



SONS of NORWAY



May 2021

Walworth County, WI

Norsemen of the Lakes 5-650

Finally we are going to see each other again. I am assuming all or most of us have received the Covid 19 vaccine and are now willing and able to attend meetings again as long as we continue to observe social distancing in accordance with state and local restrictions. I will be sure to have antibacterial hand sanitizer available and, as usual, we will be outdoors and have the ability to social distance. In addition, since this is a BYO meal, we will not have any worries about the dangers of “potluck.” I hope this relieves your mind on coming and you will attend. Not only will it give our lodge a great boost, but I’m sure it will lighten your heart a great deal as well to be socializing again.

One item of business is that we have lost some members during this time. I suppose that is only to be expected since we have not been meeting or socializing, but I hope everyone will have patience with us and a good ole’ Scandinavian fortitude and hang in there until life becomes the new normal. Let’s talk about an attempt to retain members and even attract some new ones at the picnic.

Masse Moro will be held this summer July 18-31. If you have any youth who may be interested in attending, please let them know. An application to us for scholarship will also be welcome. [Here is a link to their website.](#)

I hope you have been watching the drama *Atlantic Crossing* on PBS these past few weeks. The series is nearly over and it has been great, in my personal opinion. I have heard some people in a Facebook group called I Love my Norwegian Heritage say uncomplimentary things about it, but in general, and as a student of history, I think it is very well done. Something I do remember when I studied in college is that Norway was the only country to pay back the debt they owed the US for support during the war. Norway can be very proud of that fact.

In an effort to be more inclusive of all of Scandinavia, I have recently included articles regarding news and information about Norway’s neighbors. I especially enjoy the one on page 2 regarding quirky Finnish customs.

International Convention Close to Home.

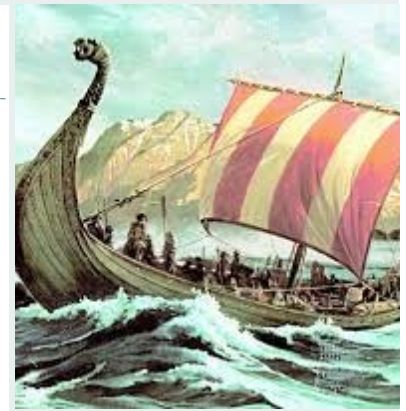
We are pleased to announce that the International Board has approved the dates and location for the 2022 Sons of Norway International Convention. The convention will be held August 31 - September 1, 2022 in Egan, MN. First-time delegates arrive for training on August 30. Delegates will depart September 2.

Here is the information about the venue—be sure and take [the virtual tour](#) of this beautiful site!

Omni Viking Lakes Hotel

2611 Nordic Way
Egan, MN 55121

More information will be forthcoming.



Gratulerer med dagen

May Birthdays

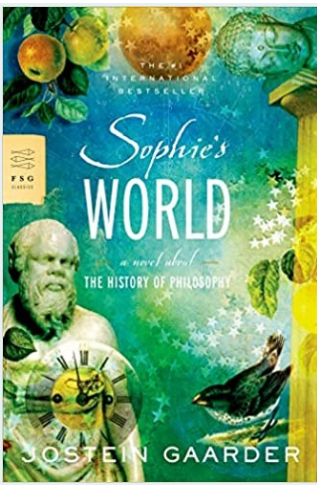
Barb Ogne	9th
Kathleen Henderson	26th
Paul Johnsen	30th

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KALENDAR

Picnic at Williams Bay park by the Lake, 6 p.m. June 8th.



Sophie's World: A Novel About the History of Philosophy

Jostein Gaarder, Author
Paulette Moller, Translator

A page-turning novel that is also an exploration of the great philosophical concepts of Western thought, *Sophie's World* has fired the imagination of readers all over the world, with more than twenty million copies in print.

One day fourteen-year-old Sophie Amundsen comes home from school to find in her mailbox two notes, with one question on each: "Who are you?" and "Where does the world come from?"

From that irresistible beginning, Sophie becomes obsessed with questions that take her far beyond what she knows of her Norwegian village. Through those letters, she enrolls in a kind of correspondence course, covering Socrates to Sartre, with a mysterious philosopher, while receiving letters addressed to another girl. Who is Hilde? And why does her mail keep turning up? To unravel this riddle, Sophie must use the philosophy she is learning—but the truth turns out to be far more complicated than she could have imagined.

