



Lodge Offer Nominations and Conducting Lodge Business

This is the time of year lodges are normally holding nominations for Lodge Officer positions. Due to the circumstances around COVID 19 restrictions, it was decided that current officer positions will automatically extend their term by one year (i.e. for 2021). However, many of our lodge officers have been in their current positions for several years and not only would appreciate a break, but value new faces and the input of new ideas into lodge business. If you would like to be a lodge officer, please speak up; there are officers who will welcome a break or a change for 2021. Please consider contributing your time to help run our lodge. Lodge officer position duties are clearly outlined and there are people to train new officers in their roles. If you are interested, please contact our Lodge President Ida Pedersen 250-758-2306 to discuss.

NEXT MEETING!

- OUR REGULAR MEETINGS IN OCTOBER, NOVEMBER AND DECEMBER 2020 ARE CANCELLED TO PREVENT SPREAD OF THE COVID-19 VIRUS. WE WILL INFORM WHEN SOCIAL EVENTS ARE UP AND RUNNING AGAIN, OR IF ANY VIRTUAL MEETINGS ARE NEEDED
- HOPEFULLY SEE YOU SOON, STAY TUNED!
SOCIALIZING
- SHOULD BE AT A DISTANCE. GIVE A FRIEND A CALL INSTEAD. PLEASE STAY HEALTHY.

David Crabb sent this message out last week to inform members of our ability to conduct lodge business virtually: *"Last week we notified you of a change to our Charter & Constitution, approved by our Convention delegates, which will allow lodges to hold referendums via electronic vote. In addition, our International Board has approved some changes to our Policy & Procedures to give lodges the flexibility to meet and conduct business electronically. Now that fall is here and most lodges would normally be starting to resume activities after the summer break, it is important that lodges be able to operate in some fashion during the pandemic. Given the absence of clear existing policies that allow alternate methods of meeting and conducting lodge business, this referendum, in addition to new policies created by the Corporate Matters and Governance Committee, rounds out a package of tools that the International Board has adopted. These policies will allow lodges to operate and conduct business during the current pandemic and any future unusual circumstances in which they are unable to meet in person."*

PRESIDENT'S MESSAGE

Greetings Brothers and Sisters,

I sometime wonder about what to write, I would love to have some good news to tell you. So here we go, first congratulations to one of our youngest members Maren Breivik on starting kindergarten this fall, I'm sure you will love going to school sweet girl.

The COVID 19 is still with us, and now the poor air quality. I hope you are all doing well. We won't be able to have any meetings or socials for the time being, we want to keep all members safe. I try to keep in contact with all members, feel free to call me any time at 250-758-2306. There will be no election of new officers this year - we will stay the same until we can have in person meetings. However, if there are members wanting to give an officer role a try, please discuss with me.

Ha det bra

Fraternally,

Ida Pedersen
President
250-758-2306

Editor's Message

You may notice that this issue of the newsletter is for October and November. As I am fully aware the newsletter is one of the few things informing and connecting our members right now, I apologize having one less issue this year. Please, if you are missing the reporting out of the newsletter, remember you can also connect with members, pick up the phone, share interesting tidbits that your read/view, meet someone for a walk with some distancing measures in place, etc. Especially think about checking in with shut-ins, new members or those who are alone.

This has been my 12th year as North Star News editor. It is a fun job and a great way to stay connected to what happens in Sons of Norway and interesting information relative to Scandinavia. Family and life needs has made it harder for me to fit in time to do the newsletter, and I would really like to hand the torch to someone else. This is the time of year we normally have lodge officer elections. Though we have decided to extend all officer terms for one more year, please keep in mind that if you are interested in taking on a role in our lodge, I will be grateful to you for volunteering to be lodge editor. I would be happy to teach you the basics of the job for a smooth transition. It is straightforward and takes about six hours per month. Please consider contributing some time to support critical lodge communications, it is very rewarding.

Rosie Barlak, Editor



SONS of NORWAY



2020 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	Gabriel Gabrielsen	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	Gabriel Gabrielsen	250-753-5256



MEETING HIGHLIGHTS

We have not been having lodge meetings. Please stay tuned for when we start up again.

As Norway's Population Ages, Challenges Arise

From SON newsletter files

A new report highlights a growing concern in Norway: the population is aging at a rapid rate and the economic implications are serious.

