



How står det til?

From SON newsletter files - By Arild S. Foss, freelancer for Forskning.no

Are you bilingual, but mix ord from both languages når you speak? Languages that share space in the brain over a long time have an easier time of "leaking" over into each other. Research shows that the brain has trouble keeping two languages away from each other without blending them, says linguistics professor Ana Teresa Pérez-Leroux at the Universitet i Toronto.

"We have found that different languages cannot be kept totally separate in the head. You can become very good in a new language, but there will always be a sort of window in your brain where one language can 'leak' over into another." Language-leakage among bilinguals is a well-known phenomenon in language research, says Elizabeth Lanza, professor of linguistics with the University of Oslo. "When a bilingual person speaks with another both languages are activated, and one switches between the languages depending on what they are talking about. "But when a bilingual person speaks with a person who only comprehends the one language, it can be difficult for the bilingual to prevent the second language from being activated – and that can cause "leakage."

She can show several examples of language-leakage. "I have heard Norwegian-Americans who say "Jeg skal gå til Norge til sommeren" – from the English "I will go to Norway in the summer." But the word "go" in English has a much broader meaning than Norwegian "gå," which means in this context, "walk on foot."

Lanza is herself an American living in Norway, with children who speak both Norwegian and English fluently. "When my daughter Maria was little there were certain periods when her Norwegian was "stronger" or more dominant. One time I was away at seminar and called home, she asked me: "Miss you me?" instead of "Do you miss me?" "Small children find it easier to acquire a new language's sound system compared to an adult, but adults can achieve a high level of bilingualism themselves although they possibly speak with an accent," says American/Norwegian Lanza – without accent.

Germans can also mix up their sentences, wont as they are to set the verb back. A bilingual German who also masters English can end up with "I to the dining room go."

NEXT MEETINGS!

- REGULAR MEETING THURSDAY JANUARY 3 AT 7:00PM (1900HRS) AT BOWEN PARK (ACTIVITY ROOM #1), AFTER A 6:00PM POTLUCK DINNER.
- 50/50 DRAW FOR THOSE WHO WISH TO PARTICIPATE AT A COST OF \$1 PER PERSON, PROCEEDS TO CHARITY.

SOCIALIZING

- POTLUCK DINNER AT 6PM.

PRESIDENT'S MESSAGE

Greetings Brothers & Sisters.

Happy new year to all North Star lodge members and their families. Hope you will have a wonderful year.

Thanks to the members from Eidsvold lodge that came and helped us celebrate our installation at our last meeting December 3rd. A special thank you to Melvin Klassen for doing a great job installing us, and Eidsvold President Loretta Pedersen and the Leikkaringen dancers.

Also, thanks to Rosie and Randi for baking some very delicious cakes and Linda's wonderful smørbrød - it was a feast everyone enjoyed.

Our next meeting is January 3rd, at 7pm, but we start with a Potluck dinner at 6pm.

See you all there, feel free to bring a friend.

Fraternally
Ida Pedersen
President

We will have the annual
North Star Building Association meeting on
Thursday January 24th at 19:00 hrs (7:00 pm)
Location: 6194 Parkwood Drive, Nanaimo BC.
(Jim & Rosie's house)

Please mark your calendar!

This is a very important meeting to discuss
investments and use of money.

MEMBERSHIP SECRETARY'S MESSAGE

Re: SON 2018 RECRUITMENT CAMPAIGN GOAL.

Congratulations to North Star Lodge 7-063 for being the only Lodge in District 7 to meet their 2018 Recruitment Goal. North Star's goal was to get a minimum of 5 new members in 2018. By April we already met our goal. In December we now have 10 new members in our Lodge. This mean that our lodge met the goal by 200%. If all our members help our lodge getting new members we should not have a problem reaching the same goal in 2019. Congratulations again!

Jim Tore Breivik
Membership Secretary & Vice President,
North Star Lodge 7-063.
Publicity Director District 7.
Vice President District 7.

