***Newsletter Service***

**March/April 2022**

**MARCH ISSUE**

**Late Iron Age Longhouses Discovered in Southeastern Norway**

In early December 2021, Norwegian archaeologists discovered a cluster of Viking longhouses using ground-penetrating radar. The discovery was made in southeastern Norway, Gjellestad to be exact, and was believed to be a main place in the late Nordic Iron Age. Viking longhouses were long, narrow buildings used for housing feasts, families, and even cattle or horses in the winter months.

The most notable part of the unearthing was the size of one of the longhouses. Archaeologist Lars Gustavsen stated, “The most striking discovery is a 60-meter (197-foot) long and 15-meter (49-foot) wide longhouse, a size that makes it one of the largest we know of in Scandinavia." The archaeologists do not yet know how old the houses are or what exact function they served but they plan on doing excavations and dating exercises to answer these questions. Additionally, the radar found burial mounds nearby which weren’t as surprising, as there are others in the surrounding area, but examining the mounds near the longhouse will help them get a more complete picture.

**Article photo for download:**

[**https://www.dropbox.com/s/4cdrntt1aca7tu7/Longhouse-Discovery.jpg?dl=0**](https://www.dropbox.com/s/4cdrntt1aca7tu7/Longhouse-Discovery.jpg?dl=0)

**Make 2022 a Year of Contagious Enthusiasm!**

What’s the BEST part of your Sons of Norway membership? Share it with those you invite to join us. Whether you have a passion for baking your family’s favorite traditional Norwegian dishes, love travel tips, or have a favorite “don’t miss” lodge activity, your enthusiasm will be contagious—in a GOOD way!

Spread your passion for Sons of Norway membership as you invite new friends to join us in 2022!

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**Icy Sonic Wonder**There’s nothing cooler than the sound of a saxophone wafting out blues in the night; especially when the saxophone is made of ice! Spanning February 4-6, this year’s Ismusikkfestivalen was enjoyed by crowds of warmly clad art and music enthusiasts at the Bergsjøstølen resort in the municipality of Ål, Norway, about three hours northwest of Oslo.

The Ice Music Festival is an annual tradition going 16 years strong. It was founded by Terje Isungset, a performer of jazz and traditional Norwegian music. The first festival was held in a hollowed-out ice cave near his home village of Geilo.

Not only are the instruments made of ice, but the venues are too. This year’s incarnation featured a main stage built on a frozen lake, flanked by three igloos hosting their own rounds of performances. These spaces were created by Professor Petter Bergerud and his art students from Bergen. The glacial glockenspiels, violins and horns are designed, carved and played by talented artists and musicians from around the world.

Learn more at their website, [**https://www.icemusicfestivalnorway.no/**](https://www.icemusicfestivalnorway.no/) or watch a short video: [**https://www.youtube.com/watch?v=lWJ871NmJXI**](https://www.youtube.com/watch?v=lWJ871NmJXI)

**Article photo for download:**

[**https://www.dropbox.com/s/xrn7wwvhm6fp6od/Icy-Sonic-Wonder.jpg?dl=0**](https://www.dropbox.com/s/xrn7wwvhm6fp6od/Icy-Sonic-Wonder.jpg?dl=0)

**Runic Discoveries from Medieval Oslo**

Medieval Park (*Middelalderparken*) in Oslo is a 43-acre reserve that was opened in 2000. Its contents, as the name infers, date back to the Middle Ages.

A recent excavation unearthed two unique artifacts with Old Norse runic inscriptions. One piece was an animal bone with an inscription, the first such find in the capital in almost four decades. Archaeologist Solveig Thorkildsen told sci-news.com that finding runes had been at the top of her wishlist for this dig.

The second find was a piece of wood inscribed on three sides in both Old Norse and Latin, with a sacred theme. It was in an area that had probably been used for refuse. Ingeborg Hornkjøl says she was documenting a ditch are and saw that a piece of wood had washed out. She picked it up and was astounded to find a long inscription carved into the fragment.

Professor of runology and iconography at the University of Oslo (UiO) Kristel Zilmer is researching the inscriptions, which may be portions of longer text. Her initial interpretation of the objects confirms that the writing style stems from the era of 1100 to 1350.

**Article photo for download:**

[**https://www.dropbox.com/s/0bdr52zehk6v6rz/Runic-Discoveries.jpg?dl=0**](https://www.dropbox.com/s/0bdr52zehk6v6rz/Runic-Discoveries.jpg?dl=0)

**Celebrate your heritage with this limited-edition Sons of Norway 17. Mai pin and ribbon!**

Made in Norway by **Sylvsmidja** of Voss - superior craftsmanship since 1940.

