

Hardanger Nyheter

SONS OF NORWAY

HARDANGER LODGE 7 #109,

KELOWNA BC

Hardanger Lodge Syttende Mai
The Romans knew about Scandinavia
The Minnesota denim bunads
Archaeology World
Norwegian still main language in business



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President Gloria Benazic Message

Wow, halfway through 2026! The end of May was pretty busy as Cal and I spent the weekend of May 23rd in Victoria celebrating Eidsvold Lodge's 80th Anniversary. It was a great afternoon with a



full house of members and great Norwegian treats like krumkaker and bløtkake and lots of coffee. Upon returning home, it was time to pack the car for our trip to Port Alberni and the Sons of Norway District 7 Biennial Convention and Lodge Meeting. The meetings went well and the social times were lots of fun. Friday night, Connie O'Brien, Vice President Fraternal and Foundation Development at Sons of Norway Home Office (HO), provided information on the partnership of Sons of Norway (SoN) and BetterLife. We understand that the structure of SoN will remain with Lodges, Districts and HO; the membership fees will remain with SoN, but the financial products will only be under the name of BetterLife once the final paperwork is complete. The delegates asked questions and then followed some social time of seeing 'old friends' and meeting new delegates. The cultural display and

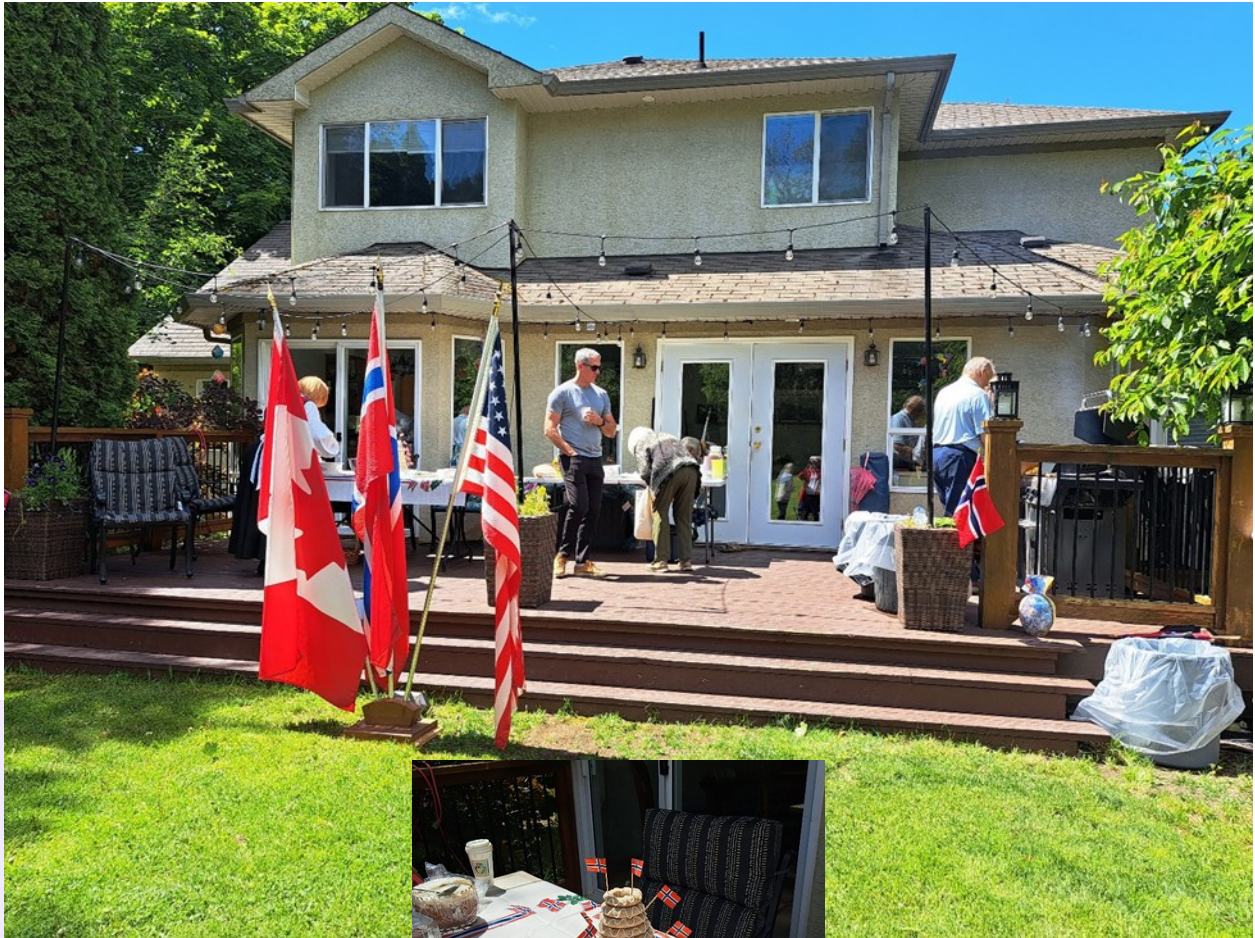
competition seemed a little more robust this time but I encourage all the crafters to begin planning and preparing items for 2028! Following the banquet on Saturday, the raffle draws, 50/50 draw, silent auction, and winners of the cultural competition were announced. I hope to have the winners at a later date to share with you but I am delighted to announce that the Hardanger lodge newsletters won the competition and we received a \$50 prize. I know that Darlene Osterlin won a first prize for her knitted Norwegian mitts. Congratulations to Wilf Akerlund and Darlene for the great jobs. I will serve as D7 President for another two years and the 2028 Convention will be held in Dawson Creek.

