

Hardanger

Nyheter

Sons of Norway
Hardanger Lodge & - 109
Kelowna, BC



Sing A New Julesang
A Tower for Peace and Reflection

Viking Sites in North America

Norway's Arctic Fox

Ida The Mountain Cat

Hardanger Lodge
Christmas Party

On December 15th. Pg.8

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Our Condolences

Hardanger Lodge is sadden to announce the passing of a long time sons of Norway member, Ed Steffensen. June 24th. 2024. Ed was a Life Member of SofN. He joined Sons of Norway in May 1963. Ed was born on an island called Askoy which is a short ferry ride to Bergen. Ed was very active in Hardanger Lodge. He also was a good skier and he and his late wife Ann were members of the Scandinavian Dance group.

President's Message

God Jul !! Godt Nytt År !!

I hope the excitement is growing for family and friends' visits, seeing the amazement in children's eyes as lights twinkle and blink, and remembrance of the reason for acknowledging the birth of baby Jesus in manger.

While in Minneapolis last week for Sons of Norway meetings, I had the opportunity of visiting the Swedish Institute – a modern museum plus a wonderful 'castle-like' mansion that was decorated for North American-style Christmas as well as Swedish/Nordic Christmas décor. The Turnblad family (owner of the largest Swedish newspaper of its time) completed the 33-room mansion in 1908 but donated it to the institute in 1929, with uncertainty as to how much they really lived in the house. There even was a room decorated with the Jule goat and the devil – a depiction of the version of one tale where the goat assisted Tomte to carry presents to little children to protect them from the devil entering their homes. It was amazing to see twelve tile stoves (floor to ceiling stoves often seen in Norwegian and other Nordic homes) throughout the mansion. The ability to reserve and slowly radiate heat to the rooms would have been beneficial in these huge rooms. Wonderful cardamom buns with a strong cup of coffee ended the tour.



I am looking forward to seeing you at the Hardanger Christmas party to be held at Gary and Nancy's home at Silver Star Mountain December 15th. It is always great to share a little food and a lot of laughter together. Maybe we can share some of the 'Nordic' traditions we retain in our modern-day Christmas celebrations..... Seven types of cookies? Lutefisk and flatbrød? Paper chains or baskets on the tree?

Wednesday, November 20, 2024 at the German Canadian Harmonie Club at 7 pm
Attendance: 9 members

Welcome by President, Gloria Benazic

Minutes of the October 16 meeting were moved by Wenche, seconded by Darlene. Carried.

Financial Report: General account balance is \$1652.40 and the event account is \$2001.31. The GIC was reinvested at 4.25% interest rate. It stands at \$ 3127.50. The lodge insurance to Home Office was \$209.00.

Old business:

Viking shields: They were brought to the meeting and picked up by members. Now they need to be painted and decorated to be ready to be displayed at our Syttende Mai gathering.

Wood carving: No update at this time

Remembrance Day wreath: Thank you to Lloyd Coltman for laying the wreath on our behalf.

Christmas party: will be held Sunday, December 15 at 1 pm at the home of Gary and Nancy Goplen, 290 Silver Star Rd. at Silver Star. Potluck lunch and an exchange of gifts with Santa in attendance. Car pooling is advised.

Planning session: Gloria, Wenche and Dale, will meet to discuss plans for the coming year.

Budget: President and treasurer will meet to prepare a budget for the coming year.

Future presentation: Gary Goplen will do a presentation about his 11th century Viking ax head and Viking history at the January meeting.

Crafts: Gloria wondered if anyone was interested in meeting to do crafts.

New business:

Calendars: A few calendars will be available at the cost of \$20. Let Gloria know.

International Board of Directors update: As District 7 President Gloria attended the recent IBOD meeting in Minneapolis. Nineteen lodges disbanded in 2024 with 1 in District 7. The new financial sales manager will issue a planning document for the end of life which may be helpful for members. It is hoped that there will be better communication from home office with districts and lodge members. A new resource will be games that can be used at lodge meetings. The new customer portal on sofn.com should be more user friendly and feedback is requested.

Salvation Army Kettle Campaign: Members would be most welcome as volunteers.

Foundation: Gloria is now chair of Sons of Norway Foundation in Canada with Tore Pedersen as vice-chair. Each Canadian lodge can have two Foundation Directors. Our 50/50 contributions have been sent to the Foundation. A donation of \$50 will be sent in memory of Ed Steffensen.

