



SONS of NORWAY



May 2022
Walworth County, WI

Norsemen of the Lakes 5-650

Welcome to the month of May,

We have an important meeting this month and the months to come to plan our 25th anniversary. Our one and only purpose in using this landmark is to gain new members. If we don't get some new active members soon, we won't see our 30th anniversary.

I sent out an e-mail to all of you regarding the activities we may be able to present. At this meeting, we have two big items to nail down: date and place. In addition, we will set up additional planning meeting because it will take several to organize everything. I think we have come up with a lot of good ideas to attract interest, and I am sure we can lean on our sisters and brothers from other lodges to give us a hand in presentations.

If you are interested at all in the future of our lodge and educating people on our culture, please lend your assistance to this important event.

In addition to our business meeting, I have downloaded a movie that is one and half hours long. I'll show half of it in May and the last have in June. It's the story of how the infant king Håkon Håkonsson was rescued by the Birkebeiners from the Baglers. The event was recorded for history in this famous painting.



Gratulerer med dagen

May Birthdays

Karen Hakes	1st
Barb Ogne	9th
Kathleen Henderson	26th
Paul Johnson	30th

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CALENDAR

Next meeting:

May 10th

6 p.m.

Advia Credit Union

837 No. Wisconsin St.

Elkhorn, WI

Potluck (I'll bring a Swedish meat loaf)

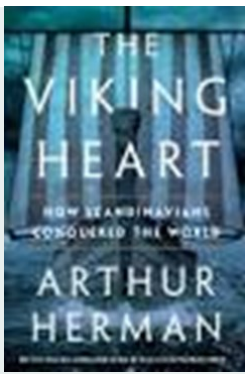
Meeting topic: planning for the 25th anniversary celebration

Program the movie *The Last King*

NOK TO USD EXCHANGE

1 KR=\$0.12

The Norwegian krone has lost 27.8 percent of its value against the US dollar. Norway is easily among the most beautiful countries in the world, and its fjords are like a trademark. The rugged scenery and massive inlets are magnificent. One of the best times to visit is in May, just after spring, which brings about mind-blowing natural colors. But no matter when you decide to explore Norway's secret gems and culture, you'll find exhilarating adventures. Airfare has become much cheaper due to the boom of budget airline and the strength of the dollar to the NOK. Direct flights from Milwaukee to Oslo are about \$650.



"Mr. Herman is at pains to remind us that the Viking world was never just a stage for mayhem. It was, he says, 'about daring to reach for more than the universe had gifted you, no matter the odds and the obstacles.' In short: We might all take our own life's cue from the Viking heart."—The Wall Street Journal

From a New York Times best-selling historian and Pulitzer Prize finalist, a sweeping epic of how the Vikings and their descendants have shaped history and America.

Scandinavia has always been a world apart. For millennia Norwegians, Danes, Finns, and Swedes lived a remote and rugged existence among the fjords and peaks of the land of the midnight sun. But when they finally left their homeland in search of opportunity, these wanderers—including the most famous, the Vikings—would reshape Europe and beyond. Their ingenuity, daring, resiliency, and loyalty to family and community would propel them to the gates of Rome, the steppes of Russia, the courts of Constantinople, and the castles of England and Ireland. But nowhere would they leave a deeper mark than across the Atlantic, where the Vikings' legacy would become the American Dream.

In *The Viking Heart*, Arthur Herman melds a compelling historical narrative with cutting-edge archaeological and DNA research to trace the epic story of this remarkable and diverse people. He shows how the Scandinavian experience has universal meaning, and how we can still be inspired by their indomitable spirit.

Available at the library in hard cover and E book form.

Oslo to Copenhagen: All the Travel Options

April 20, 2022 by David Nikel

Planning a trip from Oslo to Copenhagen? Here are all your options to travel between these two Scandinavian capitals.

What's the best way to travel between Oslo and Copenhagen? It's a question I'm often asked by both locals and travelers alike.

For many people, a trip to Scandinavia is a once-in-a-lifetime trip, so much so that they want to pack in as many sights as possible. That means the capital cities of Norway and Denmark are often included on the same itinerary.

