



SONS of NORWAY



March 2020
Walworth County, WI

Norsemen of the Lakes 5-650

Greetings, fellow Norwegian Americans:

I will be on my way home by air for the March meeting and looking forward to seeing all of you as well as a great movie. I've seen Kon Tiki a couple of times and really enjoyed it. I know you will too. And don't worry, it's all in English. I always like movies based on real-life experiences, especially when they are Norwegian ones. LOL.

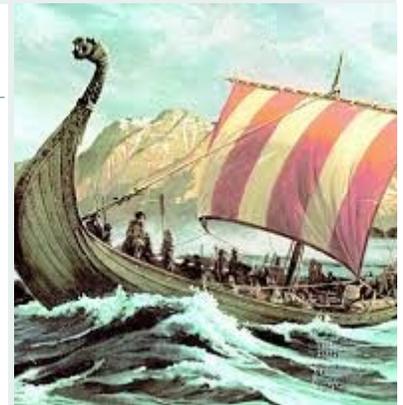
By the way, The Atruim is once more known as Sherwood Lodge. They changed hands a couple of months ago again and evidently reverted back to the old name. I like it better, don't you? It sounds more like a Wisconsin name.

The Hayward Barnebirkie was a great success once more this year. Read the report in the article included with this newsletter. What a great opportunity Sons of Norway has in promoting a healthy lifestyle and Nordic traditions.

Membership Committee News

Plans for 2020: We still need to be working on securing a location where we can sponsor a baking workshop. We will need your help: yes that means YOU, if we are going to make this work. Please drop me a note or an email if you have some ideas. I'd like to know what you think before our next meeting. Let's not pass up this opportunity. We need operating capital to reimburse delegates and assist campers to Masse Morro at the very least.

Are there any upcoming spring or summer events in your area where we can recruit members? I was thinking we might have a table at the flea market in Lyons once or twice during the summer. I think the spaces only cost \$10. We could also have a bake sale at our table to earn a little money for our coffers. What other ideas and opportunities are in your village?



Gratulare Med Dagen

Hadley Frost	6th
Tessa Fuller	17th
Brandan Schnabel	27th
Kaitlyn Fuller	31st
Mitchell Fuller	31st

INSIDE THIS ISSUE

Book Review.....	2
Birkie Results.....	2
Green Flyway.....	3
FrP Walks Out.....	3
Seven Haunts.....	4
Bergen Bans Buses.....	6

KALENDAR

- March 10th at 6 p.m. Sherwood Lodge, Wms. Bay. Event: movie Kon Tiki: The Story of Thor Hyerdahl.
- April 14th event will be at 6 p.m. at the Advia Credit Union, Elkhorn. The topic will be Earning Sports Medals and Culture Pins.
- May 12th event will be at 6 p.m. at the Advia Credit Union, Elkhorn. We will celebrate Syttende Mai with a smorgasbord.
- June 6th is picnic month. Join us at Babe Mann Park @ 960 Proctor Dr. in Elkhorn for potluck.

2020 Birkie Week Results

by Cheryl Schlessler,
Dist. 5 Sports & Recreation Director



This month I am going to review something a little different. Instead of a movie or book, I want to tell you about an exercise routine specifically for seniors that I have really connected with. It's a video I bought online and have been doing at my convenience in the privacy of my own home.

It's called Core and the presenter is Deron Bubholtz. He has a Bachelors of Applied Science in Exercise Science. He is a Certified Strength & Conditioning Specialist for Seniors. He also has been certified through the Arthritis Foundation of America to teach exercises specific to arthritis, mobility and pains, along with being a Weight Less Specialist.

All the exercises are done either sitting in a chair or standing beside the chair, *nothing on the floor*. They concentrate on your range of motion and strengthen your core, which in turn helps your balance, a concern we all have as we age.

According to the National Institute of Aging, exercising as a senior may delay or even prevent diseases like diabetes, cancer, stroke, heart disease and osteoporosis, just to name a few. Exercise can help alleviate symptoms of depression and improve mood in general.

All routines on the video are in 15 to 20 minute increments, so you can do what you want and work your way up to an hour if that is your goal. **Bonus:** you can earn your idrettsmerke (general fitness) pin from Sons of Norway with it.

