

Hardanger

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Nyheter

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Our HARDANGER POTLUCK DINNER and more

Sons of Norway
Hardanger Lodge #109
Kelowna, BC



Hardanger Lodge #109. Kelowna, BC. Email; wilfandbev@shaw.ca

President—Gloria Benazic 1-250-613-9234

Secretary— Bev Akerlund 778-478-6764

Treasurer— Gary Goplen 250-212-5560

Social Director— Dale Acott 778-484-5747

Cultural Director— Wenche Gransjoen 250-763 8191

Foundation Director— Darlene Osterlin 250-470-1850

Cover page

The entire Royal Family is going to Stavanger (Published: June 25, 2025) It has already been announced that Their Majesties King Harald and Queen Sonja will come to Stavanger on the first Friday in July. Today it was announced that they will also be joined by HRH Crown Prince Haakon, HRH Crown Princess Mette-Marit, HRH Princess Ingrid Alexandra and Prince Sverre Magnus. This will be a grand celebration of Queen Sonja's 88th birthday, and a commemoration of both the 900th anniversary and the emigration anniversary on July 4th. This is the first time in history that the King and Queen, the Crown Prince and Queen, a princess and a prince are in Stavanger at the same time. "It is a great honor – and a historic event for our city – that three generations of royalty will come to Stavanger. It is especially nice that it happens on Her Majesty the Queen's birthday! I hope as many people as possible will make the trip to the city center on Friday, July 4th, both to welcome the royals and to wave goodbye to Restauration," says Mayor Tormod Losnedal. "This year, we are not only marking the 900th anniversary of the city, the cathedral and the diocese – it is also 200 years since the first organized emigration from Norway to America. July 4th at 1:15 p.m., a replica of the emigrant ship Restauration will set sail from Vågen and begin its journey across the Atlantic to recreate the voyage from 1825. In advance, there will be celebrations both in the cathedral and on the square – with great attendance!" "Three generations of royalty will come to participate in the 900th anniversary and the emigrant commemoration on this day, and the entire region is invited to the square and Vågen before Restauration sets off on its journey to New York!"

President's Message

Welcome to Fall!!! It is Harvest time and the bounty of this summer's sunshine is evident in the abundance of fruit and vegetables. How lucky we are to live in such a fertile valley. To celebrate our good fortune, we will hold a Harvest Potluck dinner for our October meeting. We hope you can join us. We will send out a separate notice giving the time, place and contact information. We would ask that you let our Social Director Dale Acott know how many are attending in your group and what dish(es) you will bring. This will help us know we will not end up with all desserts – but then, who doesn't like desserts???



As October is also Foundation Month, we are asking for gifts for the Sons of Norway Foundation in Canada to be collected at the Harvest Potluck. Please bring a minimum of a Toonie per person but larger gifts would be wonderful. If you provide a gift over \$10, provide your gift along with your name and mailing address and the Foundation will issue you a tax receipt.

A lot has happened over the summer months. One great announcement just out is that Sons of Norway International Board has approved the Alberta and Saskatchewan SoN lodges will join our District 7. Previously, D7 was only lodges in BC; Alberta and Saskatchewan were part of District 4, along with Montana and North Dakota, USA. The inclusion of Alberta and Saskatchewan align with common laws, common currency, and a greater sense of Canadian community.

As we prepare for the winter meetings, if there is something you would like to share with the group or things you would like to do, please let the Board know and we will try to accommodate those. Also, we are looking for members to take on a role on the Board. If you need assistance in determining what is needed in a specific director's role, please get in touch with me or another board member. 'Many hands make easy work.' Tusen Takk for your support of Sons of Norway and Hardanger Lodge!

Gloria Benazic, President

Norwegian Idioms and Sayings

"Holde tunga rett i munnen"

Translation: Keeping the tongue straight in the mouth.

Meaning: To concentrate.

"Å tråkke i salaten"

Translation: To step in the salad

Meaning: To mess up, to do something you shouldn't have.

"Å ta det for god fisk"

Translation: To take it as good fish

Meaning: To believe something someone said without doubting them

"Man skal ikke skue hunden på hårene"

Translation: You shouldn't judge the dog on its hairs.

Meaning: You shouldn't judge a book by its cover.

"Is i magen"

Translation: Ice in one's stomach.

Meaning: Stay in control, play it cool.