It's not just locals either. Many residents of Oslo travel frequently to **Copenhagen**, whether for business, family visits, major events or tourism. Many people choose to fly between **the Scandinavian cities**, but is that always the best option? With environmental concerns becoming ever more important, I take a look at all the options for travelling between Copenhagen and Oslo.

Oslo to Copenhagen by air



Copenhagen Airport. Photo: Robinotof / Shutterstock.com

Flying is the default form of transport for many making the trip, especially for business. The direct flight takes about one hour, although of course you have to factor in travel time to the airports.

Because Copenhagen Airport is an important long-haul hub for SAS, there are multiple daily flights from several Norwegian airports, not just Oslo. But from Norway's capital, there are many flights to choose from every day.

SAS and Norwegian both operate multiple daily flights on the route. The two established airlines have recently been joined by **startup airline Flyr**, although the frequency of Flyr flights is less.

The cost of a plane ticket varies considerably, with the best deals available when booking at least 7 days in advance. The cheapest tickets with all airlines are generally available in the late morning and late in the evening.

The train from Oslo to Copenhagen

There is no direct train between Norway and Denmark. However, that doesn't mean you can't travel by train! It's actually quite straightforward to travel between Oslo and Copenhagen with a change of trains in **Gothenburg, Sweden**.

Each leg of the journey lasts around four hours and costs about \$53.10, although advance deals are available. One advantage of this travel



The exterior of Copenhagen railway station

method is flexibility because of the need to buy two separate tickets. You can travel through on the same day with some waiting time at Gothenburg or enjoy some time in the city if you prefer.

Oslo to Copenhagen by ferry

The two capitals are also linked by a daily overnight ferry service. DFDS runs a car and passenger ferry that takes up to 17 hours to complete the crossing. From both ports, the ferry departs at 3pm and arrives at 10am the next day.

Despite the longer travel time, it's arguably the most comfortable option. Private sleeping cabins, restaurants and other entertainments mean the journey can be as relaxing or as lively as you wish. Typical passenger fares run between \$52.49 and \$104.97.

DFDS also offers a return trip sold as a two night mini-cruise. From Oslo, this gives passengers a few hours to enjoy Copenhagen with the help of bus transfers to and from the ship.

Driving from Oslo to Copenhagen

If you own one, then taking your own car between Oslo and Copenhagen is an obvious option. Typically it takes between 6 and 6.5 hours to cover the 373 miles. It also offers, by far, the most flexibility of all the travel options. If hiring a car, remember to check that international travel is permitted. When calculating the cost of the trip, remember to factor in toll road payments in addition to fuel.

Oslo to Copenhagen by bus

Long-distance bus services are not as popular in Scandinavia as they once were. Nevertheless, the Oslo to Copenhagen route remains a firm favorite amongst budget travelers.

Vy typically operates three daily services with fares starting at \$42.48 for the 8-hour journey. More often than not, this is the cheapest way to travel between the two cities.

One of the three daily services is an overnight service. For the ultimate budget travel experience, the overnight route will save you forking out for a hotel, if you're the kind of person that can sleep in a moving vehicle, of course.

Flixbus is another bus provider with similar fares to Vy. In fact, at the time of writing, some fares were available for as low as \$34.64. As with Vy, one of the Flixbus departures tends to be an overnight service.

What's your preferred way to travel between Oslo and Copenhagen?



One of the DFDS ferries that serves the popular Oslo-Copenhagen route.

Norway Arrests Activists Blocking Tanker Unloading Russian Oil

April 25, 2022 Reuters

In a protest against Russia's invasion of Ukraine, activists had fastened their red rubber dinghy to the *Ust Luga's* anchor chain, Greenpeace said, as they sought to prevent it offloading an estimated 95,000 tons of oil.

"Oil is not only at the root of the climate crisis, but also of wars and conflicts. I am shocked that Norway operates as a free port for Russian oil, which we know finances Putin's warfare," Greenpeace Norway head Frode Pleyrn said.

The group called on the Norwegian government to ban imports of Russian fossil fuels and said that Exxon Mobil's Norwegian Esso unit should cancel any contracts for such imports from Russia over its invasion of Ukraine, which Moscow describes as a "special military operation".

