



SONS of NORWAY



March 2023
Walworth County, WI

Norsemen of the Lakes 5-650

Hilsen fra Arizona.

Wow! I've heard you have had some nasty weather. I hope it's improving now. We have had an awful winter in Az in comparison to other years. The high country has had some tremendous snow storms.

I hope you enjoy this newsletter. The recommendations for children's book on Vikings seems like they correct myths about their lifestyle. I also was happy to see that the Norwegians took home the gold at the Nordic World Ski Championships. And who would have known that they celebrate St. Patrick's Day in Norway and other Nordic countries. If you don't receive this by electronic, I'm sorry you will not be able to follow the links that lead you to other articles.

I have been excited to give a presentation about our trip to see the Viking ship in Geneva, IL and the history about it to the Sun City West, Sol Byer Lodge Today. They seemed to have enjoyed it. Next year, I am scheduled to give another presentation on the Viking Fest in Green Bay.

I have some important things to discuss with you when I return. I have loved being president of our lodge; however, since I am gone in the winter (and I would like to be in AZ from Nov. to May), I think we seriously need to discuss our future. Do we have members who would like to, and be able to, be active officers? Can we continue to carry forward? This is what has been on my mind for several months. I didn't want our lodge to fold when I accepted the presidency; however, I cannot continue for years and years and I have many other activities I would like to have time for. Anyway, think about it, and when I get back we will discuss this.

VP Kathy Norquist says she will be back in April to hold a meeting. I will have to let you know when and where later.

STUFFED EGGS

SOMETHING NEW FOR BREAKFAST

INGREDIENTS

- 4 Hard-cooked eggs
- 1½ Tbsp chopped ham, tongue, anchovy fillets, or smoked salmon
- 1 Tsp butter
- 3 Tbsp grated cheese

Directions

Step 1

Peel the eggs and halve lengthwise.

Step 2

Carefully remove the yolks and combine with the remaining chosen ingredients.

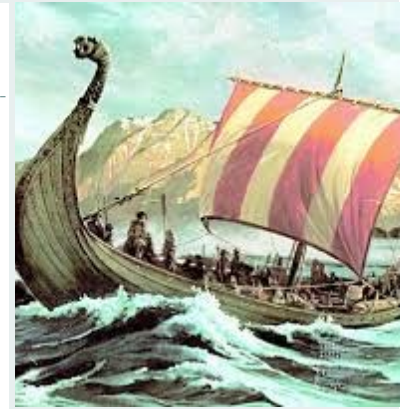
Step 3

Stuff the egg whites with the mixture.

The Norwegian Kitchen cookbook is available for purchase, through the Vesterheim Bookstore.

Vesterheim Museumsbutikk

523 West Water Street, Decorah, IA 52101
(800) 979-3346 www.vesterheim.org



Gratulerer med dagen

March Birthdays

Hadley Frost	6th
Bradán Schnabel	27th

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CALENDAR

Next meeting:
Planned for April

Viaplay Launches US Streaming Service

February 23, 2023 by [David Nickel](#)

Viaplay offers Nordic noir and so much more. Some of the best Scandinavian TV and movies are now available to stream in one place for viewers in the USA.

Viaplay is a well-known name in the world of TV and streaming media all over Norway and the Nordic region. More than 7 million people in Europe watch TV series and movies on Viaplay. Now, Norwegian Americans will be able to access some of the best Nordic shows and movies including some previously unavailable in the US. The service launched in the United States on 22 February, expanding its global footprint farther than ever before.



It gives cord-cutters in the U.S. a new way to enjoy their favorite Nordic TV series and movies. This, of course, means Nordic noir, but also so much more.

NORDIC NOIR ON VIAPLAY

Full of gritty, atmospheric, psychological crime and thrillers, the [genre of Nordic noir](#) is popular throughout the world. Viaplay is known as one of the leading producers of the genre in Scandinavia. American viewers who choose to subscribe to the streaming service will be able to enjoy some of the very best examples of the genre, all subtitled in English of course. Viaplay exclusives include Danish crime drama *Trom* starring Ulrich Thomsen, Norwegian thriller *Furia*, and acclaimed Swedish drama *Threesome*, co-starring Lucien Laviscount. The service will also carry three movies from the renowned Millennium trilogy, which began with *The Girl with the Dragon Tattoo*. Other highlights include *Wallander*, *The Lawyer*, *Partisan*, *The Truth Will Out*, *The Protectors* and *Acquitted*.

