



Preserving the Sámi Language

From SON newsletter files

February 6 marks the celebration of Sámi National Day. This is the date when the first Sámi congress was held in 1917 in Trondheim, Norway. As part of the celebration for this special day, Gunnar Wilhelmsen, the Mayor of Tromsø, made a call to Norway's larger cities. He challenged them to "increase their use of the Sámi language on signs for public buildings." Wilhelmsen specifically called out Oslo's mayor, due to the fact that "Oslo is the only city in Norway with more Sámi than Tromsø, so the challenge goes first to Raymond Johansen."

The Sámi are an important part of Norwegian culture. Wilhelmsen wants to ensure that accommodations are being made to encourage and respect Sámi speakers in the public sector. Fortunately, there has been a spread of Sámi language nationwide. In many parts of Northern Norway, road signs have been updated to include Sámi. It is important that these efforts to preserve and protect Sámi culture and language continue.

NEXT MEETING!

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 MONDAY SEPT 5, 2022, AT 7PM.
- SEE YOU THEN!

SOCIALIZING

- THERE WILL BE WELCOME BACK FOOD



PRESIDENT'S MESSAGE

Greetings Brothers and Sisters,
We are in the middle of June now, and working on our July 1st celebrations. I hope you all will come out to celebrate and you are welcome to bring a friend or two. It's an outdoors picnic style with food provided by the lodge. Please see our Social Director Linda Harvey's advertising. Wishing all fathers a wonderful Father's Day On Sunday the 19th of June.

Fraternally,
Ida Pedersen
President
250-758-2306



EDITOR'S MESSAGE

We are taking our summer break from newsletters, see you again in September!

Please remember, our North Star Lodge regular business meetings have moved to Mondays at 7pm at Bowen Park Meeting Room #1. The change in day is due to prioritizations the city needs to make for their parks and recreation courses. There are no business meetings in July and August.

Hopefully we can organize a casual summer picnic type event. Stay tuned.

Also, with restrictions lifted, remember you can again start requesting Kaffe Pause (Coffee Break) socials at a coffee shop of your choice. Just email j-t-brei@online.no with your choice of location and time, and we will inform members.

Rosie Barlak, Editor



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. CULTURAL DIRECTOR	Randi Johansen	250-754-4407
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

At our April, May and June regular business meetings, regular meeting business occurred. Attendance has been improving with 12 members at the June meeting! Thank you for attending and participating.

Motions were carried for North Star Lodge:

- That North Star Lodge would not host the 2024 District 7 convention.
- To have 17 of May dinner at Beefeaters with the cost of meal to members paid by the lodge.
- To give \$1500 cheques to District 7 convention delegates to cover travel and convention costs, must show receipts and return unused portion.

Updates were given from the three convention delegates on their convention learning and experiences.



Report from the Foundation Director

50th Anniversary Raffle

May 2nd marked the start of North Star's first of several raffles. Donations from several members were made to a gift basket with some Norwegian themed surprises. Linda Harvey was the lucky winner.

We will continue with these raffles throughout the year. Why you ask? - To celebrate the 50th Anniversary of the Sons of Norway Foundation, which has supported hundreds of young college students and members who wanted to learn about their Norwegian heritage. Some have even been awarded grants to travel to Norway to study.

The next raffle for a goodie basket will be at the June meeting. We hope to see you there, but if you cannot attend and would like to buy tickets (\$2.00 each, \$20.00 for a book of 10), you may send a cheque, made out to North Star Lodge, and mailed to Liv Dahl, Foundation Director, 649 Sarum Rise Way, Nanaimo, BC V9R 7C5. If the cheque arrives by June 3, your name will be placed in the June drawing. If your check arrives later, it will go into the next drawing which will be at the September meeting. Note: All tickets will be included in all drawings throughout the year. You can also help by selling tickets to your family and friends.

At the October meeting we will have a drawing for a handmade Norwegian sweater (Marius design), made by yours truly. At the November meeting there will be a drawing for a *kransekake*, made by our own master baker, Randi Johansen. At the December meeting we will have a drawing for a tray of 7 kinds of traditional Christmas cookies. At this meeting the sweater and the *kransekake* will be delivered to the October and November winners respectively.

We hope you will support the Foundation and that YOU will be a winner of one of the exciting prizes.

Vennlig hilsen,
Liv Dahl, Foundation Director

Knut Brakstad - A Career of Service

From SON newsletter files

Knut Brakstad built a career in service to his country, eventually becoming the right hand of the king. Originally from Molde, he attended St. Olaf College in the U.S. The liberal arts curriculum allowed him to explore interests such as civic engagement, philosophy and theology. He studied in Germany and London; in Oslo he earned degrees in family therapy and theology. Brakstad was a chaplain in the Royal Norwegian Navy, worked for the Ministry of Foreign Affairs and served as a Lutheran minister. He was a project manager on the 1994 Winter Olympics in Lillehammer and then shifted careers, moving to the royal palace to become the First Assistant Cabinet Secretary for King Harald V. Eventually Brakstad became the king's private secretary, responsible for maintaining King Harald's correspondence, schedule and activities, flying with him all over Norway and the world. For his service to his country, Brakstad was appointed a Knight of the Order of St. Olav in 2005, and was awarded an honorary doctorate by his alma mater, St. Olaf College. He retired in December 2021, after 28 years of representing the royal family.



