



Vol 2019 Issue 3/4  
March/April 2019

## **District 7 Cultural Challenge (2018-2020)**

*From Susan Strang, District 7 Cultural Director*

Our District 7 Cultural Director Susan Strang is challenging all District 7 Lodges to get out and take on some culture! Here are the details:

Each lodge can participate regardless of the number of members (or how many members want to join in the fun). Choose a Cultural Skill from the Cultural Skills program on the International website. Some examples are Norwegian cooking, hardangersom, rosemaling, woodcarving, Norwegian language, folk dancing, genealogy, or stamp collecting. It is a good idea to pick something your group wants to learn and try some new skills. Get a group together for an evening, a day, a weekend or several small sessions and work together on that skill. Send Susan Strang information on the skill(s) that your lodge is working on and she will gather this information so that participating lodges can be recognized.

This isn't really a contest because any lodge that participates is a winner! If you choose to do a Cultural medal you can be rewarded by the International lodge with medals that you can present to participants at an event of your choosing. Invite non-members to join in the fun and use this to increase your membership.

There are people in District 7 who are willing to teach various skills, but your lodge will be responsible for organizing a teaching session and paying the travel costs of any of the teachers. Ask Susan Strang if you need some contact information. Many lodges have people with various skills or who have arranged for a teacher to come to teach their members.

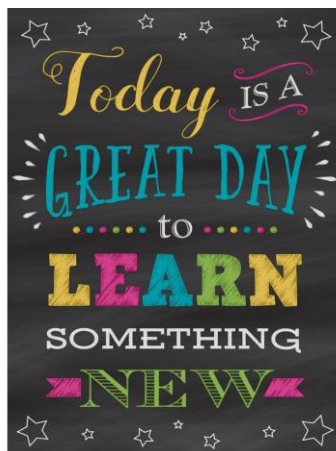
Let's have some fun with this! The deadline in April 30, 2020.

### ***NEXT MEETINGS!***

- REGULAR MEETING THURSDAY MARCH 7 AT 7:00PM (1900HRS) AND THURSDAY APRIL 4 AT 7:00PM (1900HRS) AT BOWEN PARK (ACTIVITY ROOM #1)

### ***SOCIALIZING***

- MARCH MEETING SOCIALIZING BEFORE THE MEETING AT 6PM TO PLAY A LANGUAGE GAME!
- APRIL MEETING - ROSIE WILL PRESENT GETTING TO KNOW NORWAY, NORDLAND
- REFRESHMENTS WILL BE PROVIDED



## **PRESIDENT'S MESSAGE**

Greetings Brothers & Sisters.

We are having a very snowy day today, hope by the time you read this report, we will be back to our beautiful spring weather again.

Our last Meeting had 12 members attending, thanks to our dedicated members for coming out despite the very cold weather. We received a financial Report from 2018 prepared by Rosie Barlak and audited by Gabriel Gabrielsen. Thank you for all the hours, you put in working for the lodge. Also, a big thank you to our Social director Linda Harvey and her helper Joan Sørensen for serving a delicious Valentine's lunch.

Our next meeting will be Thursday March 7, and we have the Activity Room #1 from 6pm. There is one hour for members to socialize and help to set up for the meeting at 7pm. Please come out early if you are able to. Our April meeting will be April 4 at 7pm. Set up at 6pm. Wishing our members that have been sick a speedy recovery. Sonja Cole, our sunshine lady, is now home from the hospital and our Marshall Randi Johansen is also recovering at home.

Please come out to our meeting and get to know your fellow members. You are welcome to bring a friend.

Fraternally  
Ida Pedersen  
President



## **VICE PRESIDENT'S MESSAGE**

Are you ready to SPRING into action? With spring just around the corner, get busy with the Sports Medal program. Embrace nature like a Nordic, as you get active outdoors walking, hiking, biking and more. This is a fun way to work toward a goal and earn recognition medals. Learn more from the lodge sports director or log in at [sofn.com](http://sofn.com) and go to Member Resources.

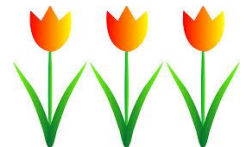
Please keep up the great success of 2018 and work together in 2019 to help grow our Sons of Norway family.

