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**NEWSLETTER SERVICE**

**July/August 2019**

**July**

**Fiery End for World’s Largest Troll**

The Senja Troll, a Guinness World Record-breaker known for being the largest troll in the world, was reduced to ashes when a blaze destroyed it on March 28. The gnarly behemoth was a key attraction at the Hulder and Troll family park in northern Norway on the island of Senja.

Reports of the troll’s demise were delivered around the world via the Associated Press newswire. Just short of 59 feet tall, the troll’s absence will certainly alter the surrounding landscape. The troll structure housed an adventure park, miniature railroad and other attractions.

The troll was built in 1993 and his crone (wife) was added to his side in 2007, when a priest blessed their “union.” The attraction expanded even more when the troll couple had sextuplets in 2012.

There are no immediate reports of plans to rebuild the beloved Senja Troll.

**Does Your Norwegian Heritage Make Your Heart Happy?**

Then share it! Invite a friend to join Sons of Norway today.

Please include your member number on any join form you give to a prospective member. That way you’ll get the recognition you deserve.

**Greenest Ways to Travel Norway**

Norway’s efforts toward the use of eco-friendly and renewable resources have earned it a spot on the top 10 list of greenest countries on earth. Transportation is a primary focus of Norway’s commitment to reducing pollution and carbon production. Here are a few options to help you navigate the country and support a clean environment for all.

One way to travel green is by taking an electric city car. There are more than 10,000 charging stations across the country. Electric cars have gained such popularity in Norway that, for the first time ever, they now outsell traditional cars. To travel the coast, book passage on a Hurtigruten ship propelled by liquid natural gas and battery power. All Hurtigruten ships will be hybrid by 2021. One of the most popular ways to travel Norway is by taking the train. Electrically powered, the train will take you on the trip of a lifetime through fjords, mountains and scenic countryside.

Next time you’re traveling through Norway, consider taking an eco-friendly form of transportation. To learn more about how Norway is going green, visit <https://bit.ly/2Wz9l46>

**Lemon Waffles (Vafler Med Sitronsmak)**

5 eggs
¼ cup sugar
1 cup flour
1 tsp. lemon juice, fresh
½ tsp. lemon peel (freshly grated)
1 cup sour cream
¼ cup butter

Step 1

Sift together the flour and freshly grated lemon peel.

Step 2

Beat eggs and sugar until thick and fluffy, about 10 minutes.

Step 3

Alternately fold in the flour and sour cream. Stir in the butter and lemon juice.

Step 4

Set batter aside to rest 10-15 minutes.

Step 5

Heat a heart-shaped waffle iron. It is hot enough when drops of water sprinkled on its surface sputter. Pour approximately ¾ cup batter into the center of the iron.

Step 6

Lower cover and bake until the steaming stops, 30-60 seconds on each side. Do not peek during baking period. Makes 6 waffles.

*Recipe from “Ekte Norsk Mat–Authentic Norwegian Cooking,” available for purchase through the Vesterheim bookstore.* [*www.vesterheim.org*](http://www.vesterheim.org/)

# Arkeologisk funn fra middelalder-Oslo: Vanlige folk bygde også hus i stein

### Arkeologer har funnet fem steinbygninger fra middelalderen som ikke er del av de kjente anleggene til konger eller geistlige. En forsker mener dette vil snu opp-ned på vedtatte sannheter som at bygninger i stein på denne tiden kun var for eliten.

Utgravingen i forbindelse med bygging av Follobanen har gitt arkeologer ny kunnskap om bebyggelse i middelalder-Oslo. De mener at en rådende teori om at steinbygg var forbeholdt konge og geistlige må vike, og at oppdagelsen gir grunn til å vurdere om Kulturminneloven er moden for en oppdatering.

Helt siden 1905 har Kulturminneloven brukt reformasjonen som vernegrense. Det vil si at kulturminner fra før 1537 automatisk er vernet, mens kulturminner yngre enn dette er avhengig av ulike typer unntak eller spesifikt vedtak for å få vernestatus.

