



NORTH STAR NEWS



**SONS of
NORWAY**
North Star Lodge 7-063

**Vol 2026 Issue 7/8
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1500-YEAR-OLD GOLD ORNAMENT DISCOVERED

From SON newsletter files

Norway continues to reveal its historic secrets by way of archeological finds. The latest discovery was made by a hiker in the southwestern part of the country, in the Austrått district of Sandnes. The rare find was of a highly ornamental gold piece that would have decorated a scabbard, or covering of a sword. The piece is small in size and features filigree ornamentation, indicating it would have been made by highly skilled goldsmiths. The fitting depicts abstract animal imagery, with symmetry tying everything together.

Experts determine the find to be about 1,500 years old, and place it in the Migration Period, which lasted from around 375 – 500 AD. This period was marked by turmoil, with the fall of the Roman Empire and weather and plague epidemics that greatly affected the population.

Only those most influential people would have owned something like this, indicating it may have belonged to a powerful chieftain of the area. The object showed wear, which suggests it was more than just a ceremonial piece of weaponry.

Experts theorize that the valuable may have been buried for religious reasons, as a sacrifice to the gods to protect the people at a time of crisis.

NEXT MEETING!

- OUR REGULAR MEETING WILL BE HELD AT BOWEN PARK MEETING ROOM #1 TUESDAY, SEPT 8, 2026, AT 6:00PM. DINNER TO BE PROVIDED. SEE YOU THEN!
- IF YOU ARE ABLE TO HELP SET UP THE ROOM, PLEASE COME FOR 5:30PM.
- IN OCT THE MEETING WILL BE THE 1ST MONDAY OF THE MONTH AT 6:00PM.



PRESIDENT'S MESSAGE

Hello Members,

Welcome back after the summer break! I hope everyone had a chance to enjoy the nice weather and all the rest that summer brings. Our family enjoyed the District 7 SON heritage camp at Hatzec at the beginning of August. Whether you attend as an adult alone or with family and kids, there is something for everyone and we encourage you to consider going next year.

North Star Lodge will have our first meeting on Tues Sept 8, 2026 due to the Labour Day holiday on Monday. After that the rest of our monthly meetings will be held on Monday as usual. We always have the room from 530pm onwards so please come a little early to help set up prior to our meetings that start at 6pm. Many hands make light work - please consider signing up to bring food and even presenting something cultural at one of the meetings. Everyone has something interesting to share!

As we head into the fall, also keep in mind that we will be looking to fill lodge officer positions for 2027. It can be very rewarding to contribute to the operations of the lodge, and it helps keep our lodge strong with good activities to bring in more members. Our lodge must have people in positions to keep the lodge running.

Fraternally,

Jim Tore Breivik
President
North Star Lodge

EDITOR'S MESSAGE

Hi members,

I hope your summer season went well, and you were able to indulge in *friluftsliv* and quality time with loved ones.

I do have an announcement in regards to the newsletter. While I have truly enjoyed connecting with members and deepening my connection with Norwegian culture in this role, I must step down from the Editor position effective for 2027. As my little one has begun growing into a little person, so too have my responsibilities between home, school, and work grown. There will be one more edition after the Sept/Oct newsletter for 2026, at which time we hope another member can step forward to take the newsletter over in December 2026 to publish the January 2027 edition. Please contact me, Jim, or Rosie to discuss what is involved and see if it will be a good fit for you.

Additionally, with summer now closing I encourage members to come join us in person for monthly meetings. It's always a fun time learning about lodge business, Norwegian culture, and sharing kaffemat.

Until my last edition,

Rebecca Christoffersen
Editor

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THE OTOLITH - A NEW MUSEUM IN NORTHERN NORWAY

From SON newsletter files

An exciting new museum opened at the end of June, in the Lofoten area in Norway. This museum is known as The Otolith and will be part of the SKREI center for knowledge and experiences. Skrei is the Norwegian word for Northeast Arctic Cod, the fish that travels from the Barents Sea to the Norwegian coast to spawn. It has been instrumental to the Lofoten fishery, as well as Norway's culture and economy. The main exhibit at The Otolith will lead guests through an engaging experience of Lofoten, its fishery, the people who fish, and the impact fishing has today and in the future. The new building will also feature a museum shop, restaurant, and changing exhibitions. Visitors to The Otolith will receive access to the Lofoten Museum, Aquarium, and Espolin Gallery. All in all, the collection of attractions will give guests a deep understanding of the backbone of the area, while offering something for everyone.

ROYALS HEAD OFF TO UNIVERSITY

From SON newsletter files

After an eventful summer attending world cup soccer matches in the US, royal siblings Princess Ingrid Alexandra (22) and Prince Sverre Magnus (20) are each off to university this fall.

