



SONS of NORWAY



Dec. 2021

Walworth County, WI

Norsemen of the Lakes 5-650

Greetings all:

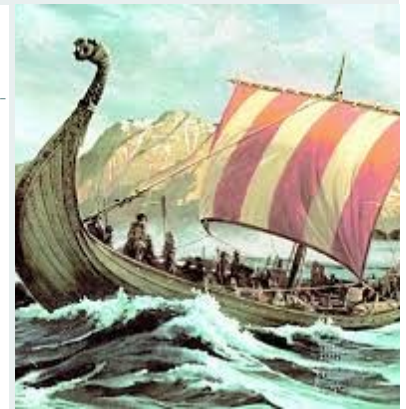
Our last meeting was wonderful. We enjoyed a wonderful buffet as well as a taste of lefse and krum kake. We ended our event with a showing of the history of the Marius sweater pattern, how it came about and the people who promoted it. We will try to have our next meeting in March at Sherwood Lodge in Wms. Bay, if they are still accepting outside visiting groups.

Our next big event, which we are excited for, is the annual Christmas party at **Calvary Community Church in Wms. Bay Dec. 4th at 2 p.m.** (Thank you, Calvary.) This will provide safe, easy access as well as being in the light of the. Dinner will be buffet style again with desserts provided by members. We will enjoy a present exchange for those who wish to participate (with a \$10 cap). You can still get tickets as we got a late start and have plenty of food ordered. Just contact our new treasurer. You can send her a check for \$20 at 1670 Wood Ridge Lane, Burlington, WI 53105.

KathyNorquist has secured some entertainment as we will have some Norwegian singers attend to perform for us, but don't forget to bring your singing voice as well to march around the Christmas tree and carol to the heavens.

Besides food, fun and festivities, we will have a table full of Nordic treasures for purchase and a display of the history of our lodge, so come on, come all and celebrate a Nordic Christmas.

In addition, we are looking forward to our 25th anniversary celebration, so stay tuned for more information about that.



Gratulerer med dagen

December Birthdays

Emily Henderson	5th
Valarie Wick	8th
Haley Hansen	26th
Doris Wild	29th

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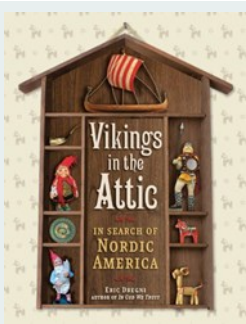
CALENDAR

Christmas celebration Dec. 4th 2PM,

Calvary Community Church

**N2620 Harris Rd.
Lake Geneva, WI**

(Just north of Wms. Bay)



Making the Most of Winter in Stavanger

February 17, 2021 by Garima Nag

Norway is gorgeous any time of the year, but it transforms into a magical land during the winter season. People often associate Norway with Northern lights and fjords, not to forget its gorgeous mountains. Toward the southern region, there is an endless coastline with some gorgeous beaches. If you travel up north you will find yourself in a completely different scenario. It is the most precise manifestation of the term “winter wonderland.” In order to experience the cozy winter retreat, however, you need not travel all the way up

Growing up with Swedish and Norwegian grandparents with a dash of Danish thrown in for balance, Eric Dregni thought Scandinavians were perfectly normal. Who doesn't enjoy a good, healthy salad (Jell-O packed with canned fruit, colored marshmallows, and pretzels) or perhaps some cod soaked in drain cleaner as the highlights of Christmas? Only later did it dawn on him that perhaps this was just a *little* strange, but by then it was far too late: he was hooked and a dyed-in-the-wool Scandinavian himself.

But what does it actually mean to grow up Scandinavian-American or to live with these Norwegians, Swedes, Finns, Danes, and Icelanders among us? In *Vikings in the Attic*, Dregni tracks down and explores the significant—and quite often bizarre—historic sites, tales, and traditions of Scandinavia's peculiar colony in the Midwest. It's a legacy of the unique—collecting silver spoons, a suspicion of flashy clothing, shots of turpentine for the common cold, and a deep love of rhubarb pie—but also one of poor immigrants living in sod houses while their children attend college, the birth of the co-op movement, the Farmer-Labor party, and government agents spying on Scandinavian meetings hoping to nab a socialist or antiwar activist.

For all the tales his grandparents told him, Dregni quickly discovers there are quite a few they neglected to mention, such as Swedish egg coffee, which includes the eggshell, and Lutheran latte, which is Swedish coffee with ice cream. *Vikings in the Attic* goes beyond the lefse, lutefisk, and lusekofter (lice jacket) sweaters to reveal the little-known tales that lie beneath the surface of Nordic America. Ultimately, Dregni ends up proving by example why generations of Scandinavian-Americans have come to love and cherish these tales and traditions so dearly. Well, almost all of them.

north. If you live in Stavanger there are plenty of places to enjoy a winter retreat.



