

Hardanger

# Nyheter



Sons of Norway  
Hardanger Lodge #109  
Kelowna, BC

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The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know to-

day: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially re-named Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.

### Hardanger Lodge Contacts

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### President's Message

Hei, Hei. Here we are into March already – time keeps flying on but I hope the new year is full of good days and lots of happiness and fun. At our March meeting, we are looking forward to hearing from Darlene Osterlin about her long-distance hike in New Zealand last year. Due to a snowstorm and icy conditions, we had to cancel the February meeting on the day and I trust everyone got the message in time. Speaking with other members in our District 7 lodges, I realize that a number of people do not check the resources that are available to us as members so I am sending this as a little reminder. The International Sons of Norway site at [www.sofn.com](http://www.sofn.com) – make sure you login is current information – and once you are logged in, there are many things to access: subscribe to E-Post (monthly info post), Blog, Recipes, Learn Norwegian Language. Under your profile, you can find the new screen with boxes that access things about your renewal information and downloading your membership card. Under Member Resources, you can access Cultural resources, Genealogy, and Membership Discounts. I have signed up for the new discount item called "Perkspot" but I have not spent any time to see how much discount I might get on things like hotels or travel. Check it out. Under Lodge Leadership, go to Lodge Programs to see Idea Bank, Mini Presentations, History etc. Another option: the [Sons of Norway District 7 Facebook page](#) where I post articles from current Norway as well as stories and videos from Norway. Resources for District 7 can be found at [www.sofn7.com](http://www.sofn7.com) as well as newsletters from a number of District 7 lodges and others within Sons of Norway. Remember there are Sports Medals you can work on to achieve different levels and Cultural Skills Medals in a variety of areas. Maybe a medal in some category is a good goal to set for 2025. If you have questions, please feel free to contact me at [gloriabenazic@gmail.com](mailto:gloriabenazic@gmail.com)





## Norwegian Ceramics Honored in Brussels

A January art and design event Ceramic Brussels in Belgium recently showcased the work of Norwegian ceramic artists. The multi-day event is the first international modern art fair to focus on ceramics, and included over 60 galleries, museums and ceramic artists.

Oslo nonprofit Norwegian Crafts was on-site to promote contemporary Norwegian ceramic works and innovation brought to the world by Norwegian artists. In tandem with Ceramic Brussels, they curated five Norwegian galleries to highlight: RAM Galleri, QB Gallery, KIOSKEN, Format, and SKOG Art Space.

This year's expo was the first to focus on a single country, offering a look at the Norwegian ceramic scene in a cultural dialog with artists from other countries. Rounding out the exhibition were collections out of art and design galleries from Belgium, Denmark and the US. Norwegian Crafts' presence at Ceramic Brussels portrays a vibrant spectrum of modern and traditional ceramics through "works of prominent and emerging Norwegian artists," as mentioned by the organizers.

ceramic  
brussels

### Northern Lights Museum Display

The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you've had the chance to see them in person. Fortunately, those of us who haven't been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn't been an easy one.

Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren't sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February.

In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi people and completed his sketches. He became known to some as the "star man." Tromholt is considered a pioneer in this subject and is praised for his research contributions.

## Family History (“The way we were”)

This story was written by Martha Lillo in 1989 in a book she produced entitled *The Way We Were*. Martha was Wilf Akerlund's aunt.

My mother, Margrete Aspeness was born on February 14, 1876 in Malangen near Tromso, northern Norway. She lived with her parents on a small acreage jutting out into the Atlantic Ocean called Aspeness.

The men folk were fishermen. They would leave in the morning and when they had their days catch they would return with the fish. Then they would finish the day by repairing their nets and getting them ready for another days catch. The women were expected to clean and wash the fish and have them ready for the market. The men started their career in fishing from the time they were young boys until they could no longer handle the rod.

When the children were old enough they were expected to herd the cattle in the mountains and bring them home for milking in the evening. They always went bare foot in the summer and into the fall, donning shoes when the snow fell. Mother always told us how fast she had to run to keep up to the cattle so that they wouldn't get away from her. If they strayed too far out of sight it was difficult to find them as there were many hills and valleys for them to hide in.

All children were expected to help with the chores and household duties, churn butter, make cheese, bake bread, prepare meals and help look after the younger children. The clothes were scrubbed by hand and on a washboard in a tub of water. They were ironed with flat irons heated on top of the wood burning stoves. As there were many frills and ruffles, it took many hours to do the ironing. Sweaters, socks and toques were knit from the homespun yarn made from their own sheeps fleece.

In Norway it was customary to take the name of the oldest member of the family. In mother's case it was Bertel Berteussen. When her parents bought the Aspeness acreage, it was legal to take the name of the estate, therefore my mother's name became Marta Bertelsdtr Aspeness. Also when the owner of an estate died, the property automatically went to the eldest son. Mattis was the eldest but as he had already emigrated to Canada and did not wish to return to Norway, the property was sold to a stranger.

