



HERITAGE CAMP August 7-11, 2019!

Looking for something new and exciting for your family to participate in, some Norwegian cultural skill development, socializing or just a good time? Consider registering (soon!) for SON Heritage Camp. If you have a skill you can share that is not offered at the camp already, considering contacting the organizers who are always looking for new activities to offer.

History: The camp has been running for over 30 years and each year it gets a little bit better! The original camp, under Camp Directors Helen and Mervin Rogelstad, featured classes in Woodcarving, Rosemaling, and Hardangersøm. A children's program offered activities for children 12 and under, as well as activities for the entire camp including; Camp Olympics, a Horseshoe tournament, car rally, BBQ Dinner and pancake breakfast. Today the camp offers so much more!

Program: The application form, available online, lists the current class offerings for adults. The program for children and youth has really expanded to include classes for children ages 4 to 16 years featuring a variety of Norwegian Cultural classes including Norwegian Language. Classes are offered Thursday, Friday, and Saturday during the camp. Many other fun activities are planned from Wednesday evening until Sunday morning including a BBQ supper and pancake breakfast (all part of the registration package).

NEXT MEETINGS!

- REGULAR MEETING THURSDAY MAY 2 AT 7:00PM (1900HRS) AT BOWEN PARK (ACTIVITY ROOM #1)

SOCIALIZING

- HOBBY SHOW AND TELL
- REFRESHMENTS WILL BE PROVIDED

Location: Sleipner Lodge #8 has been our host for over 30 years on their beautiful property located approximately 15 minute drive north east of Mission. The address is 11901 Seux Road, Mission, BC (just off Sylvester Road). The property has excellent camping facilities for tents, motor homes and trailers. There is a large playing field, clubhouse, gazebo, swimming pool, washrooms, trails and a creek running beside the pool. There are also many private cabins owned by Sleipner Lodge members.

Link for registration:

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

PRESIDENT'S MESSAGE

Greetings Brothers & Sisters,

We are in the middle of April now, and will be celebrating Easter soon. Wishing you all a happy Easter; I hope you get together with your family and friends for a nice Easter dinner.

We will be celebrating Norway's Independence Day on Friday the 17th of May starting at 5pm, at the Clubhouse on Arbour Lane. It will be a potluck with the lodge providing hotdogs and goodies.

North Star lodge will be hosting a lunch together with Eidsvold Lodge and Nordlys lodge, for our international president Ron Stubbings June 1st at 12pm. It will be at the Piccadilly Bistro on 2367 Arbot Rd Nanaimo. The cost is \$25 each plus tax and tips. There are just a few reservations left by now. If you are interested give me a call soon at 250-758-2306.

Our next meeting is Thursday May 2nd at 7pm. Hope to see you all there.

Fraternally
 Ida Pedersen
 President

How do You Celebrate Your Heritage each May?

From SON newsletter files

Do you display the Norwegian flag? Perhaps you take part in a Syttende Mai parade or dinner? It's easy to enjoy your heritage year-round by participating in the Cultural Skills program. With 14 topics to explore, there is something for everyone. You can even earn pins as you master each topic. See your lodge Cultural Director or email culturalskills@sofn.com for more information.



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



MARCH/APRIL MEETING HIGHLIGHTS

The March 7, 2019 North Star Lodge regular business meeting started at 7:00 pm with 12 members present. The April 4, 2019 meeting started at 7pm with 14 members and one visitor (Liv Dahl).

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

Updates were given:

- North Star Lodge received a letter, special prize activity and \$100 USD from headquarters congratulating us on our 2018 recruitment efforts.
- On our cultural skills program challenge (Cooking Unit), with a handout with details of how we will go about it.
- On details for the celebration for Ron Stubbings June 1 (see Presidents message)

Motions were carried that:

- North Star Lodge participate with Port Alberni and Victoria Lodges in celebrating Ron Stubbings' promotion to SON International President.
- The 17 of May celebration be held at the Arbour Lane Clubhouse.
- Whoever participates in the Cooking Cultural Skills challenge gets a \$50 grant towards cooking ingredients
- We have a new member social at the Arbour Lane clubhouse with specific invitations to new members.

