



SONS of NORWAY



April 2022

Walworth County, WI

Norsemen of the Lakes 5-650

Welcome to April flower month:

The temps in Arizona have been in the 90s lately, so it's definitely time to fly north. My plans are to leave the 8th and arrive the 11th, so I will be there for the meeting at Advia Credit Union on the 12th. I hope to see you all, because we have plans to make for the 25th anniversary gathering.

We applied to the international headquarters for a \$1,000 grant to be used toward advertising to attract more members, and I am thrilled to let you know that it has been approved. I would like someone to take over the responsibility of getting advertising placed in newspapers and even local radio stations prior to our anniversary celebration. If you are interested with this and want to know more information, please give me a call and we can discuss what it might entail.

Please pray for my safe travels and I hope to see you soon.

God Påske! (Happy Easter!) Corlene

Easter in Sweden



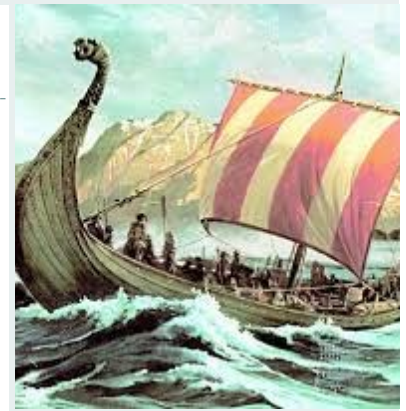
During Easter week, sales of candy in Sweden increase by 50% compared to any other week of the year. Swedes' biggest candy day is Maunday Thursday.

On Maunday Thursday, children dress up as witches and "go witching" to neighboring houses, where they exchange their homemade Easter letters with drawings and greetings for candy and small gifts.

This harks back to an old Swedish folk tradition stating that, around this time of year, witches would fly on their broomsticks to dance with the devil at Blåkulla. It is unclear as to when this tradition began, but it can be traced back to at least the 19th Century.

In West Sweden, many thousand people gather around large bonfires to celebrate "Easter Fire", an old tradition that intends to keep the witches away. In the past, the bonfires were built tens of meters tall. These days, they are somewhat shorter. Well before the main fires are lit, a smaller fire is ignited in order to attract spectators.

"Smörgåsbord" is a permanent fixture in Swedish culinary Easter celebrations. Various types of pickled herring, cured salmon, and the potato and anchovy gratin "Janssons frestelse" (Jansson's temptation) are just some of the delights to be seen on the menu.



Gratulerer med dagen

April Birthdays

Diane Olson	2nd
Elaine Lundgren	19th
Anne Harrington Hope	30th

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CALENDAR

Next meeting:

April 12th

Advia Credit Union
837 No. Wisconsin St.
Elkhorn, WI
6 p.m.
Potluck, meeting
and program: planning for
the 25th anniversary celebration.



PÅSKEKRIM AND THE MILK CARTON MYSTERIES

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the hytte (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels.

Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts. Since 1997, TINE dairy co-operative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (en ulv – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt, Gunnar Staalesen and others have authored the storylines.

As of 2021, the milk mysteries went digital, to the consternation of many citizens. Whether you are visiting a hytte, reading mysteries, or enjoying milk, God Påske! Happy Easter.

Five Cable Car Rides in Norway

Loen Skylift

Located in the picture-perfect Hoven mountains in the inner part of the Nordfjord, Skylift is one of the steepest gondola lifts in the world. It whisks you more than 3,000 feet above sea level to the top of Mount Hoven in just 5 minutes. At the top, enjoy a meal at Hoven Restaurant overlooking Norway's mountains, lakes, glaciers and fjords.

Ulriken Cable Car

One of the best ways to see Bergen and the surrounding region is from the sky. Ulriken cable car takes you up to the highest of Bergen's seven mountains. From the top, take the popular hike route between Mount Ulriken and Mount Fløyen to enjoy the beauty of Bergen's mountains. Nosh on seasonal Nordic cuisine at Skyskraperen restaurant next to the viewing platform.

