



Summer Break

From your Lodge Editor, Secretary and fill in Treasurer, Building Association President and fill in Treasurer.

Have a happy summer everyone!

Your North Star News editor will be taking a break until our September issue, and after our June meeting, there will be not lodge business meetings until September. In the meantime, if you have anything to announce, we can send an email (email: j-t-brei@online.no) around to members and call those who do not have email.

Maybe our hard work following restrictions will pay off and they be lifted enough to allow some small summer gatherings. We always look forward to those. In the meantime, try to keep in touch with fellow members, especially those who may live alone or our newest members who have not yet had a chance to enjoy all Sons of Norway has to offer in person.

Enjoy the nice weather and summer spirit!

Your editor,
Rosie

NEXT MEETING!

- OUR REGULAR MEETING WILL BE HELD VIRTUALLY USING ZOOM ON THURSDAY JUNE 3, 2021 AT 7PM. AN EMAIL INVITE HAS BEEN SENT. IF YOU DID NOT GET IT, PLEASE EMAIL J-T-BREI@ONLINE.NO
- HOPEFULLY SEE YOU SOON, STAY TUNED!

SOCIALIZING

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



PRESIDENT'S MESSAGE

Greetings Brothers and Sisters,

We have the most beautiful weather now. I hope you have been able to go out and enjoy it. There are several restaurants with outdoors patios, where you are able to go for lunch or dinner.

Though most people have had their vaccine by now, I know we still have to be careful, wearing masks and practicing social distance.

I hope we will be able to have a social sometime this summer, maybe a picnic in July.

Our next zoom meeting will be Thursday June 3 at 7pm.

Fraternally,
Ida Pedersen
President
250-758-2306



VICE PRESIDENT'S MESSAGE

Hello!

Even though we do not have meetings in the summer, it is important to remember to talk to others about Sons of Norway and invite people who show an interest to become members.

As always, headquarters has a membership challenge happening for 2021, and you can do your part to increase our lodge membership (get recognition for your efforts and help the lodge get an award for membership recruitment), as well as reach out to existing members while we are not meeting to keep in touch.

Have a great summer and hopefully we will be able to meet for some outdoor events in the next few months!

Regards,
Jim Tore Breivik
Vice President



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	vacant	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	vacant	250-753-5256



MEETING HIGHLIGHTS

Our May 6, 2021 North Star Lodge (NSL) regular business meeting was held virtually using Zoom, with 10 members present and one guest, Leah Hayward. A moment of silence was held for Gabriel Gabrielsen.

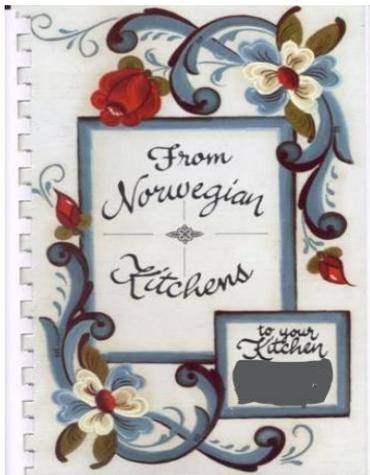
Regular meeting business occurred.

It was noted that:

- District 7 Heritage Camp at Hatzec has been cancelled for 2021. There will be a virtual 2021 camp.
- Dates have been announced for the:
 - District 7 SON Convention in Kelowna, May 26-29, 2022
 - International Convention in Eagan, Minnesota Aug 31-Sept 1, 2022

A motion was carried that:

- Sonja Cole be the third signing authority on the SON North Star Lodge CIBC account.



Social Directors Message

A big thank you to all of you who joined into our Zoom monthly meeting! More members attended this month, which is a good sign. For those of you who do not have a computer or camera on your computer, you can use your phone and dial the number on the Zoom invitation and listen to the meeting and even speak...you will not see the others but at least it is some comfort to even hear your friends' voices and be a part of the lodge again. Hope to see or hear from you next month! It is painfree!!

There was a Zoom District 7 invitation on the 17th May to help celebrate Norway's Independence Day virtually. Virtually is a better option these days than not meeting at all! We can see others from afar, talk, laugh, tell stories, listen to music, look at pictures that are shared by others and even Skål together!

