



SONS of NORWAY

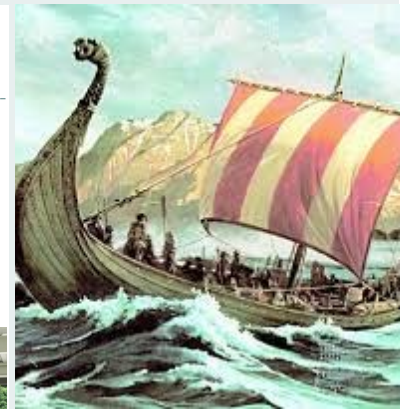


Aug. 2020
Walworth County, WI

Norsemen of the Lakes 5-650

Wow! I don't know about you, but I have been one busy bee. I have put my home up for sale, and it was a lot of work getting it ready. Now that it is done, I can finally sit down and prepare the Aug. newsletter. It's a little late, but since we are not having an Aug. meeting, I hope you don't mind and can understand.

We had a very nice picnic in July at the park in the Bay. It was a beautiful day and we really enjoyed ourselves. We decided to have a meeting in Sept. at the community room in Delevan, but they are not yet allowing meetings. I would like to offer my home for a meeting. If the weather is fine, we'll meet on the patio; if it is not, we can meet in my very large rec-room in the basement. There should be plenty of room for everyone. Because of the holiday, we will meet the third Tuesday instead of the second. I hope you will attend.



Gratulare Med Dagen

July Birthday

Donald Henderson 15th

August Birthdays

Edith Hanstad 2nd
Margarite Hendrixson 5th
Olav Bradley 10th
Muriel Lund 18th

Norway Clamps Down As Coronavirus Cases Rise, Face Masks A Possibility

By David Nikel 7 Aug.

Following a rise in positive COVID-19 tests over the last two weeks, the Norwegian government has extended its emergency measures and introduced some new restrictions.

Ban on large events, late-night alcohol

The maximum limit of 200 people at events is to be retained, as will the ban on grass-roots sports. There is also a new nationwide ban on alcohol serving after midnight in bars and pubs until further notice. "There is a connection between alcohol consumption and how you behave," said Norway's prime minister Erna Solberg to *Dagbladet*.

Travelers arriving in Norway from so-called "red" countries will be required to wear face masks until they reach their home. In addition, the government is now advising against all unnecessary travel outside Norway.

"I think most people have understood it now; the holiday is over," said Bent Høie, Norway's Minister of Health and Care Services.

Face coverings considered

The government is not yet recommending the widespread use of face masks. However, Høie announced today that anyone arriving in Norway who is required to undergo home quarantine must wear a face covering during their journey home. Further face covering rules are to be announced by August 14.

Norway has recorded 256 deaths from COVID-19 since the outbreak began earlier this year.

However, after two months with a very low infection rate, the rate of positive test results is starting



to increase.

Engaging Students In 2020: The Big XII Votes

At the present time, outbreaks are localized, but authorities worry it could signal the start of a second wave. Last week, the Hurtigruten cruise ship scandal saw many people who have subsequently tested positive travel throughout Norway. Earlier in the week, cruise ships were banned from Norwegian waters for 14 days.

Concern for public transit users

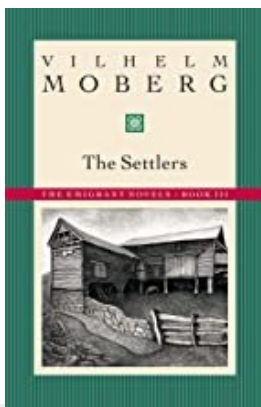
Against this backdrop of local outbreaks, the Norwegian Institute for Public Health (FHI) and the Norwegian government are concerned about crowded public (Cont. Page 3)

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KALENDAR

• Sept. 15th Tues.
Corlene Bartels home
W5146 Memorial Dr.
Elkhorn
6 P.M.



Rather than tell you what transpires in the third book of [The Immigrants](#), read these reviews from ordinary people who loved this selection from the series. If they can't get you to read them, nothing will.

[Diane Barnes](#) said, "I love these people. They work so hard, they struggle with and overcome whatever life throws at them. And now, 10 years on: There is a growing community. They have a church, and a school. Minnesota has become a state! They have become U.S. Citizens! And guess what? Republicans and Democrats couldn't get along then either!"