As we break for the summer, there might be activities going on so watch for announcements. It is a pretty busy summer but maybe we can get together for some afternoon fun in the park or the Kettle Valley train ride. Kelowna hosted the Memorial Cup and will host basketball and football games in the next couple months. I hope that if you have interest in these sports, that you have a super time. Maybe we have some members heading to the Fifa games?

Have a super summer. Spend time with your family and friends, enjoying the wonderful sights and opportunities for outdoor activities that abound in our beautiful province and country.

Fraternally,
Gloria

Hardanger Lodge Syttende Mai



Our Syttende Mai celebration was held at the home of Cal and Erica Benazic in their lovely backyard on a sunny May 17th. afternoon.

Krumkaker was made by Gloria Benazic.



Norwegian proverbs: "Bak skyen er himmelen alltid blå." ---- **Behind the clouds, the sky is always blue.**

"En svaler gjør ingen sommer." ---- **One swallow doesn't make it summer.**

"Man fanger ikke fisk med tørre fingre." ---- **You can't catch fish with dry fingers.**



Top photo.

Left to right, Wilf Akerlund, Dale Acott, Joyce Hall and Darlene Osterlin

Bottom photo, left to right, Donna Selnes, Niels Selnes, Gloria Benazic with granddaughter Mila Benazic and Cal Benazic



Cover Page

District #7 Convention was held in Kelowna hosted by Hardanger Lodge 109 in 2022. The picture on the Cover Page is of one of the voting paddles which were hand painted with a variety of scenes by lodge member Anneli Myrberg

The Romans knew about Scandinavia, though they never conquered it and mistakenly believed it was an island. Their knowledge came from trade, military expeditions, and diplomacy with Germanic tribes. The relationship between Rome and the far north is defined by a few key facts: Geographical Records: Roman scholars like Pliny the Elder formally documented the region. In his *Naturalis Historia* (c. AD 77), he referred to the Scandinavian peninsula as a large, unknown island named Scandia or Scandza. Failed Expansion & Expeditions: Emperor Augustus sent the Roman navy to explore the northern coasts of Germania and Denmark around AD 5, but after a devastating Roman loss at the Battle of the Teutoburg Forest, these northern military campaigns were abandoned. Thriving Trade Networks: Although Rome didn't invade, they traded heavily with Scandinavian chieftains. Scandinavians provided Roman markets with furs, leather, feathers, and slaves in exchange for luxury goods like Roman glass, silver, and bronze. Archaeologists have uncovered massive hoards of Roman coins and artifacts in Scandinavia to verify this. Mercenaries: Many Scandinavians travelled south to serve as mercenaries in the Roman military. They often brought Roman gold and goods back home, melting down Roman coins to make jewellery and heavy collars.



The Minnesota denim bunads express a connection to both Norway and the United States

Norwegian Americans make their own festive costumes or buy bunads in Norway. Amy Jo Martinson (second from the right) designs festive costumes in Colorado. This photo was taken at Trollheim Sons of Norway Lodge in Lakewood, Colorado. (Photo: Private)

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Every year, Amy Jo Martinson celebrates Norway's national day in Colorado. She bakes kransekake, a traditional Norwegian cake, puts on her bunad inspired dress, and joins the parade and picnic. The bunad is the traditional Norwegian dress, worn for celebrations, like the National Day, weddings and baptisms, and tied to specific regions, counties or valleys.

"My family on both sides comes from Norway. My mother had a bunad made for her on her many trips to Norway, but I design my own dresses inspired by bunads," Martinson says.

She discovered the trend on social media, and gets

the materials for the dresses from Norway.