The video is \$29.90 for 7 routines. To order online, go to Facebook or Amazon and search for Grow Young or I will help you when I get home if you don't have access. Besides Core there are several other videos you may prefer, but I have only tried Core.

District 5 was well represented with workers from many lodges and our efforts were led by Idun Lodge members Mary Bennett and Asta Blanchar who greeted skiers at the EXPO venue. There was an abundance of cookies this year, breaking the record of recent years. Our Lodges are to be commended for their efforts. Several lodges also sent monetary donations which will be deposited in the D5 Scholarship account.

A special thank you goes out to Robin Fossum, District 5 International Director, who coordinated the action at the celebration tent. She was accompanied by many Dovre Lodge members and their friends who also joined our ranks for the day. One of our Masse Moro campers was also a help. Audrey and Clair Severson from Valkyrien Lodge, as well as Eugene Johnson and Montaya Harter from Wergeland Lodge, greeted the children and helped them to select the best cookie! David Hermundson from Løven Lodge was also an assistant at the tent. A surprise worker was former Norse Valley Lodge member, John Gierke, who helped in many capacities on Thursday. Vennelag member Arlene Watrud-Krueger worked the registration computers. Sharon Anderson, Hild Petre, and Lucy Ghaslin from Idun Lodge, in tandem with Judy Ghaslin from Norse Valley Lodge, prepared a hot soup luncheon for the workers.

Sandy Olson, from Valkyrien Lodge, was on-site multiple days talking to youth and their families about the best kept secret in District 5—Masse Moro. This venue was the perfect place to promote the Nordic lifestyle. Our members made a huge impact in helping the Fifth District with this project. Not only did our members teach others about the Sons of Norway organization and what it offers its members, but the good will they shared was immeasurable. Thank you one and all for your assistance. This event would not be possible without your service.

The Barnebirkie totaled 859 registrants. Due to the chilly temperature of 15 degrees some children did not report. We greeted 627 young skiers on race day.



There were 232 youth who came as part of local school groups. Young competitors picked up their bibs, ties, buffs, and stocking caps, and the excitement in their eyes was evident! Sixteen children registered on race day. Although the supply of bibs, hats, and buffs was completely exhausted, latecomers received hats and bibs from previous years. At the end of the racecourse stood Smokey the Bear and a lumberjack to greet the children prior to their visit to the Celebration Tent.

1) The Prince Haakon Race, the fastest growing race in numbers, had 665 participants.

2) Barkiebirkie racers numbered 95. In this race, competitors are tied to their dogs who pull them along the Main Street course.

3) The Junior Birkie included 309 competitors. This course is quite challenging as the participants ski the International Bridge twice!

4) Birkie-6,249, people raced on Saturday, including our District President Andy Johnsen who came to the Finish Line after a grueling duration of 7.5 hours on the course. Forty-seven states were represented in this race.

5) The Kortelopet race had 2,824 skiers.

6) In the Giant Ski, 34 teams competed, totaling 204 participants.

*No numbers were available from the Adaptive Ski race.



Green Flyway: Norway, Sweden Create Airspace for Electric Plane Tests

By David Nikel

Heart Aerospace will deliver the first ES-19 electric airliner certified for commercial flight by ...?

Drones and electric-powered aircraft will soon be flying across the border between Røros, Norway and Östersund, Sweden. The launch of the Green Flyway research project marks a world-first test area for electric flights.

Many airlines and aviation companies in Norway and Sweden are already backing R&D projects in the field. Now the two countries have a cost-efficient test environment to accelerate those activities, thanks in part to a 2 million Euro grant from an EU interregional funding pot.

“In short, the project is about trying to facilitate test flights of driverless aircraft and drones in the airspace between Røros and Östersund, so that others who test out electric aircraft and drones can come here and use this as a test arena,” said project manager Hans Petter Kvikne to local Røros newspaper *Fjell-Ljom*.

About the airspace

The area has been designed for manned electric aircrafts and also small to medium sized unmanned drones. The large airspace offers challenging climate and terrain, including lakes, forests and mountains. There is point-to-point flying capability between several airports and across a national border with very little interference from other aviation activities.