[Marcia](#) said, "I couldn't wait to get started on [The Settlers](#) (Book #3) after finishing [Unto a Good Land](#) (Book #2). I was not disappointed. The book moves along at a good pace, covering about 8 years. During this time Karl Oskar and Kristina are in their third home, two more babies arrive, Robert returns from his trip out West, a church and school are built in their community, Minnesota becomes a state (1858), and it ends with the election of Abraham Lincoln. Such a good series."

[Christelle](#) said, "So inspiring what these early settlers could achieve with so little. Bring a trunk with a few clothes and tools, and here you have a house and everything you need to survive a long winter. Nature provides. With hard work. And the expertise of working wood. Life was hard. But it shows that to survive? Humans need very little. I am so impressed. How people only familiar with their small village could cross the ocean to settle in a country where they know nothing . . . how daring . . . how brave."

Norway Says No to Cruises After Hurtigruten Coronavirus Outbreak

By David Nikel 3 Aug.

The Norwegian government has acted quickly following the coronavirus outbreak among passengers and crew of the *MS Roald Amundsen*. All new cruise traffic will be stopped for 14 days, with vessels already in the area subject to strict rules on passengers going ashore.

The vessel, owned and operated by Norwegian cruise line Hurtigruten, was in the middle of three short cruises to Svalbard when the outbreak hit late last week. At least 41 people are already known to have been infected, with many Norwegian municipalities now testing passengers from the ship.

New rules for cruise ships in Norway

Just three days after the extent of the outbreak became clear, the Norwegian government has moved to prevent a repeat occurrence.

On the advice of the country's health authorities, all new voyages with more than 100 people on board will be banned from Norway for the next 14 days. Cruises already in progress may continue, but passengers will be prevented from going ashore in most cases. If there is a suspected infection on board, everyone must be tested before being allowed onshore.

The rules will be reviewed over the course of the next 14 days, and so could be extended.

"We must take these measures to stop the spread of infection in Norway," said Bent Høie, Norway's minister for health and care services at a press conference called to announce the rules.

Ferries to continue, including Hurtigruten

Hurtigruten had already announced the postponement of all their expedition cruises until further notice. However, their Norwegian coastal ferry service is not affected by the new rules and will continue. The coastal service, marketed as a cruise to international passengers, acts as a ferry for passengers and cargo to more than 40 ports along the Norwegian coast between Bergen and Kirkenes.

Other international ferries, such as the daily Oslo to Kiel service operated by Color Line and the Oslo to Copenhagen service from DFDS, are also unaffected. "The restrictions do not apply to ferries because they contribute to the transport of goods and services, and are subject to different regulations," said Høie.

International ferry operators have confirmed they are reviewing their own procedures following the Hurtigruten incident.

A blow to the travel and cruise industries

While the rules initially apply for 14 days, it seems likely given the severity of the outbreak that they will be extended, or perhaps replaced by other restrictions. For Hurtigruten, it's the latest blow in a nightmare week. CEO Daniel Skjeldam has already apologised for the outbreak, but police are now investigating the company to see if Norway's infection control law was broken.

"It is clear that this is a serious setback, especially for Hurtigruten, which has been the driving force behind the return of cruise ships. For the industry in general, it is serious to see that such outbreaks can still occur on board cruise ships," said Iselin Nybø, Norway's minister for trade and industry.



Home at Last: Thomas Wærner, Iditarod Champion and Pilot Extraordinaire

On March 18, Norwegian Thomas Wærner was crowned champion of the iconic Iditarod dogsled race. Wærner's victory made him the third Norwegian to win the race, following in the footsteps of Joar Leifseth Ulsom in 2018 and Robert Sørlie in both 2003 and 2005. Although Wærner was quick to finish the race, the same cannot be said about his return home from Alaska. The coronavirus had other plans for him.

Because of flight cancellations and travel restrictions, Wærner was unable to return to Norway after claiming his victory. Instead, he spent an additional 11 weeks with friends in the Fairbanks area. One of these friends was musher Arleigh Reynolds, who graciously hosted Wærner—and his 16 dogs.

Throughout his two-month stay in Alaska, Wærner had no way of knowing when he'd be able to return home. He dubbed his time there as "retired life in Alaska." In a stroke of extraordinary luck, he stumbled across the information that a local airline was trying to sell a 64-year-old DC-6 aircraft to The Museum of Aviation History in Sola, Norway. Serendipitously, Wærner's friends knew the owner of the plane, which resulted in him successfully booking a one-way ticket home on June 2 with precious cargo: 24 dogs.

The flight took off on Monday morning and lasted about a day before arriving safely in Norway. In an interview with NRK, Wærner stated, "I was allowed to pilot for an hour, so I got (that) ticked off on my bucket list." He also made sure to mention how relaxed and well-behaved the dogs were as travelers.



