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Hardanger Nyheter

Sons of Norway
Hardanger Lodge #109
Kelowna, BC

October is Foundation
Month

Our Hardanger Lodge supported the Foundation with donations to a total of \$5114.10.
Read all about it on Page 8



Cover Page



Hardanger - Norway's orchard

In the western part of Norway, you'll find the idyllic region of Hardanger. In the summer months, the area is easily identified by fragrant floral blooms and blossoming fruit trees.

Hardanger's name is derived from two Old Norse words which translate to "hard and tight fjord", which you can see coming out in the rugged formation of [Hardangerfjord](#).

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If you said the word Hardanger to someone, they might follow up with the question, "Hardanger, what?" The word is associated with various things well-known and loved by Norwegians. One of its most well-known associations is with embroidery.

Hardangersøm, what in English is known as Hardanger-style embroidery, is thought to perhaps have originated in Persia or Asia and eventually made its way to Europe where it flourished in Norway for 200 years, starting in 1650. It continues to be prominent in Norwegian culture, including its featured use in the bunad of the same-named region.

Hardanger embroidery uses white thread on an even-weave cloth material, often linen, of the same color. Because of this, the craft is sometimes also known as "whitework." Contemporary forms of the embroidery may use color combinations and contrasts in the thread or fabric base. As with many other specialty crafts, Hardanger continues to grow and evolve.

HARDANGER LODGE #109 GENERAL MEETING MINUTES FOR WEDNESDAY, SEPTEMBER 18 2024

By Beverley Akerlund, Secretary

Sons of Norway

Hardanger Lodge 109

General Meeting

Wednesday, September 18, 2024 at the German Canadian Harmonie Club at 7 pm

Attendance: 9 members

Welcome by President, Gloria Benazic returning after the summer recess. New member, Neil Fimrite was introduced.

Minutes of the June 19 meeting were moved by Darlene Osterlin, seconded by Dale Acott. Carried.

Financial Report: As of August 31 the General Account balance is \$1751.31 and the Event account is \$2001.03. The GIC at the Royal Bank is renewed each year. A budget needs to be prepared for the coming year.

Old business:

Viking Shield project: Shields have been filled and sanded and are ready for pick up by members.

District #7 Convention: Reimbursement for our three delegates was not discussed at the April meeting. Moved Darlene Osterlin, moved Wilf Akerlund that registration fee of \$275 be paid to each delegate. Carried.

Kettle Valley Steam Train outing: Dale Acott reported that this event took place Sunday, July 28 with four members attending. He said the two hour trip was most enjoyable with a fine views and an exiting attack by 'rustlers'. A tasty barbecue dinner was served to all attendees.

District Heritage Camp: This was held the August 9th weekend at Hatzic with a good attendance. Cal and Gloria Benazic attended.

New business:

Meeting location: Our third Wednesday of the month time slot has been set for the coming year.

Foundation: Darlene Osterlin reported on the Zoom AGM held in September. It was well attended by delegates from BC and AB. Hardanger Lodge won the Founders Award which is given annually for the most money donated. In 2023 we had donated a large quantity of stamps which brought in a fine sum for us. Since the stamp buyer/seller has retired the Foundation no longer has this source of revenue.

Wood carving: This activity has been planned to take place in Kamloops in the spring for any interested members. More information to come as plans are finalized.

Membership committee: Gloria would like to have a committee formed for the recruitment of new members. Gary Goplen agreed to sit on this committee. Does the city have an event that publicizes local organizations?

Ideas for meetings: Success is everyone working towards a fun and entertaining lodge meeting.

Could we adopt the North Star Lodge plan with individual members taking the responsibility of planning an activity? Gary Goplen offered to talk about the Paralympics in October and Darlene Osterlin will tell about her hiking trip in New Zealand in November.

Kubb in the park: Gloria wondered if members would like to gather at Jack Robertson Park to play Kubb on Sunday September 22 afternoon. Five members were interested.

Calendars: This year members who wish to purchase a Sons of Norway calendar will preorder from Gloria.

The meeting adjourned at 7:55 pm.

Following the meeting coffee and refreshments were enjoyed. Norwegian Bingo was played with Neil and Wilf being the winners.