According to projections, the country will have more deaths than births by 2050, and immigration to the country will begin declining in 2022. This means that a larger portion of the population will be reliant on a pension, even as a shrinking portion of the population is available to work, pay taxes, and fund those pensions.

The report laid out the issue clearly—in 1970, every 10 workers funded 1.9 people drawing a pension. In 2016, it was 10 workers for ever 2.3 people drawing a pension. By 2060, just as Norway's population is expected to cross the 6 million mark, that number will be 10 workers funding 4 people drawing a pension.

What is the solution? The report suggests a few options: "an increase in tax, a decrease in pension payouts, or a later retirement age. Or, of course, a combination of all three." As Norway's population grows, and ages, over the next 100 years, it will take creativity and flexibility to solve the growing economic pressures.

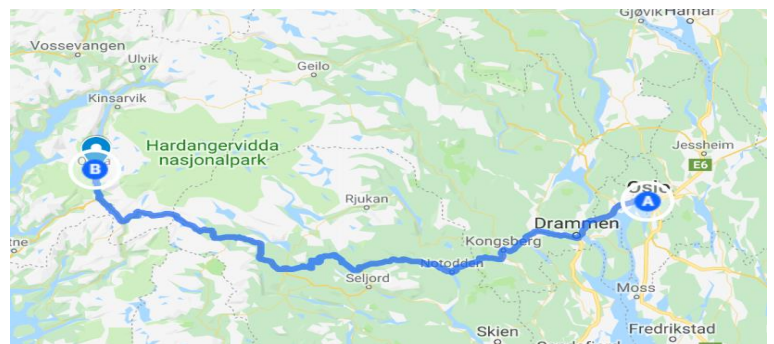


SOCIAL REPORT

With COVID-19, our lodge has been quiet. We did meet once on July 1 for a Canada Day outdoors party with all the COVID rules followed. We do phone our members to keep in touch with them. Our sunshine committee continues to work their wonders too. No action slated for the fall. Stay safe everyone. I wrote a story of a virtual trip to Norway. I hope you enjoy our tour of Dyrsku'n in Telemark!

Dyrsku'n in Seljord, Telemark Norway

Life has been quiet for us since the onslaught of the COVID-19 epidemic. We have not enjoyed our social outings, parties or travelling. Let me take you on a virtual trip to Norway! I know of, and have experienced, a totally Norwegian Agricultural fair in Seljord, Telemark Norway. Let's go!!



Our destination is Seljord in Telemark. Our trip takes us first to the airport in Oslo and then onto a train to Bø in Telemark. In Bø, we wait for the bus right behind the train station for a 30 minute ride to Seljord. Seljord is located at one end of Seljordsvatnet the home of Selma, a monster first seen in 1750 and similar to the Loch Ness monster. Selma was actually seen by my aunt and cousins. Website of video taken by my cousin seen on the national Norwegian news:

<https://www.youtube.com/watch?v=tjmqWBMiCdQ>



...cont on page 4...



Seljordsvatne is in the upper part of the picture, with Dyrsku'n located in the bottom right.

Dyrsku'n in Seljord, ...cont from page 3

In Seljord, we will be staying at the Seljord Hotel right across from the bus station. It is situated on the main road in town which winds its way from the church which was built in the 1100s, through the area of small shops in town and then to the agricultural exhibition area. Seljord has a population of about 3,000. During Dyrsku'n time there are 90,000 visitors.

Dyrsku'n first began as an agricultural fair in 1866. Today, it has 800 exhibitors from all over Norway and covers over 40 acres close to the end of the town. This is a meeting place for farmers and consumers, resulting in a strengthening of Norwegian agriculture. It is a meeting place for agricultural exhibitors, food enthusiasts, handcrafters, construction industry exhibitors, artisans and a wonderful meeting place for family and friends.

We have three days to see and experience this fabulous exhibition. September is a lovely time to visit Seljord. See the yellow leaved weeping birch in amongst the pine on the mountainside and alongside of the lake? Beautiful!

We may have to take a hike along side of Seljordsvatne after the hustle and bustle of the fair. This peaceful hike is like no other as you meander the ancient road that runs along between the lake and the mountains. The reflections in the waters are breathtaking. Look at the rustic Norwegian *hytte* nestled in the trees next to the water's edge. This tranquil interlude calms the spirit!

