

# NORTH STAR NEWS



Vol 2021 Issue 7/8  
Sept/Oct 2021

## **Welcome Back Picnic!**

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

Mark September 26 on your calendar! 11am to 3pm (food 12-2pm)

We have rented the picnic shelter #2 (closest to beach) at Rath Trevor Beach Provincial Park in Parksville. There will be pølse and lompe (hot dogs and lompe), coffee, tea and juice and some Scandinavian treats. We will bring some paper plates, cups and cutlery. If you are more comfortable bringing your own meal, feel free to do so. The picnic shelter is covered with several tables. If you like more space or more comfortable seating, bring your own folding chairs, it is just a short walk from the main parking lot.

The idea is for lodge members to get together in open air with lots of room for distancing. There are beautiful walking trails and beach just meters away, as well as a small playground in sight. So come, have fun, enjoy yourselves in whatever way suites you and come by for some refreshments as you please.

Please come dressed for the weather, this will happen rain or shine!

Kjell Garteig will have room in his vehicle if anyone needs a ride.

Please call him directly to organize: 250-756-4934



## ***NEXT MEETING!***

- OUR REGULAR MEETING WILL BE HELD VIRTUALLY USING ZOOM ON THURSDAY OCT 7, 2021 AT 7PM. AN EMAIL INVITE WILL BE SENT.
- HOPEFULLY SEE YOU SOON, STAY TUNED!

## ***SOCIALIZING***

- SHOULD BE AT A DISTANCE. GIVE A FRIEND A CALL INSTEAD. PLEASE STAY HEALTHY.



## **PRESIDENT'S MESSAGE**

Greetings Brothers and Sisters,

I am looking forward to our next meeting Oct 7. Maybe by November we can meet again in person. Hopefully we can get back to normal and start to meet again for socials and meetings. We are still looking for a secretary, treasure and editor, Rosie has been doing all those positions , and that's not fair to her. Please come and help us, you will be glad you did.

My sincere condolences to Dina Ridenour in the loss Of her sister. Dina is our sunshine lady's Sonja Cole niece. Arvo Paiwarinta has been having some health issues, I wish him a speedy recovery.

Fraternally,  
 Ida Pedersen  
 President  
 250-758-2306



## **SECRETARY'S MESSAGE**

It is soon coming up to lodge officer election time. We will need to have a nominating committee in October and vote in our officers at our November meeting.

It has been apparent for some time that finding members who are willing to contribute to lodge operation by being an officer of the lodge is increasingly challenging. These are not hard jobs on their own, but when the same people must take on multiple jobs to maintain lodge operation it becomes very wearing.

Please consider a fun new adventure learning new things about Sons of Norway and contributing to the health of your lodge through a role as a lodge officer. Please reach out to me for detailed officer job descriptions (see list below) or questions.

Regards,  
 Rosie Barlak  
 Secretary



# SONS of NORWAY

**Celebrating 125 Years**  
 1895-2020

### **2021 LODGE OFFICERS**

PRESIDENT	Ida Pedersen	250-758-2306
VICE PRESIDENT	Jim Tore Breivik	250-758-7576
MEMBERSHIP SECRETARY	Jim Tore Breivik	250-758-7576
SECRETARY	Rosie Barlak	250-758-7576
ASSIST. SECRETARY	vacant	
TREASURER	vacant	
SOCIAL DIRECTOR	Linda Harvey	250-751-1435
CULTURAL DIRECTOR	Linda Harvey	250-751-1435
COUNSELOR	Arvo Paivarinta	250-758-5816
EDITOR	vacant	
ASSIST. EDITOR	Rosie Barlak	250-758-7576
FOUNDATION DIRECTOR	Arvo Paivarinta	250-758-5816
SPORTS DIRECTOR	Arvo Paivarinta	250-758-5816
MARSHAL	Randi Johansen	250-754-4407
1 YR TRUSTEE	Kjell Garteig	250-756-4934
2 YR TRUSTEE	Lillian Hope	250-758-1095
3 YR TRUSTEE	vacant	



## **MEETING HIGHLIGHTS**

Our June 3, 2021 North Star Lodge (NSL) regular business meeting was held virtually using Zoom, with 8 members present.

Regular meeting business occurred.

It was noted that:

- Refund of dues to members is still occurring due to differences in US dollar charges when payments are made by credit card.
- There was some discussion around potential summer activities if less restrictions and if willingness on part of members.
- We are in desperate need of help with lodge officer positions that are now being held by only a few lodge members. Please help distribute the work to run our lodge and provide fun activities for our members.