Folk High Schools

Scattered across Norway are *folkehøgskoler*, or folk high schools. Despite the name, these schools are usually for students 18 and older and function much like a college or university, where students live on-site and with each other from August to May. While most students are around 18-25 years old, these schools don't have an upper age limit, making them an option for lifelong learners of any age. The 85 folk high schools vary in size, worldview, and study focus with a wide variety of subjects to focus on.

One thing all the schools have in common is their teaching philosophy. Unlike traditional schools, folk high schools don't have grades and exams in the structure. Instead, the approach they take to learning is immersive. Teaching is conversation-based, experience-based, and participant-driven. Because the students are 18 or older, they are viewed as adults and treated as responsible individuals who will learn the most based on their desire to do so, not because they have to.



Folkehøgskoler attract students from both nearby Nordic countries and international students from afar. Many of the schools offer Norwegian courses for those who are new to the language and the immersive nature of the program reinforces those language skills over time. These schools are a great option to experience the culture of Norway.

To hear more about this experience first-hand, follow Liu's story in [Viking for Kids](#).

The Sons of Norway Foundation offers the Helen Tronvold Scholarship for 17- to 25-year-olds attending folk high school and the Douglas Warne – Rolf & Wenche Eng Scholarship that can be used to study in Norway at any age.

Crown Prince Follows Refugees Guides for a Day

On June 20, to mark World Refugee Day, Crown Prince Haakon Magnus went for a walk with refugees and volunteer refugee guides from the Red Cross. Oslo Mayor Anne Lindboe, Secretary General of the Red Cross Anne Bergh and head of the Oslo Red Cross Astrid Solberg also took part in the trip.

Red Cross refugee guides are assigned to newly arrived refugees in Norway and help them adjust to life in their new society. The participants practice Norwegian together and get to know their local environment by going for informal walks, cooking, and having coffee along with other activities.

Norway accepts refugees from, among other countries, Ukraine, Syria, Afghanistan, Eritrea and Turkey. The vast majority of people the Red Cross assists say that they want to learn Norwegian and become an equal part of Norwegian society.

"Refugee guides and other activities for newly arrived refugees are important because they are a supplement to the public introduction program. Here you get the opportunity to practice Norwegian in an informal setting. It gives increased self-confidence to use the language in other arenas as well, such as work," says Anne Bergh, secretary general of the Red Cross.



Viking Sword Unearthed in Rogaland

A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Loura, was clearing his farm, he came across a 1,000-year-old Viking sword. The discovery was particularly surprising, as the field he and his son were preparing to sow new grass on hadn't been ploughed for many years. Mr. Loura says that they were picking stones and explains: "I spotted an iron object that I was about to throw, but just as I was about to throw it, I discovered that it was a sword."

The sword was examined by archeologists who were able to take x-rays which revealed inscriptions on the blade. The inscriptions led them to believe the sword could be a Ulfberht sword, which were made between 900 and 1050 AD. The sword was covered in clay, which helped preserve it from rusting away.

Around three to four thousand swords from the Viking Age have been uncovered in Europe. Of these, only 45 with inscriptions have been unearthed in Norway making this an exciting, rare find.

Source:

<https://www.independent.co.uk/news/science/archaeology/viking-sword-discovered-norway-farmer-b2556863.html>



Successful outdoor vacation? Follow these tips

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared. Norwegians are known for hiking in forests and fields. Many foreign tourists also come to see Norwegian nature. Some areas are especially popular.

Walking in a crowd can make your trip less enjoyable. You may run the risk of it this year: The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called UT.no. It has received a huge number of visitors this summer, compared with the same period last year.

"We've had a 43 percent increase in the number of users," says Veronica Solbak in a press release. She is an editor for UT.no.

DNT says this can show that interest in outdoor activities in Norway is high this summer. They have extracted the five destinations most searched for on the website. They are:

Dronningstien in Hardanger, Aurlandsdalen, tour of Hardangervidda, Romsdalseggen and Trekanten in Trollheimen.

Are you dreaming of one of these travel destinations? Maybe you should wait until another time if you want to avoid a lot of people.