Photo Credit: stolaf.edu

“Den største forbrytelsen” (“Betrayed”) receives top rating

From SON newsletter files

A Norwegian historical drama is receiving praise on film review website Rotten Tomatoes, garnering a rare 100% rating. Based on real events and Marte Michelet's award-winning book with the same title, WW II drama “Den største forbrytelsen” ([The Greatest Crime], distributed in English as “Betrayed”) recounts the fate of the Braude family, working-class Norwegian Jews from Oslo.

Jakob Oftebro stars as boxer Charles Braude, whose tight-knit family is upended by the Nazi takeover, with the men first being imprisoned in Berg concentration camp near Tønsberg, Norway, and then forcibly deported to Auschwitz.

In director Eirik Svensson's latest vehicle, we see that the “greatest crime”—a painful part of Norwegian history—is carried out not only through the actions of traitorous Norwegians who were part of the fascist puppet regime, but also by ordinary citizens who witness the anguish of their neighbors and do nothing.

The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.



Photo Credit: Karl Erik Brøndbo/Fantefilm, via p3.no



Norwegian Film Nominated for Oscar: “Verdens Verste Menneske”

From SON newsletter files

In October 2021, the Norwegian film “Verdens Verste Menneske” was released in France and Norway. The film, which translates to “The Worst Person in the World,” has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the “Best Foreign Language Film” category by The Academy of Motion Pictures and Sciences in Hollywood.

This is not the film’s first praise, however. The film has already won “Best Foreign Film” at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film’s premiere as she won “Best Actress” at the Cannes Film Festival. The film depicts her character finding her way through life and love.

This is the sixth time Norway has been nominated for an Oscar in that category, however all previous nominations have not been the winners. Sadly, it was not in the cards for “Verdens Verste Menneske” this year. The award went to the film “Drive My Car” from Japan.

An Aquarium Experience Beyond the Arctic Circle

From SON newsletter files

In the northernmost part of Norway tucked near the water’s edge in Tromsø you will find an attraction called “Polaria.” Upon first glimpse you might think this building has toppled over, but don’t be fooled. Inside you will find exhibits unique to the Svalbard region including a simulated permafrost. The aquarium features rare cold-water fish, fascinating marine life and a large pool housing bearded seals. Visitors are invited to an intimate look at these creatures thanks to a viewing bubble inside the tank wall. If you go, don’t forget to reserve time to experience the “Arctic Walkway,” a panoramic cinema including displays of polar exploration gear.

While the sea life at Polaria is captivating, the building itself has an interesting design that evokes a massive ice floe; the architecture resembles a toppled cascade of blocks of ice. This attraction opened in 1998 and continues to draw visitors every year.

Be sure and save time to visit this wonder while touring Northern Norway.



litt på norsk...

Gamle ektefellers hjerter banket i takt

From SON newsletter files

Når ektefeller som hadde vært sammen lenge var i nærheten av hverandre, ble hjerterytmen deres synkronisert. Det kan høres merkelig ut. Men mange studier de siste årene har vist at pusten og hjerterytmen hos to eller flere personer kan synkroniseres når de er i nærheten av hverandre. En studie viste for eksempel at hjerterytmen til deltagerne i et kor steg og sank i takt.

Og nå har altså forskere fra University of Illinois funnet ut at hjertene til eldre ektefeller påvirker hverandre når de er fysisk nær hverandre.

Gikk med pulsmåler i to uker

Forsker Brian G. Ogolsky og kollegaene hans rekrutterte 10 ektepar i alderen mellom 64 og 88 år. De hadde vært sammen i mellom 14 og 65 år. Forskerne utstyrte deltagerne med pulsmåler og en sensor som registrerte hvor nær de var hverandre. Parene gikk med utstyret hver dag i to uker, og avla også daglig rapport om hvordan de hadde det. Slik kunne forskerne bruke dataene til å lete etter mønster i hjerterytmer og avstand.

Fulgte hverandre

Resultatene viste at ektefellene påvirket hverandre når de var i nærheten av hverandre. Men måten rytmen forandret og synkroniserte seg på var ulik fra dag til dag. På et tidspunkt kunne mannens hjerterytme tilpasse seg konas, på neste tidspunkt kunne det være omvendt. Og rytmen var ikke den samme hver gang de var i nærheten av hverandre.

