

NORTH STAR



NEWS

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September 2019

Today's Tech Reveals Viking Burial Ship

One can only imagine what the Vikings of old would think if they knew the burial ship of their long-entombed brethren was discovered millennia later by technology known as ground penetrating radar (GPR).

That is exactly what happened in March 2019 in the well-known Borre National Park in Vestfold County, south of Oslo, where a team of experts discovered the outline of the Viking vessel by using GPR. The exciting find complements an array of other Viking graves and burial mounds in the park, the most anywhere in Northern Europe. Some of the graves are estimated to date back to the seventh century. The "boat graves" are believed to be the final resting place of Vikings belonging to the upper-echelon, including kings.

GPR uses radar pulses to image the subsurface and detect objects via reflected signals. The method is used in industries such as building construction and archeological projects and does not disturb objects revealed by the technology. For now, those resting in peace will remain so; there are no immediate plans to unearth the ancient Viking tomb.

Festival Celebrates Bounty of the Region

The Hjelmeland countryside and surrounding region of Rogaland offer stunning scenery of every kind: sweeping meadows, breathtaking fjords, rustic buildings and various hiking trails.

The area is also home to the intriguing Ritland crater, caused by meteorite impact about 500 million years ago. Although inviting to tourists year-round, there's a September event unique to the municipality of roughly 3,000 people that welcomes all: The Norwegian Fruit and Salmon Festival.

Why have a festival that celebrates fruit and salmon? Hjelmeland, located near the southwest tip of the country, is well known for its wide array and quality of fruit. Luscious apples, pears, plums, cherries and strawberries abound in the area.

The fishing industry, as in most of Norway, is alive and well in Hjelmeland. Salmon is a key local product. In addition to delectable food, the festival features cultural activities, stage entertainment and handicraft exhibitors in nearby towns.

NEXT MEETINGS!

- WELCOME BACK DINNER AT 6:00PM (1800HRS), FOLLOWED BY THE REGULAR MEETING THURSDAY, SEPTEMBER 5 AT 7:00PM (1900HRS) AT BOWEN PARK (ACTIVITY ROOM #1)

SOCIALIZING

- WELCOME BACK CHINESE FOOD DINNER

PRESIDENT'S MESSAGE

Greetings Members,

I hope you all have had a wonderful summer and have enjoyed our beautiful weather. It's now time to make plans for North Star Lodge activities; if you have any new ideas, please let me know.

We lost two of our members this summer, Life Member Signhild Olsen and our Pianist Kari Garteig. Kari joined North Star Lodge 16 years ago. My sincere condolence to their families, from North Star lodge members and myself.

Members from Eidsvold lodge, Nordlys lodge and North Star lodge hosted a lunch for our new International President Ron Stubbings. Ron is the first Canadian International President and is a very dedicated Sons of Norway member. Congratulations Ron we are Very proud of you. The lunch was June 1st at the Piccadilly Bistro. We enjoyed a buffet with a wonderful dessert table. The Norwegian Flag cookies was a special treat.

Our next meeting will be Thursday September 5th. We will start with a Chinese dinner at 6pm, followed by the meeting at 7pm.

Please plan to attend, we welcome guests. Give me a call if you have a friend you would like to bring.

Fraternally
 Ida Pedersen
 President
 250-758-2306

Member Benefit: Grants and Scholarships

Did you know that Sons of Norway members, their children and their grandchildren are eligible for educational scholarships? Opportunities range from supporting enrollment colleges, to learning cultural skills, to assistance with travel to Norway and other countries. Our lodges may also receive grants for cultural events. Learn more at <http://www.sonfic.ca/>



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SPORTS DIRECTOR	Arvo Paivarinta	250-758-5816
MARSHAL	Randi Johansen	250-754-4407
1 YR TRUSTEE	Lillian Hope	250-758-1095
2 YR TRUSTEE	Gabriel Gabrielsen	250-753-5256
3 YR TRUSTEE	Kjell Garteig	250-756-4934



JUNE MEETING HIGHLIGHTS

The June 6, 2019 North Star Lodge regular business meeting started at 7:00 pm with 12 adult members present and 2 heritage members. Minutes were read and approved as read. Regular meeting business took place.

