



North Carolina Vikings

Founded in 2007



July 2021

Sons of Norway / Vol. 14, No. 5 / NC Vikings Lodge 3-675

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2020-2021

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President's Message

As I sit here overlooking the fjord of my childhood home here in Norway, I realize how special our Norwegian ancestry is. Whether you're first generation or 3-4 generations out, the traits have passed on. You may see attributes of your Norwegian ancestors in your life. Strong sense of family and national identity, love of nature and a desire to help those in need. I won't mention that we have some stubborn traits as well! We can be private, independent and self-sufficient, never aggressive but will be assertive when needed.

We think we can all agree that June's lodge meeting was a success with a very good turnout. Good Shepard Lutheran Church welcomed us back with open arms. It was good to see everyone again and I look forward to continuing our Lodge meetings in September. We will have an exciting Fall with interesting meetings. Please stay tuned.

Beginning with this July newsletter, we decided that we would do short introductions of the lodge officers. I volunteered to be first. :

Asgeir (Andy) Inge Kristoffersen, President

I was born on December 9, 1953 in Egersund on the southwest coast of Norway. I was the middle child between two sisters.

If we could go back to that year and to that place, we would find a place of small, carefully cultivated farms and quiet country lanes. It was a place where you worked side by side with your neighbors if things were going wrong for them and vice versa.

When I was five, we immigrated to America. I moved with my family to the seashore town of Point Pleasant on the Jersey shore. This is where my younger sister was born. In no time we were well-connected with the Norwegian American community who were largely fisherman or carpenters. I have many good memories from those years.

As the years went by, my sisters and I were the first in the family to go to college. I completed a B.A. and two masters before having enough of academia. I've lived in New Jersey, North Carolina and Texas. I did a lot of traveling in my career both nationally and internationally and retired in April of this year here in Raleigh.

I have identical twin daughters aged 28 whose names are Annalisa and Katherine. They live in Durham and Raleigh respectively. I'm very proud of them both.

Med Vennlig Hilsen,

Asgeir (Andy) Kristoffersen / North Carolina Vikings Lodge 3-675

Upcoming Vikings Lodge Program and Lodge Meetings

Meetings in 2021 will be held at Underwood Hall at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh, NC 27613) unless noted otherwise.

July/August Lodge Birthdays

Pauline Price	07 / 03
Cory Quammen	07 / 23
Tanya Parise	07 / 30
Elise Quammen	08 / 12
Linnea Quammen	08 / 15
Terri Richards	08 / 18



Help Plan a Meeting

Can you invite a professional, expert or overall fun person to help us with cultural programs at our lodge meetings? Call Andy Kristoffersen or Frank Bell to pick an activity you can line up for the lodge!

Items for the Newsletter

If you've got an announcement, or just have something interesting to share with the group, please email Andy Kristoffersen at asgeirkristoffersen@gmail.com or Frank Bell at bellfrank2@gmail.com.

49 Hilarious Norwegian Idioms & Sayings That Will Make You Giggle

<https://www.theintrepidguide.com/> / <https://bit.ly/2UrpZXj>

From “**Å ta beina på nakken**” (to ‘put your legs on your neck / to run away from something’) to “**Å svelge noen kameler**” (to ‘swallow some camels / to give in, choose to ignore something, often to keep the peace’) and “**Å stå/sitter med skjegget i postkassa**” (‘to stand or sit with your beard in the postbox / to have ended up in a stupid situation that you may have cheated your way into’), a list of typical Norwegian expressions and sayings directly translated into English that will make you laugh.

Learn more entertaining phrases here: <https://bit.ly/2UrpZXj>

A Guide to Norwegian Cabin Culture: Five Things You Need to Know

The Scandinavian Standard: <https://bit.ly/3hKLE5G>



A *hyttetur*, or a Norwegian cabin trip, is so much more than a weekend break. It's a mentality, a chance to unplug (or plug in to *slow TV*), enjoy the beautiful scenery and *Norwegian fjords*, and reconnect with loved ones. While Danes love their *summer houses*, in Norwegian culture it's all about cabins, huts, and cottages — all year round.

