

NORTH STAR



NEWS

Vol 2019 Issue 6
June 2019

Rosemaled Items in Norway

By Rosie Barlak (written as an elective activity towards achieving level three of rosemaling cultural skills)

People's homes in Norway tend to be "hyggelig", exuding a welcoming warmth that makes one comfortable to sit and cozy up in a chair for some pleasant conversation or a good book. Usually this feeling is achieved with minimal clutter, cozy sheepskins or wool throws on furniture, and cloth centerpieces on tables, usually with a candle on top, beside a fresh pot of coffee and some cake. Minimal clutter means that old stuff tends to get removed to make room for new – I have heard many Norwegians say they like new modern things. Rosemaling is considered old fashioned in Norway (right now). This by no means is to say that they do not value rosemaling or other traditional items – just that these items are no longer commonly used to decorate homes.

I just spent a month in Norway on vacation in my spouse's home town, visiting someone new nearly every day, since they don't get to see us often. Finding rosemaled items in modern Norwegian homes where we were was difficult; mostly because younger and even older generations tended to decorate and renovate with "new" things – and sent old things to their cabins, the basement (if it was a heirloom item of some sentimental value), the thrift store, or the landfill. The best place to find rosemaled items were in these locations, or with seniors. Seniors seemed to appreciate them (and the work required to make a beautiful item) more than younger generations; or perhaps it was because they came from a time before the wealth of oil money came to Norway and allowed for more excess spending.

The styles of rosemaling of items I found varied considerably, ranging from the Telemark style through styles I could not identify accurately, to a style that resembled a more biologically accurate representation of wild flowers. To me the large pieces of rosemaled furniture, like a corner cupboard, were very beautiful and stunning pieces of artwork. My favourite item to see painted were the "tine" – containers for holding food (usually bread or baked items). Such a useful item and beautiful to bring

out to serve guests. One of the rooms that was most attractive was one decorated with several rosemaled items in a similar color scheme and style of rosemaling. They complemented one another very well and I could see why rosemaling was popular in homes for such a long time.

Rosemaling in Norway sits in silent beauty, not as active as it once was, hidden away for the next trend in home or hobby styles. Companies use it in marketing their products. I see scrolls on packaging, such as a cloth bag for holding dried meat, manufactured by Gilde, a Norwegian meat company, or on dairy products – particularly those using the words "traditional" or "old" in their product names. I imagine it is still subtly sends a message to Norwegians that a product is truly traditionally Norwegian. In that there is pride.

NEXT MEETINGS!

- REGULAR MEETING THURSDAY JUNE 6 AT 7:00PM (1900HRS) AT BOWEN PARK (ACTIVITY ROOM #1)

SOCIALIZING

- REFRESHMENTS WILL BE PROVIDED
- GETTING TO KNOW NORWAY SERIES – GABRIEL GABRIELSEN TO SPEAK

PRESIDENT'S MESSAGE

Greetings Members,

This will be the last newsletter before the summer holidays. I would like to wish all our members a wonderful summer, and safe travels to the members traveling to Norway or other locations. I'm looking forward to our lunch Saturday June 1st to celebrate our International President Ron Stubbings. There are 35 members attending by now. We will be entertained by our heritage member Hope Myre, a very talented young lady. Our next meeting is Thursday June 6th at 7pm. The lunch is catered by Rosie, Kirsty and me. Please plan to attend the meeting and have a good time socializing with other members.

God Summer.

Fraternally
Ida Pedersen
President



VICE PRESIDENT'S MESSAGE

Hello members,

Just because the newsletter and lodge meetings take a break for the summer, does not mean that lodge recruitment does! Remember to talk to people about Sons of Norway and invite people to become members. Check in with members, especially the newest ones and ones that have a hard time getting around anymore; plan a coffee break (we just need a time and place from you, we do the inviting!), take up some cultural skills or sports program challenges while away on vacation, attend our language club...etc. Keep connected, membership has many rewards.

We look forward to seeing you at the summer events,

Jim Tore Breivik
Vice President and Membership Secretary



2019 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	Elisabeth Vikran	778-441-2740
TREASURER	Gabriel Gabrielsen	250-753-5256
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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	Lillian Hope	250-758-1095
2 YR TRUSTEE	Gabriel Gabrielsen	250-753-5256
3 YR TRUSTEE	Kjell Garteig	250-756-4934



MAY MEETING HIGHLIGHTS

The May 2, 2019 North Star Lodge regular business meeting started at 7:00 pm with 14 members present and one visitor.