## **TIX Celebrates Differences at Eurovision**

*From SON newsletter files*

Norway's entry into this year's Eurovision Song Contest, "Fallen Angel," was written and performed by flamboyant rock star Andreas Haukeland, better known to his fans as TIX. This stage name was inspired by the constant storms of facial twitching and blinking he experiences due to Tourette's Syndrome. He arrived at Eurovision not just to showcase his music, but to celebrate the fact that living with a debilitating condition doesn't have to stand in the way of achieving your dreams.

Lyrics for "Fallen Angel" were born out of TIX's own experiences with bullying and mental health issues. He feels a lot of people can relate to the latter, after living through 2020 and the continued pandemic. TIX made it to the final round of the epic contest, which typically draws a television audience of 200 million.

After finishing in 18th place, Haukeland released a new single, BeautiFull. You can find this offering along with Fallen Angel and other tunes, on his YouTube channel: <https://www.youtube.com/user/TIXofficial>.

## **Social Directors Message**

Hi Members

Thank you to those who sent me Norwegian recipes for our North Star cookbook. I have been busy getting to know the procedures of producing a cookbook. The publishing company has been very good in answering any questions. My time is spent filling in the recipe forms with all of your recipes. Please, those of you who have not sent in any recipes, I would love to get some from you. PLEASE PARTICIPATE IN THIS RECIPE BOOK. Our success relies on you sending me Norwegian recipes either by mail or e mail. My address is: Linda Harvey 4648 Laguna Way, Nanaimo, V9T0A7 or my e-mail is: [lgharvey@live.ca](mailto:lgharvey@live.ca)

I will look forward to your submissions.

I came across an interesting program on YouTube . A popular Norwegian couple who are incredible designers, artists and authors have put together shows on Youtube which share their Norwegian culture and talents. They happen to be great knitters! This month they are highlighting Setesdal. Try watching their shows as they are most interesting. The show is called: Arne and Carlos.

Keep well, stay safe,

Linda Harvey  
Social/Cultural Director



## **Hope Floats**

*From SON newsletter files*

Inspired by Norway's stave churches, Hope Cathedral is a unique structure, floating on a barge near the mouth of the river Glomma in Fredrikstad, Norway. It is constructed out of timber and over a thousand plastic fish boxes. The multi-colored fish boxes, recovered during shoreline clean-ups, have been recycled into jewel-like roof tiles.

Solveig Egeland, an artist and cultural advisor to the Church of Norway's Diocese of Borg, was inspired to start the project back in 2018 as she witnessed more and more plastic waste being deposited on her favorite beaches. In their stead, she envisioned an edifice of many colors rising from the sea. That fall, 35 volunteers banded together to realize her dream.

They have since been joined by thousands of people from across the globe, binding people of different faiths and nationalities together into a supportive, sustainability-focused community. Now nearly finished, Hope Cathedral was opened to the public on June 5, 2021.



## **Norwegian Bunad**

*Submitted by Linda Harvey*

Often the words bunad and folk costume are used to describe traditional Norwegian dress. Let me distinguish between the two.

The bunad is a festive costume used today in Norway and is very similar to the costumes used in the early years. They also resemble the geographical areas where they were first created.

The folk costume is thought of as the everyday and holiday clothes worn in a specific area of Norway. Note that the design of these costumes must differ from district to district. These folk costumes were used in the last century and earlier! It is incredible to think that the costumes were worn every day. There were work clothes, going to church clothes and festive clothes all designed for the specific area you lived in. Not only did the people have to concentrate on the various usages but also the four seasons came into play. Shawls, jackets and head coverings were all used at various times of the year. Being married and unmarried dictated what costume you wore. Married women often switched to black and always had to cover their heads with a scarf or cap. Unmarried girls wore colored costumes and wore ribbons in their hair. Silver was used for broaches and buttons, but the married women had to outshine the unmarried girls in this adornment. Status also played a role in costume wearing. Usually, the wealthy had finer garments and more silver.

Today there are 450 different variations of the Norwegian bunad. As mentioned before, these costumes are worn in large or small districts that have definable borders. There can be several districts in a country or in a long valley.

The bunads were created using the distinct patterns of the folk costumes in the various areas. Interestingly enough, the bunad designs have been so refined that they are now timeless, never being outdated.

A woman by the name of Hulda Garborg investigated the bunads in all areas of Norway. In 1903, she wrote the first bunad book in Norway. She continued her research and wrote later editions.

Her interest in bunads influenced people to once again to use them. Through her research she was able to do slight changes and alterations to the patterns that would make them more suitable to the times and conditions. She enforced the idea that the material used must be homespun Norwegian material which had to be solid and warm. Hulda valued the culture that resonated in each district. She was an inspiration who set the Norwegian people on the path of "bunad wearing" once again.

