



# SONS of NORWAY



February 2022  
Walworth County, WI

## Norsemen of the Lakes 5-650

Welcome to February:

This month always gives us the Super Bowl (of which the Packers will not participate—darn) and the Beijing Winter Olympics. Last month the newsletter highlighted three athletes and this month follows with another three. Let's hope the ones who have Covid recover to their best health and welfare and complete at their highest.

Don't forget to attend our March meeting at the Atrium Senior Living Center. The movie you will see is quite amusing, I understand. I am sorry to miss it but am enjoying the 65 to 70 degree weather too much to return. I'll be there in May for sure, but I'm not yet sure about April. I will miss the potluck, though. Yum.

I don't know about the price of beef in Wisconsin, but it's really expensive in AZ. However, the pork is really cheap in comparison, so I found a pork meatball recipe. Maybe you will try it too.

### Medisterkaker (pork meatballs) from Telemark

Preheat oven to 360F

#### Ingredients

- 2 lb medisterdeig or other ground pork with about 25% fat
- 2 teaspoon salt
- 2 tablespoons potato starch or potato flour
- 1 teaspoon ground black pepper
- 1 teaspoon ground ginger
- 1/2 grated nutmeg
- 1 grated onion
- 10 fl oz milk
- 1 egg
- Butter for frying

#### Method

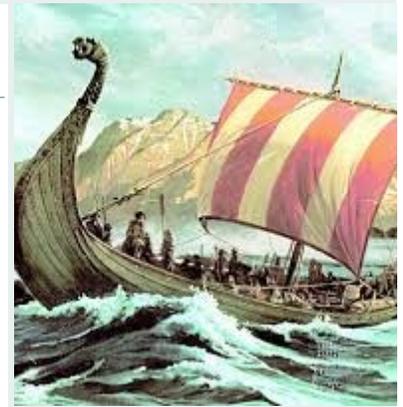
In a large bowl, mix together all the ingredients except the butter for frying. Give it a good mix with your hands making sure that everything is evenly distributed. The amount of milk might seem a little excessive, but it makes for a nice soft meatball. If you keep mixing you will see that it gets easily absorbed.

At this point I like to refrigerate it for a few hours to allow the flavors to develop and to make it easier to work into ball shape.

Heat a heavy bottomed frying pan or large pan and add a knob of butter. Take small handfuls of the meat mixture, and shape it into oval balls. It helps if you have a small bowl of cool water next to you when you do this; dip your hands into the bowl of water before shaping the meat and it won't stick to your hands. As you make each oval ball place it in the pan and flatten it slightly. Cooking about 6 at a time gives you time to turn them. As they brown turn each one and allow it to brown slightly on the other side. Remove from the pan and place on a baking sheet. They won't be fully cooked at this point, but we are going to finish them in the oven. If you prefer, you can carry on cooking in the pan. Once your tray is full, cook the medisterkaker in the preheated oven at 350 for about 10 minutes.

Serve hot with mashed potato or plain boiled potatoes, surkål (sauerkraut), brown gravy and lingonberry jam. Freeze any excess for quick and easy meals later on.

*Vær så god!*



### Gratulerer med dagen

#### January Birthdays

Bill Khal	18th
Corlene Bartels	21st
King Harald V's 85th Birthday	21st

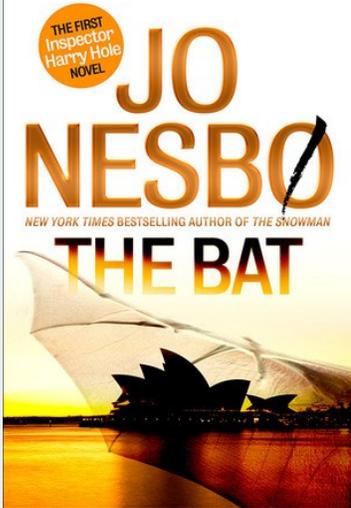
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#### CALENDAR

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

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## The Bat

by Jo Nesbo

Inspector Harry Hole of the Oslo Crime Squad is dispatched to Sydney to observe a murder case. Harry is free to offer assistance, but he has firm instructions to stay out of trouble. The victim is a twenty-three year old Norwegian woman who is a minor celebrity back home. Never one to sit on the sidelines, Harry befriends one of the lead detectives, and one of the witnesses, as he is drawn deeper into the case. Together, they discover that this is only the latest in a string of unsolved murders, and the pattern points toward a psychopath working his way across the country. As they circle closer and closer to the killer, Harry begins to fear that no one is safe, least of all those investigating the case.

