

# NORTH STAR NEWS



Vol 2024 Issue 1/2  
Jan/Feb 2023

## **Facts about Norway**

*From SON Newsletter files*

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.

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

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 MONDAY FEB 5, 2024, AT 6:00PM

### ***SOCIALIZING***

- A CULTURAL PROGRAM WILL BE PRESENTED
- REFRESHMENTS WILL BE PROVIDED

12. Norway is not powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.

## **PRESIDENT'S MESSAGE**

Membership Contest!

District 7 is having a Membership Contest starting Nov 1, 2023. The contest will end and close at midnight on April 30, 2024. The draw will be made at the District 7 Convention 2024 for a \$200.00 prize.

- Each new ADULT member that joins Sons of Norway provides one "ticket" in the draw for the person doing the recruitment.
- Please note that a newly recruited member gets the same rights as any member, so they can also join the contest by recruiting a new member as well.

Each Lodge Membership Secretary must keep documentation of names of each member who signed up a new member, with multiple listings of that person if they sign up multiple people, and then submit a final listing to District Vice President Jim Tore Breivik.

Contest will close at midnight on April 30, 2024 and the Lodge Membership Secretary must submit the final list to Jim Tore Breivik on May 1, 2024 midnight.

Best regards,

Jim Tore Breivik (j-t-brei@online.no)

## **Combatting the Long Winter**

*From SON Newsletter files*

As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of indirect sunlight, however its inhabitants do not seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was "no increase in mental distress during the winter." Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mindset toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.



## **2024 LODGE OFFICERS**

PRESIDENT	Jim Tore Breivik	250-758-7576
VICE PRESIDENT	vacant	
MEMBERSHIP SECRETARY	vacant	
SECRETARY	Rosie Barlak	250-758-7576
ASSIST. SECRETARY	vacant	
TREASURER	Einar Thomassen	250-591-6979
SOCIAL DIRECTOR	Linda Harvey	250-751-1435
CULTURAL DIRECTOR	Liv Dahl	250-591-1116
COUNSELOR	Ida Pedersen	250-758-2306
EDITOR	Rosie Barlak	250-758-7576
ASSIST. CULTURAL DIRECTOR	Randi Johansen	250-754-4407
FOUNDATION DIRECTOR	Liv Dahl	250-591-1116
SPORTS DIRECTOR	Kirk Vadheim	250-324-8630
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	Elisabeth Vikran	<u>250-740-3683</u>



## **MEETING HIGHLIGHTS**

Our Dec 4, 2023 North Star Lodge regular business meeting started at 6 pm with 15 adult members present, and two heritage members; our Jan 8, 2024, meeting started at 6:10 pm with 10 members present, and one guest District 7 Secretary Donna Hedley. Regular meeting business occurred around bill payments.

Welcome new members Judith and Patrick Hyslop, and Aila Mjaaland! It has been nice to see your new faces at meetings and events.

Motions were carried to:

- Empty our Toonie tin at Dec meeting and take money to Fairview School
- Use the extra \$750 in our Nanaimo Ladysmith Schools Foundation account (from unclaimed grants) as a one time award for 2024 recipients
- Donate Lillian's baking basket to the District 7 Convention raffle
- Cancel our Zoom subscription when it expires Dec 2024

Installation of 2024 officers occurred at our January meeting led by District 7 Secretary Donna Hedley. Our Toonie Tin efforts Sept/Oct/Nov/Dec resulted in a donation amount to be taken to Fairview School of \$117.95.



## **Ice Bathing**

*From SON Newsletter files*

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.

## **Viking Discovery on Jomfruland**

*From SON Newsletter files*

While looking for a lost gold earring in their garden, a family in Norway uncovered 1,000-year-old Viking artifacts. The Aasvik family, from a small island called Jomfruland, became the first to find a Viking-era discovery on the island. They had stumbled across it by using a metal detector to search for the earring in their yard.

The metal detector alerted them underneath a large tree, so they began digging. Among the findings was a brooch and an additional item that was likely part of a Viking-era burial. Both were believed to have once been covered in gold and were engraved with depictions of animals. The brooch is believed to date back between 780 and 850. These artifacts help prove the Vikings' existence on the island. Experts knew of settlements on the island dating back only to the Middle Ages, making this Viking discovery rather significant.