I know that we all miss the parades, bunads, cake, potluck, coffee, aquavit, and music of the day! This is "next year country", a saying borrowed from Saskatchewan farmers! Hopefully, we will all be in fine tune next year. In the meantime, celebrate every day in your own special way!

Here at North Star, we continue with our Norwegian Book Club and our Norwegian Music Club, both through the Sons of Norway Cultural Skills Program, as well as our monthly Zoom meetings. Some of us talk on the phone keeping in touch with our members, some of us walk daily to chalk up miles for the walking sports medal, some read and listen to music, others are hobbyists and create, some bake wonderful foods, almost everyone gardens in their yards or patios, a few write cards and letters and the list goes on! Keep thinking of others and keep yourself well also. Summer is on it way...rejoice!

I called for some recipes from you. If you have any Norwegian recipes, please email them to me or pop them in the mail. My email: lgharvey@live.ca or address: 4648 Laguna Way, Nanaimo, B.C. V9T0A7

I continue to work on a Norwegian Cookbook for the lodge. I need all the help I can get from YOU. If you have some stories associated with the recipes, please include them. This is a way of preserving our culture. Thank you. I will look for your response!!

Enjoy the summer!

Keep well, keep safe and keep in touch!

Linda Harvey
Social/Cultural Director

Norway's Self-Proclaimed "Time-Free Zone"

From SON Newsletter files

The small northern-Norwegian island of Sommarøy made a splash in the summer of 2019 with its proclaimed intent to declare itself "the world's first time-free zone." The effort was aimed at generating conversation and drawing tourists to the area, where the midnight sun shines all night long from mid-May to late July.

A campaign video for the cause features footage of locals enjoying the golden sunlight, and is narrated by Sommarøy resident Kjell Ove Hveding, using air quotes to emphasize the irrelevance of standard notions of time:

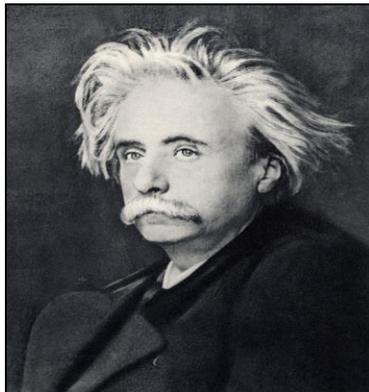
We do what we want when we want.

If you want to paint your house at "2am" it's ok.

If we want to cut the grass at "midnight" we will.

If we want to take a swim at "4am" we will.

Want to know more about this tongue-in-cheek effort that made headlines around the world? You can view the video online by typing bit.ly/3rA8X4L into your internet browser. While you're there, you can also connect with the Time-Free Zone Facebook profile (@TimeFreeZone) to practice your Norwegian language skills and view more content from the publicity campaign.



Happy Birthday, Edvard Grieg!

From SON Newsletter files

Born June 15, 1843 in Bergen, Edvard Grieg became Norway's most celebrated composer. He is recognized as an important figure in the Romantic era of music in the 19th century.

His musical education began at the young age of 6 under the tutelage of the best piano teacher in town, his highly educated mother, Gesine Judithe Hagerup. His father Alexander Grieg was also very successful, running the family business as a merchant of dried fish and lobster.

When Grieg was 15, famed violinist Ole Bull paid the family a visit and was very impressed with his young relative's musical skills. On Bull's recommendation, Grieg went to study at the prestigious music conservatory in Leipzig, Germany.

Grieg became an established and respected composer in his lifetime. He expressed the vibrant beauty and heritage of Norway through his music, a legacy that lives on today.

Learn more about Edvard Grieg in the June 2020 issue of Viking on sonsofnorway.com.

Nordic-inspired Wedding Celebrations

From SON Newsletter files

Nordic wedding themes can run the gamut of eras and styles. With just a few elements, you can create a unique event that is just right for the wedding couple.

Old Norse clothing and foods (drinking horn of mead, anyone?) from the Viking age may be a part of your celebration. Or perhaps you would like to honor more recent ancestors with traditional bunads for the wedding party. Favorite treats like lefse and a towering kransekake decorated with Norwegian flags could grace your reception. If the clean lines of modern Scandinavian design appeal, then natural wood serving pieces, simple floral centerpieces and a scattering of white candles provide a cozy atmosphere.