There are 12 books so far in the Harry Hole series.

This book is available at the Wisconsin Library system in book form or audio.

## Olympic Hopefuls

By early January 2022, over half of Norway's delegation of winter athletes were selected for the trip to Beijing in February 2022. More were added to the throng January 18th, including those competing at the Paralympics Games in March.

Are Norway's best up for the challenge? Here are some top competitors to watch.

### Johannes Thingnes Bø – Biathlon

Scoring a gold and two silver medals in the 2018 games in South Korea, this 28-year old skiing and shooting sensation from Stryn in western Norway is expected to ascend the podium even more frequently in 2022. Today's sport of *skiskyting* is derived from Nordic military exercises dating back to the 1700s, making Johannes and his teammates naturals to win big in Beijing.



Photo credit: Christian Bier, CC BY-SA 3.0, via Wikimedia Commons



Photo credit: Sandro Halank, Wikimedia Commons, CC BY-SA 4.0, CC BY-SA 4.0, via Wikimedia Commons

### Maiken Caspersen Falla – Cross Country Skiing

A brilliant combatant in the world of short races and sprints, Falla has won 10 World Championship medals, five of which are gold. She is also a highly decorated World Cup athlete, ranked as the second-best sprinter of all time behind the legendary Marit Bjørgen. Falla grew up near Oslo, playing a wide variety of sports with her twin brother, Marius, who is also a *langrennsløper*.

### Birk Ruud – Freestyle Skiing

At the age of 16, Birk Ruud first displayed his fierce talent by grabbing a gold medal during the Youth Olympics in Lillehammer. Today, he is known as a "triple threat" in the world of freeskiing, regularly competing in halfpipe, big air and slopestyle events. As one of the youngest athletes from the Norwegian delegation, he is dedicated to entertaining freeski fans and ascending the gold medal podium in all three of his disciplines.

There are many other fascinating athletes from Norway destined to compete in Beijing. Along with the above-mentioned competitors, keep an eye open for about 90 competitors facing off in 65 of the 109 events scheduled in Beijing, all giving *alt for Norge*.



Photo credit: 2019 Getty Images via olympics.com

## **Bergen International Literary Festival Announces Global Live Stream**

January 21, 2022 by David Nikel

On 5 February, Bergen International Literary Festival will host a six-hour live broadcast, presenting a literary program from 12 countries on all continents. The truly global event was a highlight at last year's Bergen International Literary Festival in 2021. Keen readers will be delighted to hear the event is returning for 2022.

Live from the House of Literature in Bergen, Norway, "Literature Live Around The World" will be a global literary experience featuring live broadcasts from 12 countries.

### **A successful pandemic experiment returns**

Many established events and festivals have struggled in the last two years, for obvious reasons. One of Norway's biggest literary festivals is about to repeat its successful experiment from 2021.

The established festival usually welcomes a predominantly Norwegian audience. But last year, a 12-hour live broadcast allowed an international audience to view a diverse literary program from various festivals and literature centers across the planet.

"This event was a response to the position created by the pandemic in 2020, but the response we've had and the value we've seen from the global project mean we want to continue it," says festival director Teresa Grøtan.

### **Literature Live Around the World 2022**

This year's live event takes place on Saturday 5 February 2022. It kicks off at 2pm (Norwegian time) in Australia and ends at 8pm (Norwegian time) in the USA.

Twelve partners from Africa, the Americas, Asia and Europe will take part in the six-hour event. Each partner will show a brief video presenting their city, culture and literature, followed by a live call. A unique literary program will follow for the pleasure of a local audience in each of the participating cities, the in-person audience at the House of Literature in Bergen, and those following online all around the world.

The full program includes:

- ◆ Writing Western Australia (Writing WA), Perth
- ◆ Owspace, Shanghai, China
- ◆ Jaipur Literature Festival, India
- ◆ Emirates Airline Festival of Literature, Dubai
- ◆ Gaborone Book Festival, Botswana
- ◆ Cheltenham Literature Festival, UK
- ◆ Columbia Institute for Ideas and Imagination, Paris, France
- ◆ Flipoços, Festival Literário de Poços de Caldas, Minas Gerais, Brazil
- ◆ Hungarian Translator's House Foundation, Budapest
- ◆ Toronto International Festival of Authors, Canada
- ◆ Bay Area Book Festival, USA

The event will be streamed live on YouTube and on the website of local Bergen newspaper, *Bergens Tidende*.