Minutes were read and approved as read.

Regular meeting business took place.

Updates were given:

- Rosie Barlak was presented with her cultural skills pins for all three levels of the each of the Knitting and Cooking Units
- We applied for the continued use of a room at the north Nanaimo library for our game club (2019-2020)

Motions were carried that:

- Rosie Barlak is paid \$75 for the cost of a gift we are giving
- we invite (by letter) Mayor Leonard Krog to June celebration for International SON President Ron Stubbings.



SOCIAL REPORT

Greetings!

Hurrah for 17 mai! I hope everyone had a great 17th of May.

At our last meeting on May 2, we shared our talents! At our Show and Tell exhibit, we learned, saw and appreciated what talents are in our lodge. Ingy Bloodsworth brought many articles she had worked at over the years. This encompassed painting, rosemaling, Hardangersom, weaving, embroidery work of all kinds and various other creations. Ida Pedersen brought a beautiful Norwegian sweater she had knitted. Linda Harvey brought in her Hardangersom, cross-stitch, rosemaling, Norweave and woodcarving. Thank you to all who participated. I know there are others who are very talented and maybe next time you will be able to bring in samples of your work.

We will be meeting again on June 6th. Gabriel has agreed to speak in our series of Getting to Know Norway. Thanks Gabriel. Lunch attendants for June are Rosie and Ida (with assistance from Kirsty). Thank you to the three of you. Our lodge is engaged in the Cultural Skills Program with 6 people interested in completing the "cooking" unit. Our plans are in action as we had a very interesting planning meeting this week. We have had the kick off and now the action begins! We are amalgamating this program with our "kaffe pause" events so that other members of the lodge who are not participating in the Cultural program can enjoy the food items made by the participants. Dinner parties are also planned as these would fulfill the electives from the unit. I encourage all our members to get their aprons on and enjoy the opportunity of learning to cook traditional Norwegian foods from the Cultural Skills Program. A challenge to all!! Call Linda if you are interested. 250-751-1435.

July 1 is around the corner. Mark that day. North Star lodge celebrates July 1st with a cozy get together and pot luck every year. This year we will celebrate with food, fun and laughter at Ida's clubhouse. Stay tuned for more information. Bring a guest or prospective new member!

Have a great summer.

Linda Harvey, Social/Cultural Director

a little in English...

Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

From SON newsletter files

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk regardless of physical activity.

This was shown by a University of Gothenburg study, which was recently published in the journal *Neurology*. Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years. The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain. Physically active people halved their risk.

During the 44 years of study, 194 women developed dementia— almost one in four. It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive. In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's. Culture also protected the physically passive.

Women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers. Therefore, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity. These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.

Welcome New Friends in 2019!

Please invite daughters, sons and friends of Norway to join as new members. We can share our friendship, culture and heritage as we get to know one another. Plus: Recruiting members will be recognized with the limited edition 2019 recruiter pin. Please include your member number on any join form you give to a prospective member, so you get the credit AND beautiful pin, that you deserve.

litt på Norsk...

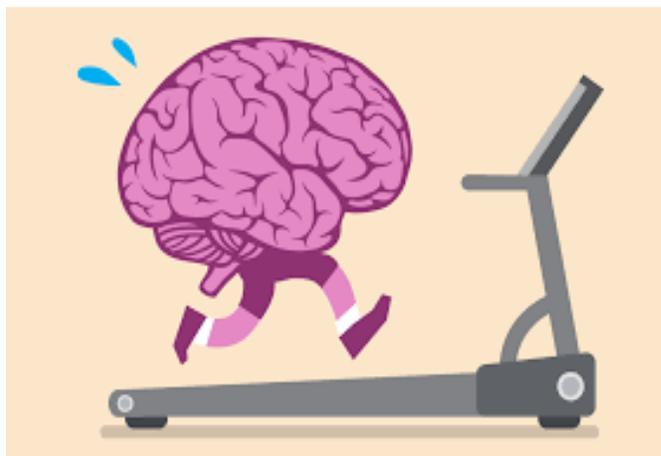
Kryssord, strikking og hagearbeid senker risikoen for Alzheimers

Fysisk aktivitet kan forebygge demens hos eldre. Men også aktiviteter som stimulerer hjernen, som å lese, gå på konsert eller å luke i hagen, senker risikoen uavhengig av fysisk aktivitet.