Leif Erikson [Leiv Eiriksson] was a Norse explorer, known for the discovery of Vinland around the year 1000. Leif and his companions may thus have been the first Europeans to “discover” America. Leif was the son of the Norwegian-born Eirik Raude [Erik the Red] and his Icelandic wife Tjodhild. He grew up in According to Erik the Red's saga, Leif Erikson sailed to Norway in 999. Here he was baptized and commissioned to introduce Christianity to Greenland. According to Erik the Red's saga, Leif went off course on his way home to Greenland from Norway in 999 and discovered a land with self-sown wheat fields and vines (Vinland). In the Saga of the Greenlanders, however, it is said that Leif's discovery of Vinland was the result of a planned expedition. A Norse settlement was found in the 1960s at L'Anse aux Meadows, on the northern tip of Newfoundland in Canada. This has been interpreted as the Vinland of the sagas. In 1964, US President Lyndon B. Johnson proclaimed October 9 as an official national day of remembrance in memory of Leif Erikson's discovery. The date of Leif's arrival in Vinland is not specified in the sagas, but it is said to have been in the autumn. October 9 was chosen because the Norwegian emigrant ship Restaurationen arrived in New York on this date in 1825.



Norway bans marketing of unhealthy foods to children

Norway bans marketing of unhealthy foods to children As of April 25, 2025, a new regulation went into effect in Norway. This regulation implemented by the Norwegian government prohibits the marketing of food and drink considered unhealthy directly aimed at children. The goal of the regulation is to protect children up to the age of 18 and while it will still be legal for children to purchase such products, the marketing of those products will be illegal. Unhealthier products such as energy drinks, ice cream, and candy are part of the ban, but there are other products where the nutritional content will dictate if it's banned for marketing or not, for example, different kinds of cereal. Minister of Health and Care Services Jan Christian Vestre said, “We are committed to ensure good health for children and youth and that it should be easy to make good choices in everyday life. The government is implementing this measure because we are committed to protect our children and their health.” Although the regulation went into effect in April, the industry will receive six months to adapt to it.

How Oslo Got Its Name

How Oslo Got Its Name 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 today: 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 renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as “Oslo” in maps at the time.

Potato Break

Do you remember Potato Break? Fall break used to be called Potato Break. It was introduced as a measure for school children and youth to help out with the potato harvest. In 1940 there was a food shortage and the potato became the savior from hunger for many. All over Oslo the city landscape was changed. Parks and gardens were converted into potato fields. This film from Gladvet shows urban youth assigned to take part in the harvest: [https:// www.nb.no/historier-fra-samlingen/ god-potetferie/](https://www.nb.no/historier-fra-samlingen/god-potetferie/) Have you picked potatoes in fall break? This year it has again become popular to grow your own potatoes, but do you know how they are best taken care of in the winter? This film from 1940 provides many tips on storing potatoes and how to use them. Here you have the recipe for breakfast bread and potato cakes along with practical tips on how to make your own steam cooker.

Did you know also make pings with the toes? Potatoes all over Nor- thrive in the



that you can sandwich top- help of pota- can be grown way. They far north under

snow-capped mountains, in the rough coastal climate and in broad inland villages. When potatoes are plucked/ picked in the fall, they are first sorted on the ground/in the field. The smallest and most damaged are made into livestock feed.

Viking Saga!

[Håkon Håkonsson · nprsodeotS78Ar3t4yatt9Yag_e1a8s018gmfd1ah0talgM□0a_a337a3:eh](#) · Norway was a country in ruins. A hundred years of bloody civil wars had turned the kingdom into a game board for magnates, bishops, and foreign kings. Every spring and summer the ships were rigged for battle, every autumn the villages were ravaged by warbands demanding tribute and loyalty. Bagler against Birkebeiners, east against west, church against crown – a land without peace.

Amid this chaos, the Birkebeiners had grown into a force that could not be subdued. They began as a ragged band, mocked for the birch bark they bound around their legs, but through years of hunger, frost, and bloody battles they forged themselves into a fellowship of discipline and purpose. They had become the king's allies, and when they raised Håkon Håkonsson to the throne in 1217, they did not only bring a boy to power – they carried the hope that the years of war might finally end.

For Håkon, the Birkebeiners were everything. They were his shield against enemies, his hird at court, his messengers to the villages, his sworn followers in battle. Without their support he would have been a king in name only, a ruler without a realm. With them he became a sovereign whose power stretched from coast to mountains.

