



**Runic Discoveries from Medieval Oslo**

*From SON newsletter files*

Medieval Park (Middelalderparken) in Oslo is a 43-acre reserve that was opened in 2000. Its contents, as the name infers, date back to the Middle Ages.

A recent excavation unearthed two unique artifacts with Old Norse runic inscriptions. One piece was an animal bone with an inscription, the first such find in the capital in almost four decades. Archaeologist Solveig Thorkildsen told sci-news.com that finding runes had been at the top of her wishlist for this dig. The second find was a piece of wood inscribed on three sides in both Old Norse and Latin, with a sacred theme. It was in an area that had probably been used for refuse. Ingeborg Hornkjøl says she was documenting a ditch are and saw that a piece of wood had washed out. She picked it up and was astounded to find a long inscription carved into the fragment.

Professor of runology and iconography at the University of Oslo (UiO) Kristel Zilmer is researching the inscriptions, which may be portions of longer text. Her initial interpretation of the objects confirms that the writing style stems from the era of 1100 to 1350.

***NEXT MEETING!***

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 MONDAY APRIL 4, 2022, AT 7PM.
- SEE YOU THEN!

***SOCIALIZING***

- WE WILL TALK ABOUT EASTER MEMORIES.
- IT WILL BE NICE TO SEE YOU IN PERSON, PLEASE NOTE CITY OF NANAIMO COVID-19 RESTRICTIONS WILL BE EFFECT
- POTLUCK STYLE COFFEE TREATS



Image Credit: Tone Bergland, Norwegian Institute for Cultural Heritage Research

## **PRESIDENT'S MESSAGE**

Greetings Brothers and Sisters,  
The North Star lodge met its goal for 2021 by signing up four new members: Jim Tore Breivik signed up Jim Johnson, Rosie signed up Leah Hayworth and Trond Hagen, Jim Johnson signed up Danielle Forrest. Rosie, Jim Tore and Jim will receive a 2021 Recruitment Award at our next meeting. North Star Lodge #63 also gets an award and a cheque for \$155.70 for meeting our goals. Congratulations to the members that made this possible.

In April we will start to meet on Mondays at Activity Room # 1, Bowen Park Senior Complex at 7pm. Hope to see you all there. If you wish to bring a friend, please let me know ahead - our meetings are for members - and guests by invitation.

Hope you are all keeping well. A special wish for our Sunshine lady Sonja Cole. I hope you are doing fine after your surgery. Please feel free to send Sonja a get well card.

Fraternally,  
Ida Pedersen  
President

## **EDITOR'S MESSAGE**

You might notice that this issue covers April and May, so our next issue will be June 2022.

Please remember, from April onwards our North Star Lodge regular business meetings will be held on Mondays at 7pm at Bowen Park Meeting Room #1. The change in day is due to prioritizations the city needs to make for their parks and recreation courses.

We had the best intentions to host a cross-country ski trip at Mount Washington this winter, but time has gotten away from us. Hopefully we can make it work when winter comes around again. Make sure to check your North Star Lodge calendar of events from February's North Star News to know what is happening as the weather is getting warmer!

Also, with restrictions lifting, remember you can again start requesting Kaffe Pause (Coffee Break) socials at a coffee shop of your choice. Just email [j-t-brei@online.no](mailto:j-t-brei@online.no) with your choice of location and time, and we will inform members.

Rosie Barlak, Editor



### **2022 LODGE OFFICERS**

PRESIDENT	Ida Pedersen	250-758-2306
VICE PRESIDENT	Jim Tore Breivik	250-758-7576
MEMBERSHIP SECRETARY	Jim Tore Breivik	250-758-7576
SECRETARY	Rosie Barlak	250-758-7576
ASSIST. SECRETARY	vacant	
TREASURER	Rosie Barlak	250-758-7576
SOCIAL DIRECTOR	Linda Harvey	250-751-1435
CULTURAL DIRECTOR	Linda Harvey	250-751-1435
COUNSELOR	Arvo Paivarinta	250-758-5816
EDITOR	Rosie Barlak	250-758-7576
ASSIST. CULTURAL DIRECTOR	Randi Johansen	250-754-4407
FOUNDATION DIRECTOR	Liv Dahl	250-758-5816
SPORTS DIRECTOR	Arvo Paivarinta	250-758-5816
MARSHAL	Randi Johansen	250-754-4407
1 YR TRUSTEE	Lillian Hope	250-758-1095
2 YR TRUSTEE	Einar Thomassen	250-591-6979
3 YR TRUSTEE	Kjell Garteig	250-756-4934



## **MEETING HIGHLIGHTS**

Our Mar 3, 2022 North Star Lodge regular business meeting, held in person and virtually with Zoom, had 10 adult members present.

