

# NORTH STAR

 **SONS of  
NORWAY**  
North Star Lodge 7-063

# NEWS

Vol 2022 Issue 9  
Dec 2022/Jan 2023

## **Rakfisk: Fermented Trout Draws a Crowd**

*From SON newsletter files*

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 celebrates 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 afar, pair some fermented fish with lefse, sour cream, and onion. You may not draw quite the crowd as does Fagernes, but you will have experienced yet another Norwegian food tradition.

Most people won't have the opportunity to make rakfisk from scratch as one must have access to freshwater fish the fermentation process must be carefully and expertly done. So, if you can get your hands on some then you are most certainly in for a special treat – a proper Norwegian delicacy. To become accustomed to the taste of rakfisk, it is suggested to start by eating the rakfisk with a little sour cream and sliced onions. Sour cream cuts through the saltiness and the onions take some of the flavor away from the rakfisk. This is optional, of course, and many purists would suggest trying rakfisk on its own first.

### ***NEXT MEETING!***

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 MONDAY DECEMBER 5, 2022, AT 7PM
  - OFFICER INSTALLATIONS WILL OCCUR
- SOCIALIZING*
- REFRESHMENTS WILL BE PROVIDED

## **PRESIDENT'S MESSAGE**

Hello brothers and sisters.

I can't believe it's only six weeks to Christmas. Time to bake and decorate. Thank you to our Social director Linda Harvey, for arranging our Christmas dinner at the Beefeater restaurant on December 7 at 5:30pm. Please phone Linda 250-751-1435 for reservations before December 1<sup>st</sup>, she needs to know how many are coming.

I'm sad to report that we have lost a member and friend Joan Sorensen; she passed away very suddenly and is survived by her daughter Ruth and son Joseph and grandchildren. Condolences to her family in London, England.

Thank you to the members that have kept their officer positions in the lodge. Liv Dahl will install us at the next Meeting December 5, 2022, so please be sure that you attend the meeting. Thank you to Liv for arranging all the raffles at our meetings, looking forward to the seven cookie sorts raffle at our next meeting.

Next meeting is December 5<sup>th</sup>, 2022 at 7pm.

Hope to see you there. Merry Christmas and a Happy New Year.

Fraternally,

Ida Pedersen, President

250-758-2306

## **VICE PRESIDENT'S MESSAGE**

Please give a warm welcome to new members Karen and Norman Mostad; hopefully we will see them at our Christmas dinner!



### **2023 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	Rosie Barlak	250-758-7576
SOCIAL DIRECTOR	Linda Harvey	250-751-1435
CULTURAL DIRECTOR	Liv Dahl	250-591-1116
COUNSELOR	Arvo Paivarinta	250-758-5816
EDITOR	Rosie Barlak	250-758-7576
ASSIST. CULTURAL DIRECTOR	Randi Johansen	250-754-4407
FOUNDATION DIRECTOR	Liv Dahl	250-591-1116
SPORTS DIRECTOR	Arvo Paivarinta	250-758-5816
MARSHAL	Randi Johansen	250-754-4407
1 YR TRUSTEE	Einar Thomassen	250-591-6979
2 YR TRUSTEE	Kjell Garteig	250-756-4934
3 YR TRUSTEE	Lillian Hope	250-758-1095



## **MEETING HIGHLIGHTS**

Our November 7, 2022 North Star Lodge (NSL) regular business meeting had 10 adult members present. Regular meeting business occurred.

Motions were carried to:

- Increase the meeting food budget to \$50 per month
- Go with the four entree option for Christmas dinner at Beefeater Restaurant with the lodge subsidizing \$25 per member.
- That the Sunshine committee send Christmas cards to members who cannot make meetings.
- That for officer elections we vote on entire officer list as there were not alternatives for any officers and only one change.
- That NSL donate \$50 to the Lantzville legion for Remembrance Day.

Update was given on:

Christmas party (see info under Social report)

Foundation fundraising - continuing, made over \$700!

Social presentation was on Svalbard and the seedbank on Svalbard.

## **Norwegian Potato Dumplings (Raspeball)**

*From SON newsletter files*

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.

Ingredients:

2 1/4 lb. shredded raw potatoes

Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled

1 1/4 cup barley flour

2 tsp. salt

Directions:

Mix the shredded raw potatoes with the cold boiled mashed potatoes.

Add the barley flour and 1 teaspoon of the salt and mix.

Put on large saucepan of water to boil and add 1 teaspoon salt.

Form a round ball by using a tablespoon and your hand.

Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.

Serve the dumplings immediately.

## **Report from the Foundation Director**

Our 2022 fund raiser for the Sons of Norway Foundation's 50th Anniversary is drawing to a close... We have one more draw for a gift basket at the December meeting and one final draw for seven tins of Norwegian Christmas cookies (see picture below). Seven bakers in the lodge are contributing their favorite cookie. The lucky winner will have all baking for Christmas completed by December 5: goro, krumkaker, rosette... (you may still buy tickets at the December meeting).