Det viser en studie ved Göteborgs universitet, som nylig ble publisert i tidsskriftet *Neurology*. Forskerne har fulgt 800 kvinner gjennom 44 år. Da studien startet i 1968, var de i snitt 47 år. Da studien ble avsluttet i 2012, var de i snitt 91 år. Forskerne har jevnlig stilt kvinnene spørsmål om hvilke fysiske og mentale aktiviteter de drev med, som kan stimulere hjernen. Fysisk aktive halverte risikoen.

I løpet av de 44 årene studien varte, utviklet 194 kvinner demens, altså nesten en av fire. Det viste seg at de mest fysisk aktive kvinnene halverte risikoen for å utvikle demens som skyldes kar-sykdommer i hjernen, sammenlignet med fysisk helt passive. I tillegg var kvinnene gjennom årenes løp blitt spurt om kulturelle aktiviteter. De kvinnene som var mest kulturelt aktive, var også beskyttet mot demens, særlig Alzheimers. Kultur beskyttet også fysisk passive.

Kvinner som var kunstnerisk, intellektuelt eller manuelt aktive hadde hele 46 prosent lavere risiko for å utvikle Alzheimers sykdom enn kulturelle latsabber. Ergo kan det å lese, synge i kor, strikke, løse kryssord eller luke i hagen beskytte nesten like mye mot demens som å være i høy fysisk aktivitet. Disse kulturelt aktive damene fikk også 34 prosent lavere risiko for å utvikle andre former for demens.



A Slightly Different Town

From SON newsletter files

On the Svalbard archipelago of Norway lies the northernmost town in the world. Longyearbyen is a former coal mining town but has since transformed into a cultural and commercial center.

What makes Longyearbyen so unique is not just its location, but the few strange laws that the residents must abide by. The most bizarre law might be that it is illegal for the dead to be buried in Longyearbyen due to the sub-zero temperatures. If a death does occur, the body is taken to the mainland. A woman also cannot give birth in the town; an expectant mother must go to the mainland to deliver her child. Cats are banned from the city in order to protect Arctic birds. Residents are required to carry a firearm when traveling outside of the settlement, but it is illegal to have a loaded firearm within the town. It is also customary to remove one's shoes when entering an establishment, even in the museum and church.

These are only a few of the quirky facts about Longyearbyen. To learn more, visit <https://en.visitsvalbard.com/visitor-information/destinations/longyearbyen>



Motor to Alberta to Embrace Your Nordic Roots

From SON newsletter files

If on a summer road trip in Canada and you find yourself near Red Deer, Alberta, hit the brakes and stop by the charming Laft Hus Museum.

The museum is housed in a hand-crafted log building that exudes hygge and is home to an array of intriguing historical artifacts. The building is modeled after a typical Norwegian 17th century farm home and was hand-built by devoted volunteers. Since 1984 the building has been located in Red Deer's Heritage Square.

The museum offers public programs and classes that can be tailored to specific needs and interests. Topics may include folklore, crafts, Norwegian history and more. The museum's annual festival is June 15 and will feature Viking reenactments, Scandinavian dancers, lots of children's activities and tasty foods. A fall bake sale is a popular fundraiser for the museum; check out their website for more information.

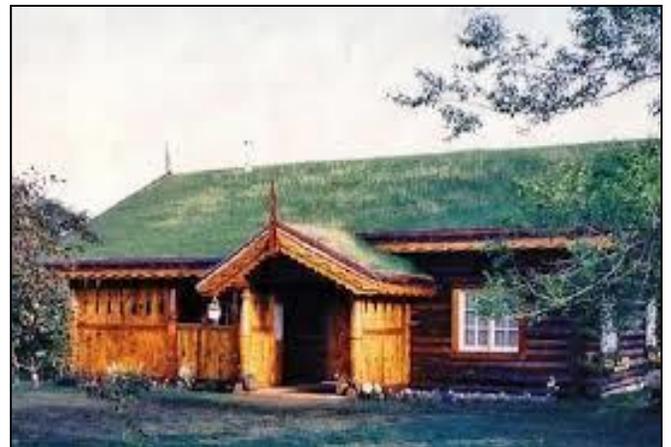
Hours: June-August Tuesday-Saturday, 9am-5pm; Sunday 12-5pm.