Norway's Røros Airport offers an 8,200 ft-long runway with hanger facilities and full authorization from the Norwegian authorities to test manned and unmanned systems. Just two or three commercial departures arrive and depart the airport on a typical day.

Norway Government Loses Majority As Populists Walk Out Over 'ISIS Bride' Spat

by David Nikel

Norway's right-wing party Frp have walked out of the coalition government leaving Prime Minister Erna Solberg without a majority in Parliament. We take a look at why they left, and what happens now.

It has been a long time coming. Norway's right-wing Fremskrittspartiet (Frp), usually referred to in English as the Progress Party, has formally left the four-party coalition government. This leaves Norway with a minority government with more than a year-and-a-half still to go until the next General Election.



“There is no reason for continuing in the government,” said FrP leader Siv Jensen, who has worked as Norway's Finance Minister since taking her party into government in 2013. “I took Frp into government, now I take Frp out again. I do it because it's the only right thing to do,” she said.

Let's take a look at why exactly Frp have left the government, and

what's next for Prime Minister Erna Solberg.

Cont.

WHY DID FRP WALK OUT?

Frp's decision is a response to a spat over the repatriation to Norway of the so-called “ISIS bride” and her children. The woman, allegedly ISIS affiliated, was permitted to return so one of her children could get medical treatment.

Both Prime Minister Erna Solberg and Foreign Minister Ine Eriksen Søreide supported the move. “I didn't want to risk a sick, five-year-old Norwegian child dying in Syria,” Solberg said. It was seen as the final straw for the leadership of the anti-immigration party, who had increasingly become disillusioned with their role in the government.

Frp leader Siv Jensen said she was proud of what the party had achieved in government, especially during the first term (2013-2017) when it was just them and Høyre (Conservatives). But she said that under the current four-party coalition, the government's leadership has become “directionless.”

IS ERNA SOLBERG STILL PRIME MINISTER?

In short, yes. Despite her comments about the direction of the current coalition, Jensen remains supportive of Erna Solberg as Prime Minister.

“We have no desire to change prime minister in the country. We believe Solberg is the right person to lead the country,” she said. According to NRK, this will be the first time in Norwegian political history that a party leaves a government that will continue.

Norwegian Prime Minister Erna Solberg.

WHAT HAPPENS NOW?

One thing is for sure, there will not be a General Election. Norway's laws do not allow for elections outside the fixed four-year terms. The next one is scheduled for September 2021.

Seven Haunts of Norway

By Jess Scott

If you're someone who doesn't believe in ghosts but still enjoys the history behind a place? Or, if you're anything like me, maybe you're someone who's intrigued by a promising story of a haunting but would absolutely freak out at the slightest hint of anything supernatural?

Whoever you are and whatever your feelings towards the dead, undead and everything in between, here are nine haunted places in Norway that you probably don't know about but absolutely should.

1. The Bloody Monk of Trondheim's Nidaros Cathedral

The Nidaros Cathedral is allegedly home to two notable figures. The first is Olaf Haraldsson, or Saint Olaf, who is the Viking king most responsible for converting Norway to Christianity. His grave is said to be directly under the high altar of the cathedral.

The second is just as dead but much less restful. In January 1924, Marie Gleditsch was attending evening mass when she saw a handsome man dressed as a monk. This may have seemed odd, as no monks have ever been associated with the cathedral. Odder yet, the man walked through a choir member and, in some accounts, tried to choke the priest.

Even more horrifying, the man looked as if his throat had been freshly slashed, with blood dripping from the open wound. Marie looked away, and when she looked back, the monk glared at her and vanished. Gleditsch's account is the first and most descriptive sighting of the monk to date. But maybe you'll be similarly (un)lucky if you visit.

2. The Blue Room of the Hotel Union Øye

There are plenty of reasons to stay at the Hotel Union Øye in Møre og Romsdal, from its breathtaking surroundings to its stunning rooms. You can even stay in the same room as Sir Arthur Conan Doyle. Or you can stay in the Blue Room – as long as you don't mind sharing.

In the 1800s, a young servant girl named Linda fell in love with a German officer. He was already married, but that didn't stop them from having a relationship. Whenever they saw each other, they stayed in the Blue. He promised he would ask his wife for a divorce – but that did not happen. In some stories, he did ask for a divorce, but his wife refused, and he killed himself in response. Either way, when Linda found out that they were not going to get married, she threw herself into the river and drowned.