2019 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	Elisabeth Vikran	778-441-2740
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	Lillian Hope	250-758-1095
2 YR TRUSTEE	Gabriel Gabrielsen	250-753-5256
3 YR TRUSTEE	Kjell Garteig	250-756-4934



NOVEMBER MEETING HIGHLIGHTS

The Dec 6, 2018 North Star Lodge regular business meeting started at 7:05 pm with 13 members present and nine visitors Melvin Klassen (District 7 Secretary and Zone 1 Director) plus seven Leikarringen dance members from Eidsvold Lodge and Liv Dahl, and one guest Pat (friend of Randi Johansen).

Officer installations took place led by Melvin Klassen (District 7 Secretary and Zone 1 Director).

Minutes were read and approved as read. Regular meeting business took place.

Updates were given:

- Social update that Christmas event brought in \$187.80 to the food bank and \$130 from the silent auction. Thank you to all who helped at the party.
- Lutefisk dinner made a \$71.50 profit.
- An executive meeting will be called before the January meeting to make up the 2019 social calendar.

Motions were carried that:

- North Star Lodge continue to give small poinsettias and cards to the elderly in homes.

Adjourned at 8:17 pm.

Followed by a fabulous dance presentation by the Eidsvold Leikarringen Dancers.



SOCIAL REPORT

Greetings!

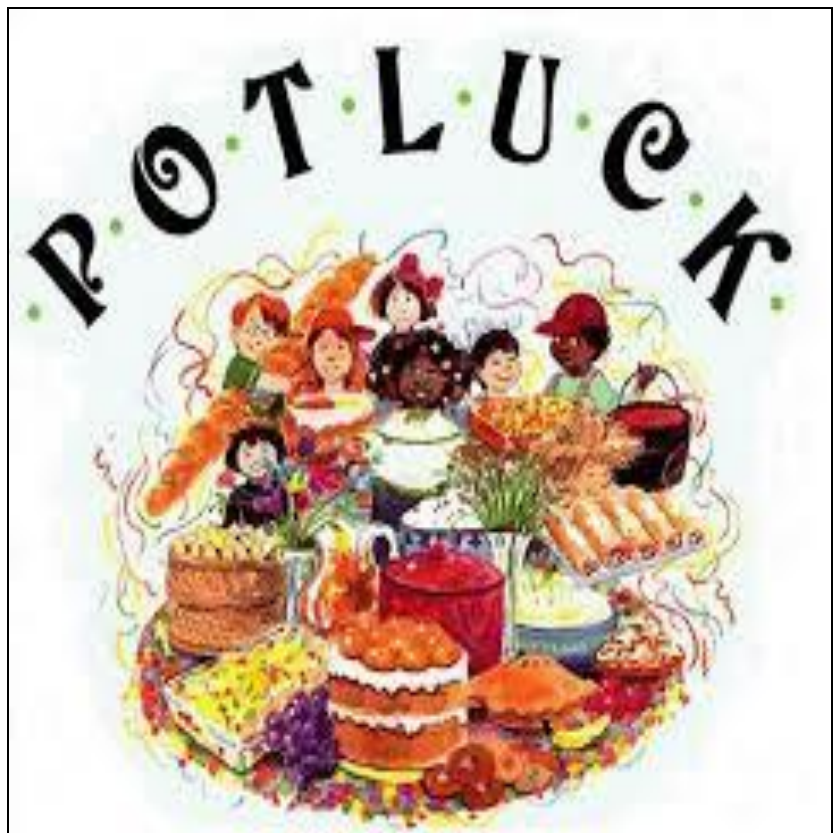
We have had a very busy Christmas season. It started with our Lutefisk Dinner in November and then into December we had our Jul Fest dinner. Our installation night was held on December 6th and that was a great success. Norwegian dancers from the Victoria lodge joined us and we were royally entertained by them. Mel Klassen, a District Board member, from Victoria also came and officially installed the North Star members who hold office. We all enjoyed eating open faced sandwiches and cakes. It was a fun evening. Thanks to all who participated.