The lucky winner of the November draw for a kransekake was Junice Thompson of Nanaimo.

On behalf of the Sons of Norway Foundation in Canada, I wish you all

God jul og et godt nytt år!

Vennlig hilsen,

Liv Dahl,

Foundation

Director



## **Social Director's Report**

The November lodge meeting was held on November 7th. Several members came early to learn how to make a gnome. Linda Harvey demonstrated how to make a gnome out of a quart sealer, a mop head, a pair of socks, a bell, a nose and ribbon! Actually, the mop head comes off the jar to reveal a jar full of candies! It is really easy to make, and all the materials came from the Dollar Store so the cost was minimal! After the craft was made, everyone put their name into a draw. Rosie Barlak was the winner. A surprise for her two daughters at home!

After the business meeting, Liv Dahl spoke and showed slides on her trip to Svalbard and the Seed Vault. All of the information was very interesting and some of us now long to make a trip to Svalbard! This presentation is part of our "Getting To Know Norway" series. Thank you, Liv, for your informative talk. Rosie Barlak also commented on several pictures as Jim Tore and Rosie used to live and work in Svalbard.

Liv, as our Foundation representative has been fundraising for the Foundation all year through draws on various items every month. Baskets of food stuffs and Norwegian items have been won by several members and friends of the lodge too. The grand finale was a Norwegian sweater knit by Liv with the wool donated by Lillian. Another great prize last night was a Kransekake made by Randi. Thank you Randi for baking the cake. An interesting last draw will be next month. The winner will go home with seven tins of Norwegian cookies baked by volunteer members of the lodge. The seven cookies of Christmas, a Norwegian tradition. A big "tusen takk" goes out to Liv for visualizing this fundraising endeavour and bringing it to fruition. Also, thank you for all who donated articles.

The lodge's Christmas dinner was also discussed at the meeting. The Dinner will be held on December 7th at the Beefeater Restaurant at 5:30 p.m. It was decided to subsidize the meals of the members by \$25 each. It was also decided to go with the Entrée package that the chef offered us. This means that we can choose from 3 different entrees. Menu is attached on the last page of this newsletter. The cost per person for the entrée, dessert and salad is \$45.

YOU WILL HAVE TO PREREGISTER WITH ME BEFORE DECEMBER 1ST.

LINDA HARVEY AT 250-751-1435

Waiting for you at the Sons of Norway table in the restaurant will be an envelope with your name on it containing \$25 cash to subsidize the cost of your meal and drinks (for only Sons of Norway members who have preregistered with me). The balance of the meal cost is yours. Please understand that the restaurant needs to know the numbers in order to serve us properly. You can register guests with me also. Sorry, only Sons of Norway members get the subsidies; guests pay the full price.

Please note that the appetizer platter listed in the menu is extra.

ONCE AGAIN, PREREGISTER WITH ME BEFORE DEC. 1ST.

At our Regular Dec. 5th business meeting please start thinking about Christmas in Norway or wherever you grew up. Childhood Christmas' remembrances are so precious. Let's share them over coffee.

Rosie has her name down for the Kaffe lunch for December 5th.

Thank you to Sonja and Lillian for the tasty Kaffe lunch at our last meeting.

Linda Harvey

Social and Cultural Director

## **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.

## **In the old days in Norway people believed in the Nisse**

*By Linda Harvey*

The nisse oversaw everything that went on at the farm. He had magic powers and could be extremely mischievous. He was small, with bushy grey beard and hair and he could easily be mistaken for a grey cat. He was dressed in knee pants, vest and shirt, knitted stockings and sturdy clogs. On his head he wore a red knitted hat.

The nisse was especially concerned about the horses and took good care of them. He was said to steal hay from the cows and give it to the horses. In other cases he might have a favorite horse and steal hay for him from the other horses. He was also said to come at night and braid the horses's manes and tails. If the horses seemed to be agitated in the morning and their manes and tails were curly, one could be sure that the nisse had been there. He had a flair for scaring the wits out of the dairy maids and other women when they came to the barn after dark. When succeeding, his delighted giggle could be heard from a dark corner or somewhere in the hay.

At Christmas time, the nisse expected to be served a bowl of porridge (rømmegrøt) with a lump of melted butter in the barn. In some places he also got lefse and ale. If the farmer forgot to put out the porridge, terrible things happened to him. He might lose his farm or maybe his well would go dry or maybe his crop would not grow. The nisse was very, very mischievous!

The nisse would bring presents to the children on Christmas Eve. When he came through the door he would shout "Er der noen snille barn her?" (Are there any nice children here?)



## **Saint Lucia Dec 13**

*By Linda Harvey*

Saint Lucia was a 3rd century martyr who brought food and aid to Christians hiding in the catacombs using only a candle lit wreath to "light her way" which left her hands free to carry as much food as possible. This coincided with the winter solstice, the shortest day of the year. Falling in the Advent season, this event is viewed as an event signaling the arrival of Christmas tide, and the arrival of the Light of Christ.