SOCIAL REPORT

Greetings!

North Star has taken the challenge! We now are going to participate in the Norwegian Cultural Skills challenge sent to us from District 7. Liv Dahl and I are spearheading this endeavor and we have 7 people eager to participate in the Cooking unit of the program. We are putting a twist on it as we are going to combine it with our Kaffe Pause activity. We are going to have an information and planning meeting very soon with all the participants. This is going to be very challenging and a lot of fun! This summer will be filled with the wonderful smells of cooking and the *hygge* spirit of sharing!

During the information and planning meeting we will be discussing the guidelines of the Cooking Cultural Skills program as well as each unit and options. We must plan our approach to this very carefully, so we can meet all the criteria with the most efficient effort. I think this will be a lot of fun and an opportunity to grow in the realms of Norwegian cookery.

A motion was passed at the meeting to assist the participants of the Cultural Skills program with the cost of purchasing food for all the different recipes. Each participating member will receive \$50. Please note; most of the baking and cooking will be shared with the non-participating members of our lodge either at Kaffe Pauses or at a dinner party.

The members who are interested in this will be getting a phone call or an email letting you know the date of the planning meeting.

If you missed the meeting when we signed up for this event, don't be dismayed as you can phone me for information and registration. My number: 250-751-1435.

At our next month's meeting on May 2, we are having a Show and Tell of sorts. I know that all of you have had hobbies at one time. Please bring a sample of your hobby work to show us. I also know that there is a lot of hidden talent in our lodge. Please participate in this and we will all have a great time!

Next month's food providers are Kjell Garteig and Elisabeth Vikran.

Thank you to Rosie, Ida and Linda for last month's lunch. Thank you, Rosie, for presenting Trofors in "Getting to Know Norway". Earmark May 17th for our annual get together. More news to come.

Linda Harvey, Social/Cultural Director



a little in English...

Bokmål and Nynorsk Dictionaries are now an App

From SON newsletter files

The Bokmål Dictionary and Nynorsk Dictionary have been launched as an app. The dictionaries are definition and spelling dictionaries that show the current official spellings for Bokmål and Nynorsk. The dictionary app is called the Ordbøkene [The Dictionaries], and it can be downloaded both for Android through the Play Store and for iOS through the App Store.

Since 2016, the two dictionaries have been owned and developed jointly by the University of Bergen and The Language Council of Norway. "The Bokmål Dictionary and Nynorsk Dictionary are the most important sources of official information about how Norwegian words should be written, how they can be used, and what they mean. They have long been readily available as digital and regularly updated dictionaries. Now they are also available to everyone in the app Ordbøkene, which can be used without internet access.

The app is important because it conveys knowledge of spelling and inflection to even more users," says Åse Wetås, spokeswoman for The Language Council of Norway.

The dictionaries are updated continuously with current spelling conventions. When you look up a word, you'll find definitions, usage examples, inflection and etymology. "It is crucial for us that information about good and correct Norwegian is easily accessible to all users of Norwegian in Norway and elsewhere in the world. Now that the dictionaries will be available on several platforms, we can reach even more users," says Åse Wetås.



litt på Norsk...

Bokmålsordboka og Nynorskordboka blir app

Bokmålsordboka og Nynorskordboka er blitt lansert som app. Ordbøkene er definisjons- og rettskrivingsordbøker som viser gjeldende offisiell rettskriving for bokmål og nynorsk. Ordbokappen heter Ordbøkene, og den kan lastes ned både for Android gjennom Play Butikk og for iOS gjennom App Store.

Siden 2016 eies og utvikles de to ordbøkene av Universitetet i Bergen og Språkrådet i fellesskap. – Bokmålsordboka og Nynorskordboka er de viktigste kildene til offisiell informasjon om hvordan norske ord skal skrives, hvordan de kan brukes, og hva de betyr. De har lenge vært lett tilgjengelige som digitale og jevnlig oppdaterte ordbøker. Nå blir de også tilgjengelige for alle i appen Ordbøkene, som kan brukes uten nettilgang.

