



## **North Star Lodge 2022**

*From SON newsletter files*

Hello members!

It is always exciting to anticipate a new year and what it might bring. Please help us shape North Star Lodge's 2022 event calendar by putting forward some of your ideas for fun things we can do together, either in person or virtually. All ideas are welcome! We are a diverse group of people, so I bet there are some great ideas out there. You can contact any of our lodge officers (see page two) to talk about your ideas, or email [j-t-brei@online.no](mailto:j-t-brei@online.no) if you prefer to write it down.

Also, please take some time in 2022 to participate in North Star Lodge events, including lodge meetings and maybe even volunteering some of your times for the better of the lodge. Every pair of hands helps.

May you and yours have a wonderful holiday season!

### ***NEXT MEETING!***

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM 1 THURSDAY DEC 2, 2021, AT 7PM, AFTER OUR 6PM SOCIALIZING EVENT.
- SEE YOU THEN!

### ***SOCIALIZING***

- WE WILL HAVE A MEMBERS ONLY NORWEGIAN CHRISTMAS DINNER AT 6PM. PLEASE SEE LAST PAGE FOR RSVP INFO



## **PRESIDENT'S MESSAGE**

Greetings Brothers and Sisters,

It's hard to believe that Christmas is just around the corner, and this year is coming to an end. 2021 has had a lot of challenges, first the COVID 19 virus, forest fires and now the flooding.

Our November meeting was attended by 10 members. We started at 6 o'clock with a Chinese dinner. Thank you to Jim and Rosie for arranging the dinner. The meeting started at 7pm.

Thank you to Linda Harvey for been the nomination chairperson and phoning all members. We are still looking for a new treasurer and secretary. Rosie Barlak have been doing several jobs, we need you to come and help. I would like to say thank you to the members that have supported me the last year and have stayed on for another term. Our next meeting is the December 2<sup>nd</sup> at the Activity Room #1 Bowen Park at 7pm, before which we will have a 6pm Norwegian Christmas dinner. See you there.

Wishing you all a very Merry Christmas and a Happy New Year!

Take care

Fraternally,

Ida Pedersen

President

250-758-2306



### **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. EDITOR	vacant	
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 Nov 4, 2021 North Star Lodge (NSL) regular business meeting had 10 adult members present and two children. The meeting was preceded by a Chinese food dinner to celebrate our North Star Lodge's 70<sup>th</sup> anniversary.

We have one new member Jim Johnson.  
Regular meeting business occurred.

Lodge officer elections occurred. See page two of this newsletter for 2022 officers.

Motions were approved to donate \$200 to each of the 7-10 Club, Loaves and Fishes, and Salvation Army, as well as \$500 to Fairview School for the North Star Lodge Bursary (and another \$500 from the North Star Lodge Building Association).

## **12-Year-Old Boy Finds Ring From Roman Times in His Search for Grandpa's Lost Wedding Ring**

*From SON newsletter files*

Tomas Vang, a resident of Inderøy Municipality in Trøndelag, lost his wedding ring this past winter. In hopes of reuniting the ring with its owner, Magnus—Vang's grandson—had been searching for it all summer. Magnus used his metal detector and when it started beeping he thought he had found his grandfather's ring. To his surprise, he had found another ring—a much older one. In fact, the ring that Magnus discovered was about 1,500 years old.

Magnus and his grandpa contacted authorities who then involved archaeologists. The archaeologists were thrilled to hear about the ring and they believe it may date to late Roman times. To understand more about the ring, it is being sent to the NTNU Science Museum in Trondheim where it will be cleaned and cataloged. Grandpa Tomas was understandably both happy and disappointed with the ring pursuit, stating, "I would have liked to have found my own, but I'm glad we found this one."