BEYOND SCANDI CRIME

But there is much more content on the platform besides Nordic noir. The internationally acclaimed *A Man Called Ove* and Academy Award-winning dark comedy *Another Round* starring Mads Mikkelsen are among the highlights.

Read more: [Must-Watch Norwegian TV](#)

Also available are the historical drama *The Emigrants*, sure to be of interest to [Scandinavian Americans](#). *The Guardian* said the “powerfully told story of 19th-century Swedish migrants takes its time, but delivers a fresh, honest take on their arduous path.”

Norway's smash-hit financial drama *Exit* also stars on the platform at its launch. The drama, which broke all streaming records in Norway, shines a spotlight on the debauched goings-on in the financial world.

HOW YOU CAN GET VIAPLAY IN THE US

[Viaplay](#) is available through all major streaming services including Chromecast, Apple TV, Android TV, Google TV, Amazon Fire TV and via many leading smart TV platforms. It is also available on PC, Mac, iPhone, iPad, and Android mobiles and tablets. At launch, Viaplay offers a 7-day free trial. After that, the service costs just \$5.99/month with a “cancel whenever you want” policy.



by [Thomas Kingsley](#)
[Troupe](#) Author
[Jeff Ebbele](#) Illustrator

You just tried out for the school play. Who wants the lead part more than anyone? YOU! Imagine sailing the high seas without a care in the world. Storming castles for gold and jewels. Wearing a horned helmet. But be careful what you wish for. That might not be the way it was for an explorer on a Viking ship.



by [Nadia Higgins](#)

Hats with horns, flying dragons...you may think you know everything there is to know about Vikings, but think again! With stunning visuals and energetic, impactful design, and full of fun facts and surprises, readers won't stop until they've learned everything about Vikings.

Kicksledding for the Greater Good

Sons of Norway Blog

February is the month that we encourage you to get out and experience [14 days of friluftsliv](#). If you are lucky enough to live in a snowy climate, an example set by the Norwegians is to dig in and enjoy the winter season, however you can.

One of the ways that many Norwegians enjoy winter outdoors is *sparkstøtting* or kicksledding. This special sled originated in northern Sweden in 1872 and quickly caught on in Norway and Finland as a fun and practical way to get around. In recent years, the sleds have made an appearance on [Norwegian TV](#)



Getting Going

Ideal conditions for kick-sledding are packed snow in colder weather or even on ice. The sled is set in motion by pushing off (or *sparking*/kicking) the ground with one foot, similar to propelling a skateboard or scooter. There are two metal runners, so one foot rests on a runner while the other kicks.

The best part is that you can push a kicksled alone or glide with someone else. The front platform can carry groceries, library books, a backpack a friend or child, and it's a much steadier way to get around in slippery conditions when compared to walking. Kicksleds also provide a cardio workout—if you decide to go for speed.

40 years of Spark-VM

Of course, there could be no winter activity that doesn't lead to fierce competition between Nordic nations. Kicksledders previously competed at the Nordic Games, the 1900-1920 predecessor to the Winter Olympics. Since 1982, the mountain town of Geilo has hosted the [Spark verdensmesterskap](#) (VM), the world championship in kicksledding. In January 2023, kicksledders and several thousand spectators came together to celebrate Geilo VM's "40-ish" anniversary to find out who was fastest in several categories. The costume category is especially amusing with its elaborately decorated sleds.

For the public good

Kicksleds are not only sparking interest in the Nordic countries, but also in North America.

Starting Lodge 1-519 in Austin, Minnesota secured grant money through Sons of Norway and local sources to [donate ten kicksleds to their town's nature center](#), allowing the public to experience the joys of kick-sledding.

Kicksleds may be available at your local sporting goods store. Find sleds for sale online by manufacturers in the US, Canada and Norway. Happy gliding!

Americans in Norway: Facts, Stats & Resources



February 23, 2023 by [David Nikel](#)

How many American citizens call Norway home? Let's take a look at the details and meet some of the many Americans in Norway.

The links between Norway and the USA go back decades. From the latter half of the 19th century, Norwegians—like much of Europe—packed their bags in search of a better life in the new world.

That's resulted in huge numbers of [Americans with Norwegian heritage](#) living all over the US. There are, of course, also plenty of Norwegian citizens who live in the US for work or study, and plenty of American citizens living in Norway today.