Held since 2019, the Bergen International Literary Festival showcases high-quality non-fiction and fiction from across the globe. "This event aims to increase understanding of our world and humanity's place in it," states the festival website. In 2020, the event featured authors from 25 nations, 82 program sessions split 50-50 between Norwegian and other languages, 4,700 audience members, a dedicated youth program, and a children's program in collaboration with Bergen Public Library.

# Valdres: The Valley at the Heart of Norway

January 17, 2022 by [David Nikel](#)

Midway between Oslo and Bergen lies the Valdres Valley, a traditional Norwegian mountain farming district that is today a popular destination for skiing, hiking, and cycling. It is one of those names that instantly conjures up certain images in the minds of Norwegians all over the country.



At the very heart of Norway, Valdres is a valley full of traditional rural communities. While the area was built on farming and agriculture and remains important to the area, tourism plays an ever more important role. That's because of the opportunities for outdoor activities and large amount of cultural heritage sites all over the area. Also, in the summer, skiing is a popular activity.

## Where is Valdres, Norway?

From the Jotunheimen mountains in the north to Begnadalen in the east, Valdres stretches over 5,400 square kilometers at the heart of Norway. Valdres lies to the east of Hallingdal and west of Lillehammer and the Gudbrandsdal valleys. The former district now consists of six municipalities: Vang, Vestre Slidre, Øystre Slidre, Nord-Aurdal, Sør-Aurdal and Etnedal.

## Fagernes, the biggest town in Valdres.

The town of Fagernes is the largest town and considered the “capital” of the region. Fagernes is less than a 3-hour drive from Oslo. There's also an airport serving the town, although since 2018 it has only been open to general aviation.

## The history of Valdres

There are traces of human settlement in Valdres tracing back almost 8,000 years. Archaeological discoveries have been made from the Stone Age, Bronze Age, the Earlier and Later Iron Ages and the Middle Ages. Valdres played a key role in [the history of Norway](#). In the 18th-century, the building of the King's Road from Oslo to Bergen brought new opportunities to the region.

**It was and still is an important agricultural area.** Rural life in the 19th-century became a struggle and many people from Valdres joined the hundreds of thousands others from across Norway by heading for the United States to seek farmsteads and new economic opportunities.

Many readers of *Life in Norway* are ancestors of Norwegians who moved from Valdres to the new world more than 100 years ago. Membership organization Valdres Samband provides its members with a [genealogy database](#) to aid family research

## Things to do and places to see in Valdres

If you're planning a trip to Valdres, here are some ideas for your itinerary.

### Driving Valdresflye

One of Norway's 18 national scenic routes, the [Valdresflye road trip](#) is a fantastic introduction to Valdres when arriving from the north. Much of the route runs above the tree line offering a spectacular view of the entrance to Jotunheimen National Park.



*The rock cairn Steinplassen by the roadside of Valdresflye, Norway.*

Attractions along the route include the Flye 1389 Cafe—named after its elevation above sea level in meters—and the giant rock cairn Steinplassen. Just off the road is the scenic Gjende Lake, the starting point for the Besseggen ridge hike.

### Cycling Mjølkevegen

One of Norway's most attractive cycling routes, Mjølkevegen is a 250km route between Vinstra and Gol. Of course, you don't have to cycle the whole thing! There are many shorter sections ideal for all abilities in beautiful mountain areas.

Other activities in the area include hiking, swimming, fishing, and traditional mountain farms that are open for visitors.

### Hiking the King's Road

The King's Road (Kongevegen) was built between Oslo and Bergen in the late 18th-century by simple hand tools. At the time, it was the most important route linking the west coast with eastern Norway.

Today, many parts of this historic route have been transformed into hiking and biking trails. The

Kvamskleiva area in Vang and Filefjell are two popular sections with well-marked trails. Kongevegen over Filefjell is one of Norway's finest pieces of engineering heritage. The route runs from the narrow, dramatic fjord landscape at the head of the Sognefjord over the Filefjell Mountains and down to the rural villages in Valdres.

### **Fagernes**

The biggest town in Valdres, [Fagernes](#), is an important commercial center on the E16 road between Oslo and Bergen. It's a small town but, worth a stop to refuel, grab some lunch and take a stroll along the charming waterfront.