## **Social Directors Message**

Hi Members,

Jul is around the corner and no doubt, everyone is getting ready for it. Even though Covid is preventing me from hosting Christmas, I have decided to decorate my house anyway! I put a host of Norwegian decorations up as well as traditional decorations of my youth growing up on the prairies. The lights and colors of Christmas can be so comforting, how can we not decorate. I hope you do! Even a small tree can create tremors of joy and hope in this difficult time. Bake a few traditional cookies, drink coffee and watch "slow tv Norway on Youtube". These videos are fantastic. Watch the videos of the Hurtigruten sailing up the west coast to Nord Kapp, sail on the Telemark canal, take a train trip from Oslo to Bergen and to Flåm, a slow knitting evening, or a drone fly over near the Lofoten Islands. Just go to YouTube and type in Slow TV Norway.

North Star Lodge celebrated its 70th Anniversary in November. Covid prevented us from have a huge, exciting party to celebrate this achievement. Several members gathered for a "brought in" meal prior to the regular business meeting. "Maybe next year", is the common response to "when can we celebrate"?

Our North Star Norwegian Cookbook is at the printers and is expected within the month. It was a task of love and I'm so excited to see the first copy come out of the box! This, I hope, will be a cultural experience in the kitchen and at the dining table. This is one way of keeping the Norwegian culture alive among us, our family and our friends. I will let you know via e mail when they will be available to purchase. Prices will be included in the email. Start thinking about who you will be buying one for. They will make great gifts anytime of the year.

Stay tuned about the Dec. meeting and gathering.  
Information to follow.

Blessings to you all at Christmas,

Linda Harvey  
Social/Cultural Director



## **Christmas baskets were used for gifts**

*From SON newsletter files*

Today, woven Christmas baskets are just used for decorating the tree. But originally, they were meant to be used.

Years ago, Christmas presents hung in baskets on the Christmas tree. We still hang up the woven decorations. The history of the Christmas basket begins with the Christmas tree, says Beate Lindseth. She has written the book "Julekurver" (Christmas Baskets).

"The Christmas tree is a German tradition from the 15th century. In the beginning, the tree was a gift tree. Unwrapped cakes, sweets and gifts were hung on the tree. Eventually, cakes and sweets were placed in paper cornets and baskets," she tells Klar Tale. There are still many who do this.

In the 19th century, the Christmas tree came to Norway. Eventually, it became common to place the gifts under the tree instead. But we have kept the Christmas baskets as ornaments.

"Especially in Scandinavia, we have a tradition of making homemade Christmas tree decorations. In other countries, people started buying ornaments instead," Lindseth says.

Today, the heart-shaped Christmas basket with a chess pattern is the best known. But the earliest we have in our care are from the 1860s," says Lindseth.

"Earlier, they had other types of baskets. They've almost died off now. In Denmark, they have always had many different patterns in their baskets. They use a lot of symbols at Christmas. Like stars and angels," she says.

Do you want to learn how to make Christmas baskets? This YouTube video shows you how:

<https://www.youtube.com/watch?v=o5Jc0fXBJac>

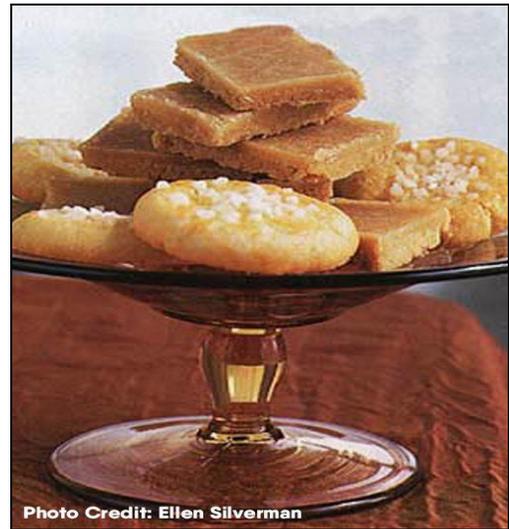


Photo Credit: Ellen Silverman

## **Serinakaker**

*From SON newsletter files*

Makes about 12 dozen

### INGREDIENTS:

2 large eggs

1 cup sugar

4 cups all-purpose flour

1 tsp. baking powder

3 sticks salted butter, softened

1/2 cup pearl sugar, or coarsely crushed sugar cubes

### STEP 1:

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter. Beat on low speed until mixture forms a dough. Wrap in plastic wrap and chill until firm, at least 1 hour.