Jim Tore Breivik  
Membership Secretary & Vice President,  
North Star Lodge 7-063.  
Publicity Director District 7.  
Vice President District 7.



## **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
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	Lillian Hope	250-758-1095
2 YR TRUSTEE	Gabriel Gabrielsen	250-753-5256
3 YR TRUSTEE	Kjell Garteig	250-756-4934



## **FEBRUARY MEETING HIGHLIGHTS**

The February 7, 2018 North Star Lodge regular business meeting started at 7:05 pm with 11 members present and one visitor, Liv Dahl.

There were two minutes of silence for Jack Lysne, who passed away Jan 3, 2019 in Langley. Memorial service Feb 21 in Langley and Feb 23 in Victoria.

Minutes were read and approved as read.  
Regular meeting business took place.

Updates were given:

- That at the North Star Building (NSBA) Association Annual General Meeting it was voted to donate \$5000 to North Star Lodge, and that discussions are occurring regarding the details of reinvesting of our NSBA funds.
- Several members had 100% meeting attendance in 2018, congratulations and thank you for your dedication to keeping our lodge running!
- Lodge of the Year paperwork submitted. We are doing well but still need to have more youth activities/involvement.
- We have new keys and padlock for the storage locker. If you have an old key please return it to one of our officers.
- It was noted that due to our Secretary/Editor being on vacation, there will be one issue of the newsletter for March and April together.

Motions were carried that:

- 2018 Financial statement be accepted.

## **SOCIAL REPORT**

Greetings!

Thank you to all of you who came to the February meeting with your homemade Valentines! It was fun to be able to exchange valentines with others. Our program, entitled "Our Hearts Are In Norway", came about because of Valentine's Day and because Norwegian's love hearts. I have a short write up regarding hearts and Norway:

*Have you ever wondered why Norwegians love hearts? In Norway, you see them in stores in various departments. You see them on the inside and outside of homes. How about that heart cut out in the WC door?? I have seen hearts on Porsgrunn dishes, on bunad jewelry, knitted into sweaters, embroidered on tablecloths and placed on Christmas trees, just to name a few. Why is the heart such an icon? Has it to do with the cold long winters and the heart is a warm place to linger? Could it be that we love to be loved and a heart is a symbol of sweethearts? Any way you look at it, we enjoy the 'hygge' feeling a heart provides. Happy Valentine's Day!*

On March 7th, we will be meeting again. Please come at 6:00 p.m. as we are going to be playing the Norwegian word game "New Amigos". Anyone can play...those who can speak Norwegian fluently to those who know only a few words. A group of us meet every 1st and 3rd Tues. of each month at 6:00 p.m. at the Hammond Bay Library to play this game. It is a lot of fun! Try it! We will begin the business meeting at 7:00pm. If there is time after the meeting, we may play a few minutes before the lunch and coffee.

Ida and Arvo are bringing the lunch in March. Thank you.

On April 4, after our monthly meeting, we will once again ignite our "Getting to Know Norway" series. Rosie is slated to speak about Norway. I hope she will be back from Norway full of news for us.

Lunch providers for April are Arvo and Rosie.

We have a cultural challenge from the District Office. We hope to do a lodge project involving one of the cultural programs listed in the Sons of Norway web page. Check out the various programs. Liv Dahl and I are going to put our heads together to come up with a program that would suit our lodge. Please stay tuned for future information and future fun for us all.

Linda Harvey  
Social/Cultural Director





*a little in English...*

## **Liv Ullmann Celebrated on Her 80th birthday**

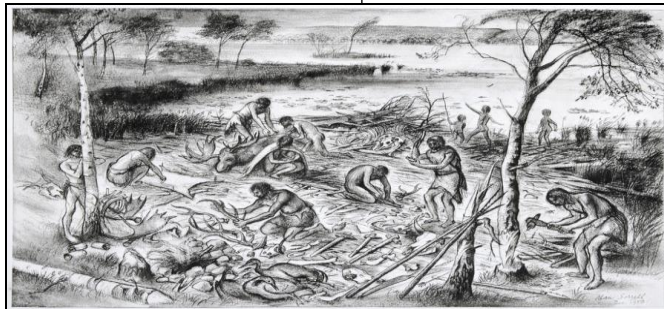
*From SON newsletter files*

Actor and director Liv Ullmann is known throughout the world. She'll be given a proper celebration at she turns 80 this year. Prime Minister Erna Solberg is among those who will pay tribute.