If you or a family member are dreaming of a Nordic-inspired wedding, here are more ideas to spark your creativity!

- Choose a venue with Nordic décor. There are Sons of Norway lodge buildings that incorporate Norwegian style across North America, as well as Stave Church replicas and hotels with Scandinavian flair, for a modern look.
- Create a wedding invitation that incorporates rosemaling or a Norwegian landscape background in the design. You can repeat these elements in other decorations.
- Assign reception table names based on locations in Norway. Add table decorations such as Norwegian wood carvings, pewter or rosemaled pieces. And you can make traditional Norwegian heart-shaped woven baskets called julekurver. Filled with nuts or candies, they are a nice gift for your guests.

Looking for more ideas? The July 2013 Viking in the online magazine archive at sonsofnorway.com features the weddings of four couples, including that of current International President Ron Stubbings and Riitta Huttunen.

Love baked goods?

Leah Hayward, her husband Trond Hagen and baby son Bjørn are the newest members of our lodge. Please welcome Leah, Trond and Bjørn to North Star Lodge. Here is a little bit about Leah:

My name is Leah Hayward, and I'm a student in the Professional Baking program at VIU. When I graduate, my plan is to open a Scandinavian bakery in Sidney BC. I plan to offer Scandinavian specialties like Danish rye bread, Norwegian waffles, Swedish crispbreads, open-faced sandwiches, and homemade Danish pastries (just to name a few!) To my knowledge, it will be the only Scandinavian bakery on Vancouver Island.

I'm hoping the members of North Star Lodge can help me! What I need right now is practice, practice, practice, and genuine feedback on how I can improve my recipes. In other words, I need hungry and honest Scandinavians :)

I can deliver around Nanaimo every second Sunday (twice a month).

I can take orders by email (leah.solveig.hayward@gmail.com) or by phone/voicemail (250-634-0315). Deadline to order is the Friday before delivery.

Here are the products I'll offer (I hope lodge members will request others!):

- Danish rye bread: 100% rye sourdough w/ sunflower seeds (1 loaf - \$5)
- Swedish limpa: Sweet rye bread w/ anise, caraway, orange zest, and dark beer (1 loaf - \$5)
- Lompe: potato flatbread rounds, perfect for hot dogs! (pack of 6 - \$5)
- Classic rye crispbread: Wasa style (pack of 6 - \$5)
- Hearty seed crispbread: w/ sesame, sunflower, pumpkin, and poppy seeds (pack of 6 - \$5)
- Boller: w/ raisin, chocolate, or plain cardamom (pack of 6, single flavour - \$5)
- Cinnamon knots: knotty little cinnamon buns! (pack of 6 - \$5)
- Verdens beste: Norway's "official" cake! Soft butter cake, crispy meringue, creamy filling, toasted almonds (9x13" - \$20)
- Fyrstekake: cardamom tart w/ sweet almond filling (9" round - \$20)



Maynard Solomonson's Prize-Winning Flatbrød

From SON Newsletter files

Maynard's mother made flatbrød (flatbread) for many years and he demonstrated it at several of Vennekretsen's Nordic Heritage Fests (lodge 1-559, in Anoka, MN). He would also make batches of it to sell at the annual Meatball/Torsk dinner bazaar and it would sell out right away—members made it a point to be there early enough to buy a couple of bags!

Ingredients:

3 cups white flour
1 cup whole wheat flour
1 cup sugar
1/2 cup butter, melted
1 1/2 cups buttermilk
1 tsp. baking soda
1/2 tsp. Salt

Directions:

Mix flours, sugar, soda and salt together. Add melted butter and then buttermilk. If too sticky, add small amount of flour. Make dough balls golf ball size. Roll out until thin. Bake on lefse grill at 375-400 degrees until you see brown spots showing on bottom. Flip over until light brown spots. Put into oven set at 200 degrees until dry or convection oven at 175 degrees. If you have a dehydrator, leave in until crisp.

a little in English...