Bråsteinvatnet in Sandnes,

Bråsteinvatnet

Fancy skating on a Frozen Lake? Bråsteinvatnet is just perfect for you. It is one of the lakes in Sandnes, just off the E39

route. The lake is a popular scenic spot throughout the year. During summer, you will find people fishing and swimming here. The place is equipped with benches and has plenty of parking space.

Being a nature lover, I came to this gorgeous place several times throughout the year. The view drastically changes every season. While the spring & summer season has lots of greenery and a lovely lake in the middle of the mountains, you will find swans and ducks playfully swimming in it making it picture-perfect. Winter metamorphoses it into a winter retreat. This year the lake is completely frozen inviting adventure enthusiasts to sled & skate on its thick ice.

Sola beach

Beach & winter might sound like an odd pairing. I thought that too until I revisited Sola beach recently. I was pleasantly surprised to see so many people walking or jogging along the beach. I walked up to a small structure on the beach to have a 360° view of the place. It looked absolutely stunning: snow-covered mountain on the horizon, pretty houses, and roads cov-



Sola beach near Stavanger Airport

ered in a thick layer of pristine white snow! The occasional pop of color from colorful winter outfits of the visitors added to the beauty of the place.

I would say don't wait for the summer to hit the beach. It has its own unique charm during winters.

Alsvik Natursenter

Looking for a place to celebrate your special day or just a small get together in the lovely outdoors? Look no further than Alsvik Natursenter in Sandnes. The place has many facilities like a BBQ & volleyball ground among others. The booking can be done on the internet in case you would like to organize a get-together or small event. Go for a hike, make a snowman, roast marshmallow, or just soak in the scenery; the choice is yours. Alsvik natursenter won't disappoint you.



Alsvik Natursenter in Sandnes



Rogaland arboretum

Rogaland Arboretum

This one is yet another place that I've frequented in the past year. It has an amazing range of flora & fauna. Spread over 60 hectares of area, Rogaland arboretum is the country's notable botanical garden. I loved capturing its "Snow-white" beauty. The long pine trees standing tall in all their glory, short shrubs, and bushes covered in light fluffy snow was a sight to behold. Rogaland Arboretum is yet another "Family-friendly/Kids friendly" place in Stavanger. A small pond covered with water lilies, open fields and a play area is very inviting. Kids of all ages will find something to keep themselves engaged in this lovely outdoors.

Stokkalandsvatnet

One of the most popular jogging and running spots in the area with enchanting surroundings is the trail around Stokkalandsvatnet. In the winter season, it offers a good skating opportunity. The "commune" regularly measures the thickness of the ice. It is often safe to walk, skate or sled. You can walk or cycle around the lake. It is a good 4 km track. If going with your family, do not forget to bring some bread as you will find a flock of ducks and swans to feed as they swim in the lake.

I have mentioned just a few of the places within the city limits where you can enjoy a good winter getaway. Apart from these spots, there are several other places close to Stavanger where you can go for winter sports.



Trail around Stokkalandsvatnet

Pålegg: Norwegian Toppings for Sliced Bread

August 31, 2020 by Mathew Paul Gundersen

An everyday Norwegian word, pålegg, describes the toppings and spreads that go on open sandwiches and packed lunches.

I've lived in Norway long enough now to understand the term pålegg (toppings Norwegians like to put on a single slice of bread), but why is it such a big thing here? Let's explore the word and its relationship with the famous matpakke.

If you've ever lived in or visited Norway, then you're probably aware of the term pålegg. It's a word that translated into English literally means "in addition to" or "toppings". In the Norwegian language, a common understanding of pålegg is to place or layer foods onto a single slice of bread. Norwegians love their pålegg! Which results in millions of open-faced sandwiches being made and consumed each year. A variation of the word is **smørpålegg**, which means "spreadable topping". It's a term that covers anything soft that you can spread, like cheese in tubes, jams and other readily available soft foods like pâtés. Commonly used pålegg include sliced cheese, spreads and cold cuts, but in truth, the only thing that can limit your topping choices is your imagination. In Norwegian supermarkets, you will often find sections in the chilled refrigerated sections called pålegg. It's a place where you'll find all the most popular toppings for breakfast and lunch.