### STEP 2:

Preheat oven to 350°F.

### STEP 3:

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.

## **A New Nordic Country?**

*From SON newsletter files*

What country speaks a language that is somewhat similar to Finnish? This land of over 2,222 islands has a long history of being conquered and ruled by Denmark and Sweden and was celebrated in the Old Norse Icelandic sagas as Esthland, home of fierce Viking warriors. Many Viking treasures are still being discovered across its countryside.

This country is Estonia, jutting out into the Baltic Sea, just 50 miles south across the water from Finland. Despite its cultural and historic commonalities with the Nordic countries, it is currently considered a Baltic State, along with Latvia, with whom it shares a border, and Lithuania. When the Nordic Council was formed in 1952, Estonia was occupied by the Soviet Union, and was not able to participate.

Though only a little over 50% of Estonians identify as Nordic today, perhaps someday it be welcomed into the family by Iceland, Norway, Sweden, Denmark and Finland, and we can add its blue, black and white flag to our collection.



## **Animal census tallies wildlife populace in Norway**

*From SON newsletter files*

Rovdata, part of the Norwegian Institute for Natural History (NINA), takes an annual census of the country's largest predators. Data are gathered on young born to the "the big four," brown bears, wolves, lynx and wolverines.

150 unique adult bears were detected in 2020. There were eight bear litters, an increase from the previous year. The goal is to see an increase to 13 annual litters.

Wolverine dens are also monitored and checked for puppies. 63 litters were registered in 2020. This populace is exceeding the target of 39 annual litters born to the estimated population of 400 adults.

Wolf numbers are increasing and much of them roam across the Norwegian-Swedish border, so the census considers about half of 114 Norway's wolves "dual citizens." The annual goal for litters is only four to six.

Lynxes are tallied in early summer, within "family groups." In 2020 there were 66 groups detected, hitting their target population for the first time in nearly a decade. The adult population was around 400 lynxes.

Find an interactive map at <https://rovbase.no/> to see where the "big four" live and roam.

## **New Law Brings a Touch of Reality to Social Media**

*From SON newsletter files*

Earlier this year, Norwegian lawmakers passed the Retouched Photo Law requiring influencers and celebrities to use a symbol indicating if their images have been photoshopped. The idea is to promote honesty in body image and beauty standards, so young viewers retain a sense of what is realistic.

According to the new requirement, social media mavens must include this symbol whenever body shape, size or skin have been altered from reality. This only applies to paid posts. The government hopes this will reduce kroppspress (body pressure) and stave off anxiety and eating disorders.

One influencer, Madeleine Pederson of Moss, told Radio 1 Newsbeat that she'd previously struggled with body insecurity because of Instagram. She no longer feels like she has to modify her appearance to her audience of 90k followers.

Pederson thinks influencers will edit their photos less now, as they won't want to admit to photoshopping.

*a little in English...*

## **Norway may risk losing an entire generation of young musicians**

*From SON newsletter files*

An article written by three young musicians on behalf of their generation has received broad support—they warn that Norway risks losing an entire generation of musicians.

Behind the VG article are Elias Tafjord (23), Daniela Reyes Holmsen (22) and Georg Minos (23), who state:

“We are not particularly interested in writing articles, but what else should we do when we have no money in the bank, and no idea when this is going to change?”

They quote the denial they received from NAV [the Norwegian Labor and Welfare Administration], which states: “You have no baseline income from which to receive benefits for the self-employed,” and point out that they have used all their efforts to complete music studies, establish themselves in the music industry and have worked around the clock. In the article, they explain that to establish oneself in the music industry you have to start at the bottom of the ladder with very little income.