Buying a pig in a poke and not knowing beans about it

From SON Newsletter files

He is Muslim and does not eat pork. Nevertheless, he called his debut book "Griseflax." [pig's luck, used like the English expression "lucky duck!"] The title could not be more fitting, according to the author himself.

Ali Mohamed came alone as a resettlement refugee from Somalia to Norway in 2012. He quickly integrated and eventually got a job as a bilingual assistant at Bamble upper secondary school in Vestfold og Telemark county, the newspaper Varden says. Even though his Norwegian improved, he struggled to keep up in social situations. Mohamed quietly sat in the staff lounge while his colleagues talked. He understood many words but could not put them in context or understand the Norwegian expressions.

What in the world do Norwegians mean when they say that something goes right past their house [goes right over their head]? Or when they say they bought a cat in a bag [a pig in a poke]?

"Norwegian words and expressions are the spice of the Norwegian language. But if you come from Somalia, you do not know who Wirkola is, so you really don't know what the phrase "jumping after Wirkola" means, Mohamed (38) tells Varden. [Wirkola was a legendary ski jumper who was so talented, no one wanted to go after him. In English, we'd say "a hard act to follow"].

Eventually, Mohamed learned what the Norwegian expressions mean and how they originated. He decided to write a book on the subject for students in elementary school, adult education and high school. Griseflax! can be used by teachers or for independent study. A YouTube channel has also been developed that contains videos where words and expressions are explained in Somali.

Mohamed spent two years collecting Norwegian expressions and explaining them to readers. No publisher would accept the book, so he published it himself. Now he hopes the book will be an inspiration and support for teachers and students.

Griseflax!

About the title of the book, Mohamed says to Varden: "I think it was a bit ironic. I am Muslim and do not eat pork, but when you come to Norway you often see smiling pigs as a symbol of something good, like griseflax [pig's luck]. It's also about integration, and is an expression in itself, so I think it fits well, he laughs.

litt på norsk...

Å kjøpe katta i sekken og ikke skjønne bæret

From SON Newsletter files

Han er muslim og spiser ikke gris. Likevel har han kalt debutboken sin for "Griseflax". Tittelen kunne ikke være mer dekkende, mener forfatteren selv.

Ali Mohamed kom alene som kvoteflyktning fra Somalia til Norge i 2012. Han ble raskt integrert og fikk etter hvert jobb som tospråklig assistent på Bamble videregående skole i Vestfold og Telemark fylke, forteller avisa Varden. Selv om han ble god i norsk, slet han med å følge med i sosiale sammenhenger. Mohamed satt stille på personalrommet mens kollegaene snakket. Han forsto mange ord, men klarte ikke å sette dem i sammenheng eller forstå de norske uttrykkene.

Språkets krydder

For hva i huleste mener nordmenn når de sier at noe går dem hus forbi? Eller når de sier de har kjøpt katta i sekken?

– Norske ord og uttrykk er selve krydderet i det norske språket. Men kommer du fra Somalia vet du ikke hvem Wirkola er, og du vet i alle fall ikke hva uttrykket «å hoppe etter Wirkola» betyr, sier Mohamed (38) til avisa Varden.

Etter hvert lærte Mohamed hva de norske uttrykkene betyr og hvordan de har oppstått. Han bestemte seg for å skrive en bok om emnet for elever i grunnskole, voksenopplæring og videregående skole. Griseflax kan brukes i undervisningen eller som selvstudie. Det er også utviklet en Youtube-kanal som inneholder videoer der ord og uttrykk blir forklart på somali.

Mohamed brukte to år på å samle norske uttrykk og forklare dem for leserne. Ingen forlag ville anta boken, så han ga den ut selv på eget forlag. Nå håper han boka vil bli til inspirasjon og støtte til lærere og elever.

Om tittelen på boka sier Mohamed til Varden:

– Jeg synes det var litt ironisk. Jeg er jo muslim og spiser ikke gris, men når en kommer til Norge ser en ofte smilende griser som et symbol på noe bra, som griseflaks. Det handler jo også om integrering, og er et uttrykk i seg selv, så jeg synes det passet bra, ler han.



- Please remember to submit any newsletter submissions by Aug 15 for the Sept 2021 issue.