Liv Ullmann is one of Norway's international stars. As an actor she has been nominated for an Oscar twice. She has not won the highly regarded statuette, but she has received many other awards, both as an actor and director.

Liv Ullmann has lived abroad for years. But there has never been any doubt about her home turf. The newspaper Dagbladet recently visited her in Florida in the U.S. The journalist asked her if she still feels Norwegian. "Oh, yes! I have traveled a lot, at times. But Norway will always be my home. Always," she said.

Ullmann played her first role in the Rogaland Theater in 1957. Then she played the girl Anne Frank. She became known through the role of Nora in the play "A Doll's House," but then she became a film actor. Ullmann played in 10 films directed by Ingmar Bergman. Ullmann is also very popular in the United States. She played in several shows on Broadway, the theater street in New York. Later she has played in even more international films. She directed her first film in 1992. It was called "Sofie."



## **Archaeologists Find Over 9,000 Year-Old Nut in Sykkylven**

Archaeologists in Møre og Romsdal are very pleased with a discovery they made in Sykkylven this summer - a 9100 year-old hazelnut. "The nut was partially burned. So either there was a fire in the area, or someone roasted nuts here about 9,000 years ago," county curator Bjørn Ringstad told Sunnmørsposten. The nut was found during archaeological surveys on the Bakke Islands in Sykkylven this summer, on a site where a new school will be built. "We also found nutshells in one of the fire pits at the excavations in Auremarka. Then we found a whole pit full of burnt hazelnut shells. But we have not determined their age yet," he says. The nutshell found in the Bakke Islands was analyzed by a laboratory in the United States. Ringstad says it is a fun find, which proves that hazelnuts have grown on the discovery site for several thousand years - all the way back to the Stone Age.

*litt på Norsk...*

## **Liv Ullmann hylles på 80-årsdagen**

Skuespiller og regissør Liv Ullmann er kjent i hele verden. Det feires skikkelig når hun fyller 80 år i år. Statsminister Erna Solberg er blant dem som skal hylle Ullmann.

Liv Ullmann er en av Norges virkelige verdensstjerner. Som skuespiller har hun vært nominert til filmprisen Oscar to ganger. Hun har ikke vunnet den gjeve statuetten. Men hun har fått mange andre priser, både som skuespiller og regissør.

Liv Ullmann har bodd i utlandet i årevis. Men det har aldri vært noen tvil om hvor hun hører hjemme hen. Nylig besøkte avisa Dagbladet henne i Florida i USA. Journalisten spurte henne om hun fremdeles føler seg norsk. -Å, ja! Jeg har i perioder reist mye rundt. Men Norge vil alltid være hjemmet mitt. Alltid, sa Liv Ullmann da.

Ullmann spilte sin første rolle på Rogaland Teater i 1957. Da spilte hun jenta Anne Frank. Hun ble kjent gjennom rollen som Nora i stykket «Et dukkehjem» Men så ble hun filmskuespiller. Ullmann spilte i ti filmer som Ingmar Bergman regisserte. Ullmann er også svært populær i USA. Hun spilte i flere show på teatergaten Broadway i New York. Senere har hun spilt i enda flere internasjonale filmer. Hun regisserte sin første film i 1992. Den het «Sofie»

## **Arkeologer Fant over 9000 År Gammel Nøtt i Sykkylven**

Arkeologene i Møre og Romsdal er godt fornøyd med et funn de gjorde i Sykkylven i sommer - en 9100 år gammel hasselnøtt. - Nøtta var delvis brent. Så enten har det vært en brann i området, eller så har noen ristet nøtter her for om lag 9000 år siden, sier fylkeskonservator Bjørn Ringstad til Sunnmørsposten. Nøtta ble funnet under de arkeologiske registreringene på Bakkeøyene i Sykkylven i sommer, på tomta der det skal bygges en ny skole. - Også ved utgravingene på Auremarka fant vi nøtteskall i en av ildgropene. Da fant vi en hel grop full av brente hasselnøttsskall. Men dem har vi ikke alderen på, sier han. Nøtteskallet som ble funnet i Bakkeøyene er analysert ved et laboratorium i USA. Ringstad sier det er et artig funn, som beviser at det har vokst hasselnøtter på funnstedet i mange tusen år - helt tilbake til steinalderen.