Norwegian police later said all the activists had been removed from the area.

Esso Norway had agreed to buy the oil before the conflict started and does not have plans for further purchases from Russia, a company spokesperson told Reuters. "Esso Norway fully complies with all Norwegian sanctions and we support the coordinated international efforts to end Russia's unprovoked attack," Esso said in an emailed statement.



Uff Da: What the Norwegian American Expression Really Means

December 5, 2021 by [Daniel Albert](#)

Norwegian Americans love to say *uff da* as a badge of Norwegian pride. But here's the story of what the expression actually means in Norway today.

If you're of Norwegian descent, you have almost certainly heard someone say *uff da*, and quite possibly also said it yourself. But did you know the expression is used very differently in North America and in Norway?

Let us clear things up! In this article, I'll explore the different meanings of the saying, how it's used by Norwegians and [Norwegian Americans](#)—and why none of this really matters anyway!

Origins of the Norwegian expression

Uff da is an expression composed of two words. "Uff" is an onomatopoeia – that's a word that represents a sound. Just like "bang" or "woof" or "pow". The word *uff* is meant to represent a sigh.

Da is (roughly) the Norwegian equivalent of "then". So, for example, "kom igjen da!" translates as "Come on, then!". Of course, as an expression, the two words take a meaning that goes beyond their separate definitions.

Uff da in the United States

In North America, *uff da* is used as an all-round exclamation or a kind of very mild curse. We've scoured the internet for evidence and found all manner of curiosities. It can express a whole gamut of emotions from surprise to dismay, via exhaustion and astonishment.



For example, it seems that [Minnesotans](#) will say *uff da* when they lift something that's heavier than expected, when they go outside and realize the temperature is very cold indeed, or when they kick their shoes off and collapse on the sofa after a long day at work.

A MARKER OF NORWEGIAN AMERICAN CULTURAL IDENTITY

In North America, using an expression like *uff da* marks you as having a connection with Norwegian heritage. That might be unintentional. Maybe the expression is just part of your vocabulary, and always has been. Or it may be deliberate: you use the word *because* you want to show people you have a connection to Norway.

The latter is seen quite clearly in the use of the expression to name businesses, social clubs, restaurants or other organizations. There is [Uff-Da Airport](#), several Uffda festivals and many Uffda roads. Indeed, *uff da* has an almost legendary status in some parts of the United States and Canada. It is worn with pride ([sometimes literally](#)) by people of Norwegian heritage.

It is not only an expression but a badge of honor of sorts, claiming a small part of one's ancestors' culture. For people who are in the know, it signals that connection very clearly. Perhaps that's why so many Norwegian Americans comment on Life in Norway's Facebook posts with *uff da!*—something a native Norwegian would never do.

Uff da in Norway

Here's a bit of good news: *Uff da* is a genuine Norwegian expression that is used in Norway to this day! There is a difference though, which I will attempt to explain.

First, it has to be said that *uff da* is not a very common expression in Norwegian. Everyone in Norway knows what it means, but most people will use it only sporadically, if at all – and certainly not every day.

Another difference is in the range of situations in which *uff da* is the appropriate thing to say. This range is much narrower in Norwegian than in English. In fact, about 80% of the time (this is a very crude and non-scientific estimation by yours truly), *uff da* is used in Norway to console a child who inflicted themselves a minor injury.

Norwegian parents may use *Uff da* when their child gets an ow-ey. The point of *uff da* in Norwegian is to express compassion for something unfortunate that happened – but not *too* unfortunate. You can say *uff da* when a child comes to you crying because they scraped their knee, but not if they come to you crying because one of their relatives died. This sort of equates to the use of "aww, there there" by parents in English!

If you use *uff da* in a situation that is too serious, it will sound like you're minimizing the gravity of that situation. In fact, that is probably why it's so commonly used to console children with minor scrapes and bumps. It's an expression that says "that sucks, but it's not that bad". Because of that added bit of meaning, *uff da* can sound a little condescending if used at the wrong time.

