

St. Pauli News in Detail



Greeting and Ushering

May 1 Staci Reay
May 8 "Wing-It"
May 15 Jim Rondorf
May 22 Jordan Rondorf
May 29 Arlo Rude

Altar Preparation: Virginia Anderson

* * * * *

May Milestones

Birthdays

May 3 Barb Smith
May 8 Inez Mathson
May 8 Shelley Mathson
May 15 Tammy Haugen
May 18 Becky Stickler
May 21 Virginia Anderson
May 28 Ivette Garrett



Anniversaries:

May 7 Craig and Sally Torkelson

Are we missing your anniversary or birthday? If so, please contact Faye at auchenpaugh@gmail.com.

* * * * *

Donations to Ukraine

On April 24th we had a special offering and members donated over \$1,300 for ELCA disaster relief for Ukraine. This was matched by our General Fund, so St. Pauli gave a total of \$2,610!

SYTTENDE MAI

In honor of Norway's Independence Day, May 17, there are several articles in this newsletter that focus on Norway. Enjoy!

* * * * *

SPRING CLEANING!

Monday, May 9

6:00 pm

Every year we ask that all able-bodied members come to help out for this critical cleaning. Greg Radniecki will be cleaning our carpets on May 16th so we need to be finished by that time.

Please come prepared to do any of the many tasks that are listed on the work sheets: wash windows, wash basement ceiling lights, clean all of the pews, clean and wash the sanctuary floor, dust the entire altar piece, clean out closets, drawers, etc.

Coffee and treats, or root beer floats, are served around 8:30.

It's a big job, but if we have lots of working hands it takes much less time. If you can't come on Monday night, the list is on the serving counter and you can come another time that you're free to see what remains to be finished and check off the task you have completed.

* * * * *

CEMETERY CLEAN-UP

Saturday, May 21

1:00 – 3:00 pm

The congregation is asked to help with general clean-up at the cemetery in preparation for Memorial weekend, whether or not you have a family member buried there.

Bring your rakes, weeders, kneeling pads, etc., plus a lawn chair to sit in while enjoying coffee and cookies when the work is completed.

In Memoriam

Robert Dahlen

December 16, 1952 – April 25, 2022

Robert Dahlen, 69, was called home on Monday, April 25, 2022 by the One who loves him most, at his little blue house in Goodridge, Minnesota surrounded by his loving family.

Robert Wayne Dahlen was born December 16, 1952 at St. Ansgard Hospital, Moorhead, MN the oldest of eight kids born to Arthur O. and Fern (Gustafson) Dahlen. He was baptized January 6, 1953 at Norman Lutheran Church, Kindred, ND, and confirmed on May 5, 1968 at Zion Lutheran Church, International Falls, MN.

In August 1969 Bob met Sheila Kliner at the Littlefork Fair. Later that fall, at a teen dance at the Union Hall in International Falls, the band called out "ladies' choice" and Sheila Kliner asked Bob for a dance – game over! They danced to "A Whiter Shade of Pale" by Procol Harum.

Bob attended school in International Falls and played trumpet in school bands and the orchestra. He was active in 4-H Club with an interest in Entomology. In June 1971 he graduated from Falls High School.

On July 23, 1971, Robert was united in marriage to Sheila Kliner at Zion Lutheran Church, International Falls with Dr. Mark Jerstad officiating. To this union six children were born: Aaron, Kristin Emma, Andrew, Martin, Carl, and Marie. In July 2021, he celebrated fifty years of wedded bliss with Sheila – and she never changed the locks!

From 1971 to 1983, Bob worked in various areas of the Boise Cascade Paper Mill. He was a member of the Woodworkers Union and served as Secretary/Treasurer for the Fireman & Oilers Union Local 937. Robert played trumpet and horn for many bands including the Fort Francis (Ontario) City Band, Luther Brass, Northland Jazz and Community Bands, and the 9th District American Legion Band, Moorhead. He played taps and last post for numerous funerals of U.S. and Canadian veterans, starting at fourteen years old.

Robert earned an AA Degree from Rainy River Community College in 1978, a BA in Humanities/History from Bemidji State University in 1983, and a Master of Divinity from Luther Northwestern Theological Seminary in St. Paul in 1987. He took graduate courses at the University of Manitoba, Winnipeg, and was a member of the Center for Theological Inquiry in Princeton, New Jersey. He was also trained in addiction counseling and problem gambling.

Robert was ordained as a Minister of Word and Sacrament on March 1, 1987 at Zion Lutheran Church in International Falls. He was called to serve as Pastor of the Goodridge Area Lutheran Parish (Faith, Ekelund, and Bethany) from 1987 to 2015. As a part of his seminary education, he served as intern pastor for one year at Banks Lutheran Parish rural Watford City, ND. Robert supervised interns and prepared many to serve as pastors. He also cared for area congregations as an interim pastor after his retirement.

Robert owned and operated Bjorndahl Apiaries, keeping honeybees and manufacturing beekeeping equipment. He kept bees for nearly fifty years and was a member of the Minnesota Beekeepers Association and Sioux Honey Cooperative.

