



Sons of Norway Foundation month

Fall means blazing colors in nature, cooler temperatures, school activities – and, in October – Sons of Norway Foundation Month. October is the month dedicated to raising funds for the Sons of Norway Foundation in Canada. Take a moment to learn more about how our members and lodges support each other through grants, scholarships, and more; and how your lodge can be an integral part of giving back to the institution that gives so much to your lodge. Visit <http://www.sonfic.ca/> for the SON Foundation in Canada and www.sonsofnorway.com/foundation for the SON Foundation (US – note some grants are available to Canadian members or lodges through the US Foundation also).

Many of the Lodges hold special events to help raise the funds needed to keep your foundation operating. EIDSVOLD LODGE 07-53 in Victoria, holds a sit-down dinner in October. Past Scholarship winners and young people are asked to serve. Coin cans are handed out during the year to members, and on Foundation Night they bring their cans to the dinner and parade through the tables rattling their cans. VARDEN LODGE 07-19 in New Westminster hold a Lapskaus dinner on their meeting night the 1st Tuesday in October. The proceeds of the dinner go to the Foundation in Canada.

Here are a few ideas on how your Lodge may have fun while helping your Foundation by participating in fundraising:

- Karaoke evening (pay not to sing).
- Games: monopoly, chess, trivial pursuit, Norwegian bingo, scrabble, pay to enter, donated prizes.
- Baby competition, ask several members to bring in baby photos of themselves. Members pay to guess who's who and prizes for the winner.
- Fashion show. People pay to get in.
- Back to childhood parties and members pay to "Pin the Tail on the Donkey" for prizes.
- Every member brings a cooked or cold meal on a covered plate (so others cannot see) hold an Auction and other members bid on a plate for their dinner. Be sure to check for any potential food allergies before bidding.

NEXT MEETINGS!

- REGULAR MEETING THURSDAY OCTOBER 4 AT 7:00PM (1900HRS) AT BOWEN PARK (ACTIVITY ROOM #1).
- 50/50 DRAW FOR THOSE WHO WISH TO PARTICIPATE AT A COST OF \$1 PER PERSON, PROCEEDS TO CHARITY.

SOCIALIZING

- REFRESHMENTS WILL BE PROVIDED BY LILLIAN AND SONJA

PRESIDENT'S MESSAGE

Greetings Brothers & Sisters.

October is Foundation Month. Hopefully we can have a social and silent auction to raise money to donate to the foundation.

November is our election month, please phone Gabriel at 259-753-5256 or myself Ida at 250-758-2306 if you are interested in having a position on our lodge board, we need your help.

Our next meeting is October 4 at 7pm. See you there.

Fraternally
Ida Pedersen
President



President: Your job is to ensure compliance with the Sons of Norway Charter and Constitution, and the rules, regulations and ceremonies of the lodge. You guide, oversee and coordinate all that goes on within your lodge. Your ability to motivate your fellow officers to perform their duties and responsibilities, along with your ability to create an atmosphere of cooperation, energy and excitement, will help your lodge successfully attract and retain membership. Your leadership will largely determine the image members and the community have of your lodge and Sons of Norway during your term as president.

Vice president: As the officer in charge of membership growth and retention, you hold an extremely vital position within the local lodge. Your focus is to innovate and nurture lodge recruitment campaigns and strategies, as well as help devise programming, which encourages current members to stay active in Sons of Norway. Growth in membership produces new talent, ideas and volunteers. It also enhances a lodge's ability to raise funds, to gain visibility and to be a positive force within its community. In addition to membership responsibilities, the vice president should also be prepared to replace the lodge president in the event that he or she is unable to perform his or her duties.

Secretary: You are in charge of keeping the important day to day operations of your lodge running smoothly: from the organization of lodge meetings to the ordering of supplies. You are also charged with keeping the records for your lodge accurate, organized and accessible to yourself, members, officers and Sons of Norway Headquarters staff. You serve as the primary communicator between your lodge, its officers and members, Sons of Norway Headquarters and outside organizations.

Treasurer: You are entrusted with the very important duty of overseeing your lodge's finances. Your responsibilities include handling all incoming and outgoing funds, keeping accurate accounting records, preparing fiscal reports and reporting on the condition of the treasury at each meeting.

Continued on page 6...

Nominations...?