Ingrid Alexandra started a bachelor's program in Sydney, Australia in fall 2025, but returned home in the spring when her mother needed a double lung transplant. Rather than continuing her social sciences studies in Sydney, the royal will attend the University of Oslo (UiO) as an "exchange student" for a year, to be closer to her mother.

The 20-year-old prince has departed for his first academic adventures abroad, in Portugal. As a first-year business management student at Forward University, he will study economics, statistics, and accounting. His program will continue with classes in Berlin and Paris, after which he will be qualified to become an analyst, consultant or operations manager.

SOCIAL DIRECTOR'S REPORT

From Linda Harvey, Social Director

We welcome you back to our season of regular meetings. Our first meeting is on September 8th. Please note the change of date and day. This is because of the civic holiday. The meeting room is open at 5:30 p.m. Please come just before that to help set up the tables. Help is needed for this.

Every September, we offer a free dinner meal for our members. This September is no exception. A light dinner will be served by 6:00 p.m. A mini smorgasbord of meat, cheese, and buns will be served as well as a fruit tray and coffee. We are asking the members to bring cakes or cookies for dessert. Thank you for sharing. Remember your mugs for coffee and tea.

Our regular meeting will proceed after our dinner.

After our meeting, we will share stories of our summer adventures.

We look forward to seeing you. Please start thinking about what kind of programs you would like to do this year.



Linda Harvey
Social Director

VICKIE KNEW NOTHING ABOUT HER FAMILY IN NORWAY

From SON newsletter files

Vickie Richardson and her husband John recently came from the US to Kalvåg to find Becky's roots. She found much more than she expected. Vickie's father did some genealogy research in the 80s, but it wasn't until later, when Vickie herself sat down and read through what her father had written, that she herself became curious about the idea of where her grandmother Aslaug Annevik grew up.

Early last year, she joined Facebook groups that dealt with genealogy aimed at Americans of Norwegian descent. Together with her husband John Richardson, she recently came from Seattle in the USA to find out more about her roots in Norway, a country neither she nor John have visited before.

"Gradually I came into contact with Norwegians, and one lady in Tromsø in particular gave me good advice on how to go about finding Norwegian relatives. Many people from Bremanger ended up in the Seattle area. They were good fishermen and worked hard."

Aslaug Annevik was one of six children who grew up on the Annevik farm, not far from Kalvåg. Five of the six went to America to find a better life. The Richardsons now live in the same area where Vickie's grandparents settled, near Seattle. Of the five siblings who sought their fortune in America, one returned to Norway and Bremanger after six years. It was the youngest of them, Julius Annevik, born in 1890.

Since the heir, the eldest son, Ole, remained in the United States, Julius inherited the small farm of Annevik. Julius's granddaughters Irene and Eva Annevik, both living in Bergen, hosted Vickie and John when they visited the family farm. During the visit to Bremanger, a lot of old photo albums were browsed, and a lot of information was exchanged about the life of the family on both sides of the Atlantic.

"It has been incredibly fun to experience this. I had almost no expectations when I started digging into family history, but now I really feel like I have gained a whole new understanding of family history," says Vickie Richardson.

OSLO'S BLODKLUBB KEEPS FOLK MUSIC FRESH

From SON newsletter files

Folk music in Norway often conjures up images of people in bunads performing near a fjord or on a mountainside. These days, this scenario still occasionally happens, but for folk musicians, the music also flows over into other art forms.

Tuvas Blodklubb, a monthly folk-only evening in Oslo, defies the assumption that folk music can only be defined in a strictly traditional setting. Since being founded in 2019 by Tuva Syvertsen of Valkyrien Allstars band fame, the club nights have caught on in Copenhagen and Bergen. Musicians of all ages experiment with and perform songs that mash up folk tones with other genres.

Some of the bands to grace the Riksscenen at Blodklubb (a word play meaning both "blood club" and "blood dumpling,") are Sudan Dudan, Pumpegris and Diket.

"Just like language, traditional music will always be changing, and as long as we use it for the good things in life, it will persevere," adds Pumpegris vocalist Vera Sonne. "Parties, birthdays, love songs, lullabies, enjoying the ecstasy, or soothing our sorrow."



BRUNOST CHUNK COOKIES

From SON newsletter files

Makes 20. Time to make: 40 min

Ingredients

- 1 egg
- 1 egg yolk
- 2 1/4 cups (270 grams) flour
- 1 tsp baking powder
- 1/2 tsp. salt
- 3/4 cup (170 grams) butter
- 1/2 cup (100 grams) brown sugar
- 3/4 cup (150 g) white sugar
- 2 tsp. vanilla extract
- 150 g TINE Gudbrandsdalen brown cheese (cut into chocolate-chip-sized chunks)

How to make:

1. Mix the salt, flour and baking powder in a bowl.
2. Melt the butter in a saucepan. Add both quantities of sugar and stir until any lumps are dissolved.
3. Stir in the egg, egg yolk and vanilla extract. Pour this mixture over the dry ingredients and stir until you have a smooth dough.
4. Stir in the brunost chunks. Chill dough in refrigerator for half an hour to an hour.
5. Divide the dough into 20 equal pieces. Roll each one into a ball and flatten slightly. They will spread somewhat during cooking, so be sure to leave space between them.
6. Bake at 165°C / 325°F for about 15-20 minutes.



