

[Transcript] Ta Kommandoen med Geir Aker / Tete Lidbom

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It could also have taken my life, but I wasn't able to learn at the hospital, because it snowed, of course, in the main hospital in Låret.

And then you get the power when you first open up the main hospital.

So you have to take the striker in to the doctor, and continue at the hospital.

Yes, it's not my proudest moment as a person, because you are there waiting for the doctor to come.

And I think it's so strange that a guy comes in with a striker in his striker in Låret,

that they have deliberately chosen to keep the door open while waiting for the doctor.

It was a psychological situation that happened with a lot of journalists who were not so aware of it, both one and two or three times, because they had to take a little time to get in on a guy who was waiting for you.

And on the break room, we went to the hospital.

Yes, the hospital.

Yes, the whole room, which was called the Riksdorps hospital in Trondheim, was in the room, for the 15 minutes, I don't remember.

But now I have to ask, this happened, this striker in the story,

happened right after you had, in a way, got a very fancy card, I think, to you.

Was it karma?

It can still be karma, at least.

I don't know if I want to call it karma, but it's a part of me that is most affected by what happens, because if you open it, it builds character.

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Yes.

We have to have new things in a way that we add to both good and bad.

But it's also a kind of teaching money.

Yes.

Because I'm a little unsure if I can talk about what karma is, and say that it was karma.

Yes.

But a good teaching money.

Yes.

Was it enough?

Yes.

Also, I came from a family where there was a lot of money, so having a teaching money set was a pretty utopian dream.

Yes.

But the kickstart is, the idea of, ok, but then we get to work here, so that after a while the teaching money has been taken to a teaching money set, because the striker thing is...

It's a bad thing.

It's a bad thing.

Yes.

So it's a little bit like that.

I've been a striker for the rest of my life.

I have to have a dream set.

Yes.

And then I have to work towards it.

When did you find out that you wanted to become a rock star?

I think it must have been...

I can remember that my mother had Alpe plate, and I scrolled along with them, and then it came on Iron Maiden, Shiva, Jimi Hendrix, and the whole classic rock line.

Yes, but also a lot of MTV.

I often told people that we were going to describe my growth in the next 10 years.

Yes.

So I actually did only three things, and it was to play with, if it was gaming or car or something like that.

And then I watched MTV and then I played football.

That's the only thing I remember.

Could you be a professional?

In football?

Yes.

Yes.

Yes, that's what I would say.

In any case, there are a lot of people who don't know how to play, so I understand that.

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It can be a bit irritating to hear,
but if you actually ask professional football players,
take P. Sillar Sjölbre, the captain of the national team,
and he has played a lot with us,
and he actually asked me,
because I know that you often say that I could have been a professional,
but what did you think?
He said,
Yes, but you had fun doing things in life.
Yes, he understood.
Yes, he understood.
He has such a talent in TET,
but he also understood that TET has a lot of talent.
Yes, because football for me was great,
to a certain extent,
not what happened on the track,
and how difficult it was to take training.
That wasn't a problem,
but Garderoben limited me a bit.
I felt that it was a bit of a form of unity,
and there were some new inputs in that part.
I think that's why I think that football has changed a lot,
from what I talked about with both P. Sillar and TET,
many of whom I had as a guest on the whole football.
I think that Garderoben has become a bit richer,
compared to the 90s in Trondheim.
How did you experience Garderoben?
I think that was the way you got to test yourself,
and it was exciting,
because we were often strong people,
and I had a good position with the thought that I was good at football,
but I noticed that there was something to...
I can't say that someone is not good at football,
but that they have been out of it.
Then I got a lot of criticism,
and I was very angry that I talked about it,
and then I realized that I was a bit childish.
It was like...
We could kiss,
but we could also talk about music,
or other feelings, or whatever.
You didn't get a lot of criticism?
No, because it can be that you are a bit further ahead of me,
than the others,

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on having different interests.
They have experienced life a bit more.
In a certain age,
we are very different in development.
How long have we been here?
When is the 14th year?
And where are we then?
You can see that there is a gang of boys
who are good at football,
who are going to sit in the dressing room and share their thoughts about life.
It can be a bit of a problem.
Yes, it will be still difficult,
and I think that I have talked to many people
who have in a way that is half African, for example.
You experience many things in a relatively early life,
which makes you more affected,
perhaps a little more aware of those things,
because I have played in a relatively white team,
as I remember,
and I often thought about playing in the dressing room,
and so it was a part of the whole African team.
I remember that I was a guest here in the whole kingdom,
but I didn't notice that they were less in the Norwegian way,
and that's what they were responsible for.
It was like,
if you don't adapt to the way the dressing room is,
how you should dress,
it was right on the bench.
One of the best players in the dressing room,
he is a SEGA,
a fantastic player and a football player.
He was a hands-length dude,
and he played maybe three minutes in the dressing room,
because he trained and people thought that he was way too much.
I remember that I stuttered,
I think I stuttered over it,
I have a very special thought,
because if he plays on the court,
and the goal is to win,
he will be out on the court.
Yes, that's what you think.
But he didn't play the way he was in demand,
for a player in the dressing room at that time.
He was playing with some risk,