During the COVID-19 lockdown, there was mass outrage in Norway when the government placed restrictions that prohibited people from traveling to their cabins. This resulted in a wave of address changes so that people could legally spend time in their cabins. If that's not dedication, then what is?

There's a longstanding history of cabins in Norwegian culture, and the traditions surrounding them are many. Originally, they were a place to host travelers who made their way across the mountains by foot, housed fishermen along the coast, and were the living quarters for the Norwegian *seter* – a mountain farm used during the summer. These mountain farms became a popular tourist destination in the mid-1800s, marking the beginning of Norwegian cabin culture as we know it today.

Ever since the very first recreational cabins were built after the World War 1, families have taken great pride in building their own cabins. This is less common now, but most old cabins were built by their owners which provides an explanation to the personal relationships Norwegians have with their cabins.

1. You might think going to the bathroom is a straightforward process, but in a Norwegian cabin you should mentally prepare for having to head to an outdoor toilet shed, or *utedo*. It's charming in the

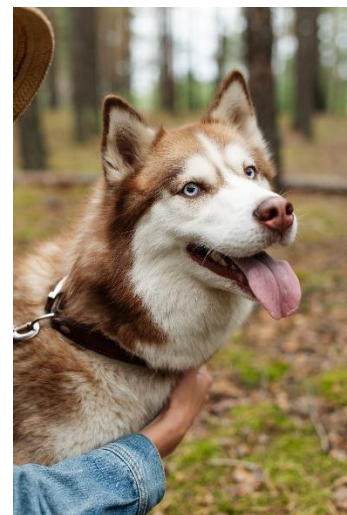
summer when it never really gets dark and you can still enjoy the view through the traditional heart-shaped hole in the door while you pee in the night, but less charming in the winter when you have to make your way through knee-deep snow in the pitch-black – don't forget your wool socks.

2. There are a lot of unwritten rules on how to behave and every family has its own cabin culture. If you are a guest, follow their lead rather than asking questions — the answers are better revealed than articulated. If they ditch their phones, do the same. You probably won't have reception anyway.

3. In your temporary cabin community, everyone is equal. Make yourself at home: this means that you don't have to ask if you can make a cup of tea or whether you can take a nap and are expected to help with the dishes without being asked.

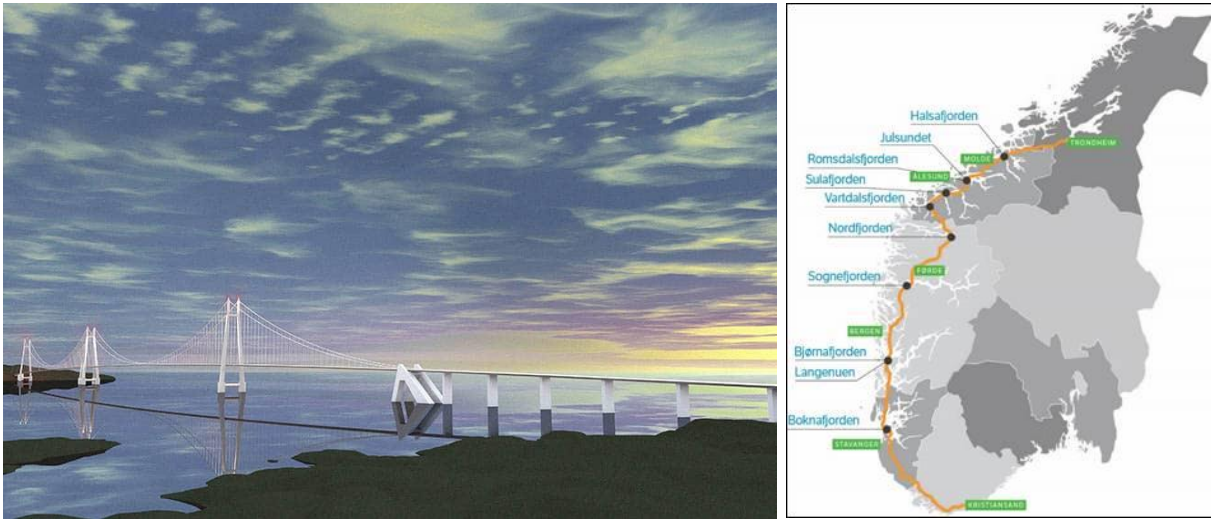
4. Norwegians have a reputation for being quite reserved and not particularly interested in talking to strangers. All of this changes as soon as you enter the great outdoors, so if you meet someone when you're on a hike — say hello.

