



# SONS of NORWAY



Aug. 2023

Walworth County, WI

## Norsemen of the Lakes 5-650

My goodness, am I tired. My dogs have been really barking at me. I'm sure you are wondering why. It's because I was the assistant cook at Masse Moro the last two weeks. I was on my feet about 10 hours per day. It was mye arbeid (lots of work), but it was truly masse moro (lots of fun), and I met and worked with some wonderful people, especially the baker who made fantastic breads and pastries. He was a volunteer who had retired from a school district and spent time when he was young learning how to make Scandinavian foods by working at a camp in Norway. We called him Jacob. (But his real name was Dave as everyone adopted a Nordic name while at camp, even a camper named Loki. Haha.)

In addition to having a meeting this month, we will attend the Zone 3 Picnic at the Arneson Farm near Stoughton . If you are able, bring a dish to pass to the Zone Picnic. Tableware, coffee, juice and other beverages will be provided. I am happy to drive you to the picnic. I can pick you up or meet you somewhere. The picnic starts at 12:30, so I think we should leave by 11 a.m. so that we are there a little early. Please call me and tell me if you WILL want a ride. I want to encourage all of us to attend. I am so sorry when I end up going by myself. (County road N west of White-water is closed, so if you drive, you will have to take another route.) Also, we won't be there all day. We will probably leave by 2:30, no later than 3:00.

There will be the Kubb game available so you can test your Viking skills or just watch and see what it is all about! We will have basket drawings for some great items; feel free to bring items for it or just support it at the picnic!

Zone 3 and Mandt Lodge Picnic  
 Sunday, August 13, 2023 at 12:30 PM  
 John and Darlene Arneson home  
 2056 Skaalen Rd., Stoughton, WI 53589



### Gratulerer med dagen

#### July Birthdays

Bob Pederson	8th
Kathy Norquist	11th
Torben Brun	16th
Ashley Wilson	17th
Cole Pepper	23rd
Carol Anderson	27th

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#### CALENDAR

#### Aug. 8th meeting:

Advia Credit Union  
 6 P.M. Potluck  
 Presentation

#### Aug. 13th Sunday:

Zone 3 Picnic  
 Arneson Farm

#### September 13th :

Advia Credit Union  
 This is a Wednesday  
 as Tuesday was  
 booked already.  
 Presentation by  
 Mette Baran

## The couple were just extending their house: Found a grave from the Viking Age in their garden.

Ida Irene Bergström JOURNALIST  
Saturday 01. July 2023



A Viking from the upper echelons was laid to rest in Anne and Oddbjørn Holum Heiland's garden with weaponry and jewellery, about 1200 years ago. (Photo: Joakim Wintervoll)

Oddbjørn Holum Heiland was spending his Friday night getting started with the digging behind the Setesdalshouse from 1740 that he and his wife Anne are planning to extend out back. "I wasn't going to dig a lot, just a little bit in the slope behind the house, to get some more space between the house and the land," Heiland says to sciencenorway.no on the phone from Setesdal in Southern Norway. When he removed the grass and the top soil, he found an oblong stone. He didn't think much of it, put it aside, and kept digging.

When the digging bucket dug into the next layer, the moraine under the top soil, an iron thing all of a sudden popped up. "I looked at it and thought that this looks a lot like a sword blade. And then when I released the contents of the digging bucket, the hilt of the sword fell out."

Oddbjørn realized that the stone he had just removed might be a gravestone. He googled a bit, and found an almost identical sword from the Viking Age which was found in another part of the country some time ago. "That's when I realized that this must be some Viking stuff," he said.

Then Oddbjørn did exactly what the archaeologists want people in such situations to do. He stopped digging, put the items he had dug out in a safe place, and Monday morning, he called the county municipality. The day after that call, county archaeologist Joakim Wintervoll in Agder county municipality and Jo-Simon Frøshaug Stokke from the Museum of Cultural History in Oslo came to see the find. And sure enough, they could confirm: A Viking was once laid to rest here.

### Sword fashion from the Viking Age

It's not exactly your everyday happening to be called regarding finds of possible swords from the Viking Age. "I immediately cleared my schedule and made some calls to see what was possible to get done," Joakim Wintervoll says to sciencenorway.no. "Jo-Simon and I went up there together to have a look at it, and it was quite clear that this was a grave. It is a very rare find, very exciting,"

It's the make of the sword that allows the archaeologists to date the find. The two pieces of the sword that were found make out a 70 cm long sword, and the blade is 5 cm at the broadest point. "But it's the hilt that tells us this is a sword from the Viking Age," Wintervoll explains.