If you want to express compassion without sounding like you're trying to minimize the problem, you can simply say "uff", without the "da".

It's used only in conversations

Because it's not used as a minor curse word in Norwegian, *uff da* really only makes sense when used in a conversation with another person. This makes sense given that it's meant to express compassion.

In Norway, *uff da* would only be used as part of a conversation.

Of course some people talk to themselves, and they can use any expression they want – it could be argued that they are, in fact, holding a conversation. But the point is, using *uff da* because you're exhausted, surprised or shocked (in the same way you would use another minor swear) would just be weird in Norwegian.

The pronunciation

Another small but very noticeable difference in use of the expression between Norway and the United States is in the way it's pronounced. The Norwegian "u" is notoriously **difficult for native English speakers** to pronounce, and it is likely to be replaced with something sounding more like an "oo" sound. But the good news is, even Norwegians sometimes pronounce it with a "oo" sound, depending on their dialect.

How did the expression cross the Atlantic?

Many Norwegians **left Norway in the 19th century**, in search of a better life in the vast expanses of the American Midwest. Because they wanted their children to integrate, they often tried to speak only English to them. Despite this focus in English, *uff da* is one of those Norwegian expressions that still made it through. Perhaps the children heard it and remembered it precisely because it's so commonly used to console them. Either way, it came to represent a connection to a Norwegian past.

So who's right?

We've established that *uff da* doesn't mean the same thing on either side of the Atlantic. So who's right and who's wrong? Well... everyone is right.

Linguistically speaking, if a large group of people (say, Americans in the Midwest) use a word or expression in a certain way and understand each other when they do, they cannot be wrong. This remains true even if said word or expression has a different meaning than it did originally. Languages evolve, expressions change, words disappear and reappear through time. Regardless of the meaning you assign to it, *uff da* is undeniably a tangible connection people of Norwegian descent have with their past. As such, it's no wonder the expression is as cherished as it is.

So should you keep on saying *uff da* as much as you like? Go right ahead! Just don't be surprised if you get confused looks should you use the expression in Norway.



[Click here to buy this shirt](#)

Nikolai Astrup's Time to Shine



Known for his unique depictions of western Norway's lush landscapes and traditional ways of life, Nikolai Astrup (1880-1928) was one of the country's most innovative painters, printmakers and horticulturalists. While his art was celebrated in his home country, Astrup was not well known outside of its borders. This has begun to change in recent years as the world discovers his work through new exhibitions and books. In 2016, Astrup made his London debut at the [Dulwich Picture Gallery](#)—nearly 90 years after his death.

This summer, Astrup's paintings will be on display in the United States. *Nikolai Astrup: Visions of Norway* opens on June 19 at the [Clark Art Institute](#) in Williamstown, Massachusetts. It's the first North American museum exhibition focused on the Norwegian painter.

Cont. p. 7

With Russian Aggression Comes Turbulence for Norway's Air Defense Planning

The war in Ukraine has made the Nordic country reconsider plans to close two Arctic air bases.

By Atle Staalesen April 13, 2022

"The state of the Norwegian Armed Forces is not what it should be," the Norwegian defense minister said as he [presented an updated national defense plan](#) last week. "The Russian invasion of Ukraine has major consequence for Norwegian security because Russia has considerable security interests in the North, and that affects Norway and NATO," Minister Odd Roger Enoksen said. "In the times ahead, Norway must do more to uphold its influence in the region," he underlined. The new [white paper](#) that now has been handed over to Parliament outlines serious challenges in the country's military. Several key investment projects are delayed, among them the [acquisition of new submarines](#). Four German-built submarines of the U212CD class are to be delivered to the Norwegian Navy by 2029, but the ships might not be ready until significantly later.

There are also major problems connected with the country's new NH90 helicopters, and the introduction of new F-35 fighter jets and P-8 marine patrol aircraft requires a boost in operational capacity, the authors of the report conclude. They also argue that Norway must strengthen its infrastructure in the North. Previous plans included the closure of the air bases of Andøya and Bodø, but the former is now getting a revival instead.