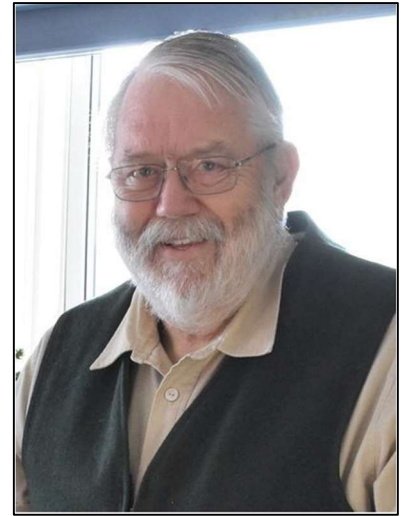
Survivors include loving wife, Sheila; children, Aaron (Mary) Dahlen, Kristin Ostercamp, Andrew (Jennifer) Dahlen, Martin (Lisa) Dahlen, Carl (Roberta) Dahlen and Marie (Collin) Longo; grandchildren, Daniel, Jacob, Noah, Adam, Garret, Lydia, Zachary, Cori, Arthur, Lyle, Madeline, Rachel, and Alex; siblings: Mary Dahlen, Kevin (Laura) Dahlen, Debbie DeLeeuw, Gary Dahlen, David (Anne) Dahlen, Nayda (Ed) Jensen, and Rebecca (Paul) Haberle; mother-in-law, Edna Kliner and in-laws, Leila Kliner, Jackie (Jerry) Nord, Rick (Coreen) Kliner; and many other relatives and friends.

He was preceded in death by his parents, Fern and Art; father-in-law, Lawrence Kliner; brothers-in-law, Lawrence Kliner Jr., and Charles DeLeeuw.

Robert taught us how to live and how to die in Christ, and for that we are thankful. Amen.

Funeral services were held on Saturday, April 30, 2022 at Faith Lutheran Church in Goodridge with The Rev. William Tesch, Bishop Northwestern Minnesota Synod and Rev. Jonathan Dodson officiating. Eulogy by Cpt. Clifton Hanson, Chaplain, USAF.

Visitation was held on Friday, April 29, 2022 from 5:00 PM until 8:00 PM with a 7:00 PM prayer service with Rev. Jonathan Dodson presiding at Faith Lutheran Church in Goodridge. Visitation was also held one hour before the service on Saturday at Faith Lutheran Church.





In Memoriam

Betty Lou Olson

November 8, 1927 - April 9, 2022

One of Betty Lou's sisters was Marian (Kermit) Finstad, and Kathy Alberg was a good friend to Betty Lou for the past several years.

Betty Lou S. Olson passed away at Sanford Hospital in Thief River Falls on April 9, 2022, with her daughter and son-in-law by her side.

Betty Lou was born at Salol on November 8, 1927, the daughter of Victor E. and Tilda (Brandrud) Nelson. When she was very young, the family moved to Sanders Township, Pennington County. Betty attended Oak Grove Rural School through grade 8, then graduated from Lincoln High School in Thief River Falls in 1945.

At this time, following World War II, there was a great shortage of rural teachers, so Betty attended Mayville State College for a six-week course and began teaching in St. Thomas, ND. She continued teaching in Minnesota and North Dakota for six years.

On May 30, 1950 Betty was united in marriage to Donald D. Olson. The young couple made their home in South Dakota where Donald was employed bringing electricity to rural areas. The family returned to Minnesota a few years later.

To this union two daughters were born, Lois (Mrs. Lance Erickson) and Diane (Mrs. Mark Dietz).

After living in Thief River Falls, Betty and Don built a new home in Norden Township. Betty worked at the Ace Store in Thief River Falls for many years. She also worked with the Girl Scouts, leading her troop on trips to New York City, Washington D.C., and the Black Hills. She was very instrumental in helping establish Camp Moe.

Betty is survived by her daughter, Diane Dietz; grandsons, Oliver and Andrew Erickson of St. Paul; and sons-in-law, Mark Dietz and Lance Erickson.

Preceding Betty in death were her husband, Donald in 1993; daughter, Lois Erickson; parents, Victor and Tilda Nelson; parents-in-law, the Gordon Olsons, Sr.; also siblings and spouses, Victor "Gene" and Alice Nelson, June and Vernon Scholin, Marian and Kermit Finstad, Kathleen and Gilmore Flaten; and brother, John "Jack" Nelson.

Betty continues to be survived by numerous nieces and nephews; and a sister and brother-in-law, Phyllis and Wilbert McGregor of Warren.

Betty was a member of Oak Ridge Lutheran Church where she was baptized and confirmed.

No funeral services were conducted at this time, but a memorial service will be held at Betty's home at a later date.

**When someone you love
becomes a memory...**

**That memory becomes a
treasure.**

Minutes of the Church Council

February 17, 2022

The St. Pauli Church Council held its monthly meeting on Thursday, February 17, 2022 at 7 p.m. at St. Pauli Church. Members present: Jim Strandlie, Pastor Carl Hansen, Cindy Cedergren, Marisa Benson, and Tammy Haugen, Myles Alberg. The meeting was called to order by Council President Strandlie.

Pastor Hansen opened the meeting with prayer.

Approval of Agenda: Additions were made to the agenda and approved.