The hilt of a sword is an object of fashion, and the style of the hilt found in Setesdal places it at around the end of the 800s and the beginning of 900. "We have dating for different styles of hilts from year zero, so we have a pretty good overview of how these hilts have changed from the early Iron Age and into the Middle Ages," Wintervoll says.

The Holum Heilands had applied for approval of their extension. They live, after all, in an old house from 1740.

"We didn't think it was likely that anything would be found there," Wintervoll says.

"It's pretty far way from other cultural heritage sites." And besides, Anne's parents had dug around the house before, in the 1970s. It seems a complete coincidence that the spot where the grave is has not been touched until now.

"We are very grateful that they stopped digging and contacted us straight away," county archaeologist Wintervoll says.

### Weapons and gilded jewellery

The grave in Setesdal didn't just contain a sword and a possible gravestone. A lance, a long spear designed to be used on horseback, had also been placed in this grave. So far however, no other traces suggest that this is the grave of a mounted warrior.

Glass beads gilded with gold and a belt buckle were also found. "When we were about to put the buckle in



The hilt, the handle of the sword, tells the archaeologists that this sword is from the Viking Age. (Photo: Joakim Wintervoll)



Glass beads gilded with gold as well as a gilded belt buckle were found in the grave. And a number of pieces of metal that may or may not be related to the find. (Photo: Joakim Wintervoll)

the box that goes to the museum, we saw a glimmer of gold in the surface, so we believe that perhaps also the buckle was gilded with gold,” Wintervoll says. And finally, a brooch had also been laid down in the grave, the sort that could be used to keep a cape in place. It is made of bronze and had a typical Viking animal motif.

### **A particularly rich weapon grave**

“It’s very rare to discover weapon graves from the Viking Age, and this grave is a little richer than we are used to. The objects are also a bit better preserved than what we normally have to work with,” says Jo-Simon Frøshaug Stokke, the archaeologist at the Museum of Cultural History in Oslo who accompanied Wintervoll in examining the find. “Usually, we find one or two objects, not like here where there is a set of weapons with both a

sword and a lance, and then also jewellery,” he says.

Though rare, the find is not unique. “This is a set of weapons that we know well from other Viking Age graves. And Setesdal is an area where we have also previously found this type of weapon grave,” Stokke explains.

### **Fancy Vikings**

Whoever was buried here once upon a time was from the higher echelons of society. “Even if we often imagine Vikings with helmets and swords, very few Vikings could actually afford this,” Stokke says. Most of the Vikings that went on raids brought farmers weapons with them, such as axes and spears. In this grave, somebody has been buried with both a sword and a lance.

“These weapons alone make this a rich grave, but then you have the jewelry as well. So this is a person who clearly had some resources,” Stokke says. And the jewelry could no doubt have belonged to a man. “When we see weapons we think man, and when we see jewelry we think woman. But this is a very modern divide,” the archaeologist says. “The Vikings liked to wear jewelry. It’s not at all unique to find jewelry in a man’s grave, these were fancy people. And then there is the discussion on whether women carried weapons, and there are some indications of that as well.”

### **Visible graves claim ownership**

The grave might not have been very big. Perhaps it was just a pit in the ground, which was then covered by a stone. That the grave was placed exactly in this spot is not a coincidence. “Burying is done by the descendants of those who have died. They are claiming the land where the person lies,” Stokke explains.

There used to be a collection of smaller farms just 100-150 meters away from where the grave is located. It is reasonable to assume that these farms existed back at that time, or perhaps even further back in time, according to the archaeologist. “A pattern that we see is that you bury those who have owned land near the farm, and often in a spot that is easily visible from the nearby roads. People who passed by would then see the grave and know that the people who live here have ancestors who have lived here for a long time. These are our relatives; we lay claim to this land and have done so for generations. This is the function of the visible grave,” Stokke says.

The Setesdal-grave bears no traces of a mound, but the oblong stone that Oddbjørn Holum Heiland found was most likely a gravestone. It has either been laid flat on top of the grave or been placed in upright position. And there it has lain, for a little more than a thousand years. Until a Friday night about a week ago.