5. The cabin book is a beloved tradition and resembles a diary, but a collective version that everyone visiting the cabin contributes to. It's common for invited guests to leave something to be remembered by, and over time, the cabin book becomes a beautiful collection of stories and memories from both guests and family that will be cherished and re-read for decades to come.



Connecting Coasts: Norway's E39 Mega Highway

www.gonomad.com / <https://bit.ly/3rgAjxk>



Norway's \$47 Billion Plan to Improve a Coastal Highway is Awe-Inspiring

As far as highways go, there are household names travelers are familiar with: Route 66, Pacific Coast Highway, Germany's autobahn. These iconic roads are the stuff of legends.

Norway is expected to insert their name amongst this list with massive improvements on their already impressive **E39 highway** along its coastline. The "E" signifies the road is part of the European Road Network, an expansive network of roads throughout Europe.

Continuous Highway

About a third of the country's population lives along Norway's western coast. Creating a monolithic, continuous highway will connect the entire west coast of Norway and is predicted to benefit the country both economically and socially.

With the main goal of reducing travel time by half, both locally and on the whole stretch. The project is estimated to cost a staggering grand total of \$47 billion.

Currently, the E39 connects Trondheim down to Kristiansand, with various major cities along the way. The entire trip, ferries included, has a total travel time of 21 hours. Ferry crossing at the fjords currently accounts for much of the travel time.

By the end of the project, vehicles will be able to make an uninterrupted drive from Trondheim at the top of Norway, all the way down the western coast to Kristiansand and even Oslo on the southeast part of the country, with the option to stop at all the major coastal cities on the way.

What's important to note about the E39 is that, as of now, it's not a continuous highway. In its entirety, it spans the whole western coast of Norway, but due to deep and expansive fjords, ferries are required at crossing points, disabling a fluid and uninterrupted drive for the totality of the highway.

Read more here - <https://bit.ly/3rgAjxk>

Norway's New National Museum

www.visitoslo.com / <https://bit.ly/3kwgf92>



The new National Museum will open in Oslo on 11 June 2022. Here, the collections of the former *National Gallery*, the *Museum of Contemporary Art*, and the *Norwegian Museum of Decorative Arts and Design* will be gathered under one roof.

The building

The most eye-catching feature of the new museum will be the large, illuminated exhibition hall on top of the building. It will be used for temporary exhibitions of international importance.

The building was designed by Kleinhues + Schuwerk Gesellschaft von Architekten, with emphasis on dignity and longevity over sensationalist architecture. Great care was given to achieve a balance with the museum's surroundings and the existing monuments in the area, such as Oslo City Hall and Akershus Fortress.

The rooftop terrace will offer a unique view of the inner Oslo fjord. New open spaces will be created around the museum. The square in front of the main entrance will be an urban meeting place, with benches and a café that invites you in to take a rest.

The collection

The new museum will have a permanent exhibition of about 5000 objects. Design, arts and crafts, fine art as well as contemporary art will be exhibited alongside each other. As such, the permanent exhibition will highlight interesting connections between different collections that previously have been on show at three different museums.

Additionally, audiences will be able to see the most famous paintings by Edvard Munch, like *The Scream* (1893) and *Madonna* (1894).

**Visit <https://bit.ly/3kwgf92> for a virtual look at the new National Museum.

What Exactly is Janteloven?

<https://www.lifeinnorway.net> / <https://bit.ly/3zarWX4>



Ever wondered why Norwegians are the way they are? The answer, at least in part, lies in the societal norms known as the law of jante.