Nærhet var viktig

Forskerne beskriver mønstrene som en unik pardans. Når partnerne er nær hverandre, antyder hjerterytme-mønstrene deres et meningsfullt samspill, skriver de. I denne undersøkelsen konkluderer forskerne med at fysisk nærhet var avgjørende for å forstå synkroniseringen av hjerterytme hos parene. Men det finnes også studier som antyder at dette ikke alltid er nødvendig for at hjerter skal begynne å oppføre seg likt. Trolig er det mye forskning som gjenstår før vi forstår dette fenomenet fullt ut.



a little in English...

Hearts of Long-Married Couples Beat as One

When couples who have been together for a long time are close to each other, their heartbeats are synchronized. It may sound strange, however, many studies in recent years have shown that the breath and heart rate of two or more people can be synchronized when they are close to each other. One study, for example, showed that the heart rate of participants in a choir increased and decreased as one. And now researchers from the University of Illinois have found that the hearts of older spouses affect each other when they are physically close to each other.

Wore heart rate monitors for two weeks

Researcher Brian G. Ogolsky and his colleagues recruited 10 married couples between the ages of 64 and 88. They had been together for between 14 and 65 years. The researchers equipped the participants with a heart rate monitor and a sensor that registered how close they were to each other. The couples wore the equipment every day for two weeks, and also made a daily report on how they were doing. In this way, the researchers were able to use the data to look for patterns in heart rhythms and distance.

Following each other's rhythms

The results showed that the spouses influenced each other when they were close to each other. But the way the rhythm changed and synchronized was different from day to day. At one time, the man's heartbeat could adapt to his wife's, at the next it could be the other way around. And the rhythm was not the same every time they were close to each other.

Proximity is important

The researchers describe the patterns as a unique couples dance. When partners are close to each other, their heartbeat patterns suggest a meaningful interaction, they write. In this study, the researchers conclude that physical proximity was crucial to understanding the synchronization of heart rhythm in couples. But there are also studies that suggest that this is not always necessary for hearts to start behaving the same way. There is probably a lot of research left before we fully understand this phenomenon.



- Please remember to submit any newsletter submissions by August 15 for the September 2022 issue.

JUNE/JULY/AUGUST BIRTHDAYS



June

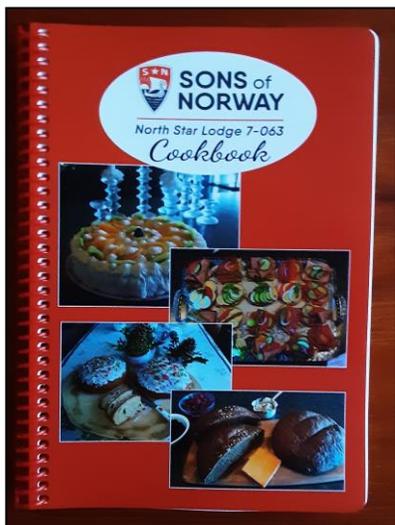
- 08 Pearl Lindstrom
- 09 Jim Johnson
- 13 Trond Hagen
- 13 Christine Ridenour
- 15 Maren Breivik
- 17 Brian Grosseth
- 21 Helen Bergstrom
- 22 Liv Dahl
- 23 Alexandra Furuness

July

- 11 Gwen Vonarx
- 13 Ida Pedersen
- 26 Hope Myre
- 28 Trine Nilsen

August

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



SUNSHINE COMMITTEE



Congratulations to Christine Ridenour who got married recently!

Call Ida (250-758-2306) or Sonja (250-756-2406) if you are sick or know someone needing a visit. We would like to offer cheer to you with a card or chat on the phone. When allowed, we could visit if you want company. If anyone is missed please let us know...

Condolences to Elisabeth Vikran and her family on the passing of her husband Michael Miller, May 30, 2022. Michael was 92.



Condolences to the family of Marguerite Frigstad. Marguerite passed away April 14, 2022 at 102 years old. She had been a member of Sons of Norway North Star Lodge since 1949.

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

North Star Norwegian cookbook

The North Star Norwegian cookbook project has been completed. Those who are interested in purchasing the books, please contact Linda Harvey at lgharvey@live.ca or by phone at 250-751-1435. Cost: Members..... \$8.00 Non-Members.....\$10. Postage will be added if you need them mailed out to you. These books make excellent gifts throughout the year for birthdays, Easter gifts, thank you gifts, anniversaries or for no reason at all! The aim of this project was to preserve the Norwegian culture through traditional Norwegian cooking and to share it with family and friends.

FACTS AND FUN:



SONS OF NORWAY NORTH STAR LODGE

We are having our annual July 1st get together.

Where: Ida's clubhouse on 5339 Arbour Lane,
Nanaimo

When: July 1st at 1:00 p.m.

What: Lunch, visiting and observing Canada Day.
Bring your own lawn chair as the party will be out of doors at the clubhouse.

Who: Members and a friend who may be interested in joining the lodge.

Please contact Linda Harvey @ 250-751-1435 or at lgharvey@live.ca by June 27 if you are coming.

Once again we need a head count for food prep.