

NORTH STAR



NEWS

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Syttende Mai - Festival of Music

From SON Newsletter files

When we think of Norway's national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem, "Ja, Vi Elsker" will be belted out at some point, but there is much more depth to the day's soundtrack.

Starting bright and early on grunnlovsdagen, choirs and glee clubs will assemble to perform patriotic anthems, including "Sønner av Norge" (Sons of Norway), "Norges Skaal" (To Norway), both previously in use as national anthems. "Kongesangen" (The Royal Anthem) may also make an appearance, which shares the same melody as "My Country 'Tis of Thee."

In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.

Modern favorites with warm sentiments for Norway include the sedate "Mitt Lille Land," (My Little Country) by Maria Mena and "Fedrelandet" (The Fatherland) by Robin og Bugge- both available on YouTube.

NEXT MEETING!

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 MONDAY MAY 1, 2023, AT 6:30PM

SOCIALIZING

- REFRESHMENTS WILL BE PROVIDED



PRESIDENT'S MESSAGE

Hello brothers and sisters,
 We will be celebrating the 17th of May, Norway's Independence Day. Our Social Director Linda Harvey has rented the activity room #1, at Bowen Park from 4pm - 8pm, May 17, 2023. She, with her committee, has planned a special social there. I'm looking forward to attending and hope to see all of you there. Guests are also welcomed, maybe a potential new member. Thank you to Linda and her committee for all the work they do. Also a big thank you to Rosie and Jim Tore for chairing the meetings, when I haven't been able to be there. Wishing you all a wonderful spring, and please enjoy all the beautiful spring flowers. Daffodils are in full bloom now.



Fraternally,
 Ida Pedersen, President
 250-758-2306



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3 YR TRUSTEE	Lillian Hope	250-758-1095



MEETING HIGHLIGHTS

Our April 3, 2023 North Star Lodge (NSL) regular business meeting was replaced by an Easter presentation by our Ukrainian guest and a social with good food.

Barnebunader

From SON Newsletter files

The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!



Festivals Abound in The Month of May

From SON Newsletter files

As summer approaches and weather warms, calendars fill up and plans are hatched. Norway rounds out spring by hosting a plethora of festivals in May. In the first part of May,

Stavanger hosts its annual MaiJazz festival. This year, MaiJazz is celebrating for its 35th year. The festival goes from May 9 -14 and is intended to draw up interest in jazz music in the Stavanger region.

Perhaps one of the cleverer festival names is the Karmøygeddon Metal Festival. This festival began in 2004 and is aimed at showcasing both well-known and up and coming bands to introduce the audience to the metal scene. About 4,000 people attend from Norway and internationally.

The Bergen International Festival is the "flagship of music and theatre festivals in the Nordic countries." It runs from May 24 through June 7 this year and features programs for all ages. King Harald and Queen Sonja will both be in attendance for the opening of the festival.

Mark your calendars if you'll be in Norway in May. If not, these will be lively festivals to read about after the fact.



Social Director's Report

At our last meeting in April, we celebrated a Norwegian Easter. Here are some facts about Easter in Norway.

Many people in Norway take the entire week off to travel to their hytte. What do Norwegians eat at Easter? Lamb, a symbol of Christianity, is often eaten along with potatoes and vegetables. Oranges are also consumed in large quantities during Easter. Every skier takes oranges along to enjoy for a snack in the glorious winter sunshine. For those who enjoy beer, påskeøl is served. Every morning, eggs are prepared. During Easter, it was recorded that Norwegians ate over 35 million eggs. They love eggs! Chocolate eggs are enjoyed too! The most famous chocolate bar in Norway, Kvikk Lunsj, is always eaten during the Easter break. In 2014, 1,900 tons of Kvikk Lunsj were sold in Norway. Oranges, eggs and Kvikk Lunsj are part of the Norwegian Easter tradition. Fond memories like these are engrained in the minds of children and are carried through from generation to generation.

For our Easter lunch at coffee time, we replicated what is eaten in Norway during Easter. We had oranges, chocolate bars, hard boiled eggs, rye bread and herring. It was topped off by a tasty sussesskake.

We had a wonderful speaker at the meeting too. It was our honor to invite a young Ukrainian woman to speak to us about Easter in the Ukraine. She went into detail about the traditions she followed during Easter week. Easter is a sacred time in the Ukraine and what she said confirmed that. She knows a couple of Ukrainian refugee families from the Ukraine who moved to Nanaimo. The lodge in conjunction with Hope Lutheran Church Quilters presented 7 quilts to her to distribute to these families. It felt good to help.

