

Hardanger Nyheter

Sons of Norway, hardanger Lodge #109, Kelowna BC



and the Trolls came



Anne Kristin Møller ice bathing in Bjørvika
Finn-Erik Rognan / Visit Norway

Ice Bathing S/N Newsletter Service

This winter, how would you like to start every Saturday morning with a refreshing ice bath? That is what Norwegian Anne Kristin Møller has done every Saturday since 2015. She became infatuated with the activity after participating in an event to set a new ice bathing record in Oslo. She stated, "The rush you feel in your body and the contrast of going from cold to warm is an absolutely fantastic experience."

Additionally, Møller enjoys seeing nature from a new angle at each location she has ice bathed which includes Oslo, Tromsø, Karmøy, and Svalbard to name a few. Ice bathing has become quite popular in Norway, with over 100 ice bathing clubs around the country. It is a great social activity that also has many health benefits, such as aiding with fatigue and stress. In a survey conducted, 1 in 5 Norwegians said they were planning on ice bathing in the winter. If you'd like to take a page from their book, here are some tips: bring something hot to drink right afterwards and always swim with others for safety.

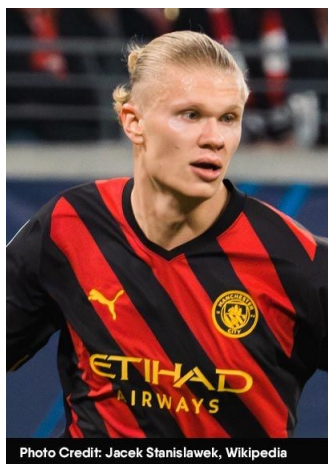


Photo Credit: Jacek Stanislawek, Wikipedia

Source: <https://www.dailymail.co.uk/news/article-12766795/Manchester-City-striker-Erling-Haaland-reveals-flies-Norwegian-salmon-UK-fish-stadium-isnt-scratch.html>

Soccer Star's Unique Diet

S/N Newsletter Service

Top athletes are known for being notoriously picky about what they eat. Norway's top male soccer player Erling Braut Haaland takes his menu choices to the next level, airlifting salmon from his hometown to his team in England.

When Haaland won the 2020 breakthrough of the year award for Norwegian soccer at age 19, he thanked a certain *tante* (auntie) in his acceptance speech. He credits Torbjørng Haugen, his former team's chef at Molde Soccer Club, for transforming him from a gangly teen into a soccer phenom. Haugen revealed that Haaland still sends her photos to prove that he's eating properly.

When Haaland became a striker for Manchester City in England, he brought his specific tastes with him. And the food at the team's campus was just not passing muster. So, he convinced coaching staff to fly Norwegian salmon to Manchester. He didn't stop there, but also had the nutritionist bring over chefs from a top fish restaurant in Norway to prepare the fish.

This change has been a hit with his teammates and staff, who say that, although costly, it's the best salmon they've ever had.

February 21st.—Next Lodge Meeting.—1696 Cary Road, 7pm

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And the Trolls came to our January meeting

From Lodge President Gloria Benazic

It was fun to have the “trolls” visit our last Hardanger Lodge meeting!! Several members brought an array of trolls and Wenche Gransjoen provided a troll story. Growing up in a Norwegian household, trolls and troll stories were part of life – but a scary part. Modern movies have made them into much ‘cuter’ characters.

February’s meeting will include a demo and eating of heart-shaped waffles – another tradition of our heritage. Come out and enjoy a great treat with a cup of coffee.

Sons of Norway turned 129 years old in January. That is a serious landmark and it is due to the support of members like yourself. Thank you for your contributions.

I am currently working with the Westside Multi-cultural Event to be held in West Kelowna Saturday, June 29th. Last year’s event had twenty different ethnic groups participate and they are hoping that might increase for 2024. This is a great opportunity for our communities to learn a little more about Sons of Norway. We will have a booth and can display items and information. If you are interested in helping with the planning of our booth and/or manning the booth, please get in touch with me. It should be a lot of fun and a great opportunity of sharing our culture.

