

**Hardanger**

# **Nyheter**

Sons of Norway  
Hardanger Lodge #109  
Kelowna, BC

THE EATGR VIKING SURVEY

**Nyttårsbukk**

**Nordic Literary Event at Library of Congress**

**Viking Swords in Oslo Airport**

**Coffee Steak Rub** **Back When the Rebels Wore Bunads**

**Why are Norwegians so fond of coffee?**

## Cover Page

In 2025, the Northern Lights, or Aurora Borealis, are expected to be more frequent and intense than they have been in over a decade. This is due to the peak of the current solar cycle, which is expected to occur in 2025.

When to see the Northern Lights

- **November–February:** Peak season for viewing the Northern Lights in Norway
- **September–March:** Good chance of seeing the Northern Lights

**Off-peak seasons:** October–March, when accommo-

dation is cheaper

Where to see the Northern Lights

- **National parks:** Remote areas with minimal light pollution are ideal

- **Remote villages:** Uninhabited areas are ideal

**Cruise ships:** Cruise through the Norwegian fjords and mountains

How to see the Northern Lights Book a Northern Lights cruise, Book a Northern Lights tour package, and Drive into the wilderness from a town.

## HARDANGER LODGE CONTACTS

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Foundation Director— Darlene Osterlin 250-470-1850

## THE GREAT VIKING SURVEY

The University of Oslo has today launched the Great Viking Survey, a groundbreaking study to explore how people across the world perceive and engage with the vikings as history and heritage, and to map the many ways in which contemporary media and academia shape these views. This online survey invites anyone, anywhere, over 18, to share their thoughts on the iconic viking warrior figure, as well as the enduring legacy and memory of the vikings in the modern world. In doing so, researchers will be able to shine an unprecedented light on the means and mechanisms that allow images and myths of the vikings to be shaped and spread in the public sphere.

The survey is part of the Making a Warrior-project, a pan-Nordic network of scholars examining the concept of viking ‘warriorhood’ and its representations past and present. By determining how ideas and images of vikings are shared among different communities and demographics, the project is able to inform future outreach and cultural heritage initiatives that respond to public interest, while fostering an informed and nuanced appreciation of the Viking Age.

The Great Viking Survey is now live at [vikingsurvey.org](http://vikingsurvey.org), and remains open until mid-May 2025.

# Hardanger Lodge Events for 2025

February 19<sup>th</sup>  
Waffles Night  
**Wear Red**  
Darlene Osterlin's  
NZ trip talk  
March 19<sup>th</sup>  
Activity Night - St. Patrick's  
Theme  
**Wear Green**  
St. Patrick's Day March 17<sup>th</sup>  
April 19<sup>th</sup>  
Gary Goplen  
**Viking history**  
Demo Viking axe head  
May 17<sup>th</sup>  
Constitution Day  
Syttende Mai  
Potluck

Member's shields display  
4:00 - 7:00 PM  
575 Stirling Road  
June 18<sup>th</sup>  
Picnic - bocce balls/kubb games  
July 16<sup>th</sup>  
???  
August 20<sup>st</sup>  
President's BBQ  
September 17<sup>th</sup>  
Pot Luck  
Bring an early years picture  
October 15<sup>th</sup>  
Foundation Month  
Silent Auction

Leif Erickson Day October 9<sup>th</sup>  
Thanksgiving Day October 13<sup>th</sup>  
November 19<sup>th</sup>  
Movie night  
Remembrance Day November 11<sup>th</sup>  
December 17<sup>th</sup>  
Christmas Dinner  
Christmas Day December 25<sup>th</sup>

These events will be made into a bookmark for the use of Hardanger Members. Members will be notified by newsletter or email if any major changes are made in these events.

Some pictures of Lodge Members who attended our Christmas Event at Nancy and Gary Goplen's home on Silver Star Mountain



L. Erica and her little daughter Mila enjoyed receiving special gifts from Santa (AKA Lloyd Coltman)

R. Darlene sitting with Santa was also one of many who received a gift from Santa



Lodge President Gloria Benazic is sitting with Santa



Nancy Goplen, our host along with her husband Gary, gave us a wonderful afternoon of fellowship. Lots of food and enjoyment was had by all.

## Nyttårsbukk S/N Newsletter Service

New Year's Eve celebrations often include a countdown, gathering of family/friends, food, and drink. While this holds true in Norway, they also have a very unique tradition called *Nyttårsbukk*. On New Year's Eve, Norwegian children visit houses in their neighborhood and sing New Year's songs in exchange for candy, cookies, and oranges. Sounds familiar, doesn't it? It's almost like Halloween, but instead of saying

"Trick or Treat" there is singing and instead of Halloween, it's the last day of the year.