Come nomination time these last several years, there has not been any requests for information on Lodge Executive positions. Could this mean that most members have not even considered learning about a position, let alone taking one on? So, this year all members will get a full introduction to the basic leadership positions, right here! Maybe having them as less of a mystery will increase the membership interest in holding a position for even just a year. Think of them as a course description in the Continuing Education booklet ("Hey, that sounds interesting!"), or a fun hobby to keep your mind sharp ("I could do that, sounds fun!"). Here goes: (see next column)

2018 LODGE OFFICERS

PRESIDENT	Ida Pedersen	250-758-2306
VICE PRESIDENT	Gabriel Gabrielsen	250-753-5256
MEMBERSHIP SECRETARY	Jim Tore Breivik	250-758-7576
SECRETARY	Rosie Barlak	250-758-7576
ASSIST. SECRETARY	Elisabeth Vikran	778-441-2740
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	vacant	
ASSIST. EDITOR	Rosie Barlak	250-758-7576
FOUNDATION DIRECTOR	Arvo Paivarinta	250-758-5816
SPORTS DIRECTOR	Arvo Paivarinta	250-758-5816
MARSHAL	Irene Thomassen	250-585-3372
1 YR TRUSTEE	Gabriel Gabrielsen	250-753-5256
2 YR TRUSTEE	Kjell Garteig	250-756-4934
3 YR TRUSTEE	Lillian Hope	250-758-1095



SEPTEMBER MEETING HIGHLIGHTS

The September 6, 2018 North Star Lodge regular business meeting started at 7:00 pm with 14 members present, one guest (Solveig, Randi Johansen's sister) and two heritage members. Our welcome back supper before the meeting had 20 people attending, including five children. Minutes were read and approved as read. Regular meeting business took place.

Updates were given:

- We are doing well with membership recruitment, keep up the good work!
- The July 1 BBQ made \$58.
- The updated lodge Membership directory is coming soon.
- Update given on Heritage camp experiences.
- Jim Tore gave a brief update on the International Convention – emphasized the leadership workshop and reminded members to use social members to attract new members – noted the next international SON convention will be held in Norway in 2020.
- A nominating committee was created for 2019 lodge officers.
- President Ida updated that she answered questions and provided photos to Taylor Hugo from Viking magazine as North Star lodge will be included in a Viking article soon.
- Arvo donated \$24 to Ski for Light.
- Arvo does not have Norwegian rosemaling calendars for sale this year – if you are interested in some please contact Joani at Eidsvold Lodge 250-382-4097

Motions were carried that:

- North Star Lodge subsidizes members' Christmas party ticket the amount of \$10.
- North Star Lodge donate \$150 to Ski for Light.

SOCIAL REPORT

North Star lodge meets sporadically through the summer months. We met in August for a "Kaffe Pause" at Linda Harvey's home for an afternoon of kaffe, vafler med krem, og kaker. Fourteen people enjoyed visiting and catching up on sharing their summer fun. Every Norwegian enjoys hot drinks and cake.

We have arranged to meet every first and third Tuesday of the month in a room at the Nanaimo North Branch of the Vancouver Island Regional Library on Hammond Bay Road to play a Norwegian game, New Amigos. This game allows everyone to play regardless of your level of spoken Norwegian or English. We all enjoyed learning new Norwegian words and reviewing the ones we knew. Once again, coffee was shared along with chocolate and cake! We had so many laughs!! Please join us at 6:00 p.m. on the first and third Tuesday of the month.

Our first meeting of the fall was held on Sept. 6th. We continue to enjoy our "Velkommen Tilbake" dinner provided by the lodge. This year we were treated to a Chinese buffet! After dinner we went right into our monthly meeting. Dessert and coffee were served after the meeting.

We are readying for our "Jul Fest" on December 2. Arrangements have been made with the restaurant involved; menu composed, decorating assignments handed out, ticket prices discussed and encouragement to buy your tickets EARLY was given!!! Details:

Place: South Side Harbourview Days Inn - Ricky's (private room)

Time: December 2, 2018 at 5:30 p.m.

Cost: Members \$25. Non-members \$35.

Tickets available at the next two lodge meetings: Oct. 4 and Nov.1. Each dinner guest will be billed separately by the restaurant for any alcohol purchased.

Seven members volunteered to make Christmas centerpieces for the tables for our Christmas dinner at Ricky's. The centerpieces can be home made with greens, cones, ornaments, etc or they can be bought if you are not so inclined to make one. Try to add some Norwegian flavour to it please. You bring your centerpiece on the night of the dinner and then take it home afterwards for you to enjoy all of December. The fantastic people who volunteered are: Rosie, Ida, Sonja, Kirstie, Elisabeth, Lillian and Linda. Start thinking now gals and come up with a wonderful display. Thank you so much.

