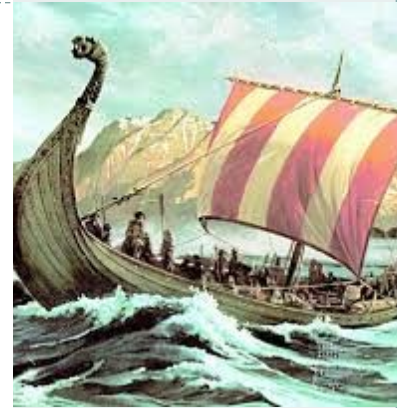




SONS of NORWAY

June 2019
Walworth County, WI



Norsemen of the Lakes 5-650

Greetings, fellow Norwegian Americans:

We have an exciting event coming up June 15th at Heg Park in Wind Lake. It is easy to find, just outside Burlington. I hope you all find time to attend. Norsemen of the Lakes is serving lunch, staging a bake sale, and having a little raffle to raise money for our lodge. Everything is well in hand for planning, but we need people to attend and have fun.

In addition to touring the museum, cemetery, and buildings, there will be a presentation on Col. Heg and his Norwegian/Swedish Regiment in the Civil War and book signings by authors of Norwegian interest books. This event will take the place of our usual June picnic. I can't wait, and I hope to see you there. 262-949-9191 Corlene Bartels

Gratulare Med Dagen	
Brian Ogne	8th
Joye Kaul	11th
David Bjorge	12th
Kirsten Audisho	21st
Jessica Wilson	22nd
Doris Bauer	24th

INSIDE THIS ISSUE

Book Review	2
Languages of Norway	2
Youth Sports in Norway	3
Folklore: Pesta & Fossegrimmen.....	3
Scandinavian Design	4
Brunost.....	5

KALENDAR

- June 15th Heg Memorial Park: Lodge & Zone 4 meeting & fund raiser.
- July 4th Parade in Delevan
- Aug.21st outing to Stoughton. Meet at 9 in Frank's parking lot.
- Sept. 10th meeting at Advia Credit Union, Elkhorn. Guest presenter : Olga Fast
- Oct. 8th special meeting: genealogy workshop at Elkhorn Area Middle School
- Nov. 12th Advia Credit Union, Elkhorn. Guest presenter: Cheryl Schlessler, The Norway Building Rises Again
- Dec. 10th Christmas Dinner TBD

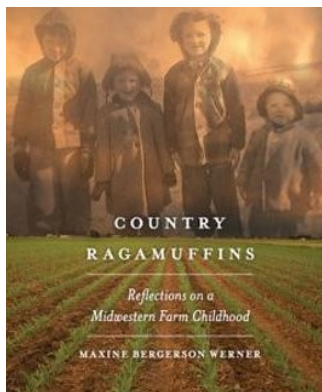
Membership Committee News

A membership drive breakfast is planned for Oct. 5th at Perkins in Delevan. Reservations have been made; Greg Regan will attend and pay for the breakfast. All we need to do is bring lots of prospective members. So put it on your calendar!!! We also hope to get some people interested in joining our lodge at the Muskego event June 15th.

Carol Anderson has signed us up to be in the Delevan 4th of July parade . (Thanks, Carol) We plan to have a couple of adults handing out fliers and, hopefully, we can find some children to walk with us and wave little Norwegian flags like Syttende Mai. We will need a nice car or truck to drive in the parade. If you are willing to lend yours, please call Carol or me.

Keep visiting our Facebook page, if you have one. And keep sharing and liking things you see posted. This will keep spreading our profile around and reach more people.





Book Review: Country Ragamuffins: Reflections on a Midwestern Childhood

In *Country Ragamuffins*, Maxine Bergerson Werner invites readers on a journey back to the 1950s as she recalls her upbringing as the oldest girl among eight siblings in a Norwegian farming community in rural Minnesota.

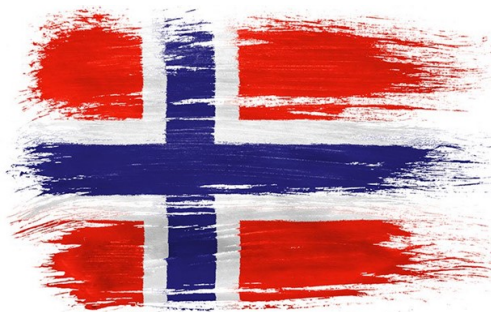
To convey and preserve the experiences, values, and character of a typical Midwestern farm family of the time "before those memories grow dim and finally disappear," the author offers this chronicle laced with humor and appreciation. Werner's parents cultivated a lifestyle that combined hard work, learning, and time for childhood fun and play in the surrounding fields, pastures, and woodlands.