The air base located at 69°N is now considered to be of key importance for allied training in the North. According to the Defense Ministry, Andøya will be a "permanent military reception base for allied forces. . . . This means that we will preserve the infrastructure and maintain the base, including the long runway, and we will facilitate training and exercises," the defense minister told [Aftenposten](#).

It is believed that Andøya will be used extensively by the US Air Force and especially by P-8 patrol aircraft. Over the last years, US P-8 aircraft have extensively patrolled north Norwegian air space together with Norwegian P-3 Orions. Norway is itself [acquiring five of the top-modern Boeing aircraft](#), the first of which arrived in Norway in November 2021. Andøya has shelters for several aircraft, but there are no air defense systems in the area. The preservation of the air base is believed to come with a major cost for the Norwegian defense budget. The country's Government this year [added \\$381 million in military spending](#), and more is likely to be allocated in 2023 and the following years.

Several defense representatives now also question the plans to close the air base of Bodø. The base that for 70 years has served Norwegian and allied aircraft was formally [closed in January 2022](#) and is to [give way to local city real estate development](#). A new civilian airport is to be built only few hundred meters from the old facility. Chief of the Norwegian Air Force Rolf Folland now calls for the preservation of the base. "Everyone assesses the challenges with new views since Russia invaded Ukraine [and] operational platforms for allied support are crucial for us as a nation," he told [NRK](#). According to Folland, Bodø can in the future facilitate allied visits, exercises and training. The base was successfully applied during the recent Cold Response exercise, he explains.

F-16 and F-35 fighter jets taxiing at the Ørlandet air base. Photo: Marius Brustad, Forsvaret

Bodø has for several decades been the main base for Norway's fleet of F-16 fighter jets, and has as many as 70 aircraft shelters. Following the decision to acquire new F-35 fighter jets in 2008, Norway started a major reorganization of its Air Force base structure. The new aircraft are based in the upgraded stations of Ørlandet and Evenes. The latter will also be the main base for the P-8 aircraft. The two new bases are to be fully operational by year 2025.

Note to readers: Shortly before the publication of this article, Odd Roger Enoksen resigned as defense minister. He is now replaced by Bjørn Arild Gram.

A Welcome Comeback for Norway's Walrus

A hunting ban has fostered the return of a nearly extinct species

PLANET POSITIVE

A *Smithsonian* magazine special report

Photographs by Florian Ledoux

Text by Jennie Rothenberg Gritz

Strange as it might seem, the ancestors of walrus originally lived in the tropics. They followed food sources north and ended up in two main places: the North Pacific and the North Atlantic. A large group made their home in the Norwegian archipelago of Svalbard, where warm and cool ocean currents meet. Over the past few million years, walrus have adapted to their frigid environments, with long ivory tusks to protect them from polar bears and thick, bristled skin with up to six inches of insulating blubber underneath. They learned to sustain themselves by using their sensitive whiskers to hunt for



clams, breaking open the shells with their flippers and noses and eating them by the thousands. Sometimes they'd hunt seals, marine mammals to which they bear no close relation. Walrus are the last remaining species in a family called Odobenidae—a Greek name that means “those who walk with their teeth.”

“The walrus is like a mythical creature,” says Colleen Reichmuth, a research scientist at University of California, Santa Cruz's Institute of Marine Sciences. “They're like no other animal on earth. Their closest living relatives are separated by almost 20 million years.”

By 1952, Svalbard's walrus were nearly gone, due to more than 300 years of ivory hunting. So the Norwegian government banned commercial hunting of these endangered creatures, and they began to rebound. In 2006, there were 2,629 walrus in Svalbard. The latest study, in 2018, put that number at 5,503. It's now common to see clusters of these social animals sunning by the water's edge. They fill the air with their cacophony of vocalizations, like friends chatting and singing late into the night.

Continued from p. 5

View more than 85 of his works on display until September 19.

You may recognize Astrup's name from the [September 2020 issue of *Viking*](#). In the story, we highlight fascinating facts about the artist, revealed through his art. Astrup devoted his career to the celebration of western Norway. He was inspired by the mountainous landscape, lush vegetation and distinct atmosphere. Best known for his luminous paintings of Midsummer nights, Astrup's landscapes evoke the atmosphere and changing seasons of his homeland of Jølster. Together with Edvard Munch, he expanded the artistic possibilities of the woodcut, blurring the boundaries between prints and paintings.