Although Wærner faced many complications surrounding this year's Iditarod, he is eager to participate next year and return to Alaska. He believes the challenges he's faced have ultimately helped him become even more mentally strong.

[\(Norway Clamps Down cont.\)](#) transit systems in the big cities such as Oslo, Bergen, Trondheim and Stavanger.

"We recommend that employers arrange for half of their employees to have a home office, where this is possible. Reducing the number of people traveling by public transit during rush hour is important," said Solberg.

Hoie said that further guidance on the use of face coverings would be issued by August 14. This is expected to include a requirement to wear a mask on public transit during busy times. **Rush on masks, concerns over availability**

A few days ago, the Norwegian Directorate of Health's Espen Nakstad told TV2 that new guidelines would be introduced on how to reduce virus spread, and that would likely include recommendations on the use of face masks. As Norwegians have not yet been required to use face masks, sales from physical and online stores subsequently soared through the week. During periods on Wednesday afternoon, online pharmacy Farmasiet sold five every second.

Egil Lingaas, Oslo University Hospital's chief infection control doctor, expressed concern that any potential mask requirement may cause supply difficulties to hospitals: "The hospitals have built up good stocks, but they are certainly not inexhaustible. I am a little worried that hospital staff, who need mouth coverings the most, will not have access to them in the long-run."

Updated travel guidance

FHI also confirmed its latest update to the official travel guidance, impacting who can travel to Norway at the present time. From August 8, anyone arriving in Norway from the Czech Republic, France, Monaco and Switzerland will be required to undergo a 10-day home quarantine period, in addition the previously announced "red" countries as well as some areas of Sweden.

3 Crime Novelists to Know



These award-winning Scandinavian authors have written some of the most popular crime novels in the genre.

Jo Nesbø is one of the world's top crime writers. He's best known for his gritty, fast-paced plots featuring maverick detective Harry Hole, along with stand-alone books, such as Headhunters, The Son, Blood on Snow and more. The multi-talented author also has a funny children's book series featuring Doctor Proctor. Nesbø's rise to fame resembles something out of a movie. Before his writing career took off, he was an athlete, stockbroker and musician. **New Novel:** The Kingdom, out Sept. 15

Bergen native **Gunnar Staalesen** made his literary debut when he was only 22 years old, with his book Seasons of Innocence. Since then, the award-winning crime writer has published more than 20 books, selling more than 2 million copies in 24 countries. His Varg Veum detective series, whose first volume came out in 1977, is so popular that it has been made into 12 movies. There's also a life-sized statue of Veum in the center of Bergen, where Staalesen still lives with his wife. **New Novel:** Wolves at the Door

Before embarking on his own writing career, **Ragnar Jonasson** translated Agatha Christie novels into Icelandic at the age of 17. He burst onto the American scene with Snowblind and Nightblind, which were both met with critical acclaim. Today, he's a writer and attorney in Reykjavík and the award-winning author of the Dark Iceland series and the Hulda trilogy. His novel The Darkness was shortlisted for the Novel of the Year in Sweden in 2019. **New Novel:** The Mist

Unique, Quirky Facts about Norway's Neighbor: Sweden

Impress your friends and family with these unique, quirky facts about Norway's close neighbor: Sweden.

For many outside the region, Norway and Sweden are one and the same. While the two Scandinavian countries do share a lot of history, culture, and closely related languages, there are also some key differences.

Today we look at some of the quirks that make Norway's sibling unique. Here's some of our favorite Sweden facts.

1) Sweden imports waste – from Norway!

The Swedish people love to recycle. Only 1% of waste ends up in landfill with 50% being recycled or composted and 49% being incinerated for energy. This may sound like great news. but it has caused one big problem: there's not enough waste left to keep the incinerators running.

So Sweden has come up with a novel solution. They import waste from Norway and the UK to keep the lights on. And as a double bonus, the countries actually pay Sweden to take their waste away!

2) There's a hotel made of ice

Sweden is home to the famous Ice Hotel in the village of Jukkasjärvi. The hotel is crafted each year from two-ton blocks of ice from the nearby Torne River.

Starting from scratch, the hotel starts to take place as soon as the cold season arrives in the Arctic. Builders and artists alike work to create a hotel that's unique every time.

And if you ever think health and safety regulations go too far sometimes, spare a thought for the owners of the Ice Hotel. Despite being made entirely of frozen water, the gigantic igloo is still required to have fire alarms fitted!