Show your Sons of Norway pride- Wear the sterling silver (.925) pin and ribbon with your Syttende Mai finery or remove the ribbon and use year-round to accent your everyday clothing.

**Sylvsmidja** (“silversmith”) produces traditional *bunadsølv*, the authentic gold and silver brooches, cufflinks, clasps, knives and buttons that make Norway’s national costumes shine.

$55 – Members receive a $5 discount with current member number

To order, visit [**http://sofn.com/SyttendeMaiPin**](http://sofn.com/SyttendeMaiPin)

Pins will ship in April.

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**TRANSLATION**

[**https://forskning.no/ntnu-partner-sprak/da-og-liksom-disse-smaordene-betyr-mer-enn-vi-tror/1280841**](https://forskning.no/ntnu-partner-sprak/da-og-liksom-disse-smaordene-betyr-mer-enn-vi-tror/1280841)

**Disse småordene betyr mer enn vi tror**

De gjør kommunikasjonen mellom oss mer effektiv, *lissom.*

Mange har fordommer mot småord og synes de er temmelig innholdsløse. Språkforsker Kaja Borthen mener at de både er viktige og beriker språket.

– En samtale uten småord vil virke pussig. Selv om man ikke alltid er i stand til å forklare ordenes innhold, betyr ikke det at de er meningsløse, sier Borthen.

Hun sammenligner det med andre menneskelige egenskaper; vi kan å gå, men har vansker med å forklare hvordan.

**Mer enn ord**

I språkvitenskapen er semantikk læren om hva ord, fraser og setninger betyr. Pragmatikk handler om hvordan sammenhengen bidrar til meningsinnholdet.

Ord som «da», «jo», «visst», «altså», «ass», «liksom», «vel», «nok» og «ikke sant» kalles pragmatiske partikler når de ikke har en klar referanse. Småordene er mer vanlig i bruk i samtale enn skriftlig.

**Men hva gjør småordene?**

– De kan signalisere om jeg er sikker eller usikker, positiv eller negativ til det som ytres. Småord kan fortelle om mine antagelser om tilhørerens kunnskap om innholdet i setningen, forklarer Borthen.

– Men brukes de ikke altfor ofte?

– Gjentakelser er alltid irriterende, men det betyr ikke at all bruk av småord er overflødig.

**Vrient for utlendinger**

I og med at nordmenn ikke er helt bevisst hvordan vi bruker småordene, sier det seg selv at dette er en tøff nøtt for utlendinger som skal lære norsk.

Kaja Borthen mener det fortsatt er mange ubesvarte spørsmål, både om enkeltord og de universelle egenskapene til småordene. For å skape interesse for temaet og utdanne nye forskere, er professoren og to kollegaer i gang med å skrive en lærebok i pragmatikk.

*Det er jo supert, ikke sant?*

**TRANSLATION**

**Particle words mean more than we think**

They make communication between us more efficient, *sort of.*

Many people have prejudices against particle words and think they are rather meaningless. Linguist Kaja Borthen believes that they are both important and enrich the language.

“A conversation without particle words will seem strange. Even if you are not always able to explain the content of the words, it does not mean that they are meaningless,” says Borthen.

She compares it to other human qualities; we can walk, but have difficulty explaining how.

**More than words**

In linguistics, semantics is the study of what words, phrases and sentences mean. Pragmatics is about how the context contributes to the meaning content.

Words like "da" [then], "jo" [uh-huh], "altså" [thus, for sure], "ass” [so/you know], “liksom" [like], "vel" [well], "nok" [I guess] and "ikke sant" [huh/eh/right] are called pragmatic particles when they do not have a clear reference. The particles are more commonly used in conversation than in writing.

**But what do small words do?**

“They can signal whether I am confident or insecure, react positively or negatively to what is being said. Small words can tell about my assumptions about the listener's knowledge of the content of the sentence,” Borthen explains.

But are they not used too often?

“Repetition is always annoying, but that does not mean that all use of small words is superfluous.”

**Tricky for foreigners**

Since Norwegians are not fully aware of how we use small words, it goes without saying that this is a tough nut to crack for foreigners who are trying to learn Norwegian.

Kaja Borthen believes that there are still many unanswered questions, both about individual words and the universal properties of particles. To create interest in the topic and educate new researchers, the professor and two colleagues are in the process of writing a textbook in pragmatics.

*That’s pretty great, eh?*

**Hot Smoked Spiced Norwegian Salmon with Pasta Salad**  
  
As the New Year unfolds, and along with it healthy resolutions, this delicious recipe will quickly become a fresh, light favorite.

