



SONS of NORWAY



March 2022
Walworth County, WI

Norsemen of the Lakes 5-650

Welcome to windy March:

Spring is just around the corner, so take heart that the weather will soon be beautiful again.

Our March meeting will be at the Atrium again as they have allowed us back in to view a movie. As the facilities are quite small, we decided to only have a dessert evening instead of a full potluck. (We will return to potluck again in April.)

The movie promises to be very amusing, so don't miss the fun and delicious desserts that I will be missing, so have one for me since I won't be there. I am planning, however, to attend the meeting in April. We will return to the Advia Credit Union in Elkhorn for an official meeting with potluck and program.

I attended the local S of N lodge meeting in Sun City, AZ. They have at least three members who were born in Norway. It was fun to meet them and tell them a little about our lodge.

Since this year is our 25th anniversary, we have a lot to plan, so that will be our main focus at our meetings for awhile. In addition, our hope is that celebrating this milestone will attract new members, which we need if this lodge is to survive. If you have not been attending our meetings, please see if you might be able to participate and help your lodge succeed.

The Great CyborGoat Invasion

Combining the age-old livelihood of farming with the newest in satellite technology, armies of "CyborGoats" have been unleashed across the nation of Norway.

No need to hide under a bridge. There are no robotic rams shooting laser beams at grouchy old trolls. CyborGoats are simply goats equipped with state-of-the-art GPS collars, utilizing cellular and blue tooth technologies. The human in charge of the goats uses an app on their cell phone to track each creature, and most importantly to set digital boundaries for their herds. If a goat strays outside the prescribed longitude and latitude, their collar will start to beep. If the animal ignores the warning and remains outside the boundaries too long, the beeping continues and they will receive a small electric shock. Goats are very smart. They have adapted to the new collars quickly, though many enjoy the challenge of grazing just outside the digital lines, leaping back to safety at the very last moment.

Over 2,400 farmers in Norway have taken advantage of this new technology, which has revolutionized their profession. If an area is in danger of being overgrazed, new virtual boundaries can be set with the app, which is especially helpful in the most mountainous regions. Based on their movements, a caretaker can tell if an animal is stuck or is being chased by a predator. Wayward goats can be located easily for a quick and effective rescue.

With digital fencing in place, CyborGoats are now being rented to municipalities and individuals to chomp on unwanted brush and weeds. Goats can safely graze next to roadways or power lines, both clearing and fertilizing the land simultaneously.

It estimated that over 27,000 creatures in Norway are now sporting GPS collars to keep them safe within virtual boundaries. Unfortunately, cows and sheep have not responded as well as these clever kids.



Gratulerer med dagen

March Birthdays

Hadley Frost	6th
Brandon Schnabel	27th
Kaitlyn Fuller	31st
Mitchell Fuller	31st

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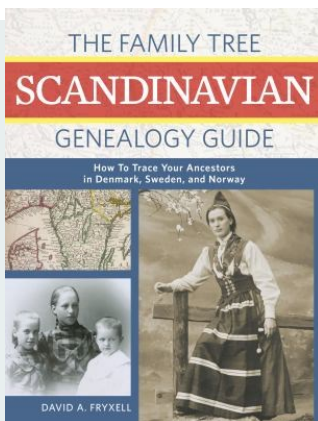
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CALENDAR

Next meeting:

March 8th
Atrium Senior Living Center,
116 Cherry St.,
Williams Bay
Bring **Desserts** at 6 P.M.
followed by the movie "The
Lutefisk Wars" at 7:00.

April 12th
Advia Credit Union
837 No. Wisconsin St.
Elkhorn, WI
6 p.m.
Potluck, meeting
and program



Trace your Swedish, Norwegian, or Danish ancestors! This convenient guide will help you discover your Northern European family history while optimizing your research time.

Highlights include:

- Strategies for identifying immigrant Scandinavian ancestors, plus how to trace them back to Europe from North America
- Methods for locating Swedish genealogy records, Norwegian genealogy records, or Danish genealogy records within your family's town of origin
- Detailed guides to finding and decoding common Scandinavian records, including: church records, civil registration records, census returns, property deeds, military records, and many more
- Quick guides to Scandinavian history, geography, and language
- Historical timelines, sample records, and resource lists that will bring your family history to life.