Fjellheisen

For panoramic views over Tromsø, take a ride on Fjellheisen. Originally built in 1961, the cable car is the city's most popular tourist destination and can accommodate up to 400 passengers per hour. The 4-minute ride rewards visitors with views of the mountains, fjords and ocean. In the summer, the panorama deck displays the Arctic Midnight Sun, while winter visits offer views of the Northern Lights. Fjellstua Café is open for lunch and dinner.

Narvikfjellet Cable Car

This cable car carries visitors 2,152 feet above sea level to the city of Narvik in northern Norway. It's part of Narvikfjellet ski resort—one of the country's most beautiful ski havens. At the top of the mountain, groomed trails await skiers of all ability levels. On a clear day, you may even see as far as Lofoten.

Romsdalen Gondola

Near the alpine town center of Åndalsnes, take this gondola to the top of Nesaksla mountain 2,323 feet above sea level. Traveling up the mountain-side from Isfjorden, visitors can enjoy 360-degree views of the town center, lush valleys and the emerald green Rauma river. Take the gondola back down to town or hike back to the harbor and stop by the Rampestreken viewpoint.

Cool New Buildings in Oslo

Oslo is filled with unique and stunning architecture, and a few new buildings will soon be adding to the city's cultural cache. While many beautiful new building projects have gone up in Oslo in recent years, here is one noteworthy highlight to check out.

Valle Wood

Valle Wood is a striking, beautiful office building made entirely of wood. It is the first of five unique buildings forming a state-of-the-art complex in central Oslo. Work began in 2017, and since its completion in 2019 the building has offered a unique space for co-working, startups, conferences and conventions. The office building was designed with timber for a very specific Nordic feel and was built using climate-friendly architectural practices—requiring 40% less energy consumption than a traditional office building. Valle Wood was nominated for the Architectural Prize 2019 by the Oslo Architects Association.



Mount Ulriken, Bergen Norway



Photo credit: Lund + Slaatto

The Extraordinary Story of Record-Breaker Ragnhild Myklebust

Even now, two decades after her retirement, Ragnhild Myklebust's record haul of Paralympic Games gold medals is *still* the benchmark for the next generation.

No-one can match her 16 golds in cross-country skiing between 1988 and 2002 or her overall tally of 27 (22 of them gold) across five Paralympic Games in cross country, ice sledge speed racing and biathlon.

The Norwegian's achievements are in the famous Guinness Book of World Records, a book Myklebust has never read.

Her back story could almost be from a film script. Born in 1943, Myklebust was struck down by polio at the age of two. She went on to become a sporting phenomenon.

"In my family I was treated just like my sisters," she recalled. "We were four girls and I was number three. I don't know why but my parents thought I could do the same as the rest of the family. . . . "I had a love of sport and a love of winning. When I was a kid I tried skiing like all other kids. They started a group for disabled people to try different kinds of sports, so I started with table tennis. I was rather good in that for some years, but I liked winter and skiing."

At first she tried standing skiing, a challenge given her impairment. Then the breakthrough. "After some years the tracks were too difficult for me so then in 1984/85 it was the first time I tried to sit, and then I realised 'wow this was easy' so I kept on. I was astonished when some of the competitors said 'oh it is so hard'."

"I was rather strong in my arms because when I started to walk, I just walked like a monkey on my hands. I was able to climb up the rope to the roof without using my feet and no one else in my class could do that."

Myklebust competed at Innsbruck 1988, Albertville 1992, Lillehammer 1994, Nagano 1998 and Salt Lake 2002. She has two favorite moments.

"It was Nagano in the biathlon. I had good skis and I felt everything was just marvellous. We had one curve that was really hard because it was uphill, and I passed a boy and he was struggling so much around that corner. I shouted to him 'you have to take a wider curve' and he looked at me. I thought, 'haha', I would make it."

"Then there was the relay [3x2.5km] in Lillehammer. I was starter, and I almost stopped because I was first out and I thought 'oh have I done something wrong?'"

Myklebust did not do much wrong. Now she lives happily with visually impaired Paralympian husband Olai, and the past does not take up much of the present – especially when it comes to all those medals.

"I've given them away. I think I have one, maybe two here. Half of them are in Oslo in the museum and the rest are up at Lillehammer, in the museum up there."

"I have never had the medals just laying here so people could see them. For me it wasn't interesting. It was the competition which was the most interesting thing, not the medals."