As a result of her zeal, Norwegians wear the bunad for various celebrations including weddings and important birthdays, 17<sup>th</sup> May and folk dances. It's also often worn on religious occasions such as baptisms, confirmations, and at Christmas.

This month, I've picked the Gudbrandsdalen bunad to show you. This bunad is made from a solid-colored wool material which is usually blue, black or white. The flower pattern is embroidered in a variety of colors on the skirt, bodice and cap. The skirt is loosely pleated with an attached short bodice. The blouse is made of white linen or cotton with tating on the turned down collar and cuffs. An apron made of the same material as the skirt and with the same embroidery can be used. The bunad is worn with black stockings and black shoes with silver buckles. The broaches and cufflinks are of silver too. A hanging purse made of the same wool and embroidered like the rest of the bunad is hung on the left side using a silver purse closure.



## **Love baked goods?**

(we are rerunning this to remind members of a great opportunity to order delicious baking)

Leah Hayward, her husband Trond Hagen and baby son Bjørn are the newest members of our lodge. Please welcome Leah, Trond and Bjørn to North Star Lodge. Here is a little bit about Leah:

My name is Leah Hayward, and I'm a student in the Professional Baking program at VIU. When I graduate, my plan is to open a Scandinavian bakery in Sidney BC. I plan to offer Scandinavian specialties like Danish rye bread, Norwegian waffles, Swedish crispbreads, open-faced sandwiches, and homemade Danish pastries (just to name a few!) To my knowledge, it will be the only Scandinavian bakery on Vancouver Island.

I'm hoping the members of North Star Lodge can help me! What I need right now is practice, practice, practice, and genuine feedback on how I can improve my recipes. In other words, I need hungry and honest Scandinavians :)

I can deliver around Nanaimo every second Sunday (twice a month).

**I can take orders by email ([leah.solveig.hayward@gmail.com](mailto:leah.solveig.hayward@gmail.com)) or by phone/voicemail (250-634-0315). Deadline to order is the Friday before delivery.**

Here are the products I'll offer (I hope lodge members will request others!):

- Danish rye bread: 100% rye sourdough w/ sunflower seeds (1 loaf - \$5)
- Swedish limpa: Sweet rye bread w/ anise, caraway, orange zest, and dark beer (1 loaf - \$5)
- Lompe: potato flatbread rounds, perfect for hot dogs! (pack of 6 - \$5)
- Classic rye crispbread: Wasa style (pack of 6 - \$5)
- Hearty seed crispbread: w/ sesame, sunflower, pumpkin, and poppy seeds (pack of 6 - \$5)
- Boller: w/ raisin, chocolate, or plain cardamom (pack of 6, single flavour - \$5)
- Cinnamon knots: knotty little cinnamon buns! (pack of 6 - \$5)
- Verdens beste: Norway's "official" cake! Soft butter cake, crispy meringue, creamy filling, toasted almonds (9x13" - \$20)
- Fyrstekake: cardamom tart w/ sweet almond filling (9" round - \$20)



## **Norwegian Higher Education Records Set in 2020**

*From SON newsletter files*

In 2020, Norwegian universities and colleges experienced a record year in number of students. In fact, over 51% of bachelor students completed their studies in 2020, making it the first time more than half finished their studies without any delay. The number of students that graduated from Norwegian universities rose about 2,400 people from 2019 to 2020. Additionally, the number of applicants increased 4% from 2019 to 2020. Interestingly enough, some of this growth has been attributed to the coronavirus situation. In an interview this year, Minister of Research and Higher Education Henrik Asheim (H) stated "Experience from previous crises shows that more people want to get an education when times are bad. We saw that last year [2020], and we see that again this year. For the knowledge nation Norway, this is good news because we need more wise minds in all sectors." 2021 is following the positive increase from 2020 and may see even higher growth.

*a little in English...*

## **Changed name to "Salmon" to get free sushi**

*From SON newsletter files*

Taiwanese authorities are asking people to stop changing their names. Several people in the country have changed their name to "Salmon" recently.

"Salmon" has become a popular name in Taiwan. Many young Taiwanese have changed their names. Part of the reason is an offer from a chain of restaurants.

A chain has promised that people can get free sushi this week. But then they must have the Chinese characters for salmon in their name—Gui Yu. Five other friends can also have free sushi.

The result is that many have changed their names, according to local media. In recent days, around 150 people have turned up to change their name. Most are young.

"I just changed my name earlier today. Now my name is "Bao Cheng Gui Yu". We have already eaten over 7,000 Taiwanese dollars' worth, a student told a local TV channel.

That sum is around 2,000 kroner. [US\$225] Bao Cheng Gui Yu can be translated as "explosive, beautiful salmon."