No matter where you go this summer: Remember that experiencing nature requires something of you. Norsk Friluftsliv writes in a press release that the leave no trace movement is part of the right to roam. This means that we have a responsibility to leave nature as we found it.

"This means taking all trash home with you," says general secretary Bente Lier.

You must also not cut down healthy trees or do other damage to nature.

In general, it's about not leaving behind evidence that you have been there.

What is the right to roam?

Allemannsretten—the right to roam—gives you the right to use open land freely. You can hike, camp and pick berries.

Outland areas are forests, mountains, marshes and coastal areas. Inland areas are yards, house plots, cultivated land and the like. Inland areas are generally inaccessible.

Alma The Healing Dog

There is no question that a bond between a person and a dog can be something remarkable. This is evident in the story of a young girl from Norway named Nora and a dog named Alma.

Nora was unable to walk and was having a difficult time after a serious illness that lasted almost two years. To lift her spirits and aid with her healing, she was assigned a therapy dog named Alma. Alma was trained by an organization called Dyrebar Omsorg [an animal-related wordplay meaning Precious Care] that uses interaction with animals to promote health. A study conducted in South Korea proves that spending quality time with dogs can help with relaxation, concentration and the reduction of stress.



Through their time together, Nora was slowly coaxed out of her hospital bed. She and Alma enjoyed walks together in her wheelchair, shopping, and Alma even kept Nora company when she started back at school after two long years away. Nora attributes her healing to Alma and continues to meet with her, even though she is out of her wheelchair and doing much better.

New Sámi Sport Spreads Awareness

Odin Alexander Krokmo Iversen (13) is trying out a new sport – it's not just new to him, but to the whole world. Earlier this year, Sámi Valaštallan Lihttu (SVL), the Sámi Sports Federation, showcased the new activity in Bodø.

"The easiest thing is to compare it to the biathlon. The principles are the same," said Ole Henrik Somby, who was in Bodø promoting the Outtas Project.

Through their demo during the National Championships in road cycling, the Outtas Project was able to call attention to more serious topics. Project reps talked with teams, coaches and parents about Sámi discrimination, and plan to travel around the northern counties Nordland, Troms and Finnmark to make Sámi culture visible through sports.

This demo sport combines two skills: cycling and lasso throwing. Odin demonstrates the basics: first you cycle a lap, then dismount and throw a lasso five times at reindeer antlers, mounted on stands. Any mistakes result in a penalty lap.



Odin's verdict: "It's a lot of fun. I like to do both—cycling and throwing the lasso," he exclaims after his first round.

In Norwegian culture, there are several **unwritten social laws** that guide the way people conduct themselves and act towards each other. To paint a few examples: one should always greet strangers with "hei" when hiking and one should never show up to someone's house unannounced.

There is another unique social norm in Norway that gets its own name and is practiced by many. It is known as "**dugnad**." This term does not translate to any English word but can be summarized as a "volunteer day." It actually comes from the Old Norse word "**dugnaðr**," which means "to be useful." Norwegians who live in the same area, are part of the same church, or participate in the same sports group, will participate in a voluntary contribution to the community, usually in the form of manual labor.

The funny thing is though, it's not really that voluntary. It's an unspoken rule that you must attend if you get invited, for fear of being socially "shunned" by your community if you do not. It's not necessarily something that people actively want to partake in, but they do so anyway for the benefit of their community and environment. Some examples of dugnad include reorganizing office space at work, participating in a school bake sale, or painting a neighborhood building.

Although dugnad is not always looked forward to, it is the perfect place for socialization to occur. It provides participants with a more comfortable setting to converse with those they may not normally go out of their way to meet. According to thesocialguidebook.no, "It can be seen as a way to flatten social classes both at work and in society."

So, the next time you're asked to volunteer, live like a Norwegian and "do the dugnad." You may gain far more than you give.

What it Was Like to Walk to School Over 100 years Ago

For almost 150 years, there has been a Norwegian law that requires parents to send their children to school. Before that, teaching often took place in people's homes.

A Long Journey to School

The situation was roughly the same in Sweden. Three Swedish researchers have therefore looked at what it was like for children to walk to and from school between 100 and 150 years ago.