"A friend of mine said that not all dresses can become a bunad inspired dress, but why not? There are no rules," Martinson believes.

You can read more about [bunads and their history in this article on ScienceNorway](#).

Viking ships and bunads

Many of the people in Spring Grove, Minnesota are descendants of Norwegian immigrants.

In the small town they celebrate Norway's national day with a children's parade on May 16th and a larger parade on May 17th.

"The parade has marching bands, Viking ships, and folk dancers, but also floats from local businesses. It's very American," says Joseph Grødahl.

He is the director of the Giants of the Earth Heritage Center.

In the parade Norwegian Americans wear bunads that have been passed down through the family or that they have bought in Norway. Some wear bunads designed in the United States.

Bunad from Minnesota and Norway

In 2018, a group of women from Spring Grove designed a casual bunad. It's a plain outfit with a blue denim dress, a white blouse, and a white apron with traditional clasps.

"Denim is closely tied to American identity, and it was workwear before it became fashion. Farming, hard work, simple and practical clothing, all of that is part of our identity as a local community," says Grødahl.

The first Norwegian immigrants arrived in Minnesota in 1854. They settled in Spring Grove.

They did not bring their bunads with them

Norwegians who left for the United States in the 1800s did not pack their bunads in their travel trunks.

"They knew that people dressed differently in America, so they did not want to take the space for clothing that they did not know if they would wear," says Laurann Gilbertson.

She is the chief curator at the Vesterheim Museum in Iowa.

"But they often brought a piece or two from the bunad, such as a bodice inset, a woven band, or a brooch," she says.

Over time, Norwegian Americans began looking for ways to express their Norwegian

The Swedes

TIL that in the 1830s the Swedish Navy planted 300 000 oak trees to be used for ship production in the far future. When they received word that the trees were fully grown in 1975 they had little use of them as modern warships are built with metal.



How Norway got its Name



Norway gets its name from Old Norse Norðrvegr, an early form of Nordweg, which translates to "the Northern Way."

From Norwegian-inspired outfits to full bunads

Over time, Norwegian Americans began looking for ways to express their Norwegian heritage. One important moment came in 1925, during the 100th anniversary of Norwegian immigration.

"Back then, people wore simplified, Norwegian-looking costumes made with materials they could get here," says Gilbertson.

Over time, especially after World War II, the interest in the bunad began to grow, often after visits to Norway or when new Norwegian immigrants arrived.

"Since the 1970s, the bunad has become increasingly popular. Now people want the bunad connected to their family and the place in Norway where they came from," says Gilbertson.

The place they left and the place they arrived

"It's exciting for Norwegian Americans to find out where in Norway they come from. And it's special to visit the places where their ancestors lived before they emigrated," says Joseph Grødahl.

"I experienced that myself when I visited the Grødahl farm in Sunndalen, where my great-great-grandfather lived," he adds. But also the places where the immigrants first settled are an important part of the identity for their descendants. Grødahl is surprised by how many people visit Spring Grove because this was the first place their great-great-grandparents lived in America.

"We also have history and roots tied to specific places here in the United States. That's why we want to create an official bunad from Spring Grove that can represent identity and belonging to this place, just as the bunad does in Norway," says Grødahl.

The plan is to build on the their casu-

al bunad by adding more decorative details while preserving its simple and practical character. The dress should also remain affordable, so people can sew it themselves or have it sewn for them.

"It's important to us that every element can be recognised as Spring Grove," Grødahl explains.

A design group has already proposed new ribbons, brooches, and adjustments to the costume itself. On May 17th, people voted on three ribbon designs and three brooch designs. The new bunad with its brooch will be unveiled at a large festival next year, when people with roots in Spring Grove visit the town.

The third generation wants to be Norwegian again

Norwegian traditions are kept alive through Norwegian-American associations. Bunad style shows are a regular feature at festivals.

"People now want bunads that connect them directly to the places their families came from in Norway. The story behind the bunad becomes a way to preserve and share the immigrant history," says Laurann Gilbertson.

The busserull, the traditional shirt worn by farmers and workers in Norway, is also used to express Norwegian roots.

"Many Americans wear the busserull today if they want to show their Norwegianness. Many people also wear Norwegian knitted sweaters or simply a T-shirt with Norwegian words or the flag," says Gilbertson. She believes the bunad's journey in Norwegian America is typical of immigrant communities.

"The first generation want to look American. The next generation are happy being American, but often it's the third generation or the fourth generation that say they are also Norwegian and want to learn about Norway and show their Norwegianness," says Gilbertson.