The importance of bread

Bread is a vital part of the Norwegian diet and is perhaps the main reason the word pålegg came to be. The word is specifically attached to the meals breakfast and lunch. This makes bread the perfect base component because it's high in carbohydrates and fills you up until dinner later in the day. Toppings also need a sturdy base, so the type of bread you choose is important. The best bread choices are those that are quite dry, so wholegrain and brown bread are ideal. Another alternative is to use an even harder base and something like knekkebrød (crispbread) or even flatbread. If you do choose a hard bread, then toppings can be added at the moment you are ready to eat breakfast or lunch.

Breakfast pålegg

Breakfast pålegg might include things like Norwegian salmon, jams, preserves, various liver pâtés, soft cheeses, meats, cucumber, tomatoes and sometimes eggs. This is where it can be vaguely similar to things like cheese or jam on a single piece of toast, another breakfast favorite. Of course, it's not uncommon for Norwegians to skip breakfast or get by with just black coffee until lunch. This habit nearly always results in an early lunch for many.

The Norwegian "matpakke"

Matpakke was born out of the 1930s Oslo breakfast, a government initiative that provided free meals for schoolchildren. Norway at that time wasn't the rich, prosperous nation it is today, so the program was designed to help feed school children from poor families. Common items included bread, cheese, half an orange and half an apple. The packed lunch stayed in the country, and Norwegians maybe appreciated the simplicity and practicality of such an idea. In case you hadn't guessed it already, matpakke in English means "food pack" – a small and simple packed lunch that is made in the morning for lunch at work, school or for that weekend hiking trip. Many Norwegians wake up early in the morning in order to prepare their matpakke, and pålegg are an essential part of the pack. Foods are layered onto a dry bread base or packed in a box to be eaten with knekkebrød (crisp bread).

What goes on top?

While matpakke has been labelled the world's most boring lunch (not a statement I agree with, of course), the world of pålegg is much more exciting. Toppings can be anything and everything, with things like leverpostei (liver paste), salami or a single slice of brunost (brown cheese) proving popular. There are also a whole host of spreadable toppings (smørpålegg), including many in tubes such as caviar to many types of cheese spreads. *Påleggsalater* allows you to add some "goo," in the form of coleslaw, shrimp salad, potato salad, and so on. Then there's tinned fish products like sardines and mackerel, because Norwegians love their fish.

Modern day interpretations

In recent times, many cafés and restaurants have taken pålegg to the next level with an elaborate array of eye-catching open sandwiches. Fresh and tasty toppings prepared on a single slice of dark bread or crisp bread, displayed in glass in order to attract customers. Of course, such constructions can also be made at home.

So next time you are about to prepare your lunch for the working day ahead, why not add some interesting pålegg – take a slice of dry bread, spread some liver pate', add some sliced tomatoes and garnish with red onion.

What Causes the Northern Lights?

June 12, 2021 by David Nickel

Scientists finally know for sure what causes the northern lights.

If you've ever seen the northern lights, you've likely been either astounded or underwhelmed. For no aurora is the same. Sometimes the lights appear as a faint mark just above the horizon. But other times, an explosion of color lights up the entire night sky.

Known as the northern lights or *aurora borealis* in the north and the southern lights or *aurora australis* in the south, aurora are a true curiosity of the natural world and a major tourist attraction. People travel from all over the world to join professional aurora chasers on a hunt for a northern lights display in Northern Norway. It's the dream of many tourists to capture northern lights photos for themselves!

Research scientists have long speculated about what causes the aurora. But now, they are sure about it.

A new paper confirms the theory

A new article published in a leading open access scientific journal confirms the link between disturbances in our sun and the Earth's magnetic field. The article in *Nature Communications* presents lab measurements of electron acceleration caused by so-called Alfvén waves. "It was sort of theorized that that's where the energy exchange is occurring," said the University of Iowa's Gregory Howes, one of the article's authors, to NPR. "But no one had ever come up with a definitive demonstration that the Alfvén waves actually accelerate these electrons under the appropriate conditions that you have in space above the aurora," added Howes.

