



# SONS OF NORWAY

## Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

August 2024

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## Officers Needed

With fall fast approaching, it's time to start looking for new officer candidates for the 2025 calendar year. Several officer positions have no candidate at this time: Secretary and Publicity. You are welcome to offer up your own nomination for any of the officer positions listed to the left. There will be an election of officers at our December meeting and those elected will start at the January meeting. Please consider joining the Board!

## Book Club

Our first book club meeting of the new season will be on **Thursday, September 26 at 9:30 a.m. at the 2510 Deli**. We will read another of Sigrid Undset's novels set in the Middle Ages, The Axe: The Master of Hestviken. It is said to be soaringly romantic and psychologically nuanced, being a meticulous re-creation of a world split between pagan codes of retribution and the rigors of Christian piety. It is the first book in a series, so after reading it, we will decide whether we want to continue with the series. The third book in Lars Mytting's series will not be ready for several months yet.

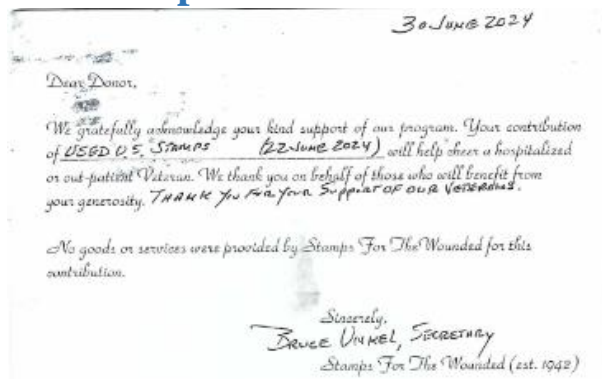
## August Birthdays

8<sup>th</sup> – Richard Hovda  
31<sup>st</sup> – Al Solomonson

## Upcoming Meetings

Thursday, September 19, 5:30 – 7:30 p.m., Marathon County Library in Wausau.  
Thursday, October 24, Torsk Dinner at Dale's Weston Lanes  
Thursday, December 19, 5:30 p.m. Potluck Dinner at Immanuel Lutheran Church  
Saturday, January 18, 9:00 a.m., 2510 Deli breakfast  
Saturday, February 15, 10:00 a.m., Marathon County Library in Wausau  
Saturday, March 15, 10:00 a.m., Marathon County Library in Wausau  
Thursday, May 15, 5:30 p.m., Potluck Dinner at Immanuel Lutheran Church

## Stamps for the Wounded





Saga Farmann, a full-size archaeological reconstruction of a 10th-century Viking cargo vessel on a yearslong expedition through Europe, is berthed in Montenegro's port of Bar July 20. STEVO VASILJEVIC/REUTERS

## Viking ship navigates seafarers' ancient routes

REUTERS

BAR, Montenegro – A replica Viking ship has berthed in Montenegro's Adriatic port of Bar on a yearslong trip through European waters inspired by the Norse seafarers who set out from Scandinavia to explore, trade and conquer a millennium ago.

The ship, Saga Farmann, is a full-size archaeological reconstruction of a 10th-century Viking cargo vessel, or knarr, made from oak and pine, which was found in Norway as early as 1893 but only excavated in the 1970s.

"This is the type of ship that would travel to Iceland, or Greenland, even North America," said Linda Sten Vagnes, one of the journey's leaders.

The trip, set to end in 2026, was originally planned to follow the Norwegian coast into the White Sea off northern Russia and the Volga River, but it was rerouted to follow the rivers of Europe from west to east.

"We had to change the route because of the war (in Ukraine)," Sten Vagnes said.

The Viking age, spanning the eighth to 11th centuries A.D., saw Norsemen journey from Scandinavia aboard timber longships to stage raids, trade and

settle across a wide region, including North America, using their mastery of maritime technology.

The Saga Farmann's journey, which started in 2023, was inspired by the sagas about Vikings who traveled to Constantinople, capital of the then-Byzantine empire. It took years of hard work by enthusiasts, with the support of the governments of Denmark and Norway, to make an exact copy of a knarr. The vessel was launched in 2018, said Axel Hubert Persvik, a ship builder.

"It takes a long time because most of craft we do is by hand. ... It takes many hours to build it."

At the latest leg of the trip, the 69-foot-long and 16-foot-wide ship sailed from the Aegean Sea into the Adriatic, said Zander Simpson, the ship's captain.

"The next stage of the trip is around Italy, Sicily ... to stay in Rome this winter, before next year's stage, which will take her up the Italian coast, the French Riviera ... to Paris."

In addition to sails and oars, the Saga Farmann has four electric motors to propel it upwind and upstream. More than 3 tons of batteries are stored on-board, where they are used for propulsion and as ballast.

### Future Newsletters

Newsletters are published at the beginning of each month that we have a meeting. Please have all information that you would like placed in the newsletter to the editor, Kris Peterson ([krisp3@msn.com](mailto:krisp3@msn.com)), by the 25<sup>th</sup> of the previous month.