Given its location in the middle of Valdres, Fagernes is a good choice of base if you're planning a few nights in the area. It's also home to one of the region's best museums.

### **Valdres folk museum**

Founded in 1901, this open-air museum in Fagernes is one of the largest of its kind in Norway. Comprising almost 100 traditional buildings, the museum records the history of the farming lifestyle and communities of Valdres. During the year, the museum hosts various events including folk music festivals, seminars and open-air theatre.

### **Beitostølen**

A well-known ski resort in the north of Valdres close to the southern end of the Valdresflye route, Beitostølen is a popular choice when visiting Valdres in the winter. In addition to a ski lift and downhill slopes, there are 320km of cross-country skiing trails.

There's also plenty to see and do in [Beitostølen in the summer](#), despite its small size. Plentiful hiking opportunities and a family-friendly activity park are among the highlights.

### **Historic churches**

Six of Norway's remaining [stave churches](#) are located in and around Valdres: Hedalen, Reinli, Hegge, Lomen, Høre and Øye. For a taste of what to expect, check out this article, images and video from [Hegge stave church](#), located between Beitostølen and Fagernes. While in the region, don't miss the two stone churches from the Middle Ages in Slidre and Ulnes, and the ruins of Mo church Vestre Slidre.



*Vindhellavegen, part of the King's Road between Valdres and Lærdal.*

## **Nordic Myth Turns Pop Culture Icon**

Described in the Icelandic Sagas as lurking off the coasts of Norway and Greenland, the giant, ship-devouring Kraken has recently re-emerged as a darling of popular culture. Sightings of the mythical tentacled beast are everywhere!

- On ice: The Seattle Kraken are a new NHL hockey team for the 2021 – 2022 season. Their logo is a sea blue 'S' with a menacing red eye.

- At the pub: Kraken Rum was launched in the UK in 2010. Contrary to urban legend, giant squid ink is not among its rich, spicy ingredients.

- At the (virtual) bank: Do you have some bitcoin to trade or exchange? Kraken.com is a cryptocurrency exchange based out of San Francisco.

- On screen: Starring as Davy Jones' deadly pet in *Pirates of the Caribbean: Dead Man's Chest*, the Kraken continues its reign of watery terror with appearances in several Disney video games and theme park attractions.



## Princess Ingrid Alexandra: The Future Queen of Norway

January 20, 2022 by David Nickel

Second-in-line to the Norwegian throne, Her Royal Highness Princess Ingrid Alexandra of Norway has just turned 18. Here's her story.

New official photographs of Princess Ingrid Alexandra have been released as she prepared to turn 18 on January 21, 2022. The photographs show the princess in her new office as she prepares to start royal duties.

Princess Ingrid Alexandra at 18. Photo: Ida Bjørvik / Royal Court.



Ingrid Alexandra is second-in-line to the throne behind her father, Crown Prince Haakon. Her grandfather, **Harald V**, is currently the King of Norway. When she ascends to the throne, she will become Norway's second female monarch but the first in more than 600 years. Queen Margaret of Denmark, Norway and Sweden ruled from 1387 to 1412 and founded the **Kalmar Union**.

### **An 18th birthday celebration**

The day before her birthday, Ingrid Alexandra **visited the Norwegian parliament**, where she was introduced to their work by Parliament president Masud Gharahkhani. She also visited the prime minister Jonas Gahr Støre and the Supreme Court. On her birthday, she is expected to receive congratulations from government ministers, the judiciary and diplomatic corps, and of course her family.

Princess Ingrid Alexandra of Norway visits Stortinget. Photo: Peter Mydske / Stortinget.

### **An increasing role for the Princess**

The Royal Court announced that Ingrid Alexandra will "carry out an increasing number of official tasks" on behalf of the Royal Family now she has turned 18. She now has office space in the Royal Palace.

However, Ingrid Alexandra is currently studying at Elvebakken upper secondary school in Oslo. The Royal Court stressed that education would remain her primary focus in the years to come. It's assumed the Princess will attend university, but there is yet no information on her intended plans.

Princess Ingrid Alexandra of Norway signs the guestbook at the Norwegian Parliament. Peter Mydske/Stortinget.

### **Her story so far**

Born on 21 January 2004 at Rikshospitalet University Hospital in Oslo, Ingrid Alexandra is the eldest child of **Crown Prince Haakon**. She has a brother, Sverre Magnus, born approximately two years after her. Her mother, Crown Princess Mette-Marit, has an older son—Marius Borg Høyby—from a previous relationship.