But who are they, what do they do, where do they live, and what resources are available for them? What options are open for Americans keen on making the move themselves? It's a daunting prospect, but it can be done as you'll see from the numbers below.

How many Americans live in Norway?

Every year, Statistics Norway (SSB) releases updated datasets related to the [population of Norway](#). The latest 2022 data shows that there are **10,719 American immigrants** living in Norway. That figure is made up of 9,975 American citizens, plus 744 Norwegian-born children with American parents. The latter group don't always immediately qualify for Norwegian citizenship, which is why SSB tracks them separately.

Stories of Americans in Norway

If you're curious about some of the US citizens living in Norway, we've shared many of their stories on our podcast, the [Life in Norway Show](#). Here are some of the highlights:

Episode 15 with Kelsey Barnhill: Originally from California, Kelsey moved to Moss to study for a master's degree at the Norwegian University of Life Sciences. She talks about how college life is different and some of the things you bear in mind if you're considering applying for university. [Listen here](#).

Episode 31 with Curtis Rojak: Curtis from Viking Biking chats about how much he loves the outdoors lifestyle in Oslo, so much so that he started a tour business to share that love with visitors. [Listen here](#).

Episode 66 with Kari Nixon: What is it like to learn Norwegian as a teenager in the US and then move to Norway 20 years later? Kari Nixon, a scholar of medical humanities and Victorian literature, shares her story of learning Norwegian at an American summer camp. [Listen here](#).

Episode 67 with Jordan George: American ice hockey player Jordan George talks about his life in Trondheim and about the world of ice hockey in Norway. [Listen here](#).

American Embassy in Norway

A little patch of the US in the middle of Oslo. No, I'm not talking about McDonalds. The [US Embassy in Norway](#) offers services for American citizens living in or visiting Norway.

This includes emergency assistance, child and family issues and notarial services. It's also responsible for issuing US passports to citizens and US visas for non-citizens planning to visit the US.

In 2017, the Embassy moved out of the city center to a new location. The Embassy is now located just a few minutes' walk from Makrellbekken T-Bane station. There are three entrances. The consular entrance (for US citizen services and visa applicants) is on Sørkedalsveien. Appointments are necessary.



The new US Embassy in Oslo.

Back in 2022, I spoke to the then acting head of the U.S. Embassy in Norway about her role and the relations between the two countries. [Listen here](#).



Norway is an attractive choice for many US citizens.

How can Americans move to Norway?

If you've read this far, you might be wondering if it's possible for you to join the 10,000+ Americans in Norway. It is, but it's not straightforward. I've written before about five common ways that US citizens can relocate. This includes work permits, study permits, and family immigration permits. You can [read that article here](#).

Obtaining a work permit as a non-EU/EEA citizen is hard because you are competing against not just all of Norway, but all of Europe. Citizens of EU/EEA countries are entitled to work in Norway, so Norwegian companies will often look to Europe first to save bureaucracy.

Applying to attend university in Norway is a popular choice for American students looking for an alternative to studying at home. Just be aware that it seems international students will soon be charged tuition fees. Previously, tuition fees at public universities were free to all.

American companies in Norway

One possible route into Norway is a transfer from an American employer with a presence in Scandinavia. In these cases, many companies offer job rotations or advertise vacancies internally first, so if you work for one of these companies in the US, you're going to have first pick.

I've written before about some of the biggest [American companies in Norway](#), which include Tesla, IBM, Microsoft and many [oil and gas companies](#).

Resources for Americans living in Norway

If you already live in Norway, here are some resources you may find useful:

- [US Embassy in Norway](#): consular services for US citizens
- [Life in Norway newsletter](#): stay up to date with what's going on, in English
- [Legal help](#): get quotes from qualified legal teams
- [Car rental](#): compare quotes from several providers
- [Car & home insurance](#): compare quotes from several providers
- [Energy bills](#): compare quotes from several providers

Facebook groups

As I am not an American citizen, I am not a member of any of these groups. However, these are the biggest and most relevant community groups I could find on Facebook.

- [Americans in Norway](#)
- [Americans in Oslo](#)
- [Americans in Bergen](#)
- [Americans in Stavanger](#)



Viking Words: The Old Norse Influence on English

February 26, 2023 by [Life in Norway Editorial Team](#)

Take a look at how the Viking language of Old Norse played a major role in the development of the English language we know and use today.