Ever since, guests staying in the room have reported hearing sobbing in the night. Others have said they've woken up to find her in the room with them. Every guest checking into the Blue Room is given a silver bowl of garlic. If you've had a really long trip or just don't feel in the mood for any ghostly shenanigans, you can keep the bowl in your room. However, if you're curious, all you have to do is leave their bowl outside their door and wait.

3. The Bitter Bride of Stavanger's Utstein Kloster

Utstein Abbey is the only medieval monastery in Norway that's still in operation. As a former monastery, it has housed many men – but it's a woman's presence that still lingers in the place today. In the eighteenth century, the monastery was bought by the Garmann family. Christoffer Garmann lived there with his wife, Cecilia, who unfortunately died in childbirth in 1759 at only 25 years old.

Despite his promise to her on her deathbed that he would never marry again, Christoffer got engaged to a woman 36 years younger than himself about 20 years later. Hoping to escape his promise to his wife, he arranged for the wedding to happen in Stavanger Cathedral. But Cecilia found him anyway, appearing in front of him in the middle of the ceremony. Christoffer died eight days later. But Cecilia remained behind, wandering the monastery in her wedding dress... presumably to make a point.

4. The Englishwoman of Telemark's Dalen Hotel

The Dalen Hotel calls itself "the fairy-tale hotel" and it's easy to see why: the architecture was inspired by stave churches and Viking aesthetics, giving a unique twist to the traditional wooden building. If you stay there, you'll be walking the same hallways as Norwegian and foreign monarchy, as well as the hotel's most longstanding guest.



Dalen Hotel

The story goes that at the end of the nineteenth century, an English woman named Miss Greenfield stayed in room 17, where she gave birth. However, no one knew about this until the staff managed to force the door open and found it empty except for a dead baby – although the story doesn't specify whether it was killed or died of natural causes. Miss Greenfield was arrested in England, but she killed herself before she could stand trial.

Since then, a baby has been heard crying in room 17, and Miss Greenfield's presence has been noticed so much that the hotel always sets a place for her at the table. She seems to be content as a silent observer... but if you stay in room 17, it's probably best to leave any babies at home.

5. The Demon Dog of Oslo's Akershus Fortress

Built in the 1300s, Akershus Fortress has survived various invasions and the Nazi occupation. Today it houses several museums, is still an active military base, and hosts a variety of events. It's also famous for being one of the most haunted places in Norway, and with good reason. In fact, the fortress contains so many ghosts that it's difficult to pick out any one story.

Many of them are thought to be prisoners who spent their last days locked inside the castle walls, and whose whispering and chain rattling can still be heard echoing through the halls. Mantelgeisten, a faceless woman in a long robe, is thought to be such a ghost and has often been seen returning to her cell. But some of the ghosts are much less . . . human.

Who needs weapons when you have Malcanisen the demon dog guarding the gates? It is said that if he approaches you, it's best to get your affairs in order, as everyone who encounters him dies within three months. There have also been sightings of "nightpyres": burning women the size of babies with truly awful smiles. Their appearance is thought to precede a fire at the fortress.

If you're looking for things to do in Oslo, the fortress is well worth a visit – but we recommend wearing running shoes, just in case.

6. The Pushy Priest of the old Nes church

Initially built in the 12th-century, Nes church was burnt down by the Swedes in 1567. It was then rebuilt in the shape of a cross in 1697 before the Swedes burnt it down again in 1854. The church was not rebuilt, although conservation work started in the twentieth century, and the ruins are now the perfect place for everything from small picnics to concerts.

Despite its history, there are no ghosts of unfortunate churchgoers who were burned alive, and Swedes visiting the ruins are no more at risk of a haunting than anyone else. Yet visitors have reported experiencing a pressure on their chest, difficulty moving, troubles with their electronic equipment, and glimpsing shadows and figures disappearing behind corners.