Can anyone suggest any type of entertainment for after the Jul Fest?
Contact me: Linda at 250-751-1435



At our next meeting on October 4th, Elisabeth will be speaking to us in our "Getting to Know Norway" series. This will start after the business meeting. Kaffe and cake to follow.

The lunch brigade for October 4 is Lillian and Sonja. Thank you.

We wish everyone a wonderful autumn. Enjoy the colors.

Linda Harvey

Social/Cultural Director

a little in English...

Too Much Chocolate, Not Enough Fish

From SON newsletter files

Children in Norway consume too much sugar. They eat too little fruit, vegetables and fish. What do children in Norway actually eat? The University of Oslo (UiO) wanted to find out.

Every year, they check the eating habits of kids in 4th grade and 8th grade. The survey is called Ungkost, the young diet. This is the third time that youth food habits have been studied. This also took place in 1993 and 2000.

Now experts have determined that Norwegian children eat too much sugar. They eat too little fish, fruit and vegetables, writes news agency NTB (Norges Telegrambyrå, Norwegian News Agency). Most of the time, they get enough vitamins and minerals. The only thing they lack is vitamin D and iron. 4th graders get 196 grams (7 ounces) of fruit, vegetables and berries every day. The 8th graders get a little less. They eat 187 grams (6.5 ounces). But the experts do not like the kids to eat so little fish. They only eat 24 grams (0.8 ounces) of fish each day.

litt på Norsk...

For Mye Sjokolade, For Lite Fisk

Barn i Norge får i seg for mye sukker. De spiser for lite frukt, grønnsaker og fisk. Hva spiser barna i Norge egentlig? Det ville Universitetet i Oslo (UiO) finne ut.

Hvert år sjekker de matvanene til barna som går i 4. klasse og 8. klasse. Undersøkelsen heter Ungkost. Det er tredje gang matvanene til de unge sjekkes. Dette skjedde også i 1993 og 2000.

Nå har ekspertene funnet ut at norske barn spiser for mye sukker. De spiser for lite fisk, frukt og grønnsaker. Det skriver nyhetsbyrået NTB. Stort sett får de i seg nok vitaminer og mineraler. Det eneste de mangler er vitamin D og jern. 4.klassingene får i seg 196 gram frukt, grønnsaker og bær hver dag. 8. klassingene får i seg litt mindre. De spiser 187 gram. Men ekspertene liker ikke at barna spiser så lite fisk. De spiser bare 24 gram fisk hver dag.



Norwegian Ingenuity

From SON newsletter files

The Cheese Slicer

- Created in Norway in 1925, the cheese slicer was invented by a carpenter from Lillehammer named Thor Bjørklund. Thor looked to the tools of his trade to solve his own cheese-slicing problem—thick slices of cheese. Unsurprisingly, Thor modeled his slicer after a carpenter's plane. Eighty-five years later, the original slicer created by Bjørklund is still available.

The Key Card

- Inventor and engineer Tor Sørnes created the first known key cards. His first invention was the plastic recodable holecard key in 1975. The holecard used a series of 32 holes to create 4.2 billion possible combinations. Soon afterward, Tor created and patented the magnetic stripe key card. Today, Tor's invention is in hotels worldwide, however, the first hotel to utilize the original magnetic card was the Peachtree Plaza Hotel in Atlanta.

The Bicycle Lift

- Jarle Wanvik created the first and only bicycle lift in Trondheim in 1993 after being inspired by ski lift technology. Jarle hoped to develop a lift that would allow cyclists to be carried uphill rather than being forced to climb the hill. The lift works by extending a triangular footplate that the cyclist uses as a resting block for their right foot. The footplate is connected to both a drive train and cable that propel the cyclist up the hill. The Trondheim lift is used so frequently--more than 200,000 trips since its creation--that is likely that the lift may be developed in other cities in the future.

Rat Trap Ski Bindings

- (Rottefella) Norwegian mechanical engineer, inventor and industrialist, Bror With, invented rottefella ski bindings in 1927 on the eve of a cross county ski race. Using old bicycle parts, Bror forged his new bindings in the fireplace and debuted them the following day, capturing the attention of spectators and Crown Prince Olav. Not long afterward, the binding design and name were patented and implemented by the Norwegian military team in the 1928 Olympics.

Halloween in Norway

From SON newsletter files

Celebrating Halloween is a new tradition Norway. As recently as the 1990s the holiday was almost unheard of. When "It's the Great Pumpkin, Charlie Brown" was translated to Norwegian the Great Pumpkin became the Old Man of Olsok.