Connectedness was the theme in their happy life. Every member of the family participated in the functioning of the farm; siblings were best friends; and laughter and debate were welcome at the dinner table. The daily routines, the chores, the holiday festivities, and the births of siblings are recorded in scrapbook fashion. I found this an enjoyable read, and one that I recommend. It brought back memories, even though I didn't grow up on a farm.

The Languages of Norway

by David Nikel

Many languages are used in Norway, and there is more than one flavor of Norwegian. Learning a language is an important aspect of relocating to any country, but in Norway there are some extra things to consider before diving in.



What languages do Norwegians speak?

As their native language, Norwegians speak Norwegian, and write in one or both of the two principal written forms of the language: Bokmål and Nynorsk. Both of which are taught in school. English is

taught from around the age of 8, so most Norwegians are fluent by the time they reach their teenage years. Many also choose to learn a second foreign language either at school or for fun, with German and Spanish seeming to be the most popular options at the moment. Of course, there are also some minority languages including Sami and Kven that are spoken natively by select groups.

Now let's look at the languages of Norway in a little more detail.

Old Norwegian

Before the union with Denmark that saw a version of Danish become commonplace, Old Norwegian was widely spoken. It was a variety of Old Norse similar to Old Icelandic but with strong local variants throughout Norway. Following the outbreak of the Black Death, the language underwent many changes, most notably a simplification of grammar and a reduction in vowels. The language during this period is now referred to as Middle Norwegian.

Norwegian Bokmål

When most people refer to the Norwegian of today, what they're really talking about is Bokmål, or the Book Language. A written language used by 80-90% of Norway's population and in the vast majority of municipalities. Bokmål has its roots in Danish. Bokmål was officially adopted more than 100 years ago as an adaptation of written Danish, which was commonly used during and since the long political union with Denmark. The predecessor Riksmål is very similar (the difference is often compared to American v British English) and still used today in some areas as a spelling standard.

(Continued on page 6)

Norway has a better idea for organized youth sports

By Vincent Davis

Organized summer youth sports programs are about to begin shortly in a variety of sports like basketball, baseball, net ball, soccer and tennis. Some have already begun.

Over the years, there has been a growing concern with the increasing cost for young athletes to participate; the behavior of some of the participants, more notably the behavior of some of the parents; how some of the programs are run; and a young athlete's burn out, their loss of interest in participating and maintaining their commitment.

In Norway, youth sports is organized differently than how they're structured here in New York City and the rest of the country. The youth sports experience is guided by a doctrine called, Children's Rights in Sport and Provisions on Children's Sport. It's like the U.S. Constitution, but for youth sports.



The provisions, the foundation, the rules advocating children's rights in sports are rules which must be obeyed, complied with and enforced. The document states, "There shall be no exemptions from the provisions."

Some of the key provisions state:

"Children have the right to participate in training and competitive activities which will facilitate development of friendship and solidarity."

"Children have the right to experience a sense of mastery and to learn many different skills. They must also be granted opportunities

for variation, training and interaction with others."

"Children have the right to state their viewpoints and to be heard. They must be granted opportunities to participate in planning and execution of their own sports activities along with coaches and parents."

"Children have the right to choose which sport, or how many sports, they would like to participate in, and decide for themselves how much they would like to train."

An example of a violation of these rights is if a child is pressured by their parents to participate in a competition against their will.

In Norway, games aren't scored, there are no standings, players cannot be ranked or published for children 11 years old and under. Young athletes are not permitted to participate in national championship events until they're 13.

Rule violations in Norway can result in a program's loss of government funding. Here, student athletes compete in national basketball tournaments as young as 6 years old and are nationally ranked as young as 8.

In the U.S., there's also an intense effort for youth to succeed in sports as a pathway to a college scholarship. There is no tuition for Norwegian colleges and universities, eliminating that burden from parents.



The Black Death was a tragedy for all of the Scandinavian countries, Denmark lost one third of its population, while Norway lost half. The plague was so devastating, the people soon made it into a character of its own. **Pesta** comes as the figure of death and illness, in the shape of a hideous, old woman dressed in black, carrying a broom and a rake. She traveled from farm to farm, spreading the plague. If she carried with her the rake, some of the inhabitants would survive, but if she was carrying the broom, everyone in the family would soon die. It is still common to mention Pesta in the context of disease and illness.



Fossegrimmen, or just Grim (Foss is Norwegian for Waterfall) is a water-creature. He is a young, handsome man who sits naked under waterfalls, playing the fiddle. He plays the music of nature itself; the sound of the water, the wind in the trees, it all comes from his music. He is said to teach humans how to play if they secretly brought him a stolen piece of meat. Torgeir Augundsson (1801-1872), better known as Myllarguten, was a famous fiddle-player from Telemark, Norway who was so good it was rumored he had sold his soul in exchange of Fossegrimmen's skills.

