

NORTH STAR



NEWS

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Folk High Schools

From SON newsletter files

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 Liv'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.

NEXT MEETING!

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 TUESDAY SEPT 3, 2024, AT 5:30PM.
- SEE YOU THEN!
- IN OCTOBER AND ONWARDS MEETINGS WILL BE 1ST MONDAY OF THE MONTH AT 6PM

SOCIALIZING

- THERE WILL BE WELCOME BACK KOLDTBORD

PRESIDENT'S MESSAGE

Greetings Brothers and Sisters,

Welcome back members! I look forward to socializing with you all in the fall and getting back to regular meetings and events.

Please remember that participation in our activities makes them more fun for all so looking forward to seeing you at our events.

I encourage you to renew your membership to retain connection to our lodge and receive information.

Fraternally,

Jim Tore Breivik
President

EDITOR'S MESSAGE

Hi members,

This month will be the last month I will be doing the newsletter, as we are hoping to vote in a willing replacement at our next meeting!

Thank you for all your support the last 16 years.

When our new editor is secured, you will be provided their contact information for submitting reports and articles of interest.

Thanks!
Rosie Barlak
Editor



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MEETING HIGHLIGHTS

The last meeting we held was in May as June was a social meeting only. Look forward to new meeting minutes in the next issue.



Crown Prince Follows Refugees Guides for a Day

From SON newsletter files

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.

Report from the Foundation

The purpose of this letter is to acknowledge and thank all of those who have participated in the building of this Foundation in support of the preservation of our Nordic Heritage and Culture and the integration of this culture and ideals into our vibrant Canadian mosaic.

During our 53 years of existence, we have had many great people supporting us through volunteer work and by generous donations. This combination has enabled us to support many group activities financially, provide scholarships and bursaries for post-secondary studies and support humanitarian financial assistance.

While we can all be proud of what we have been able to support over these years, we also have to look at "where we are heading". More specifically, we need to take a long look at our volunteer organization. This is not just our Board of Directors but includes all of those who participate as Foundation Directors of our Lodges and Affiliate groups.

Most Lodges and Affiliates have been very active in volunteer support over the years. In most cases this support has been continuous, and we can be thankful for that.

This year, two of our National Directors will not seek re-election. For information, those not seeking re-election are Treasurer Erik Brochmann (15 years) and myself, President Tore Pettersen (34 years, 30 years as President).

We are asking Lodge and Group Leaders, and Lodge and Group Voting Member Representatives to discuss having the Representative of their Voting Membership to be available for nomination for National Director on our Foundation Board of Directors.

The Election for National Directors and Alternate Directors will occur at the SONFIC AGM on Saturday, September 14th. The meeting will, again, be virtual by Zoom. The election will be conducted following reports and other business items. Please note the election of Board Officers will be conducted by the Board members at a Board of Directors meeting immediately following the AGM.

For information on Foundation Policies and Procedures, please contact any Board member (listed on our Website www.sonfic.ca under the 'Leadership Guide' drop-down box).

Fraternally,
Tore Pettersen, President

Viking Sword Unearthed in Rogaland

From SON newsletter files

A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Lovra, 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. Lovra 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.



Arctic Shock

From SON newsletter files

In March of this year, the US Army and the Norwegian Army took part in a combined exercise known as Exercise Arctic Shock. Soldiers from the 11th Airborne Division of the US Army in Alaska were flown to Norway over the North Pole on short notice to demonstrate their rapid response practices. Once they were over the Arctic, they parachuted down over Norway's Lake Takvanet.

The goal of the exercise was to provide cold-weather training, field training, and enhance strategic cooperation between the U.S. Army and the Norwegian Army. Arctic Shock included 100 soldiers from the Norwegian armed forces and around 130 U.S. soldiers. It is part of NATO's efforts to encourage preparedness for potential threats over the high North. This exercise adds to the series of operations that has taken place in the Arctic in previous weeks.

Social Media and Social Skills

A new study has been conducted at the Norwegian University of Science and Technology (NTNU) that focuses on social media and social skills. With the amount of screen time and social media present today, there is concern that social skills among youth are being inhibited. Surprisingly, the researchers found that those who used social media more often were also with friends more offline. The belief there is that young people are using social media to build connections and plan activities with friends offline.

Various other studies have shown that friendships are strengthened through social media and new friendships have developed as a result. Though studies support social media in this way, it is not to say that screen time is harmless. Previous studies have shown decreased self-esteem among girls. Social media can affect people differently and it is difficult to study the relationship at the rate social media apps have been developed. Nevertheless, researchers will continue studying social media in hopes of promoting good social conditions for young people.

Grave Skoleboller **(School Buns)**

From SON newsletter files

School's out! Skoleboller are popular sweet cardamom buns filled with a bit of vanilla custard in the center and topped with icing and shredded coconut. Servings: 12 buns

Skoleboller dough:

1.5 cups milk
4 tsp. instant yeast (or 50 g fresh yeast)
0.5 cup granulated sugar
2 tsp. ground cardamom
1 tsp. baking powder
1 tsp. vanilla sugar (or vanilla extract)
5 cups flour
7 Tbsp. butter (softened)

Vanilla custard:

2 cups milk
0.5 cup granulated sugar
3 egg yolks
1 egg
2.5 tbsp flour
1.5 tbsp corn starch
1 vanilla bean

Decoration:

1 egg (whisked for egg wash)
1 3/4 cups powdered sugar
2-3 Tbsp. water
1 cup shredded coconut

For the dough:

Heat the milk until it's lukewarm. Add the yeast and dissolve.