There are many theories as to how Halloween came to the country. Some believe that American candy companies marketed it, while others believe that it had something to do with American comic books. Nevertheless it looks like Halloween is here to stay. The celebration in Norway resembles that in the US with a few exceptions.

Children say "knask eller knep" or "digg eller deng" and both phrases have about the same meaning as "trick or treat." Sometimes the "trick" part is taken a little too seriously. It's not unusual to read about vandalism or egging after the holiday and many Norwegians find it annoying to have so many people coming to their doors. Because the holiday is relatively new, the Norwegian newspaper Aftenposten printed a few tips on how to celebrate properly, among them:

- Only October 31st is Halloween. (evidently there's been a problem with people trick-or-treating for days afterwards)
- Adults should accompany the smallest children.
- Only visit neighbors and friends to avoid making people angry.



LANGUAGE CLUB UPDATE

Hello language interested members!

We have had a great time in September playing our language board game and look forward continuing this indefinitely. The game generated a lot of discussion and laughs, and we all left having learned a lot. Thank you to those who came out to participate in our first couple of game sessions. Hopefully we will also see some new faces in the coming weeks.

We are 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. Yes, snacks are of course part of this – the library allows food and drink in the meeting room, so we have quite enjoyed incorporating that into our meetings.

Remember, the game is for Norwegian speaking people wanting to improve their English, and for English speaking people to improve their Norwegian, so you are encouraged to join even if Norwegian is your mother tongue.

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, starting September 4, 2018.

Bold Leif Erikson

From SON newsletter files

October marks the month when famous explorer Leif Erikson is celebrated and remembered for his adventurous spirit. President Lyndon B. Johnson proclaimed October 9 as Leif Erikson Day in the United States in 1964, following congressional approval of a resolution proposed by Minnesota statesman (later Vice President) Hubert H. Humphrey.

The official observance already had momentum: Almost 40 years earlier, President Calvin Coolidge had acknowledged the concept that Erikson had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and was established in South Dakota, Illinois, Colorado, Washington and California by 1956.

History reveals some fascinating details about the revered adventurer. Erikson was born around 960-970 A.D. in Iceland to Norwegian parents. He traveled to Norway and Greenland, so he is claimed by many, and is referred to as both Viking and Norse. He earned the nickname "Leif the Lucky" after rescuing a crew of 15 shipwrecked Icelanders.

Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiriksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiriksson. But the American observance uses the more familiar spelling – Leif Erikson. No matter the spelling variances, Leif Erikson's name evokes the spirit of adventure and calls for a designated day to celebrate the bold and beloved explorer.



Nominations ...cont from page 2

Membership Secretary: You hold an extremely important position, contributing greatly to the organizational and fiscal well being of your lodge. As membership secretary, you have been entrusted with the responsibility of handling membership records and many of the business matters for your lodge.

Social Director: The activities you plan enhance the sense of enjoyment, excitement, commitment and community within your lodge. Quality programs are one of the main factors in attracting and retaining members. Your social, cultural, recreational and educational programs will breathe life into the lodge's calendar of events, providing opportunities for personal enrichment and good fellowship. They also are an important factor in promoting a positive image of Sons of Norway in your community.

Cultural Director: You play an exciting and influential role in Sons of Norway's most important work – developing a lasting appreciation for the culture of Norway. The activities that you plan will have a significant impact on the level of enjoyment and the sense of commitment felt by your lodge members, while showing your community an active and lasting image of what Sons of Norway is all about.

Sports and Recreation Director: You are responsible for planning and supervising a well-rounded activity program that will be of interest to all members and that will enhance their well being. In addition, incorporating various activities with a Norwegian flavour will expand members' knowledge of Norwegian heritage.

Foundation director: You help realize the goals of the Foundation, preserving Norwegian heritage and culture for generations to come. Also, working with the Foundation enables our members to see some of our core values in action: those of fraternalism and mutual aid.

Lodge Editor: You have the responsibility to monitor newsworthy items within the lodge and report on them through your lodge newsletter. You also oversee the creation and production of your lodge's newsletter. You must keep lodge members informed of lodge news and events. The newsletter you create will inform and entertain, as well as give members a stronger sense of belonging.

So, what do you think? Fun, learning, a challenge? For more detailed position descriptions, contact your secretary Rosie. Voting happens in November. If you are interested in a position let your president Ida Pedersen know before then!



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

New member!

Please help us welcome our newest member Janice Paul and her daughter Kirsten Karasiuk.