Money was raised through "grab bags" to support the program "Toonies for Tummies". This program is supported by Grocery stores across Canada and in your own community. Toonies 4 Tummies contribute to the Student Nutrition Programs in your area. 100% of the contributions go to the Student Programs. Below is a quote from Tonnies 4 Tummies.

"1 IN 3 CHILDREN ARE AT RISK OF GOING TO SCHOOL ON AN EMPTY STOMACH*. HELP US FEED THEM"

We will continue to help feed local children through food donations to a school we are affiliated with. Our plan is to bring food to each meeting to help young students who come to school hungry.

On May 1st at 6:30 we will have a video presentation on the 17 May in Norway. This will be a warmup for the 17th! Remember to come by 6:30 or earlier to help set up. Bring your own mug!

Soon, we will be preparing for our 17 May celebrations. More news on that coming to you in a special letter.

Linda Harvey
Social Director



He's Got It All

From SON Newsletter files

Erling Braut Haaland is officially a Manchester City player. The club confirmed the signing on Monday [June 13, 2022]. It was done on the same date as when his father Alfie Haaland signed 22 years ago. Many football clubs were after Erling Braut Haaland. But in the end, it was the English Manchester City who drew the longest straw. And so, one of the summer's most anticipated signings is upon us. It already became clear on May 10th that the English club had bought him. But an official confirmation took longer. "This is a proud day for me and my family," says Haaland on the club's website. Haaland signed a contract that lasts until 2027. "I have always watched City and have loved doing so in recent seasons. You can't help but admire their style of play. It is exciting, and they create many chances. It's perfect for a player like me," says Haaland. Haaland did not want to talk about the transfer until it was clear.

Txiki Begiristain says that Haaland has everything they want in a striker. "And we are sure that he will excel in this squad and this system," he says. Begiristain is sporting director for City. Haaland scored his 20th goal for Norway on Sunday. That means he has scored 42 goals in 39 games this season. This applies to all tournaments. Of these, 10 were scored in nine matches with the national team. Many expect Haaland to score a lot for City. They won the league this season. "I want to score goals, win trophies and improve as a footballer. And I'm sure I can do it here. This is a good transition for me. And I can't wait to get started," says Haaland.

Sleep Education in Schools

From SON Newsletter files

In a recent youth study in Agder county, Norway, it was evident that there is a strong connection between mental health and sleep. Of the girls in the study who slept 6 hours or less, 44% had a high level of mental health problems and the boys' percentage was at 21%. The percentages were reduced significantly with just one additional hour of sleep.

Because sleep seems to be a root of mental health and stress among youth, psychologist Anne-Kristin Imenes believes that teaching about sleep should be part of the school curriculum. It is more important than what is currently being taught. Education on sleep has been attempted in some areas in Norway already, mostly online.

Imenes is hoping to analyze the data of the survey, talk with student councils at schools, and come up with ideas to combat poor sleep habits. The hope is that sleep awareness spreads to more people and that youth develop the tools they need.

Almond Bars

From SON Newsletter files

Spruce up your Syttende Mai party with these delicious bars. Great for sharing and enjoying a "taste of Norway."

Ingredients

Bars:

1/2 cup butter, softened

1 cup sugar

1 egg

1/2 tsp. almond extract

1 3/4 cups flour

2 tsp. baking powder

1/4 tsp. salt

2 Tbsp. milk

1/2 cup sliced almonds



Photo Credit: Noelle Rulseh

Glaze:

2 cups powdered sugar

1/2 cup milk

1/2 tsp. almond extract

Directions:

Preheat oven to 325° F / 165°C.

Line baking sheets with silpat pads or parchment paper. In a mixing bowl, cream together the softened butter and sugar.

Add the egg and almond extract and beat until mixture is fluffy.

Add the flour, baking powder and salt until you have a soft dough.

Divide the dough into four parts.

Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.

Brush the tops with the milk and sprinkle on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned.

While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.

Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.

Drizzle glaze over diagonal sections.

litt på norsk...

Slik stryker du bunadskjorten

From SON Newsletter files

Slik gjør du bunadskjorten klar til 17. Mai
Slik stryker du bunadskjorten, fjerner flekker og blir klar til 17. mai!