Updates were given:

- Rent for storage locker will go up Jan 1, 2020.
- Language club game space at library confirmed for 2019-20.

Motions were carried that:

- North Star Lodge buy the rosemaled platter from Rosie Barlak for \$50 as a donation to the convention raffle.



SOCIAL REPORT

Greetings!

It is hard to believe that summer is slipped by and that fall is just around the corner. The summer has been a busy one for me and I am sure for you too!

We begin our "fall" session of the Sons of Norway on September 5th. As per other years we kick off the fall with a catered "Velkommen Tilbake Dinner". We will gather at the meeting room on September 5th at 6:00 p.m. for a meal and then go right into our business meeting at 7:00 p.m. It would be much appreciated if you could come a little earlier to help set up tables and help with setting out the food and coffee. No one signed the sign-up sheet to help so many hands make light labour. It will be fun to gather once again and get caught up with all the "summer" news.

Thank you to all who came out for the July 1st BBQ which was held to celebrate Canada's birthday. We had some very tasty food and heard stories of what people thought when first arriving in Canada. These stories came from our own members who immigrated to Canada from Norway many years ago. It was so interesting to hear how they felt when they first arrived in Canada. The knowledge and resources that our own members have can entertain and educate us all. Thank you to all who shared their experiences. We will engage in this sort of communicate in the future. Try to resurrect memories of Norway from your past so they can be shared and embraced by others. We had special guests from Norway at the BBQ. By their reaction to the party, they had a marvelous time.

The Cultural Skills Program is up and running. We had our organization meeting in late spring. Now that fall is here, we will continue with the program. It is not too late to join. Please contact me if you are interested. Linda @ 250-751-1435. We are working on the Traditional Norwegian Foods Unit. As we complete the units of baking and cooking, we will be combining it with our "Kaffe Pause". Stand by for more action on that front!!

The meeting in October will be the last of our "Getting to Know Norway" series for this year. As of yet, nobody has signed up to present a Norwegian topic to the group. Please let me know when you can do the short presentation.

We may be hosting a "Hardangersom" embroidery course in the near future. Port Alberni has shown some interest in joining us. We will have an instructor to help us along. Please indicate if you are interested in attending a day course in Nanaimo.

Linda Harvey, Social/Cultural Director



a little in English...

Oslo Loves Hot Dogs

For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in lompe with ketchup, mustard and crispy onions. It is most common to serve hot dogs in lompe: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination.

The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party. In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close. Some have held their ground, and Erlend Dahlbo and his Syverkiosk on Alexander Kielland's Square is one of them.

Syverkiosken has become a symbol of old Oslo. Syverkiosken is a popular destination for hungry people throughout the day. Last year, the kiosk was mentioned in the British newspaper The Guardian, which described the hot dogs as "at once comforting yet also deliciously spiced." It was his father who taught Erlend everything he knew to make the perfect hot dog. The trick? A secret broth that is boiled before the hot dogs are added. He jokingly refuses to reveal what the successful recipe consists of. Some secrets must be kept. Whatever toppings you prefer: mustard, ketchup, crispy onions, dressing, bacon, relish, be assured that there is a hot dog for you!

New Dues Structure for Canada and Norway

A new, simplified dues structure for lodges in Canada and Norway will take effect on January 1, 2020. Lodges in the United States underwent similar changes in 2018 and will not be affected.

For information about the upcoming dues changes for Canada and Norway, including the new dues amounts, background information, FAQs and the full text of Resolution 49, please visit:

www.sofn.com/simplified_dues_structure (login required).

litt på Norsk...

Oslo elsker pølser

For nordmenn flest er ingen fotballkamp eller nasjonaldag komplett uten et par wienerpølser i lompe med ketsjup, sennep og sprøstekt løk. Det er vanligst å servere pølsa i lompe; et flatt, mykt bakverk lagd av poteter. For seg selv er lompa litt tørr, men sammen med pølsa utgjør de en perfekt smakscombinasjon.