“Now when we apply for benefits, it’s too bad that last year’s income does not reflect the extensive working year we’ve had, the three of them point out, who have attended cultural school, played in bands, attended arts programs and received Frifond [welfare] funds.

“Norway has a proud tradition of world-class musicians, and Norwegian music has increasingly become an export commodity. We have achieved this because we have built up talents and given them the opportunity to grow.

Tafjord, Reyes Holmsen and Minos finish the article by pointing out that they are not only young and hopeful talents but are among those who will carry Norway’s cultural and musical heritage forward.

“We also need to be able to call Norway a cultural nation in the coming decades,” they round out the article - which is signed by over 350 other Norwegian musicians, ranging from established names such as Sondre Lerche, Bugge Wesseltoft and Susanna Wallumrød to younger musicians.

*litt på norsk...*

## **Advarer om at Norge kan risikere å miste en hel generasjon unge musikere**

En kronikk skrevet av tre unge musikere på vegne av sin generasjon får bred støtte – der de advarer om at Norge risikerer å miste en hel generasjon musikere.

Bak VG-kronikken står Elias Tafjord (23), Daniela Reyes Holmsen (22) og Georg Minos (23), som fastslår:

– Vi er ikke spesielt interessert i å skrive kronikk, men hva annet skal vi gjøre når vi sitter uten penger på konto, og ingen anelse om når dette kommer til å endre seg?

De siterer avslaget de fikk fra NAV, der det står «Du har ikke inntektsgrunnlag til å få utbetalt kompensasjonsordning for selvstendig næringsdrivende», og påpeker at de har brukt alle krefter på å avslutte musikkstudier, etablere seg i musikkbransjen og jobbe døgnet rundt. I kronikken forklarer de hvordan man etablerer seg i musikkbransjen gjennom å starte på bunnen av stigen med svært lav inntekt.

– Når vi nå søker kompensasjon er det synd at fjorårets inntekt ikke reflekterer det omfattende arbeidsåret vi har hatt, påpeker de tre. Som har gått på kulturskole, spilt i korps, gått på kreative skolelinjer og fått Frifond-midler.

– Norge har en stolt tradisjon med musikere i verdensklasse, og norsk musikk er i stadig større grad blitt eksportvare. Det har vi fått til fordi vi har bygget talenter og gitt dem mulighet til å vokse.

Tafjord, Reyes Holmsen og Minos avrunder kronikken med å påpeke at de ikke bare er unge og håpefulle talenter, men er blant dem som skal bære Norges kultur- og musikkarv videre.

– Vi trengs for å kunne kalle Norge en kulturnasjon også de neste tiårene, avrunder de kronikken – som er undertegnet av over 350 andre norske musikere, i spennet fra etablerte navn som Sondre Lerche, Bugge Wesseltoft og Susanna Wallumrød til yngre krefter.



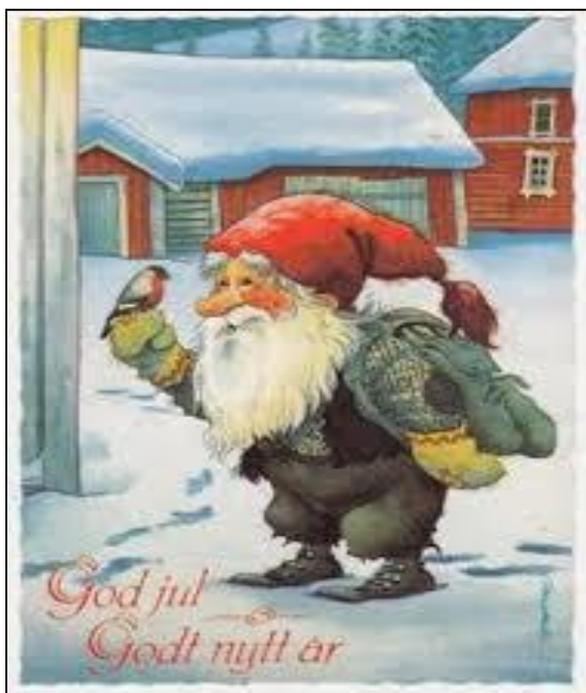
- Please remember to submit any newsletter submissions by Jan 15 for the Feb 2022 issue.

