1. **Super Mario?** 5:11

2. Stumbling and Fumbling 5: 37

3. Song For a Summer Night 5:32

4. Fooling Around 4:44

5. No Exit! 5:11

6. Where The Songs Have No Name 5:03

7. **Dønning** 5:27

8. West Goes East 4:54

9. My Funny Quarantine 3:13

Total Time 44:52

Runar Nørsett piano Fredrik Sahlander bass Tobias Øymo Solbakk drums

All compositions by Runar Nørsett All arrangements by Runar Nørsett, Fredrik Sahlander & Tobias Øymo Solbak

Recorded October 2020 by Fredrik Sahlander and Tobias Øymo Solbakk at The University Of Agder, Norway Mixed November 2020 and mastered February 2021 by Roald Råsberg at Sanden Studio, Kristiansand, Norway Produced by Runar Nørsett, Fredrik Sahlander & Tobias Øymo Solbakk Executive producer Odd Gielsnes

Executive producer Odd Gjelsnes Front cover photo by Oddvar Paulsen Cover design by design holtmann

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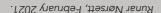
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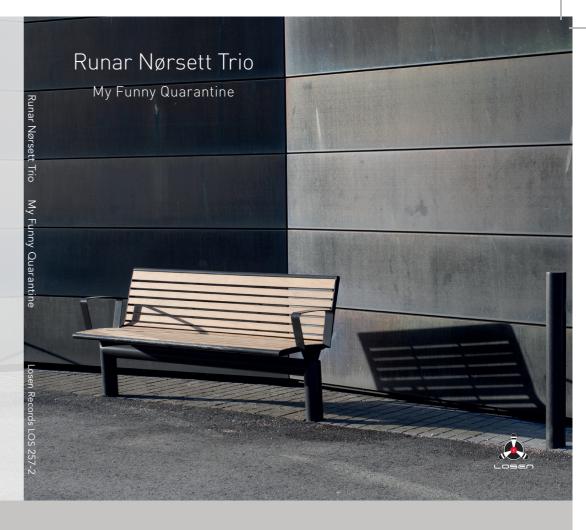
Most of the songs on this album have been written during 2020. The songs have nothing specific to do with the pandemic, except the title track «My funny Quarantine», which I wrote in a strange mood, part afraid and disillusioned, and part optimistic and full of hope. I try to write music that appeals to both heart and brain, music that appeals to both heart and brain, cry, and music that spurs your imagination. I have something to tell you, but I don't know exactly what it is. By listening to my wnusic, maybe you understand it anyway?

the situation in our part of Morway allowed us to record the songs on this album.

We started working on our second album early in 2020, and then suddenly everything changed. The coronavirus shut down almost everything, and even though Norway has managed well compared to many other countries, we had to put our activities as a tirl on hold. I was still working as a medical doctor, but nonetheless, I continued doctor, but nonetheless, I continued to write music. Early in October 2020,

The trio rehearsed regularly the following months, and in January 2018 we held our first concert in Kristiansand. Our first album «From the Ashes» was released in 2019, and in October 2019 we performed for a sold-out venue at Kilden Theatre and Concert Hall, Kristiansand.





Spring 2017, and Runar Nørsett Trio was born. The three of us started to work together in as well as in «Kubby», «Dualistic» and «Vian». the metal bands «Inhsahn» and «In Vain» of styles, and he has played the drums in as a magnificent drummer in a wide variety a trio. Solbakk has later earned a reputation Solbakk, wanted to join Fredrik and me in in Kristiansand, and that he, lobias Øymo of Norway, now a student at the University drummer from Harstad in the northern parts that he had found a young, vastly talented talented and accomplished musician, said Sahlander and Moen», and an extraordinarily bands «Sah!», «Dualistic» and «Johnsen, come to life. Sahlander, known from i.a the a trio and me complaining that it would never tired of listening to my rambling about

Sahlander (a swede living in Norway) grew dood triend and excellent bass player, Fredrik nothing happened. Finally, in 2017, my very my own compositions, but for many years putting together my own trio and play I had been dreaming since the '90s about for many years, but something was missing. settings and with many different musicians and I played the piano in many different classical music to improvised music and jazz, music. My interests gradually changed from but I never stopped playing and writing as a medical doctor in Kristiansand, Norway, studying medicine instead. I now work Somehow this didn't happen, and I ended up classical music and be a professional pianist. and in my teens, my dream was to study I started playing the piano at the age of six,