Også pøsekiosken har en rik tradisjon i Oslo. Det var stedet du kunne stikke innom etter jobb eller på vei til/fra fest for å få deg et klassisk mellommåltid. Før i tiden kunne det virke som det lå en pøsekiosk på hvert gatehjørne, men i dag er det svært få igjen av de små bodene som pleide å definere bybildet. Etter hvert ble det vanskeligere og vanskeligere å hamle opp med større kjedekiosker med sine bredere tilbud og lengre åpningstider, og de aller fleste måtte stenge. Noen har holdt stand, og Erlend Dahlbo og hans Syverkiosken på Alexander Kiellands plass er en av dem.

Syverkiosken har blitt et symbol på det gamle Oslo. Syverkiosken er et populært destinasjonssted for sultne folk gjennom hele dagen. I fjor ble kiosken nevnt i den britiske avisen The Guardian, som beskrev pølsene som "at once comforting yet also deliciously spiced". Det var faren hans som lærte Erlend alt han kunne om å lage den perfekte wieneren. Trikket? En hemmelig kraft som kokes opp før pølsene legges oppi. Han nekter spøkefullt å røpe hva suksessoppskriften består av. Noen hemmeligheter må man få ha. Uansett hva du liker å ha på: sennep, ketsjup, sprøstekt løk, dressing, bacon, agurk-mix, vær trygg på at det finnes en pølse for deg!



Fiery End for World's Largest Troll

The Senja Troll, a Guinness World Recordbreaker known for being the largest troll in the world, was reduced to ashes when a blaze destroyed it on March 28. The gnarly behemoth was a key attraction at the Hulder and Troll family park in northern Norway on the island of Senja.

Reports of the troll's demise were delivered around the world via the Associated Press newswire. Just short of 59 feet tall, the troll's absence will certainly alter the surrounding landscape. The troll structure housed an adventure park, miniature railroad and other attractions.

The troll was built in 1993 and his kone (wife) was added to his side in 2007, when a priest blessed their "union." The attraction expanded even more when the troll couple had sextuplets in 2012.

There are no immediate reports of plans to rebuild the beloved Senja Troll.



Explore Your Heritage

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, Genealogy Tips and Hints — Connecting with your family history. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places. Exclusively for Sons of Norway members, you'll find the guide online at ww.sofn.com in the Member Resources area under genealogy.

September is Life Insurance Awareness Month!

We've all had that moment when we get the news about a friend or loved one whose life has just been changed forever by circumstances outside their control. Whether an accident or unforeseen illness, we don't know when we will need life insurance. That's why it might be one of the most important purchases you'll ever make!

According to the 2018 Insurance Barometer Study by Life Happens and LIMRA:

- 1 in 5 people with life insurance say they don't have enough
- 2 in 5 millennials wish their spouse or partner would buy more life insurance
- Almost everyone (90%) believes primary wage earners need life insurance.

So why are so many households uninsured or underinsured? Some people are uncomfortable facing the fact that everyone dies someday. Others assume it's too expensive. Or they put it off until tomorrow. But none of us knows what tomorrow might bring.

Don't procrastinate; reach out to your agent or call Sons of Norway to connect with a Financial Benefits Counselor who can help you navigate your personal insurance needs.



Pølse med Lompe

From Ekte Norsk Mat

Step 1 Follow our recipe (below) for making Lomper, or Small Potato Cakes.

Step 2 Use your favorite style of sausage, brat or hot dog for the filling. Grilled, boiled or fried — they all taste amazing on fresh lompe.

Step 3 Dress it up – add your typical brat or hot dog fixings. Try out something new — you could add sauerkraut, cole slaw or salsa.

Lomper – Small Potato Cakes

Ingredients:

2 lbs. potatoes

1 tsp. salt

1 ¼ cups, approximate, barley flour

1. Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the lompe. Cool.