Ingrid Alexandra was christened in the Palace Chapel on 17 April 2004 and was presented by the King for the baptism. Among those in attendance were Royals from Spain, Denmark and Sweden, and Ingrid Alexandra's aunt, Her Highness Princess Märtha Louise.

Siblings Prince Sverre Magnus and Princess Ingrid Alexandra in 2018. Photo: Julia Naglestad / Royal Court.

Ingrid Alexandra has attended Jansløkka elementary school, Oslo International School, Uranienborg School and now Elvebakken. Her parents chose Jansløkka—a state school—to give her as ordinary a childhood as possible.

The Princess is known to be a keen surfer. She won a gold medal at the Norwegian surfing championship for juniors in 2020.

### **Princess Ingrid Alexandra Sculpture Park, Oslo**

One of the popular **sculpture parks in Oslo**, this fairytale-inspired section of the Royal Palace Gardens was opened as part of the King and Queen's 25th anniversary celebrations in 2016. The park wasn't just named after the Princess. She also actively participated in its planning, by choosing designs from sculpture ideas submitted by schoolchildren from across Norway.

Princess Ingrid Alexandra Sculpture Park in Oslo, Norway.

### **Royal duties to date**

Although the Princess will begin to undertake more royal duties now she has turned 18, she has already taken part in numerous events. Together with her grandfather the King, she partici-

# Norway's Røros Butter Launches in USA

December 6, 2021 by [David Nikel](#)

Norway's much-loved Røros Smør is now available in select parts of the United States.

Norwegian Americans rejoice! Norway's best butter is coming to a store near you. In its 20th anniversary year, the dairy Rørosmeieriet has struck an export deal to make its butter available in more than 60 American stores.

**Røros Smør in its American packaging. Photo: Rørosmeieriet.**



Rørosmeieriet delivers milk, cream, sour cream, butter, sour milk, fresh cheese and yoghurt all over Norway. But the American dream will begin with its two signature butter products, unsalted and salted.

Focusing on Norwegian American hotspots

The deal will initially see the butter available in more than 60 stores, many of which will be located in areas with Norwegian American connections. The company knows the demand will be strong.

Røros Smør—branded as Røros Butter—was launched in St. Paul, Minnesota, and several food stores and markets in the Twin Cities will carry the products. So, too, will Duluth in the north of the state.

The latter is pleasing not only to Scandinavian Americans in the city. "I look forward to having something Norwegian here," said Oscar Toftegaard to NRK.

He moved from Norway to Duluth in Minnesota just a few years ago and said his longing for real Norwegian food has been great.

Other locations to stock the product include Sioux Falls in South Dakota, Hudson in Wisconsin, Missoula in Montana, Henderson in Nevada and Lincoln in Nebraska.

**A 20-YEAR SUCCESS STORY**

Røros is a small town in central Norway with a fascinating history. It's a UNESCO World Heritage site and is known throughout Norway as a sustainable food destination.

Back in 2001, the Tine Dairy shut down its local production facility in the Røros area. Four local employees rallied organic dairy farmers and founded what is now Rørosmeieriet.

The aim was to replace the demand for organic milk in the Røros region and start to produce unique dairy products. Twenty years on, Rørosmeieriet is Norway's leading producer of organic dairy products.

But back in 2001, there was never any plans to export. Quite the opposite, in fact, according to communications manager Gunhild Sun Bellsli. The company had a change of heart recently when they discovered a baker in Singapore uses Røros Smør. "Now we see that exports can be an extra leg to stand on for Rørosmeieriet into the future," she said.

**An historic butter recipe**

The recipe and production method from Røros Smør is inspired by milkmaid Ingrid Skancke, who sadly passed away earlier this year at the age of 77.

**The butter as sold in Norway.**

She was one of the last local milkmaids to work in the traditional way by spending the summer with the cows on the "seter", or summer farm in the mountains. She generously shared her family recipe with the new business as she believed in the dairy's mission and ability to keep the traditional family recipe alive.

"To make the butter, we add live cultures to the base cream, which is then cultured over a minimum of 3-4 days," explains Rørosmeieriet. The cultured cream is then slowly churned in small batches. "We tap out the buttermilk before the butter is washed with Norwegian spring water until it has a rich, soft flavor and texture. Our salted variety is made by gently kneading in flaky, hand harvested sea salt from the Norwegian fjords."