Late Iron Age Longhouses Discovered in Norway
From SON newsletter files

In early December 2021, Norwegian archaeologists discovered a cluster of Viking longhouses using ground-penetrating radar. The discovery was made in southeastern Norway, Gjellestad to be exact, and was believed to be a main place in the late Nordic Iron Age. Viking longhouses were long, narrow buildings used for housing feasts, families, and even cattle or horses in the winter months.

The most notable part of the unearthing was the size of one of the longhouses. Archaeologist Lars Gustavsen stated, “The most striking discovery is a 60-meter (197-foot) long and 15-meter (49-foot) wide longhouse, a size that makes it one of the largest we know of in Scandinavia.” The archaeologists do not yet know how old the houses are or what exact function they served but they plan on doing excavations and dating exercises to answer these questions. Additionally, the radar found burial mounds nearby which weren’t as surprising, as there are others in the surrounding area, but examining the mounds near the longhouse will help them get a more complete picture.
PRESIDENT’S MESSAGE

Greetings Brothers and Sisters,

Today is a beautiful sunny day, I hope you are all well and can get out and enjoy a walk. It seems like we will be able to have our March 3rd meeting at the activity Room #1 Bowen Park, starting at 7pm and followed by a coffee social at 8pm. Our Social Director Linda Harvey has created a social calendar for 2022 that members will be voting on at the meeting. Please plan to attend this meeting, we need your support to vote on business decisions. Wishing you all a happy Fastelaven on February 27th, the day to enjoy Fastelavensboller.

Take care
Fraternally,
Ida Pedersen
President
250-758-2306

Make 2022 a Year of Contagious Enthusiasm!

What’s the BEST part of your Sons of Norway membership? Share it with those you invite to join us. Whether you have a passion for baking your family’s favorite traditional Norwegian dishes, love travel tips, or have a favorite “don’t miss” lodge activity, your enthusiasm will be contagious—in a GOOD way!

Spread your passion for Sons of Norway membership as you invite new friends to join us in 2022!

Take care
Fraeterally,
Ida Pedersen
President
250-758-2306

2022 LODGE OFFICERS

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<tr>
<th>ROLE</th>
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<td>VICE PRESIDENT</td>
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<td>MEMBERSHIP SECRETARY</td>
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<td>1 YR TRUSTEE</td>
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<td>2 YR TRUSTEE</td>
<td>Einar Thomassen</td>
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<tr>
<td>3 YR TRUSTEE</td>
<td>Kjell Garteig</td>
<td>250-756-4934</td>
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MEETING HIGHLIGHTS

Our Feb 3, 2021 North Star Lodge (NSL) regular business meeting, held virtually with Zoom, had 9 adult members present. Regular meeting business occurred. Officer installations for 2022 occurred.

Motions were carried to:
- Accept the 2021 North Star Lodge financial statement
- Have another ski trip to Mt Washington in March using the same criteria as was done in 2021

It was noted that cookbook sales are going well, with 94 copies sold.

From April onwards our North Star Lodge regular business meetings will be held on Mondays at 7pm at Bowen Park Meeting Room #1. The change in day is due to prioritizations the city needs to make for their parks and recreation courses.

Congratulations to Arvo Paivarinta who received a Platinum Pin from the Sons of Norway Foundation in Canada for his generous donations.

Delegates were chosen for the 2022 District 7 Convention to be held in-person in Kelowna: Ida Pedersen, Rosie Barlak, Jim Johnson. It was noted that lodge members should consider submitting cultural items to the District Cultural display room at the convention.

News from Headquarters – the International Board of Directors made the difficult decision to hold the 2022 International Convention virtually, rather than have delegates attend and in-person meeting.

FASTELAVNSRIS

By Linda Harvey

I’m throwing out a challenge for you! Please run with it as you will be so happy when the project is completed. Please do this before the March 3rd Sons of Norway in person meeting. At the coffee break, please talk about your experience of making it and how you enjoy the final product!! Here is a little history about the feather tree!

A Tradition: Fastelavns-ris.