But loyalty was tested. Skule Bårdsson, the earl who had served as the king's regent, was a man of weighty lineage, experience, and ambition. He had borne the kingdom on his shoulders, and many believed he was more fit to rule than the young Håkon. The years leading up to 1240 became a game of nerves: friend and father-in-law on the surface, but behind the scenes grew discontent, whispers, treachery.

In 1239 Skule dropped the mask. He let himself be hailed as king in Nidaros and summoned men to arms. Suddenly the country stood on the brink of a new war. For the Birkebeiners it was a moment of truth: should they follow the earl who had given them tasks and honor, or the king they had raised and sworn loyalty to?

They chose Håkon. Once again the banner with cross and lion was lifted. The leidang was mustered, the ships readied. In the streets of Oslo and on the fields of Trøndelag, Birkebeiners and Skule's men clashed. It was no longer merely a struggle for power – it was the battle for the realm itself. And when the dust settled in 1240, Skule was dead, his men scattered, and the civil wars were over.

From then on the Birkebeiners were no longer a band of fighters. They were guardians of the realm. Under Håkon they became the foundation of a kingship that could at last rise in peace. They secured the laws, they kept order in the villages, they stood as living symbols of a Norway that had survived its own division.

What would have been the equivalent of today's cutting edge technology a thousand years ago? The fast-moving Viking ships, perhaps? These advanced vessels helped **build cultural coherence in Europe**, and were crucial to unifying the Norse tribes into a state.

Viking history and culture

The Viking Age began in the year of 793 with an attack on the Lindisfarne monastery in England, which is **the first known Viking raid**. The event that marks the end of their glory days is the slaying of King Harald Hardrada at the Battle of Stamford Bridge in 1066.

Raids, looting, colonisation, and trade brought the Vikings to many destinations in the known world and beyond. In the beginning, only a few seafaring Vikings survived the rough voyages, but the fleets grew over time, and there were soon hundreds of vessels known as longships. They sailed across the Baltic Sea and down Russian rivers as far as the Black Sea and the Caspian Sea to Byzantium and the Caliphate of Baghdad. Vikings were also **the first Europeans to reach Greenland and North America**. In fact, the Viking explorer Leiv Eiriksson arrived on the shores of North America around the year 1000, 500 years before Christopher Columbus.

Viking colonisation

The Vikings founded many cities and colonies, including Dublin in Ireland and the region of Normandy in France. Dublin was held as a significant settlement for more than three centuries. Between the years 879 and 920, Vikings colonised Iceland, which in turn became the springboard for the colonisation of Greenland. Remains of a Viking settlement at L'Anse aux Meadows in Newfoundland have been carbon dated to around the year 1000.

How could a small and scattered people conquer so much territory? The Norwegian Vikings are characterized by their courageous, fatalistic outlook which made them naturally born risk takers. The raiding groups seem to have had a **fantastic ability to shrug off losses**, whether in land battles or in dangerous sea expeditions. The number of deaths caused by war was sometimes shockingly high in relation to the total Viking population, but it did not satisfy their hunger for conquest and exploration for around 250 years.

Peaceful tradesmen and mead drinkers

The Vikings are mostly known for their relentless pillaging, and rightly so. At the same time, many of them lived peacefully as traders and farmers, and **many expeditions were based on barter deals**. Those who stayed home supported their families through simple farming activities. Their daily life might have been tough and demanding, but was not without joy. The most well-known Viking drink is mead (*mjød* in Norwegian), an alcoholic beer-like brew sweetened with honey.

The end of the Viking Age

The explorers brought their cultural identity to continental Europe, while importing foreign culture, languages and knowledge. **By the 1100s, the Vikings were in decline** due to a codomestic disputes and resistance from other European countries, which had learnt the painful lesson that they needed to defend themselves against attacks by building fortifications.

Norwegian Vikings

They were warriors, looters, and barbarians, yet they were also farmers, family members, traders, ship builders and lovers.

They crossed raging seas in elaborate ships and conquered territories far and wide.

They left a strong mark on Northern Europe that will last forever.

The Viking legacy is strong in Norway, with many fascinating artefacts, museums, tours, and living villages throughout the country.

Who were the Vikings?

The Vikings were craftspeople, farmers, seafarers, merchants, and warriors from the Nordic countries. They lived during what is known as the Viking Era, which lasted from approximately 800 CE to 1050 CE. Vikings embarked on expeditions to other parts of Europe and beyond to trade and form new settlements, but also to conquer and plunder.

