

# NORTH STAR



# NEWS

Vol 2021 Issue 1  
Jan 2021

## **First “Godhouse” dedicated to old Norse gods Unearthed in Norway**

*From SON Newsletter files*

In the village of Ose, Norway, archaeologists from the University Museum of Bergen recently uncovered the remains of an eighth-century “godhouse.” In its day, this structure was dedicated to the worship of the old Norse gods and housed ceremonies such as midsummer or midwinter solstice. This is a particularly special discovery as it is the “first temple of its kind identified in Norway,” according to Smithsonian Magazine. Through digital reconstruction, researchers were able to determine that it resembles similar temples found in southern Sweden and Denmark.

In recent excavations, archaeologists have unearthed animal bones and cooking pits; their theory is that the worshippers prepared the food in offering to Thor, Odin and other Norse gods. These religious displays also doubled as feasts where “you would have a good mood, a lot of eating and a lot of drinking,” archaeologist Søren Diinhoff explains.

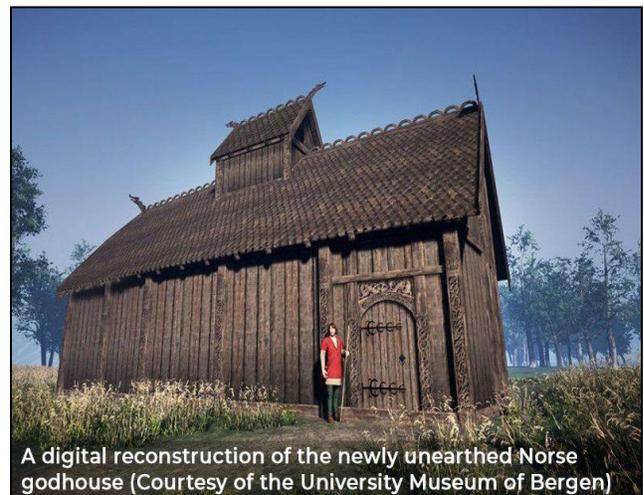
Researchers are still unclear as to what caused the demise of the godhouse, but they hope to uncover the truth as they continue their efforts.

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

- OUR REGULAR MEETINGS IN JANUARY AND FEBRUARY 2021 ARE CANCELLED TO PREVENT SPREAD OF THE COVID-19 VIRUS. WE WILL INFORM WHEN SOCIAL EVENTS ARE UP AND RUNNING AGAIN, OR IF ANY VIRTUAL MEETINGS ARE NEEDED
- HOPEFULLY SEE YOU SOON, STAY TUNED!

### ***SOCIALIZING***

- SHOULD BE AT A DISTANCE. GIVE A FRIEND A CALL INSTEAD. PLEASE STAY HEALTHY.



A digital reconstruction of the newly unearthed Norse godhouse (Courtesy of the University Museum of Bergen)

## **PRESIDENT'S MESSAGE**

Greetings Brothers and Sisters,

By the time you read this report, we will be in 2021, a brand-new year. We can only hope that we will be back to normal soon. We still are not able to have meetings or socials in North Star Lodge. The safety of our members comes first. I hope you are all doing fine and staying healthy. The Sunshine committee has been busy trying to contact members and bringing cookies, poinsettias and cards to our members over 80 years and young hereditary members. Thank you, Sonja, for writing all those Christmas cards.

Happy new year!

Stay safe  
Fraternally,  
Ida Pedersen  
President  
250-758-2306

## **Foundation Message**

District 7 Sons of Norway President Gloria Benazic is challenging District 7 members to provide a gift to the Sons of Norway Foundation in Canada in celebration of the 125th Anniversary of Sons of Norway.

Please make donation cheques out to:  
Sons of Norway Foundation in Canada  
and mail to our North Star Lodge general mailbox:  
Sons of Norway  
North Star Lodge 7-063  
#38 3200 Island Hwy  
PO Box 37053 Country Club  
Nanaimo BC V9T 6N4

We will then compile the donations to send all at once to the Foundation Treasurer so our lodge also gets recognition for the amount coming from our members. The challenge closing date is January 31, 2021.