If your family tree includes Swedish roots, Danish roots, or Norwegian roots, *The Family Tree Scandinavian Genealogy Guide* is a must-have for your genealogy research.

Available from the Wisconsin Library System or buy from Amazon for \$18.

Norway Breaks Gold Medal Record at Beijing

February 18, 2022 by [David Nikel](#)



Image: kovop58 / Shutterstock.com

Norway's Winter Olympic team was predicted to do well in Beijing, but the gold medal haul so far has surpassed even those lofty expectations. Johannes Thingnes Bø took his fourth gold and fifth medal overall of Beijing 2022. But his win meant something much more for the Norway team. It secured a new record haul of gold medals at any Winter Olympics. Bø's win was Norway's 15th gold of the games, surpassing the previous record. There's still time for Norway to win more, too.

Although Norway's high medal haul in Beijing was predicted, the new record still left many gushing about the achievement. "It's completely wild, and I've seen it in all kinds of sports. You have to explain to me why you are so good," said John Nicolet, Swiss alpine commentator.

"I think what is impressive is that if you compare the size of the country and the number of people in it against the number of winners, it is very interesting to see. Countries like Switzerland or Austria must learn from you," he continued.

NORWAY'S GOLDEN TEAM



Johannes Thingnes Bø, Norway biathlon winner.
Photo: Bartosz Wlazlak / Shutterstock.com

Bø has stolen many of the headlines for winning 4 golds, but there have been other notable performances too.

For example, Marte Olsbu Røiseland became the first person to win a medal in all four individual biathlon events at a Winter Olympics.

The 31-year-old took bronze in the women's mass start biathlon, adding to her golds in the sprint and pursuit biathlon events, and bronze in the individual. She was also part of the gold-winning mixed relay team, meaning she is also

the first woman to win five biathlon medals in a single Games.

There have also been some surprises too. Marius Lindvik won ski jumping gold on the large hill, becoming the first Norwegian to win the event since Toralf Engan in 1964.

NORWAY UNDER THE GLOBAL SPOTLIGHT AGAIN

The world's media have been trying to figure out exactly how Norway does well at the Winter Olympics. International media such as the Washington Post, the Wall Street Journal and the New York Times have all posed a similar question: how can a country of just 5.4 million people consistently perform so well at the highest level?

Nordic Results



Country	Gold	Silver	Bronze	Total
Norway	16	8	13	37
Sweden	8	5	5	18
Finland	2	2	4	8

PM Says Norway Will Accept War Refugees From Ukraine

February 25, 2022 by David Nikel

Norway is ready to take in its share of Ukrainian refugees, according to prime minister Jonas Gahr Støre.

The images from Ukraine these past days have shocked people all around the world and continue to do so as the hours pass. That's also true in Norway, where reporting on the Russian invasion of Ukraine has been subject to round-the-clock reporting.

Thoughts now turn to the people impacted by the ongoing conflict. Unicef estimates that around 3.4 million people need help.

Now, the Norwegian prime minister Jonas Gahr Støre has spoken on the topic, condemning the actions of Russia while discussing sanctions.

"We will stand up for Ukraine and for the people of Ukraine," he said, adding that Norway will send NOK 200 million in emergency aid to support the civilian population of Ukraine.

Støre: Nordic cooperation required

At a press conference before a NATO meeting, Støre said that a refugee influx has already begun to affect Poland. Ukraine borders Poland—an EU member—along with fellow EU members Hungary, Romania and Slovakia.

While Norway is not an EU member, it is an EEA member and as such wants to establish a joint approach. Støre said this should be done in a fair way to share the burden.

"We are prepared to enter into a Nordic co-operation on a distribution over time so that there is not an unreasonable burden on a few (countries). Then Norway must take its share, based on a reasonable distribution between European countries."

The Norwegian prime minister has spoken with many European leaders since the armed conflict began. They include Olaf Scholz of Germany, the UK's Boris Johnson, the prime ministers of the Nordic countries, as well as the Netherlands and the Baltic countries.

Sanctions could impact Norway

Støre said that Norway must expect to be hit by Russia's response to the sanctions that are now being introduced. Kirkenes in Northern Norway is just a few miles from the Russian border. Of course, Norway shares a border with Russia and has several important links in areas such as energy and Arctic affairs.