To view a digital collection of Astrup's prints, sketches, letters and notes, [this website](#)—developed by the KODE Art Museums of Bergen—has been cataloging all artwork by the legendary artist.

If you're in the Bergen area, take a day trip to [Astruptunet](#) where Astrup's home, studio and farm are preserved as a museum open to the public



"Marsh Marigold Night"
Color woodcut on paper, c. 1915

In Pictures: The Arctic Cathedral of Tromsø

April 10, 2022 by [David Nikel](#)

The church known as the Arctic cathedral has become an iconic symbol of Northern Norway. Read on for a visual introduction to Tromsø's most famous building.

Tromsø is a popular destination for visitors to northern Norway. Tourists flock to the city in the hope of seeing the northern lights or simply to enjoy life in one of the biggest towns above the Arctic circle.

The Arctic cathedral is one of the most famous tourist attractions in the city. The striking building is impossible to miss across the water from the city center. Thanks to its unique design, it is one of the most [famous churches in Norway](#).

Introducing Tromsø

Tromsø is the biggest city for hundreds of miles around in [northern Norway](#). In fact, after the Russian cities of Murmansk and Norilsk, it is the biggest city above the Arctic circle anywhere in the world.

As such, Tromsø punches way above its weight in cultural events and [things to do](#) considering its small population of just 72,000. That's one of the reasons for this landmark church, which can be seen from all along the waterfront of Tromsø city.



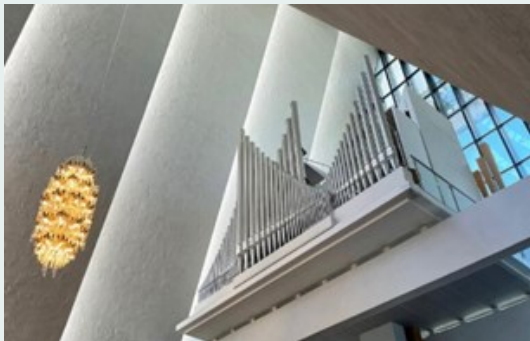
The Arctic Cathedral can be clearly seen from Tromsø city waterfront

Introducing the Arctic cathedral

It surprises many visitors to learn that the striking modern design of the church was actually completed as long ago as 1965. Despite its memorable marketing name, the Arctic cathedral is actually Tromsdalen parish church. The church puts on regular church services and hosts weddings and funerals.

The tall white triangular structure featuring a large cross and 11 aluminum-coated concrete panels. Thanks to the brave vision of architect Jan Inge Hovig, the church has become far more than a place of worship. Today, it is an internationally recognized icon of northern Norway.

The interior is simple, but your attention will be drawn to the prism chandeliers and prominent colorful glass mosaic on the far wall, packed with intricate detail and symbolism.



Installed more recently, the French Romantic organ was said to be inspired by the sails on passing ships.

The church is open to tourists for a few hours most days, longer in the summer. But it's always worth checking in advance, as the church can be closed to tourists because of services, weddings or funerals. There's also a small gift shop stocked with books, postcards and brochures about the church.

The best way to get to the church depends on the time of year and the weather. In the summer, walking over the bridge from the city center is a great choice. Just be wary it will likely be windy and it's

definitely not a walk for vertigo sufferers.

All buses from the city center that cross the bridge into Tromsdalen stop at the Arctic Cathedral. The trip takes just a few minutes and tickets are easy to buy using the [Troms Fylkestrafikk](#) website and app.

When you're looking for stops, you'll want to search for "Tromsdalen Bruvegen" or "Tromsdalen Kirke". These are the two stops either side of the church.

You could also take a taxi, but as with all taxi trips short journeys are relatively pricey. But it could be an option if there's three or four of you.

During the summer, the church puts on a [midnight sun](#) concert most nights starting at around 11pm. Originally a hobby by local musicians, the concerts quickly became one of the most popular summer attractions in Tromsø.