Available at the Wisconsin Library System

8 Quirky Finnish Cultural Customs You Should Know

© Iennart Iaberenz/Flickr by Anna Jauhola 9 February 2017

[Finland](#) – the curious country of 1000 lakes, steel, forests, Nokia and strong accents. The homeland of Santa Claus, a severe recession and bizarre government. Everyone knows of Finland but do they know the cultural customs of this Northern land? Here, The Culture Trip compiles a list of the quirkiest, most peculiar traditions practiced in Finland.

Eukonkanto – Wife-carrying

This fascinating sport where a man quite literally carries his wife through a special competition track filled with set obstacles has been around since the dawn of the 19th century. To honor the tradition, the world championships of Wife-carrying are held yearly in [Sonkajärvi](#) – ever since 1992. The winner is determined by which team manages to get through the track in the least amount of time.



© Pekka Honkakoski, 2015

Makkaraperunat – Sausage and Potatoes

You might've had a sausage in your life before but never a sausage and potatoes quite like this. Simple, greasy and delicious, this traditional dish is most commonly consumed during the late-night hours after several drinks. When you place your '*makkaraperunat*' order at the local grill counter, make sure to include everything – *kaikilla mausteilla* – to your sausage and potato portion; pickled cucumber with onion, mustard and ketchup are all flavor-enhancers. Eat it up; you won't be sorry.



Grillijono – Grill Queue

Grilli is not a barbecue grill but a fast food truck placed on different corners of any city, [town](#) or village in Finland. One rule (and in many ways the only rule) when going to a *Grilli* to get our *makkaraperunat* or *lihapiirakka nakilla* (bread filled with meat and sausage) do not, under any circumstances, skip the queue. Most people accompanying you to a *grillijono* are peaceful but every once in a while, an intoxicated individual is willing to pick a fight with anyone who steps out of line. To avoid this from happening, remember to respect the rules of queueing up and patiently wait for your turn at the grill.



Mämmi, memma | © Jonas Forth/Flickr

Mämmi, in [Swedish](#) *memma*, is a traditional Easter dessert in Finland. This culinary delight consists of water, powdered malted rye and rye flour, yet special ingredients such as orange zest, salt or molasses are sometimes added into the mixture. The dough first goes through a natural sweetening pro-

cess before it's baked to perfection and then cooled down. *Mämmi* has been around since the 16th century, and it is to be consumed cold with lots of cream and with lots of sugar.

Sauna plays a special role in the cultural traditions of Finland, and no visit to the country can be made without experiencing the true nature of sauna – the purifying act of using *vihta* or *vasta*. These two words mean the same thing: a twig bundle made of birch twigs, bundled together with natural material. This tradition is mostly cultivated during the summertime when fresh birch twigs and leaves are available everywhere. Once you have made it to a Finnish sauna and have been handed a *vihta*, you are ready to start hitting yourself gently with this object, leaving your skin red, slightly sore and smelling like a summer forest. It helps with blood circulation too – an absolute must, especially during the Midsummer celebrations!

If the heat of the sauna gets too intense for your liking, it's totally acceptable to request to go out for a '*jäähy*' (a term also used in ice hockey, meaning penalty) – a cooling break from the sweat room. Now, *jäähy* is basically divided into three categories: starting with the one where you must jump into the nearby lake/river/sea, followed by the one where you're obliged to run naked into the freezing embrace of a snow pile while screaming your lungs out of pain and excitement, or, if you're lucky enough, the one with a relaxed conversation, steaming air and a beer in your hands. Depending on the nature of your visit and on the level of drunkenness of your fellow Finns, you have at least a 50 percent chance of surviving without getting cold or wet but just pleasantly refreshed.

Molybdomancy

Here's an ancient tradition for you – molybdomancy, adapted to the culture all the way from ancient [Greece](#). Molybdomancy, or *tinanvalanta*, basically means melting a piece of tin, normally shaped in the form of a horseshoe, over a stove or a fireplace and throwing the melted metal into a bucket of cold water. Why? Quite simply because the resulting formation, or more accurately, its shadow, will predict the future! This entertaining occultist tradition is followed on New Year's Eve in order to take a look at what the year ahead will bring to your life: a bubbly surface of the tin will bring you fortunes, a horse promises a new car, whereas a fragile surface predicts misfortune. Believe it or not, *tinanvalanta* is a legitimate part of New Year's celebrations in Finland.