As provided by: [**https://fromnorway.com/recipes/smoked-salmon/hot-smoked-spiced-norwegian-salmon-with-pasta-salad/**](https://fromnorway.com/recipes/smoked-salmon/hot-smoked-spiced-norwegian-salmon-with-pasta-salad/)

4 Servings

**Ingredients:**

2/3 lbs. warm-smoked Norwegian salmon

5 oz. pasta

12 cherry tomatoes

1/2 red bell pepper

1/4 of a cucumber

1/2 head of lettuce

**Sour Cream Dressing:**

1/2 lemon

Salt and pepper

1 clove garlic

1/2 cup light sour cream

1/4 tsp. sugar

8 fresh basil leaves

**Directions for Pasta Prep:**

1. Cut the salmon into small pieces
2. Cook pasta as instructed on package
3. Cut the cherry tomatoes in half, and dice bell pepper and cucumber
4. Slice the lettuce
5. Combine the ingredients in a bowl and place the salmon on top

**Salad Dressing Prep:**

1. Juice lemon and finely chop garlic
2. Combine sour cream and lemon juice, and mix with garlic and sugar
3. Add pepper and salt to taste
4. Finely chop basil leaves and mix into the dressing
5. Fold the dressing into the salad and garnish with a couple basil leaves

Serve the salad with bread on the side.

**Article photo for download:**

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**APRIL ISSUE**

**MUNCH: Contemporary New Home for Modern Artist**

Originally opened on what would have been Edvard Munch’s 100th birthday in 1963, the Munch Museum, now simply styled as MUNCH [“moonk”], has moved from its original building near Oslo’s Old Town to a spacious and spectacular home on the waterfront. Mirroring the contemporary style of its new neighbors, the National Opera House and the Deichman Bjørvika (National Library), the 13-story high MUNCH resembles a tall stack of papers playfully threatening to collapse. It was opened to an enthusiastic public by King Harald V on October 22, 2021.

Among its treasures, patrons can visit Edvard Munch’s most famous composition Skrik, known in English as “The Scream,” along with several other remarkable pieces, while discovering more about this enigmatic master and his passion for creating art. There is also a gallery devoted to other Nordic artists, musical and theatrical performances, and much more.

Learn more about everything going on at MUNCH at their website: [**https://www.munchmuseet.no/en/**](https://www.munchmuseet.no/en/)

**Article photo for download:**

**https://www.dropbox.com/s/d5y11cihfui4q8v/Munch.jpg?dl=0**

**Påskekrim and the Milk Carton Mysteries**

It wouldn’t be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the *hytte* (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (*en ulv* – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.

Whether you are visiting a hytte, reading mysteries, or enjoying milk, *God Påske*! Happy Easter!

**Article photo for download:**

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**Karsten Warholm, Norway’s 400 Meter Hurdler, Named World Athlete of the Year**  
Norway’s very own Karsten Warholm was recently named the World Athletics Male Athlete of the Year by the International Athletics Federation. Along with this title, he also became the first-ever Norwegian to receive the award. Warholm was incredibly successful this past season as is evident by his performance in the Tokyo Olympics. He took gold in the 400-meter hurdles with an incredible time of 45.94 seconds. This time set Warholm’s second world record in a one-month span. Even more impressive, World Athletics described the 400-meter hurdles as the “discipline with the sharpest competition in athletics in the 2021 season.” When asked by World Athletics if he could lower the record even more, Warholm responded, “We've pushed the limit very far, but I'm always up for a new challenge.” He will certainly be an athlete to keep your eye on in the coming years.

**Article photo for download:**

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**Amazing, Incredible Experiences… that’s Sons of Norway Membership!**

Don’t let anyone miss out on the incredible experiences that come with Sons of Norway membership. One new member described membership as an “… amazing way to connect to Nordic heritage, tradition, and community,” and another said, “I have learned a few things from the genealogy hints and tips…I am looking forward to learning and reading more.” Please invite new friends to share Norwegian culture and heritage in 2022—it’s an amazing experience they’ll love too.

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**TRANSLATION**

[**https://www.nrk.no/ytring/triks-for-nye-nordmenn-1.14990898**](https://www.nrk.no/ytring/triks-for-nye-nordmenn-1.14990898)

# Triks for nye nordmenn *Få deg hund og bli integrert på en-to-tre.*

Hva er den beste måten å integrere seg på i Norge, spurte en mann meg nylig.

Jeg tenkte meg litt om før jeg svarte: Få deg hund!

Jeg vil kalle meg rimelig godt integrert. Til og med fornavnet mitt, Noman, trenger bare en R før jeg blir en ekte nordmann.

**Jeg elsker jula, 17 mai, vafler,**Kvikklunsj, demokratiet, Munch, bunad, og likestilling. Men hund har jeg aldri helt hatt sansen for. I den pakistanske kulturen brukes hund til jakt og vakt. Dermed basta. De er ikke kjæledyr som sitter i sofaen din, blir dullet med på trikken av vilt fremmede og stappes oppi diverse designervesker som en trofé.