Secretary's Report: The minutes of the January 13, 2022 meeting were approved as presented. M/S/C (Haugen, Hansen).

Treasurer's Report: The following Treasurer's report for the month of January was approved as sent to Council members via email. M/S/C (Alberg, Hansen).

Marisa reported she is working on the annual forms required by the Synod. She asked Cindy Cedergren to complete and submit the congregational form to the Synod, which lists names and contact information for specific Council officers.

Checking Account Balance End of Dec 2021:	\$ 21,508.70
Jan 2022 Revenue:	3,538.05
Dec 2021 Expenses:	(2,323.65)
Checking Account Balance End of Jan 2022:	\$ 22,723.10

Other Account Balances End of Jan 2022:	
Education Fund	\$ 1,101.30
Edward Jones	77,601.63
Memorial Fund	14,879.19
Mission Grant	4,437.73
Savings	36,619.90
Total Account Balances End of Jan 2022:	\$157,362.85

Cemetery Ass'n Balance End of Jan 2022: \$ 62,968.68

Pastor's Report: Pastor Hansen reported there will be no Round Robin (rotation of pastors) for the Wednesday Lenten services this year, due to a number of new pastors in the community who chose not to participate in the rotation. Pastor Hansen will be preaching at all of St. Pauli's Lenten services, with the exception of March 30, when he is out of the area.

The Rural Churches meeting which was previously postponed due to weather, has been rescheduled for Sat, Feb. 26 at 10 am at Bethlehem Lutheran Church in Newfolden. Pastor Hansen plans to attend the meeting.

Reports of Members in sickness or distress: None to report.

New Members or Interest in Membership: No report.

Reports:

1) WELCA: Quilting was held in January, and will be held again on Feb. 22-23.

2) Board of Education: No report.

Old Business:

- 1) Mask Mandate: President Strandlie noted that 49 states have now lifted mask mandates, and locally Covid cases have decreased. He asked for feedback on whether St. Pauli could drop their recommendation to wear masks while in the building. After discussion, it was decided that masks should be optional. A note in the bulletin will inform parishioners of this change.
- 2) Tree planting proposal for cemetery: President Strandlie moved to rescind the motion approved at the November Council meeting regarding ordering the trees proposed for the cemetery. M/S/C (Strandlie, Haugen). This topic will no longer be discussed at a Council meeting, since it is Cemetery Association business.
- 3) AV/Sound System Project Update: Marisa will work with a group of people to move the project forward, since the project was approved at the Annual Meeting.

New Business:

- 1) Council Meetings: Council members discussed the idea of changing the time of the meetings to an earlier time, such as 5 p.m., but not all members could attend at that time, so the meeting time of 7 p.m. will remain as is. It was determined that there would be no Council meeting in March, due to absences of two members. If there is an immediate need to meet before the April meeting, the secretary will call a meeting, in the absence of the Council President.
- 2) Lenten services: The Council approved the serving of refreshments following the Wed. evening services. President Strandlie will contact the Gideons organization and request a representative provide the message for the March 30 Lenten service.
- 3) Heat Caretaker Report: Myles Alberg reported on concerns raised that the low temperature in the building (when not in use) is causing problems with keys sticking on the piano. After discussion, it was decided that a steady comfortable temperature would be maintained, regardless of usage, to avoid damage to the piano or organ. Myles will consult with Arlo Rude on installing a Wi-Fi enabled temperature monitor so the temperature can be monitored from a smartphone.
- 4) Spring/Summer Repairs: Tammy Haugen asked if there is still work to be done on the steeple. It was also noted that the front entrance door will need to be repainted this summer.

The meeting was adjourned at 8 p.m.

Next regular meeting date: Thursday, April 21, 2022

Respectfully submitted,

Cindy Cedergren, St. Pauli Church Council Secretary

Minutes of the St. Pauli Cemetery Association

February 23, 2022

The Board of the St. Paul Cemetery Association met on Thursday, January 13, 2022 at 8:00 PM with the following members present: Virginia Anderson, Wade Benson, Craig Folkedahl, Tammy Haugen and Jim Strandlie. Member absent, Pastor Carl Hansen.

The meeting was called to order by President Folkedahl.

Approval of Agenda: Approved as listed.

Secretary's Report: Approved from last meeting on October 21, 2021.

Treasurer's Report: Approved from last meeting on October 21, 2021.

Old Business: Old pine tree at the cemetery has been taken down by REA as it was damaged and growing fairly close to the highline wires. All branches were cut and hauled away by a volunteer group. A huge stump remains along with some large timbers.

B & K Stump Grinding of Thief River Falls has been contacted for stump removal in the spring, also for fill and leveling ground where necessary. Ron Anderson will be called when B & K can get at the job. Volunteers will be asked to take care of remaining timber.

"Distance" signs were put up at St. Pauli Cemetery and at the Church.

New Business: Cemetery Rules and Regulations were discussed.

The proposal for a tree project on the perimeter of the cemetery for spring 2022 was discussed and it will be brought up and explained by Jim Strandlie at the Annual Meeting.

Meeting Adjourned by President Craig Folkedahl.