2. Add flour to a small portion of potatoes at a time, stir just enough to make a firm, easily-handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 3-4" rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.
3. Place lompe on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.
4. If the griddle is too hot, lomper will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese. As for me, it will always be pølse med lompe.



Greenest Ways to Travel Norway

Norway's efforts toward the use of eco-friendly and renewable resources have earned it a spot on the top 10 list of greenest countries on earth. Transportation is a primary focus of Norway's commitment to reducing pollution and carbon production. Here are a few options to help you navigate the country and support a clean environment for all.

One way to travel green is by taking an electric city car. There are more than 10,000 charging stations across the country. Electric cars have gained such popularity in Norway that, for the first time ever, they now outsell traditional cars. To travel the coast, book passage on a Hurtigruten ship propelled by liquid natural gas and battery power. All Hurtigruten ships will be hybrid by 2021. One of the most popular ways to travel Norway is by taking the train. Electrically powered, the train will take you on the trip of a lifetime through fjords, mountains and scenic countryside.

Next time you're traveling through Norway, consider taking an eco-friendly form of transportation. To learn more about how Norway is going green, visit <https://bit.ly/2Wz9l46>



ANNOUNCEMENTS

- Please remember to submit any newsletter submissions by Sept 15 for the Oct issue.
- Free or by donation to the SON Foundation in Canada – 2015, 2017 and 2018 issues of Viking magazine. Call Arvo Paivarinta 250-758-5816

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/>

SEPTEMBER BIRTHDAYS

- September
- 4 Vanessa Sutcliffe
 - 14 Jane Hansen
 - 18 Irwin Axness
 - 21 Jennifer Bolstad
 - 22 Sonja Cole
 - 26 Vaughn Brown
 - 28 IngridGodfreyson



SUNSHINE COMMITTEE

Three of our members have had health concerns these summer months; one member an ongoing issue. Ingrid Godfreyson is suffering increasing shortness of breath and it is affecting her mobility. She remains in her apartment at Nanaimo Senior's Village. Afternoon visits are best for her. She enjoys friends coming to see her to talk for a while. Bring paper and pencil or use the erasable board she has for communication.

Arvo has been requiring help at Community Care with weekly leg dressings and seeing some improvement; but slow it is. Persevere Arvo...you have our best wishes as always.

President Ida has not been exempt from ills but am happy to report that after 2 weeks of doctoring she is feeling better. Take very good care. We hope you will be fit as a fiddle come September.

On a sad note we send our kindest thoughts to the family of Signhild Olsson of Courtney on her death in June and to the family of Kjell Garteig on the loss of Kari in July. We remember.

Do hope nobody has been missed with a friendly call or card if needed.

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



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:

Exporting "Luxury Ice Cubes" from Norway to Dubai

"The world's most sought-after ice cube," is the slogan of the Norwegian company Svaice, for marketing ice cubes out of melting ten-thousand-year old ice from Norway's second-largest glacier Svartisen, writes glacierhub.org. The plan is to sell 16 million ice cubes a year to the owners of exclusive bars in Dubai, London and New York. For a \$50 (around 400 kroner) and 7-star drink served in a glass made from Swarovski crystals, the claim is a luxurious ice cube that, through its slow melting, does not destroy the drink. In any case, this is the dream of Geir Ludvik Olsen, who started Svaice in November 2014, writes glacierhub.org. Olsen has told NRK Nordland that the company will create 60 new jobs. Svaice's plans, however, face strong opposition from the environmental movement that is critical of the idea of extracting ice from a melting glacier and supporting an energy-intensive and emissions-heavy shipping industry.



LANGUAGE GAME CLUB

We have had a little break for the summer but are starting up to play our English-Norwegian super fun language board game in September!

Please come join us for some entertaining learning of either English or Norwegian, and bring a friend!

Please email rbarlak@island.net or call 250-758-7576 if you are interested in joining our Language Game club. Guests/non-members welcome.

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.

Kaffe Pause, anywhere, anytime!

This is member-led. Feel like a get together? You name the time and place. We send out the invite. Call 250-758-7576 or email:

j-t-brei@online.no with a location and date so we can let members know.