Admission: Free (\$5 suggested donation)

Location: 4402-47 Avenue Red Deer, Alberta

More information:

www.norwegianlafthussociety.ca



Norwegian Knekkebrød

From SON newsletter files

Recipe submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Enjoy this flavorful and easy to prepare treat.

Ingredients:

1 cup whole wheat flour

1/3 cup flax seeds

2/3 cup rolled oats

1/3 cup sunflower seeds

2/3 cup hazelnuts (ground)

1 1/2 tsp salt

1 cup water

Directions:

Preheat oven to 350 degrees F.

Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water.

Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score your Knekkebrød into rectangular pieces and bake for 60 minutes.

Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite jam.

Find more of Christopher's recipes on his blog at <https://www.pumpnickelandrye.com/>



New Activities for North Star

Is there an activity that you would like to see happen through North Star Lodge?

Making a certain event happen is not just about having the idea (or to think someone should be doing it), but about having the people/volunteer time/participants to pull it off. A few things we have thought about include summer picnics, a winter ski trip to Mount Washington, bus trips to somewhere culturally of interest, clubs with specific interests (e.g. Scandinavian author book club, knitting club, walking club), folk dancing, specially themed dinners, cultural skill learning events, Scandinavian movie nights...etc).

We also welcome new ideas!

A great way to recruit and retain members is to provide fun and interesting social opportunities for them. More members also mean more ability to pull off successful events, and to come up with new events of interest.

Contact any of our lodge officers if you have any ideas and most importantly, time to volunteer towards making these things happen.



- Please remember to submit any newsletter submissions by Aug 15 for the Sept issue.



SUNSHINE COMMITTEE

This is short but sweet that there are no new health issues for members:
Ingrid is healing a bruise after a fall; otherwise is up and about; requires oxygen for periods.

Correction:

Elaine Myers phone number as listed is working as of May 2. Sorry for incorrectly reporting in last newsletter as no longer in service.

Belated Happy Mother's Day.
Keep well; enjoy summer weather.

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



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/>

JUNE/JULY/AUGUST BIRTHDAYS

June

- 08 Pearl Lindstrom
- 13 Chase Nedelec
- 15 Maren Breivik
- 20 Jennifer Kelly
- 23 Alexandra Furuness

July

- 04 Kirsten Karasiuk
- 13 Ida Pedersen
- 24 Raymond Johansen
- 26 Hope Myre

August

- 02 Leif Furuness
- 03 Sutcliffe Abby
- 08 Jim Tore Breivik
- 19 Laurits Lorentsen
- 28 Roseleagh Lalande
- 30 Kirk Vadheim



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:

Fact: the summer is a fun time!

Fun: Let's make it more fun together!



Here are a few SON related fun things coming up:

Canada Day:

As usual, there is a party down at Maffeo-Sutton Park and the Sons of Norway participates to carry our flag in the procession. Please come out and join in the flag parade.

We always meet at Frank Ney statue in the park (Monday July 1, 2019 at 10:40 hrs).

Beer and Burger:

Sons of Norway, North Star Lodge #63 is hosting our 5th Annual Beer and Burger BBQ after the parade Monday July 1, 2019.

This event will be at 5339 Arbour Lane, Nanaimo, in the Clubhouse building, at 13:00 hrs (1pm).

Tickets \$15.00 each (that includes Burger, Beer or a glass of wine, Cake & Coffee or tea).

Heritage members are free up to 16 years old.

Please contact Lodge President: Ida Pedersen (250-758-2306) to reserve your tickets or get more information.

RSVP before June 15th as space is limited and we need a count for food preparation.

Good food, good friends! You are welcome to bring friends!

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.

HERITAGE CAMP August 7-11, 2019!

11901 Seux Road, Mission, BC
Adult and Children's programs

Link for registration:

<https://form.jotform.com/sonheritage/camp/heritage-camp-2019-registration-for>

Sankt Hans (June 23)/ Summer Solstice (June 21)

Celebrate midsummer like a Scandinavian, have/join a party!

The Danish Club is having their celebration June 23 at Rathtrevor Beach, contact them for more details, they welcome guests.

If you have a great idea for a party, consider hosting/organizing one and inviting members.

Enjoy the evening(s), think of the origins of the celebrations and why they are so popular in Scandinavia.

LANGUAGE GAME CLUB

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.