Regular meeting business occurred.

Motions were carried for North Star Lodge to:

- make a donation of \$300 to Toonies For Tummies and to suggest freewill individual member donations of \$2 each per regular business meeting for 2022.
- put on a series raffle in 2022 to raise money for the SON Foundation in Canada.
- donated \$75 to the Folk Fest Society to fly the Norwegian Flag at Maffeo Sutton Park.



## **SOCIAL/CULTURAL DIRECTOR REPORT**

*By Linda Harvey*

We had an interesting meeting in March. As a member of the lodge and the Social Director, I proposed a motion to donate \$300 to the TOONIES 4 TUMMIES program. This program supports Student Nutrition Programs in Nanaimo. 100% of the contributions go to the Student Programs. 1 in 3 children go to school hungry! By donating to this cause, we are assured that all the donations feed children in the Nanaimo school district. This program is supported by the Grocery stores across Canada and in Nanaimo. May I suggest (and this is optional), that we continue to contribute to this cause by donating a toonie at our monthly meetings. This way, our contribution for feeding children is ongoing. A collection box will be set out. To find out more about this program, check the web: Toonies 4 Tummies.

The world is in a turmoil. The Russian/Ukrainian crisis is a catastrophe. As a lodge, please think of ways that we can support the Ukrainian refugees that probably will be coming to Nanaimo. What a privilege to assist these traumatized people who are torn from their homeland so viciously. I would hope that the Sons of Norway will step up to assist these refugees somehow, just like Norway is doing now by providing care for the thousands of Ukrainians who came from Poland. Please think about this project and come up with suggestions at our next meeting.

Please note that in April at our meeting during coffee time, it is planned that you share your Easter Memories. Please start to think about that as it will be fun to hear about "by gone" Easters, either in Canada or Norway. Please note that the Coffee Lunch for this year is simple potluck coffee snacks. Please bring some type of food with you to the meetings so that we can share.

This month's bunad "talk" is about the bunad from Hallingdal.

God Páske.

Linda Harvey  
Linda Harvey  
Social/Cultural Director

## **Bunad from Øvre Hallingdal**

*By Linda Harvey*

The woman's fest bunad design came at the end of the 18th century. It is highlighted by the "empire waist" known as the "Empire fashion".

Wool embroidery in fresh colors is present in the Hallingsdal bunad. There are many different embroidery patterns to choose.

A distinctive trademark is the contrast between the dark fabric and the fresh embroidery-colored patterns. Today, the most common pattern is the multicolored stitch of baroque roses on black wool fabric. The pattern is the same on the waist, hem, bodice, hat, and bands.

The skirt is made of black wool material and is attached to the bodice. The bottom hem of the skirt has a wide embroidered band. The bodice is almost entirely covered with the same embroidery. There is a large buckle attached to each strap of the bodice and is connected by a chain.

There is no belt on this bunad.

The apron is made from black wool damask and has the same embroidery on the bottom hem as the skirt.

The bunad has a white cotton shirt with white embroidery on the cuffs and collar.

It is common to have a patterned silk scarf at the neck.

Several different styles of headgear are used. They have various functions and are for women of different civil status. Hood for married, forehead linen or headbands for unmarried and a scarf for both. Later, a black cap was worn with multicolored embroidered flowers.

Black stockings are worn with bunad shoes.

In winter, black coats are worn.

The jewelry worn, besides the two buckles on the bodice, is a large silver brooch at the neck below the scarf. The cuffs also have silver cufflinks.





Image Credit: Ole Martin Buene/Tine via nationen.no

## **Påskekrim and the Milk Carton Mysteries**

*From SON newsletter files*

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the hytte (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (en ulv – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.

Whether you are visiting a hytte, reading mysteries, or enjoying milk, God Påske! Happy Easter!

## **MUNCH: Contemporary New Home for Modern**

*From SON newsletter files*

Originally opened on what would have been Edvard Munch's 100th birthday in 1963, the Munch Museum, now simply styled as MUNCH ["moonk"], has moved from its original building near Oslo's Old Town to a spacious and spectacular home on the waterfront. Mirroring the contemporary style of its new neighbors, the National Opera House and the Deichman Bjørvika (National Library), the 13-story high MUNCH resembles a tall stack of papers playfully threatening to collapse. It was opened to an enthusiastic public by King Harald V on October 22, 2021.