The northern lights are caused by the sun

Our solar system's sun is a highly volatile burning ball of hydrogen and helium. Violent reactions such as geomagnetic storms often make an impact far, far away into the solar system. In some cases, the power of these magnetic events is so strong that they interfere with Earth's own magnetic field. Some compare this effect to a rubber band being pulled away from the Earth. When the sun's power loses its grip on the band, it snaps back to earth. The force of the magnetic field returning to its position creates Alfvén waves. These powerful ripples, approximately 80,000 miles above our planet, get faster as they approach the planet. Sometimes, the Alfvén waves pick up electrons. The speed of these electrons, which are already travelling towards Earth, accelerates up to 45 million mph. When these accelerated electrons hit the thin upper atmosphere of Earth, they collide with nitrogen and oxygen molecules. This creates a molecule dance in the sky. When it calms down, the electrons release light. We perceive that light as aurora

Surfing on Earth's magnetic field

Wheaton College's Jim Schroeder, another of the paper's authors, compares the phenomenon to surfing: "In order to surf, you need to paddle up to the right speed for an ocean wave to pick you up and accelerate you, and we found that electrons were surfing. If they were moving with the right speed relative to the wave, they would get picked up and accelerated.

What the new lab tests proved

This relationship between Alfvén waves and the electron acceleration had long been theorized. But up until now, there had been no definitive proof. The study would have been impossible in space, given the inability to predict aurora well in advance. There would also be other cosmic factors that could impact the study.

So, researchers turned to the fancy labs at the University of California's Basic Plasma Science Facility. There, they were able to use the Large Plasma Device to test the interaction between Alfvén waves and electrons in a controlled environment.

The team of researchers believe the study also gives a broad understanding of how particles are energized. It also helps us understand how volatile events on the Sun impact objects in space near the Earth, including satellites.

But just as important, said Schroeder, is gaining a deeper understanding of something so awe-inspiring: "We've been captivated by auroras for thousands of years and looking at the night sky and appreciating their beauty. And I've always found that understanding more about how something is created enhances my appreciation of that beauty."



15 Facts About Norway's Mighty Musk Ox

April 30, 2021 by David Nickel

Dovrefjell is known in Norway as the southernmost home of wild reindeer. But it's also home to an imported population of musk oxen, especially to the west of the E6. Native to the planet's Arctic region, the musk ox is known for its bulky build, thick fur and strong odor. Here are some fascinating facts about the musk ox.



The history of the musk ox

1. The musk ox is a truly historic mammal. It is one of the oldest mammals to walk our planet. They used to live in what is now Norway in great numbers around 20,000 years ago.

2. The musk ox was reintroduced to Norway. It was reintroduced to Norway from Canada's Banks Island in 1932 following an unsuccessful attempt near Ålesund a decade before.

3. An attempt to introduce the musk ox to Svalbard failed. The Arctic archipelago sustains some remarkable winter wildlife. Attempts to introduce musk ox to Svalbard in 1929 initially succeeded, but the herd disappeared in the 1970s.

4. The musk ox was hunted. During the second world war, the musk ox became extinct in Norway due to hunting. It was reintroduced to Norway in 1947.

5. Norwegian musk ox migrated to Sweden. Some of the musk ox introduced to Norway's Dovrefjell found their way to Sweden in 1971 and established themselves there.

6. Musk oxen are as heavy as they look. A fully grown adult musk ox can weigh as much as 1000 lbs.

7. The musk ox is a peaceful animal, but caution is required. They will attack humans when they feel threatened, with such attacks being potentially lethal. It is recommended to keep a safe distance of at least 200 meters in the wild.

8. They live for up to 20 years. In the wild, a musk ox can expect to live for approximately 12-20 years. Its long, shaggy hair helps see it through the harsh winters, while the herd works together to defend from wolves, the main predator.

9. Musk oxen are faster than humans. They may look big and bulky, but an attacking musk ox will catch you. Can you move from 0 to 40mph in one second? They can!

10 Musk oxen live in herds. The herds typically number 15-20, which can be slightly smaller in the winter. There is an age-based hierarchy among both males and females.

11. Their closest relatives may surprise you. As a member of the subfamily Caprinae of the family Bovidae, muskoxen are more closely related to sheep and goats than to other oxen.

12. There is a musk ox trail in the Dovre mountains. To encourage tourism while protecting the species, a musk ox trail was opened in Dovrefjell in 2017. Trails of 4.5km or 15km start from Kongsvoll or Grønbakken.

13. The musk ox trail helps to protect reindeer. By staying on the trail, you help to sustain Dovre's wild reindeer protection. The trail helps to reduce the number of hikers into Stropsljødalen, which is a migration route for wild reindeer.

14. You can join a musk ox safari. Guided tours not only increase your safety, they also increase your chances of seeing a musk ox. Experienced guides know the herds and their locations. Just be aware that a lot of walking is involved!

15. They can be seen from the train, sometimes! The Oslo to Trondheim railway passes through the Dovre mountains. From the train, it's sometimes possible to see musk oxen. The train conductor will sometimes make an announcement if any are visible.