### **More digging in the week to come**

The Museum of Cultural History have decided to excavate the site further next week in the little that is left; however, the archaeologists do not expect to find a lot. “Perhaps we can find a bone, which would allow us to say something about the gender and age of the person buried here,” Stokke says. This depends on whether the person was cremated or not. “In any case, most of the organic material such as bones is most likely gone, but we always hope we might find something small,” he says.



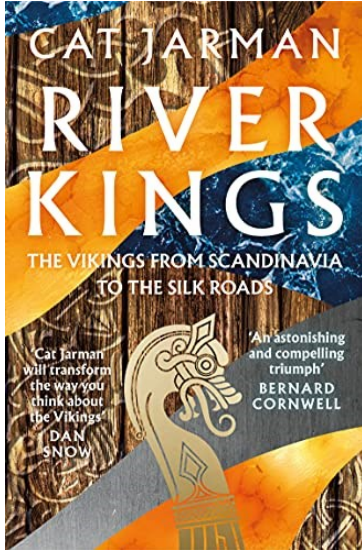
Jo-Simon Frøshaug Stokke from the Museum of Cultural History wraps and stores the items carefully to bring them back to the museum. Here, conservators will be able to discover new details by using x-rays and different treatments. (Photo: Joakim Wintervoll)

## THE LAST VIKING BY DON HOLLWAY (NONFICTION)

Most people have at least heard of **Harald Hardrada**, the real-life fantasy hero. Don Hollway tells the dramatic story of the last Viking King, from frozen Norway to the opulence of the Byzantine empire and finally to his death in a surprise attack in England.

Hollway tells a fantastic tale while also pointing out contradictions in the historic stories for a fair reflection on what really happened.

\$16.00 on Amazon



## RIVER KINGS BY CAT JARMAN (NONFICTION)

Bioarchaeologist Cat Jarman uses cutting-edge forensic techniques to trace a small bead discovered in an English Viking grave back to its origins thousands of miles to the east in Gujarat.

British newspaper *The Times* crowned it History Book of the Year in 2021, calling it "Like a classical symphony, perfectly composed and exquisitely performed."

\$19.00 on Amazon

Audio book and ebook at the library system



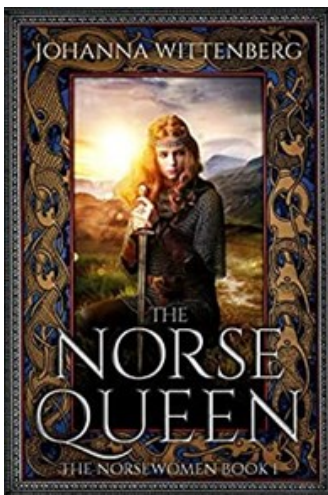
## THE LONG SHIPS BY FRANS G. BENGTSOON (FICTION)

A classic story from the 1940s that kick-started the whole genre of Viking historical fiction. Follow Orm the Red's adventures from Scandinavia to Spain, the British Isles and beyond.

The novel reads like a 1950s Hollywood movie and its cast moves through many famous historical events that involved the Viking explorers.

\$14.00 at Amazon

All forms found at the library system



## The Norse Queen by Johanna Wittenberg (fiction)

At the dawn of the Viking Age, what we now know as Norway was a collection of kingdoms at war. Daughter of a Norse king, fifteen-year-old Åsa has battling dreams of her own and spurns a powerful warlord. After he takes out his frustrations on her family, she becomes his Queen, all the time planning her vengeance. An absorbing tale of sacrifice and courage.

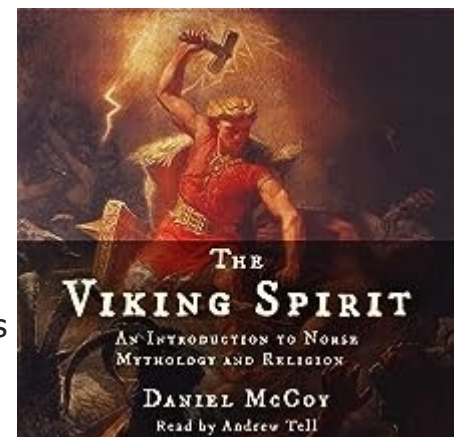
\$14.00 on Amazon



## THE VIKING SPIRIT BY DANIEL MCCOY (FICTION)

Featuring retellings of 34 epic Norse myths, McCoy's book is an **introduction to Norse mythology** like no other.