Life As An Acrobat

S/N Newsletter Service



Bouhcin Ahchoun has traveled the world as a circus performer. Now he encourages young people to express themselves through art and physical activity.

How old were you when you started practicing acrobatics?

"I was six years old when I started learning acrobatics. I started on the beach in Aourir, Morocco with my older brother."

Aourir is an exciting city. Many tourists visit the city and there is a lot going on there. On the way to school, the boys saw several acrobatic groups playing music and dancing. Then they were inspired.

When did you become a professional acrobat?

"I was 14 when I started working. My first chance to work outside Morocco came four years later. Then I traveled to Chicago in the USA. I worked there as an artist. There I began my life's journey as an international acrobat."

After the long stay in the United States, Achoun traveled to Canada, China and Australia. He learned about different cultures and gained a wealth of experience. His creativity exploded.

Exercises Everyday

How much do you exercise?

"I train every morning for two hours. Then I eat lunch. Afterwards I train for three hours. In the evening I have a performance."



What tricks do you do?

"I work with horses. I jump on to the horses. The horse runs and I jump backwards on the horse's back. It took me four years to learn that trick."

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Historic Landing in Antarctica

S/N Newsletter



AirlineGeeks.com YouTube

Last year, Norse Atlantic Airways made history by landing the first Boeing 787 Dreamliner on Troll Airfield in Antarctica. The Norwegian low-cost airline and its crew landed the plane on a blue ice runway approximately 9,800 feet long and 100 feet wide. The runway was prepared in advance for the landing by carving grooves in the ice for better traction. Other considerations that can complicate this type of endeavor are that weather conditions in Antarctica can change rapidly and planes landing on ice cannot use typical braking methods. They also must account for additional weight since planes cannot refuel and must carry enough in reserves for the return flight.

The aircraft left Oslo on November 13 with researchers and gear aboard. It then landed in Cape Town, South Africa for a layover before the final leg of the journey to Queen Maud Land in north central Antarctica, completed on November 15. This area is claimed as a dependent territory of Norway and houses the Troll Research Station. While the wide-bodied 787 can carry over 300 passengers, it landed on the airstrip with a total of 45 scientific researchers and 12 tons of gear, equipment, and supplies. While the majority of researchers on this historic flight work for the Norwegian Polar Institute, researchers and scientists from other countries were also on board and heading to other research stations on the continent. This is a common occurrence, since the territory hosts 11 nations which can coordinate, pool resources, and share costs of the research they conduct.

The Boeing 787 joins a growing list of aircraft that have made a successful trip to and from Antarctica and is proud to also have made history in being the first Dreamliner to do so.

Revenue Canada

The Canadian Revenue Agency (CRA) actually commented on this one.



The CRA sent back the Tax Return to a Canadian taxpayer because of his answer to one of the questions. In response to the question, "Do you have anyone dependent on you?" the man wrote, "2.1 million illegal immigrants, 1.1 million crack heads, 4.4 million unemployable scroungers, 80,000 criminals in over 85 prisons, plus 450 idiots in Parliament, thousands of 'politicians' and an entire group that call themselves 'Senators.'" The CRA stated that the response he gave was unacceptable. The man's response back to CRA was, "Who did I leave out?"

Received this from Wenche Gransjoen.

A smile for you today.

You know, this could be an actual report from the government.

The statement is correct in the views of a lot of Canadians and other people.

Have a good day
Editor

What qualities should a good acrobat have?

"A good acrobat should have discipline. A good acrobat is creative, limber and strong. Cooperation between colleagues is important. An acrobat must be brave and dare to show off."

Do what you love, love what you do.

Ahchoun advises his students to train as professional acrobats. Then they can travel and see the world, if they want. They also have job opportunities in Morocco.

When Ahchoun does acrobatics, his body and head are one. It's like meditation. He is in flux.

This is what he wants to teach young people.

"Our body deserves the best through physical activity. A healthy mind in a healthy body."

Ahchoun wants the youth to trust themselves and love themselves.

The Yokes on Yu

A Swede ran into his friend, "Why the long face?