Even adults participate in *Nyttårsbukk* by dressing up in fancy clothes, visiting friends and family, then getting treated to food and drink in return. What better way for kids to end the year than with a sweet little treat and adults enjoying a visit with family and friends. If nothing else, it's a great excuse to essentially celebrate Halloween twice.

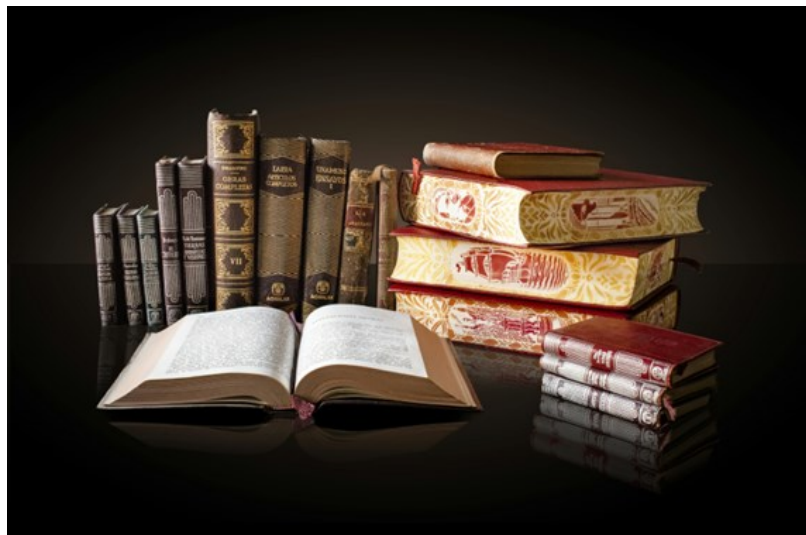
## Nordic Literary Event at Library of Congress S/N Newsletter Service

The Library of Congress recently collaborated with the Nordic embassies in Washington D.C. to celebrate fiction and non-fiction works being published in those countries. Each embassy invited an author to represent their country at the forum, which was attended by Norwegian Ambassador Anniken Huitfeldt.

The authors in attendance included: Josefine Klougart from Denmark, Hanna Pylväinen from Finland, Hanne Ørstavik of Norway, Hildur Knútsdóttir from Iceland, and Moa Hergren from Sweden. During the separate panel events, two different themes were discussed.

One theme dealt with the Nordic landscape, which featured heavily in the works of the Danish and Finnish authors. Pylväinen's work, "The End of Drum-Time" and Klougart's "On Darkness" both move beyond the usual assumption in their writings that the Nordic landscape is cold and forbidding.

The second theme revolved around the keeping of secrets – both from others and ourselves. This theme is found in the other three authors' work – Ørstavik's "Ti Amo," Hergren's "The Divorce," and Knútsdóttir's "The Night Guest." During this panel, Norwegian author Ørstavik discussed her own longing for truth, being vulnerable, and emphasized the need for having a listener in your life. She also suggested that books can even fill these needs at times.



## District 7, Sons of Norway

District 7 is going to have a drawing contest for anyone under the age of 18 who is a member of District 7, or a child or grandchild of a District 7 member. The winner will be awarded \$100 and have their drawing on the cover of the June Leiflete. More details will be in the upcoming ad in the February Leiflete.

## The Digitization of Norway

Norway has its sights set on becoming the world's most digitized country by 2030. While that date seems far away, the work has already begun. This initiative is part of a new national digitization strategy that was created to set clear goals to achieve the digital Norway of the future. Prime Minister Jonas Gahr Støre points to three main benefits that will result from this strategy: a simpler and safer everyday life, a more competitive business sector, and a more modern public sector.



The digitization initiative is a response in part to other factors, including a growing elderly population with a shrinking work force. Despite this, work tasks will continue to grow and the need to remain competitive in the global market will continue. The strategy contains five core measures that planners say are vital to its success. Included in these measures are offering high-speed broadband services, education and training, building infrastructure around AI, faster processing, and safeguards in digital marketing and use.

The collaboration of Norwegian government leaders, private sector business, social, and research communities all know that this is an ambitious endeavor but are confident that the foundation that is now laid will result in success.

## Why are Norwegians so fond of coffee?

Norwegians drink the second most coffee in the world.