They may have spent decades invading, but the Vikings and their descendants left their mark on the British Isles in more ways than one. The English language wouldn't be what it is today without the influence from the Norse people.

In the 9th and 10th centuries, Scandinavians crossed the North Sea in great numbers. Their legacy is still very much alive in hundreds of place names and personal names, not to mention everyday items and even days of the week.



Place names such as Grimsby, Scunthorpe and Whitby are of Viking origin.

An article in the research journal *Antiquity* suggested that the number of Scandinavians moving to the British Isles [during the Viking Age](#) may have been larger than previous [DNA studies](#) suggested. As many as 35,000 Scandinavians may have relocated to England. Eventually, these newcomers settled across the country, marrying into local families.

Most of the [Nordic languages](#) spoken today trace their roots back to Old Norse, which also had its influence on the English language. Scandinavians lived and farmed alongside the Old English speakers in the time of [Danelaw](#). So it's perhaps no surprise that the English language developed to include many terms previously only used in Old Norse.

OLD NORSE AND OLD ENGLISH

Before we dive into the specifics of Viking words, it's important for context to take a look at the languages of the time. Old English, the language spoken in much of the British Isles at the time, was quite a different language to the one we know today. In much the same way as Old Norse is very difficult to read for a Norwegian today, Old English would be a challenge to a native English speaker.

English and Old Norse are both members of the Germanic language family. Although distantly related today, some 1,200 years ago Old English and Old Norse were more closely related. It's hard to know for sure because of the primarily spoken nature of language of the time, but it's possible that the two languages were to some extent mutually intelligible.

This means that Old English adapting to include some Old Norse words wouldn't have seemed particularly strange at the time. It's only by looking back with hindsight that we can see how big an influence the Scandinavians had.

VIKING PLACE NAMES IN ENGLAND

I grew up just a few miles from a small village called Naseby. I didn't know it at the time, but this was my first exposure to a Viking-influenced place name. The hint? Look for a **-by** suffix at the end of the name. Still used in Norwegian today, *by* simply means place, town or city, although it used to mean farm.

In the British Isles today there are hundreds of place names of Old Norse origin. Many of them are in Yorkshire and Lincolnshire, which fall within the former boundaries of the Danelaw.

In the **-by** club there is Grimsby, Whitby, Asgarby and many, many more. Another popular suffix from the Viking Age is **-thorpe**, which once meant village. There are more than 100 -thorpe place names in Yorkshire alone.

Other place names with likely Old Norse influence include those with the suffixes **-hulme** or **-holm** (from *holmr*, meaning an island or raised ground in marsh), **-ness** (from *nes*, meaning cape) and **-kirk** (from *kirkja*, meaning church).

PRONOUNS

Even if you don't know the specifics, many people have heard that there are place names of Viking origin in England. However, I'd wager that far fewer know about the [Old Norse origins](#) of *they*, *their* and *them*.

"They, their, and them are of Scandinavian origin, having entered English in the wake of the 9th-century Viking settlements of northern England. In spite of having surprised and intrigued linguists for a century this phenomenon is still poorly understood," said researcher Elise Emerson Morse-Gagne.



Previously, Old English used a plural pronoun *hem*, which was often shortened to *'em*. That's still around today in the form of "go get 'em", which many people assume is a shortening of *them*.

It's assumed that people preferred to use *them* as *hem* sounded too close to *him* and could often have been misunderstood.

VIKING VERBS

One of the verbs with Old Norse influence is **to be**. In particular, **are** is a merger of the Old English *earun/earon* with the Old Norse *er*. It's easy to see how the sentence **they are** has Scandinavian roots. In modern Norwegian, it's *de er*.

Other verbs said to derive from or be influenced by Old Norse include **to take**, **to crawl**, **to guess** and **to trust**.

FIGHTING WORDS

Perhaps it's no surprise given the [early Viking raids](#) on the British Isles, but the Norsemen left many fighting-relating words on the islands. Without those raids, we wouldn't have words such as **slaughter**, **ransack**, **club** and **knife**.

Another Norse word that made its way into English was **berserk**. While it's today used to mean a form of reckless defiance, it was originally used to refer to a Norseman who reached a heightened state of focus, almost trance-like, during battle.

VIKING WORDS IN ENGLISH DIALECTS

Differences in dialects are always fascinating no matter the language. In English, you can find Viking-influenced words in several dialects, notably in Scotland and the north and east of England, especially Yorkshire.