## **Social Director's Report**

*By Linda Harvey*

I hope to see you out at the next meeting on February 5, Monday, at 6:00 at Bowen Park meeting room 1. We will touch on celebrating Valentines Day with some fun quizzes and trivia. Possibly, there will be a talk concerning something we are all interested in!

Please wear something red for Valentines Day. Remember to bring your own mug!

Linda French and Aila M. are bringing lunch.

Linda Harvey  
Social Director



## **Historic Landing in Antarctica**

*From SON Newsletter files*

## **Soccer Star's Unique Diet**

*From SON Newsletter files*

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 Torbjørg 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 is 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 did not 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 is the best salmon they have ever had.

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 most 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.



**Gomme (otherwise known as gubbost, gumme, gome, gombe, rauost, mølse, søst og dravle)**

*From NRK.no*

4 L whole milk  
1 L kefir  
3/4 cup sugar  
1 cinnamon stick  
1 tbsp flour  
50 ml cold milk  
2 tsp cardamon  
100 ml raisins'

Gomme is a topping for lefse and waffles. It is made of whole (not skim) milk and kefir that simmers a long time. There are many varieties of this over Norway, but this one is from Helgeland.

Boil the milk, stirring constantly so it does not stick. Pour in kefir and keep stirring. The milk will separate, and the curds will form. Whip so the curds are broken up to small pieces and keep simmering. Add sugar and cinnamon and simmer until thickened, stirring often. If you want a firmer gomme, you can add a little flour mixed with milk near the end of simmering. Add raisins and cardamon when there is about a half hour left of simmering.

Serve cold with a sprinkling of cinnamon.

Some variations on this recipe use rice. If you want to try this, you can put add half a cup of rice to the simmering.



**In Norway, 'Texas' is slang for wild or crazy. Here's why.**

*From www.expressnews.com*

South Central Texas's heritage owes plenty to Mexico and to German immigrants. But the state's own legacy has touched other parts of the world, including Norway.

According to Texas Monthly, the term "Texas" in Norway is slang for "crazy" or "wild." "Usually, when the word 'texas' — as an adjective, most often without capitalization — appears in Norwegian, the context involves the phrase, 'det var helt texas,' which translates to, roughly, 'it was totally/absolutely/completely bonkers,'" Texas Monthly wrote. "You wouldn't call a person 'totally texas'; it usually describes a chaotic atmosphere."

According to the BBC, usage of the phrase began when Norway started watching cowboy movies and reading Western literature. "The genre was extremely popular in Norway, and a lot of it featured Texas, so the word became a symbol of something lawless and without control," Daniel Gusfre Ims, head of the advisory service at the Language Council of Norway, told BBC.

While the phrase is often used negatively — for instance, to describe traffic — it can also mean something positive, like a party, Texas Monthly wrote.

"I'm not surprised Norwegians would use this kind of geography to convey a quality," Erin McKean, founder of online dictionary Wordnik, told the BBC. "This is how we make language — emphasizing one aspect of the word or using metaphors."



*litt på norsk...*

## **Målvakter oppfatter verden annerledes enn folk flest**

*From SON Newsletter files*

Keepere må gjøre veldig raske beslutninger basert på begrenset eller ufullstendig sanseinformasjon.

Oppfatter målvakter faktisk verden annerledes?

Nå støtter vitenskapelige data denne ideen. Hjernene deres ser ut til å kombinere signaler fra ulike sanser raskere, viser en irsk studie.

Keepere får lite oppmerksomhet i forhold til spisser. Men når motstanderen får en kjempefarlig sjanse, og keeperen redder ballen i et brøkdels sekund. Da bølger et unisont sukk av lettelse over tribunen.

Hjerneforskere rekrutterte 60 fotballspillere og andre til ulike tester. – Denne studien kan være den første som beviser vitenskapelig at de faktisk er annerledes, mener David McGovern. Han er psykolog ved Dublin City University. Fotballspillerne var profesjonelle målvakter eller utespillere. Kontrollgruppen var personer i samme alder, som ikke spilte fotball. 20 deltakere i hver gruppe. Deltakerne ble bombardert med en rekke lyder og lysglimt. Disse sanseintrykkene skulle de prøve å skille fra hverandre. Var det forskjeller i reaksjonstiden deres? Altså hvor raskt sanseintrykk tolkes i hjernen?