We look forward to your support and ultimately the support for all the programs the Foundation provides to our members, Lodges and the students.

For more information on the SON Foundation in Canada, see: <https://www.sonfic.ca/index.php/donate>



# **SONS of NORWAY**

**Celebrating 125 Years**

1895-2020

## **2021 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	Gabriel Gabrielsen	250-753-5256
SOCIAL DIRECTOR	Linda Harvey	250-751-1435
CULTURAL DIRECTOR	Linda Harvey	250-751-1435
COUNSELOR	Arvo Paivarinta	250-758-5816
EDITOR	vacant	
ASSIST. EDITOR	Rosie Barlak	250-758-7576
FOUNDATION DIRECTOR	Arvo Paivarinta	250-758-5816
SPORTS DIRECTOR	Arvo Paivarinta	250-758-5816
MARSHAL	Randi Johansen	250-754-4407
1 YR TRUSTEE	Kjell Garteig	250-756-4934
2 YR TRUSTEE	Lillian Hope	250-758-1095
3 YR TRUSTEE	Gabriel Gabrielsen	250-753-5256



## **MEETING HIGHLIGHTS**

We have not been having lodge meetings. Please stay tuned for when we start up again.

A few updates:

- North Star Lodge had its 69<sup>th</sup> Anniversary as a lodge! Thank you to all members who keep our lodge running strong.
- In the new year we will hold a lodge business meeting and building association Annual General Meeting virtually on Zoom in order to catch up on some things. When a date is picked, a meeting invite will be emailed to members. Please remember to participate as we will need a quorum to make decisions.



## **Social Directors Message**

Greetings from North Star Lodge. Vi ønsker alle en godt Nytt-år !

We are hoping that 2021 will be a wonderful year of reconnection and regrouping! I think we will have to wait a little longer before we can congregate in our meeting room and homes for our Sons of Norway events and meetings. Hold on, we are almost there!!

Before Christmas, Ida and Sonja made our lives brighter by bringing joy to our doorsteps. Thank you both for being such thoughtful people. Our membership will bond anew when we finally get together. I believe it will be a much stronger bond because of our separation!

New Year's in Norway will be different from the normal get togethers and parties. Traditionally, Norwegians gather together in homes, on the street and in restaurants to celebrate with good food and fireworks. The most commonly eaten food during this time is turkey (34%), the second pick is *pinnekjøtt* served with boiled potatoes and mashed turnips. A symbolic rice pudding with one almond inside is a popular dessert. The one who gets the hidden almond is to have a lucky year ahead, with lots of wealth and everyday good fortune.

After the meal, children are given sparklers and the guests toast each other '*Godt nytt år, takk for det gamle*' (Happy New Year, thank you for the past one).

The NRK has televised the annual King's New Year's speech since 1960. Many Norwegians settle in front of their TV at 7:30 New Year's Eve to hear King Harald deliver his greetings from the Royal Palace.

Godt Nyttår

Linda Harvey

Social/Cultural Director



## **Dining outdoors this winter? Follow Norway's lead**

*From SON Newsletter files*

Patio season isn't just for summer anymore, thanks to the CORONA virus pandemic and the ongoing need for social distancing measures. For many North Americans, outdoor dining in cold weather has been a big adjustment—but it is nothing new for Norwegians, whose passion for *friluftsliv* (outdoor life) translates to an enthusiasm for open-air activities no matter the weather.