Virginia Anderson, Secretary
St. Pauli Cemetery Association

* * * * *

Minutes of the Women of the ELCA

February 23, 2022

The St. Pauli Women of the ELCA met on Wednesday, February 23, 2022, at 4:00 pm at the church following two days of quilting, with 5 members present.

President Kathy Alberg opened with devotions and prayer.

New Business:

Confirmation and pastor photos need to be updated in the pictorial directory. Kathy will ask Val for records of confirmands and can then ask parents for photos. Faye has for the last several classes.

Secretary's Report: January minutes were not available at the meeting. Faye sent them out later to members via email for approval.

Treasurer's Report: Checking balance as of February 23: \$1,619.82; Savings as of January 31: \$573.58, CD: \$6,209.21. Additional food expense charged to Hugo's for Eunice Grove's funeral lunch was \$109, so total cost was about \$150 expense for the very nice lunch. Report placed on file.

Stewardship: Have made 8 finished and 2 unbound quilts in the past two days with 4 members present each day. Cold weather or we might have had more members.

Council Report: No Round Robin this year for Lent services. Pastor Carl will do the services. He will be gone March 30th and one of the Gideons will preach. Kevin Reich will preach this Sunday, Feb 27. Discussed the rural churches meeting this Saturday in Newfolden. Decided that we would make mask wearing optional now. Cindy asked for approval to serve refreshments after Lent services, and this was approved. Church will be kept at a steady temperature now to keep the piano keys from sticking and hopefully fix the squeak sound in organ speaker. Are looking into a Wi-Fi temperature monitor.

Old Business: Thank you to everyone who worked at Eunice's funeral. March and July are matching fund months for the Food Shelf.

New Business: We will collect Personal Care Kit items during Lent. This will be announced in the newsletter and bulletin. No WELCA meeting in March. Faye is hostess for the Lydia Circle in March to be held at the church.

Virginia said that holding a Spring Gathering is up to each zone. We are in zone 2. Marilyn Grandstrand would like to have a training for members and units sometime during the year. The Conference board presents a Gather Bible Study the 4th Monday of each month for one hour at 7:00 pm via Zoom.

February 27th is Celebrate Bold Women's Day. St. Pauli women will wear hats to church to celebrate.

NW MN Synodical Women's Convention is at Bethlehem Lutheran in Fergus Falls Sept 16-17.

We received a letter from Sheriff Ray Kuznia asking us to again support drug education and child safety. We gave \$75 two years ago. M/S/C Virginia/Sharon that we send \$75.00.

Faye reported on the Servant of Christ award St. Pauli is receiving from Lutheran Social Services and asked for suggestions on which photos she should send for the video that LSS will prepare.

Thank you to Sharon and Kathy for serving delicious lunches for both of our quilting days. Meeting closed with the Lord's Prayer.

Faye Auchenpauh, Secretary

BLANKET SUNDAY

Once again, the congregation and WELCA ladies have come through for Lutheran World Relief. Ronnie and Virginia Anderson will transport them to Grand Forks on May 12th for pick-up by Midwest Motor Freight.

- 7 Fabric Kits
- 31 Personal Care Kits
- 12 Baby Care Kits
- 19 Quilts

One additional quilt was donated by Edna Rondorf and this was designated as a "Fire Quilt."



First Communion



These two wonderful young ladies received their First Communion on Palm Sunday, April 10th. They are Shea Iverson on the left and Elsa Haugen on the right. Parents are Kari Iverson and Ryan and Katy Haugen.



* * * * *

Thank You Letter from the TRF Area Food Shelf

Dear Members of St. Pauli,

Let us "Spring into Spring" with a huge "Thank You" for your generous donation this quarter.

Last year the Thief River Falls Area Food Shelf served 6,232 individuals 295,853 pounds of food, hygiene and household items. Included in those numbers were children ages 0-17; 3,417 adults ages 18-64; and 919 seniors ages 65 and up.

Those clients reside in the following forty-plus rural towns in Northwest and North Central Minnesota: Thief River Falls, Bagley, Battle River, Brooks, Clearbrook, Crookston, Dent, Erskine, Fort Worth, TX; Fosston, Gatzke, Gonvick, Goodridge, Grafton, ND; Grand Forks, ND; Greenbush, Grygla, Halma, Holt, Karlstad, Lake Bronson, McIntosh, Mentor, Middle River, Newfolden, Oklee, Oslo, Plummer, Red Lake, Red Lake Falls, Roseau, St. Hilaire, St. Paul, Salol, Strandquist, Strathcona, Trail, Viking, Warren, Warroad and Winger. In addition, we serve the migrant population who are employed at our local turkey plant as well as displaced individuals and families.

We are so very blessed for your generous donation. Without your continued support, we would be unable to continue our mission to "Extinguish Hunger, Ignite Hope." Thank you so very much.

Sincerely,
Alecia Hunt, Executive Director

Six of Scandinavia's Weirdest Foods

By David Nickel, Senior Contributor, *Forbes* magazine, March 20, 2019

Much of Norway's national diet recalls its days as a poor country, when wasting nothing and preserving fish and meats to last the winter were fundamental actions to survive.

