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Hardanger

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Hardanger Lodge #109

Kelowna, BC

Statistics Norway to Collect Data in Norwegian Supermarkets

Norwegians Cancel Trips Due to Hot Weather

Rakfisk: Fermented Trout Draws a Crowd

Lutefisk Season Begins: The History of Lutefisk

Fabulous Facts: Christmas in Norway

Beware the Jólakötturinn

COVER PAGE - Painting by Hans Dahl

Born in the village of Granvin on Hardangerfjord, the second longest fjord in Norway, Dahl showed early promise as an artist. After military service, he apprenticed with landscape painter Johan Fredrik Eckersberg and studied under romanticist painter Hans Gude. But it was Dahl's training at the Düsseldorf school of Hans Dahl

(1849 – 1937) was famous for painting breathtaking Norwegian landscapes with sheer-sided fjords and sweeping valleys. Within those settings, he painted pretty young women going about their everyday work in the surrounding fields—gathering leaves and grasses to feed cattle and sheep, fishing, making hay, or picking wildflowers to

sell at market. painting that would characterize his work—finely detailed, yet dreamlike, idealized landscapes. What better music to accompany Hans Dahl's work than that of a fellow Norwegian—the composer Edvard Grieg.

**11 NOVEMBER
REMEMBRANCE DAY**

Lest we forget



President Lloyd Coltman will lay a wreath at the Rutland Cenotaph on behalf of Hardanger Lodge 109.

Our Lodge gave a \$50.00 donation to the Royal Canadian Legion for the wreath



A Certificate of Thanks was presented to Hardanger Lodge #109 for participating in the 125th Sons of Norway Anniversary Challenge. Gloria presented Lloyd Coltman with a Silver Level pin and certificate for individual donations to the Foundation. Congratulations to Hardanger Lodge for coming first in the Small Lodge Founders Award.

Da Yokes on Yu - Looking back at 1988 Hardanger Nyheter yokes

When Lena went away to college, she wrote back to her mother: ...and I am gaining on dis awful food dey serve me at da dorm, too. I veigh 120 stripped, but I don't know vether dose scales down in from of da drug store are right or not !!!

Lena had taken a first aid training course and was very proud. One night when Ole came home for dinner Lena said, Ole, I am so glad I took that course. Today, dere vas an accident in fromt of our house. A man vas knocked down by da car and vas bleeding!"

"Vell, vat did yew do?" asked Ole.

"Vell, all of the sudden," said Lena, I remembered my first aid training and dat's ven I put my head between my knees to keep from fainting."

Foundation Update

High school seniors and current college and university students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship, bursary or grant from the **Sons of Norway Foundation in Canada**.

Go to the Sons of Norway Foundation in Canada at www.sonfic.ca to find out if you are eligible to apply.

Here are a few suggestions for your application: (ED. NOTE The following requirements were taken from Sons of Norway Foundation in USA and may differ from the requirements you will find in sonfic.ca)

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.
2. Make a list of all the application requirements and check them off when completed.

Then, double-check before submitting to be sure that it is complete.

3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.

4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you've done research beyond a simple Google search.

5. Emphasize your involvement in community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!



Birthday boy, **Peter Holmes** received a Norwegian birthday cake, *Blotkake*, baked by his wife, Joyce Hall. All 18 of us in attendance really enjoyed a slice of the tasty cake.

Hardanger's dinner and lodge meeting October 19th.

Pictured are some of the members and guests that were present at the dinner and meeting which was held at the Wedgewood Lodge in Kelowna.



We thank the chief and server at Wedgewood Lodge for providing a delicious dinner and meeting room.

Statistics Norway to Collect Data in Norwegian Supermarkets

Statistics Norway (SSB), a state-owned entity that collects and communicates statistics in Norway, is pursuing a new type of data collection that is met with differing opinions. SSB wants Norway's major supermarket chains to share their receipt data. The major supermarket chains include: NorgesGruppen, Coop, Bunnpris and Rema 1000. The reason SSB is after this type of information is because they believe it will be a more efficient way of gathering and analyzing household consumption statistics to inform decisions on social assistance, tax policy, and child allowance. In the past, such information was written down in a booklet by Norwegian households, proving to be very time-consuming.

The trend of increased state data collection is concerning to many. In fact, payment processor, Nets, is troubled "about the collection and compilation of data that may be problematic and intrusive for the indi-

vidual citizen." Additionally, NorgesGruppen plans to appeal the decision. Only time will tell how fruitful the appeal will be.



Norwegians Cancel Trips Due to Hot Weather

An insurance company says that Norwegians are considering canceling their vacation trips. Many people are afraid that it will be too hot where they are planning to travel.

Spain is a country Norwegians love to travel to. This summer it has been extra hot. On Sunday it was close to 43 degrees [Celsius - 109° F].