One of the best examples of this is **barn** or **bairn**, used in Yorkshire, other parts of northern England and parts of Scotland to mean children. In modern Norwegian, *barn* remains the word for children.

The word **dale** meaning valley likely comes from the Old Norse *dalur*, which has become *dal* in modern Norwegian. There are many other words of Norse origin used in and around Yorkshire that you can [read about here](#).



Many words of Old Norse origin are still used in Shetland.

The [Norse history of Orkney and Shetland](#) is a fascinating story. Its legacy can clearly be seen in place and family names all over the islands. The islands were Scandinavian until the year 1472, after which time the Norse language evolved into the Norn language.

Although Norn essentially died out over the following centuries, many Norn words remain in common everyday use on the islands. [NorthLink Ferries](#) gives a good summary.

So that's a brief explanation as to some of the words we use in English that were imported from Scandinavia during or after the Viking Age. We hope you found it interesting!



Jarl Magnus Riiber Guides Norway to Mixed Team Glory in Planica Nordic World Ski Championships 2023

BY SPORTSBEAT

UPDATED 26/02/2023 AT 13:25 GMT-7

Jarl Magnus Riiber extended his Slovenian weekend to savor by steering Norway to the maiden mixed team World Championship title in Planica.

Riiber, 25, became just the second man to win three individual World Championship titles in a row on Saturday and followed it up 24 hours later by leading his country to glory in the normal hill mixed team event.

Riiber joined forces with Jens Luraas Oftebro, Ida Marie Hagen and Gyda Westvold Hansen to beat Germany and Austria to the title.

The Norwegians racked up a total of 461.8 points in the ski jump to seize a five second advantage heading into the race.

And the quartet held their nerve on the skiing stage to clock a time of 37:38.2 and claim an inaugural mixed team title by 47.8 seconds.

Italy missed out on a medal by 53.5 seconds as Japan finished narrowly behind in fifth. But it was all about the dominant Norwegians as Riiber grabbed his sixth overall world title in the Slovenian mountains.



[St Patrick's Day: A Norwegian Holiday?](#)

Driving in to work today there certainly was a lot of green to be seen (and I don't mean grass or blooming plants). It's [St Patrick's Day](#) again and there are *A LOT* of folks "getting their Irish on" today. Be they Irish diaspora or fans of good old fashioned revelry, there's never a shortage of people who like to make a big celebration of St Patrick's Day and Irish heritage & culture around these parts.

That being the case, I thought it only fair to blog about Norway's impact on Irish heritage and culture. For example, can you tell me what Dublin, Cork, Wexford, Limerick, Howth and Fingall all have in common? I'll give you this one—at one point each of these well-known Irish cities were Norwegian/Viking settlements.

That's right, in fact the Viking/Irish interaction was so well known it was not only documented in Viking saga's, it was also detailed in the [Annals of the Kingdom of Ireland](#) by the Four Masters the [Annals of Clonmacnoise](#) and The War of the Gaedhil with the Gaill. Further accounts can be found in the arabic writings of the accounts of Ibn Ghazal.

You see in the 700s, pressure on land in Scandanavia had forced many nobles and warriors to seek land elsewhere. Some of these were younger sons, who stood to inherit nothing of their father's estate. Noblemen with little to lose began to gather together groups of warriors and go down the coast pillaging settlements. With the invention of Viking long boats, the raiders eventually began reaching further across the cold waters of the North Sea. By the late 700's the Vikings were finding themselves on the shores of modern day England and Ireland.

At first the Vikings came for riches and slaves, finding both in large supply within Ireland's abundant Christian monasteries. Often, the slaves were sold to Vikings traveling back to Norway, but many were kept in Ireland working in a Viking-held town (I've heard that this was such a prevalent practice that even today there are remnants of Irish tartans found in Norwegian bunad materials).

However, this raiding period would not last long, and by 950 the Vikings had stopped raiding in Ireland altogether and developed instead as traders and settled in the lands around their towns. It was during this time that Norwegian culture really affected Ireland by providing place names, like Dublin, Cork, Limerick, Waterford, Wexford, Strangford, Leixlip, Carlingford, Youghal, Howth, Dalkey and Fingall [an area of modern-day Dublin]. Also a few of their words were also adopted into the Irish language.

So, today, when you celebrate St Patrick's Day with a green beer and an old folk song, be sure to offer at least one toast to Norway.