

NORTH STAR



NEWS

Vol 2021 Issue 5
May 2021

Help Needed

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

We dearly value our North Star Lodge officer staff and North Star Building Association Executive for how hard they work to keep our lodge going and our business getting done. With the recent passing of Gabriel Gabrielsen, who graciously held the crucial role of Lodge Treasurer, Building Association Treasurer and had our three-year trustee role, as well as having 100% meeting attendance, we have not just lost a good friend, but a pillar of our lodge operation.

We are now in a situation where most of the lodge work is on the shoulders of even fewer, and it is not sustainable. We desperately need some relief in some of the jobs your officers have carried for 10+ years in many cases. A role like secretary mostly just consists of participating in every meeting and keeping accurate recorded notes. Editor is a fairly fun job, compiling positive content for 10 newsletter issues per year. Being a trustee mostly just requires that one attends meetings. The list goes on, find something that appeals to you and give it a try! Your lodge needs you, and every way you can contribute helps.

Please, please consider contributing to some of the workload to keep your lodge running at its best.

NEXT MEETING!

- OUR REGULAR MEETING WILL BE HELD VIRTUALLY USING ZOOM ON THURSDAY MAY 6, 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.

We are very close to not having a quorum at meetings to be able to vote on motions made. For this reason, just you attending a meeting is a great step towards supporting your lodge.

Yes, we take care of business at meetings, but we also socialize and appreciate one another, as well as brainstorm good ideas for having more fun as a lodge. Guaranteed there are common interests to be found no matter what your hobbies and interests are.

We look forward to hearing from you!

PRESIDENT'S MESSAGE

Greetings Brothers and Sisters,

We are lucky to have some beautiful spring weather now. I hope you are able to get out and meet your family and Friends in a safe place and practicing social distance.

I was very sad to hear about our Treasurer Gabriel Gabrielsen's sudden passing on the 25th of March. He will be missed by all of us. Gabriel worked very hard to keep our lodge going. Sincere condolences to his wife Donna and family, from myself and North Star Lodge members.

Sunday, May 9th is Mother's Day. Wishing all mothers a very happy day.

There will be a Zoom lodge meeting on May 6 at 7pm. Please tune in and participate.

Happy 17th of May!

Wishing you all the best of health.

Fraternally,

Ida Pedersen

President

250-758-2306



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 April 1, 2021 North Star Lodge (NSL) regular business meeting was cancelled.

Jump on the Trend of Nordic Walking

From SON Newsletter files

You may have seen people out walking with a pair of poles and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200)
- (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program



Nicole Kidman to Star in Series Based on Award-Winning Norwegian Film

From SON Newsletter files

Emmy and Oscar winner Nicole Kidman is set to star in a television series based on an award-winning Norwegian film. Written by Maria Sødahl, the film is titled *Hope*. Similar to the film, the series depicts the undoing of a family over twelve days of their Christmas together, but also encapsulates the idea of falling in love again.

Hopes are high for the series as the film was selected at this year's Oscars as the Norwegian entry for Best International Feature Film. In addition to this acclaim, the film also won the European Cinemas Label award for best film in the Berlin Film Festival's Panorama section. Not only will Kidman be a leading actress in the series, she will also serve as executive producer. With elements such as humor, mystery, and suspense, the series written by Alice Bell will eventually be available on Amazon Prime.

Chocolate Cardamom Ice Cream

Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

What better way to celebrate Syttende Mai than with some delicious homemade ice cream!

Ingredients

- 1 cup milk
- 1/2 cup good quality cocoa powder
- 3/4 cup sugar
- 2 cups heavy cream
- pinch salt
- 1/4 tsp. ground cardamom

Directions

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it's time to make the ice cream. Using an ice cream maker (and ensuring that your core is nice and frozen), pour the ice cream base in and churn per the manufacturer's instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl).

Place in the freezer for at least 8 hours and enjoy.

Social Directors Message

North Star Lodge in Nanaimo continues to meet via Zoom for our monthly meetings. It is nice to see the “squares” light up to reveal our lodge friends. This seems to work to attend to business and later a short online visit. We all hope that soon we will get the “all clear” from Dr. Bonnie!

Our lodge Book Club and Music Club also meet by Zoom. We discuss the latest books we read and music we listen to. The books are ones that are authored by Norwegians with Norway as the subject. We are able to blend this with the Literature Cultural Skills program offered by the Sons of Norway. The Music Group is affiliated with the Music Cultural Skills program. I am including a book report on one of the books we studied. It is a great book, and I am sure you would enjoy reading it too. It is called “The Bell in the Lake” by Lars Mytting. Another book we read was “Report from #24” by Gunnar Sønstenby.