He asked. " I have skunks under my house and

can't get rid of them."The Swede said that his

Norwegian neighbour, "I had the same problem

and made a big tub of lutefisk and threw it un-

der the house and the skunks took off." "Maybe

I'll try that,"said his friend. A week later the

Swede met his friend again, "Why the even

longer face, didn't you get rid of the skunks?

"Yah Sure, I made a huge pot of lutefisk and off

they went." "What's the problem then?" "Now I

can't get the danged Norwegians from under

the house!"

One day little Johnny was digging a hole in his backyard.

The next-door neighbor spotted him and decided to investigate.

"Hello Johnny, what are you up to?" he asked.

"My goldfish died and I'm gonna bury him," Johnny replied.

"That's a really big hole for a goldfish, isn't it?" asked the neighbor.

"That's because he's inside your cat!"

The Heroes of Telemark: 80 Years Later

In February 1943, Norwegian commandos overcame starvation, blizzards, and the German Army to accomplish one of WWII's most daring sabotage operations. The stakes could not have been higher – their mission was to disable a component of Hitler's atomic weapons program and slow the progress on the Nazi atomic bomb. Eighty years later, an international team of 12 military veterans retraced the route of the saboteurs, skiing from Vemork, Norway to the Swedish border. One of those veterans was Boulder, Colorado Vesterheim Lodge member Mitch Utterback. What does it take to cross-country ski across the Hardanger plateau during the Norwegian winter? How did the commandos do it in 1943 with the equipment then available, while pursued by the Germans? What can we learn about ourselves when we induce risk, push boundaries, and do it in service to a cause greater than ourselves?

Norway's

National Dish Internet

Mutton and cabbage stew, or "fårikål" in Norwegian, has repeatedly been named Norway's national dish. It even has its own festive day on the last Thursday in September. Throughout the autumn months, people all around the country arrange lamb stew parties. "The dish is perfect if you want to invite a lot of people. Mutton is the meat of a mature adult sheep, typically between two and three years old. Producers can harvest mutton from a ewe (female) or wether (castrated male). Since the animal is older, it contains more fat and muscle, resulting in a stronger flavor and denser, tougher texture.

Hardanger Lodge back in History,

February 1994 -" New members welcomed to the lodge were Ann Ber, Lillian Brown, Tom Langvard and Wenche Garner

February 2004—" Bev Akerlund was installed as lodge president for another 2 years"

February 2014—"At our meeting in January, Lloyd Coltman presented Maria Johnson with her Cultural Skills award. She completed all three levels on rosemaling"

What is a Husmann Google

Husmann in Norway referred to a person who built on land from a land-owning farmer, and as a rule paid for this with an annual fee in the form of cash and/or compulsory labour, sometimes also benefits in kind. The place where the householder lived with his family is called a household-er's place (sometimes abbreviated as "place"). In most places, homestead-ing ceased during the period from 1900 to 1930. A croft is a traditional Scottish term for a fenced or enclosed area of land, usually small and arable, and usually, but not always, with a crofter's dwelling thereon. A crofter is one who has tenure and use of the land, typically as a tenant farmer, especially in rural areas. Peasant according to Merriam-Webster: a member of a European class of persons tilling the soil as small landowners or as laborers. Ausually uneducated person of low social status cottager according to Wikipedia Term used in England and Ireland. Serfdom was the status of many peasants under feudalism, specifically relating to manorialism (Lord of Manor), and similar systems. It was a condition of debt bondage and indentured servitude with similarities to and differences from slavery. It developed during the Late Antiquity and Early Middle Ages in Europe and lasted in some countries until the mid-19th century

Swedish Pancakes Internet

Swedish pancakes according to Swedish cook book

20 oz Milk, 9 oz Flour, 3 Eggs, 1/2 tsp Salt 3 tbsp Margarine or Butter, Extra butter for frying Swedish Pancakes.

Mix flour and salt and half of the milk.

Then add eggs. Mix well together.

add to the batter. Use the extra butter for frying.

Use any frying pan, non stick or cast iron, or griddle.

When the surface has solidified, flip the pancake.

When finished, fold it and put on a plate.

Keep it warm until ready to eat.

Norwegians love mashed blueberries on the pancakes.

Same recipe can be used for Crêpes Suzette.