When mother became old enough she went out working to earn some money. She found a job at a bakery owned by my dad's uncle. It was there she met and married Martinus Sundlie as he was also working for his uncle as a baker.

After living in Tromso for five years the young couple with their three young children decided to emigrate to America along with hundreds of other emigrants. Upon arrival in Halifax after the long ocean journey they took the train to Minneapolis where dad's brother met them. They lived there for two years.

Big headlines began to appear in the papers. Come to Canada! Free land to be had on the Canadian prairies! In the spring of 1905 the family emigrated to Canada taking up a homestead in Ryley, Alberta.

## What is the National Flower of Norway?

The history of the pyramidal saxifrage as the national flower of Norway dates back to the year 1935. At this time, an international botanical congress gathered in Amsterdam. This group chose pyramidal saxifrage as a symbol of the Norwegian people due to its ability to thrive in harsh mountain environments. However, this was not a government decision. The government has never officially chosen a national flower.

In fact, the pyramidal saxifrage is not even one of the most popular flowers in the country. Instead, the Norwegian people favor the common heather (*Calluna vulgaris*) as top choice for Norway's national flower. However, common heather was never formally selected by the government of Norway either. A popular radio show in 1976 held its own vote for the national flower. This public vote revealed that common heather was the top choice for the country's national flower.

Though the common heather has its own distinctive qualities, the pyramidal saxifrage is a truly unusual plant. Additionally, it mainly grows only in [Scandinavia](#). As a favorite among botanists, it has a special place among Norway's native fauna.

What is the Pyramidal Saxifrage?

The pyramidal saxifrage is an evergreen perennial that grows in rocky mountain areas in northern European countries.

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The pyramidal saxifrage is also known by its scientific name, *Saxifraga cotyledon*. This plant is a member of the *Saxifraga* genus and Saxifragaceae family. Saxifragaceae is a family of flowering herbs, including approximately 400 other species in the genus *Saxifraga*. The herbaceous perennials typically grow in the Northern Hemisphere. This certainly is the case for *Saxifraga cotyledon*, or the pyramidal saxifrage. This plant is an evergreen perennial that grows in rocky mountain areas in northern European countries. In addition to growing in Scandinavia, pyramidal saxifrage blooms in Iceland and the mountain regions of nearby mainland European countries.

The pyramidal saxifrage is evergreen and produces large, flat, green leaves with toothed edges. These can grow to be up to 3 inches long. Throughout its growing season, in the spring and summer, it grows a tall stem up to 24 inches in height. These stems blossom into panicles, large clusters, of numerous white, cup-shaped flowers with blood-red markings on the inside. Beginning in early summer, these blooms form in large flower heads. They also emit a strong, pleasant fragrance.

Where Does the National Flower of Norway Grow?

In Norway, pyramidal saxifrage flowers blossom in rocky, mountainous areas. These plants appear in crevices between rocks and on rock walls in Norway's mountains. They enjoy the partial shade and the cooler climate. It is possible to grow pyramidal saxifrage in a rock or container garden. The plant needs normal to sandy soil and grows in a range of conditions, from neutral to alkaline or acidic. The plants grow fairly low to the ground, reaching only about 2 feet tall. But they can thrive on rock walls or other rocky formations. In the wild, you may find it on rock outcroppings or in moist areas, like rocky cliffs near a waterfall.

What is the Cultural Significance of the Pyramidal Saxifrage?

The pyramidal saxifrage was not selected by the Norwegian people as the national flower, nor was it chosen by the government. Rather, it became known as Norway's national flower due to the influence of vocal botanists. With that in mind, it makes sense that the pyramidal saxifrage is not especially well-known or recognized.

The botanists advocating for pyramidal saxifrage argue that this mountain flower represents the Norwegian people. After all, it thrives in harsh conditions. In Norway, the pyramidal saxifrage plant is called "bergfrue." This translates into English as "mountain lady" or "mistress of the mountains," as it only grows in the mountains. However, this inaccessibility may be part of the reason why the pyramidal saxifrage never gained popularity. Even those who venture into the mountains may not notice this plant hiding in crevices. In contrast, the common heather grows throughout the country's vast forests. However, the botanists' choice of pyramidal saxifrage reflects a truth about the country. Just like this flower grows in harsh conditions, so too have the Norwegian people. Resilience, independence, respect, and equality are significant values for residents of Norway. Taken from Wikipedia



# Scandinavian Culture Weekend

June 13, 14, 15, 2025 Red Deer Alberta

Friday Night - 200 Crossing Presentation by Professor Ingrid Urberg

Saturday - Culture Competitions & Tournaments & Laft Hus Festival

- Evening Banquet and Concert

Sunday - Tour the Central Alberta Scandinavian Trail



## Early Bird Specials

- \$100 if received by March 30
- \$125 if received by April 30
- \$150 May 1 to May 30 (while space permits)

Includes 4 meals. Email [littlenorski@telus.net](mailto:littlenorski@telus.net) for registration forms.



