin, dark soil layers with a completely different character than in the rest of the areas we have investigated so far,” said excavation leader **Kristine Ødeby**. Animal bones were found within the soil layers, most notably skeletal remains of a pig. Archaeologists believe they date the find to the first half of the 11th century, or older. This is before the cathedral was built.

“What we have found is the bones of a pig, which were clearly placed with meat and skin intact. They have been lying there until now,” said UiS's Sean Denham.

Helps to prove a Viking settlement

The construction of the church started in the second half of the 11th century. Archaeologists believe it would have been very unlikely that the pig bone was placed in the church after this. Denham explained that there is no tradition of placing relics into Norwegian medieval churches: “Everything indicates that the bones must have ended up exactly where we found them before the present church was built.”

Consistent with earlier findings

NIKU's Halldis Hobæk said the theory of a **Viking Age settlement** at the site corresponds well with previous findings. During the 1960s, UiS conducted archaeological research under the church. “In 1968, they found a layer of burnt wood under the altar area. This was dated to Viking times, and is interpreted as a remnant of a burnt down building,” she said. The finding confirms that the cathedral was not built in an uninhabited and desolate place, but rather a place where there was already human activity.

More graves than expected

Archaeologists have also found far more graves than expected. There's also evidence that much archaeological material was removed in the 19th century. **Kristine Ødeby** said that the preliminary results are very exciting: “We knew that we would find graves under the floor in the cathedral, but the number and extent of them is currently greater than we imagined.” There were graves in all chambers examined so far. The graves have not yet been formally dated but the team already has a good idea of when they are from. “The tombs we assume are both from the Middle Ages and from the 16th to 18th centuries. Some may be older than this,” said Ødeby.

Other items discovered

The grave finds go well beyond skeletons. In addition to bones, the graves include fragments of wooden coffins, iron nails assumed to be from coffins and some objects including remnants of jewelry, including pearls, and bronze needles. Archaeologists wonder if these pearls may have originated from a rosary from the Middle Ages. “A particularly interesting find is several blue, white and black pearls. We wonder if these came from a rosary, and, if so, it is reasonably certain that it is from the period when the church was still Catholic, ie before the Reformation in 1537,” said Ødeby.

In the six chambers examined so far in the study, the so-called “cultural layers” are not particularly deep. Cultural layers refer to areas in which remains of human activity are found. The cultural layers discovered so far are no more than 15cm deep, which leads archaeologists to believe a lot of material was dug away in the Middle Ages.

FACTS: THE UTØYA STUDY

This is what the Utøya-study from the Norwegian Centre for Violence and Traumatic Stress Studies shows:

- A third of those who survived the terror at Utøya say they still, 8,5 years after the attack, suffer from symptoms that are equivalent to or very close to that which is called Post Traumatic Stress Disorder, PTSD
- Nearly half of the participants experienced symptoms of anxiety and depression.
- Nearly half also had considerable and long-lasting sleeping disorders. A third had chronic musculoskeletal pain, and about a third also suffered from considerable headaches.
- 20 per cent of the parents said that they still have many or very many post traumatic stress reactions.
- About a third of the survivors of the terror and one in ten of the parents were in need of more help or reinforcement of existing measures.
- 80 per cent of those who were at Utøya were fully or partly employed either with work or studies, while 20 per cent received unemployment benefits, disability benefits or other benefits.
- Of those who were at Utøya during the terror attack, about a third have experiences hate speech or have received threats directed at their person. Three quarters believe these hateful expressions are connected to them being at Utøya on 22nd July 2011.
- Between 85 and 90 per cent said that they are getting nearly as much or as much love, care, support, advice and help as they need.

The study has been conducted four times between 2011 and 2020. In total 398 (79 per cent) of the 502 that were present at the summer camp during the terror attacks have participated once or several times in the study.

6 Things We Owe to the Vikings

Despite their barbaric reputation, the history of the Vikings is a legacy of achievements that forever changed the way we speak, travel, exercise—and even groom ourselves.



The Viking Ship Oseberg, Viking Ship Museum.
(Credit: Mark Harris/Getty Images)

1. Advances in Shipbuilding and Navigation

Perhaps the most striking of Viking achievements was their state-of-the-art shipbuilding technology, which allowed them to travel greater distances than anyone before them. Their signature longboats—sleek wooden vessels with shallow hulls and rows of oars along the side—were faster, lighter, more flexible and more easily maneuverable than other ships of the time. But the Vikings’ exploring prowess also owed a great deal to their skill as navigators. They relied on simple but sophisticated tools like the sun compass, which utilized calcite crystals known as “sunstones” to identify the position of the sun even after sunset or on overcast days. Such innovations gave Vikings a distinct advantage when traveling long distances to foreign lands. In their heyday, Vikings were active on four continents simultaneously, making them the first true global citizens.

Successive issues will list the other 5 things.