If any of you can recommend a Norwegian book, please let us know.

North Star Lodge is sad to announce that one of our members passed away unexpectedly. Our friend and Treasurer, Gabriel Gabrielsen will be greatly missed by all in the lodge. He was always willing to help out when asked, tirelessly worked as Treasurer of the lodge and was an executive member of the Building Committee of North Star. May his memory be a blessing to us all.

Stay safe and keep well.

Linda Harvey
Social/Cultural Director



Celebrate Syttende Mai

From SON Newsletter files

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It is a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on Grunnlovsdagen or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

Attire

Typical dress for all ages is a *bunad*, or national folk costume, but do not stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for SonsofNorwayHQ playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying “*Gratulerer med dagen!*” (Congratulations on this day!) or “*Hurra for Syttende Mai!*” (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *kaldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit- often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurra for Syttende Mai!

A book report on:
THE BELL IN THE LAKE
BY LARS MYTTING

By Linda Harvey

Lars Mytting's "The Bell in the Lake", a best seller in Norway, is a historical fiction book.

It takes place in the fictional village of Butangen in the Gudbrandsdalen valley in 1880. The village, it seems to the new pastor, Kai Schweigaard, was twenty years behind other neighboring villages and fifty years behind Europe in thought and social progress. Butangen's richest cultural possession was its 700-year-old stave church and its two bells which memorialized the conjoined Hekne twins born three centuries prior to the story. The bells held magical powers and were revered by the entire village and valley dwellers.

A village girl, Astrid Hakne, a distant relative of the conjoined twins was, despite of her upbringing and environment, an intelligent, willful young woman. She caught the eye of the new, young pastor, Kai Schweigaard. He wanted to modernize the church and thought of a way to get rid of the stave church, which was to him, cold, paganistic and out of touch with "modern" times. He reached a solution to his modernization by making a deal with businessmen from Dresden, Germany. They would send a German architect, Gerhard Schonaus, to dismantle the stave church and bells and then ship the entire structure and bells to Dresden to be rebuilt. This architectural feat would be award winning and it served as a catalyst for the progressive young architect. Not only would Kai be rid of the church and bells, but the agreement arranged for funding to build a new church and the purchase of a new set of bells.

The story continues with a tragic love triangle between Kai, Astrid and Gerhard. When the dismantling of the church began, Astrid and the villagers were shocked to hear that their beloved church and magical bells would be leaving. Interesting and explosive events capture your interest throughout the twists and turns of the story. Astrid did choose one of the men and her life traveled in many sad and life altering directions. To reveal more of the story would ruin the dramatic outcome.

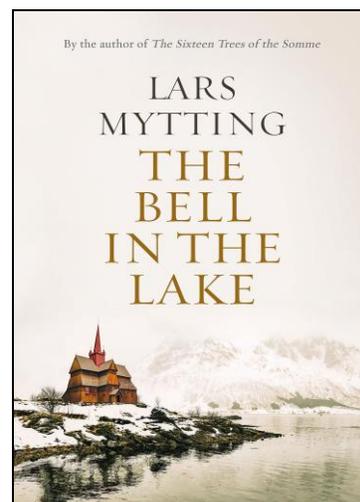
In 1880, religion was a blend of paganism and Christianity. The lives of the villagers were full of superstitions, old Norse traditions and folklore. There was a tremendous struggle to enter the modern world.

Mytting's description of the "old Norway" brings you right into the village of Butangen and the surrounding areas. His use of words draws you into the story by "feeling" the tensions, the cold, the superstitions and the emotions.

Mytting will be writing a trilogy, so look forward to two more books. What will become of the bells, the stave church and Astrid's offspring?

This is a wonderful story of fate, love, architecture, legend and faith. I invite you to read this book.

Linda Harvey



a little in English...

Working to make sports more equitable

From SON Newsletter files

Girls should have the same conditions in sports as boys. That is the aim of a new project. Star athletes Amalie Luel, Maren Lundby and Grace Bullen will be ambassadors for the project.

Grace Bullen is a wrestler, Amalie Luel is a hurdler and Maren Lundby is a ski jumper. Now they hope to contribute to there being fewer differences between men's and women's sports in Norway.

"We are proud to be ambassadors for *Like Muligheter* [Equal Opportunities]. This is a good, vital initiative. And it is a positive thing that several players are coming together to reduce inequities in sports," the three state in a press release.

The three will visit clubs and attend seminars. They will also help to make people aware of this subject via PR campaigns and on social media. Specific goals have also been set for women to have equally favorable conditions for training and competition.