Makitara –AKA Air Guitar

In a country where many of its inhabitants are dedicated fans of hard rock and heavy metal music, it may not come as a surprise that the yearly [Air Guitar World Championships](#) takes place in Northern Finland, in the city of Oulu, as part of the [Oulu Music Video Festival](#). The first edition of the contest was organized in a joking manner but peculiarly became so popular that the festival now administers an official Network of Air Guitar World Championships. Talking about popularity: the network is currently present in over 20 countries! For those who are not familiar with the noble art of air guitar playing, imagine a guitar that doesn't exist. Now, imagine playing that guitar while dancing, lip-sinking and as you go along, building up anticipation into a grand guitar solo, thus, winning the audience's hearts and the jury's votes.

Welcome to Finland!

Lille Lørdag

Trying to find ways to cope with being stuck at home as we pass the one-year mark of the pandemic? Look no further than the Norwegian tradition of lille lørdag.

Lille lørdag, or Little Saturday, is a tradition where Wednesdays are treated as mini-weekends. Historically this was a day of the week for friends to meet up and have a small celebration of sorts. While lille lørdag can be any day of the week, it most often happens on Wednesdays, when people need to decompress from a stressful work week and to lift their spirits as they look ahead to the rest of the week.

But now, during the pandemic, when the days seem to blur together, borrowing from this tradition allows for some purpose in your week.

Constanze Leineweber, associate professor at the Stress Research Institute of Stockholm University, says the perception of having a Little Saturday mid-week can make the week more tolerable. "Something like Little Saturdays can be quite wise in helping people to create structure and fulfillment even when they're feeling lost," she adds. "You can become motivated with smaller goals within the week which you can reach and get a reward for... and not totally lose the context and structure that we need."

So, how can you celebrate lille lørdag at home? Use the time to focus on relaxation and enjoyment. Try not to think about household chores, or things that need to get done. Schedule a weekly video call with friends and family. Prepare your favorite Nordic foods, like smørbrød or vafler ([Norwegian heart waffles](#)), or order food in from your favorite restaurant. Dress up like you are going out with friends. Have an at-home dance party. Use lille lørdag to enjoy the little things in life

May 8: Norway's Liberation Day

May 8, 2020 by David Nickel

The 8th of May is Liberation Day, marking the end of Norway's occupation during World War II. We take a look back at what happened and how the day is marked today.



Liberation Day, known in Norwegian as **Frigjøringsdagen**, is marked every year in Norway on the 8th of May. It also serves as Norway's Veterans Day. The day is also celebrated in other countries as the effective end of the war. It is known in the UK as Victory in Europe Day, or VE Day. In Russia, the day is marked on 9 May, due to the time difference.

It marks the anniversary of 8 May 1945, when Nazi Germany forces withdrew from Norway and **World War II** came to an end. The occupation had begun on 9 April 1940, so Norway had been occupied for more than five years.

The end of occupation

On that day in 1945, the people of Norway took to the streets to celebrate their long-awaited freedom. In the following days, soldiers and POWs returned home, and the celebrations continued.

Following the surrender of National Socialist Germany, German forces in Norway were sent back to Germany. The Allies feared that the German army in Norway would refuse to capitulate. At the time, the thought that Germany would voluntarily give up control of Norway, which they had heavily fortified and stationed hundreds of thousands of soldiers, was by no means a given. But the commander-in-chief in Norway received an order from the new national president, Karl Dönitz.

The celebrations reached their peak when King Haakon returned home to Oslo on the 7th of June. It was an iconic moment in Norwegian history. So much so, **Jo Nesbø** references the incident as an important moment in his **Harry Hole** novel, *The Redbreast*.

One of Norway's flag days

While not a **public holiday**, Liberation Day is an official flag day. You can expect to see the Norwegian flag flying high on all public buildings and from many private houses and apartment balconies.

The first time the day became a flag day was in 1960, when the government decided to mark the 15th anniversary of the end of the war. That same year, a poll showed overwhelming support amongst the population for a permanent flag day. The 8th of May was then adopted as a flag day by royal decree in 1962.