The duck beats the mouse

In most of the world, Mickey Mouse reigns supreme as Disney's best loved character. But in Sweden, Donald Duck is WAY more popular. Some put this down to Donald's rather flawed character being more relatable to Europeans than Mickey's virtuous perfection. Whatever the reason, Donald is by far Sweden's favorite Disney character.

Every Christmas Eve since 1959, at 3pm, the nation sits together to watch *Kalle Anka och hans vänner önskar god jul*. That's *Donald Duck and his friends wish you a Merry Christmas*, for the non-Swedes among you! Donald is so popular that in 2006 the country had to change the law to forbid voting for non-existent candidates as protest voters would typically write in 'Donald Duck'!

4) A Swedish drink outsells Coca-Cola

A surprising brand that takes a backseat in Sweden is Coca-Cola, at least during the Christmas period. While many nations enjoy traditional festive drinks, such as Egg Nog or Mulled Wine, Sweden's yuletide drink of choice is a carbonated beverage, or soda, called Julmust.

Julmust is a fermented, though alcohol-free, malt drink similar to root beer. 45 million liters are consumed in December when it outsells Coca-Cola and, in fact, every other soft drink brand combined.

Julmust then disappears from shelves for a few months when it reappears at Easter as Påskmust – the same drink in a different bottle! 75% of "must" is drunk in December and the remaining 25% whenever Easter falls. Outside of these times the drink is almost impossible to obtain.

5) North Korea owes 45-year-old Volvo debt

After the Korean War, North Korea attempted to rebrand itself as paradise and started some grand engineering projects using machinery bought from the West. Sweden was one of the first countries to jump aboard the hype train and open up financial relations. The people of paradise needed opulent vehicles to drive around in, so in the 1970s ordered 1000 Volvo 144GL luxury cars from Sweden.

The first of these were delivered in 1974. Shortly afterwards, it became clear that North Korea neither could, nor wanted to, pay for these vehicles. Instead, it was simply letting the bills pile up, and to this day



the debt remains.

In typical Swedish fashion, realizing there was little they could actually do, they simply kept sending invoices. So every year, the Swedish government recalculates the debt and sends a new invoice. The debt stands at around €300m and while the country knows there's little chance of seeing the money, they're making sure it's never forgotten!

6) Sweden had a pirate King!

Scandinavia's political history can make fascinating reading, especially the machinations of the Kalmar Union era, but one King stands out as being more bizarre than most. Eric of Pomerania became Eric XIII of Sweden on the death of his Granddaughter, Margaret I.

Eric wasn't the best King. He inherited a war that Margaret had been winning and proceeded to lose it spectacularly, losing large parts of his Kingdom. He also managed to annoy the nobles in Sweden, Norway and Denmark – scholars will tell you that's rarely a good idea.

When the Danish nobility refused to ratify his choice of successor, he fled to Gotland and took over Visborg Castle as a kind of Royal strike! But things get weirder still when, after being fully deposed, he started a career – successful by all accounts – as a pirate in the Baltic Sea, taking revenge on the Hanseatic merchants who had caused much trouble during his reign. After ten years of piracy, he returned to high society as Duke of Pomerania!

7) Yes, fika is really a thing

Everyone loves to take a break from work when they can but in Sweden, the idea is baked into the culture. The practice is called Fika and it's a recognized break twice daily where workers enjoy coffee, cake and chat.

All workers take breaks though, right? Well...ignoring the fact that in the Western world many work breaks are only theoretical, Fika is a communal and pretty much compulsory thing. So much so that in most companies anyone not taking part is considered rude. Maybe that's why Swedish employees are the fourth happiest in the world!

8) Swedes love quirky marketing

The Swedish Tourist Association loves finding new ways to market the country to people from other countries. Two of the most popular and interesting have been @Sweden and the "Call a Swede" phone line.

@Sweden was an initiative on Twitter where each week a new citizen would take over the account and tweet things that interested them about their country, life and work. Tweepers would also interact with the public and answer questions about the country as they saw it. The initiative ran for 7 years and more than 350 Swedish citizens had the chance to represent their country to the world.

The "Call a Swede" phonenumber was introduced to celebrate 250 years since censorship was abolished. The idea was that there would be a single telephone number that anyone around the world could call and talk to a Swedish person picked at random from a group of volunteers. The scheme ran for 3 months and fielded calls from all around the world.

9) The Swedes invented nicotine replacement gum

If you or anyone you know has ever given up smoking with nicotine gum, you can give thanks to Sweden. The first product – Nicorette – was developed by Leo AB in Helsingborg. It followed the observation that smoking Swedish submariners would switch from tobacco to chewing tobacco or snus to receive their nicotine fix when on duty.