Appen er viktig fordi den formidler kunnskap om rettskriving og bøyning til enda flere brukere, sier direktør i Språkrådet, Åse Wetås.

Ordbøkene oppdateres løpende med gjeldende rettskriving. Når man slår opp på et ord, finner man definisjoner, brukseksempler, bøyingsopplysninger og informasjon om ordenes opprinnelse. – Det er avgjørende viktig for oss at informasjon om godt og korrekt norsk er enkelt tilgjengelig for alle brukere av norsk i Norge og ellers i verden. Når ordbøkene nå kommer på flere plattformer, kan vi nå enda flere brukere, sier Åse Wetås.

Syttende Mai 2019: Let the Celebrations Begin

From SON newsletter files

It's time to strike up the band, wave the flag and display Norwegian pride as Syttende Mai festivities take place on May 17 in hundreds of cities in Norway, North America and the world. Parades will be organized and draw thousands of participants; copious amounts of ice cream will be consumed; and bunads will abound in a swirl of color and activity. Children figure prominently in the events, especially in leading the parades. Initially, dating back to 1869, only boys were allowed to march. The girls' participation was not far behind – within 20 years they, too, enjoyed waving their flags as the parades wove through the streets of Norway and beyond. Grilled sausage, Wienerpølser (wiener sausage) and regular hot dogs are so popular on May 17 that retail grocers have reported a huge bump in sales on the holiday. "Eat what you like" is the mantra for the day and indulging in that manner is a big part of the celebrations. Enjoy the day, no matter how you choose to celebrate. Happy Syttende Mai to all!

Moose Truce Declared

From SON newsletter files

The debate is over. The controversy over which city could claim the tallest moose sculpture was settled by Fraser Tolmie, mayor of Moose Jaw, Canada, and Linda Otnes Henriksen, deputy mayor of Stor-Elvdal, Norway, by signing a “moosarandum” on March 6.

Canada wins for tallest moose, but Norway takes the prize for the most attractive moose. Mac the Moose, a 32-foot-tall sculpture in Moose Jaw, was the tallest moose sculpture in the world until a shiny Norwegian sculpture named Storelgen was built standing at 33 feet. For Canada to reclaim its title, it will have to do some cosmetic enhancements to Mac the Moose’s antlers.

The friendly rivalry has gained a lot of positive global attention for Canada and Norway. Both towns have seen a boom in tourism since starting the debate and now have future plans on creating a children’s book series that includes Mac the Moose and Storelgen. Going forward, one thing is sure: Both towns will continue to take pride in their respective moose mascots. To see more pictures of Mac the Moose and Storelgen, visit <http://bit.ly/picturesofthemoose>.



Retiring Flags

From SON resource newsletter

Is your lodge considering replacing its Canadian, Norwegian and/or United States flag? If so, each country has a procedure for the proper retirement of its flag (information available from respective consulates).

Canada

- Return flag(s) to participating retail stores who will dispose of them;
- Flags made of natural fibres (wool, cotton, linen) should be burned in a dignified manner; privately without ceremony or public attention being drawn to the destruction of the material;
- Flags made of synthetic material (nylon or polyester) should be respectfully torn into strips, with each element of the flag reduced to a single colour, so that the remaining pieces do not resemble a flag. The individual pieces should then be placed in a bag for disposal – the shreds of fabric should not be re-used or fashioned into anything.

Norway

- a Norwegian flag can be burned in a dignified manner or disassembled (taken apart at the seams) and respectfully discarded. It should not be thrown out as a whole flag but can be discarded in pieces.

United States

Either of the following, while being saluted, or having someone at the burning ceremony recite the Pledge of Allegiance or sing the National Anthem:

- Folded, laid on a bonfire and burned patriotically;
- Folded, placed in a box and buried
- Recycled (special organizations formed to do this, particularly with flags made of manmade fibres)

Calling All Cooks

From SON newsletter files

Do you have a delicious Norwegian recipe you’d like to share – perhaps one that’s a favorite among those in your lodge? We’d love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sonsofnorway.com. For a chance to be featured, simply email your recipe to jkohlhofer@sofn.com. Feel free to include a high-quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We’ll make sure all entries receive full credit if posted.