Featuring insights gleaned from the latest research, the book examines the Norse gods, their concepts of fate, morals and the afterlife, and how they practiced their faith. \$15.00 on Amazon and **book form at library**





The number of foreign students applying for study visas has decreased significantly. Pictured is a classroom full of people studying. Photo by [Kenny Eliason](#) on [Unsplash](#)

## THE NUMBER OF NEW NON-EEA STUDENTS COMING TO STUDY IN NORWAY HAS BEEN HALVED DUE TO TUITION FEES BEING INTRODUCED.

The number of students from outside the EEA who have applied for a study visa in Norway has fallen by 45 percent, figures obtained by public broadcaster NRK from the Norwegian Directorate of Immigration (UDI) show.

As part of its state budget for 2023, the government introduced fees for foreign students from outside Europe who wish to study at a Norwegian public university. Previously, all students could study at a Norwegian public university without

paying tuition.

Oddmund Løkensgard Hoel, State Secretary for Research and Higher Education, has said that the government is not surprised by the drop-off. "There is no drama in the application numbers. It is a decline, as expected. In the national budget for 2023, we calculated a decrease of 70 percent in this group. What the final figures will be, you will still not know until closer to Christmas, after the studies have started and the deadlines for paying tuition fees have expired," he told NRK. He said that the government was saving over a billion kroner per year with the introduction of tuition fees for some foreign students.

"What is a deliberate policy is that we will no longer spend a billion kroner of our budget capacity on being the only country in Europe that offers free education for students from all over the world," Hoel said. However, unlike other countries with school fees, Norway does not offer scholarship schemes for international students. Although, Hoel said that scholarship schemes could be introduced in the future.

"We wanted to make this change now in the 2023 budget because it was necessary to get the budget together. We also wanted to gain some experience before starting to create scholarship schemes. We need some time to find out how the scholarship schemes will be organized. But there will be scholarship schemes that will be targeted at the countries and students who need it most."

## Sweden Leader Says "Clear Risk" of Retaliatory Terror Attacks as Iran Issues Threats over Quran Desecration

BY KHALED WASSEF  
JULY 28, 2023 / 9:59 AM / CBS NEWS



Iranian protesters burn a Swedish flag during a protest against the desecration of the Quran at demonstrations in the Swedish capital Stockholm, at the Imam Khomeini Grand Mosque in Tehran, Iran, July 21, 2023. MORTEZA NIKOUBAZL/NURPHOTO/GETTY

Recent small-scale protests in Sweden's capital that saw a man desecrate Islam's holy book, the Quran, and the prospect of more such demonstrations, have left the Nordic nation torn between upholding its longstanding tradition of freedom of expression and safeguarding residents from potential retaliation from those offended by the acts.

The demonstrations have fueled anger in the Muslim world, and with officials in Iran calling for reprisals, the Swedish government moved this week to enhance its counterterrorism capabilities, instructing 15 government agencies, including its armed forces and various law enforcement bodies, to bolster security measures.

Justice Minister Gunnar Strommer said the measures would enable Sweden to "deter and impede terrorism and violent extremism."

Swedish Prime Minister Ulf Kristersson said he was "deeply concerned" as more requests were being submitted to the country's police for permission

to hold anti-Muslim protests involving the desecration of Qurans.

"If they are granted, we are going to face some days where there is a clear risk of something serious happening. I am extremely worried about what it could lead to," Kristersson told Swedish news agency TT on Thursday. He warned that the Swedish Security Service had determined that while the country had long been considered a "legitimate" target for terror attacks by various militant groups and lone actors inspired by them, it was now deemed to be a "prioritized" target.

Animosity toward Sweden in many Muslim nations soared in June, when a Christian Iraqi refugee burned a copy of the Quran outside Stockholm's Grand Mosque on the day of Eid-ul-Adha, the most important festival on the Muslim calendar.

Two weeks later the same man, Salwan Momika, 37, who sought asylum in Sweden a few years ago, staged another protest where he stomped on a Quran and used the Iraqi flag to wipe his shoes outside the Iraqi embassy in the Swedish capital.

For the second time his actions drew scores of angry Iraqi protesters to the Swedish embassy in Baghdad, with the crowd managing to breach the compound's perimeter and even set part of it on fire.

Iraq's government cut its diplomatic ties with Stockholm, and many other Muslim nations have summoned Swedish ambassadors in their capitals to formally lodge protests over the demonstrations in Stockholm being permitted.

Iran has taken an even stronger stance, threatening a harsh punishment against the Quran desecrator. Ali Mohammadi-Sirat, the Supreme Leader's man in the IRGC's Quds Force — a special military unit responsible for operations outside Iran's borders — said the man who disrespected the Quran should fear for his life.