"We must expect a Russian response to the sanctions. They will also affect Norwegian interests. We must be prepared for that," said Støre. "It is the Ukrainian people who have now been hit the hardest, in an outrageous and deeply tragic way. We will stand up for Ukraine and the people of Ukraine," continued the prime minister.

Støre also talked about Norway's responsibility to Europe when it comes to energy supply. Several European countries rely heavily on imported gas from Russia. Støre said this gives Norway an important role. "Norway will remain a stable supplier of gas. It is important in the current situation. It is strategically important for our allies and partners in Europe. We supply 20% of European gas, and in the current uncertain situation, that is very important," he said.



prime minister Jonas Gahr

Norway is dominating the Winter Olympics. What's its gold medal secret?

February 16, Heard on Morning Edition

BEIJING — When Tore Ovrebo, head of Norway's vaunted national athlete development program known as Olympia toppen, arrived in Beijing, he predicted exactly how many medals his country would win. "The medal aim is 32 — three, two," Ovrebo said at a press conference, making the number crystal clear for anyone not listening closely.



Norway's Therese Johaug gestures as she wins the women's skiathlon 2x7.5km event during the Beijing 2022 Winter Olympic Games on February 5, 2022.
Odd Anderson/AFP via Getty Images

That is an astonishingly high bar, sort of like a Major League Baseball manager promising his pitcher will throw a no-hitter. Ovrebo proceeded to map out his game plan, predicting Norway would medal repeatedly in three core disciplines: alpine skiing, biathlon and cross-country skiing.

With the Winter Olympics entering the final days of competition, his country's athletes are actually well ahead of schedule. The U.S., with its vastly larger population, lags by half a dozen medals. Norway's athletes are outpacing the U.S. even though its team is less than half the size, with 99 Norwegians competing in Beijing compared to 223 Americans. So how does a nation with so few people do it? The Norwegians have been asked this a lot in Beijing.

"It's a good question," said Birk Ruud, a member of Norway's freestyle ski team, who won a gold medal in the Olympic big air competition. "We're a country with a lot of good genes and we work hard."

He and his teammate Ferdinand Dahl told reporters that winter sport is a big

part of life in their northern country. It's something just about everyone does from the time they're little kids.

"We have this term, that we're born with skis on our feet," Dahl said.

"Fun is the fundamental drive. A lot of hard work, I think and a lot of fun and dedication — and skiing."

That national sports culture has created a pipeline of skiing superstars that other countries, so far, can only aspire to match. Young people compete against each other, growing stronger before they ever reach the international level.

Sometimes Norwegian athletes are so dominant, so much better than the competition, other nations build strategies around the race for silver and bronze.

"Therese is queen of cross-country skiing and now I feel like I'm the little princess," said Finnish skier Kerttu Niskanen, after finishing second to Norway's star cross-country racer Therese Johaug. At that press conference, Johaug herself - who had already won a pair of gold medals - confidently predicted she might reach the podium two more times.

"Today I took the second [gold medal] and it's fantastic but the Olympics is not finished yet," she said.



Maiken Caspersen Falla of Team Norway competes during the Women's Cross-Country Team Sprint Classic Semifinals at the Beijing 2022 Winter Olympics on February 16, 2022.
Clive Rose/Getty Images

There are some practical things, beyond a love of winter and snow, that raise Norway's Olympics game. Many of these sports disciplines are pretty marginal in the U.S. in terms of audience appeal. But in Nordic countries, cross country skiing and biathlon are mainstays on television. With that popularity comes fame for Norwegian athletes, along with more sponsorships, more money.

Norway also funds its Olympic athlete development programs with a national lottery. Billy Demong is a former U.S. Olympian in Nordic combined, a sport that pairs ski jumping with cross country skiing. He won a break-out gold medal in Vancouver 12 years ago. But he notes that his success wasn't followed by a pipeline of other American athletes reaching the podium. "Was there a group [of U.S. athletes] behind me?" Demong said. "Absolutely there was. Did they all quit essentially or retire young? Absolutely."