Meeting adjourned at 7:45 pm.

Following the meeting coffee and treats were enjoyed while Gary Goplen gave a presentation about the successful Norwegian athletes at the 2024 Paris Olympics.

People from the North Shore in NB were often involved with seasonal in-shore lobster fishing but being open only for a short time they needed other opportunities to make an income.

In the fall many would drive by our home in rural NB on the way to the woods. The woods were provincially owned and open to the public in general as long as they had paid a fee to the gov't for a licence to harvest.

They would return to their homes with a pick up truck full of spruce boughs and Scotch pine to make wreaths for sale in the small towns and villages but mainly for export across the border to the US.

People with an acreage were growing Norway spruce and Scotch pine to be sold for X-mas trees in local towns and villages around the coast, but mostly for export across the border to make saplings which takes a matter of several years and could be done on land not suitable for other crops.

This was an opportunity for some extra income for many fisher men as it was the kind of thing that women also could do in their own backyard to earn some money. By growing a spruce or a Scotch pine.

Ole Kristiansen

Dear Editor

Lodge Members Lend A Hand
This week Bev received a phone call from long-time lodge member, **Ruth Johnson**, now living in Falkland, BC.

Ruth wondered if we knew that her former Kelowna home at 759 Patterson Avenue had been bulldozed to be replaced by a four-plex. She recalled the help lodge members had given them back in 1985, the year the house was under construction. At that time lodge member, John Ivens approached the contractor and builder, Ruth's brother and asked if he could use some help. The reply was "You bet!". So John organized a work party consisting of mem-

bers of Hardanger lodge. Ruth recalled the following men showing up on the appointed days: John Ivens, Lloyd Paine, Tom Jorsvik, Sam Lysne, Lloyd Biccum, Odd Boe and Bob Kneeland. Ruth said that she and Walter sure appreciated their help. Ruth recalls that when the building was finished and they had moved in, the ladies of the lodge organized a house warming party. What a great gathering it was, she said. The house was filled with friends and lodge members. Ruth sold the house eleven years ago and moved to Falkland to live with her daughter, Tammy. Wilf and I remember many a garage sale being held at the Johnson's home at 759 Patterson Avenue.

Make Merry Memories with Norwegian Traditions

Almond hunt

One of the more popular Norwegian customs is to serve rice porridge on little Christmas Eve (Dec. 23) or Christmas Eve, often around the noon hour. A single almond is hidden in the mixture and whoever ends up finding it in their portion wins a prize—most commonly a marzipan pig.

Trick or Treat, Merry Christmas!

During romjul, the period between Christmas and New Year's, children dress up in costumes and go from door to door singing Christmas carols for their neighbors in exchange for candy or treats. This tradition is called julebukk and is very similar to what the rest of the world does on Halloween, though in Norway adults tend to join in on the fun and enjoy drinks and snacks at each house.

Festive Films

For many, the morning of Christmas Eve is spent cuddled-up watching favorite Christmas films and cartoons. In Norway in particular, the main TV channel plays the exact same Christmas programs every year, so commonly watched in fact that many jokingly refer to the custom as, "same procedure as last year." Some of the regular features include "Three Wishes for Cinderella," a Czechoslovak-German fairy-tale filmed in 1973; "Reisen til Julestjernen," a Norwegian film that follows a royal family and a hunt for the lost Christmas star; and the Disney Christmas special "From All of Us to All of You," a beloved cartoon with Jiminy Cricket, Mickey Mouse and Tinkerbell.

Sing A New Julesang S/N newsletter Service

What is your favorite Norwegian Christmas carol? Chances are, if you live in the US or Canada, it's *Jeg Er Så Glad Hver Julekveld*, a song written by Marie Wexelsen, published in her 1860 collection of children's songs. This carol gained popularity just as Amerika fever broke out, and was carried cross the Atlantic on the lips of Norwegian immigrants.

A much newer carol with similar staying power is *En Stjerne Skinner i Natt*—A Star Shines Tonight. With a melody by composer and music professor Tore W. Aas and words by pastor and prolific lyricist Eyvind Skeie, the text to both carols mention an angelic chorus, the newborn child in the manger and bring stars shining above. While *Jeg Er Så Glad* remembers the prayers of the little ones, *En Stjerne* underscores peace on earth.