Now, let's go into the Dyrsku'n. It is crowded so stay close by. The schedule says that there is going to be a livestock completion and parade. Just look at those long-horne cows with their leaders dressed in their Norwegian national costumes called bunads! Oh look, the bunad-clad children are leading goats and sheep! Behind them you can see the equestrian team riding and leading their beautiful horses!

Who has kaffe tørst? Yes, I think it is time we went for lunch and a cup of kaffe! The food court is massive, covering 1350 m2. There is food from all over Norway available in the building straight ahead.



Children in bunads



Kaffepause

Pick your favorites and join me at that table in the corner, the one with *kubbestols*. Buy extra treats for a night lunch in our hotel!

We were all hungry, weren't we? Now, let's go and watch some farming demonstrations. Not new techniques, but old fashioned ways of farming are presented: Cutting hay with a scythe, churning your own butter and making your own cheese. Almost like pioneer days in Canada! If you want to know "the ways of farming" by listening to debates and lectures, we can go into that adjacent hall. Hands up; o.k. It looks like most of you want to go to that tomorrow.

I see the fun fair over to the left. Who wants to go on some rides? Yes, you are ready for some exciting times!

...cont on page 5...



Seljord Hotel built in 1857



Seljord Kirke built in the 12th century



Seljordsvatne



Leading the cows

Dyrsku'n in Seljord, ...cont from page 4

After a full day of extraordinary adventure, I think it is time to go back to the hotel. I know that you are all tired and your feet are sore but it is only about 6 blocks away. We can get dinner in the hotel restaurant after we rest and clean up. Meet there at 6:00.



That meal was worth the price wasn't it? I'm going to crawl under my *dyne* (eiderdown duvet) and go right to sleep. I'm tired. See you in the morning at breakfast. Be prepared for a wonderful Norwegian smorgasbord breakfast.

After three days of wandering the grounds of the Dyrsku'n we deserve a peaceful break! Let's go on the hike I told you about alongside of the lake. It will restore your souls. I was right, wasn't I?

Since this is our last day here, let's go to a concert scheduled right on the grounds. We have just enough time to go to the handcraft area to take in all the demonstrations, for example, woodcarving, rosemaling, knitting and weaving. Some of the articles are for sale. What a great keepsake of our time here. After the music and dance concert we better head back to the hotel.

Our bus leaves later in the afternoon! You are free to wander around Seljord to investigate the shops, visit Seljord Kirke or you can hopefully see Selma, the lake monster from the viewing platform on the lake's edge. Good luck!! I want pictures!



Don't forget to check out the incredible homes along the way. Their architecture is amazing. For their age, they are amazingly sturdy and bright.

We were sad to leave beautiful Telemark. The bus and train took us back to Oslo and the airport. Soon, we will be back to our reality with a deliriously happy memory of our trip to Dyrsku'n in Seljord.

Now, I will bring you back to our present reality of Covid 19. We couldn't have gone on this trip this year!



DYRSKU'N
SIDAN 1866
11.-13. SEPTEMBER 2020

This directive was sent to the Dyrsku'n Committee:
"Dyrsku'n 2020 canceled for the first time
Tuesday, June 2, 2020
Covid-19 set stops for Dyrsku'n 2020
National authorities at the government stated at the
press conference on 28 May 2020 that they will
continue the current infection control measures
associated with Covid-19 throughout the year for
large events. From now on, the regulatory ban applies
to large events, and with this, this year's Dyrsku'n 11-
13. September is canceled."

This was a terrible blow to the Agricultural sector in Norway. Seljord felt the fallout as well. This was the first time the fair had been cancelled in 154 years! The losses are huge: Exhibitors turnover NOK 500 million in three days. In Seljord, as estimated reduction of trade is NOK 100 million. Jobs from this event will be lost. Local workers will lose a huge amount of their basic income.

Dyrsku'n will lose NOK 70 million. Interestingly, Dyrsku'n contributes a huge amount of the profits to public health and to cultural activities. More fallout.

Despite this unprecedented cancellation, the committee is eager for next year, September 10-12. See you there in 2021!

<https://www.facebook.com/dyrskun/>

Linda Harvey
Social/Cultural Director

a little in English...