Gold medalists Hallgeir Enggebraaten, Peder Kongshaug and Sverre Lund Pedersen of Team Norway pose during the Men's Team Pursuit medal ceremony at the Beijing 2022 Winter Olympics on February 15, 2022.
David Ramos/Getty Images

Demong now heads a team called USA Nordic that develops Olympic-caliber ski jumpers and Nordic combined athletes. He says the problem isn't a lack of talent, though he does think the U.S. does need a broader base of grassroots winter sports programs. He says there's just not enough money to keep Americans in these sports at the elite level until they can mature and get really good the way Norwegians can.

"Nobody's making money from sponsors in these niche winter Olympic disciplines" in the U.S., Demong said. "We certainly don't have the income to be able to pay our athletes." Demong said if the U.S. wants to compete for medals in a broader variety of winter sports, Congress needs to work with the U.S. Olympic and Paralympic Committee and other sports programs to revamp funding programs. "We've got to get more creative than this," Demong said. He suggested expanding the U.S. military's athlete program and considering a small tax on sports betting to support development of Olympic talent.

But that kind of transition, even if it happens, won't produce Norway-style success for years. It takes a long time to nurture, train and polish athletes of this caliber.

Meanwhile the Norwegian Olympic machine is firing on all cylinders now, with its athletes still looking forward to many of their best events in the final weekend of the Beijing Games.

That 32-medal goal? It's starting to look like a low-ball estimate.



Norway's Robert Johansson soars through heavy snow fall during the Ski Jumping Men's Large Hill official training on February 13, 2022 during the Beijing 2022 Winter Olympic Games.
Odd Anderson/AFP via Getty Images

The Norwegian Seafood Council says sales of salmon to the United States rose by almost 50% during January

By Vince McDonagh - 21st February 2022

Seafood sales of all types totaled 10,000 tons during the month, a volume increase of 48%. Measured in value, the increase was 55%. Salmon "was the locomotive" driving sales which were worth NOK 583m (\$65.8m) last month.

The Council says the US market is opening up as the number of coronavirus cases is falling and has been for some time. So too is the number of new infections and deaths. The US is starting to re-open after two years of restrictions varying from state to state, and for seafood this is reflected with the return of the Boston Seafood Show, taking place between March 13-15.

The Seafood Council said the US was the second largest growth market for salmon, with an increase of NOK 192m million (+ 49%) to NOK 583m. The increase in exports for fresh whole salmon was particularly strong, due more restaurants reopening and easier air transport.

"In the case of fresh fillets, the volume increased from 4,000 tons last year to 5,000 tons this year," it adds. "Frozen fillets ended up at about 1,300 tons, the same as in January last year."

It explains: "Fresh and frozen fillets are used primarily in households, and the amount that goes with them is significantly greater than it was before the corona pandemic occurred. This is a result of consumers becoming better at cooking salmon at home once they have been referred to it."

Trout sales to the US in January (\$6.1m) also performed strongly, rising by 34% to 725 tons and worth NOK 54m (\$6m).

It was a similar story for cod and haddock with cod sales from NOK 23m (\$2.55m) to NOK 55m (\$6.17m).

Haddock did even better in percentage terms rising from NOK 7m (\$777,490) to NOK 34m (\$3.75m).



5 Reasons to Visit Finland, The World's Happiest Country

David Nickel: Feb 17, 2022



Many travelers in Finland head to Helsinki but there's so much beautiful landscape to see outside the capital region
GETTY

For the past four years, Finland has topped the charts in the [World Happiness Report](#). Retaining the title in 2021 was quite an achievement given it was the first report to include the impact of the Covid-19 pandemic.

The reasons? Beautiful landscapes and nature, a chilled out way of life, low crime levels, high standard of living and a superb education system, according to the [Helsinki Times](#). But is it possible to experience Finnish happiness yourself given that most of the reasons are only really relevant to those living in Finland? Travelers can certainly get a taste of Finnish nature, a key element of Finnish lifestyle year-round.

Finland is [now open](#) to all travelers from within the EU and Schengen area and vaccinated travelers from the rest of the world. Here are five reasons for happiness-hunters to visit the country.

Explore Helsinki: Where east meets west

Istanbul is best known as the city where east meets west, but there's plenty of diversity in Finland's capital too. The Greater Helsinki region is home to 1.5 million of Finland's 5.5 million people, so it's an obvious starting point for any traveler.