This makes people consider canceling their vacations. This is according to insurance company IF. They have already

been asked if it is possible to receive refunds through insurance.

IF says that heat is not covered by insurance.

"If you are worried about the heat, then there is no reason to cancel. But if you go on the trip and something happens, you will get

all the help we can offer," Bjarne Aani Rysstad told tv and radio channel NRK. He works in insurance for Gjensidige.

Andreas Handeland says the same thing. He works for IF. He also says that a statement from a doctor is required to receive the insurance coverage.

Happy Father's Day! Wait...What?

No, you didn't enter a time warp. We're talking about Norwegian Father's Day! It's celebrated every year on the second Sunday in November.

Originally in the 1930's, Norway celebrated in June like the United States. However, in 1949, the government changed the date to early November. This was done purely for economic reasons: it boosted sagging



sales in shops in the runup to the Christmas shopping season. Other neighboring countries followed suit. Estonia, Finland, Iceland, and Sweden also celebrate their fathers on the same day.

So how can you celebrate your father, Norwegian-style? With gifts, of course! Common presents in Norway include hand-knitted items,

coffee mugs, socks, ties, and gloves. Traditionally gifts are not extravagant, but rather are subtle tributes to a cherished parent. You can also make the day all about dad by making him breakfast in bed, or any favorite meal. Special desserts are of course always a favorite!

November 13th is coming up. Don't forget to wish your father a God Farsdag!

Rakfisk: Fermented Trout Draws a Crowd

One would think a fermented fish would not draw too much attention as it sounds like something of an acquired taste. Right? Wrong! Norway is yet again testing our assumptions as fermented trout, known as rakfisk, entices quite the crowd to the city of Fagernes.

For the past 30 years, Fagernes has held the "Norsk Rakfisk Festival," drawing more than 25,000 people each year. The festival cele-

brates food traditions and features local products/handmade items. Of course, one of the main events at the festival is the rakfisk competition where a panel of judges assess the taste, smell, and texture of rakfisk brought by several rakfisk producers.

This year will surely be an exciting one as it is the 30th anniversary of the festival; the celebration goes from November 3rd to 5th. To feel like part of the festival from



Photo Credit: Cathrine Dokken – Norsk RakfiskFestival

Top 5 Places to Go in Norway

When you are on a road trip, rest stops are of vital importance. Many of the public toilets dotted along Norway's stunning 18 Scenic Routes are designed to reflect the natural beauty around them. Here are just a few, as ranked by the website upnorway.com:

#5: Selvika

This concrete wonder sweeps near the Selvika beach on the Havøysund route up north in Finnmark. Visitors climb a ramp which snakes around in sharp turns, providing views in all directions of its stunning setting.

#4: Bukkekjerka

It is easy to miss this mirror-covered rest stop, located on the Andøya Route, which explores the rugged beaches of northwestern Finnmark.

#3 Allmannajuvet

The toilets here are part of the Zinc Mine museum and resemble a short fire tower

perched precariously on the side of a cliff. You can visit them as you drive the Scenic Route Ryfylke, which can be found in Rogaland county.

#2. Eggum

The exterior of this rest stop on the Lofoten Scenic Route resembles a neolithic amphitheater and was fashioned from a disused quarry.

#1.

Ureddplas-sen

Praised as the world's most beautiful toilet, Ureddplas-sen is on

Scenic Route Helgelandskysten, which crosses the Arctic Circle.

Learn more about these stunning rest stops and others at Norway's Top 10 Most Unusual Toilets on upnorway.com.



Lutefisk Season Begins: The History of Lutefisk

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating *tørrfisk* (dried fish) with lye. *Tørrfisk* is unsalted and dried under the open sky in a fresh

breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a *tørrfisk* storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of *tørrfisk* went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.

Fabulous Facts: Christmas in Norway

1. Each year, Trafalgar Square in London features a massive Christmas tree. That tree is actually a present from Norway. Oslo has been sending a tree to England every year since 1947 as a thank you for British support during World War II.
2. The *julenisse* is Norway's elusive Christmas gnome, who sports a white beard and a red cap. Historically the *julenisse* has been known to help lighten the farmer's chores and keep the farm safe. Nowadays, the *nisse* brings gifts to well-behaved Norwegian children. Don't forget to keep him happy by leaving

out a generous bowl of porridge!

3. "Tre nøtter til Askepott," a Cinderella tale, has been a Christmas TV tradition since the 1990s. Strangely enough, this is a Czech version of the classic story, dubbed into Norwegian by a single actor. Watching it is so popular that it airs every year on NRK, Norway's national broadcasting channel. To see the trailer from the 2021 Norwegian remake of "Tre nøtter til Askepott," click here:



https://www.youtube.com/watch?v=a-YVi_UsGqo

4. Find the almond! This is a game where the family eats rice porridge on Christmas Eve. There is one almond hidden in the porridge, and whoever gets it is the proud recipient of... a pig made of delicious marzipan!
5. Everyone eats well during *juletiden*, or Christmastime, even the birds. It's common to see sheaves of wheat or oats that have been placed in the trees for the birds to feast on.