An Introduction to Scandinavian Design

The simplistic, minimal, functional design philosophy that originated in the Nordic countries has become hugely influential around the world.

It seems as if the whole world has fallen in love with northern Europe's take on product design. But what exactly is it, and why has it become so popular? Let's take a look.

What is Scandinavian design?

If there's anything that sums up the Nordic design philosophy, it's this: Finding the balance between functionality and beauty. It's this focus on function that explains why IKEA is so well known for its storage solutions.

Subdued colors

Black and white are often seen as staples of Scandinavian interiors. While it's true that Scandinavians are not afraid to make a feature of white space, it's not true that there's an absence of color. But those colors tend to be subdued rather than bold. The underlying principles are light, bright and airy, with neutral and pastel shades dominating. When it's time to add a bit more color, icy blues and pale pinks are popular choices.

That said, don't be surprised to see a vivid, bold piece as a feature, especially a chair or other piece of furniture. Just don't go overboard!

"We have also gone from the clean minimalism, which for a long time was the Nordic designs characteristic, to a softer and more colorful style", said Kristian Byrge, founder of Danish design studio Muuto.

Wooden floors

Unlike American or British homes, carpets are rarely seen inside a northern European home. The most common material used is white wood from floor to ceiling, which makes a room seem open, airy, and clean, important aspects during the long Scandinavian winters.

The plain nature of this look helps to draw attention to the craftsmanship of a room, from the architecture to the feature furnishings. Other options besides white wood include soft colors such as birch or pine, or a cool grey stone tile.

Furniture with clean lines

Most people can point at a piece of Scandinavian furniture but it's a lot harder to explain what characteristics make it so. There is a focus on simplicity,

clean lines, and an emphasis on using natural materials, especially wood.

There is generally a focus on artisanal products versus pieces that have been mass-produced on a production line.

As well as the characteristics of the item itself, just as important is its placement in the home. Clutter six chairs together in a small space and you immediately lose the Scandinavian-ness!

When it comes to Nordic furniture, there's few things more famous than the Danish chair. At the time of writing, the Danish Design Museum has an exhibition all about the iconic piece of furniture. The



two most famous examples are Arne Jacobsen's *Egg Chair*, and Hans J. Wegner's *Y Chair*.

"The chair is the piece of furniture that is closest to human beings. It touches and reflects the body that sits on it, with arms, legs, seat and back. It is a designer's touchstone and design history's favorite object.

And the chair is one of the most culture-bearing design

objects" – Danish Design Museum.

A cozy take on minimalism

Minimalism is often associated with stark feelings of loneliness and basic amenities, but that's not the case with the Scandinavian take on the philosophy. While Scandinavians abhor clutter, they prefer warm and inviting over cold and stark.

This concept is perhaps one of the best understood of all Nordic design concepts, because of the *hygge* craze that swept the world a few years ago. That obsession with creating cozy environments while keeping things simple has spread like wildfire. To get started with cozy minimalism, consider candles, hemp rugs, woven baskets, and a natural fireplace.

Scandinavians – and especially the Norwegians – have a deep-rooted love of the natural world. From hiking to skiing, Norwegians spend as much time outdoors as possible. Hence, it should come as no surprise to see this reflected inside their homes! Design elements from cabins are often incorporated into homes. Large floor-to-ceiling windows are common to let in the light, while balconies are a feature in the majority of homes. Inside, natural plants and natural wood-grain furnishings are common features.

Brunost: Norwegian Brown Cheese

by David Nickel

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!



One of Norway's most intriguing cheeses (to foreigners at least) is eaten daily by many Norwegians for breakfast, lunch, or as a snack.

Norway's national diet harks back to its days as a poor country, with a focus on preserving fish and meats in salt, lots of potatoes and simple sauces. This heritage still dominates today with delicacies such as **lutefisk** eaten through choice rather than necessity.

One of Norway's best loved culinary treats is also one of its simplest. Ladies and gentlemen, boys and girls, I present to you the Norwegian phenomenon of... brown cheese.

Shortly after I arrived in Oslo, my friend Ståle decided to "treat" me to my first taste of this Norwegian phenomenon.

What is brown cheese?

In simplest terms, brown cheese, or **brunost** as it is written in Norwegian, is a tan-colored "whey cheese" with a distinctive caramel flavor.

Part of me feels it's cheating to use the word cheese in its name at all, because, well, it isn't technically cheese!