You see it everywhere in Norway. People stroll along the street with coffee in hand. Coffee is served at meetings. Many people depend on a cup to start the day.

Coffee is part of the social and cultural life of Norway. How did that happen? It is complex, says Marit Lynes. She is the general manager of Norsk kaffeinformasjon—Norwegian Coffee Information.

“Historically speaking, we have imported high-quality coffee into Norway. This has made people want to drink more. Then we say yes to cup number two.” says Lynes.

The information officer conducts a survey every year. The figures from 2024 show that 85% percent of Norwegians drink coffee. 74% drink coffee every day.

Coffee started as a drink for home in Norway. Elsewhere it is something that you got in public. Then it was taken into the home. In Norway, it was the other way around. It is in recent times that we started going to cafes.

Did you know?.....80% of daily coffee drinkers (in Norway) usually drink their coffee black  
23% like coffee with milk best.

Who drinks cappuccino? The majority are women, those under 30 and those who live in Oslo.

Iced coffee is becoming increasingly popular. 49% drank it in the past year.

70% have a coffee maker. 36% have an espresso maker. 31% use pods

73% think coffee is an important offering at work or school.

Source: Norwegian Coffee information's survey from 2024

## Viking Swords in Oslo Airport

In early September, a new exhibition was installed at Oslo's Gardermoen Airport. This display consists of seven Viking Age swords that have been unearthed in various places in Norway. The project was a joint effort between the Historical Museum and Gardermoen. Each sword has additional information with it and there is a QR code that travelers can scan to visit the museum's homepage.

The hope is that the exhibition will promote cultural experiences in Norway since nearly four million people will likely pass by the display within the year. The director of the airport, Stine Ramstad Westby, is very pleased that they now have an Edvard Munch and Viking Age exhibition as those are two things that Norway is well-known for. A couple of the first passengers to see the display were asked their opinion on it and they shared the same sentiment; they immediately



## Back When the Rebels Wore Bunads S/N Newsletter Service

A hundred years ago, you could be spat on for walking around town wearing a bunad. Back then, a bunad meant rebellion against the elite and Swedish power.

This is according to Anne Kristin Moe, cultural historian and conservator at the Norwegian Folk Museum.

In collaboration with author and publisher Laila Durán, she recently published the book *Embroidered Bunads: One Hundred Years of Norwegian Bunad History*.

### Spat On

At the end of the 1880s, girls at Norwegian folk high schools began wearing village clothing as a symbol of Norwegian identity. It was a way to rebel.

The reactions were strong. In the cities, the girls were spat on, says Moe.

Hulda Garborg was a radical and ardent champion of all things Norwegian. She traveled around the country, teaching Norwegian folk dance. During her travels, she gained a lot of knowledge about Norwegian folk costumes. These were both everyday clothes and special occasion clothes, which were unique to people in a certain geographical area.

Garborg was the trendsetter of her day. Now even the city folk began to take an interest in how to make costumes inspired by the village clothes, says Moe.

### Locally Crafted Clothing

Hulda Garborg thought that bunads should be a Norwegian alternative to the fashionable dresses from Paris and Rome, which had now become common in Norway.

The fabrics were to be wool, and they were to be woven in Norway. The colors were to be made from Norwegian plants.

For Garborg, it was important that most people could make the bunads themselves.

They wove the fabrics themselves, dyed the yarn and usually sewed the costume themselves. It took a long time, but it was manageable financially.

After the war, a new bunad ideology emerged. Then it became very important that the bunad be historically correct and linked to local traditions.

Most often, the old folk costume in the area was the most important piece of inspiration for new bunads. Where the folk costume could not be used, other things were collected, such as spoons, ladles, and cupboards with rosemaling, or embroideries from sleigh cushions.

## Coffee Steak Rub S/N Newsletter Service

From Viking magazine, March 2020

The smoky aroma of coffee pairs beautifully with spices for this dry rub mix. Use it on beef steaks such as flank, hanger or ribeye. Let the rub sit on the steak for 1 hour or overnight before cooking. Makes 1/2 cup dry rub mix.

2 Tbsp. finely ground coffee  
3 Tbsp. brown sugar  
1 Tbsp. kosher salt  
1 Tbsp. ground coriander  
1 1/2 tsp. caraway seeds, ground  
1 1/2 tsp. ground black pepper  
1 1/2 tsp. ground cinnamon  
1 1/2 tsp. ground ginger

Mix all ingredients together and store in an airtight jar. It will last for 6 weeks at room temperature.