New Nordic cuisine has taken the world by storm, but set foot into a real Scandinavian home and you might be surprised at what's served up. Traditional Scandinavian food harks back to the days before refrigeration when drastic measures were required to keep feeding people through the long winters in agricultural communities.



Close up of herring fillets out of a *surströmming* can.

Surströmming

Herring is a food that splits opinion at the best of times, but the Swedes take things a step further with this canned variety of lightly salted, fermented herring. Known universally as the “world’s smelliest food,” there’s no doubt when someone in the same building as you has opened a can. As such, it is usually opened and eaten outside, often accompanied by a party atmosphere.

The fermenting process causes the can to bulge over time, so stand well back when opening. If you survive the opening ceremony, *surströmming* is often eaten as a sandwich or wrap along with waxy potatoes, red onion and dill.

Smalahove

Against all odds, this peculiar classic of the Norwegian fjord region has enjoyed something of a comeback in recent years. Entrepreneurs in and around Voss promote the salted, smoked sheep’s head dish to international visitors.

Unlike many of the world’s strange foods, there’s no doubting what you’ve got to look forward to as it’s literally half a sheep’s head on a plate. The boiled potatoes and rutabaga to the side are your only confirmation that, yes, this is indeed a meal. The highlights for a local include the tongue and the eyeball.



Lutefisk

Eaten in Norway and Sweden, the gelatinous substance known as lutefisk originally started out its life as cod or another white fish. After being dried and treated with lye, the fish is soaked in cold water for days on end.

Although lutefisk can be boiled, the jelly-like consistency means it can easily fall apart, so steaming or baking in Norway is preferred.

Lutefisk is eaten in the run-up to Christmas and often served with boiled potatoes, mashed peas and fried bacon bits. A white sauce is added in Sweden and parts of Finland.



Lutefisk is made from dried ling cod brought in from Norway, at Olsen Fish Co. in Minneapolis.

Salty Licorice

Common across the Nordic region, these typically black, diamond-shaped pastilles can easily be mistaken for a chewy fruit candy by unsuspecting foreigners. It's the kind of mistake you don't make twice.

Annica Tryberg co-authored a book on the savory treat and said that licorice falls into the Swedish palette: salty and sweet. "Many Swedish dishes like *gravad lax* and types of *sill* are salty. Salty licorice brings out comforting, homely flavors that we love."



Fish paste in tubes

Supermarkets throughout Scandinavia have sections dedicated to food in tubes. All the products are designed to be used as spreads, most commonly on crisp breads, but their contents can vary wildly. There are cheese products, mayonnaise, mustards, and vegetarian pastes, but perhaps the weirdest of them all is known as 'kaviar', under no circumstances to be confused with fine Russian caviar.

The best-known in Sweden is Kalles Kaviar, a slightly sweetened mix of creamed cod roe and potato flakes, often eaten alongside hard-boiled eggs. It's such a Swedish classic that you'll probably find the bright blue and yellow tube in the food section of your local IKEA store.



And then there's Brown Cheese



Most weird food is only occasionally seen or eaten on special occasions. Not so with brown cheese, or *brunost* as it's known in Norway, which is eaten pretty much every day by locals. What trips up visitors, however, is the name. Many a tourist has tucked into a slice of bread topped with brunost only to end up thoroughly confused. That's because, despite its name, the main ingredient in brown cheese is whey, a by-product of the cheese-making process.

There are many varieties of *brunost* available inside a Norwegian supermarket, with the majority produced by national dairy Tine. The biggest difference between the brands comes from the raw ingredient. Whey from cow's milk, goat's milk or a combination can be used, with goat's milk providing a stronger taste. The flavor and color of the final product is also influenced by the boiling time. A longer time leads to a darker color and a more intense flavor.

Gudbrandsdalsost, which is made from a combination of whey, cow's milk, goat's milk, and cream, is by far the most common brand of brown cheese eaten in Norway. For many it's the only choice and is seen as the most flexible option for any occasion. *Fløtemysost* is popular among those who prefer a milder flavor as it contains no goat's milk. *Ski Queen* is available in the U.S. from Whole Foods and Amazon.

Although *brunost* is named, sold, and consumed in the same way as cheese, it tastes very different. Its tangy sweet flavor is more reminiscent of caramel than cheese. As a by-product of the cheesemaking process, brown cheese is a classic example of wasting nothing. Leftover whey from the cheesemaking process is boiled down until it caramelizes. After cooling, it's packaged up into blocks and sold nationwide.

While often eaten at breakfast time, it can be enjoyed at any time of day and is easy to find in any supermarket or hotel breakfast buffet. The question of whether brown cheese is healthy or not has caused controversy in Norway in recent years. It contains calcium, proteins and vitamin B and also lacks salt, but its high sugar and fat content caused one municipality to consider banning its use in schools.



Whichever brand you choose, brown cheese is almost always eaten in thin slices. It's rare to see a block of *brunost* without a cheese slicer close by. A slice of brown cheese on a single slice of bread or crispbread makes a very quick and easy breakfast, lunch or mid-afternoon snack. But *brunost* can also be eaten as part of a sweet snack, on an apple slice, with a waffle and jam, or even as part of a sauce—especially for game.