Add the sugar, cardamom, baking powder, vanilla, and about 2/3 of the flour.

Mix the dough together either by hand or in a mixer with a dough hook, slowly adding the rest of the flour. You might need a bit more or less flour to form dough that isn't too sticky to knead. When the dough forms a nice ball, add the softened butter and continue to knead the dough for about ten minutes.

Cover and let rise until doubled in size (about one hour).

Vanilla custard:

Heat the milk and half of the sugar in a saucepan. Split open the vanilla bean with a knife and carefully scrape out the seeds and add them to the milk.

Mix together the rest of the sugar and the flour and corn starch in a bowl. Add the egg yolks and egg and whisk together until smooth.

Once the milk mixture starts to bubble, pour about half of it into the bowl with the egg mixture, whisking quickly the entire time. Then return the saucepan to the heat and pour the egg and milk mixture from the bowl back into the saucepan, whisking the whole time. Let the custard cook for 2 minutes, whisking the entire time. By the end it should be quite thick and harder to whisk.

After 2 minutes, remove the custard from the heat and pour into a clean bowl. Cover with plastic wrap, placing it directly touching the top of the custard. Let the custard cool while the skolebolle dough finishes rising.

Assembly

After the dough has risen, turn it out onto your counter and roll into a long cylinder. Cut it into about 12 even slices. Roll each slice into a round ball and place them all on baking sheets lined with baking paper. Make sure to leave plenty of space between the buns, as they'll grow in the oven.

Flatten each ball a bit and then use a spoon and/or your fingers to press down a good well in each bun. Be sure to press the dough all the way down and make a bigger well than you'll actually need, as the dough will puff back up a bit in the oven.

Use a piping bag or spoons to place vanilla custard in the well of each bun (about 1 – 2 Tbsp. of custard). Cover with plastic wrap and let rise again for 30 minutes.

Preheat oven to 410°F (210°C) top/bottom heat. Whisk egg (you can add a splash of milk if you like) and gently brush each bun with egg wash. Bake for about 10–14 minutes in the middle of the oven, until golden brown.

Decoration

Slowly add water to powdered sugar and stir until you get a thick icing. Pour shredded coconut out onto a shallow bowl or plate.

Once the buns are cooled, spread the icing over the top of the skoleboller, around the custard center. Then dip the bun in the coconut, pressing flat to coat the entire top.

litt på norsk...

Vellykket friluftsferie? Følg disse tipsene

From SON newsletter files

Vil du ha en hyggelig ferie i norsk natur? Da bør du stille forberedt.

Nordmenn er kjent for turer i skog og mark. Også mange utenlandske turister kommer for å se norsk natur. Noen områder er ekstra populære.

Å gå i flokk kan gjøre turen lite hyggelig. Kanskje risikerer du dette akkurat i år:

Den Norske Turistforening (DNT) har en nettside med turforslag som heter UT.no. Den har fått ekstra mange besøk i sommer. Tallene er sammenlignet med samme periode i fjor.

– Vi har en økning i antall brukere på 43 prosent. Det sier Veronica Solbak i en pressemelding. Hun er redaktør for UT.no.xx

DNT sier dette kan vise at interessen for friluftsliv i Norge er høy i sommer. De har hentet ut de fem turmålene det søkes mest etter på nettsiden. Det er:

Dronningstien i Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen og Trekanten i Trollheimen.

Drømmer du om ett av disse turmålene? Kanskje bør du vente til en annen gang om du vil unngå mye folk.

Uansett hvor du legger turen i sommer: Husk at bruk av naturen krever noe av deg. Norsk Friluftsliv skriver i en pressemelding at sporløs ferdsel er en del av allemannsretten. Det betyr at vi har ansvar for å etterlate naturen slik vi fant den.

– Det innebærer å ta med seg alt søppel hjem, sier generalsekretær Bente Lier.

Du skal heller ikke hogge i friske trær eller gjøre annen skade på natur.

Generelt handler det om at det ikke skal synes på naturen at du har vært der.

Hva er allemannsretten?

- Allemannsretten gir deg rett til å bruke utmark fritt. Her kan du gå tur, telte og plukke bær.
- Utmark er skog, fjell, myr og kystområder. Innmark er gårdsplasser, hustomter, dyrket mark og lignende. På innmark er det ikke generelt en rett til å ferdes.
- Du har også allemansplikter. Det innebærer å vise hensyn overfor andre, og for naturen. Du skal ikke skade naturen.

a little in English...

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.
- Along with rights there is also a code of conduct. This means showing consideration for others and for nature. You must not harm nature.



- Please remember to submit any newsletter submissions by Oct 15 for the November 2024 issue.