"We live in a small town of 10,000 people and the grown-ups know who I am but the younger people don't. As time goes on, in a way it's forgotten."

"My daughter lives in England and when people asked her why she doesn't compete she says, 'it is enough with two idiots in the family'."



ALL TIME GREAT: Ragnhild Myklebust
Getty Images By AMP Media I For The IPC



File photo of Ragnhild Myklebust #39 of Norway competing in the 10K siski event during the Salt Lake 2002 Paralympics at Soldier Hol-

10 Fascinating Facts About The Faroe Islands

March 31, 2022 by David Nikel

Our Nordic cousins on the Faroe Islands have a unique culture. Learn more about the Faroe Islands with these fascinating facts.



The Faroe Islands lie about halfway between Scotland and Iceland in the Atlantic Ocean. An archipelago of hundreds of islets and skerries, the rugged, rocky Faroes are best known for their bird cliffs and unspoiled landscape. But there's so much more to know about this archipelago besides its landscape and wildlife. Here are ten fascinating facts about the Faroe Islands.

1. There are 18 main islands

Defining an archipelago is always tricky. The Faroe Islands contains more than 750 islands, islets and skerries. But it's the 18 main islands that really define the nation.

Of the 18, just one is uninhabited. The largest in size—Streymoy—is also the most populated as it's home to the capital Torshavn.

More than 10,000 people live on the second-largest island Eysturoy, which is also the second largest in size.

2. The islands are an autonomous territory of Denmark

Or more specifically, the islands form a self-governing overseas administrative division of the Kingdom of Denmark, in much the same way as **Greenland**.

Torshavn.

For hundreds of years the Faroe Islands were part of Norway, until the 1814 Treaty of Kiel transferred them to Denmark. Self-governing since 1948, the islands have their own parliament and control most areas of lawmaking aside from defense, policing and foreign affairs.

While Danish is also taught in schools, Faroese is the national language and bears closer resemblance to Icelandic and Old Norse than Danish does. The Danish krona is the official currency although local banknotes are issued.

3. There are more sheep than people

There are approximately 70,000 sheep living on the islands. The last official human population estimate of the Faroe Islands was just 53,358. That's roughly half the population of Inglewood, California.

Believed to have been introduced around the 9th century, Faroese sheep are a unique breed of hardy sheep that roam year-round in the meadows and mountains of the islands.

Some Scottish sheep (and now cross-breeds) also live on the islands, having been introduced in the 19th century. Researchers have found sheep DNA in lake-bed sediments dating back more than 1,500 years.

4. You're never far from the sea

All major towns and villages with a population of more than a few hundred are on the coast. In fact, no point in the Faroe Islands is more than three miles from the sea.

Gjógv village on the northeast tip of the island of Eysturoy.

5. Scenes from James Bond were filmed here

In a recent article about movie locations in Norway we mentioned several places used in the most recent James Bond movie, No Time to Die. Our friends from the Faroe Islands also featured, in spectacular fashion.

Kalsoy island was the setting for Safin's island in the third act of the movie. The **visually striking coastline** became the location for one of the most memorable ever moments in any James Bond movie.

6. The Faroe Islands said "no" to tourists

In 2019, the Faroe Islands tourist board decided **the islands needed a break** from tourism. Many tourist attractions were closed, and locals and visitors were instead invited to help maintain hiking trails and other important infrastructure.

This was, of course, before the global health crisis of 2020-22. These days, I would expect most hotels, restaurants and other tourist attractions want a very different kind of campaign!

7. Buses are free to use in the capital

The eight bus routes in and around Torshavn municipality are free to use. However, you may not need them. Just 20,000 people live in the municipality and so the town's sights are mostly within comfortable walking distance.



Gjógv village on the northeast tip of the island of Eysturoy.

Travel elsewhere in the islands is relatively inexpensive thanks to heavy government subsidies especially on the ferries that provide an essential link between the island communities.

8. There are only a handful of traffic lights

Are you sick of red lights in rush-hour traffic? A Faroe Islands road trip could be the answer. Just nine sets of traffic lights exist on the islands, eight of which are in and around the compact capital, Torshavn.