Among its treasures, patrons can visit Edvard Munch's most famous composition Skrik, known in English as "The Scream," along with several other remarkable pieces, while discovering more about this enigmatic master and his passion for creating art. There is also a gallery devoted to other Nordic artists, musical and theatrical performances, and much more.

Learn more about everything going on at MUNCH at their website:

<https://www.munchmuseet.no/en/>



Image Credit: Premeditated, CC BY-SA 4.0, via Wikimedia Commons

*litt på norsk...*

## **Disse småordene betyr mer enn vi tror**

*From SON newsletter files*

De gjør kommunikasjonen mellom oss mer effektiv, lissom.

Mange har fordommer mot småord og synes de er temmelig innholdsløse. Språkforsker Kaja Borthen mener at de både er viktige og beriker språket.

– En samtale uten småord vil virke pussig. Selv om man ikke alltid er i stand til å forklare ordenes innhold, betyr ikke det at de er meningsløse, sier Borthen.

Hun sammenligner det med andre menneskelige egenskaper; vi kan å gå, men har vansker med å forklare hvordan.

I språkvitenskapen er semantikk læren om hva ord, fraser og setninger betyr. Pragmatikk handler om hvordan sammenhengen bidrar til meningsinnholdet. Ord som «da», «jo», «visst», «altså», «ass», «liksom», «vel», «nok» og «ikke sant» kalles pragmatiske partikler når de ikke har en klar referanse. Småordene er mer vanlig i bruk i samtale enn skriftlig.

– De kan signalisere om jeg er sikker eller usikker, positiv eller negativ til det som ytres. Småord kan fortelle om mine antagelser om tilhørerens kunnskap om innholdet i setningen, forklarer Borthen.

– Men brukes de ikke altfor ofte?

– Gjentakelser er alltid irriterende, men det betyr ikke at all bruk av småord er overflødig.

I og med at nordmenn ikke er helt bevisst hvordan vi bruker småordene, sier det seg selv at dette er en tøff nøtt for utlendinger som skal lære norsk.

Kaja Borthen mener det fortsatt er mange ubesvarte spørsmål, både om enkeltord og de universelle egenskapene til småordene. For å skape interesse for temaet og utdanne nye forskere, er professoren og to kollegaer i gang med å skrive en lærebok i pragmatikk.

Det er jo supert, ikke sant?

*a little in English...*

## **Particle words mean more than we think**

They make communication between us more efficient, sort of.

Many people have prejudices against particle words and think they are rather meaningless. Linguist Kaja Borthen believes that they are both important and enrich the language. "A conversation without particle words will seem strange. Even if you are not always able to explain the content of the words, it does not mean that they are meaningless," says Borthen. She compares it to other human qualities; we can walk but have difficulty explaining how.

In linguistics, semantics is the study of what words, phrases and sentences mean. Pragmatics is about how the context contributes to the meaning content. Words like "da" [then], "jo" [uh-huh], "altså" [thus, for sure], "ass" [so/you know], "liksom" [like], "vel" [well], "nok" [I guess] and "ikke sant" [huh/eh/right] are called pragmatic particles when they do not have a clear reference. The particles are more commonly used in conversation than in writing. "They can signal whether I am confident or insecure, react positively or negatively to what is being said. Small words can tell about my assumptions about the listener's knowledge of the content of the sentence," Borthen explains. But are they not used too often? "Repetition is always annoying, but that does not mean that all use of small words is superfluous."

Since Norwegians are not fully aware of how we use small words, it goes without saying that this is a tough nut to crack for foreigners who are trying to learn Norwegian.

Kaja Borthen believes that there are still many unanswered questions, both about individual words and the universal properties of particles. To create interest in the topic and educate new researchers, the professor and two colleagues are in the process of writing a textbook in pragmatics.

That's pretty great, eh?



- Please remember to submit any newsletter submissions by May 15 for the June 2022 issue.

## **APRIL/MAY BIRTHDAYS**

April

- 1 Pia Pedersen
- 4 Seth Van
- 20 Natasha Olds
- 22 Norm Berg
- 28 Arvo Paivarinta
- 29 Einar Thomassen



May

- 1 Ann Erb
- 5 Sigrid Grosseth
- 10 Warren Wulff
- 19 Dahlia Breivik
- 25 Valentina Gradica
- 28 Joan Sorensen
- 30 Edna Kidd
- 31 Leonard Krog

## **SUNSHINE COMMITTEE**



It seems most of us are doing well health wise...very good place to be in. No one is immune, as your Sunshine Committee has been under the weather, not COVID thankfully; and both getting better slowly.