Og ganske riktig. Målvakter har et smalere tidsvindu enn andre fotballspillere. Og andre som ikke spiller fotball. – De oppfatter sansesignalene raskere i hjernen, forklarer psykologen David McGovern til avisen The Guardian. McGovern ledet studien, som er publisert i tidsskriftet Current Biology. Men forskerne vet ikke om disse forskjellene skyldes det strenge treningsregimet til profesjonelle målvakter. Eller om de som blir keepere har disse naturlige evnene fra de er unge og derfor blir målvakter.

– I labben vår ser vi på mulige metoder for hvordan vi kan utvikle denne evnen ytterligere hos keepere, ved bruk av teknologi, sier Anders Meland, forsker og overingeniør Anders Meland ved Norges idrettshøgskole.

Siden målvakter oppfatter signaler så fort, tror forskerne at de ikke kobler sanseintrykkene sammen.

– I stedet tror vi at de bruker den sansen som gir informasjon raskest, sier McGovern.

Studien inngår i Michael Quinns masteroppgave. Han er selv tidligere keeper.

*a little in English...*

## **Goalkeepers perceive the world differently than most people**

Goalkeepers must make very quick decisions based on limited or incomplete sensory information. But do goalkeepers actually perceive the world differently? Scientific data support this idea. Their brains seem to combine signals from different senses more quickly, an Irish study shows.

Keepers get little attention compared to strikers. Except when the opponents come dangerously close to scoring, and the goalkeeper saves the ball in a fraction of a second. Then a unison sigh of relief spreads over the stands.

Brain researchers recruited 60 soccer players and others for various tests. "This study may be the first to scientifically prove that they are actually different," says David McGovern. He is a psychologist at Dublin City University. The players were professional goalkeepers or field players. The control group were people of the same age who did not play soccer. 20 participants in each group. The participants were bombarded with a series of sounds and flashes of light. They were supposed to try and separate these sensory impressions from each other. Were there differences in their reaction time? So how quickly are sensory impressions interpreted in the brain?

Quite right. Goalkeepers have a narrower window of reaction time than other soccer players. And other people who don't play soccer. "They perceive the sensory signals faster in the brain," explains psychologist David McGovern to The Guardian newspaper. McGovern led the study, which is published in the journal Current Biology. But the researchers do not know whether these differences are due to the strict training regime of professional goalkeepers, or whether those who become goalkeepers possess these natural abilities from a young age and therefore become goalkeepers.

Since goalkeepers perceive signals so quickly, the researchers believe that they do not integrate the sensory information. "Instead, we believe that they use the sense that provides information the fastest," says McGovern.

The study is part of Michael Quinn's master's thesis. He is a former goalkeeper himself.



- Please remember to submit any newsletter submissions by February 15 for the March 2024 issue.

## **NOVEMBER/DECEMBER BIRTHDAYS**

### **January**

2	1951	Linda Harvey
3	2011	Freyja Hanssen
4	1950	Nils Haugland
7	1994	Rebecca Christoffersen
24	1963	Aila Mjaaland
28	1951	Joan Rogerson
29	1944	Joan Walseth

### **February**

3	1996	Kassidy Pedersen
5	1944	Elaine Myers
10	1975	Sonya Jenssen
14	1959	Linda French
15	1922	Roy Johnson
21	1932	Kjell Garteig
21	1951	Mark Griffiths
28	2011	Liam Furuness



## **SUNSHINE COMMITTEE**



Hello!

We continue to hope for improvement in health for Ida Pedersen. God bedring, Ida

After a month long seige with medical tests and treatments including surgery; Kjell Garteig is now seeking the sun in Mexico.. Good work, Kjell.

We are happy to hear that Ann Erb is doing well after a return of a previous health issue requiring several weeks in hospital.

Arvo Paivarinta remains in Age Care Malaspina where he is receiving care. He loves company from friends in person or a telephone call.to 250-754-7711, ask for Blue Heron neighborhood. If possible, the health care worker brings the phone to Arvo for a chat. His personal phone does not work at the moment. If anyone is going there, he loves muffins. If not going; a greeting card means a lot.

Address: Age Care Malaspina  
100-Eleventh St  
Nanaimo.BC. V9R 6R6

We offer our thanks to Ragnhild Wessel and family for the gift of a turntable (Technosonic ) along with LP records and cassettes (lyrics in Norwegian). At present it is housed with Sonja.as it is not easily portable and we have no room for it at Bowen. The Wessel family surprised us with hard cover books as well; some novels and a series of 8 Norsk Konversasjons Leksikon.