JUNE/JULY/AUGUST
BIRTHDAYS



June

- 06 Andrew Darling
- 08 Pearl Lindstrom
- 13 Christine Ridenour
- 15 Maren Breivik
- 22 Liv Dahl
- 23 Alexandra Furuness

July

- 04 Kirsten Karasiuk
- 11 Gwen Vonarx
- 13 Ida Pedersen
- 26 Hope Myre

August

- 03 Sutcliffe Abby
- 08 Jim Tore Breivik
- 30 Kirk Vadheim



SUNSHINE COMMITTEE

There is little news to report from the Sunshine Committee except to say we are not forgetting those members whom we know have not fully recovered from illness.

Best of luck and good treatment for Bernie Hansen, Joan Sorensen and Arvo Paivarinta.

Ida Pedersen is well after a short session of ill health. Did we miss anyone?

Take care and take heart everyone. It has been a long haul keeping clear of COVID and variants.

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

We will cheer you up best we can with a card and sometimes flowers and other members may want to do that as well.

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/

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

Books available:

Please contact Arvo Paivarinta 250-758-5816 if you are interested in picking up the following books from him:

- Ben Marttan – Boots a Bad Crossing
- Ben Marttan- The Iron Bowl Blues
- Sigrid Undset – The Son Avenger
- Sigrid Undset – In the Wilderness
- Sigrid Undset – The Axe
- Sigrid Undset – The Snake Pit

FACTS AND FUN:

The Norwegian Forest Cat

From petfinder.com and preciousfur.com

The Norwegian Forest Cat, called the skogkatt (forest cat) in Norway, is a natural breed and despite a feral appearance is not a descendant or a hybrid of any wild cat species. Forest Cats probably arrived in Norway from Europe, descendants of domestic cats introduced to northern Europe by the Romans.

It is supposed that the Norwegian Forest Cat has existed for a long time, since several mentions of large, longhaired cats exist in Norse mythology. Estimates of when these cat tales were written vary greatly. Most Norse myths were passed down by oral tradition and were finally recorded in what was called the Edda poems, written sometime between 800 c.e. and 1200 c.e. These myths suggest that domestic cats have been in Norway for hundreds, possibly thousands, of years. Whether the cats portrayed in the myths are Forest Cats is subject to debate.

When cats arrived in the northern countries, most likely with human settlers, traders, or crusaders, the breed's ancestors were probably shorthaired, since the cats transported by the Romans came from Egypt (generally) and were shorthaired varieties. The cats survived and in time adapted to the severe climate. Northern Norway, where the sun never sets from May 12 to August 1, and where the winter nights are correspondingly long and dark, proved a harsh test for these cats. Over the centuries of prowling the Norwegian forests, they developed long, dense, water-resistant coats, hardy constitutions, quick wits, and well-honed survival instincts.

The first efforts to have the Forest Cat recognized as a distinct breed began in the 1930s. However, after World War II, the breed came close to extinction. It wasn't until the 1970s that the cat fans in Norway began working to preserve the Norwegian Forest Cat. Wegies (as Norwegian Forest Cats are affectionately known) arrived in the United States in 1980. TICA, the first to recognize the breed, accepted the Norwegian Forest Cat for championship competition in 1984. The breed attained CFA championship status in 1993.

In the Myths

Norwegian myths describe large, long-haired fairy cats who live in the mountains and climb rocks called skogkatt. It is believed the skogkatt were based off of the large, furry Norwegian Forest cats, as skogkatt literally translates to "forest cat".

Old Norse (North Germanic) mythology describes these cats as being so big that not even the Gods could lift them. One famous legend depicts Thor, the strongest of all the Gods, losing in a show of strength to sea serpent Jormungandr who was disguised as a Norwegian Forest cat.

The skogkatt (or forest cat) was adored by Freya, the goddess of love, beauty, and fertility. The goddess is often depicted riding a chariot drawn by several humongous cats or with cats laying all around her. Farmers believed that if Freya passed through their fields or if they left milk out for her cats, they would have a bountiful harvest. Because Freya was also the goddess of love, people thought girls who loved cats had a greater chance of having a happy, successful marriage.

