***Newsletter Service***

**July/August 2024**

**JULY ISSUE**

**Arctic Shock**   
   
In March of this year, the US Army and the Norwegian Army took part in a combined exercise known as Exercise Arctic Shock. Soldiers from the 11th Airborne Division of the US Army in Alaska were flown to Norway over the North Pole on short notice to demonstrate their rapid response practices. Once they were over the Arctic, they parachuted down over Norway’s Lake Takvanet.    
   
The goal of the exercise was to provide cold-weather training, field training, and enhance strategic cooperation between the U.S. Army and the Norwegian Army. Arctic Shock included 100 soldiers from the Norwegian armed forces and around 130 U.S. soldiers. It is part of NATO’s efforts to encourage preparedness for potential threats over the high North. This exercise adds to the series of operations that has taken place in the Arctic in previous weeks.

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[**https://www.dropbox.com/scl/fi/lgfppuc5b6pqiparr6avk/Arctic-shock.jpg?rlkey=byaxjsfj7buuy0fggo4c02dgm&st=rnjkdyoc&dl=0**](https://www.dropbox.com/scl/fi/lgfppuc5b6pqiparr6avk/Arctic-shock.jpg?rlkey=byaxjsfj7buuy0fggo4c02dgm&st=rnjkdyoc&dl=0)

**American Culture in Lista**

Immigration is a bedrock of American history. The US is often called a nation of immigrants, reflected in nearly every aspect of our culture. And while unique American culture can be easy to spot, it’s not often seen beyond our shores—except in Lista, Norway.

While plenty of Norwegians permanently settled in the United States, in the 1950’s and 60’s there was a sizable group of Norwegians that came to the US temporarily for work and returned to Norway eventually. Many of these migrants spent time in places like Brooklyn, NY and embraced all that American culture had to offer them. When they returned home to Norway, they brought things like street signs, kitchens, outlets, appliances, cars, windows, and furniture with them.

Americana culture is still seen and celebrated along Norway’s southern coast. Every summer in the last weekend of June, *The American Festival* is held in nearby Vanse. Meeting in “Brooklyn Square” the festival includes a street parade – inspired by New Orleans Mardi Gras, musical events with tribute bands that may play artists like Johnny Cash, Jon Bon Jovi and much more. Walk of Fame Stars are given to those that have helped champion American cultural heritage in Lista. One such recipient is Norway’s own Kjell Elvis, an Elvis impersonator who is from the area.

Aside from the annual celebration of all things American, Vanse is home to stores like Trunken which has been in operation for 20 years. The store is filled with well-known American products and named for the item that first brought them back to Norway, the trunk, or American suitcase. Trunken has expanded to feature a museum that displays an authentic and retro American apartment as well as a diner style bakery that serves up BLT’s, apple, pumpkin, and lemon meringue pies. So, if you are ever in the area, you can make a pit stop for a taste and feel of America in Lista.

**Article photo for download:**

[**https://en.wikipedia.org/wiki/Lista#/media/File:20050807-Lista\_fyr.jpg**](https://en.wikipedia.org/wiki/Lista#/media/File:20050807-Lista_fyr.jpg)

**Are You Covered?** 

Life moves fast. Now is the time to review your life insurance plan to ensure you and your loved ones are covered. Reach out to your Sons of Norway Insurance Professional today or visit [www.sofn.com](http://www.sofn.com).

**Article photo for download:**

[**https://www.pexels.com/photo/woman-and-child-playing-on-green-grass-field-near-mountain-2495566/**](https://www.pexels.com/photo/woman-and-child-playing-on-green-grass-field-near-mountain-2495566/)

**Norwegians in Canada**

Norwegians have a history of migration to Canada spanning more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L’Anse aux Meadows on the coast of Newfoundland around 1000 A.D.    
   
The largest wave of Norwegian immigrants to Canada occurred much later, though. It was between 1850 and 1915 that nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving home included a lack of employment, little available land and political inequality, making Canada an attractive choice.    
   
Settlements sprang up on the prairies and in Western Canada, including towns with names like New Norway, Hagen, Erickson, Norland, Skandia, Bakken, Oslo, and Viking. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.    
   
Until 1900, Canada tried recruiting Scandinavians to occupy “free and fertile homestead lands” in the Canadian Northwest, but these efforts proved fruitless. However, when word spread that land was getting scarce on the American frontier, Canadian fever took over. Norwegians streamed into the country between 1900 and 1915—over 18,000 from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929.