Norway's Royals play an important role

The day is also marked with speeches and events throughout the country. **The Norwegian Royal Family** has a long tradition of participation in such events. Of course, this year's events cannot take place as normal because of the coronavirus restrictions. But that won't stop many people marking the occasion privately.

Two years ago, King Harald took part in a ceremony to mark the occasion at Akershus fortress in Oslo. The Parliament's President, the Prime Minister and the Defense Minister also participated. The King handed out ten medals to people in honor of their military service at a special ceremony during the afternoon, following a church service and laying of a wreath. After the King arrived, a column of Norwegian fighters flew over the fortress in formation.

The resistance movement

While conventional armed resistance to the occupation ended after just a couple of months, an underground resistance movement operated throughout the occupation period. The resistance took the form of military defense and counter-attacks, in part to allow the legitimate government of Norway to evade capture and escape to London. There was also armed resistance and famous acts of sabotage, most notably the **Heavy Water War** that played out in **Telemark**.

In Oslo on the grounds of Akershus Fortress, Norway's **Resistance Museum** focuses on this period. Also known as the Norwegian Home Front Museum, the museum displays equipment, photos and documents from the war years.

10 INNOVATIONS YOU DIDN'T KNOW WERE SWEDISH

From adjustable wrenches and three-point seatbelts to digital doctors, Sweden has long been a country that breeds innovation. Have you come across any of these 10 Swedish innovations?

#1 The Adjustable wrench

A staple in many toolboxes, the adjustable wrench or spanner, also popularly called “monkey wrench,” often comes in very handy during do-it-yourself (DIY) projects. While the first iteration of this spanner was originally invented in 1842 by British engineer Richard Clyburn, today’s adjustable wrench, the “Swedish Key,” is attributed to Johan Petter Johansson, a Swedish inventor who improved upon Clyburn’s original concept and patented it in 1891.



#2 Digital doctors

Swedish startups are leading the way in the global development of digital healthcare, or health tech, by providing access to different forms of healthcare through mobile, artificial intelligence (AI) and other technologies. [KRY](#) is a doctor–patient app that lets doctors and psychologists meet patients over video. It has garnered a lot of attention – and some controversy. The company works with the publicly funded national health systems of the countries where it operates, which so far include Sweden, Norway and Spain. You can also meet a Swedish digital doctor at [Min Doktor](#), [Flow Neuroscience](#), [Doctrin](#) and [Joint Academy](#), to name just a few.



#3 Better Shelter

[Better Shelter](#) is an emergency shelter solution in a flat pack. It offers refugees a weatherproof and safe 17.5-square meter home featuring door locks and solar panels. It’s designed to last for at least three years and is better insulated than traditional refugee tents. Designed to provide a sustainable and cost-efficient product that can be easily transported and assembled, thousands of Better Shelter units have been distributed [to many different countries](#). Better Shelter has been developed in partnership with UNHCR and the IKEA Foundation.

#4 The Karma app

We all know karma matters, right? Well, Karma can also transform food waste from a problem to an opportunity. Some Swedish entrepreneurs have launched an app called [Karma](#). Via the app, supermarkets, restaurants and cafés can offer products that are about to expire at half price, instead of throwing them away. In just two years, Karma claims to have attracted 400,000 users around Sweden and in London.

Reducing food waste is also on the government’s agenda. : “More to do more” is an action plan developed by the [Swedish Environmental Protection Agency](#), the [National Food Agency](#) and the [Swedish Board of Agriculture](#). The aim is to reduce food waste on a national level by 2030.

#5 Oat milk

Oats are said to have a number of health benefits, such as lowering cholesterol levels and improving blood sugar control, as well as being a source of vitamins, minerals, fiber and antioxidants. Plus it’s free from gluten.

The Nordic region offers great conditions for growing oats, and Sweden is exploring different ways of using this healthy cereal. Swedish brand [Oatly](#) is perhaps best known for its non-dairy milk alternative. Oat milk was developed by the Lund University food scientist Rickard Öste, who founded Oatly in 1994. Since then, oat milk has become a staple at a range of supermarkets and coffee shops around the world.