* * * * *

***Friluftsliv* – Embracing the Outdoor Life**



Faye's cousin in Northern Norway posted this on Facebook April 2, 2022.

"I have long had a plan to ski from Kautokeino to Karasjok, and now the trip is completed with Ivar (my oldest son) who is an eternal optimist and a good mountain man. It was a trip of 11 days, and 10 nights in a tent. The temperature ranged from plus 5 degrees (41 F.) down to minus 30 degrees (-22 F.)."

"Good ride for most of the time, but we were happy when we hit a snowmobile trail that went our way. The crossing of the valley to Bavttajohka had many challenges to offer. After good advice from the reindeer we met, we took some detours in order not to disturb the reindeer herds that have a very bad pasture this year."

"In order to endure completely, I took relatively short steps so that the form kept well."

A trip has three phases: 1) Planning phase where you envision the course of the trip. 2) Implementation phase with experiences and changes of the plan. 3) Cozy phase after a trip looking at maps and pictures. I live on the last phase for a good while, and then I can also brag a little about the trip to good friends.

Phase three lasts a long time and has the greatest value."

Jørgen is retired and does a lot of skiing in the winter. I asked him why he had wanted to do this route for so long. He replied, "It is one of the most desolate areas in Norway."



**The tent is erected for the night,
but first the snow has to be packed down.**



Large herd of Reindeer spilling across the horizon.

Jørgen and Ivar each pulled a pulk (*pulka*), a Nordic short, low-slung small sled used for transport, pulled by a dog or a skier, or in Sami pulled by reindeer.

Pulks are meant to carry supplies such as a tent or food, or to transport a child or other person. In Norway and Sweden, pulks are often used by parents to pull small children on skiing trips. In Finland and Sweden, pulks exist as a winter toy, mainly for children, for going downhill. Besides the classic toy pulk there are similar alternatives like "saucers" (pulks shaped like a disc), as well as sleighs of different configurations.

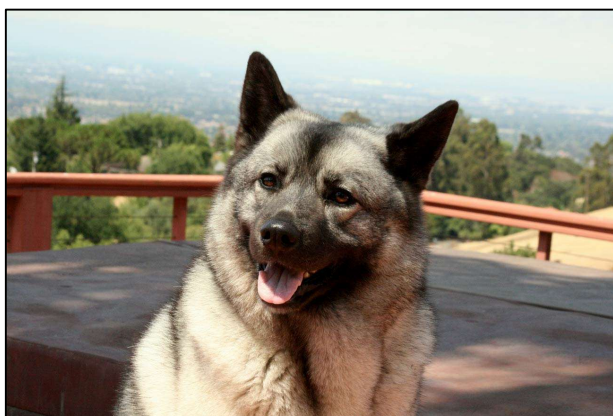
A larger pulk, designed for transporting larger amounts of goods, is called *ahkio* in Finnish. This word is also used by the U.S. Army for a human-drawn snow sled.

Viking Dog: Norwegian Elkhound

Norway's national dog, the **Norsk elghund** (Norwegian Elkhound or more accurately "moose dog") is a medium-sized dog that has hunted, herded and played guard dog since Viking times. This ancient Spitz is one of the oldest dog breeds, having originated as early as 5,000 B.C. Elkhounds have been found buried at Viking grave sites such as the Svarthola in Jæren, Norway.

According to DNA research, the elkhound is descended from an extinct type of gray wolf originating in western Russia and central Europe.

The breed was first recognized by the American Kennel Club in 1913 and remains the only Spitz breed in the Hound category. The Norwegian elkhound is one of the most successful breeds at the Westminster dog show, having won the Hound category 11 times.



Name

The "elk" in elkhound is actually a mistranslation of the Norwegian word for "moose:" elg. This breed of dog is excellent at hunting moose, bear and reindeer, but there are actually no elk in Europe. During the Middle Ages, the breed was referred to as *dyrehund*, or "animal dog."

Looks

The Norwegian Elkhound is a robust breed belonging to the Spitz family and known for his lush silver-gray coat and dignified but friendly demeanor. The durable Elkhound is among Europe's oldest dogs. They sailed with the Vikings and figure in Norse art and legend. They are hardy, short-bodied dogs standing about 20 inches at the shoulder. They possess cold weather physical traits such as a thick, stand-off, silver-gray coat, fuzzy pointed ears, a compact, dense body, and a curly tail that sits on its back. The deep chest, sturdy legs, and muscular thighs belong to a dog built for an honest day's work. The eyes are a dark brown and the ears mobile and erect. Overall, an Elkhound is the picture of an alert and steadfast dog of the north.

Personality

Friendly, confident, athletic and robust, Norwegian elkhounds love exercise and make great family pets. Perhaps due to their wolf roots, the elkhound is loyal and always wants to know who is in charge. This breed has incredible stamina and can track game for hours in harsh conditions and rough terrain. Its primary target is the moose, and it has the courage

to hold large animals at bay while alerting the hunter by sharp barking.

Elkhounds are famously fine companions and intelligent watchdogs. Agility and herding trials are good outlets for their natural athleticism and eagerness. Reserved until introductions are made, an Elkhound is a trustworthy friend ever after. These strong, confident dogs are truly sensitive souls, with a dash of hound independence.