Statistics Canada reports that over 452,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.

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**TRANSLATION**

**Er du ekte siddis?**

De gamle kriteriene for hvem som med rette kan smykke seg med tittelen "siddis", utelukker mange som bor i Stavanger i dag.

- Det er veldig mange som i dag går rundt og tror de er siddiser, men som ikke faller inn under definisjonen, sier Reidar Frafjord, i Byhistorisk Forening i Stavanger.

**Tre generasjoner**

Den strengeste varianten krever at du nedstammer fra intet mindre enn tre generasjoner ekte Stavanger-folk.

- Da er det jammen ikke mange av oss som kan kalle oss for siddiser lenger.    
   
Frafjord synes at folk bør forholde seg til bokhandler Carl Bangs definisjon av siddisbegrepet. Bang var klar på at en siddis må være født innenfor bygrensene til Stavanger.

**Bang lister opp seks krav:**

Personen må være født i Stavanger. NB! Innenfor de gamle bygrensene fra 1965.

Personen må ha oppholdt seg i Stavanger det meste av livet.

Personen finnes i alle samfunnslag.

Må mestre byens dialekt.

Personen må være usnobbet og liketil.

Personen må ha hjertelag.

- Personlig synes jeg de tre første er det mest elementære. Dersom du ikke er født innenfor de gamle bygrensene, hjelper det ikke om du så har bodd i byen i 99 av 100 år. Du blir ikke siddis av den grunn, sier Frafjord.

- Stavangerforfatteren Ajax lot seg en gang overtale til å karakterisere en siddis, og det gjorde han på en fortreffelig måte, sier Frafjord.

"Ein ekta siddis e den så e med å tjene Stavanger i gavne. Hvis någen ble høye på perå av det, fortjene di ikkje navne."

Selve opprinnelsen til ordet "siddis" er mer uklar. Den mest utbredte teorien går på at det kommer av det engelske ordet " citizen".

**Sources:**   
[**https://www.dagsavisen.no/rogalandsavis/nyheter/stavanger/2005/11/30/er-du-ekte-siddis/**](https://www.dagsavisen.no/rogalandsavis/nyheter/stavanger/2005/11/30/er-du-ekte-siddis/)

**<https://www.dagsavisen.no/rogalandsavis/nyheter/stavanger/2015/03/11/stavanger-begrepet-er-eldre-enn-forst-antatter-du-en-ekte-siddis/>**

[**https://www.aftenbladet.no/lokalt/i/4RQrq/er-du-siddis**](https://www.aftenbladet.no/lokalt/i/4RQrq/er-du-siddis)

**TRANSLATION**

**Are You a Real Siddis?**    
The old criteria for who can rightfully adorn themselves with the title "*siddis*" [the demonym for the citizens of Stavanger] excludes many who live in Stavanger today.     
    
“There are a lot of people today who go around thinking they are a siddis, but who do not fall under the definition,” says Reidar Frafjord, of the Byhistorisk Forening [city historical society] of Stavanger.     
    
**Three generations**   
The strictest variant requires that you are descended from no fewer than three generations of genuine Stavanger residents.     
    
“In that case, there are surely not many of us who can call ourselves siddis anymore.”   
   
Frafjord thinks that people should refer to bookseller Carl Bang's definition of the concept of siddis. Bang was clear that a siddis must be born within the city limits of Stavanger.

    
**Bang lists six requirements:**   
The person must have been born in Stavanger. Note: Within the old city limits as of 1965.     
    
The person must have resided in Stavanger for most of their life.     
    
The person can be found in any social class.   
    
They must be fluent in the city's dialect.     
    
The person must be unsnobbish and straightforward.     
    
The person must be compassionate.   
    
“Personally, I think the first three are the most elementary. If you were not born within the old city limits, it does not help if you have lived in the city for 99 out of 100 years. You aren’t considered a siddis for that reason,” says Frafjord.

“The Stavanger author Ajax [the pen name of Andreas Jacobsen, who published a series of stories in Stavanger dialect] once allowed himself to be persuaded to characterize a siddis, and he did an excellent job,” says Frafjord:

"A real siddis is the one who serves the good of Stavanger. If someone is high and mighty about it, they don't deserve the name."

The actual origin of the word "siddis" is more obscure. The most widespread theory is that it comes from the English word "citizen."

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**Skoleboller** (School Buns)

School’s out! Skoleboller are popular sweet cardamom buns filled with a bit of vanilla custard in the center and topped with icing and shredded coconut.