Set yourself up for success by incorporating these tried-and-true Norwegian practices:

- Dress in layers. Layers trap more air and keep warmth close to your body, while also letting you adjust for changes in weather or activity.
- Wear lots of wool. Too scratchy? Merino wool is softer than other varieties and is used in many base layer garments.
- Keep the wind out. All that cozy wool can't do its job with wind whistling through the weave, so make sure you top everything off with a windbreaking layer.
- Carry a big scarf or shawl. The bigger the better, and ideally wool or fleece—it can double as a blanket, a head wrap, or whatever you need.
- Give yourself a buffer. Sitting directly on a cold surface will drain your body heat in no time. If there's no cushion, improvise—remember that big scarf we talked about?

Above all, don't forget to pack your positive attitude and sense of adventure!



## **Keep welcoming new members to our Sons of Norway family in 2021!**

YOU are the reason our newest members love being part of Sons of Norway. Even as COVID restricts face-to-face meetings, please reach out to fellow members with calls, notes or special greetings as the year progresses.

Thank you for being a Sons of Norway member!

## **The Norwegian Trekking Association**

*from The Norwegian Trekking Association*

When 19th century Norwegian banker and philanthropist Thomas Heftye called a meeting at his office, the agenda was "the suitability of founding a trekking association," as described by poet and writer Aasmund O. Vinje in 1866 in the *Dølen* newspaper. Two years thereafter, Den Norske Turistforening (DNT) - the Norwegian Trekking Association - was founded. DNT's mandate was in part to "acquire means to ease and develop outdoor life here in this country". 223 members joined at the founding meeting. Today, DNT is Norway's largest outdoor life organization, with more than 260,000 members in 57 local member organisations across the country, from Kristiansand in the south to the North Cape in the north. DNT Oslo og Omegn ("Oslo and surroundings") is the largest member association and is a direct continuation of the original DNT of 1868. In the late 1880s, trekking associations were founded in principal cities including Trondheim, Stavanger, Skien, Kristiansand and Drammen.

DNT aims to promote straightforward, active, versatile and environmentally-friendly outdoor activities and to preserve the outdoors and the cultural landscape.

The local member associations operate cabins, mark routes and ski tracks and arrange trips and courses. Together they maintain a network of about 20,000 km of marked foot trails and about 7000 km of branch-marked ski tracks. DNT activities are based on extensive volunteer work. Each year, volunteers together work more than 175,000 hours.

For more information, see: <https://english.dnt.no/>

## **Colorful Norwegian**

### **Phrases**

*From SON Newsletter files*

*Å være på bærtur*

Be out picking berries

Meaning: To have no clue about something / To be way off base

Animal expressions

*Bjørnetjeneste*

bear service

Meaning: well-intended but awkward help; doing someone a favor with negative consequences; disservice

*å kjøpe katta i sekken*

Buy a cat in a bag

Meaning: being taken for a ride; you meant to buy one thing but it turned out to be something else

*Du store alpakka!*

You big alpaca!

Meaning: an expression of considerable surprise

*å stå med skjegget i postkassen*

Standing with your beard in the mailbox

Meaning: to be in a compromising situation after doing something foolish or cheating

*Å snakke rett fra leveren*

Speaking directly from your liver

Meaning: speaking plainly without sugar-coating anything

*Å ta beina på nakken*

To put your legs on your neck

Meaning: To run away quickly



## **Kransekake (Almond Wreath Cake)**

*From The Norwegian Kitchen*

Cake:

2 1/2 cups (6 dl) finely ground blanched almonds

2 1/2 cups (6 dl) finely ground unblanched almonds

4 1/3 cups (10 dl) sifted confectioner's sugar (sift first, then measure)

3 egg whites

Icing:

scant 1 cup (2 dl) sifted confectioner's sugar

1 egg

\*note you need special Kransekake ring pans to make this cake.

Wreath cake can be temperamental. Even if we make it in "exactly the same way" each time we bake it, the results may vary from absolute perfection to complete failure.

Preheat the oven to 400 degrees F (200 degrees C). Combine almonds and confectioner's sugar in a large saucepan. Add the unbeaten egg white and mix to a firm dough. Place the pan over low heat and knead until the dough is so hot that it is almost impossible to handle.