Famous Elkhounds

U.S. President Herbert Hoover had a Norwegian Elkhound named Weegie, and Norway's Minister of Defense has the power to mobilize all Norwegian Elkhounds in service of their country, if the need should ever arise.

* * * * *

Safest Holiday Destination in Europe



In a recent analysis, Norway has topped the chart as the safest holiday destination in Europe. This analysis was structured using five criteria: health, security, road deaths, robberies, and intentional homicides.

The areas that tipped the scales to Norway were Norway's security, as well as low levels of road deaths and murders.

In 2020, Norway recorded 93 traffic fatalities, which is about 2 per 100,000 inhabitants. To put this into perspective, U.S. traffic-related fatalities amounted to 38,700 or 12.4 per 100,000 inhabitants. Regarding health, Norway took the bronze medal in the most recent EuroHealth Consumer Index Publication (EHCI). Its top position is attributed to its perfect score in the "Patient rights and information" category and its respectable score in the "Outcomes" category.

The only countries that scored higher than Norway in health were Switzerland and the Netherlands. Historically, Norway has been steadily on the rise in the EHCI ranking, so it will be interesting to see what the next report reveals.

The countries that came in second and third were Switzerland and Slovenia, the latter of which came as a surprise; its success was attributed to low robbery and murder rates and overall good security. On the other end of things, Bulgaria, Latvia, and Lithuania were ranked as the three least safe countries in the list of 28 European countries.

5 Facts About Norway's King

February 21st marked the 85th birthday of His Majesty King Harald V of Norway. In honor of this special occasion, here are a few facts you might not know about the monarch.

1. First Norwegian king born in Norway in 567 years.

Although Norway's history dates back many centuries, the country's status as a modern independent nation is comparatively young. Due to the lengthy union with Denmark and later Sweden, many monarchs of Norway had hailed from other European countries. With the country's independence in 1905, selecting Prince Carl of Denmark as monarch held several advantages in a foreign policy context: the Prince was married to Princess Maud, the daughter of King Edward VII and Queen Alexandra of the United Kingdom, and Norway was greatly in need of the support of the UK in its present situation. Furthermore, the Prince and Princess already had a son, thereby ensuring the succession. Moreover, Prince Carl's genealogy could be traced back to Norway's Fairhair dynasty, and his mother was of the House of Bernadotte.

Prince Carl insisted that he would only accept the offer to become king if the people truly supported the idea of a monarchy. It was therefore decided to hold a referendum in November on Norway's future form of government. The result was 259,563 votes in favor of a monarchy versus 69,264 in favor of a republic. This gave Prince Carl a clear popular mandate. On 18 November 1905, the President of the Storting sent the Prince a telegram formally offering him the Norwegian throne. Prince Carl accepted the offer, announcing that he would take the name Haakon and give his son, Alexander, the name Olav. Olav, born in Denmark, married Princess Martha of Sweden and they were the parents of the present King Harald V, the first monarch born in Norway in 567 years.

2. He is an Olympian.

An avid sailor, His Majesty King Harald represented Norway three times in the Olympics, participating in the 1964, 1968 and 1972 games. He and his crew also won World Championship bronze, silver and gold medals in 1988, 1982 and 1987. In 2005, they won the European Championships with the Fram XV.

3. He extended his Royal Patronage to the Sons of Norway Foundation.

In 1992 King Harald became a patron of the Sons of Norway Foundation. During subsequent years the king has affirmed continual confidence in the mission and philanthropy of the Foundation by continuing to renew his patronage.

4. A portion of the Arctic is named after him.

Over 2,500 square miles of eastern Svalbard was dubbed "Harald V Land" by the Norwegian Polar Institute in honor of the king in 2013. King Harald is the third Norwegian monarch—preceeded by Olav V and Haakon VII—to have part of Svalbard named in his honor. In 2015 he was the world's first reigning monarch to visit Antarctica.



King Harald rides the trolley to Holmenkollen ski jump just like a common person.



Photo: Jørgen Gornæs / The Royal Court.

5. His courtship was unique.

Then Crown Prince, Harald broke from tradition when he married Sonja Haraldsen, a commoner, after a nine-year courtship. After consulting with the Presidium of the Storting, parliamentary leaders and the Norwegian government, King Olav gave his permission for the couple to marry in March of 1968. On Aug. 29, 1968, Harald and Sonja were married at Oslo Cathedral.

Olav and Sonja's son, Crown Prince Haakon, also had a unique courtship and marriage. His relationship with Mette-Marit Tjessme Hoiby had been under scrutiny from the moment it became public knowledge. But by the time they took their vows, in front of the ruling houses of Europe, their romance had become one of the most celebrated royal love stories of recent times.

Mette-Marit was far from a typical royal bride. Born in Kristiansand in southern Norway, she had grown up enjoying sports, sailing in particular. When she fell in love with the heir to Norway's throne, she already had a child from a previous relationship. Mette-Marit became Crown Princess of Norway as she made her marriage vows and like many a royal bride before her, she chose to wear a tiara on her wedding day, a present to her from her new in-laws, King Harald and Queen Sonja, a sparkling show of support for the new Crown Princess.