Call Ida (250-758-2306) or Sonja (250-756-2406) if you are sick or know someone needing a visit. We would like to offer cheer to you with a card or chat on the phone. When allowed, we could visit if you want company. If anyone is missed please let us know...

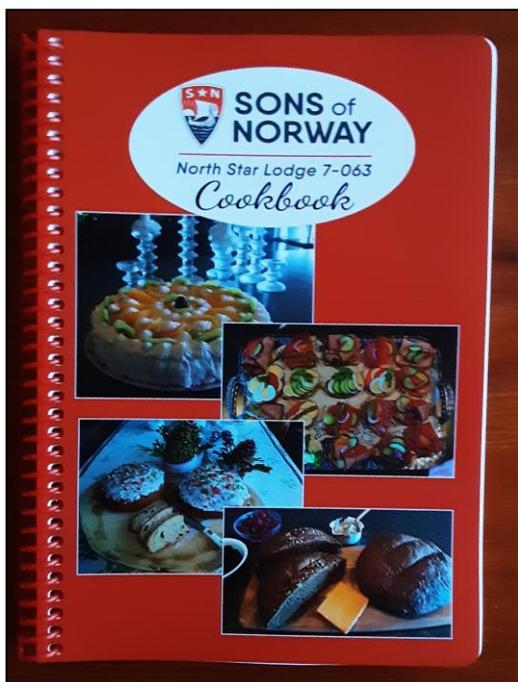
## **Karsten Warholm, Norway's 400 Meter Hurdler, Named World Athlete of the Year**

Norway's very own Karsten Warholm was recently named the World Athletics Male Athlete of the Year by the International Athletics Federation. Along with this title, he also became the first-ever Norwegian to receive the award. Warholm was incredibly successful this past season as is evident by his performance in the Tokyo Olympics. He took gold in the 400-meter hurdles with an incredible time of 45.94 seconds. This time set Warholm's second world record in a one-month span. Even more impressive, World Athletics described the 400-meter hurdles as the "discipline with the sharpest competition in athletics in the 2021 season." When asked by World Athletics if he could lower the record even more, Warholm responded, "We've pushed the limit very far, but I'm always up for a new challenge." He will certainly be an athlete to keep your eye on in the coming years.

## **North Star Norwegian cookbook**

The North Star Norwegian cookbook project has been completed. Those who are interested in purchasing the books, please contact Linda Harvey at lgharvey@live.ca or by phone at 250-751-1435. Cost: Members..... \$8.00 Non-Members.....\$10. Postage will be added if you need them mailed out to you. These books make excellent gifts throughout the year for birthdays, Easter gifts, thank you gifts, anniversaries or for no reason at all! The aim of this project was to preserve the Norwegian culture through traditional Norwegian cooking and to share it with family and friends.

Linda Harvey



## **FACTS AND FUN:**

### **Tips for New Norwegians**

*From SON newsletter files*

Get yourself a dog and you'll be integrated in no time.

What is the best way to integrate in Norway, a man asked me recently.

I thought a bit before I answered: Get yourself a dog!

I would call myself reasonably well integrated. Even my first name, Noman, only needs an R before I become a real Norwegian.

I love Christmas, May 17, waffles, Kvikk Lunsj [candy bars], democracy, Munch, bunads, and equality. But I've never had a thing for dogs. In Pakistani culture, dogs are used for hunting and guarding. That's it. They are not pets that sit on your sofa, who are pampered on the train by total strangers and stuffed into various designer bags like a trophy.

Today my children are 11 years old. They are twins and have been whining for a dog for as long as I can remember. After the long pressure, I finally wagged my tail and said yes.

Two months ago, we got a new family member. The wonderful Mocca.

Mocca is a social magnet. After corona closed all of Norway, I have taken a lot of walks with Mocca.

Oh my goodness, so many people want to meet her:

"Oh, she's so cute, what breed is she, what is her name, can I pet her, can I say hi, where do you live ...?" The conversation is underway.

And just like that, you make new friends and acquaintances. Lovely. We have lived here for almost four years, but I have talked with eight neighbors, tops. Since March, I've talked to at least 80. Beat that!

Some immigrants believe that Norwegians are like a thermos. Cold outside, but warm inside. You just have to find a way to talk to them. I know that now.

So are you new to Norway, want to learn Norwegian, make Norwegian friends or are simply craving some company? Borrow a dog or get your own. A dog provides a lot of company, and especially: You get to open the thermos.