The production process is actually quite simple. The water from the whey of goat's milk is boiled down, which caramelizes the sugars. The resulting gloop is left to cool and bingo, you've got yourself some real Norwegian brown cheese.

It's then set into small blocks most commonly of around 500 grams, wrapped and can be eaten (and by

some, enjoyed!) immediately.

Types of brown cheese

In Norway most brown cheese is mainly produced by the national dairy TINE, although many regional variations exist. Everyone seems to have a favorite, and, somewhat unsurprisingly, that also seems to be the variety from the region closest to where they're from!

Local rivalries aside, if there's any kind of brown cheese on the breakfast or lunchtime buffet table, its fans will make a beeline for it whatever its origin. The most common brand you'll find is Gudbrandsdalsost, marketed by Tine as the "original" brown cheese. It's made from a mix of goat's and cow's milk, with a history that can be traced back more than 150 years. Tine describes the taste as "rounded and full-bodied." For a lighter taste, try Fløtemysost, made only with cow's milk.

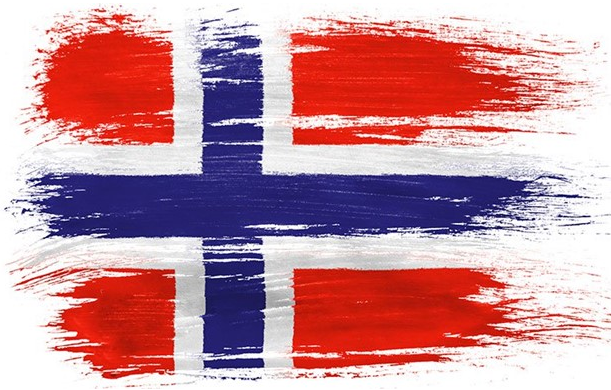
How to eat brunost

The most common way to serve brunost is by using the unique cheese slicer that you can see in some of the pictures on this page. You slice off a sliver from the block and can eat it atop toast, on a crispbread topped with strawberry jam, or even made into a sauce on waffles or pancakes. Those are the most common methods, but I've seen it consumed in all manner of inventive ways.



What does brown cheese taste like?

The trick is to not think of it as a cheese at all. If you are expecting to taste a fine cheddar you will find the taste repulsive! But if you expect to taste a creamy, caramel yet also savory mixture, you're in for a treat.



I say it's a written language, because there is no spoken standard of Norwegian, and Norway's strong regional dialects can significantly change what you hear when someone is speaking – more so than in many other countries. That said, most foreigners are taught to speak the Oslo dialect, which is seen by many as an unofficial standard. It's also sometimes called Eastern Norwegian or Standard Norwegian.

Norwegian Nynorsk

The other written standard for the language is known as Nynorsk, or new Norwegian. Its history is complex, but despite the name it is meant to better reflect the Old/Middle Norwegian language used before the union with Denmark.

Although used as the primary language in many municipalities and schools, these are largely rural and so only around 12-15% of the population use Nynorsk as their primary form. However, Nynorsk is a mandatory subject for schoolchildren in Norway, so the understanding of the alternative spellings is high. Nynorsk is also regularly seen on the website of the state broadcaster, NRK, whose journalists are free to use either form.

Sami

The Sami language – or more accurately group of languages – is spoken natively by less than 50,000 in Norway, yet it has official minority language status. Since the Sami Act and the creation of the Sami Parliament in 1989, the language has seen a renewed focus with governmental support and grants availa-

ble to writers and other creative people actively using the language. Whether this results in increased native use remains to be seen.

One of the issues is that there are ten variants of Sami, some of which are notably different. All of them have one thing in common though: they are wildly different from Norwegian! Sami has its roots in the Uralic language family (of which Hungarian and Finnish are the best known), so they are impossible for native Scandinavian language speakers to understand.

Kven

But wait, we're not finished yet!

The Kven language is spoken by the Kven people, a minority group in northern Norway with strong Finnish heritage. The language is said to be spoken by as few as 10,000 people, the majority of which are of retired age, so there is a big risk of it dying out in the coming years.

The language is essentially a strong dialect of Finnish. Two notable features are the high number of Norwegian loan words and the use of Finnish words that are no longer used in Finland. This reminds me of some Norwegian Americans that use phrasing and terms that are no longer used in modern Norway.

English

It would be wrong of me to publish an article about what languages are spoken in Norway without mentioning the obvious elephant in the room: English! English is taught from the third year of school, which is basically from the age of 8 onwards. Nevertheless, it's common for kids to already have a decent grasp on the language by the age of 8 because of YouTube, Netflix and the like! By the time they reach the teenage years, the vast majority of Norwegians are fluent in English, and that ability sustains itself throughout adult life with the exposure to English language culture on TV, film and online.