POT LUCK NEWS YEARS KICKOFF

NOW, we begin another year! 2019 will open with a bang as we are having a POT LUCK dinner on January 3 before our first meeting of the year! Please come out and ignite this new year! The dinner will begin at 6:00 pm sharp! Please come a little early to help set up. It would be most appreciated.

SEE YOU ALL IN JANUARY, IF NOT SOONER!
HAPPY NEW YEAR TO ALL.

Linda Harvey
Social/Cultural Director



a little in English...

Queen Sonja Makes a Gift of Her Original Art

From SON newsletter files

Queen Sonja is making a gift of her original artwork, "Kolåstind." The lucky recipient is the Norwegian Tourist Association (DNT), which is celebrating its sesquicentennial.

The queen is an honorary member of the organization. She is giving away 45 copies of her work "Kolåstind." It was made using the woodblock printing technique. In the past, the queen has received accolades for her art. The prints are to be sold to members of the DNT.

According to Queen Sonja's wish, proceeds will be donated to the DNT's cabin fund. The fund will ensure that DNT can carry out their work and make improvements. There are certain things that the organization cannot solve through volunteerism.

"This is a strong acknowledgment from the queen that shows the significance of our cabins. We will continue to make them available to the public. The queen is really giving a gift to the Norwegian people," says Dag Terje Klarp Solvang, the Secretary General of DNT.

DNT has set the price per print at 25,000 kroner [US \$2,950/ CAN \$3,885] for members. They cost 100,000 kroner [US \$11,800 / CAN \$15,545] for businesses that are members.



litt på Norsk...

Dronning Sonja gir bort kunst i gave

Dronning Sonja gir bort sitt eget kunstverk «Kolåstind». Den heldige mottakeren er Den Norske Turistforening (DNT). De fyller 150 år.

Dronningen er æresmedlem i organisasjonen. Hun gir bort til sammen 45 eksemplarer av verket «Kolåstind». Det er laget med teknikken tresnitt. Dronningen har tidligere fått skryt for kunsten sin. Bildene skal selges. Medlemmer i DNT kan kjøpe bildene.

Etter dronning Sonjas eget ønske vil det de tjener gis til DNTs hyttefond. Fondet skal sikre at DNT kan gjennomføre arbeid og oppgraderinger. Det gjelder ting som organisasjonen ikke får løst til gjennom dugnad.

– Det er en sterk anerkjennelse fra dronningen. Hun viser at hyttene våre betyr noe. Vi vil forsette arbeidet med å gjøre tilbudet tilgjengelig for alle. Dronningen gir en gave til det norske folk, sier Dag Terje Klarp Solvang. Han er generalsekretær i DNT.

DNT har satt prisen per trykk til 25.000 kroner for medlemmer. De koster 100.000 kroner for bedrifter som er medlem.



Netflix på norsk

From SON newsletter files

Winter months are a great time to get cozy and catch up on your favorite tv shows. For subscribers to Netflix, there are an ever increasing number of Norwegian titles available.

Have a look at the descriptions of the latest batch of Norwegian-made films and tv series.

- **Maniac / Maniac** – TV series - TV-MA
A nondescript man in a mental hospital has an exciting life of adventure and romance – in his head. He may be insane, or maybe he’s just having fun.

Mindbending, Offbeat, Absurd

- **Norsemen / Vikingane** – 2 seasons – TV-MA
In 790 AD, the Vikings of Norheim have a hectic schedule that includes pillaging, plundering, enslaving others and solving problems with violence.

Violent, Dark, Period Comedy

- **The Last King / Birkebeinerne** – Rated R
In 1204 as civil war rages, Norway’s dying king entrusts two warriors to protect his infant son against internal forces determined to kill the heir.

Exciting, Adventure, Period Piece

Coming soon ...