Major Norwegian Viking kings

Harald Fairhair (850–932)

The first monarch to reign over a significant part of Norway. According to legend, he refused to cut his hair before he was the sole king of Norway.

Eirik Bloodaxe (885–954)

King of Norway from 933 to 935. The name Bloodaxe is said to be derived from his early participation in Viking raids.

Håkon the Good (918–961)

King of Norway from the 930s to 960. Used his educational experience from England to unite larger parts of the country, more than his brother Eirik Bloodaxe managed to do.

Olav Trygvason (963–1000)

King of Norway from 995 to 1000. His main achievement as king was to convert large parts of his kingdom from the Norse to the Roman Catholic religion.

Olav Haraldsson, (later St. Olav) (993–1030)

King of Norway from 1015 to 1028. He was a warrior leader in England and France before returning to Norway. Olav considered it his calling to unite Norway into one Christian kingdom. Canonised after his death in the Battle of Stiklestad on 29 July 1030.

Notes from the Board of Directors Meeting held Tuesday September 17th on ZOOM.

Foundation AGM: Darlene attended the ZOOM meeting which was chaired by Foundation President, Gloria Benazic. Darlene said that the meeting was very good with thanks, in part, to Chairperson, Gloria and treasurer, Ron Reine. Both are new to their positions in the Foundation. They each showed themselves to be very capable.

October meeting: Erna Johnston, a guest at our May event has a community room in her complex at 1450 Bertram street (near Safeway) which our lodge could use. It was suggested that we have a Toonie Potluck Supper on October 15th. at this location with the funds collected to go to the Foundation.

2026 District #7 Convention: Delegates will be needed to attend the 2026 Convention in Port Alberni May 29 and 30. Costs will include transportation, accommodation, meals and the convention registration package. Moved that a box of Summerland sweets [jams and syrups] be purchased and sent as Hardanger's contribution to the convention raffle.

Da Yokes on U

An Icelander takes a trip to Norway but is worried because he doesn't speak the language.

His friend assures him that this shouldn't be a problem: just speak very slowly and the Norwegians will understand you perfectly fine. Once in Oslo the Icelander goes to a bar and tries to order a beer in very slow Icelandic:

"I... want... a... beer."

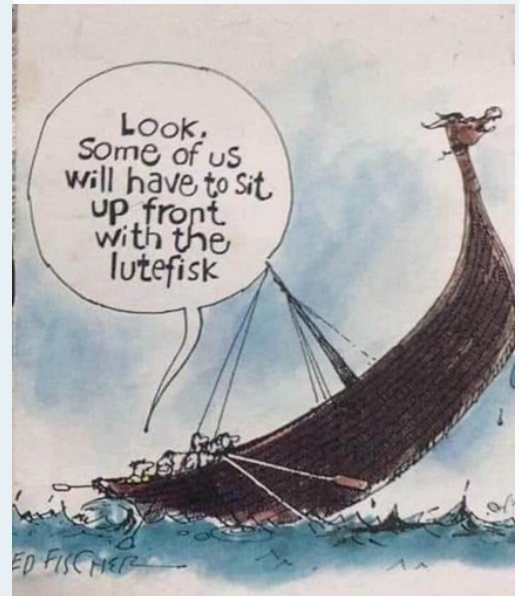
The bartender gives him a beer. It worked! After he finishes it, he tries to order another one. Again, very slowly:

"I... want... another... beer."

The bartender gives him another beer. Amazing! After a couple more beers, the Icelander decides to try a conversation:

"I... am... from... Iceland."

Me too...said the bartender



HARDANGER LODGE is holding a

HARVEST POTLUCK DINNER

Wednesday, 15 October, 2025

at the Community Room at 1450 Bertram Street (near Safeway) 6 pm. sharp.

(Please note, the stove cannot be used for cooking, oven can be used to heat up food)

Please bring a dish(es) of your choice.

**Please let our Social Director, Dale Acott, know by Oct. 13th.
how many in your party and what food item(s) you will bring
by emailing rdacott@gmail.com**

**This is Foundation Month so bring a minimum gift of a Toonie
per person that will go to the Sons of Norway Foundation in Canada.**

**Gifts over \$10 will receive a Foundation tax receipt
if you provide your name & mailing address.**

See you on the 15th!!