Swedish agricultural cooperative [Lantmännen](#) has also invested in research into oats. And it’s not all about food products – a new research project is looking into creating furniture from oat straw!



#6 Pacemaker

The pacemaker is implanted into some 600,000 patients every year.

In 1958, Rune Elmqvist developed a battery-run [artificial pacemaker](#), which was used for the very first pacemaker operation done by surgeon Åke Senning at Karolinska University Hospital in Stockholm. The pacemaker is placed under the heart-patient’s skin and the electrical pulses it generates ensure that muscles expand and contract normally, regulating the heart. It is now also used in brains to control the tremors of Parkinsons patients as well as other forms of tremors.

#7 Three-point seatbelt

Nils Bohlin invented the three-point seatbelt in 1959. Now a standard requirement in every passenger vehicle saving around one life every six minutes, the [three-point seatbelt](#) was developed by Swedish inventor and safety engineer Nils Bohlin for Volvo. It's designed with a Y shape to spread out energy across a moving body during an accident.

#8 Uniti

Sweden is among the world leaders in the transition toward electric vehicles and is committed to having a 100 per cent [fossil fuel-free vehicle fleet by 2030](#). One of the most hyped examples of Swedish innovation in this field is [Uniti](#), a startup that is developing a light-weight electric city car that has been dubbed a "Tesla for megacities." Following a crowdfunding campaign, the company received some 3,000 pre-orders for its first model, which is expected to hit the roads in 2019.



Photo: Karl-Fredrik von Hausswolff

#9 The walking frame

Swedish social scientist [Aina Wifalk](#) contracted polio – a virus that can cause temporary or permanent paralysis – at the age of 21. After tearing her shoulders from using crutches for two decades, she came up with the walking frame, or walker, an invention that has made life easier for elderly and disabled people since the late 1970s. Because Wifalk wanted the walker to be accessible to as many people as possible, she never patented it. To this day, the walker helps your grandparents stay mobile and active.

#10 The Zipper

The modern-day zipper, as we know it, was improved upon and developed by Swedish-American inventor [Gideon Sundbäck](#) from an earlier less effective model in 1913. Sundbäck's newly redesigned version called the "separable fastener" was patented in 1917 and features interlocking teeth pulled together and apart by a slider.



Photo: Volvo personvagnar

Norway Plays Leading Role in International Coronavirus Summit

The European Commission, under its President, Ursula von der Leyen, is to hold a virtual donor conference to mobilize political and financial support for efforts to combat the coronavirus pandemic. The [Coronavirus Global Response Summit](#) will be held on 4 May, and Prime Minister Erna Solberg will be one of the co-chairs.

'We welcome the European Commission's initiative to hold a major international conference to mobilize support for the development of vaccines, diagnostics and treatments for COVID-19. Given our longstanding engagement in the area of global health, it is only natural for Norway to do its part when we are asked to co-chair a conference of this kind,' Solberg said.

The intention is for most of the funding that is raised to be used for the development of vaccines, the best possible treatments, and rapid, wide-ranging diagnostic techniques for COVID-19. Norway will give priority to vaccine development and distribution through the Coalition for Epidemic Preparedness Innovations (CEPI) and Gavi, the Vaccine Alliance, but will also seek to mobilize international support for cooperation to develop better treatments and testing.

Norway was involved in the establishment of both CEPI and Gavi, and since the start of the COVID-19 outbreak has been working actively at the international level to secure increased funding for CEPI's work on COVID-19 vaccines. Norway considers it vital to ensure that any vaccine that is developed is distributed fairly, including to developing countries, and that this work is carried out under the leadership of the World Health Organization.

A new study from [SmartSurvey](#) reveals that Norway is the best country in the world to be a woman in work. Norway has the 5th lowest gender wage gap (4.99%), the 10th highest percentage of women in work (46.99%) and the 4th highest number of maternal/parental leave (91 weeks).

The research analyzes countries on:

- The gender wage gap
- Women as % of total workforce
- Total maternal and parental leave
- Average number of days to start a business as a woman

The 10 best countries in the world for women in work

1. Norway
2. Denmark
3. Finland
4. New Zealand
5. Sweden
6. Portugal
7. France
8. Canada
9. Greece
10. Slovakia

Four of the top five countries are Nordic countries: Norway, Denmark, Finland and Sweden.