Many of these are new, explains Høgni Reistrup from **Guide to Faroe Islands**: "Since the new Glasir collage designed by the renowned architect Bjarke Ingels opened in 2018, the municipality has doubled the number of traffic lights on the roads that lead to the new college."

However, that doesn't mean that driving is always easy. Many roads outside Torshavn are extremely narrow, so you'll need to be constantly on the lookout for oncoming traffic and passing points.

Another fun fact for drivers: The Faroe Islands is home to the world's first **underwater traffic circle**.

9. The Faroe Islands has a national airline

It's a common myth that the only way to get to the islands is from Denmark. While Atlantic Airways' daily direct flights from Copenhagen are the most common route, flights are also available from several other European destinations.

At the present time, Atlantic Airways is the only airline serving the islands year-round, with the exception of **one route from Bergen, Norway**, operated by Widerøe.

Scandinavian Airlines (SAS) also flew a regular route from Copenhagen prior to the pandemic, but at present the route is not operational during the winter.

The Faroe Islands can also be reached on the Smyril Line ferry that runs a year-round service between Iceland and Denmark. However, the crossing to the Faroe Islands takes 30 or 38 hours from Hirtshals, Denmark, depending on the season.

10. Whaling continues despite international criticism

Despite the wonderful landscapes and relaxed way of life, the Faroe Islands is perhaps best known internationally for its whaling operations.

The **Faroe Islands government** states that "it is considered both economic and environmental good sense to make the most of natural resources which are locally available." Dating back to the 9th century, the practice is now heavily regulated by the government and done under police supervision.

Despite such changes, photographs of the annual capture of hundreds of whales and dolphins causes global outrage. Times may be changing, however. The most recent hunt in September 2021 led to an unexpectedly large catch, an event that even **shocked some participants**.



Torshavn

Why Did The Vikings Leave Greenland? We May Finally Have The Answer

David Nikel, Senior Contributor

Apr 4, 2022,09:06am EDT

Sometime before the year 1000, Norse settlers arrived in Greenland to continue the period of expansion and settlement that defined much of the Viking Age. For hundreds of years, a few thousand people lived along the southern coast of Greenland. Their stories were told in the Icelandic sagas and backed up by archaeological evidence.

But why the descendants of the Norse settlers suddenly left Greenland in the 15th century has long puzzled historians. Many people assume cold was the decisive factor, but new scientific research suggests an alternative reason.

NO EVIDENCE OF PROLONGED COLD PERIODS

American researchers did not find evidence of extreme cold or prolonged cold periods. Instead, they have discovered that long periods of drought may have driven the Norse people away.

Over several years, the researchers investigated mud layers at the bottom of a lake in the south of
(Continued p. 7)



The Norse ruins at Qassiarsuk in Greenland were probably Brattahlid, the home of Viking explorer Erik the Red.

A Viking Travel Guide to Norway

January 25, 2022 by [David Nikel](#)

From ships to churches to living history, immerse yourself in Norse history and culture with this Viking travel guide to Norway.

Successful TV series' such as *Vikings*, *The Last Viking* and *Norsemen* have propelled Norse culture into the mainstream like never before. This translates into tourism interest, with tourists looking to learn more about the true stories hidden behind the modern interpretations. Norway is a great choice to start your journey into the past!

An introduction to the Viking Age

The Norsemen were traders, raiders, warriors and explorers. Thanks to excellent sailing and navigational abilities, the Vikings were likely the first Europeans to discover North America. Based on what we now call Scandinavia, **Viking settlements** soon sprang up far and wide. But the most impressive **Viking history** remains back here in Scandinavia.

There's one downside. The biggest sites of interest are spread all over the country, so seeing them all in one trip isn't feasible for most people. The flipside is that wherever you are in Norway, you won't be far from a Viking site. Here are several must-see **Viking museums** and other relevant sights around Norway.

Viking burial ships



The Oseberg ship in Oslo's Viking ship museum (currently closed)

Three Viking burial ships dating back to the 9th century play the starring role at **Oslo's Viking Ship Museum** on Bygdøy peninsula. The ships were uncovered along the Oslofjord and the best of the bunch, the Oseberg ship, was found completely intact.