Early in the New Year we could discuss these additions to our Lodge. Please call Sonja (250-756-2406) after the New Year if these books strike your interest to have a read.

Thank you.

Good Health to all!

Call Sonja 250-756-2406

## **What is skrei?**

Unsalted skrei, or migrating cod, is renowned for its lean meat and distinct delicious taste. Between January and April the Norwegian coastline comes alive when millions of large mature cod take their annual journey from the Barents Sea back to their spawning grounds around the Lofoten Islands.

Skrei is dried by the wind and the sun on giant wooden racks in Lofoten and other areas in Northern Norway. You can enjoy it grilled, baked, or cooked. Small, dry slices of tørrfisk are also a healthy and popular snack – and dogs love it too!



## **Grov Rengakake / Whole Grain Spiral Rolls**

From Rana, Nordland  
*from norsktradisjonsmat.no*

Despite the name, rengakake is not a cake, but rather a type of bread which is eaten with butter and toppings. Savory cold cuts, cheese and jam are often enjoyed on these spiral-shaped rolls. Scholars debate whether it should be brown cheese or aged cheese.

No one knows how long rengakake has existed as a baked good, but it has probably been several hundred years. The farmers in Rana grew barley, and thus barley flour could be used to bake rengakake. In the past, rengakake was an everyday staple, but today it is most often baked for holidays such as Christmas and Easter. It is a traditional bake in many homes. Rengakake is baked in both whole grain and white flour variants. But in the eyes of many, it is the whole grain rengakake that is the authentic one. Rengakake keeps well and can be stored for longer than yeasted breads.

### Grov Rengakake – Whole Grain Spiral Rolls

4 cups (400 g) barley flour  
3/4 cup (100 g) wheat flour  
1/2 cup or 1 stick (100 g) margarine  
2 Tablespoons cream of tartar  
13.5 oz or 1 cup plus 2 Tablespoons (4 dl) milk  
2 Tablespoons sour cream

#### Directions:

Mix together dry ingredients. Crumble in the margarine, sour cream and sprinkle with milk. Mix into a dough that should be easy to roll into long thin ropes. Knead the dough well and divide into small pieces, rolling into smooth ropes about the width of a pencil and between 25-30 inches (65-75 cm long).

Coil the dough into a spiral on a baking sheet- each rengakake should have 5-6 rings and be roughly palm-sized. Leave a small opening in the middle. Taper the outer end of the end of the rope and tuck it under the edge, so the rounds are completely flat.

Optional: once all of the dough is ready to bake, brush roll tops with milk, to give it a shiny finish.

Bake at 400° to 425°F / 200°C to 225°C degrees for approximately 25 minutes or until golden brown.



Photo credit: norsktradisjonsmat.no

## **Bjørn Wirkola turns 80**

*From SON Newsletter files*

Bjørn Wirkola is for many a hero in Norwegian sports. He has been both a ski jumper and a soccer player. He won World Cup gold in ski jumping. And scored many goals for the football club Rosenborg. Bjørn Wirkola turned 80 in 2023.

He became double world champion in ski jumping in 1966. That took place at Holmenkollen in Oslo. Eventually he quit ski jumping. In 1971 he became a soccer player for Rosenborg. There he won both series gold and the cup title. Wirkola scored 28 goals in 97 games, according to rbk.no.

Wirkola was also good in Nordic combined. It is a mixture of ski jumping and cross-country skiing.

"I was lucky to be involved in so much. With a lot of nice friends. In soccer, you get a slightly different relationship with your friends around you than in jumping. There you are more dependent on yourself," Wirkola told the news agency NTB.

Bjørn has retired from soccer and ski jumping. But Wirkola still follows sports. He was present during the skiing World Cup in Planica [Slovenia] earlier this year. And he often watches Rosenborg's [soccer] matches at Lerkendal. "What the Norwegian jumpers have delivered in recent years is strong. This also applies to the women. It's good that they are there. And remember that all ski jumpers are kind and pleasant," says Wirkola.

He himself set three world records in ski jumping. They were 146 meters, 156 meters and 160 meters. Today, the world record is 253.5 meters. It was set by Stefan Kraft. Wirkola was so good at ski jumping that he got an expression named after him. "Jumping after Wirkola" means doing something that is almost impossible. "Are you tired of hearing talk about 'jumping after Wirkola' year after year?"

"No, no, I can hear that every day. It's just nice to have a saying like that," says Bjørn Wirkola to NTB.