According to the exiled dissident news network Iran International, which now bases its operations in Washington, D.C., Mohammadi-Sirat called on Swedish authorities to hand over Momika, stressing that those who insult the Prophet Muhammad and the Quran should face execution.

Iran's Supreme Leader Ayatollah Ali Khamenei echoed the warning, demanding that Sweden hand over the Iraqi refugee.

"The insult to the Holy Quran in Sweden is a bitter, conspiratorial, dangerous event," Khamenei said in a social media post. "It is the opinion of all Islamic scholars that those who have insulted the Holy Quran deserve the severest punishment."

Iran International quoted Major Gen. Hossein Salami, the commander of the Revolutionary Guard, as saying that Iran "will not allow those who insult the Quran to have security."

"If someone wants to play with our Quran and religion, we will play with all his world," the opposition outlet quoted Salami as saying. "Sooner or later, the vengeful hand of the 'mujahids' will reach politicians and stage managers behind these sort of crimes, and we will render the highest punishment to the perpetrator."



Protesters scale a wall at the Swedish Embassy in Baghdad, Iraq, July 20, 2023. ALI JABAR/AP



## 2023 Masse Moro Campers

# When pasta came to Norway: “We thought it was a vegetable”

Nina\_Kristiansen, Journalist

Friday 21. July 2023

Today, most Norwegians eat pasta dishes for dinner. But they do it the Norwegian way, which is quite far from the Italian way. This year marks 110 years since the start of pasta production in Norway. A new pasta factory in Oslo opened in 1913. They collaborated with the researcher Olav Johan Sopp. Sopp was originally named Olsen, but changed his surname to his subject of research — namely mushrooms, which is sopp in Norwegian. He was a celebrity, and he lectured and wrote books about modern food and nutrition. The macaroni factory used the name Sopp to brand its products. Today, Sopp's pasta has a 40 per cent market share, according to the company's own website. But Sopp's cannot claim credit for making macaroni a part of the Norwegian diet.

## A NORWAY ON THE RISE

Around 1830, macaroni appeared in cookbooks and newspapers. At this time there was an upswing in the Norwegian economy. Shipping had its heyday. More and more fish and timber were sold abroad. New factories were constantly being built, first textile and metal, later other goods, according to [norgeshistorie.no](http://norgeshistorie.no). More exports led to more imports, particularly of foodstuffs. More and more cookbooks were being published in Norway, and then macaroni appeared on the scene.

The cookbooks served as advertising for new foods and dishes, according to an article by Professor Ingunn Elvekrok at Kristiania University College. Macaroni was eaten as a separate dish with sauce, or in fish gratin and meat pudding.

## MEAT, MINCED MEAT AND MACARONI

The dishes were simple with few ingredients. Cookbook author Minna Wetlejen provided a recipe for meat pudding in 1890: “Cover the bottom and sides of a bread pan with forcemeat. Place layers of ham pieces and macaroni in the middle. Top with a layer of forcemeat. Roast in the oven for an hour-and-a-half and serve with brown sauce.”

Macaroni pudding was also popular: “Milk, macaroni and butter are boiled into a porridge. When the porridge is cold, mix in the eggs and sugar, and preferably a little nutmeg.”

Sopp's macaroni hit the shops in 1913. It took a long time before other types of pasta appeared.

## BOILED POTATOES WITH PASTA

Spaghetti was the second to arrive, in the 1960s. People didn't know how to use this type of pasta either. And the idea that this unknown food could replace the boiled potatoes was out of the question.

Ellen Horpen is 59 years old and from Steinberg in Drammen municipality. She tells a story from her childhood: “We had potatoes, meat pudding in brown sauce and macaroni as our vegetable. I thought it was a vegetable until I was an adult. I've continued to eat it too, but not as often,” she said.

Gro is 55 years old and from the same place: “We ate fish cakes in brown sauce with spaghetti and potatoes when I was little. With ketchup on it,” she said.

The Norwegian food history book *Fattigmenn, tilslørte bondepiker og rike riddere* (Fried crullers, apple brown betty and French toast) confirms that pasta was consumed like this.

## THE NEW VEGETABLE

Macaroni went by the name “inland vegetable,” according to the food history book. A nationwide survey on dinner habits was carried out in 1971. People were asked about the amounts and types of vegetables they ate. One of the options was macaroni and spaghetti.