I dag er barna mine 11 år. De er tvillinger og har mast om hund så lenge jeg kan huske. Etter det langvarige presset logret jeg til slutt med halen og sa ja.

For to måneder siden fikk vi et nytt familiemedlem. Fineste Mocca. Mocca er en sosial magnet. Etter at korona stengte hele Norge har jeg være mye ute med Mocca.

**Og du verden så mange mennesker som vil hilse på henne:**«Å så søt hun var, hvilke rase er det, hva heter hun, kan jeg klappe, kan jeg hilse på henne, hvor bor dere ...». Samtalen er i gang.   
Vips får man nye venner og bekjente. Herlig. Vi har bodd her i snart fire år, men jeg har toppen snakket med åtte naboer. Siden mars har jeg snakket med minst 80. Slå den du!   
  
Noen innvandrere mener at nordmenn er som en termos. Kalde utenpå, men varme inni.   
Du må bare finne en måte å komme i snakk med dem. Det vet jeg nå.

Så er du ny i Norge, vil lære deg norsk, få norske venner eller rett og slett er selskapssyk? Lån en hund, eller få deg en egen. Det er masse selskap i en hund, og ikke minst: Du får åpnet termoskorken.

**TRANSLATION**

**Tips for New Norwegians**

*Get yourself a dog and you’ll be integrated in no time.*

What is the best way to integrate in Norway, a man asked me recently.

I thought a bit before I answered: Get yourself a dog!

I would call myself reasonably well integrated. Even my first name, Noman, only needs an R before I become a real Norwegian.

**I love Christmas, May 17, waffles,** Kvikk Lunsj [candy bars], democracy, Munch, bunads, and equality. But I’ve never had a thing for dogs. In Pakistani culture, dogs are used for hunting and guarding. That’s it. They are not pets that sit on your sofa, who are pampered on the train by total strangers and stuffed into various designer bags like a trophy.

Today my children are 11 years old. They are twins and have been whining for a dog for as long as I can remember. After the long pressure, I finally wagged my tail and said yes.

Two months ago, we got a new family member. The wonderful Mocca.

Mocca is a social magnet. After corona closed all of Norway, I have taken a lot of walks with Mocca.

**Oh my goodness, so many people want to meet her:**

"Oh, she’s so cute, what breed is she, what is her name, can I pet her, can I say hi, where do you live ...?" The conversation is underway.

And just like that, you make new friends and acquaintances. Lovely. We have lived here for almost four years, but I have talked with eight neighbors, tops. Since March, I've talked to at least 80. Beat that!

Some immigrants believe that Norwegians are like a thermos. Cold outside, but warm inside.

You just have to find a way to talk to them. I know that now.

So are you new to Norway, want to learn Norwegian, make Norwegian friends or are simply craving some company? Borrow a dog, or get your own. A dog provides a lot of company, and especially: You get to open the thermos.

**Surstek Av Lam – Norwegian Marinated Leg of Lamb**  
Popular dishes served in Norway to celebrate Easter include a main course of lamb. Here’s a savory recipe from well-known Scandinavian cookbook author Beatrice Ojakangas.

Serves 10

**Ingredients:**

6 - 6 1⁄2 lbs. leg of lamb

2 quarts fat-free buttermilk

2 tsp. salt

2 Tbsp. flour

1 cup water

1⁄2 cup sour cream

salt and pepper

**Directions:**

Preheat oven to 325°F. Trim the leg of lamb.

Place in a non-aluminum pan or in a large, heavy-duty plastic bag. Pour the buttermilk over the lamb and refrigerate for 3 to 4 days. Turn the lamb often if the milk does not cover it completely. Remove the lamb from the milk and discard the milk.

Dry the meat and rub it with the salt. Place it on a rack in a roasting pan. Pour the water into the bottom of the pan.

Insert a meat thermometer into the thickest part of the roast, being careful not to let the thermometer touch the bone. Roast for approximately 1 hour and 15 minutes, or until the meat reaches 160°F.

Deglaze the roasting pan by adding a little water to it and stirring up the drippings from the bottom of the pan. Strain the drippings and blend in the flour. Cook, stirring, until the gravy is thickened. Add the sour cream, salt, and pepper.

Slice the roast and serve with the gravy.

Recipe from Scandinavian Feasts by Beatrice Ojakangas.

**BONUS:** If you’re looking for a sweet Easter treat to end your meal, check out the December 2017 issue of Viking magazine at sofn.com. You’ll find recipes using orange and chocolate—favorites popular in Norway during Easter. Festive Orange Spice Cake and Orange Cardamom Butter Cookies are just two of the tasty, featured recipes you’ll enjoy!

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