THE BACK PAGE

In Honor of Mother's Day

By Heather Cox Richardson, May 2021

Those of us who are truly lucky have more than one mother. They are the cool aunts, the elderly ladies, the family friends, even the mentors who whip us into shape. By my count, I've had at least eight mothers. One of the most important was Sally Adams Bascom Augenstern.

Mrs. A., a widow who had played cutthroat bridge with my grandmother in the 1950s, lived near my family in Maine in the summer. I began vacuuming and weeding and painting for her when I was about 12, but it wasn't long before my time at her house stopped being a job. She was bossy, demanding, sharp as a tack... and funny and thoughtful, and she remembered most of the century. She would sit in her rocking chair by the sunny window in the kitchen, shelling peas and telling me stories while I washed the floor with a hand sponge to spin out the time.

Sally (not Sarah) Bascom was born on December 25, 1903. She was the oldest of six children and spent her youth taking care of the younger ones. When I once asked her what the most important historical event in her lifetime was, this woman who had lived through the Depression and both world wars answered without hesitation: "the washing machine." It had freed her and her mother from constant laundry. She could finally have some leisure time, which she spent listening to the radio and driving in cars with boys.

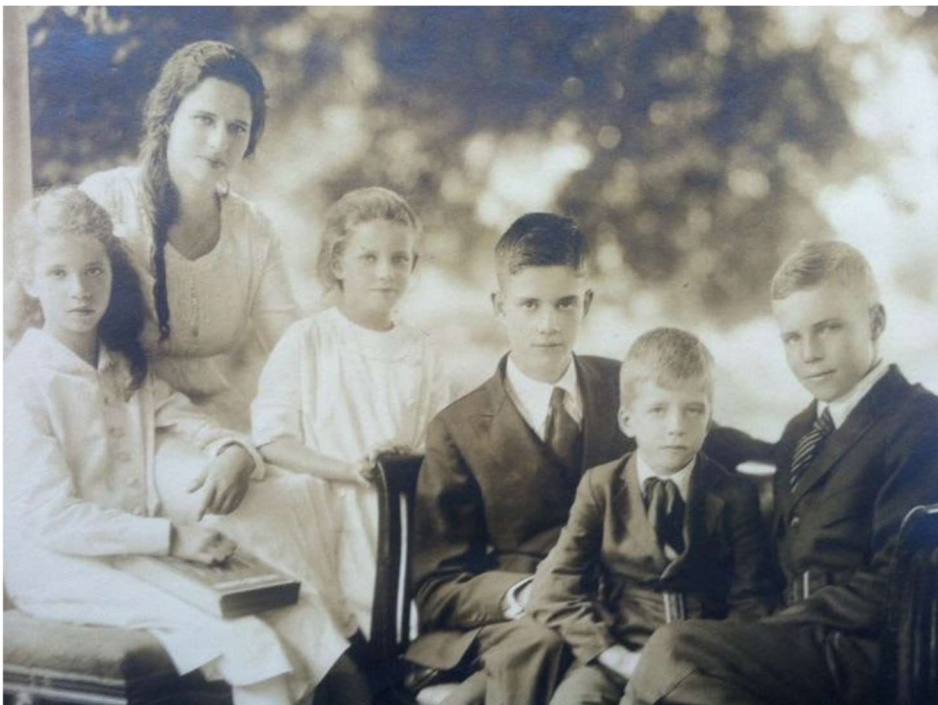
Because her mother always needed her at home, it was not she, but all her younger siblings, who went to college. By the time Mrs. A. was an adult, she was certain she wanted no part of motherhood.

Mrs. A. never forgave her sister for driving her Model T through a field. She saved aluminum foil not because of WWII, but because of WWI. She supported herself and refused to marry until she met an older man who offered to take her traveling. They had a quickie wedding and set off for Banff, where they looked at mountains and watched the bears pilfer trash.

She destroyed her knees playing tennis, so she would weed the garden by staggering to a lawn chair set up there. She loved snapdragons and nicotiana, veronica and irises and wild roses.

After Mr. Augenstern died, she drove herself to and from Florida once a year in a giant old Cadillac with "Arrive Alive" on the license plate holder; she drove like a bat out of hell. She played bridge with terrifying intensity. And she always refused to be seen in public unless she was in a dress with her hair pinned up and her pearls on.

Mrs. A. laughed at me when I fell in love with history and tried to tell her that people changed the world because of their beliefs. "Follow the money, Heather," said the woman whose income depended on her knowledge of the stock market. "Don't pay attention to what they say; pay attention to who's getting the money."



I listened. And then I learned as I watched her lose my grandmother's generation and then work to make friends with my mother's generation. And when they, too, died, she set out, in her eighties, to make friends with my generation. Every day was a new day.

Mrs. A. left me her linens, her gardening coat, and this photo of her and her siblings: Frances (who died young), Phyllis, Carlton, Guy, and Nathan. She also left me ideas about how to approach both history and life.

I've never met a woman more determined to never to be a mother, but I'm pretty sure that plan was one of the few things at which she failed.

Thinking of her, and all the wonderful women like her, who mother without the title, on this Mother's Day.