There's plenty of Scandinavian influence in the architecture, notably Swedish—all Finns learn Swedish as a second language in school—but the Russian influence is also apparent along with a notable amount of art nouveau influence. It's a [fascinating mix](#).

"Genuinely diverse cultural and historical influences can be clearly seen and sensed in this city," said Lotta Lounasmeri, director of the Master's Program in European and Nordic Studies at the [University of Helsinki](#).

Experience the Arctic

Arctic Finland is worth a visit any time of year. In summer, the sun never sets meaning there are all-day opportunities for outdoor activities including hiking and wildlife spotting.

Children and big kids alike are sure to enjoy the Santa Claus Village of Rovaniemi, open every day of the year even at the height of summer.

See the northern lights

The Arctic region is also a popular choice in the fall, winter and spring. That's because the northern lights come out to play at night while the spellbinding Arctic landscapes entertain by day.

Northern Finland is one of the best places in the world to [see the northern lights](#). It also gets incredibly cold. For a dash of comfort, stay in one of the glass igloos at northern Finland's [Kakslauttanen Arctic Resort](#).

Even if you aren't lucky with the lights, a winter trip to the Finnish Arctic will still be worthwhile. Husky-pulled sled rides and learning about Sami culture are just some of the daytime activities on offer.

Become at one with nature in Lakeland

Home to tens of thousands of lakes and forested hills, the Lakeland region is popular with city-dwelling Finns keen to reconnect with nature. Whether you want to relax in a lakeside cabin or sample the famous Finnish sauna experience...

Unsure where to start? Consider Lake Saimaa. Europe's fourth largest natural freshwater lake is home to tens of thousands of vacation cabins, while the local Vendace whitefish is served in most of the region's restaurants.

Discover the world's largest archipelago



Uspenski Cathedral is an Eastern Orthodox cathedral in Helsinki, Finland.
GETTY

An alternative outdoor experience can be found all along the west coast of Finland. Around 50,000 islands hide secluded beaches, national parks and quiet spots galore.

The wooden houses of the UNESCO World Heritage site Old Rauma make a great focus point for any itinerary. It's within walking distance of Rauma itself which has plenty of hotels and restaurants to choose from.

Water buses serve nearby islands while day cruises are available to explore more of the archipelago within the Bothnian Sea National Park.

Farther north, the 19th-century Säppi Lighthouse on the island of the same name is a popular day trip from the town of Pori.



Kakslauttanen Arctic Resort in Northern Finland.
GETTY

A Look at the Norwegian Diet During the Year of COVID: 2020



For almost two years now, the coronavirus pandemic has affected many aspects of daily life. Social events have been postponed, activities have decreased, and people have adapted to a new “normal.” Although it has acted as an interruption to many, it has also provided the chance to step back and take a closer look at society. The Norwegian Directorate of Health did exactly that with the Norwegian diet in 2020.

For the first time ever, The Norwegian Directorate of Health was able to see the total consumption in Norway without travel abroad or cross-border trade. Additionally, most of the meals prepared were “consumed within the four walls of our homes,” as stated by division director Linda Granlund. This data was compiled into a report and helped show authorities how 2020 differed from previous years.

The findings from the report indicated that the average Norwegian ate 2.7 kilos more cheese in 2020 than the year prior. In addition to cheese, more flour and grain were consumed. Authorities are pleased about the increased wholegrain consumption as it helps reduce cardiovascular disease and diabetes. On the other hand, authorities are not so happy with the high meat consumption in 2020. Their goal is to increase the amount of fish consumed per inhabitant.

As it relates to sugar intake, 2020 was relatively stable from 2019 to 2020. However, a trend has emerged in the last decade showing that the intake of saturated fats is higher. In another study conducted, it was found that Norwegians with increased COVID-19 worries had a greater consumption of sugary beverages and high-sugar food. Granlund believes that “the food industry and authorities must work together to reduce the fat content of food.” Fortunately, there has been a positive trend in vegetable consumption over the last decade. The increase in the ten years from 2010 to 2020 was 12%, with a slight increase from 2019 to 2020.

This report led by The Norwegian Directorate is a great example of resilience in a period of uncertainty to deliver meaningful data and information; not to mention it delivers just a little bit of respite from the daily news of COVID.