Steinbygninger har ofte blitt vurdert til å være fra «nyere tid», som i dette tilfellet vil si fra 1500- og 1600-tallet. Dermed har flere steinbygninger blitt fjernet etter kun overfladisk undersøkelse og dokumentasjon.

Arkeolog og forsker Egil Lindhart Bauer fra NIKU [Norsk institutt for kulturminneforskning] har vært prosjektleder for Follobaneutgravingene. Han mener at resultatene fra de nye funnene fra middelalderbyen Oslo beviser at denne sannheten om steinbygningenes alder må revurderes.

– I utgravingene fra Follobaneprosjektet har vi funnet fem steinbygninger med datering fra mellom 1260 og 1440. Ingen av disse bygningene er del av de kjente anleggene til middelalder-Oslos konger eller geistlighet, så dette er i stedet trolig borgerskapets bygninger, sier Bauer.

 **Archaeological findings from medieval Oslo:
Ordinary people also built stone houses**

Archaeologists have found five medieval stone buildings that are not part of any known constructions for kings or clergy. A researcher believes this will upend accepted truths such as stone buildings from this time being solely for the elite.

The excavation in connection with the construction of the Follo [high-speed railway] Line has provided archaeologists with new knowledge about settlements in medieval Oslo. They believe that a prevailing theory that stone buildings were reserved for king and clergy must give way, and that the discovery gives reason to consider whether the Cultural Heritage Act is ripe for an update.

Ever since 1905, the Cultural Heritage Act has used the [Protestant] Reformation as a protection limit. This means that cultural monuments from before 1537 are automatically protected, while cultural monuments younger than this are dependent on different types of exceptions or specific decisions to obtain protected status.

Stone buildings have often been considered to be from "recent times," which in this case means from the 16th and 17th centuries. Thus several stone buildings have been removed after only superficial examination and documentation.

Archaeologist and researcher Egil Lindhart Bauer from NIKU [The Norwegian Institute for Cultural Heritage Research] has been the project manager for the Follo Rail excavations. He believes that the results of the new discoveries from the medieval city of Oslo prove that this truth about the age of the stone buildings must be reassessed.

“In the excavations from the Follo Line project, we have found five stone buildings dating from between 1260 and 1440. None of these buildings are part of the known facilities of medieval-Oslo kings or clergy, so these are probably buildings of the bourgeoisie,” Bauer says.

**August**

**Festival Celebrates Bounty of the Region**

The Hjelmeland countryside and surrounding region of Rogaland offer stunning scenery of every kind: sweeping meadows, breathtaking fjords, rustic buildings and various hiking trails. The area is also home to the intriguing Ritland crater, caused by meteorite impact about 500 million years ago. Although inviting to tourists year-round, there’s a September event unique to the municipality of roughly 3,000 people that welcomes all: The Norwegian Fruit and Salmon Festival.

Why have a festival that celebrates fruit and salmon?

Hjelmeland, located near the southwest tip of the country, is well known for its wide array and quality of fruit. Luscious apples, pears, plums, cherries and strawberries abound in the area. The fishing industry, as in most of Norway, is alive and well in Hjelmeland. Salmon, in particular, is a key local product. In addition to delectable food, the festival features cultural activities, stage entertainment and handicraft exhibitors in nearby towns.

When: September 6 – 8, 2019

Where: Hjelmeland, Rogaland

Getting there: Taxis, ferries and buses run from Stavanger (about 35 miles away) to Hjelmeland.

More info: <https://www.visitnorway.com/places-to-go/fjord-norway/the-stavanger-region/event-stavanger/norwegian-fruit-and-salmon-festival-hjelmeland/83487/>

**Share the Friendly Spirit of *Velkommen***

Our family is growing in 2019! We welcome daughters, sons and friends of Norway to join the fun at our lodge. Please invite a guest to our next meeting or event so they can experience the spirit of ***Velkommen*** first hand.

**Today’s Tech Reveals Viking Burial Ship**

One can only imagine what the Vikings of old would think if they knew the burial ship of their long-entombed brethren was discovered millennia later by technology known as ground penetrating radar (GPR).