"It takes a lot of energy and time to be at the forefront of this. But it also gives me a little boost and motivation when I see that things are progressing," Lundby tells the newspaper VG. She has not jumped in competition in several weeks. The reason is that women's ski jumping is on a break.

Men's ski jumping has had its own programs and several competitions during the same period, writes VG. The difference is due to the fact that more money is spent on men's ski jumping. Also, because there is more money to be made from it, according to the International Ski Federation (FIS).

The Norwegian Ski Association, the Norwegian Athletics Association and the Norwegian Wrestling Association have received support from business partners. Also, they get support from Abid Raja. He is the Minister of Culture and Sports. He thanks those who stand behind the project.

"We are one of the countries with the most gender equality in the world. Then there must also be equal opportunities in sports, both for women and men. I have strong expectations for sports. I want them to be equitable. It also means that sponsors are motivated and that they agree to sponsor women as much as they sponsor men, says Raja.

litt på norsk...

De skal jobbe for at idretten skal bli mer likestilt

Jenter skal få like gode betingelser i idretten som det gutta får. Det er målet til et nytt prosjekt. Idrettsstjernene Amalie Luel, Maren Lundby og Grace Bullen skal bli ambassadører for prosjektet.

Grace Bullen driver med bryting. Amalie Luel er hekkeløper. Og Maren Lundby hopper på ski. Nå håper de å bidra til at det blir mindre forskjell på menn og kvinner i idretten i Norge.

– Vi er stolte over å være ambassadører for Like Muligheter. Dette er et godt og viktig initiativ. Og det er positivt at flere aktører går sammen for å lage mindre forskjeller i idretten, sier de tre i en pressemelding.

De tre vil besøke klubber og være med på seminarer. De skal også bidra til å få folk til å merke seg temaet. Det skal de gjøre med kampanjer og i sosiale medier. Det er også laget konkrete mål om at kvinner skal få like gode betingelser for trening og konkurranse. – Det tar mye energi og tid å være i front for dette. Men det gir også litt energi og motivasjon når jeg ser at det går litt framover, sier Lundby til avisa VG. Hun har ikke hoppet i konkurranse på flere uker. Årsaken er at hopp for kvinner har tatt pause.

Hopp for menn har hatt egne tiltak og flere konkurranser i den samme perioden, skriver VG. Forskjellen er en følge av at det blir brukt mer penger på hopp for menn. Og at det er mer penger å tjene på det, ifølge Det internasjonale skiforbundet (FIS). Norges Skiforbund, Norges Friidrettsforbund og Norges Bryteforbund har fått med seg støtte fra samarbeidspartnere i næringslivet. Og de får støtte fra Abid Raja. Han er kultur- og idrettsminister. Han takker de som står bak prosjektet.

– Vi er et av landene med mest likestilling i verden. Da må det også være like muligheter innen idretten. Både for kvinner og menn. Jeg har sterke forventninger til idretten. Jeg vil at de skal være gode på likestilling. Det innebærer også at sponsorer blir motivert og at de blir med på å sponse kvinner like mye som de sponser menn, sier Raja.





ANNOUNCEMENTS

- Please remember to submit any newsletter submissions by May 15 for the June 2021 issue.

MAY BIRTHDAYS



- 1 Ann Erb
- 10 Warren Wulff
- 18 Lily Paul
- 19 Dahlia Breivik
- 25 Valentina Gradica
- 28 Joan Sorensen
- 30 Edna Kidd
- 31 Leonard Krog

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/

SUNSHINE COMMITTEE

Joan Sorensen is slowly recovering at home from a stubborn health issue. Our best wishes for a total recovery and we hope it will be soon that you feel your energy returning.

Arvo seems to be managing his health with help at home and at a clinic. He confesses it keeps him very busy but he very much appreciates the help he gets from workers coming to help and he sounds cheerful.

Have been relieved after talking with Ann Erb that she is fine after her experience of a tree falling on a part of her house. The house was undamaged as fortunately only the very top of the tree hit the building during a gusty wind earlier in March .

Best wishes to Bernie Hansen for recovery from a health problem.

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

We are very saddened to remember the sudden loss of our dear member Gabriel Gabrielsen on March 25. Kindest thoughts to his wife Donna and all the family.



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:

Colour this picture of Stortinget (Parliament) in Oslo. For a chance at a prize, submit your entry either by email (j-t-brei@online.no) or mail it to Rosie Barlak, 6194 Parkwood Drive, Nanaimo, BC, V9T 6C8.