A new Netflix original series from Norway has just started production. “Ragnarok” is the story of a Norse god who comes back to life as a teenage boy. The six-part series is a mash-up of Norse mythology and a high school drama.



Be a Lifelong Learner!

Start 2019 by exploring your heritage with one (or more) of our fascinating Cultural Skills topics. Dive into a new subject with lodge friends and earn a Cultural Skills pin to recognize your achievement.

Or, expand your existing skills and be recognized with additional skill bars. Learn more from your local lodge's cultural director or log in at sofn.com and go to Member Resources.

LANGUAGE CLUB

Hello language interested members! We are learning a lot in our language game club. Thank you to those who have come out to participate so far. It really is a lot of fun. New participants are always welcome. The game allows people to start at the English or Norwegian level at which they feel comfortable, so it is easy for new participants to join at any time. We are also welcoming guests at these games, so if you know someone who might like to try it out with us, just give us a heads up so that we bring enough snacks.

Please email rbarlak@island.net or call 250-758-7576 if you are interested in joining our Language Game club. This will ensure we bring enough games and snacks for all who are interested in playing.

Where: Study Room 1, Vancouver Island Regional Library – Nanaimo North Branch, 6250 Hammond Bay Road.

When: 6:00-7:50pm, the first and third Tuesdays of every month.

A Hearty Warm-Up for a Chilly Winter's Eve: Grynsodd

From SON newsletter files

You'll feel fortified and able to tackle any January task after enjoying a bowl of this full-flavored barley vegetable soup.

Ingredients

3 Tbsp barley, soaked overnight
3 Cups water
½ leek, washed and sliced
2 celery tops with leaves, chopped
2 Cups beef stock or bouillon
2 Cups cabbage, washed and sliced
1 Cup carrots, sliced
½ Cup rutabagas, diced
3 potatoes, diced
Salt and pepper to taste
Fresh parsley, chopped
Optional ingredient: 1½ Lbs. beef chuck diced

Directions:

1. Rinse the barley and soak it in cold water overnight.
2. Add the barley and soaking water to large soup pot.
3. Cut the leek in half and wash it well, then slice. Cut the celery and add both to the soup pot. Simmer for about 1 hour.
4. Add the beef stock and sliced cabbage, simmer for 20 minutes. If you are adding the beef chuck, add it in this step.
5. Add the carrots and rutabagas, simmer for another 10 minutes.
6. Add the diced potatoes. Continue to simmer for another 15 minutes until the vegetables are firmly cooked, but not mushy.
- 7.

Serve hot from the stove sprinkled with the chopped parsley. Pair with a crusty, dark bread.



Re-enactments Provide Glimpse into the Viking Age

From SON newsletter files

Viking re-enactment groups are becoming more prevalent than ever, with groups popping up in the United Kingdom, mainland Europe and Northern America.

Related Facebook groups may be a reason for the rise in awareness and popularity, with several groups each boasting thousands of members.

Reenactment groups strive for authenticity in their activities, be it scenes from everyday life (baking, forging, gardening, carving) or participating in re-created battles. Many members of these groups study Viking life and culture in detail, from exploring ancient Viking sites, studying Norse sagas or scrutinizing artifacts and old trade routes.

There are active online marketplaces for buying, selling and trading Viking replicated clothing, accessories and equipment. On websites such as Etsy one can source jewelry, tunics, headwear, footwear, tankards, shields, props and more.

To get a real flavor for Viking re-enactment, check out a recent issue of National Geographic, "The Vikings, Lords of Sea and Sword." Re-enactors were used in photographs to illustrate in detail various aspects of Viking life.





- Please remember to submit any newsletter submissions by January 15 for the February issue.
- WANTED to buy: Lefse Grill. If you have one you no longer use, please contact rbarlak@island.net or call 250-758-7576.

Norwegian coffee break Do you like to go for coffee? Well so do a lot of other members! Let's meet up. Anyone can decide when and where to have the next "kaffe pause" - just let us know and we will make sure we let all those interested know the details. Call 250-758-7576 or email: j-t-brei@online.no with a location and date so we can let members know.