Please update your North Star Lodge Directory:

Janice L Paul
568 Sixth Street
Nanaimo BC. V9V 1T9
Phone: 1-250-618-2332
Email: janice.kirsten@shaw.ca

Please note our lodge member Sonya Jensen 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/>

OCTOBER BIRTHDAYS

October
06 Elisabeth Vikran
09 Bernhard Hansen
12 Janice Paul
27 Rosie Barlak
31 Gabriel Gabrielsen



SUNSHINE COMMITTEE

For members who were unable to be at the Sept. meeting it was good to see Arvo and Nils. Arvo continues physio following a car accident early June. Nils is having tests done. He said he is feeling better now under care of his doctor.

Ingrid suffered a fall in her apartment on June 22..checked at hospital and was OK to come home. She would love to attend our lodge functions but feels safer at home as she suffers from shortness of breath on exertion. She wishes to send greetings to members. Friends are welcome to visit...afternoon is best for her. To better communicate go prepared to write on her erasable chalk board.

Kari remains at home though Kjell pops in to Lodge functions when he is assured of Kari's well being. We miss you, Kari and you have our best wishes.

Sad news for Linda and the Harvey family at the loss of Glenn's Father in Saskatoon in July. Our sincere condolences to you.

To Phil and Irene: we missed you at our Sept. evening at Bowen. Hope you will be doing better soon.

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

October in Norwegian History

From SON newsletter files

October 10, 1814 – King Christian Frederik, Norway's new king and a former member of the Danish royal house, abdicated his throne. This was part of an agreement with Sweden where Norway was allowed to keep their democratic constitution (signed on May 17th of that year) and the two kingdoms were united. Sweden left Norway to rule themselves for the most part, except in foreign affairs, until Norway developed enough to declare full independence from her Scandinavian neighbors in 1905.

18 October 1944 – Many say that this date marks the beginning of the end of Nazi occupation of Norway. This was the day when Soviet military units crossed the Norwegian-Soviet border in pursuit of retreating German forces. The Norwegian exile government in London had been forewarned about the Soviet advance, and there was some uncertainty about the Soviet goals, but luckily the Soviets remained only in a small corner of Norway's northernmost county of Finnmark, and the end of the war was at last in sight for Norwegians.

October 9, 1989 – The late King Olav V opened the new Sami Parliament, elected by Sami themselves to address matters unique to Sami. The Sami are a native ethnic minority in northern Norway.

Puffed Apple Pancake

Submitted by Julie McCormick, Nortun Lodge 1-016

½ c. butter
2 apples, unpeeled and diced

Batter:

6 eggs
1-1/2 c. milk
1 c. flour
3 tblsp sugar
1/2 tsp. salt
1 tsp. vanilla
1 tsp. cinnamon

Put butter in a 12" x 7" glass casserole pan. You can use any shape of a similar size. Place pan in cold oven. Turn oven on to 425 degrees F. Don't let the butter brown! While butter is melting, core 2 peeled apples, and cut up into small pieces. Add apples to melted butter. Next, combine all batter ingredients. Thoroughly mix with egg beaters. Apples should be sizzling and starting to cook in the melted butter. If not, wait a few more minutes. Then take out of oven and pour the batter over cooked apples. Give a quick stir to make sure apples are evenly distributed. Sprinkle 3 tablespoons of brown sugar evenly over the batter and sprinkle top with more cinnamon. Immediately return to oven and bake for 20 minutes or until the pancake puffs up. Serves 6-8 people. Can be enjoyed hot or cold, and topped with apple sauce or syrup

FACTS AND FUN:

Mix and match trivia

1. Who was the first Secretary General of the United Nations?	a) Edvard Greig
2. Who was the first king of independent Norway in 1905?	b) Peter Christen Asbjørsen and Jørgen Moe
3. What Norwegian won the 1928 Nobel prize for literature?	c) I like the autumn.
4. Name two Norwegian-Americans who have been Democratic nominees for P resident of the United States.	d) The leaves are falling from the trees
5. Who is Norway's most famous composer?	e) King Håkon VII
6. What two men are famous for their collections of Norwegian fairy tales like 'Three Billy Goats Gruff'?	f) I don't like raking leaves
7. What Norwegian artist painted 'The Scream'?	g) Edvard Munch
8. Jeg liker høsten.	h) Sigrid Undset
9. Det blåser ute.	i) It's windy outside
10. Bladene faller av trærne	j) Walter Mondale and Hubert Humphrey
11. Jeg liker ikke å rake løv	k) Trygve Lie

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 Sept 2018 facts and fun: 1c, 2a, 3a, 4d, 5d, 6b.