The journey to school was often long.

Many children had to walk through the forest. In winter it was both dark and cold.

Parents were anxious

Many parents were anxious that something would happen to their children on the way to school, the researchers found.

Newspapers wrote about long journeys to school as a problem. Parents often fought to get a school closer to where their children lived.

Especially children from poor countryside families tended to have a long path to school. It was the poorest who often lived furthest from the center of the village, with the church, the store - and the school.

Bad Shoes

Bad shoes in children from poor families is something the three Swedish historians found many people mentioning.

Sometimes teachers wrote articles in the newspaper asking people to donate clothes and shoes to the poorest children. Other schools lent shoes to the children.

Particularly for the youngest children, a solution was to hold school only every other day. Another solution was keeping the school closed on the coldest days in winter.

Fun on the way home

When the researchers read written memories of the school journey, they see that it was on the way home that children also found time for some play and fun.

On the way to school, it was often busier.

Some teachers appointed an orderly to keep an eye on the other children on the walk. The orderly had to report to the teacher if the children did not walk home properly, or if they forgot to greet an adult they met along the way.

Norwegian sayings that make no sense in English

Å koka bort i kålen

Translation: To boil away/into nothing in the cabbage

Meaning: When an idea or plan comes to nothing through waffling. It is thought to come from meat being reduced to nothing when cooked in cabbage stew for a long time.

Å være helt Nils

Translation: To be completely Nils

Meaning: To be silly/stupid (Nils is a male name. No idea what poor Nils has ever done).

President's Message

FOUNDATION MONTH - OCTOBER

Greetings! Fall is certainly on its way, as we watch the leaves changing colours and dropping. Remember how much fun we had in our childhood walking and crunching through piles of dried leaves!

October is "Foundation Month" so I ask all our members to consider a gift to the Sons of Norway Foundation in Canada. The Foundation provides funding to support workshops for typical Nordic activities such as rosemaling, carving, stitching etc. ; there are several student bursaries given to applicants who need additional support in post-secondary, trades or apprenticeship training and there are funds available for members who are caught in disasters. The Foundation AGM was held in September and Hardanger Lodge received the "Founders Award" for 2023. Congratulations!! This is given to the lodge who provided the highest dollar per member donation in that year. Our lodge was raised \$5114.10 or \$113.65 per member. A large portion of the total donation was from a large stamp collection donated to our lodge.



Please bring your donation for the Foundation to our Lodge meeting in October 16th. or you can make your donation online at www.sonfic.ca . Individual gifts will receive a tax receipt directly from the Foundation. I look forward to seeing you at our meeting.

I am also keen to hear if you might be interested in doing some stitching projects as I was given a number of complete material packages of embroidery pictures and beaded pictures that I would be happy to have available for you for a small donation to the Foundation. If you are interested in learning stitching Hardangersøm, this could be included as well. I would be willing to set up weekly, bi-weekly, or monthly sessions to assist you with questions as well as group workbees.

Please feel free to contact me anytime: email gloriabenazic@gmail.com or phone 250-613-9234.

Gloria Benazic, President

An Englishman, a Finn and a Swede competed on whose language sounded the most beautiful.

They chose a poem which each one would read aloud in their own language.

**The englishman began:
Island island, grassy
island grassy islands
lady.**

**The Finn continued:
Saari saari, heinä saari,
heinäsaaren neito**

**Finally the Swede: Ö ö,
hö ö hö ös mö**

Da Yokes on Yu

A Norwegian went to a museum. The tour guide was explaining: "This sword is over 2500 years old." The Norwegian paused for a second to think about it and then asked: "How is that possible? We are only in the year 2022."

Question: What's the difference between Swedes and mosquitoes?

Answer: Mosquitoes are only annoying in the summer.

At the restaurant

"Waiter, are we gonna sit here until we starve to death?" "I'm afraid that's not possible. We close at 10:00 pm."

If you wish to purchase a 2025 Norwegian Calendar, please contact Gloria Benazic at gloriabenazic@gmail.com or phone 250-613-9234, They make a perfect Christmas gift.