Please note our lodge member Sonya Jenssen leads a club called Comox Valley Viking Suns (not a SON club), which holds Norwegian related events in the Courtenay area. If you are interested seeing what they offer, check out: <http://www.comoxvalleyvikingsuns.com/events/>

JANUARY BIRTHDAYS

- 2 Linda Harvey
- 3 Freyja Hansen
- 4 Nils Haugland
- 10 Dakota Myers
- 21 Irene Thomassen
- 28 Joan Rogerson
- 29 Joan Walseth



SUNSHINE COMMITTEE

Your Sunshine Committee has been pleasantly taken up with greeting our members by phone, mail or a visit to those who are ill or shut-in for varied reasons. If we are now, or at times have been, one of those folks; we may recall that Christmas can be an especially poignant time for loved ones and families.

- Our member Alma Ballard remains at Dufferin Place in the Birch Wing. She sends her warmest greetings to all, would love a visit and does not mind a drop-in.
- Kari Garteig is now at Chartwell Malaspina Lodge. Please call Kjell if you are thinking of visiting.
- Nils Haugland is out and about with greater ease; looks and feels stronger. Still requiring follow-up with his doctor.
- Ingy Bloodsworth is feeling unwell at this time. Some days for her are better than others, so please call if you are thinking of visiting.
- Good to see that Arvo has his energy back....
- Ingrid Godfreyson is much improved. Again, some days are better than others. Mornings not good for a visit.
- Ida was not so well for a few days this week. Maybe a little rest was needed? Ta det med ro, Ida.

Hope we have not missed anyone...

And now I/we wish you all the hope, the joy and the wonder of Christmas.

Please call Sonja (250-756-2406) or Irene (250-585-3372) if a member you know is ill or needing a visit.

Now in and available to purchase! 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:

What do you know about this word?

Dugnad du'g/nad (noun, common gender):

<p>1. Dugnad usually often refers to:</p> <ul style="list-style-type: none">a. summertime volunteer workb. work in Norway or abroadc. any kind of work performed by anyone on a volunteer basisd. all of the above	<p>2. Dugnad projects are:</p> <ul style="list-style-type: none">a. typically ad hoc, oriented towards a single, concrete goalb. typically ongoing charity work or community services projects.c. Neither a or b
<p>3. True or False: Dugnad is a potent Norwegian cultural institution, a powerful public realization of values Norwegians love to demonstrate to themselves and others.</p>	<p>4. Dugnad is:</p> <ul style="list-style-type: none">a. A Norwegian cultural iconb. Looked down uponc. Just silly
<p>5. True or False: A 2004 contest conducted by the state broadcasting service declared Dugnad the Norwegian national word in a ceremony presided over by then-Prime Minister Kjell Magne Bondevik.</p>	<p>6. True or False: Organizations like Internasjonal Dugnad coordinate volunteer projects only in Norway.</p>

Facts:

From <http://www.bbc.com/capital/story/20180521-how-dugnad-shaped-a-nations-work-ethic>

Surveys show that the number of volunteers in Norway and the amount of time they spend volunteering are high and increasing in some areas. A total of 61% volunteered for at least one organisation in 2014, figures from Statistics Norway show.

Dugnad is also a significant economic contributor. The value of voluntary work in Norway's non-governmental organisations (NGO) sector, for example, is estimated at just under £6.5bn (\$8.8bn) – more than the £4.8bn of paid work in the sector - around 5% of GDP for mainland Norway in 2014.

To enter your name into the monthly prize draw, just give the Facts and Fun a try and bring your entry in to the next meeting. If you cannot come, give your entry to someone who can or mail it in to Rosie Barlak, 6194 Parkwood Drive, Nanaimo BC, V9T 6C8. For answers email: j-t-brei@online.no

Answers to December Facts and Fun: not applicable