That is exactly what happened in March 2019 in the well-known Borre National Park in Vestfold County, south of Oslo, where a team of experts discovered the outline of the Viking vessel by using GPR. The exciting find complements an array of other Viking graves and burial mounds in the park, the most anywhere in Northern Europe. Some of the graves are estimated to date back to the seventh century. The “boat graves” are believed to be the final resting place of Vikings belonging to the upper-echelon, including kings.

GPR uses radar pulses to image the subsurface and detect objects via reflected signals. The method is used in industries such as building construction and archeological projects and does not disturb objects revealed by the technology.

For now, those resting in peace will remain so; there are no immediate plans to unearth the ancient Viking tomb.

**Norwegian Burgers**

Norwegian burgers are a popular dish served for both dinner and lunch.

500 g (1 lb) lean beef stew meat
2 tbsp. potato starch
½ onion, minced
salt
½ tsp. pepper
3 ½ dl (1 ½ cups) milk
butter

Step 1

Grind the meat twice, then mix with the dry ingredients. Gradually add the milk.

Step 2

Form flat round cakes, about 90 g (3 ounces) each, and fry on both sides in butter.

Serve with fried onions, boiled potatoes, and vegetables.

*Recipe from “The Norwegian Kitchen,” available for purchase through the Vesterheim Bookstore.* [*www.vesterheim.org*](http://www.vesterheim.org/)

**District 5 Pumps Energy into Member Recruitment**

At its 2018 fall meeting, the District 5 board made the decision to invest in membership recruitment by providing free business cards to every lodge in the district. Taking the lead in this initiative is District 5 Treasurer and Nordlyset Lodge President, Mike Palecek. For the last six months, Mike has collaborated with headquarters to create lodge logos and produce business cards for nearly 30 lodges thus far. District 5 members report that the business cards help to recruit new members and promote Sons of Norway. On behalf of Sons of Norway headquarters, a big THANKS to Mike Palecek for his efforts in growing our organization.

# Skal eksportere «luksus-isbiter» fra Norge til Dubai

«Verdens mest etterspurte isbit» er slagordet til det norske selskapet Svaice for å markedsføre isbiter fra smeltende titusen år gammel is fra Norges nest største isbre Svartisen, skriver [glacierhub.org.](http://glacierhub.org/2015/02/26/mining-a-norwegian-glacier-for-luxury-ice-cubes/)

Planen er å selge 16 millioner isbiter i året til eierne av eksklusive barer i Dubai , London og New York.

For en 50 dollars (omtrent 400 kroner) og 7-stjernes drink servert i et glass produsert av Swarovski-krystaller er kravet en luksuriøs isbit som gjennom sin langsomme smelting ikke ødelegger drinken.

Det er i hvert fall drømmen til Geir Ludvik Olsen som startet Svaice i november 2014, skriver glacierhub.org.

Olsen har sagt til NRK Nordland at selskapet vil skape 60 nye jobber.

Svaices planer møter imidlertid sterk motstand fra miljøbevegelsen som er kritiske til ideen om å utvinne is fra en smeltende isbre og støtte en energi-intensiv og utslipps-tung shipping-industri.

**Exporting "luxury ice cubes" from Norway to Dubai**“The world's most sought-after ice cube,” is the slogan of the Norwegian company Svaice, for marketing ice cubes out of melting ten-thousand-year old ice from Norway's second-largest glacier Svartisen, writes glacierhub.org.

The plan is to sell 16 million ice cubes a year to the owners of exclusive bars in Dubai, London and New York.

For a $50 (around 400 kroner) and 7-star drink served in a glass made from Swarovski crystals, the claim is a luxurious ice cube that, through its slow melting, does not destroy the drink.

In any case, this is the dream of Geir Ludvik Olsen, who started Svaice in November 2014, writes glacierhub.org.

Olsen has told NRK Nordland that the company will create 60 new jobs.

Svaice’s plans, however, face strong opposition from the environmental movement that is critical of the idea of extracting ice from a melting glacier and supporting an energy-intensive and emissions-heavy shipping industry.