Both of these carols became the most famous work by their respective authors.

In 1992, the Oslo Gospel Kor (choir)—founded by Aas—was in the studio, and the song was written in time, to be added to their Christmas album. Three decades later, *En Stjerne Skinner i Natt* has been incorporated into several songbooks and recorded by a score of other artists.

Listen to this new classic on YouTube:

<https://www.youtube.com/watch?v=BhwKEv51dIM>

FUNNY NORWEGIAN SAYINGS

Det er ikke bare bare

A popular idiom that means "It's not easy". It's used to emphasize the difficulty or effort required to achieve a goal.

Oppe, og ikke gråter

A response to the morning greeting "How are you?". In some areas, people say "up early, and not crying".

To create a storm in a glass of water (storm i **et glass vann**) means to create a big problem out of a small affair.

A Tower for Peace and Reflection S/N newsletter Service

Imagine buying a water tower for just 1 Norwegian krone, or roughly 10 cents USD. That is just what cinematographer, Martin Otterbeck, did in Røst, Norway. The purchase was inspired by the life of Per Fugelli, a respected doctor and social justice advocate, who many say was one of Norway's wisest men. While making a documentary about Per Fugelli, Otterbeck learned of his and his wife's idea to restore the town's water tower and make it a place for thought and reflection.



Otterbeck brought this idea to life and began refurbishing the water tower, which was no easy task. Because there is no road or bridge to the tower, they had to use a helicopter to transport material. Nonetheless, the project came to fruition on August 10 this year when the water tower, now known as Ettertanken (The Afterthought), opened its doors. And on top of the tower is a quote by Per Fugelli: "The best prescription for a good life is to give less of a damn."

Viking Sites in North America



Viking history in North America goes beyond myths and stories. Archaeological finds prove that Norse explorers reached across the Atlantic. Sites like L'Anse aux Meadows show the Vikings were among the first Europeans in North America, even before Columbus.

Exploring these Viking archaeological sites in North America connects us to the past. It helps us learn about the Vikings' lives, travels, and settlements far from home.

Introduction

It is exciting to start a journey to explore the Viking presence in North America, such as at the L'Anse aux Meadows Archaeological Site. It reveals a new chapter in history. The discovery of Norse settlements in the New World changed what we thought we knew about European history in the Americas.

The story of the Norsemen's colonization of North America is full of bravery and skill. These early adventurers reached new lands, leaving a lasting impact. Their stories are still captivating historians and travelers today.

Exploring North America Viking sites takes you through this fascinating history. You'll find everything from L'Anse aux Meadows in Newfoundland to North Dakota and Connecticut sites. These places show us the Viking explorers' lives, their journeys, and their lasting legacy.

Featured Viking Sites

Explore the sites where the Vikings first set foot in North America, including the famous L'Anse aux Meadows site. These places show us the Viking culture and their big impact on the North Atlantic. They let us see the Viking heritage up close.

1. L'Anse aux Meadows (Newfoundland, Canada)

L'Anse aux Meadows in Newfoundland has been a UNESCO World Heritage Site since around AD 1000. It's an early Norse settlement with sod buildings and archaeological finds that connect us to the island of Newfoundland. Visitors can feel like they're back in the Viking Age.

Norstead Viking Village (Newfoundland, Canada)

Close to L'Anse aux Meadows, Norstead Viking Village is a living history museum. It has interactive exhibits and shows how Vikings lived in their settlement in North America. You can see blacksmithing and other traditional crafts.

Skagafjörður (Viking Settlement Exhibit in Icelandic Emigration Center, North Dakota, USA)

The Skagafjörður exhibit at the Icelandic Emigration Center in North Dakota tells the story of Icelandic settlers and their settlement in North America. It focuses on their Norse heritage and their journey to North America. It celebrates the Viking spirit and its lasting cultural impact.

The Canadian Museum of History (Gatineau, Canada)

The Canadian Museum of History has a big collection of Viking artifacts. These items show the Vikings' skills in making things and their cultural importance. The museum helps us understand how the Vikings affected North American history.



The Vinland Map (Yale University, Connecticut, USA) The Vinland Map at Yale University is a key piece of medieval maps. If it's real, it would prove the Vikings, possibly led by Leif, were in North America before Columbus, supporting evidence for European presence in America. It shows the area called Vinland, adding to the Viking exploration story.