Several have various different combinations of names containing salmon. Other examples are "salmon prince," "meteor salmon king" and "salmon fried rice."

"I have changed my first name to 'Salmon.' Two of my friends did so, too. We'll just change our names back afterwards," says a woman to the TV channel SET TV.

But not everyone is happy that people are changing their names. The authorities are asking people to stop.

"This type of name change is a waste of time. It also creates an unnecessary amount of paperwork," Chen Tsung-yen said Thursday. He is the Deputy Minister of the Interior.

"I hope people can be more rational," he says.

The offer ends Thursday. It has lasted for two days.

*litt på norsk...*

## **Skifter navn til «Laks» for å få gratis sushi**

Myndighetene i Taiwan ber folk slutte med bytte av navn. Flere i landet har skiftet navn til «Laks» i det siste.

«Laks» har blitt et populært navn i Taiwan. Mange unge taiwanere har byttet navn. Noe av årsaken er et tilbud fra en kjede restauranter.

En kjede har lovet at folk kan få gratis sushi denne uka. Men da må de har de kinesiske tegnene for laks i navnet sitt. Det er «Gui Yu». Fem andre venner kan også få gratis sushi.

Resultatet er at mange har byttet navn, ifølge lokale medier. De siste dagene har rundt 150 personer møtt opp for å bytte navn. De fleste er unge.

– Jeg endret nettopp navnet mitt i dag tidlig. Nå heter jeg «Bao Cheng Gui Yu». Vi har allerede spist for over 7.000 taiwanske dollar, sa en student til en lokal TV-kanal.

Summen er rundt 2.000 kroner. Bao Cheng Gui Yu kan bli oversatt som «eksplosiv, vakker laks».

Flere har flere ulike kombinasjoner av navn med laks. Andre eksempler er «lakseprins», «meteor laksekonge» og «laksestekt ris».

– Jeg har skiftet fornavn til «Laks». To av vennene mine har gjort det samme. Vi endrer bare navnet vårt tilbake etterpå, sier en kvinne til TV-kanalen SET TV.

Men ikke alle er fornøyd med at folk bytter navn. Myndighetene ber folk slutte.

– Denne typen navnebytter er å kaste bort tid. Det skaper også unødvendig mye papirarbeid, sa Chen Tsung-yen torsdag. Han er vise-innenriksminister.

– Jeg håper folk kan være mer rasjonelle, sier han.

Torsdag er det slutt på tilbudet. Det har vart i to dager.



## **ANNOUNCEMENTS**

- Please remember to submit any newsletter submissions by Oct 15 for the Nov 2021 issue.

## **SEPT/OCT BIRTHDAYS**



October	
6	Leah Hayward, Elisabeth Vikran
9	Bernhard Hansen
27	Rosie Barlak
November	
2	Corey Darling
4	Philip Davidson
6	Toryn Sutcliffe
12	Marguerite Frigstad
14	Einy Yanda

Please update your membership directories with this change of address:

Joan Sørensen  
Suite 210-3201 Ross rd.  
Nanaimo, B.C. V9T 6L9 Canada  
Phone 250-729-3045



## **SUNSHINE COMMITTEE**

Please take care of yourselves. Best get well wishes to anyone who has health issues or is feeling under the weather.

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

## **Have you heard of the Kavli Prize?**

*From SON newsletter files*

While you may be familiar with the Nobel Peace Prize awarded by the Norwegian Nobel Committee, there is a newer, less-known prize in the news. The Kavli Prize recognizes scientific creativity and celebrates outstanding achievements in the fields of astrophysics, nanoscience, and neuroscience.

Established by Fred Kavli who was born on a small farm in Eresfjord, Norway, Kavli later moved to California. He was a physicist, entrepreneur, and philanthropist. His lifelong fascination with science led him to establish the U.S.-based Kavli Foundation in 2005. Since 2008, awards have gone to 54 scientists from thirteen countries including the United States, United Kingdom, Germany, Austria, France, Netherlands, Lithuania, Japan, Norway, Russia, Czechia, Sweden and Switzerland.

Nominations for The Kavli Prize open this year September 1 and close on December 1, 2021. The Norwegian Academy of Science and Letters will award three prizes in 2022, using the recommendations of independent committees for each field. Norway's Royal Family presides over a ceremony held in Oslo, where prize recipients receive a gold medal, scroll and cash equivalent to one million US dollars. Read more about the Kavli Prize and watch fascinating videos about discoveries by Kavli laureates online at <https://kavliprize.org>.



**FACTS AND FUN:**



Colouring Contest!  
For a chance at a prize, colour in these picnic images and submit to: Rosie Barlak, 6194 Parkwood Drive, Nanaimo, BC, V9T 6C8 or scan in and email to j-t-brei@online.no.