The World's First Duo to Row Across the Atlantic

From SON newsletter files

In 1896, two Norwegian fishermen were the first in the world to cross the Atlantic in a rowboat. Captain George Harbo and first mate Frank Samuelson launched the 18-foot-long wooden boat, "Fox," in New York on June 6, 1896. 55 days later, they reached England and became the first to row across the Atlantic.

"The two accomplished a feat that can never be repeated. It stands in a very special light, and it will remain forever," says Kåre Rudjord, author of the book *Atlanterhavroerne* [The Atlantic Rowers].

With the technology and equipment of the time, Rudjord, who has written a book about the rowing odyssey, thinks their feat is incredible.

"They didn't know what they were getting into. Imagine rowing that distance in a wooden boat without GPS, a water machine, rudder or sail," he says.

When Harbo and Samuelson arrived in Cornwall, they had some incredibly tough weeks behind them. They rowed for 18 hours every day. At night they usually slept in shifts, five hours each.

They were surrounded by whales, the skin on their hands cracked and they had large blisters on their wrists. They had also capsized on several occasions, so large parts of both their food and water provisions had been lost.

After arriving in Cornwall, the Norwegian-Americans they continued for a week before reaching their destination, Le Havre in France. Here they were met by a jubilant press.

"What the two did was a tremendous achievement, it is incredible that it went so well. One can well say that it was madness," says Kåre Rudjord.



litt på norsk...

Disse to var de første i verden som rodde over Atlanteren

I 1896 krysset to norske fiskere Atlanteren i en robåt som de første i verden. Kaptein George Harbo og styrmann Frank Samuelson sjøsatte den 18 fot lange trebåten «Fox» i New York 6. juni 1896. 55 dager senere nådde de England og ble de første som rodde over Atlanterhavet.

– Det to gjorde en bragd som aldri kan gjentas. Den står i et helt spesielt lys, og det vil den for alltid gjøre, sier Kåre Rudjord, forfatteren av boka «Atlanterhavroerne».

Med den tidenes teknologi og utstyr synes Rudjord, som har skrevet bok om roturen, at prestasjonen er utrolig.

– De visste ikke hva de bega seg ut på. Tenk å ro den distansen i en trebåt uten GPS, vannmaskin, ror eller seil, sier han.

Da Harbo og Samuelson ankom Cornwall hadde de lagt bak seg noen utrolig tøffe uker. De rodde 18 timer hver dag. Om natten sov de normalt på tur, fem timer hver.

De ble omringet av hvaler, huden på hendene sprakk og de hadde store blemmer på håndleddene. De gikk også rundt ved flere anledninger slik at store deler av både mat- og vannprovisianten forsvant.

Etter ankomst i Cornwall, fortsatte norskamerikanerne en uke før de nådde det endelig målet, Le Havre i Frankrike. Her ble de møtt en av jublende presse.

– Det de to gjorde var en voldsomt stor prestasjon, det er utrolig at det gikk bra. Man kan godt si at det var galmannsverk, sier Kåre Rudjord.

Who Did Queen Elizabeth See on Her First Royal Visit?

From SON newsletter files

Just over 65 years ago, in June 1955, the newly enthroned Queen Elizabeth made her very first State Visit. Her destination on that historic journey? The Kingdom of Norway.

The reason for the visit was twofold: Officially, the Queen's visit reinforced the already strong diplomatic and military ties between the two countries. Norway and the United Kingdom have had robust trade relations since the 1700s, and the Queen's visit helped secure favorable trade agreements between the countries. Additionally, the two nations were important allies during World War II. On a more personal level, the royal families of Norway and England have shared a strong and enduring friendship over several generations—and perhaps not coincidentally, they also share a number of family ties. Most prominently, Queen Elizabeth is a second cousin to King Harald V of Norway, who was still Prince Harald at the time of her 1955 visit and did not take the throne until 1991. In 1955, Norway was ruled by Harald's grandfather, King Haakon VII.



ANNOUNCEMENTS

- Please remember to submit any newsletter submissions by Nov 15 for the Dec 2020 issue.

OCT/NOV BIRTHDAYS

October

06 Elisabeth Vikran

09 Bernhard Hansen

12 Janice Paul

27 Rosie Barlak

31 Gabriel Gabrielsen

November

01 Kirsty Furuness

03 Alma Ballard

04 Philip Davidson

06 Toryn Sutcliffe

12 Marguerite Frigstad

14 Einy Yanda



SUNSHINE COMMITTEE

We are sad to inform you that long time North Star Lodge member Inger Bloodsworth passed away Sept 24, 2020.