**DECEMBER/  
JANUARY  
BIRTHDAYS**



Dina Ridenour	Dec 15
Randi Johansen	Dec 16
Linda Harvey	Jan 2
Freya Hanssen	Jan 3
Nils Haugland	Jan 4
Dakota Myers	Jan 10
Irene Thomassen	Jan 21
Joan Rogerson	Jan 28
Joan Walseth	Jan 29

**For Sale:  
Norwegian Rosemaling 2022  
Calendars \$20.  
Contact Arvo: 250-758-5816**



**SUNSHINE COMMITTEE**

We are pleased to say that Ida who has been having health issues seems to be making managing these concerns with medical help. May we trust and hope that each day will be better for you.

To Elaine in Courtenay ...thanks for taking time to handprint your welcome notes to keep in touch.

A Norwegian wall hanging that you sent along will be displayed at our next in-person meeting for members to see.

Our best wishes are sent now to Bernie who has been dealing with ongoing health issues.

Also, to Arvo and any of our members who continue to do the same.

Nils is enjoying his retirement in June and his plaque to commemorate his 33 years of service (1988-2021) with the News Bulletin paper. Our wish is for good health to you, Nils and continued enjoyment.

If anyone is missed please let us know...

Call Ida (250-758-2306) or Sonja (250-756-2406) if you are sick or know someone needing a visit.

**Norway's Focus on Becoming  
the World's Most Sustainable  
Data Center Nation**

*From SON newsletter files*

As the coronavirus pandemic has shown us, the need for computer power is extremely evident. In part due to this, Norway has been focusing on their data center strategy. Minister of Regional Development and Digitalization, Linda Hofstad Helleland, stated, "Norway has a unique foundation for becoming the world's most attractive data center nation. We have a surplus of renewable energy, low electricity prices, good digital infrastructure, and a cool climate." The other added benefit is the creation of jobs that will result from strengthening their data center industry. The industry currently contributes to 2,000 jobs but could grow to 11,000 jobs in 2025. In the past year, several new data center locations have been established. Helleland believes it is very important that Norway is successful in facilitating sustainable business development throughout the country; "We must use Norwegian power resources to develop new green industries in rural areas and attract international investment." Fortunately, there is great cooperation between the data center industry and the Norwegian government which will help spur further growth.

## **FACTS AND FUN:**

At our next regular lodge meeting Dec 2, 2021 at Bowen Park meeting room 1 we will have a celebratory members only Norwegian Christmas meal (Julebord) at 6pm, followed by our regular lodge business meeting at 7pm.

This is a scaled down version of our previous Christmas gatherings and entirely member run (no hired help or catering).

Depending on interest, we may have to cap numbers attending, so please let us know as soon as possible if you will be attending.

Hopefully next year there will be a higher comfort level in hosting a larger event as we have in the past.

There is no cost to members, but we do need you to RSVP so we know how much to make.

Please RSVP to [j-t-brei@online.no](mailto:j-t-brei@online.no) by November 29, 2021.

The meal will be:

Ribbe (pork ribs with crackling)

Pølse (sausage)

Svisker (stewed prunes)

Surkål (sour cabbage)

Rødkål (red cabbage)

Potet (potatoes)

Desserts will be a surprise, but they will be Norwegian. If you would like to volunteer to bake please inform [j-t-brei@online.no](mailto:j-t-brei@online.no) what Norsk dessert you plan to bake/make.