Servings: [12](https://scandinaviancookbook.com/skoleboller-skolebrod-norwegian-school-bread-buns/) buns

**Ingredients**

**Skoleboller dough:**

1.5 cups milk

4 tsp. instant yeast (or 50 g fresh yeast)

0.5 cup granulated sugar

2 tsp. ground cardamom

1 tsp. baking powder

1 tsp. vanilla sugar (or vanilla extract)

5 cups flour

7 Tbsp. butter (softened)

**Vanilla custard:**

2 cups milk

0.5 cup granulated sugar

3 egg yolks

1 egg

2.5 tbsp flour

1.5 tbsp corn starch

1 vanilla bean

**Decoration**:

1 egg (whisked for egg wash)

1 3/4 cups powdered sugar

2-3 Tbsp. water

1 cup shredded coconut

**Instructions**

**For the dough:**

Heat the milk until it's lukewarm. Add the yeast and dissolve.

Add the sugar, cardamom, baking powder, vanilla, and about 2/3 of the flour.

Mix the dough together either by hand or in a mixer with a dough hook, slowly adding the rest of the flour. You might need a bit more or less flour to form dough that isn't too sticky to knead. When the dough forms a nice ball, add the softened butter and continue to knead the dough for about ten minutes.

Cover and let rise until doubled in size (about one hour).

**Vanilla custard:**

Heat the milk and half of the sugar in a saucepan. Split open the vanilla bean with a knife and carefully scrape out the seeds and add them to the milk.

Mix together the rest of the sugar and the flour and corn starch in a bowl. Add the egg yolks and egg and whisk together until smooth.

Once the milk mixture starts to bubble, pour about half of it into the bowl with the egg mixture, whisking quickly the entire time. Then return the saucepan to the heat and pour the egg and milk mixture from the bowl back into the saucepan, whisking the whole time. Let the custard cook for 2 minutes, whisking the entire time. By the end it should be quite thick and harder to whisk.

After 2 minutes, remove the custard from the heat and pour into a clean bowl. Cover with plastic wrap, placing it directly touching the top of the custard. Let the custard cool while the skolebolle dough finishes rising.

**Assembly**

After the dough has risen, turn it out onto your counter and roll into a long cylinder. Cut it into about 12 even slices. Roll each slice into a round ball and place them all on baking sheets lined with baking paper. Make sure to leave plenty of space between the buns, as they'll grow in the oven.

Flatten each ball a bit and then use a spoon and/or your fingers to press down a good well in each bun. Be sure to press the dough all the way down and make a bigger well than you'll actually need, as the dough will puff back up a bit in the oven.

Use a piping bag or spoons to place vanilla custard in the well of each bun (about 1 – 2 Tbsp. of custard). Cover with plastic wrap and let rise again for 30 minutes.

Preheat oven to 410°F (210°C) top/bottom heat. Whisk egg (you can add a splash of milk if you like) and gently brush each bun with egg wash. Bake for about 10–14 minutes in the middle of the oven, until golden brown.

**Decoration**

Slowly add water to powdered sugar and stir until you get a thick icing. Pour shredded coconut out onto a shallow bowl or plate.

Once the buns are cooled, spread the icing over the top of the skoleboller, around the custard center. Then dip the bun in the coconut, pressing flat to coat the entire top.

**Source:**    
<https://scandinaviancookbook.com/skoleboller-skolebrod-norwegian-school-bread-buns/>

**Article photo for download:**

[**https://en.wikipedia.org/wiki/School\_bread#/media/File:Skolebroed.jpg**](https://en.wikipedia.org/wiki/School_bread#/media/File:Skolebroed.jpg)

**AUGUST ISSUE**

**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)](https://www.smithsonianmag.com/smart-news/1000-year-old-viking-sword-emerges-from-english-river-180983936/" \l ":~:text=In%20November%202023,%20magnet%20fisher,Live%20Science%27s%20Sascha%20Pare.)**

[**1,100-year-old Viking sword pulled from UK river by magnet fisher | Live Science**](https://www.livescience.com/archaeology/vikings/1100-year-old-viking-sword-pulled-from-uk-river-by-magnet-fisher)

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[**https://en.wikipedia.org/wiki/Viking\_sword#/media/File:Viking\_swords\_closeup.jpg/2**](https://en.wikipedia.org/wiki/Viking_sword#/media/File:Viking_swords_closeup.jpg/2)

**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.

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[**https://www.pexels.com/photo/person-holding-iphone-showing-social-networks-folder-607812/**](https://www.pexels.com/photo/person-holding-iphone-showing-social-networks-folder-607812/)

**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*, cloudberries, 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.