### Dry rub tips from [Just Cook with Sally](#):

Apply your dry rub liberally and work it into the meat. It is called rub, not a sprinkle, for a reason. Once coated, I place the meat on a nonreactive dish, cover it with paper towels, and stick it in the refrigerator. The time air drying in the refrigerator aids the meat in developing a crispy exterior. Before cooking, use your fingers to wipe off excess dry rub and remember not to add any additional salt, either directly or in salty additions such as soy sauce or canned broth, unless it's labeled low sodium.

After the meat has finished cooking, let it rest. This allows the juices to settle and the muscle to relax. Keep in mind that larger cuts of meat will continue to cook while resting. They can increase 5 degrees while resting, pushing them from medium-rare to medium. Use a meat thermometer and remove from the oven with the resting factor in mind. Steaks and smaller cuts of meat should rest 10 minutes, tented with foil. Larger meats, like a turkey or a standing rib roast, need 15 minutes to a half hour, tented. When you're working out your meal time-



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### Catching Up with New Scandinavian Cooking

Chef Andreas Viestad is known for New Scandinavian Cooking, which revolutionized the cooking show by placing the food and its origins in the foreground of breathtaking Norwegian nature.

A unique aspect of the show is that it is actually filmed twice- first in Norwegian for domestic tv—named [En Bit Av Norge](#)—A Piece of Norway. Then the entire show is re-shot in English for its worldwide viewers.

Since its inception in 2003, New Scandinavian Cooking has been shown in over 130 countries. Viestad has toggled as host with chefs from Sweden, Denmark and Finland. In 2020, Norwegian Christer Rødseth became the host of Season 16.

Hailing from Aurskog outside of Oslo and called “a young star in the cooking stratosphere” by culinary team Nortura Proff, Rødseth started cooking at age 9, inspired

his grandmother. Now there is seemingly no end to the irons that Chef Rødseth has in the fire- he is a restaurateur in Oslo, appears regularly on Norwegian tv, wins international culinary competitions and has written several cookbooks.

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Find mouth-watering recipes on the [NSC website](#) and gaze at photos on the show's [Instagram](#).

Husband takes the wife to a disco, there's a guy on the floor break dancing, moonwalking, back flips, the works. The wife turns to her husband and says. "See that guy? 22 years ago he proposed to me and I turned him down."

Husband says." Looks like he is still celebrating."

## Da Yokes on Yu

Ole walks into a lumber yard and says, "I's building an house and needs some a dat der too by fer" The clerks says "You mean 2 by 4?", then Ole says "Yes', dat's dar stuff." The clerks asks "Well how long do you need it?" Then now Ole responds "Vell', I's buildin an 'hoose wit it so I's gonna need it for awhile."

Sven called the fire station and says " MY HOUSE IS ON FIRE AND I DON'T KNOW WHAT I'M GOIN TO DO,I LIVES OUT IN DA THE WOODS ALL BE MY SELF TOO"  
FIREMAN-----Okay Sir calm down and tell me how to get there?  
SVEN RESPONDS-----In dat Big Red Fire Truck, Bye !!!!

## Norwegian Sayings

Det er aldri så galt at det ikke er godt for noe!

**Translation:**

It's never so bad that it's not good for something.

**Meaning:** The Norwegian version of "When God closes a door, he Opens a window"

**Å leve på luft og kjærlighet**

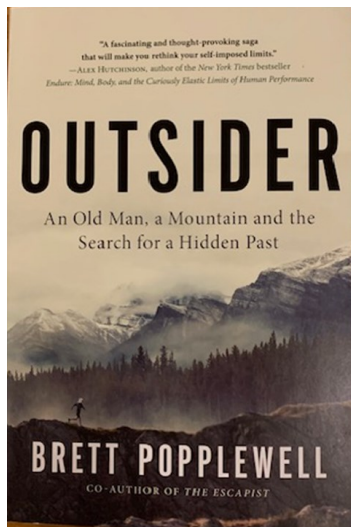
**Translation:** Living on air and love.

**Meaning:** Be so madly in love that you don't think about anything else.

## Sons of Norway

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

The next issue of the Hardanger Nyheter will be March 2025.  
Hope to see you at the meeting on Feb. 19th. Wear red!



*Outsider* by Brett Popplewell. It tells the story of an elderly man who lived in an old school bus in the bush on the way to Silver Star. Gary said that the book could be purchased on sale for \$10 at Mosaic Books and suggested that members could read the book and then get together to discuss it.

[From Editor](#)

Thank you James Alveberg for your donation of the 5 books (re Norwegian stories) They will be