Grease the ring pans for a 16-18 ring cake. S

poon the dough into a cookie press or pastry tube with a wide round tip. Press the dough into the rings, pressing the ends together to look as seamless as possible.

Bake 12-15 minutes, until dry and firm outside, but still slightly soft inside. Cool slightly, then remove from the pans and cool completely.

For the icing, sift the confectioner's sugar and combine with egg white to make a thick icing. Make a small cone of paper and cut off the tip. Pipe on garlands of icing and stack. Decorate with flags, bonbons or candy.

*a little in English...*

## **Thorvald Meyer - Oslo philanthropist - The Opposite of Scrooge**

*From SON Newsletter files*

Grünerløkka's Father. Look at him. The hat. The mutton chops. Does he not look like Ebenezer Scrooge? This is Thorvald Meyer, who despite the similarity, is the miser's polar opposite. Although this guy was practically born in the lap of luxury, there is something that separates him from Dickens' and Barks' stinking-rich churls. Philanthropy. Thorvald was the patron of several well-known artists (Bjørnson, Kielland, Munch, Hamsun AND Vigeland), co-financed the National Theater and gave monetary gifts to impoverished actors every Christmas.

When he went out the door, he'd fill his pockets with coins. Then, back at home he was empty-handed; everything was distributed to the needy. Thorvald started the first public bath in Oslo as a gift to the city, gave money toward several of the statues we see today, initiated school breakfasts, gave away land for the Pauluskirken [Paulus Church] and Birkelunden [The Birch Grove—a large urban park] which must always remain a park according to Meyer's clause. And outfitted the [Fridtjof Nansen] Fram expedition!

Meyer was a financial institution with seemingly quite social liberal tendencies. He was also a businessman of rank, as when he bought Grünerløkka cheaply and parceled it out with 40 times the profit. As a thank you for the investment, he got the rare honor of having a street named after him while he was alive!

Thrift is Strength. That was his motto. And action was his credo. He died at the age of 90 and just beforehand, he said: "It is no matter that an old man passes away, when I die there will be a party."

Actually, I take it back. He's just like Scrooge. After he met The Ghost of Christmas Yet To Come.

*litt på norsk...*

## **Thorvald Meyer - Oslo filantrop - Motsatt av Scrooge**

Grünerløkka's Far. Se på ham. Hatten. Kinnskjegget. Ser han ikke ut som Ebenezer Scrooge? Dette er Thorvald Meyer, som likheten til tross, er gjerrigknekens rake motsetning. Skjønt denne karen nærmest ble født i en pengebinge, så er det noe som skiller ham fra Dickens' og Barks' søkkrike skruer. Filantropien. Thorvald var mesén for flere kjente kunstnere (Bjørnson, Kielland, Munch, Hamsun OG Vigeland), delfinansierte Nationaltheateret og gav pengegaver til de fattige skuespillerne hver jul.

Når han gikk ut døra, fylte han lommene med mynter. Vel hjemme igjen var han tomhendt, alt var fordelt til de trengende. Thorvald startet det første offentlige badet i Oslo som en gave til byen, gav penger til flere av statuene vi ser idag, initierte skolefrokost, gav bort jord til Pauluskirken og Birkelunden som alltid må forbli en park i følge Meyers klausul. Og utrustet Fram-ekspedisjonen!

Meyer var en finansieringsinstitusjon med tilsynelatende ganske sosialliberale tendenser. Han var også en forretningsmann av rang, som da han kjøpte Grünerløkka billig og utparsellerte den med 40 gangers fortjeneste. Som takk for investeringen fikk han den sjeldne æren av å få en gate oppkalt etter seg mens han levde!

Nøisomhet er Styrke. Det var hans motto. Og handling var hans credo. Han døde 90 år gammel og like før sa han: Det er ingen Sag at et gammelt Menneske gaar bort, naar jeg dør skal det være Fest.