Norway's Arctic Fox

Norway is no doubt known for its beautiful landscape and amazing wildlife. Some of the beautiful creatures that can be found in Norway include polar bears, wolves, reindeer, and arctic foxes. However, the latter animal has been dangerously close to extinction in the last few decades. Fortunately, there has been a state-sponsored program to boost the population of the arctic fox. For 20 years, Norway has been feeding the arctic foxes which has resulted in the number of foxes raising from 40 to 550. Bjørn Rangbru, a representative from the country's environment agency believes, "Without these conservation measures, the arctic fox would surely have become extinct in Norway." The country has spent an annual cost of 3.1 million NOK (US\$ 289,000) to feed the foxes and does not plan to cease the program anytime soon. The fox care occurs at the Arctic Fox Captive Breeding Station near Oppdal, Norway. Researchers from the Norwegian Institute for Nature Research care for the pups in enclosures and release them to the wild once they are ready. The staff also puts out frozen meat at feeding points around the station for the arctic fox population in the area; it has been noted that many of the foxes prefer hunting rodents themselves, when they can be found. The low lemming population has been one of the factors affecting the arctic fox's survival. Though the program is certainly increasing the arctic fox population, there is still a long way to go. The goal is to reach 2,000 arctic foxes running free in Scandinavia. It is



Ida The Mountain Cat

On the mountain called Venabygdsfjellet in Ringeby, Norway, a small animal has won the hearts of locals and tourists alike. This animal is an adorable gray cat named [Ida](#), who lives in the nearby area.

Ida first came to the mountain area in 2023 and was meant to be a stable cat at Venabu mountain hotel. Her job was to catch mice alongside another cat named Emil. However, Ida seems to have found another exciting hobby to fill her time: hiking!

At first, Ida would take walks to the local grocery store, which was about one kilometer away. Then, she became a little more adventurous and as tourists would walk by the stables and start their hikes, Ida would join along. Some of her trips have spanned multiple days before her owner, Ingeborg Victoria Tvette, would see her again. As Ida's travels continued, Ingeborg decided to fashion her with a GPS collar to see what the cat was keeping herself busy with instead of searching for mice. To Ingeborg's surprise, Ida was walking up to 18 kilometers per day.

There has never been a dull moment with Ida. In fact, there have been reports of Ida chasing dogs, playing soccer with tourists, and riding down the mountain in tourists' cars. She is quite the celebrity on the mountain and is an endearing sight for all.

Maren Lunde, of Lundes Turisthandel says Ida comes into her shop almost weekly and acts like a person: "She kept dropping in at home if the door was open. Ida has gradually become a nice mascot for Venabygdsfjellet and we are very happy with her."

Although Ida may not be fulfilling her role of keeping the mice away from horses in the stables, she sure is enriching the lives of those lucky enough to meet her.



Photo Credit: Kristine Øihauge. Website: <https://www.nrk.no/innlandet/her-er-kjendiskatten-pa-tur-pa-venabygdsfjellet-1.17077984>

Two Norwegians are ice fishing one day and both of them are killed, how did they die?

They got ran over by the Zamboni!

Da Yokes on Yu

A Englishman, a man from France, and a Norwegian are stranded, walking through the desert. They stumble upon an abandoned car and decide to take items from it to help on their journey. The Englishman picks up a chair, saying, 'I'll take this chair so I can sit down when I get tired.' The man from France grabs the ashtray, declaring, 'I can use this for my cigarettes.' The Norwegian, struggling to remove the car door, says, 'Yah, I'm trying to get dis yesus car door off so that when it gets too hot, I can roll down da window.'

LENA DECIDED that she and Ole needed a bit of culture so she bought tickets to the ballet. That evening, after watching the performance for about thirty minutes, Ole leant over to Lena and whispered in her ear, "I don't see why they dance on their toes. Why don't they just get taller dancers?"

Hardanger Lodge Christmas Party

Our Christmas party: will be held Sunday, December 15 at 1 pm at the home of Gary and Nancy Goplen, 290 Silver Star Rd. at Silver Star.

Potluck lunch and an exchange of gifts with Santa in attendance. Car pooling is advised.

Giift value under \$10.00

In the event of adverse weather conditions the party will be postponed until January

Photos from 2022



Gary & Nancy with Santa



The boys and girls with Santa



Santa & President Gloria