SPECTACULAR SHIPWRECK

From SON newsletter files

Thanks to a watch designer using his remotely operated vehicle, archeologists have uncovered a shipwreck off the southern coast of Norway unlike any other found in Northern Europe. Espen Saastad initially discovered the site nearly 2,000 feet down in the Skagerrak Strait using his survey company equipment. Archeologists would later discover the wreck was remarkably well preserved, possibly the one of the best preserved they have ever encountered.

While not all the contents of the site have been identified yet, so far, they have found large stacks of porcelain dishes, along with chandeliers, goblets, and barrels of grain. They believe the untouched crates may contain things such as textiles, and organics which may include tea, herbs, and medicines. The luxury items may have originated from 18th century maritime trade in England or Germany, as evidenced in a stamped brick found in the wreckage that came from a brickwork company in Germany that operated from the 1400s until 1772. While a total value on the find has not yet been made, researchers are excited for continued discoveries within the wreck and anticipate that the items can eventually all be displayed at the Maritime Museum in Oslo.



litt på norsk...

Spill deg til et nybakt brød fra middelalderen

From SON newsletter files

Arnald bodde i Oslo for 650 år siden. Der jobbet han som baker. På den tiden spiste de fleste flate brød, som de stekte på en varm steinhelle eller nedgravd i varm aske. Arnald solgte brød som var hevet med surdeig, slik at de hadde samme høyde som dagens brød.

I spillet Foodlessons kan du prøve deg på Arnalds brød. Der mikser du deigen, pynter skorpen og steker brødet. Til slutt får du en, to, tre eller fire stjerner for innsatsen.

– Vi ønsker å formidle historien vår på nye måter, forteller Ragnhild Hutchison. Hun er historiker og sjef på Tidvis, firmaet som har utviklet matspillet.

64 prosent av barn mellom 9 og 15 år spiller dataspill daglig, ifølge Norsk mediebarometer. De spiller i snitt 1 time og 13 minutter hver dag.

– Dataspill er kanskje det viktigste kulturmediet for folk. Vi må finne ut hvordan vi skal nå ut med historie i dataspill,” mener Hutchison.

Elisabeth Truchs bodde i Oslo for 180 år siden. Hun skrev kokebok, lærte bort matlaging til unge jenter og solgte take-away. På Elisabeths tid lagde hun mat med peisovn og hentet vann i brønnen. Du kan lage fisk i karrisaus med Elisabeth Truchs. Du får også oppskriften, slik at du kan prøve deg med ekte råvarer.

En studie fra OsloMet viser at bare 10 prosent av barna er med på matlagingen hver dag. Forskerne fant også ut at barn som er med på matlagingen, spiser sunnere.

I spillet Foodlessons i tillegg til Arnald og Elisabeth kan du lage pannekaker med Adolf som er kokk på en polarskute. Du kan lage pizza med Gino som brakte italiensk mat til Norge. Og du kan kokkelere med Hanne. Hun lager moderne norsk mat, som kommer fra Sør-Amerika. Spillene finner du her <https://tidvis.no/foodlessons/>

a little in English...

Play Your Way to Freshly Baked Bread from the Middle Ages *From*

SON newsletter files

Arnald lived in Oslo 650 years ago. He worked as a baker. At that time, most people ate flat bread, which they baked on a hot stone slab or buried in hot ashes. Arnald sold bread that was raised with sourdough, so that it was the same height as today's bread.

In the game Foodlessons, you can try your hand at making Arnald's bread. You mix the dough, decorate the crust and bake the bread. In the end, you get one, two, three or four stars for your efforts.

“We want to convey our history in new ways,” says Ragnhild Hutchison. She is a historian and manager at Tidvis, the company that developed the food game.

64 percent of children between the ages of 9 and 15 play computer games daily, according to the Norwegian Media Barometer. They play an average of 1 hour and 13 minutes every day.

“Computer games are perhaps the most important cultural medium for people. We need to find out how to reach out with history in computer games,” says Hutchison.

Elisabeth Truchs lived in Oslo 180 years ago. She wrote cookbooks, taught cooking to young girls, and sold take-out. In Elisabeth's time, she cooked with a wood-burning stove and fetched water from a well. You can make fish in curry sauce with Elisabeth Truchs. You will also receive the recipe, so that you can try your hand at using real ingredients. A study from OsloMet shows that only 10 percent of children are involved in daily cooking.