De fleste bunadskjorter er av lin, og må derfor alltid strykes, men det er noen ting som er viktig å huske på når det kommer til stryking av linskjorter.

Lin tørker ikke like fort som bomull og andre stoffkvaliteter, så om du skal vaske den først burde du gjøre det i god tid før nasjonaldagen slik at den rekker å bli tørr. Når du stryker lin, må du bruke middels varme, eller lin-funksjonen på strykejernet. Hvis du ikke er vant til å stryke, kan det være lurt å legge et tørkle eller en tynn håndduk mellom jernet og skjorten, slik at du ikke får brennmerker. Pass også på at strykejernet er helt rent før du setter i stikkontakten. Du kan også forsiktig spraye på litt vann for å fukte stoffet. Legg mye press på når du stryker denne typen stoff.

Når det kommer til å stryke ermene, så gjelder det å ikke få en presskant. Da kan du enkelt tre armen over den tynneste delen av strykebrettet, og stryke i vei. Da vil du få en rund og fin arm.

Flekker på bunadskjorten eller bunaden

Enten det er is etter toget, kake på fest, pølse i brød eller en skikkelig festmiddag kan du være uheldig og søle på bunaden. Da er trikset å være superrask med å stryke over med en klut dyppet i kaldt vann. Ull absorberer ikke ting like fort som annet stoff, så om du er rask nok kan det gå fint. Om flekken ikke går bort kan du prøve en flekkfjerner, men her anbefales det å være veldig forsiktig.

Hvis du søler på bunadskjorten, er det verre. Fruktflekker som saft, vin og ketchup bør fjernes med kokende vann. Kok opp vannet, og slå det gjennom flekken. Flekker av melk, fløte eller kaffe bør fjernes med kaldt vann. Les mer om fjerning av flekker på bunadskjorten, og hvordan du skal vaske den etter bruk hos Norges linforening.

a little in English...

Preparing your bunad blouse for Syttende Mai

This is how you iron your bunad blouse, remove stains and get ready for Syttende Mai!

Most bunad blouses are made of linen, and therefore always need to be ironed, but there are some things that are important to remember when it comes to ironing linen shirts.

Linen does not dry as quickly as cotton and other types of fabric, so if you are going to wash it first, you should do it well before Syttende Mai so that it has time to dry. When ironing linen, you must use medium heat, or the linen function on the iron. If you are not used to ironing, you may want to place a scarf or a thin towel between the iron and the shirt, so that you do not get scorch marks. Also make sure that the iron is completely clean before plugging it in. You can also gently spray the fabric with a little water, to moisten the fabric. Apply a lot of pressure when ironing this type of fabric.

When it comes to ironing the sleeves, it is important not to get a pressed edge. Then you can easily put your sleeve over the narrowest part of the ironing board and begin ironing. Then you will achieve a round and nice arm.

Whether it is ice cream after the parade, cake at the festivities, a hot dog or a proper dinner party, you can have the misfortune of spilling on your bunad. The trick is to be super quick to dab it with a cloth dipped in cold water. Wool does not absorb things as quickly as other fabrics, so if you are quick enough it may be fine. If the stain does not come out, you can try a stain remover, but you need to be very careful.

If you spill on your bunad blouse, it is worse. Fruit stains such as juice, wine and ketchup should be removed with boiling water. Boil the water and pour it through the stain. Stains from milk, cream or coffee should be removed with cold water. Read more about removing stains on the bunad shirt and how to wash it after use at the Norwegian Linen Association.



- Please remember to submit any newsletter submissions by August 15 for the September 2023 issue.

MAY/JUNE/JULY/AUG **BIRTHDAYS**

May

- 1 Ann Erb
- 5 Sigrid Grosseth
- 10 Warren Wulff
- 19 Dahlia Breivik
- 25 Valentina Gradica
- 30 Edna Kidd
- 31 Leonard Krog

June

- 8 Lindstrom
- 9 Jim Johnson
- 13 Trond Hagen
- 13 Christine Ridenour
- 15 Maren Breivik
- 17 Brian Grosseth
- 21 Helen Bergstrom
- 22 Liv Dahl

July

- 13 Ida Pedersen
- 28 Trine Nilsen

August

- 3 Abby Sutcliffe
- 8 Jim Tore Breivik
- 30 Kirk Vadheim



SUNSHINE COMMITTEE



Hi everyone:

Happily it seems we are staying healthy. There has been a few glorious days, some only half days - to be outside for us to enjoy the warmer hours.