As impressive as the vessels are, arguably more interesting are the other exhibits that take you on an eye-opening journey through everyday Viking life: sleds, beds, wood carvings, tools, and more.

Unfortunately, **the museum is now closed** for an extensive renovation and extension. It will open in 2025 as the Museum of the Viking Age.

The Oseberg Ship was uncovered near **Tønsberg**, one of Norway's oldest cities. Tønsberg is the starting point of the Vestfold Viking Trail, a series of ancient settlements and burial mounds from the Viking Age dotted along the **Oslofjord**. While the original Oseberg ship is

on display in Oslo, Tønsberg is home to a full-scale replica moored in the harbor. It was built to the original specifications using only tools and techniques from the Viking era.

Sadly, you can't take a ride in it, as the boat is only taken out of its mooring for special events, but you can enjoy seeing an authentic Viking ship in the water! The best time to visit is September for the **Tønsberg Viking Festival**, full of shows, theater, music, food, and an armada of ships setting sail.

Churches and cathedrals

Churches aren't the first buildings that spring to mind in relation to Vikings, but they do play an important role in history. Norway became a Christian country in the early Middle Ages, and it was the last Viking kings who made that happen.

Cathedrals and churches were quickly built all around the country. The architecture of Norway's distinctive **rural stave churches** used many of the same techniques that the Vikings used in their shipbuilding. Although more than 1,000 stave churches once stood across Norway, there are now just 28. Many of the elaborate carvings feature Norse symbols, showing that those building the churches weren't quite ready to abandon their pagan heritage!

Another religious site of note is Trondheim's **Nidaros Cathedral**. It began its life as a simple wooden chapel built to stand over the tomb of Saint Olav, the Viking king who played a big role in the introduction of Christianity and would go on to become the patron saint of Norway. Today, it's one of the country's most famous buildings and a major tourist attraction.

Viking experiences

Looking at churches and museums is all well and good, but nothing beats a more hands-on experience to truly get a flavor of the **Viking lifestyle**. With experiential travel an increasing trend worldwide, Norway has a lot to offer in this area!

Lofotr

Anyone who's traveled recently on the Hurtigruten will have been offered the opportunity to visit Lofotr Viking Museum. Here on the **Lofoten islands**, archaeologists found the largest longhouse ever discovered. A reconstructed longhouse based on the find is now home to demonstrations of hand-crafts, woodcarvings, textiles, and an entertaining evening banquet hosted by the chieftain and his wife. *Wooden reconstructed viking ship by a Norwegian fjord.*



Gudvangen

Another experience close to one of Norway's top tourist sites is Gudvangen's Viking Valley. Gudvangen is the end point of the popular cruise along the **world-famous Nærøyfjord** from Flåm. On the shores of the fjord you'll find Njardarheimr, a Viking village populated by an international community of Viking enthusiasts. In the middle of July, a festival injects extra life into Njardarheimr with Viking battles and wrestling, concerts, storytelling, archery, ball games and a huge market taking place.

There's plenty of lesser-known experiences in the

country too, although many are only open during high season. **Avaldsnes Viking Farm** near Haugesund is well situated for anyone visiting Bergen or Stavanger. The farmyard is on a small, forested island. It was here that **Olav Tryggvason** was said to have drowned a group of wizards 1,000 years ago.

Hyllestad

The Vikings are known for their trading and raids. However, Hyllestad gives a different picture of Viking life. It focuses instead on their skills as stonemasons.

Over the centuries, tens of thousands of millstones were produced at Hyllestad. The **stone quarries** left behind are among the biggest cultural heritage sites in the country. Other places and events of note include Kaupang Viking town in Larvik and the colorful, family-friendly Egge Viking Festival. The latter takes place every other year in the summer.

This isn't an exhaustive list of Viking sites and experiences in Norway. But hopefully, it should give you an idea or two to incorporate into your next Norway itinerary.



Avaldsnes Viking Village

Beyond Norway

If you want to extend your trip into other countries, consider Scandinavia. The remarkable **runestones of Sweden** are a great place to start. You can also check out our article on the **Vikings in Iceland**.

(Continued from p 5)

Greenland, close to where the Norse lived. Led by the University of Massachusetts Amherst, the results were recently published in [Science Advances](#).