The researchers also found that children who are involved with cooking eat healthier.

In Foodlessons, in addition to Arnald and Elisabeth, you can make pancakes with Adolf, who is a chef on an Arctic ship. You can make pizza with Gino, who brought Italian food to Norway. And you can cook with Hanne. She makes modern Norwegian food, which comes from South America. Find the games at <https://tidvis.no/foodlessons/>



- Please remember to submit any newsletter submissions by Oct 15 for the Nov/Dec 2026 issue.

BIRTHDAYS

JULY

- 25 Neil Hendrickson
- 28 Trine-Lill Nilsen
- 30 Shirley Salchert

AUGUST

- 08 Jim Breivik

SEPTEMBER

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

OCTOBER

- 06 Elisabeth Vikran
- 18 Norman Mostad
- 20 Janel Cross
- 20 Patrick Hyslop
- 27 Rosie Barlak



SUNSHINE COMMITTEE

From Theresa Christoffersen

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If you or another member you know needs some sunshine, please don't hesitate to reach out to me by text/call at 250-616-1076. Thank you to the members who have passed important communications forward to me to ensure members receive some sunshine. I am still getting to know many of our members.

Whale Watching

From SON newsletter files

Seeing whales off the coast of Norway is not highly unusual. However, seeing a beluga whale swimming in a river near Oslo is. Recently, residents along the Drammenselva river spotted a Beluga whale swimming upstream. Word spread of the strange sight, drawing onlookers and gawkers alike.

Beluga whales are distinct in appearance, with their white coloring and lack of a dorsal fin. These adaptations help them navigate under ice better when they are in their more natural environment of the Arctic. While they have been known to stray off course from time to time and end up in rivers like this one, it is likely the lost whale will find its way back to the sea in time and will have better food options once it does.

In the meantime, marine experts warn that the animal should not be disturbed, and boats should do their best to avoid going near it. They state that if the animal becomes stressed, it runs a higher risk of getting beached and unable to get back into the water.



KING HARALD V, NORWAY'S REFORM-MINDED HEAD OF STATE, DEAD AT 89

From CBC.ca

Norway's King Harald, a reformer who emerged from the shadow of his well-loved, extrovert father over more than three decades on the throne, died on Friday at the age of 89, the royal palace said, at a time of multiple crises for the Norwegian royal family.

"King Harald passed away peacefully at Oslo University Hospital on Friday 28 August, 0635 (local time, 0435 GMT)," the royal palace said on its website.

Harald, who was Europe's oldest living monarch, was taken to hospital on August 17. The palace said he was being treated for a bacterial infection in his blood.

In 2024, he had been hospitalized for an infection while on holiday in Malaysia and received a temporary pacemaker at a hospital there. He was flown back home by the Norwegian armed forces and later fitted with a permanent device. That same year, Harald, Norway's ceremonial head of state since 1991, said he would reduce the number of official engagements in which he took part but ruled out abdication, insisting that his oath as king was for life.

"King Harald devoted his life to Norway," Prime Minister Mark Carney said in a statement Friday that highlighted Harald's connections to Canada.

During his wartime exile, Harald visited Toronto and Little Norway — the training base for Norwegian soldiers in Canada, Carney said. The King returned for a state visit in 2002, visiting Ontario, Newfoundland and Labrador and Nova Scotia.

And last year, Carney met Harald in Oslo, where "he spoke of the ties between our nations with great warmth and affection," he said.

"On behalf of the Government of Canada, I extend my deepest condolences to Queen Sonja, the Royal Family and the people of Norway. Canada mourns with you."

A great-great-grandchild of Britain's Queen Victoria, Harald acceded to the throne in 1991 and slowly introduced modern touches that brought ceremonial post seen mainly as a symbol of national independence into the 21st century.

The popular king played a crucial role comforting the nation in times of mourning. When the far-right, anti-Islam Anders Behring Breivik killed 77 people in 2011 in Oslo and on Utoeya island, the king consoled the nation with a powerful televised speech. His voice trembling with emotion, he said that "freedom is stronger than fear."

After floods, storms and other disasters, he would travel to the scene wearing rubber boots and a well-worn jacket to meet those who had lost homes or loved ones.

Late in life he spoke up for tolerance, declaring in a 2016 speech that Norwegians could have many backgrounds, beliefs and sexual orientations.

In November 2005, Harald and his wife, Sonja Haraldsen, invited 550 Norwegians to a ball to celebrate the centenary of the country's independence from Sweden. Harald said in an interview at the time that Europe's royal families should not be tempted to reverse moves towards openness and retreat to their palace towers.

"If you've opened the gate, it's very difficult to close it again," he told Reuters. "I'm not sure I'd want to close it. So far so good, as far as I'm concerned."