Once you've lived in Norway for a while, you'll come across more and more everyday references to *janteloven* as a reason for Norwegian society being the way it is.

Janteloven (the law of Jante) at its simplest describes the way that all Norwegians (and in fact, other Scandinavians too) behave: putting society ahead of the individual, not boasting about individual accomplishments, and not being jealous of others.

Conforming to societal expectations

I think it's fair to say that Norway in general is a more cohesive society than the UK or USA. Norwegians by and large are courteous: I've rarely been brushed off when asking for help, even in English. They keep the streets tidy, recycle plastic bottles and cans (albeit encouraged by the [pant deposit system](#)), and take part in the *dugnad* tradition of volunteering.

They may suffer from [high tax rates](#), but there are few complaints from the population who understand the need for income taxes and most importantly, see the results by way of infrastructure improvements and subsidies.

As a liberal who believes in the right of the individual to live their life as they wish, it has been quite an adjustment. I'm not saying the behavior is right or wrong, but it does work well in this environment and in these circumstances.

The origins of janteloven

The term *janteloven* can be traced back to Aksel Sandemose, a Danish-turned-Norwegian author, whose works of fiction included references to these “laws” in the context of small-town Denmark (taken from an English translation on [Wikipedia](#)):

- You're not to think you are anything special
- You're not to think you are as good as we are
- You're not to think you are smarter than we are
- You're not to convince yourself that you are better than we are
- You're not to think you know more than we do
- You're not to think you are more important than we are
- You're not to think you are good at anything
- You're not to laugh at us
- You're not to think anyone cares about you
- You're not to think you can teach us anything

In the books of Sandemose, Jante is the small town where the main character grew up.

The resulting Janteloven is an expression of the small town’s tyrannical pressure on the individual, but the author went on to argue that Janteloven has its validity everywhere. He was seeking to capture something that already existed in society.

This suggests this way of living is deeply ingrained within Scandinavians and passed down through generations. Although not explicitly taught, these societal expectations are reflected in many children's books and songs of today.

Time for a change?

It may be surprising to those who see Scandinavia as some sort of societal utopia, but there is a growing anti-Janteloven movement in Norway...

Read more here: <https://bit.ly/3zarWX4>



Norwegian National Costumes Insured for Billions of Kroner

<https://norwaytoday.info/culture/norwegian-national-costumes-insured-for-billions-of-kroner/>



More and more people are insuring their bunads (Norwegian national costumes). Tryg estimates that 80,000 Norwegian bunads have been insured for NOK 3.2 billion.

“Tryg has now passed over 12,000 bunad insurances and given the market share and figures others in the industry have gone out with, I estimate that as of today, there are around 80,000 people with bunad insurance in Norway,” per communications consultant Torbjørn Brandeggen.

In 2016, It is estimated that 57,000 bunads were insured for NOK 2.2 billion. “We see that more and more people are getting bunad insurance, especially in connection with confirmations and May 17,” Brandeggen said.

It is estimated that there are over 2.5 million bunads in Norwegian homes. According to Tryg, around 300 bunads disappear annually, worth around NOK 7 million.

Survey: The Corona Crisis has Increased Interest in Norway as a Holiday Destination Among Norwegians

<https://norwaytoday.info> / <https://bit.ly/3euKdq5>

One in four respondents say they have become happier to use Norway as a holiday country, and similarly, many believe that holiday accommodation abroad has become less attractive, according to a survey Ipsos has conducted on behalf of DNB.

The survey also shows that there has been greater interest in buying a cabin in Norway.



“The demand for cabins is at an all-time high. Many have bought a cabin in the last year, and several are planning to buy a cabin. 7% are planning a cabin purchase in the short term, and a further 14% envisage a cabin purchase in the slightly longer term.

“This indicates that the demand for holiday homes will continue in the future,” segment manager for the cabin market in DNB Eiendom, Tone C. Krangle, noted.

Cabins – a lifetime project

For most Norwegians, the cabin purchase is a lifetime project. The survey shows that 80% of those who own a cabin in Norway today envisage keeping it in the foreseeable future. However, only 50% of those who have holiday homes abroad plan to do so.