Archaeology World

Deep in the casemates of Kronborg Castle in Helsingør, Denmark, sits a massive statue of a man asleep with his arms crossed over a sword. This is Holger Danske, a powerful national symbol rooted in a legend blending medieval history and folklore. The myth suggests that Holger is not dead but merely sleeping, remaining in these dark tunnels until Denmark faces its "darkest hour." When that time comes, he will wake up and lead the Danish people to victory. While the character first appeared in 11th-century French poems, Hans Christian Andersen cemented his local legacy by placing him beneath Kronborg in an 1845



fairy tale. 🇩🇰

Bardo, Alberta (Canada) – Founded by Norwegian immigrants, named after Bardo in Norway



Norwegian still main language in business

Although English is widespread in companies in Norway, Norwegian is still the most widely used language. This was revealed by a new survey conducted by the Language Council.

Increased use of English, but not at the expense of Norwegian The use of English is increasing, but to a small extent at the expense of Norwegian. Rather, Norwegian and English are used in parallel in many companies. This shows that Norwegian is still the common language in Norwegian business.

"The use of English is not a problem in itself. It is only when English takes over as the working language that the Norwegian language is in danger of losing its foothold in Norwegian business. We are completely dependent on companies using Norwegian in order to develop and maintain a good Norwegian professional language in various industries and in various fields," says Director of the Språkrådet [Language Council] Åse Wetås.

Almost all companies (99 percent) state that they use Norwegian. This also applies to companies where the use of English is common.

English is most widely used in companies with international connections 79 percent of companies state that employees use English in writing or orally in their daily work. In 2015, 67 percent stated this. The survey shows that the use of English is particularly widespread in companies with foreign owners or international customers and suppliers and in companies that have employees from countries other than Norway.

English is most often used in external communication, in written and oral contact with customers and suppliers. Few companies offer language training The vast majority of companies (81 percent) believe that good language is an important part of the company's work.

A clear majority (68 percent) also state that they require language skills in job postings. At the same time, relatively few companies (21 percent) offer language training for their employees. In the report, Norwegian language learning and Norwegian skills among different immigrant groups, the Language Council points out that lack of Norwegian skills can be an obstacle to access to employment and community life. "One of the things we suggest in the report is that businesses must make greater provision for immigrants to learn Norwegian at work .

" says Wetås

Lar's friend Ole stopped by for a visit one day. "How's it going vit your marriage, Ole? Is da honeymoon over yet?"

"Vell, da marriage is doing fine." said Ole. "And Lena she treats me yust like a Greek god."

"Dat's great," said Lars.

"How do you get treated like a Greek God, Ole?"

"Vel, you see, Lars, every night da wife serves me a BURNT OFFERING!" replied Ole.

Da Yokes on Yu

Ole was having eye trouble, so he went to see the optometrist. "Put this little gadget over your left eye, Ole," said the optometrist. "Now over the right eye, over the left eye. No, Ole, I said left eye. Now right . . . No Ole, your right eye!" Completely confused, Ole just looked at the optometrist. "Now, Ole," the optometrist continued, "just remember which is your left hand. OK, Ole, cover your right eye . . . No Ole, that's your left eye!" Finally in exasperation, the optometrist took a brown paper bag, cut a hole in it, put it over Ole's head, and moved the hole back and forth from the left eye to the right eye. "Now, Ole," asked the optometrist, "How is that?" "Vell, Doc, I guess it's all right," said Ole. "But I vas vishing I could have some wire rims like Sven."



News from Norway

Eurovision Bound In February,

Norway held its national singing contest in Lillehammer to determine who will represent Norway in the 70th Eurovision Song Contest in 2026. Over 1500 songs were submitted and pared down to nine for the final Norway competition event broadcast live on national TV. Winner Jonas Lovv not only brought his strong vocals, high energy and charismatic stage presence but his song "Ya Ya Ya" with a catchy drum and bass-driven beat had the crowd grooving and singing along. Like many Eurovision tunes, the lyrics are poppy and superficial, but Lovv's soaring vocal lines are undeniable. Judges from around Europe gave him a clean sweep of perfect scores, and home audiences agreed. The 70th Eurovision Song Contest 2026 will be held in Vienna, Austria. The competition consists of two semi-finals on May 12 and May 14, followed by the Grand Final on Saturday, May 16. On Syttende Mai weekend, Lovv will represent his country in Austria! February's win is not just luck for Lovv, who hails from Bergen. Lovv has sung in a trio called Shuffle Baby who have released over a dozen singles in Norwegian and English since 2020.

From the Editor

The next Hardanger Nyheter will be in September 2026.

Here's wishing you a very enjoyable summer.

If you have any announcements, messages, pictures or stories you would like to see in the Hardanger Nyheter, please send it to me at info on page two. Hilsen, Wilf Akerlund