Towards the end of the 1970s, the word pasta entered the language. Now people called dishes with spaghetti and macaroni pasta dishes.

Spaghetti with minced meat became a popular dish. Some served it with boiled potatoes.

Ready-to-eat casseroles in a bag were an innovation.

## FAST POWDERED FOOD

Many women got jobs, so they had less time to cook. It was quick and easy to pour a powdered mix and dried food into a pot and add water. One of these casseroles was Toro's Italian Spaghetti Casserole.

During the 1980s, pasta became increasingly common. A Norwegian cookbook from 1982 contains many reci-

pes for pasta dishes. It also says that spaghetti and macaroni can replace boiled potatoes. More varieties of pasta shapes also appeared on grocery store shelves. There were tubes, corkscrews, ribbons and shells. The media wrote about pasta: "It's cheap food. It satisfies. It's modern and easy to make." Pasta appeared in salads. Lasagna became popular. Cookbooks contained recipes for various pasta sauces.

## THE YOUNG EAT THE MOST PASTA

Constant surveys are conducted for Norwegian marketing data about what people eat for dinner. By 1991, boiled potatoes had dropped to being served in just 20 per cent of meat-based dinners. Pasta – and rice – started to take over. In the same year, 39 per cent of Norwegians ate spaghetti dishes for dinner a couple of times a month or more often, according to the food history book.

Young people led the way. Seventy-four per cent of young adults in Oslo ate pasta regularly.

Chinese, Indian and Mexican cuisines gained influence. But Italian cuisine was holding its own with an ever-greater breadth in the dishes people made.

Norwegians have not given up on the potato, however. In a study from 2008, seven out of ten said that they had eaten potatoes as a side dish to the main course in the last weekday and weekend. One in ten had eaten pasta.



Spaghetti also came canned, along with cocktail sausages and chicken meatballs. Spaghetti à la Capri was launched in the 1950s and is still sold today. (Photo: Trond Solberg /



## MODERN PASTA

During the 2000s and up to today, food surveys show that pasta dishes are becoming more and more common on Norwegian dinner tables. In 2017, spaghetti carbonara was the most popular recipe on the popular Norwegian food blogger Trine Sandberg's blog. The restaurant Trattoria Popolare is located in Grünerløkka, a trendy area in east-central Oslo. The restaurant serves Italian dishes the Italian way, according to general manager Kristian Afzelius.

It's a long way from the meat pudding of 1890 to the dishes Afzelius offers his customers.

Oxtail ravioli with spinach is the most popular dish.

## TWO TABLESPOONS OF SAUCE

The oxtail meat is fried and cooked with onions, garlic and chili, Afzelius said. It is then combined with spinach and oregano and stuffed into raviolis. The meat stock is used in the sauce.

"Italians use much less sauce for their pasta than in Norway," Afzelius said. "Here we use a ladleful of sauce, while there they add two tablespoons of pasta sauce," he said.

A traditional Italian dinner consists of several courses. The antipasti comes first and should whet the appetite. It includes some Italian bread, olives or ham. Then comes primi piatti, which is a pasta dish. The second main course - secondi piatti - consists of meat or fish with

Christopher Christiansen is head chef at Trattoria Popolare. The restaurant's most popular dish is ravioli with oxtail. (Photo: Nina Kristiansen)

or without vegetables, Afzelius said.

Norwegians have adopted Italian dishes but have dropped the Italian way of serving them. Norwegians eat pasta as the sole main course with a lot of sauce on it and have adapted the dishes to a Nordic taste.

## STILL MOSTLY SPAGHETTI

For example, Norwegians make pasta carbonara completely differently than in Italy. Norwegians use cream and whole eggs, throw in some bacon and preferably some peas. Finally, Jarlsberg cheese is grated over the top. Trattoria Popolare is traditional. Their carbonara is made from cured pork jowl, sharp sheep's milk cheese, egg yolks and black pepper. And spaghetti has held its own, despite all the new variants. Kine Søyland, communications manager at NorgesGruppen, the largest wholesaler in the Norwegian retail grocery market, says classic spaghetti was the most sold pasta type last year. The cheapest variant is the most popular. "We sold 611,000 kilos of the best seller First Price spaghetti," he said.

"It's interesting that even though the selection has become much wider and more varied, in terms of price, number of varieties and quality, classic spaghetti is still the variety that is sold and eaten the most," Søyland said.

*Translated by Nancy Bazilchuk*