They were able to track how the biochemistry of bacteria reacted to temperature changes. Although this showed temperature fluctuations over time, researchers found no evidence of prolonged period of extreme cold

Droughts a problem then and now

Once that was established, researchers turned their attention to grasses and leaves in the mud layers. They were able to track both temperature changes and the rate at which they lost water due to evaporation.

"What we discovered is that, while the temperature barely changed over the course of the Norse settlement of southern Greenland, it became steadily drier over time," [said Boyang Zhao](#) the lead author of the study. "In such a climate, one would not be able to grow grass. And thus the domestic animals would have starved to death during the long and cold winters," he added.

Greenland is known for its ice cap and glaciers, which cover some [80% of the country](#). Yet droughts remain a problem for farmers today. Farmer Elna Jensen cultivates land near where the American researchers did their study and [confirmed to NRK](#) that dry years are not uncommon.

While droughts seem to have been a likely cause of difficulty for the Norse people, they may not have been the only reason.

"I think there were many factors that led to the Norse disappearing, and not all were connected to the climate. Our study shows just *one* of many challenges the Vikings had to deal with," said study participant Raymond Bradley from the University of Massachusetts.

Norwegian Athletes Impress at Paralympic Games

Not long after the Olympic Games concluded in Beijing on February 22nd, there was another competition ready and waiting to commence. The Winter Paralympic Games happen immediately following the conclusion of the Winter Olympic Games in the same host venue. Like the Winter Olympics, competitors from all over the world participate in multi-sport snow and ice events. At the Paralympic Games, athletes living with a range of disabilities such as amputation, blindness and cerebral palsy, among others, display incredible stamina and determination as they compete.

The 2022 Winter Paralympic Games ran from March 4-13. Norway finished with a total of 7 medals, one shy of the goal of eight medals according to chef de mission Cato Zahl Pedersen, himself a former Paralympic athlete. He describes this year's Norwegian contingency as "few in number, but high in quality."

Norway's Jesper Pedersen took home four gold medals and one silver medal in the slalom and Super-G events at these Games, the biggest medal winner for Norway this time around.

Pedersen credits his late father with helping him learn how to ski in 2001 so these medals are particularly meaningful. Pedersen first skied independently in Beitostolen, Norway in 2007.

In the field of cross-country skiing, Norway earned two medals in the Para Cross-Country Skiing events. Vilde Nilsen earned silver in the Women's Sprint Standing (Free) event and Team Norway took gold in the Open 4 x 2.5 km relay. Previously a biathlete, Nilsen opted to focus on the cross-country piece these Games and rest the weapon-training element with good result.

In all, the 2022 Winter Paralympic Games had a feeling of hope, inspiration and unity among the athletes. You can watch for the next Paralympic Games in Paris, August 28 through September 8, 2024.



Vilde Nilsen. Photo Credit: Geir Olsen / NTB

Homemade Kvikk Lunsj Bars

Make your own hiking snacks for springtime outings. This recipe from meny.no shows you how to make crispy-sweet Kvikk Lunsj-like cookies in your waffle iron.

Makes about 15

Prep time: 40 – 60 min

Ingredients:

100 grams butter, softened (7 Tbsp., or 1 stick minus 1 Tbsp.)

125 grams powdered sugar (1 cup)

1 tsp. vanilla sugar (or substitute 1/4 cup powdered sugar plus 1 tsp. vanilla extract)

2 eggs

350 grams all-purpose flour (2 3/4 cups)

1 tsp. baking powder

400 grams chocolate (14 oz.)

Directions:

Step 1

Mix butter, powdered sugar and vanilla sugar until smooth. Add eggs one at a time and beat on high

Step 2

In a separate bowl, mix dry ingredients (flour and baking powder), then add to the butter mixture. Stir with mixer until dough forms.

Step 3

Pre-heat waffle iron to high. Form the dough into a square and bake each square on the iron for 1-2 minutes.

Step 4

Immediately after removing from iron, cut the cookie into rectangle-shaped bars while it is still soft.

Step 5

Melt the chocolate and dip bars in the chocolate. Let cool on waxed paper or cooling rack.

Step 6

When the chocolate has solidified, they are ready to eat on your next adventure!