There was a viewing of Ingy at Sands Funeral Home in Nanaimo on Tuesday, September 29, which some of our lodge members attended.

To the family of Ingy Bloodsworth: our kindest thoughts are with you as you support each other during this difficult time.

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

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

Voss: An Outdoor Sports Hub With History

From SON newsletter files

Nestled in the mountains between Oslo and Bergen is a haven for outdoor sports enthusiasts and history buffs alike: the town of Vossenvagen, more commonly known simply as Voss.

This town of roughly 7,000 people hosts an annual Extreme Sports Week, which is one of the largest events of its type in the world. Fittingly, the area also is home to Norway's largest skydiving club, complete with a skydiving simulation windtunnel for those who wish to experience the thrill of freefall without the altitude.

The area also draws more casual visitors of all skill levels to enjoy the area's excellent year-round outdoor offerings: whitewater rafting and kayaking in the spring, hiking the summer and fall (including a trail along the escape route taken by Sverre Sigurdsson in 1177), and skiing—both nordic and downhill—in the winter.

Voss also offers a range of attractions for those less athletically inclined, including a 13th century medieval stone church, a preserved farmstead dating back to the 1500s, and a cable car up the mountainside that offers stunning views of the town in the valley.

Not Everything Costs More in Norway

From SON newsletter files

As visitors to Norway are routinely cautioned, prices there tend to run high compared to markets in North America and many other parts of the world. But not everything in Norway comes with sticker shock, and some things even cost less than they do elsewhere. Here are a few examples.

Fresh seafood

Thanks to Norway's robust fishing industry, fresh salmon is relatively inexpensive, as well as other kinds of seafood and sushi.

Air travel

Airline tickets from the US to Norway are often quite affordable compared to other international flights, and so is travel between Norway and other parts of Europe.

Store brand food items

Food and groceries are notoriously expensive in Norway, but most supermarkets offer very affordable store brand versions of common food staples.

Diapers

Due to a long-simmering price war between manufacturers, diapers in Norway are dramatically cheaper than they are in the US and many parts of Europe.

Camping

Camping is free and legal almost anywhere in Norway, making budget-friendly travel an option for those who are willing to rough it.

Potato Peels Improve Shelf Life Naturally

From SON newsletter files

Potato peels aren't usually something we stop to consider. But Professor of biotechnology at Høgskolen i Innlandet [Innlandet University College] Knut Olav Strætkvern has been conducting research on potatoes for 25 years, and he believes that the peels have potential beyond composting or animal feed. "I do not cease to marvel at all the interesting things that can be derived from the potato," Strætkvern told NRK, the Norwegian Broadcasting Corporation.

The humble potato peel may soon be getting an image upgrade, thanks to Strætkvern and his team. The biotechnologists discovered a way to extract antioxidants from peels and use them to prolong the life of other foods, such as cooking oil, without the use of artificial stabilizers. Strætkvern hopes that this technology will provide health, economic and environmental benefits.

These methods will be tested, patented and scaled to create a business model. Knut Olav Strætskvern says that Innlandet county alone generates around 3000 tons of potato peels annually, and that the project will also reclaim other "waste foods" to see if they can be turned into value.

One Minute Late

From SON newsletter files

Passengers on a recent flight from France to Norway were required to self-quarantine for 10 days after their flight landed just one minute after a midnight deadline.

On Thursday, August 6, the Norwegian government announced that it was adding France to its "red list" along with the countries of Czech Republic, Monaco and Switzerland because those nations' COVID-19 rate exceeded the threshold of 20 cases per 100,000 people over the previous 14 days. This meant that any travelers coming into Norway from those countries would be required to self-quarantine for 10 days.

The new rule went into place at midnight, and flight SK4700 was scheduled to arrive at 12:10AM. The flight had made good time, however, and landed nine minutes early. The passengers on the plane cheered upon touchdown, believing they had arrived just in time to beat the deadline—but in fact they were one minute too late, and the Ministry of Health announced that all passengers would be required to quarantine under the new regulations. Despite the inconvenience, Norway's efforts to contain the virus have been relatively successful, which some attribute to a widespread culture of *dugnad*, or working together for the common good.