Lucia means "light" in Latin. This celebration is observed in schools and in the communities all over Scandinavia. There is a procession of singing children. Lucia and the rest of the procession are dressed in white with a red sash and a wreath of candles around their heads. The parade travels through the school buildings, hospitals and city centres handing out Lucia buns while singing the Saint Lucia song.

"Black night is falling in stables and homes.

The Sun has gone away, the shadows are threatening.

Into our dark house enters with lit candles,  
Saint Lucia, Saint Lucia!

The night is dark and silent, suddenly a rush  
in all quiet rooms, like the waving of wings.

See, at our threshold stands, dressed in white with  
lights in her hair,

Saint Lucia, Saint Lucia!"



*litt på norsk...*

## **Lutefisksesongen starter: Her er lutefiskens historie**

*From SON newsletter files*

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsatt, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøye, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.

*a little in English...*

## **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.



- Please remember to submit any newsletter submissions by Jan 15 for the February 2023 issue.

## **DEC/JAN BIRTHDAYS**

Dec 15 Dina Ridenour  
 Dec 16 Randi Johansen  
 Jan 2 Linda Harvey  
 Jan 3 Freyja Hansen  
 Jan 4 Nils Haugland  
 Jan 21 Irene Thomassen  
 Jan 28 Joan Rogerson  
 Jan 29 Joan Walseth



## **North Star Norwegian cookbook**

The North Star Norwegian cookbook project has been completed. Those who are interested in purchasing the books, please contact Linda Harvey at lgharvey@live.ca or by phone at 250-751-1435. Cost: Members.....\$8.00 Non-Members.....\$10. Postage will be added if you need them mailed out to you. These books make excellent gifts throughout the year for birthdays, Easter gifts, thank you gifts, anniversaries or for no reason at all! The aim of this project was to preserve the Norwegian culture through traditional Norwegian cooking and to share it with family and friends.



## **SUNSHINE COMMITTEE**



Sadly we lost one of our members early November. Our condolences to the family of Joan Sorensen on the loss of their Mom and Grandma. We have no further details to offer at this time. To Dina Ridenour and family, we offer our condolences on the death of her Father-in-law Ken on Nov 2.

A change of address for Arvo Paivarinta this past week (Nov 10) from Berwick to:  
 Chartwell Malaspina  
 100 Eleventh Street  
 Nanaimo, BC.  
 V9R 6R6  
 phone # 250.754.7711 (as yet he has no personal phone # there)  
 I am told a card to that address would be directed to him and be welcome.

Einar Thomassen is happy that his treatment with minor surgery has had good results thus far. Good to see Ida Pedersen at the monthly meeting...hope you feel better week by week.

Hope we all stay healthy so will be able to enjoy the December social calendar event planned for us December 7; and not to forget our regular monthly meeting at Bowen Park on Dec 5.  
 God Jul og Godt Nyttår til alle.

Call Ida (250-758-2306) or Sonja (250-756-2406) if you are sick or know someone needing a visit. We would like to offer cheer to you with a card or chat on the phone. When allowed, we could visit if you want company. If anyone is missed please let us know...

## **SON Foundation in Canada Scholarship deadlines**

March 1 and Sept 1  
 Lodge Cultural Grants  
 Tormod Rekdal Cultural Grant  
 Lysne Rosemaling Grant  
 April 30  
 Folkhøgskole Bursary  
 June 15  
 Oslo International Summer School Bursary  
 Aug 31  
 Post Secondary and Trade Bursaries  
 Bjarne & Karel Thorshaug Norwegian Studies Bursary

## **Christmas dinner entrées:**



### Beefeaters Seafood and Steakhouse Holiday Season Menu

Three Course Set  
\$45 / Person  
1 choice per course

#### Appetizers

House Salad  
Baby Kale . Roasted Squash . Roasted Tomatoes . Goat Cheese . Honey Lime Vinaigrette

Caesar Salad  
Romaine Hearts . Croutons . Fried Capers . Pecorino

Butternut Squash Soup  
Roasted Butternut Squash . Creme Fraiche . Crispy Sage

#### Entrees

Pan Roasted Chicken  
Honey Brined Chicken . Crispy Brussel Sprouts . Yukon Mashed Potatoes . Bourbon Maple Syrup

New York Striploin  
8oz Canadian AAA Striploin . Crispy Brussel Sprouts . Yukon Mashed Potatoes . Steak Butter . Demi-Glace  
+\$8 Upgrade to a 6oz Canadian AAA Tenderloin

Arctic Char  
Roasted Acorn Squash . Risotto . Pickled Blueberries . Brown Butter Vinaigrette

#### Desserts

Sticky Toffee Pudding  
Orange Toffee . Whipped Cream

Chocolate Kahlua Decadence Cake  
Caramel Sauce . Kahlua Chocolate Sauce . Whipped Cream

#### Appetizer Platter

\$45/Platter

Crispy Fried Calamari  
Crab Dip & Crustinis  
Candied Salmon Bites  
Bannock & Fixin's