Nils is back attending meetings with us and feeling fine; also welcome back from Mexico to Kjell Garteig .

To Ida Pedersen: waiting to see you out and feeling much better.

Arvo Paivarinta : we have not forgotten you at Age Care Malaspina. .

His phone number in his room is 250.716.5243.

He would welcome a phone call and a visit, too.

Since we did not have a regular meeting (social only) on April 6 we want to acknowledge having received a thank you card from Elisabeth Vikran which can be read next meeting .

If someone wishes to help with the Fairview School breakfast and snack program (this is our SON Adopt-a-School), please call the school office at 250-753-3418 to let them know when you plan to drop off your contribution.

They are deeply appreciative of food (fresh fruit, vegetables, and cheese to name a few) or cash.

Call Sonja 250.756.2406 or Ida 250.758.2306 (when she is well again)



Address update

Edna Kidd has moved and has an address update:

Edna Kidd
Suite 406-6081 Uplands Drive
Nanaimo, BC
V9B 1W9

Phone: 250-760-2156

Editor's Message

Happy almost summer! As we are heading to Norway in June, this issue will be our last until September. We still have a May 1st and June 5th business meeting though, so be sure to participate for fun and food!

Please remember, if you feel like you want some SON company while we are not having meetings in July and August, you can pick a location to invite members to a Kafe Pause (coffee break), walk in a park, picnic gathering, etc. A request to send out information of interest to lodge members can be sent to any of our lodge officers or directly to j-t-brei@online.no.

Please remember to consider attending the District 7 Sons of Norway Heritage Camp Aug 9-13th, 2023 near Mission, BC. This is a great camp with fun, activities and learning for all ages, and especially if you have kids! More info coming soon for 2023, or email our SON District 7 Youth Director Tania Jacobsen 1968tjacobsen@gmail.com https://www.sofn7.com/Heritage_Camp.htm.

Wishing you a great summer,

Rosie Barlak
Editor

Five Trips En Route to 50

From SON Newsletter files

This summer both Crown Prince Haakon and Crown Princess Mette-Marit will turn 50. They will mark their special year with five trips to various parts of Norway, each excursion highlighting a different theme.

In February, Haakon went on a business trip to Stord in Vestland. At the end of March, the pair visited the towns of Vinje, Telemark and Bykle in Setesdal. First they spent time at the Raulandsakademiet in Vinje, an institution of Norwegian folk tradition and artisanship. Crown Princess Mette-Marit was thrilled to receive a pair of hand-embroidered monogrammed mittens while Crown Prince Haakon was gifted a harmonica. Hovden Ski High School was next to play host. The crown prince pair love to be active in nature and took in a mountaintop view with students and teachers. After a chat at 1209 m/3966 ft over vafler and a bonfire, the crown prince returned on back-country skis. That evening, the royals were treated to a concert in the old Bykle church, a parish dating back to the 13th Century. The unique music and dance traditions from Setesdal were recently added to the UNESCO list of intangible cultural heritage.

Other destinations include Finnmark in April to connect with Sámi culture, and Træna, Nordland in May, to embrace maritime life. In August they'll throw a joint birthday bash at the Palace gardens.

When asked how it feels to be turning 50 soon, the crown prince replied: "Det er fint, det." — "It's nice."

Midtsommer Magic

From SON Newsletter files

On June 23, or the Saturday closest to it, Norway celebrates Midsummer's Eve with boating, picnics, bonfires and the beauty of summer.

The ancient sun festival is celebrated throughout Europe with traditions that vary from country to country. Common to most of these traditions is happiness and gratitude for the warmer and brighter days. There's a Norwegian saying that "a beloved child has many nicknames," and this major holiday is referred to as midtsommerfest, Jonsok or Sankthansaften (St. John's wake/eve).

In folk belief, good forces were believed to be particularly strong at midsummer. Herbs and hay harvested on the solstice were said to have potent magical properties. Putting a red Jonsok flower under your pillow would make you dream of the one you'd marry. A bonfire was to strengthen people going into the darker part of the year, and protect against trolls and evil spirits.

Today midtsommer is a secular festival that signals that summer vacation is imminent! Beachfront bonfires, music, dance, friends and good food are typical. Grilled meats and seafood are popular, along with potato salad, pancakes, strawberries, homemade juice, as well as beer and aquavit.