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and he wouldn't have taken an overshoot,
if he wasn't in the dressing room.
But SEGA wanted to play in between a couple of players,
and play like that,
and that's often a great fit.
But it wasn't the way we were supposed to play,
and then we could find someone else.
He played the wrong way.
He played the right way, but the wrong way.
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Did you experience a different treatment,
when you were younger?
I was very...
I had a lot of distance from it,
there and then.
The things that I thought more and more about in the future.
So it's a bit difficult to say.
My mother and I have experienced a lot,
but in a way it was both good,
but also too good,
to take distance from it,
or just dive away.
So it took a long time,
when I think back on it,
I thought I was...
Or I thought I was 25,
before I really started to understand
what was going on.
But I also think it's about
that I have always been up-to-date
to adjust myself,
and that I have used a lot of energy
to adjust myself, instead of
listening to my younger sister
and saying, this is not a joke.
If we adjust ourselves,
then it can be very, very good.
But the funny thing is that

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we can actually miss ourselves
on the way to the police and the police.
Have you missed yourself?
Yes, I think that at least
from 14, 15 to around 20,
I would have had more of what I like to call
an African part of me,
up and up,
to have been more free.
But it has become
a bit of a waste.
But it has come from something,
it lives in a nice harmony
with the Norwegian part,
which is a bit more
common,
as I should say.
It's very unusual over me,
I know that.
But now I can play out
and pay for
my role in life.
That's how I am.
Yes, I can be myself.
I think that Ola and Karin Norman
have had a good time
and have been met
with some other
insights and other cultures.
It's a bit of a waste.
It will be soon.
In Norway as well.
I have to say it's a bit of a waste.
And it is,
we will be kind and
very correct, often.
Yes, and I think that
many people have
thought that meeting
with another culture
should be positive,
should be comfortable.
But it doesn't have to be comfortable.
No.

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And it's a bit of what often
people are growing up.
It's when they have to take a step up.
They have to stand up for what they
say or mean.
They have to meet themselves in the door.
All these things are
easy
to do in society today.
Are you the one who
looks for the friction?
No, not really.
At least not in personal
relationships.
There have been
conflicts.
But luckily
I have a girlfriend
who is from a family
where she thought it was
an Italian brother,
but they are the most
happy couple ever.
And the first time
I was on a trip with them
I thought, how should this
go?
I am the only one who is sitting
and showing off.
The only one who is sitting
and is a bit relaxed,
but it's really
annoying.
But now I have become
happy, because the one
we are talking about
is also a family dinner
game.
That you don't just have to
make fun of the dinner.
If there is something to be taken
up, I take it up.
The smell of the door
comes back every day.

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I have also learned
that with my girlfriend.
It is incredible to know
that a cry is not a
downfall or an end to something.
And that is
something to understand.
Because when we have
become so good friends
and we have been good friends
for a long time,
there will be a cry.
There will be an
atomic war.
Then we just have to stop
everything and everything.
No, it's not that.
We have to be
uncomfortable.
And then we have to understand
that.
You suddenly hear
a little
of what you
mean completely right.
And in the cry, it is of course
impossible to give away your part.
And then you go
a few days or a few weeks
and say, how did you
have it on you?
I have not seen that
very much.
I have become more familiar
with other things,
but also become familiar with
why.
I have never been
aware of the meaning,
but why do I mean
what I mean.
Can you tell us
about yourself?
It is difficult.

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No, because
it is
cost-effective.
And how?
In a way, I have very little time
to have it
cheap, to be alive
or die
and have very little time to
see me.
If it is a day
or a few days or a week that does not
happen now, then I create it
myself.
And it can be anything, if it is
completely passive and just sitting
and watching football or
game or
DJ.
Then I will create a DJ mix
and listen to music and
just disappear in it.
Time flies.
I have not seen it, but
what is happening
is almost an active thing.
You have decided
that this is happening.
And then I try to be
fluent in not doing anything
at all.
I have understood
that you will get some credit
for it.
I felt that
under the company
that there were
a lot of things happening, a lot of
people, a lot of fun.
But it was also a long
period that did not happen.
And you do not have access to it now.
You just have to be yourself.
Yes, you just have to be yourself.

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And maybe
I have used a little time
before that
just thinking
or wondering.
So I try to
spend a little more time with
what is difficult.
I believe that
we do not always choose
the thoughts that come, but we often choose
the ones that get worse.
Yes, it is a
very good point that you hold on to
some parts of it, and you are sure
you should hold on to it.
So that they continue
so that you can pick up something else.
I will remember that
because it is very describing
for one thing I am good at
and that is that I just let it
go. But I often end up
putting words on it to others
who have wanted to give a advice to
them.
We do not always choose
the thoughts that come, but we often choose
the ones that get worse.
And then you get a different humor
because the thoughts are like that
or like that.
We try to hold on to the thoughts
that come up.
You are still not 40 years old.
No.
And you have done a lot.
You have driven the bar too.
Yes.
Suddenly you drove with it.
Yes.
I did that together with
my best friend
and three other good friends.