Egentlig tar jeg det tilbake. Han er akkurat som Scrooge. Etter at han møtte The Ghost of Christmas Yet To Come.



Source Oslo Museum: image no. OB.F03331A (Byhistorisk samling), via oslobilder.no.



## ANNOUNCEMENTS

- Please remember to submit any newsletter submissions by Jan 15 for the Feb 2021 issue.

## JANUARY BIRTHDAYS

Linda Harvey	2
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Dakota Myers	10
Irene Thomassen	21
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Joan Walseth	29



Now available for download, *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own and we look forward to seeing it in use.

[https://www.sofn.com/member\\_benefits/viking-for-kids/](https://www.sofn.com/member_benefits/viking-for-kids/)



## Food Bank Donations

During the Holiday Season our lodge makes an extra effort at events to collect food bank donations. Without our regular events to attend, this becomes more challenging to organize. Please remember to donate to your local foodbank; ever important, the food bank is in even greater need of donations this year.

## SUNSHINE COMMITTEE

Happy now to reveal the state of your Sunshine update for December as truly one of Sunshine...

It all began late November with our President Ida conceiving a plan that in this COVID era with meetings cancelled it was of utmost importance that every member be contacted with a "koselig" or a "hygge"-inspired Christmas (see Dec 2020 issue of the Viking) and it had to be done by obeying Dr. Henry's orders.

It was an ambitious idea and began with the delivery of poinsettia to our aging members in care homes and some living in their own home, followed by batches of cookies to a few members living alone.

The children were offered Christmas bags of books, wrapped candies, a toy or two a decorated, wrapped gingerbread boy to hang on their tree. Everyone received a Christmas card. Forty -nine in all.

Ida did most of the shopping and delivery driving like the proverbial mailman in rain, sleet or fog. Thanks be to three members who did some deliveries and baked cookies to help. Huge thanks to our caring and determined President, the plan was successfully completed last Friday Dec 11.

One of these days we shall gather again.

Special it was to see Bernie getting around better. Keep it up Bernie with best wishes from us.

Best wishes to Phil also who continues to struggle with an on-going problem.

Congratulations to all who have kept safe from COVID. We must try hard to stay that way.

Best Christmas as possible to all and a healthy, happy New Year.



## For Sale! Norwegian-English Language board game "NEW AMIGOS" (imported from Norway)

A fun family game to learn Norwegian. This is a great gift for all ages and skill levels. Share the Norwegian language, improve your skills in Norwegian or English!

\$60 + shipping (if applicable)

Phone Rosie 250-758-7576

or email: j-t-brei@online.no

## FACTS AND FUN (is back! Did you miss me?):

This code is often posted on hytte (cabin) walls:



### **The Norwegian Mountain Code**

from The Norwegian Trekking Association

1. Plan your trip and inform others about the route you have selected.
2. Adapt the planned routes according to ability and conditions.
3. Pay attention to the weather and the avalanche warnings.
4. Be prepared for bad weather and frost, even on short trips.
5. Bring the necessary equipment so you can help yourself and others.
6. Choose safe routes. Recognize avalanche terrain and unsafe ice.
7. Use a map and a compass. Always know where you are.
8. Don't be ashamed to turn around.
9. Conserve your energy and seek shelter if necessary.

This month you need to tell us:

1. What is the unofficial tenth rule of the Norwegian Mountain Code listed to the left?
2. Translate the funny saying on the beverage can above (hint *ute* has two meanings in Norwegian).
3. Get outside for some *friluftsliv* and summarize your trip in one sentence.
4. Send the above to the email below before Jan 15 so we can have fun with it in our next newsletter.

To enter your name into the monthly prize draw, just give the Facts and Fun a try and send your entry via mail to Rosie Barlak, 6194 Parkwood Drive, Nanaimo BC, V9T 6C8 or by email to [j-t-brei@online.no](mailto:j-t-brei@online.no).