Aspelund  
Lodge  
#4-571



# Norwegian Potato Stew (Lapskaus)

S/N Newsletter Service

Serves 6  
15 minutes prep time  
30 minutes cook time

## Ingredients:

2 turnips, peeled and chopped  
3 lbs. russet potatoes, peeled and chopped  
2 carrots, peeled and chopped  
1 stalk celery, chopped  
1 onion, diced  
8 oz. ham steak, cubed  
2 Tbsp. salted butter  
1 quart chicken broth  
2 bay leaves  
1 Tbsp. fresh parsley, minced  
Kosher salt and freshly cracked black pepper, to taste



## Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20–25 minutes or until the vegetables are soft.
2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.
3. Enjoy!

Source: <https://12tomatoes.com/norwegian-potato-stew/>

The **Jærhøns**<sup>1</sup> **Norske Jærhøns** is the only indigenous [breed](#) of domestic [chicken](#) in [Norway](#). It is named for the [traditional district](#) of [Jæren](#) in the county of [Rogaland](#).



The Jærhøns was the principal chicken breed of Norway until imports of foreign breeds began in the nineteenth century. The Jærhøns was [selectively bred](#) at the state-controlled breeding station at [Bryne](#) in [Jæren](#) from its establishment in 1916 until it closed in 1973. Breeding stock was then transferred to the state agricultural college at [Hvam, Nes](#). Following work done in the first half of the twentieth century, the Jærhøns is [auto-sexing](#).

The Jærhøns was listed as a "conservation-worthy national breed" by the [Norwegian Forest and Landscape Institute](#) in its 2008–2010 action plan for the conservation and sustainable use of animal genetic resources in Norway.

Two [colour varieties](#) are recognised for the Jærhøns, dark brown and yellow, and light brown and yellow. The comb is single, and the beak and legs are bright yellow.

A bantam Jærhøns with the same two colour varieties was approved in 1994.

The Jærhøns lays approximately 215 eggs per year, about 20% less than industrial purpose bred layers. The eggs are white, and weigh a minimum of 55 g.

## Tante Hulda's Kitchen

Ask Tante Hulda God dag! Dis time, Tante Hulda vill answer kvestions about lefse! Så, here vi gå! Question: Tante Hulda,

*What is the shelf life of lefse? T. H.:* – Vell, dat depends on who made it, an' vat dey put in da batter. Ay haff tried makin' lefse vit rye flower an' birch sawdust, tree parts rye to vun part birch. Ay made dat batch last sommer, an' ay am still usin' it opp. So it lasts for a while, denn!

*Question: Why does my lefse get cracks in it? T.H.:* – Vell, you prob'ly aren't ussing enough glue in da batter. Dat's vhat makes dem stay nice an' round. Take von tables-spoon of Hjelmer's Glue in da batter, an' stir it in real good! Oddervise, you vill get cracks in da lefse. You can buy Hjelmer's Glue at da Skogmo & Sorensen Hardware Stores, in da vun gal-lons can or da five-gallons can.

## Our Next Meeting

**Wednesday March 19th. 7:30 pm. At German Canadian Harmonie Club, 1696 Cary Rd. Kelowna. 7:30 pm.**

Last fall Darlene Osterlin flew to New Zealand to join a party of hiking enthusiasts.

At our March meeting she will be sharing her hiking adventures with us.

Waffles will be served with sour cream, whipped cream and fruit.

## SUNDAY MARCH 2<sup>nd</sup>. GRACE GUSTAFSSON TURNED 96.

Following a hip injury in mid February Grace was transferred from KGH to Cottonwoods Care Centre. Friends, Jim and Britt McArthur organized a birthday party for her in one of the activity rooms. Grace received a number of cards and floral bouquets. Tea was served along with a delicious tresleche birthday cake made by Britt.



## Da Yokes on Yu

TIMES were tough, so Ole decided to try his hand at painting. He was hired to paint the Lutheran church and he was doing well until he reached the steeple; at that point, he was running low on paint. So, Ole decided to make the paint last by thinning it out with some turpentine. As he neared the top of the steeple, he witnessed a flash of lightning and rolling thunder, accompanied by a voice from the heavens: "OLE . . . OLE . . . REPAINT . . . AND THIN NO MORE."

WHEN OLE and Lena were young and in love they would go to their favourite spot to park. One night while parked and hugging and kissing, Ole asked Lena, "Lena, would you like to go in the back?" "No," she answered. So they hugged and kissed some more. Again, Ole asked Lena to go in the back. Lena answered, "Ole, why are you always asking me to go in the back, I want to stay in front with you!"

**What did the blonde say after glimpsing a box of Cheerios?**

"OMG! Donut seeds!"