Increasing Focus on Mental Health

In Norway, as in many places, youth feel it is taboo to discuss mental health and ask for help. Because of this, the Norwegian government is taking strides to invest heavily in resources that will help young people with mental health. As part of this effort, Prime Minister Jonas Gahr Støre visited the Youth Square in Drammen, Norway, to learn what they are doing to battle mental health. Drammen is a good example as they have gathered resources such as social services, health, and mental

health services all in one place and have made it free for those between 13 and 25. These offerings are invaluable and Gahr Støre hopes to include the idea of having access to several services in one place in the upcoming mental health plan. He stated, "We need to do this better to reach our young people. If we reach them earlier, I think we can solve the problems before it



becomes a diagnosis." The government's plan is to be presented in 2023.

Beware the Jólakötturinn

Something large and fluffy stalks across Iceland, its hot, hungry breath crystallizing in the frigid air, forming icicles on its bristly whiskers. Its ever-extended claws crunch deep into the snow as it prowls from place to place to place.

This is the Jólakötturinn, or the Christmas Cat. Resembling an enormous Norwegian Forest cat, it is the beloved pet of the 13 prankster Yule Lads who deliver presents, and their lovely troll mother Grýla. The Jólakötturinn seeks out anyone

who does not receive new warm clothes for Christmas. If it finds you proudly wearing even one new mitten, it will pass you by. Otherwise, it's dinner time for kitty.

This may seem like a strangely specific motivation, but back in the day the whole family, including the children, spent their evenings carding, spinning and knitting wool. Family members found slacking off might not get new clothes for Christmas. In contrast, you could always gift fresh woolen garments to keep needy neighbors off the menu. So, the next time Great Aunt Edda gifts you boring Christmas socks tell her, "Takk fyrir!" (thank you!) and take comfort in the fact you can face the long dark winter ahead, toasty-warm and uneaten!

Beware the Jólakötturinn



Photo Credit: laughingsquid.com/jolakotturinn-yule-cat-icelandic-legend/

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Our next lodge
get together
will be on
Wednesday
November 23
at the Wedge-
wood Condo-
minium. Fur-
ther details will
be sent to
lodge members
soon.

The next
Hardanger
Nyheter will be
January 2023

HARDANGER LODGE welcomes new members 2022

**Bell Paige, Erica Livett, Craig Paynton, Kate Paynton,
Joyce Hall, Ann Hall and Peter Holmes**

A note from Darlene:

At the October meeting it was mentioned that perhaps our Hardanger lodge could sponsor a family for [Christmas](#). I looked into it and here is a link to the website for Kelowna Community services: [kcr.ca](#)
There is more than one option on how to be a sponsor as the website discusses. I talked to a lady there to confirm the donation expectations. She said their guideline is \$100 per person in the family for gifts and \$50 per person for food.

This is Hardanger's Lodge Election Year, If you would like to serve with a position on our lodge's committee please contact the head of our nominating committee Dale Acott at 778-484-5747. for committee positions available.

Crown Prince Haakon is going on a trip across Greenland [from May 2022] Crown Prince Haakon is going on a trip across Greenland [from May 2022]

A crown prince, a former skier and several researchers are going on a trip. It will probably be tiring, Crown Prince Haakon thinks.

He will cross Greenland. Former pro skier Vegard Ulvang is also going. They'll have several researchers with them.

"What awaits us is primarily fantastic nature. And absolutely no people," says Kunuk Lennert. This was written in an article on the website of UiT - Norway's Arctic University.

Lennert is an engineer and diver. He will join the trip across Greenland. The tour will go from west to east. The first part will take three weeks.

Then they will use kites and skis.

They will cross large white expanses. And walk over ice that is up to 3,000 meters thick.

The last part of the trip will take place by kayak. But that part will be without the Crown Prince.

The purpose of the trip is to convey knowledge about nature in the Arctic. But it is also about research and history.

They will take samples of the snow. These must be delivered to climate scientists.

Harald Dag Jølle will blog en route. He has already shared some information on his blog.

The party of seven will live in two tents. They will be in close quarters. They have already taken two test trips.

"We probably know each other's good and bad sides well. So I'm not worried," says Jølle.

The university has an agreement with the channel NRK. They will be making a documentary about the trip.

"I expect it to be tiring. We are going 1,200 kilometers in three weeks. If we make it and manage to get that far. So, it will be exciting," the Crown Prince told NRK earlier this month.

The trip starts in Ilulissat on Thursday.