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That is one thing I am very happy
with and have done
because it was
when I was
27 or something
when we did this.
And that was a reaction
to the humiliation around us.
Yes.
My best friend works
at a place where
the leadership was cheap.
We know a little.
We work hard. We contribute a lot
with the creative
music side of the place.
But felt that we did not get anything again.
At the same time we also
had more and more friends and guests
who complained
that Trondheim was
a boring place with thoughts on life.
Yes.
And then we decided
to sit down
at a friend's office
at a given time
for a month there.
So we almost took a break
and dressed up.
Now we are going to
have a description
of how we are going to be.
So that we
as young men
can go to people with money
and say that they are going to sit on us.
And while we were doing that
we had three friends
who were all drivable
and who had the money.
And then we had it written
of course.
So we just knew that

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we were going to start a football pub.
But they were convinced
and then
we decided
to start a place
and to get as good
a club as possible
we offered
to get
a lot of dogs and dogs.
Because we were going to use all the money
on the location
at five.
And that is
the most
fantastic and terrible thing
I have done in my whole life.
Because it was expensive.
I was black
probably four or five years
after.
Even though it went well.
The months
when I went without the money
to keep this
it was expensive.
And it was
work day
but
the feeling of
being responsible
for what everyone complains
and who I am myself
and do it myself
with
all of your best friends
and three other good friends
that is when I
decided
to do something
because
we learned so much
and it was
I am

handy.

I built my first house
and we were so proud
when it was a big house
and after that
I have built a lot of things
and renovated the whole apartment.

I would have done that
if I had not started this place.

Are you optimistic

Yes, I am.

I am very optimistic

I am extremely optimistic

I am optimistic

I am extremely optimistic

So it was not a strict plan
or a bad connoisseur to stop you?

No, it was not a plan

I have done a plan in it

It seems so incredible

hard

and not

trying to think the best about things

Yes

I am sure it has been

more realistic

but

I am very happy

about how life is

and I think it has come

completely deep if I am not optimistic

I think you can correct that

because

I think it is very exciting to work with people

in different communities

and those who have

the courage to hold on

to life

there are opportunities

they are coming

almost automatically

while those who are on the other side

of the same bench

think that we will see

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if it goes well
then it will be the waiting
that will be in life
No, it will never be in your journey
No, I really knew that
So, is it trainable
in that respect?
Yes, I think so
As I have learned
through both football
and playing in the band
and starting out
the things you do
then it is up to you
to choose and think
the things you can
and you have got it
It is an advantage for me
that I grew up in Trondheim
in the 90s
with Nils Arneigen
with his words
and you saw
that we
actually saw it
Björn Ottobraxta
if you are not very interested in football
you probably remember the name
but he had never
his wildest fantasy
thought that he would play Champions League
for Rosenborg
but he came into life
to Nils Arneigen
and he told the rest
that what they are going to do
and they did it
and we got that
and there are probably more
and I chose to think
that it was just a coincidence
but for me
who was interested in football
I remember

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the extreme
pride
every Tuesday evening
at Husten and Rosenborg playing Champions League
and I just realized
that this is
another young man
and I realized that everything is possible
and then
what happened
was that you lost 5-1 against Arsenal
but you did it in Highbury
in London
and it is cool to play one
against
Tromsø
that's it
Is it bad there?
Yes, it is
and it is...
How do you feel about it?
It is a bit like
I try to do it on a bad day
as short as possible
or I have a little focus on that it is a bad day
everyone has a bad day
and everyone experiences
bad things
or if it is natural
that you do not feel good
or that there is something around you
that is not good
and then it is also a bad day
and it is very rare that it has
several bad days in a row
because they...
So it is not a bad period?
No, because then you have
one better reason to try
and get the next day to get better
because then you have
a bad day
and it should not be so much
because the next day

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will be a little better than the previous
so it is also a little bad
but not as bad as the previous
a bad period
and then I was so lucky
that
my uncle is a psychologist
and then I do not know
how this happened
but I actually told my mother
that it had a bad period
and at that time
I was 17 at night
and then at that time I did not talk
much with my mother about such things
but I said at least
probably enough to give me
this must be solved
and then I had a meeting
with my uncle
and he
just gave me such
banal tips
routines
sleep, eating, activity
all this
I remember I thought
have you been to school
for six years to tell me this
it was a great help
I went there for two weeks
and my life was much better
because you got the place
for my part
at that point
I knew that
I had some
routines to sleep
it was not that I slept
too little or too much
but it was just all over the place
and that was
very good to know
what I work in the morning radio

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and I have a model-up
a group on the day
that is bright
that no one can rock with
and then I know that
and then I have a solution
also if I understand that something is going to happen
then maybe I will take too much
or jump over too many sleep
very good
it has been very nice to talk to you
I think it is nice to be able to
get away from some
topics to people
and the optimism
is completely visible
through you
I hope that people will get rid of it
and I think it is very nice
to remember that
the break from the intro
can be loud
and be a little careful
with who you stick to
the thoughts
and just let them go
it can happen that the day
will be even better
thank you
come there
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