Oldemor Rebekka, **Rosemaling artist**

By Rosie Barlak

Knowing I would have a month of vacation, a little spare time and hopefully access to skilled rosemaling artists who could teach me, I decided to attempt the Sons of Norway Rosemaling Cultural Skills Module while on vacation in Norway this February/March 2019. Little did I know how hard it would be to find an instructor...

Turns out, rosemaling had a resurgence in the early 1900s through the 1990s in Norway. Today, not so much. When I told people what I was going to learn, the reaction I got was anything from a look somewhat equivalent to "What for?" to "Wow, that's cool, no one does that anymore". When I asked if anyone knew someone skilled enough to teach, people drew blanks. One person was kind enough to do a little internet searching and found a lady in the next village who claimed to give courses. I wrote her an email the first few days I was visiting and did not receive a response – at all.

So, I went to the local library, where in the hobby section I couldn't even find a painting book. So, I asked the librarian if they had something on rosemaling. She told me that they renovated the library, and to make room for the modern, simple, spacious design, they had less room for books. "But this is a libr...oh never mind". She told me it was very hard and sad to get rid of books, and those that were in good shape but had not been taken out in over 15 years had been stored in the loft. She went to go find a book she knew should be there and came back empty handed – but luck would have it that her co-worker, who had some idea of the organization of the loft, arrived just then. He went upstairs and returned within 3 minutes with two rosemaling books. Both books were written in the mid-1990s. I signed them out.

My spouse, who was born and raised in Trofors, where we were staying, has several talented artists in his family. With no luck finding an instructor, I started asking those who I knew had items in their home that that had painted. The reply I got from each was that they hadn't done it in 20 years – well, at least they were consistent! The most talented painter in the family is by far my spouse's grandmother Rebekka, who is 93 years old, and still getting her own firewood. She had done rosemaling from the time she was a small child and had several items that she had made still in her home. Most of the others she had made she had given away, but had a few furniture/shelf items and two beautiful plates – of which she said, "I am keeping those". When I asked her if she could teach me something she scoffed and told me it just takes practice and I could teach myself just fine. Luckily, this is something I have done with many other hobbies. To her satisfaction, I resorted to admiring and photographing all of her rosemaled items for another rosemaling elective activity.

On another trip to a nearby small city, I found a local Red Cross thrift store. In there I found an old "how to" rosemaling book! What luck! I was ready to teach myself.





ANNOUNCEMENTS

- Please remember to submit any newsletter submissions by May 15 for the June 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 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/>

SUNSHINE COMMITTEE

Ingrid Godfreyson wishes to convey warmest greetings to her lodge friends. She gets around in her home and to meals in the dining room. Despite her illness she is the most cheerful lady and does not mind a visit in the afternoon. The reception desk at her building (Senior Village at 6089 Uplands) will take a message for her which they deliver when she comes to meals if you wish to let her know you are wanting to visit her.

In an attempt to contact Elaine Myers an email was sent to her as her telephone was no longer in service. She sent an Easter greeting by Canada Post. Thank you, Elaine. Best and warmest greetings from your many friends at Lodge. Arvo, Phil, Irene we trust you are feeling better and hopefully we will see you soon. Happy Easter and good health to everyone.

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

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.



MAY BIRTHDAYS

- 01 Ann Erb
- 06 Agnes Lorentsen
- 10 Warren Wulff
- 19 Dahlia Breivik
- 28 Joan Sorensen
- 30 Edna Kidd
- 31 Leonard Krog



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:

Let your kids/grandkids/your own inner kid colour this 17 mai picture. Make sure you get the correct flag colours! Be sure to put your name and phone number on it, then submit the colouring to us via mail (Rosie Barlak, 6194 Parkwood Drive, Nanaimo, BC, V9T 6C8) or scan in and email to us (j-t-brei@online.no) or deliver it in person to our May 2, 2019 lodge meeting. The entries will be entered in a random draw for a box of ice cream treats for 17 mai!



MMMM. Pølse. Og is.