The main suspect behind these experiences is Jacob Christian Finckenhagen, a priest at the church who died in 1837. By some accounts, Finckenhagen was a rather formidable figure in the community and died a rich man, despite his lowly occupation. Some stories say that he died of old age, while others say he hung himself in his church. Other stories claim that the ghosts are actually his children, who are allegedly buried behind the altar.

Whether it is Finckenhagen or not, it's no surprise that a man with such a strong presence in life would leave an impact on the community that lasted beyond his death.

7. The Hanged Man of Finnskogen

Finnskogen, or "the Finn forest," got its name due to the number of Finns, known as Skogfinner, or "Forest Finns", who settled there in the 1600s. It encompasses the border between Norway and Sweden, and is an area rich in wildlife, including Norway's dwindling wolf population. But if you venture inside, you may encounter things far more frightening than wolves.

In the depths of the forest, there used to be a small farm named Bekka gård. The farm vanished long ago, but the cellar remains. Those who stumble on it and manage to squeeze through the small doorway have not had pleasant experiences.

One such story is that of a funeral procession that spent the night there on the way to escorting a body to its grave. When they woke the next morning, the body was gone. Perhaps the ghost of the man who was hanged on a nearby tree and is said to "live" (in the broadest sense of the word) in the cellar took him. Perhaps if you spend the night, you'll find out.



Akershus Fortress

Bergen Bans Tourist Buses From Historic Center

By David Nikel

City leaders in Bergen will prohibit tourist buses from several key streets in the historic center. The bans will be introduced for the busy summer season.

Have you ever been to Bergen during the summer? If so, it's hard to miss the tour buses. The network of streets in the historic center, especially around Bryggen, often become clogged with parked busses and the traffic attempting to pass them. This presents a danger to drivers and pedestrians alike. For more than a decade, city politicians from different parties have investigated what can be done. Trials have been held before but only on a limited basis. Now, a decision has been made.

A seasonal ban

The city council has announced a summer closure of Bryggen and Torget to car traffic. They have extended this to tourist buses, also including Øvregaten, so from May to September such buses will be prohibited from Bryggen, Torget and Øvregaten. Local buses and taxis will remain unaffected.

"We have had this problem for a long time. Now we see an opportunity to solve it, while at the same time solving a number of other problems in the city center," said the Green Party's Thor Haakon Bakke to *Bergens Tidende*.

Bakke, responsible for climate, environment and urban development on Bergen City Council, added that the long rows of tourist buses parked around the historic center "creates congestion and visual pollution."

In addition to the car and tourist ban on Bryggen and Torget, city leaders recommend the closure of Øvregaten to tourist bus traffic at the junction with Dreggsallmenningen.

"In practice, these two measures will result in a tourist bus-free zone from St. Mary's Church to Vågsbunnen," states the council documentation.

Tourist industry unhappy

Not everyone is pleased with the announcement. Unsurprisingly, this includes the boss of the biggest supplier of tour bus services to Bergen's thriving cruise ship market.

European Cruise Service has operations in several countries but has a significant presence in Bergen. The news came as a surprise to Managing Director Arthur Kordt, who says it will have a major impact on their revenue.

"We, in the business community, first and foremost want predictable framework conditions. That principle is radically broken in this case," Kordt told the newspaper. Among other things, he points out that tours have already been sold for the summer season that cannot now go ahead.

"We transport hundreds of thousands of tourists from Bergen's port during one season. This is a fairly large industry, which creates significant value. I do not feel that those who govern have understood properly," he said.

Transport operator Tide's commercial director, Christine Flataker Johannessen, was also surprised. She told the newspaper Tide was invited to a workshop months ago, since then they heard nothing. "One of the signals we gave during the idea-making process was that it is important to involve the industry before anything is decided. That is why we are disappointed now," she said.

Concerns for hotels within the zone

Tourism bosses also share some of the concerns of the tour operators. They are particularly concerned for visitors staying at hotels within the restriction zone. This includes the First Hotel Marin and Hotel Rosenkrantz. There could be difficulties in reaching other hotels including Radisson Blu Royal and Clarion Collection Hotel Havnekontoret.

"It is crucial that groups arriving in Bergen by coach can be driven to the hotel they will be staying at, so that the bus can drop off passengers and luggage at the hotel. We do not expect negative reactions from the city council to this, said Anders Nyland from Visit Bergen.