Furthermore, 24% answer respondents in the survey noted that holiday homes abroad have become less attractive after the corona crisis.

Salmon Rolls with Asparagus and Butter Sauce / Lakserulader med asperges

Provided by Michelle Evjen, North Carolina Vikings Secretary



Serves 4

Ingredients

4 thick or 8 thin asparagus spears
4 very thin slices salmon fillet, each about 4 oz.
Juice of 1 lemon
Salt and ground black pepper

For the Butter Sauce

1 shallot, finely chopped
6 peppercorns
4 oz / ½ cup dry white wine
4 tbsp double (heavy) cream
7 oz / scant 1 cup butter, cut into small cubes
1 bunch fresh parsley, chopped to serve
Salt and ground black pepper

Asparagus has been a popular ingredient in Norway for many years and its green spears appear each year as a welcome sign of spring. In this recipe, the green contrasts beautifully with the pink flesh of the salmon and each has a sweetness of flavor that marries perfectly.

Recipe

Steam the asparagus spears for 6-8 minutes, according to their size, until tender. Refresh under cold running water; drain and set aside.

The slices of salmon should be wide enough to roll around the asparagus. Don't worry if they have to be patched together. Place the slices on a surface, season with salt and pepper, lay one or two asparagus spears across each slice and then roll the salmon around them. Place the rolls on a rack over a pan of boiling water, sprinkle with lemon juice, and cover and steam for 3-4 minutes until tender.

To make the butter sauce, put the shallot, peppercorns and wine in a small pan and heat gently until the wine has reduced to a tablespoonful. Strain and return to the pan. Add the cream, bring to a boil, and then lower the heat.

Add the butter to the sauce in small pieces, whisking all the time until well incorporated before adding another piece. Do not allow the sauce to boil or it will separate. Season the sauce with salt and pepper to taste, if necessary. If you wish, the sauce can be kept warm by putting it in a bowl, standing over a pan of gently simmering water.

Add the chopped parsley to the sauce and serve with the salmon rolls on warmed plates.

Find out more about Sons of Norway!

Sons of Norway Website
Facebook
Twitter
LinkedIn

<https://www.sofn.com/>
<http://www.facebook.com/groups/SonsofNorway/>
<http://twitter.com/#!/SonsofNorway>
<http://www.linkedin.com/company/2080826>

... and here are some informative Genealogy Websites!

A comprehensive list of sites related to Norwegian-American genealogy.

<http://homepages.rootsweb.ancestry.com/~norway/>

Oldest church registers in Norwegian Parishes. Shows the year in which different parishes began keeping church records.

<http://www.nndata.no/home/jborgos/register.htm>

<http://www.cyndislist.com/norway/>

List of sites related to Norwegian-American genealogy

The National Library of Norway, including Norwegian newspapers / <http://www.nb.no>

The Norwegian Emigration and Genealogy Center / <http://www.emigrationcenter.com/index.cfm>

Norwegian National Archive. Includes the 1660, 1801, 1865 and 1900 censuses /

<http://digitalarkivet.uib.no/cgi-win/WebFront.exe?slag=vis&tekst=meldingar&spraak=e>

Search amongst 16,000 documents from Norway during the period 1050 – 1590 /

http://www.dokpro.uio.no/dipl_norv/diplom_field_eng.html

And here are some interesting sites related to travel to Norway / Scandinavia –

Norway's Official Site

www.Norway.org

Royal Norwegian Embassy, Washington D.C.

<http://www.norway.org/embassy/washington/>

Royal Norwegian Consulate General New York

http://www.norway.org/News_and_events/CG-New-York/

Norway's Travel Requirements

<https://travel.state.gov/content/passports/en/country/norway.html>

Hurtigruten Voyages

<http://www.hurtigruten.us>

Viking River Cruises

<http://www.vikingrivercruises.com>

Norwegian American Genealogical Center
& Naseth Library

<http://www.nagcni.org>

Vesterheim Museum

<http://vesterheim.org/index.php>