## From the Sons of Norway News Service

### Viking Sword Fished Out of River

Magnet fishing is a hobby where powerful magnets are used to see what lost or discarded items of value can be discovered. Sometimes it yields worthless junk and has even been known to pick up dangerous items such as live grenades. Once in a while, however, a priceless and rare treasure can be found. Such was the case for Trevor Penny when he was magnet fishing in Oxfordshire's River Cherwell in southeastern England in November of 2023.



He and a friend were casting from a bridge when he felt something attach and pulled it up. Not immediately recognizing what it might be, a quick Google search kept pointing him to it being a Viking sword. Understanding the archeological implications of his find, he contacted the county so that it could be handed off to museum officials for authentication.

Officials authenticated the sword as having Viking origins and confirmed that the rare find dates back to between 850 and 975 A.D. During that time, Vikings traveled to the British Isles to plunder, conquer and sometimes trade with the Saxons. The find was celebrated not only for it being the oldest artifact to be found in the country by magnet fishing, but that it was also completely intact. The sword is currently in the care of Oxford Museum services with the eventual goal of hopefully having it go on display.

Swords were of great importance to their Viking owners, not only for battle but were also sometimes passed down in families and sometimes featured craftsmanship through decorative engraved patterns.

While Trevor Penny is not likely to ever find something like this again, he is proud of the historical find he made.

Sources:

[A 1,000-Year-Old Viking Sword Emerges From an English River | Smithsonian \(smithsonianmag.com\)](#)

[1,100-year-old Viking sword pulled from UK river by magnet fisher | Live Science](#)

### Social Media and Social Skills

A new study has been conducted at the Norwegian University of Science and Technology (NTNU) that focuses on social media and social skills. With the amount of screen time and social media present today, there is concern that social skills among youth are being inhibited. Surprisingly, the researchers found that those who used social media more often were also with friends more offline. The belief there is that young people are using social media to build connections and plan activities with friends offline.

Various other studies have shown that friendships are strengthened through social media and new friendships have developed as a result. Though studies support social media in this way, it is not to say that screen time is harmless. Previous studies have shown decreased self-esteem among girls. Social media can affect people differently and it is difficult to study the relationship at the rate social media apps have been developed. Nevertheless, researchers will continue studying social media in hopes of promoting good social conditions for young people.



### Norwegian Berries





The growing season in Norway is short, so only certain fruits can thrive. Cooler summer weather and long daylight hours make for ideal berry growing, and Norwegians are wild about foraging and picking. Berry season begins in late June with strawberries and lasts through mid-October with black currants. *Jordbær*, strawberries, are considered a high point of the summer, and the whereabouts of wild strawberry patches are well-guarded family secrets. Strawberries are usually enjoyed fresh with sugar and/or cream, or in *bløtkake*, a layered cream cake.

*Multer/Molter/Moltebær*, cloudbberries, are the crown jewel of Norwegian fruit. They grow above the Arctic Circle in mountain swamp areas and resemble large orange-pink raspberries. Multer only grow in the wild and cannot be farmed, so unless you forage your own, they are expensive and can be hard to source. Known as *viddas gull* (highland gold), multer are delicately juicy, flavored like sweet-tart apples.

Other berries include *tyttebær* (lingonberries) which taste similar to cranberries, *krøkebær/krekling* (crowberries) which resemble blueberries but are black and are mainly used in juice, *moreller* (Morello cherries), *bjørnebær* (blackberries) grow in many yards, *blåbær* (bilberries/Arctic blueberries) are used in juices, tea, desserts and syrup. *Bringebær* (raspberries), grown in the wild and in gardens, are used in sauces, cakes, and jams. *Rips* (red currants) and *solbær* (black currants) are harvested late into September and are used to make juice, wine, liqueur and jam. *Elgbær* (moose berries) grow close to the ground, and if you see some, you should be on the lookout for nearby moose.

### Smoked Salmon Spread

Source: <https://www.allrecipes.com/recipe/233564/the-best-smoked-salmon-spread/>

#### Ingredients:

1 (8 ounce) package cream cheese, softened  
6 ounces smoked salmon, chopped  
1/4 cup capers, or to taste  
2 Tbsp. chopped green onion (optional)  
1 1/2 tsp. chopped fresh dill  
1/4 cup heavy whipping cream  
3 dashes Worcestershire sauce  
3 drops hot sauce (Tabasco or similar)  
1 tsp. fresh lemon juice

#### Directions:

Gather all ingredients. Process cream cheese in a food processor to soften completely.

Add smoked salmon, capers, green onion, dill, cream, Worcestershire sauce, hot sauce, and lemon juice. Pulse the mixture again until mixed but slightly chunky. Garnish with chopped dill and serve with your favorite crackers, pita bread wedges or slices of baguette.