Nicorette wasn't the first time anyone put nicotine in chewing gum but what they did do was develop a polymer that controlled the release of nicotine into the bloodstream making it possible to control levels allowing for a sustained release and a steady withdrawal, helping millions of people quit for good.

10) Making light of dark days

It can be tough living in the North of Sweden in winter when there's less than 5 hours of daylight for months on end. Seasonal Affective Disorder is a type of depression that arises in response to a lack of daylight and affect many people in the far North of Europe.

To help combat this, one city in Sweden installed lightboxes in bus stops to allow people waiting for their transport to experience a little extra daylight during the dark days of winter.

Norwegian Cheeses

By Bradley Kurtz

Brown cheese is a famous Norwegian tradition, but how much do you know about the other Norwegian cheeses?

Norway has its fair share of cheese. The regular block of white/yellow cheese is pretty much standard in most Norwegian households: surveys say around 12 kilos of the stuff is consumed per capita per year. That's a lot of cheese!

But it's not the only cheese that's eaten here. After some tedious yet delicious research, here is a small taste of what Norway has to offer.



“Regular” cheese

As mentioned above, the most popular form of cheese in Norway that can be seen in almost every kitchen throughout the country is hvitost/gulost. There are several different brands, but the most popular two are certainly Jarlsberg and Norvegia. For poor students out there, the store brands are almost as good too!

For the most part it is eaten on bread or crackers, but it makes an appearance in just about any dish that craves some cheese in Norway. Get yourself a Norwegian cheese slicer (arguably one of the greatest inventions in Norway), and shave off a few slices for breakfast, lunch, or kveldsmat.

Norwegian brown cheese

You can't have an article about Norwegian cheese without including this... invention. Brown cheese is not technically cheese and has a much different taste and texture than most other cheeses. It has a sweet, caramel, almost chocolaty taste depending on which brand and color you go with.

Brown cheese can be a very decisive topic. Some love it; some hate it, but giving it a taste is more or less a requirement for those coming to Norway. For first time tasters I recommend trying it on a Norwegian waffle with a dab of strawberry preserve. That's where I first acclimated to the taste, and now I eat it daily! Bread and Waffles are the primary devices for mouth delivery of brown cheese, though it isn't hard to find some more creative uses.

Cream cheese

Creamy cheeses can be found in abundance at any grocery store. From the familiar, international brands like Philadelphia to Snøfrisk and other strictly Norwegian cheeses. Flavors vary from a standard variant to slightly more exotic, like Horseradish and Chanterelle. There are also different types of cream cheese, mainly goat vs. cow's milk. While bagels are a little hard to come by in this neck of the woods, nothing beats a little cream cheese and salmon on good bread!

World Cheese Awards

In 2016, a cheese maker from Norway took home a number of prizes for their bleu cheese, including the world champion title. Thus making Tingvollst's Kraftkar the best cheese found on planet earth. After more than 3,000 cheeses were judged, the cheese from the west coast of Norway was the cream of the crop. While Tingvollst produce several different types of cheese, their moldy, crumbly, bleu was judged as the best.

Tingvollst is a family-run affair. They even use their own cows to produce milk for their product.

Nøkkelost

This is another cheese often found in a Norwegian kitchen. Sometimes called “cumin cheese” because of the added spices. Eaten much the same as Hvitost (though less so in cooking), this cheese adds a little extra kick to sandwiches and crackers. Key Cheese is definitely recommended with some smokier flavored meat. Add a little spice to your morning bread with some Nøkkelost!

Gamalost

Not for the faint of heart, this is one of the smellier cheeses Norway offers. Very much a traditional cheese, Gamalost has its roots going back to the time of Vikings. Back then it was thought to enhance sexual prowess and has quite a funny nickname: Viking Viagra. Because of its long history and tradition, the cheese is now protected by Norwegian law to try and preserve the country's food culture.

Gamalost is a sharp, slightly bitter hard cheese and is typically delivered via bread or crackers. Often a preserve, fruit, or berries are topped on to counteract the slightly bitter flavor and grainy texture.

Pultost

Another cheese with a long history in Norway is Pultost – a loose, crumbly, sour milk cheese flavored with caraway. Pultost has a few different recommended ways to try it. Rye or wheat bread are a go-to, but also baked potatoes with sour cream and some Norwegian flatbread on the side. It can also be found alongside cured meats, and even occasionally dipped in aquavit!

What's your favorite Norwegian cheese?