## **Norwegian Cheese Claims Top Prize in 2018 International Competition**

*From SON newsletter files*

The annual World Cheese Awards—known as the largest cheese-only competition on the planet— has been bringing together cheese lovers around the globe for over three decades. The recent 2018 competition was particularly exciting for Norwegians as it not only took place in Norway for the first time ever but was also a home win for the local Norwegian cheese producer Ostegården.

Out of the record breaking 3,472 cheeses from 41 countries that participated in the past year's competition, Fanaost, an aged Gouda-style cheese, came out on top. This champion cheese took nearly 12 years to produce and was made on a small Norwegian farm of just 12 cows.

The event took place in Bergen in partnership with Hanen, a local organization promoting the best that the Norwegian countryside has to offer. With the increasing popularity, pride and knowledge in Norwegian food culture and traditions, timing played a wonderful role in this year's win.



## **Oslo Ranked 2nd Healthiest City in the World**

*From SON newsletter files*

Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10.

While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free and adding more pedestrian and bike friendly areas. Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit [spotahome.com/healthiest-cities-world](http://spotahome.com/healthiest-cities-world).

## **LANGUAGE CLUB**

Hello language interested members! We are learning a lot in our language game club. Thank you to those who have come out to participate so far. It really is a lot of fun. New participants are always welcome. The game allows people to start at the English or Norwegian level at which they feel comfortable, so it is easy for new participants to join at any time. We are also welcoming guests at these games, so if you know someone who might like to try it out with us, just give us a heads up so that we bring enough snacks.

Please email [rbarlak@island.net](mailto:rbarlak@island.net) or call 250-758-7576 if you are interested in joining our Language Game club. This will ensure we bring enough games and snacks for all who are interested in playing.

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.

## **Tiny Almond Pies**

*From SON newsletter files*

For the dough:

- Scant 2/3 cup unsalted butter
- 1 cup flour sifted
- 1 egg yolk
- 3 ½ Tbsp. cold water
- 1 Tbsp. cognac



For the filling:

- 1 ¼ cups ground almonds
- 1 cup sifted confectioner's sugar
- 3 egg whites, lightly beaten

1. Divide the butter into three pieces of equal size. Crumble one piece into the flour.
2. Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature. Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over 2/3 of the dough.
3. Fold over the plain section, then fold over the other section with butter, like a business letter. This forms a rectangle with three layers of dough and two of butter. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes.
4. Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 200°C (400°F). Grease sandkake (small fluted pie) tins.
5. Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins.
6. For the filling, combine almonds with powdered sugar and egg whites. Place about 1 ½ teaspoons of filling in each form.
7. Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust.
8. Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes.

This recipe is taken from "The Norwegian Kitchen" which is available for purchase through the Vesterheim Museum Bookstore:

(800) 979-3346 or [www.vesterheim.org](http://www.vesterheim.org).

## **Raspeball**

Raspeball is a meal with roots that trace to Western Norway, but with recipes that will differ from town-to-town and kitchen-to-kitchen. For 4-6 people:

- 300 g bacon or cured pork belly
- 1 ham hock, salted (preferably smoked as well)
- 500 g salted lamb shoulder w/ bone
- 200 g sausage, lamb or pork
- 200 g butter
- 600 g rutabaga, peeled, cut in 1 cm discs
- 300 g boiled peeled potato
- 700 g raw peeled potato
- 100 g of wheat flour
- 150 g barley flour
- 1 tsp salt
- 1 tsp black pepper