**Article photos for download:**

[**https://www.pexels.com/photo/lingonberry-plant-9680881/**](https://www.pexels.com/photo/lingonberry-plant-9680881/)

**Translation**

<https://ung.forskning.no/engelsk-innvandring-sprak/hvordan-er-det-a-laere-seg-norsk/2347506>  

**Hvordan er det å lære seg norsk?**

Har du noen gang lurt på hvordan det er å lære norsk som andrespråk?   
   
Å lære et helt nytt språk kan virke ganske vanskelig.

For de som har et annet morsmål, kan det være vanskelig å lære og få sjansen til å bruke norsk i hverdagen.

Vi har snakket med en ekspert om akkurat dette.

**Hvem lærer norsk?**   
– De fleste innvandrerne som kommer til Norge, lærer seg norsk, sier Gølin Christine Kaurin Nilsen. Hun er språkforsker ved Universitetet i Stavanger. 

I 2022 var det 28.379 innvandrere i Norge som fikk opplæring i norsk, ifølge Statistisk sentralbyrå. Rundt en tredel av dem var mellom 26 og 35 år gamle og det var flere kvinner enn menn som lærte seg norsk. 

– Barn kommer fordi de følger med foreldrene sine når de flytter for å jobbe eller når de flykter, sier Nilsen. 

Ifølge Nilsen er det mange grunner til at folk flytter til Norge. 

Mange voksne flytter for å få jobb, og da blir barna ofte med. Andre kommer til Norge på grunn av krig eller katastrofer i landet de kommer fra. 

**Engelsk er ikke så annerledes fra norsk**   
Det å snakke engelsk fra før av kan gjøre det både lettere og vanskeligere å lære seg norsk.

Mange norske ord ligner på de engelske ordene for samme ting, som for eksempel kniv og *knife*. Det er fordi ordene stammer fra det samme språket, nemlig gammelnorsk.

Norsk tilhører den germanske språkfamilien. Det betyr at det deler mange likheter med andre språk som svensk, dansk, tysk og engelsk. 

Men det er også mange forskjeller mellom norsk og engelsk. Mange vokaler på norsk likner på hverandre, noe som gjør det vanskelig for engelsktalende å skille dem fra hverandre.

– Vi har mange vokaler langt fremme i munnen, og det er ganske uvanlig, sier Nilsen.

*I*, *y, e* og *ø* kan høres like ut  og det er måten du former munnen på som gjør lydene forskjellige.

**Translation**

**What is it like to learn Norwegian?**

Have you ever wondered what it's like to learn Norwegian as a second language?

Learning a whole new language can seem quite difficult.

For those who have a different mother tongue, it can be difficult to learn and get the chance to use Norwegian in everyday life.

We have spoken to an expert about this very thing.

**Who learns Norwegian?**

“Most of the immigrants who come to Norway learn Norwegian,” says Gølin Christine Kaurin Nilsen. She is a linguist at the University of Stavanger.

In 2022, there were 28,379 immigrants in Norway who received training in Norwegian, according to Statistics Norway. Around a third of them were between 26 and 35 years old and there were more women than men who learned Norwegian.

“Children come because they accompany their parents when they move to work or when they are refugees,” says Nilsen.

According to Nilsen, there are many reasons why people move to Norway.

Many adults move to get a job, and then the children often join them. Others come to Norway because of war or disasters in the country they come from.

**English is not so different from Norwegian**

Speaking English from the start can make learning Norwegian both easier and more difficult.

Many Norwegian words are similar to the English words for the same thing, such as kniv and knife. This is because the words originate from the same language, namely Old Norse.

Norwegian belongs to the Germanic language family. This means that it shares many similarities with other languages such as Swedish, Danish, German and English.

But there are also many differences between Norwegian and English. Many vowels in Norwegian are similar, which makes it difficult for English speakers to tell them apart.

“We have many vowels far forward in the mouth, and that is quite unusual,” says Nilsen.

I, y, e and ø can sound the same and it is the way you shape your mouth that makes the sounds different.

**Article photos for download:**

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**Smoked Salmon Spread**   
Source:[**https://www.allrecipes.com/recipe/233564/the-best-smoked-salmon-spread/**](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.

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