BIRTHDAYS

SEPTEMBER

- 12 Dawn La Porte
- 18 Irwin Axness
- 22 Sonja Cole
- 26 Vaughn Brown



OCTOBER

- 6 Elisabeth Vikran
- 18 Norman Mostad
- 20 Patrick Hyslop
- 27 Rosie Barlak



Celebration of life for Arvo Paivarinta.

Date: Sunday Sept 8, 2024 from 1pm to 4 pm.
Place: Ladysmith Eagles Hall, 921 1st Avenue.
Ladysmith

The Eagles have offered the hall; making coffee/tea and sandwiches. They are appreciative of attendees bringing a plate of sweets/fruit, cheese or other finger food. This hall has a capacity for 160 people.

SUNSHINE COMMITTEE



For those who knew long time member Kathy Furuness who passed several years ago, her husband Myron passed away recently at the age of 84.

Our Sunshine committee Sonja Cole has had some mobility issues and is looking for a replacement to take over Sunshine committee duties. Please reach out to Sonja if you think you would like to hear more about this.

Norwegian Berries

From SON newsletter files

The growing season in Norway is short, so only certain fruits can thrive. Cooler summer weather and long daylight hours make for ideal berry growing, and Norwegians are wild about foraging and picking. Berry season begins in late June with strawberries and lasts through mid-October with black currants. *Jordbær*, strawberries, are considered a high point of the summer, and the whereabouts of wild strawberry patches are well-guarded family secrets. Strawberries are usually enjoyed fresh with sugar and/or cream, or in *bløtkake*, a layered cream cake.

Multer/Molter/Moltebær, cloudberry, are the crown jewel of Norwegian fruit. They grow above the Arctic Circle in mountain swamp areas and resemble large orange-pink raspberries. Multer only grow in the wild and cannot be farmed, so unless you forage your own, they are expensive and can be hard to source. Known as *viddas gull* (highland gold), multer are delicately juicy, flavored like sweet-tart apples.

Other berries include *tyttebær* (lingonberries) which taste similar to cranberries, *krøkebær/krekling* (crowberries) which resemble blueberries but are black and are mainly used in juice, *moreller* (Morello cherries), *bjørnebær* (blackberries) grow in many yards, *blåbær* (bilberries/Arctic blueberries) are used in juices, tea, desserts and syrup. *Bringebær* (raspberries), grown in the wild and in gardens, are used in sauces, cakes, and jams. *Rips* (red currants) and *solbær* (black currants) are harvested late into September and are used to make juice, wine, liqueur and jam. *Elgbær* (moose berries) grow close to the ground, and if you see some, you should be on the lookout for nearby moose.

Are You Covered?

Life moves fast. Now is the time to review your life insurance plan to ensure you and your loved ones are covered. Reach out to your Sons of Norway Insurance Professional today or visit www.sofn.com.

What is it like to learn Norwegian?

From SON newsletter files

Have you ever wondered what it's like to learn Norwegian as a second language? Learning a whole new language can seem quite difficult. For those who have a different mother tongue, it can be difficult to learn and get the chance to use Norwegian in everyday life. We have spoken to an expert about this very thing.

Who learns Norwegian?

"Most of the immigrants who come to Norway learn Norwegian," says Gølin Christine Kaurin Nilsen. She is a linguist at the University of Stavanger.

In 2022, there were 28,379 immigrants in Norway who received training in Norwegian, according to Statistics Norway. Around a third of them were between 26 and 35 years old and there were more women than men who learned Norwegian. "Children come because they accompany their parents when they move to work or when they are refugees," says Nilsen.

According to Nilsen, there are many reasons why people move to Norway. Many adults move to get a job, and then the children often join them. Others come to Norway because of war or disasters in the country they come from. Speaking English from the start can make learning Norwegian both easier and more difficult.

Many Norwegian words are similar to the English words for the same thing, such as kniv and knife. This is because the words originate from the same language, namely Old Norse. Norwegian belongs to the Germanic language family. This means that it shares many similarities with other languages such as Swedish, Danish, German and English. But there are also many differences between Norwegian and English. Many vowels in Norwegian are similar, which makes it difficult for English speakers to tell them apart. "We have many vowels far forward in the mouth, and that is quite unusual," says Nilsen. I, y, e and ø can sound the same and it is the way you shape your mouth that makes the sounds different.

Norwegians in Canada

From SON newsletter files

Norwegians have a history of migration to Canada spanning more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L'Anse aux Meadows on the coast of Newfoundland around 1000 A.D.

The largest wave of Norwegian immigrants to Canada occurred much later, though. It was between 1850 and 1915 that nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving home included a lack of employment, little available land and political inequality, making Canada an attractive choice.

Settlements sprang up on the prairies and in Western Canada, including towns with names like New Norway, Hagen, Erickson, Norland, Skandia, Bakken, Oslo, and Viking. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.

Until 1900, Canada tried recruiting Scandinavians to occupy "free and fertile homestead lands" in the Canadian Northwest, but these efforts proved fruitless. However, when word spread that land was getting scarce on the American frontier, Canadian fever took over. Norwegians streamed into the country between 1900 and 1915—over 18,000 from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929. Statistics Canada reports that over 452,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.