1. Put the ham hock and lamb shoulder in a pot, cover with water, and simmer until "falling of the bone"-tender (4-6 hours to get the best results).
2. Leave to cool in the stock before removing the meat from the pot. The stock will be used later for poaching the potato dumpling.
3. Reheat the stock to a gently simmer.
4. Grind the raw potatoes through a meat grinder fitted with a medium sized disc (5mm) or grate them on a grinder course side.
5. Squeeze out some of the moisture from the potatoes.
6. Grind or grate the boiled potatoes and mix the with the raw.
7. Mix in the flour in 3 turns, until you have a dough that can hold its shape without being too firm.
8. Add salt and pepper. Check the seasoning.
9. Use tablespoon and a cup of water, dip the spoon in the water and shape round balls approximately 5 cm thick.
10. Lower the balls gently in the simmering stock, one at the time.
11. Poach the dumplings for 30-40 minutes, depending on the size. Do not let the stock boil, or you will end up with a potato soup.
12. After adding the dumplings, add the rutabaga and let it cook with the dumplings.
13. Put the ham hock, lamb shoulder and sausage in another pot, add some of the cooking liquid from the dumplings, cover with a lid and gently reheat the meat.
14. Cut the bacon in cubes 1x1 cm and fry in butter.
15. Arrange everything on a big plate.
16. Serve with golden syrup, mustard, and sour milk.





## **ANNOUNCEMENTS**

- Please remember to submit any newsletter submissions by April 15 for the May issue.

Norwegian coffee break Do you like to go for coffee? Well so do a lot of other members! Let's meet up. Anyone can decide when and where to have the next "kaffe pause" - just let us know and we will make sure we let all those interested know the details. Call 250-758-7576 or email: [j-t-brei@online.no](mailto:j-t-brei@online.no) with a location and date so we can let members know.

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/>

## **MARCH/APRIL BIRTHDAYS**

- 18 Kaelen Saunders
- 29 Asia Myers
- 29 Jeremy Nylander
- 01 Pia Pedersen
- 08 Jan Hansen
- 9 Raymond Schultz
- 19 Kim Darling
- 20 Natasha Olds
- 22 Norm Berg
- 28 Arvo Paivarinta
- 29 Einar Thomassen



## **SUNSHINE COMMITTEE**

Sending good wishes for comfortable recuperation to Randi Johansen and Sonja Cole after surgery in hospital.

We sincerely hope our members have avoided catching the flu. Flu season may be coming to an end soon.

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



**Now in and available to purchase!  
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](mailto:j-t-brei@online.no)



## FACTS AND FUN:

Match the Norwegian phrase with its literal translation and what it really means.

1. Takk for sist	a) To be in the middle of the butter's eye	I. You have a phone call
2. Håper at det smaker	b) To be a ping in the bowl.	II. Nice to see you again
3. Du har fått en telefon	c) To stand / sit with your beard in the post box.	III. To be empty-headed/stupid
4. Hva er i veien?	d) Thank you for the last time	IV. You shouldn't judge a book by its cover.
5. Å være midt i smørøyet	e) You've got a telephone	V. I hope that you enjoy it
6. Å være pling i bollen	f) To write something behind the ear.	VI. It's totally ridiculous.
7. Stå/sitter med skjegget i postkassa	g) I hope that it tastes	VII. To speak plainly/truthfully without sugar-coating.
8. Man skal ikke skue hunden på hårene	h) What's in the way?	VIII. To be right in the best possible spot
9. Is i magen	i) To swallow some camels.	IX. What's wrong?
10. Å være på bærtur / på viddene / ute og sykle	j) It's completely on the snout.	X. To have ended up in a stupid situation, that you may have cheated your way into.
11. Å skrive noe bak øret	k) You shouldn't judge the dog on its hairs.	XI. To give in / to chose to ignore something, often to keep the peace.
12. Svelge noen kameler	l) Berry-picking / on the moors / out cycling	XII. Stay in control, play it cool.
13. Det er helt på trynet!	m) To speak directly from the liver.	XIII. To make a mental note of something; to make sure to remember something.
14. Å snakke rett fra leveren	n) Ice in one's stomach.	XIV. To describe someone who does not know what they're talking about or is lost (either literally or in a conversation).

Answers to March/April 2019 facts and fun: 1d ii, 2gV, 3eI, 4hIX, 5aVIII,6bIII, 7cX, 8kIV, 9nXII, 10IXIV, 11fXIII, 12iXI, 13jVI, 14mVII