There is an ancient tradition during Lent in Norway of making feather covered birch branches. (“fastelavns-ris”)

In pagan times, the householders would cut birch branches from trees surrounding their homes. These branches would be brought inside and put in a wooden vessel. The budding Birch signified the beginning of spring and the smell filled the home with the sweet smell of the coming season of renewal and fertility.

Today in Norway, it is tradition to buy or make the feathered covered birch branches at the beginning of Lent. These stayed up for the entire season.

In 1896, the Norsk sanitetsforening (Norwegian women’s humanitarian organization) started selling birch branches with feathers as a fund-raising venture for humanitarian needs. These women would go door to door selling these bouquets. Most homes in Norway had an arrangement sitting in the middle of the table in support of the organization.

Why don’t you try filling your home this Lent with the smell of spring and a visual hope of things to come?

Cut some birch branches or any other type of branch if you do not have birch and glue some colorful feathers onto them. You can purchase bags of colored feathers in the Dollar Store. I used a glue gun. Put them into a vase with water and enjoy the result!

All you need are bare branches of any kind, sized to fit your vase, colored feathers (Dollar Store), glue or a glue gun.
Woman’s Bunad From Valle is Setesdal
By Linda Harvey

This bunad design from Setesdal has the honor of being one of the oldest in Norway. The skirt design dates to the 17th century. At that time, the women wore a white skirt with a leather belt around the waist for everyday use. Before going to church or any other special occasion, they put a black skirt over the white one. Brides went one step further by putting more than one skirt over the white one.

Today's bunad from Setesdal follows the tradition of the church wear, hence, it is called "church costume". It has two skirts, a white skirt under a black skirt. The black skirt has a straight front panel and is pleated in back. To highlight the skirt, the designers stiffened the border hem. The hem consists of two red hems and one green hem made from heavy cloth. The back of the skirt is finely pleated and then gathered into a narrow breastband in green. There is embroidery on the front as well as on the green breastband. The white underskirt is made of wool. It is gathered into a narrow breastband and held up by straps of black with embroidery and green edges. The stiffened hem has three bands made of black cloth. The outer black skirt is so short that the black hems on the white skirt show beneath the black skirt’s colorful bands. Both bodices of the skirts are very short. The black bodice has silver bands and strip of red cloth in back.

The black jacket is very short with wide sleeves. It has green edges with embroidery in front, on the shoulders and on the cuffs. It also has decorative silver bands. Each sleeve has a row of silver buttons. A silver chain is used to lace up the jacket. The blouse is white and has tatting on the collar and the sleeves.

Women use a black fringed kerchief to tie around their head with a knot in the front. Some scarves are printed with roses. A woven belt is used around the waist made with yellow, red and green yarn. It is adorned with a silver buckle. Black knitted stockings are used which are held up by leather straps with silver ornaments. Black bunad shoes are worn.

The bunad silver consists of neck buttons and button cufflinks. Usually, two or three brooches are used on the front of the blouse. The largest one is worn at the highest part of the blouse.
Celebration as Troms and Finnmark Break Up
From SON newsletter files

In early January 2020, 19 counties in Norway were merged into 11. Two of the counties that were merged were Troms and Finnmark. Since the merger, there have been major protests and loud opinions. In May 2020 the two municipalities submitted an application for “divorce.” The desire to separate was one thing that the two sides definitely agreed on during their time together.

When the new government in Norway presented their platform in the first half of October, they confirmed that the county merger between Troms and Finnmark can and will be dissolved. Both parties rejoiced! Wenche Pedersen, mayor of Vadsø, believes that this was the right decision and that they will now use the political power from the result to take back the regional democracy in Finnmark. County council leader Bjørn Inge Mo states that they are well prepared for the division and is satisfied that the new government delivered what they promised to the people.

Crown Prince Haakon visits Norwegian National Archives
From SON newsletter files

In September, Crown Prince Haakon paid a visit to the National Archives at Sognsvann, north of Oslo.

As part of the tour, Archivist Inga Bolstad demonstrated how they use artificial intelligence to convert handwritten documents into typed text. The technology can even translate archaic language into current-day Norwegian. The Crown Prince was able to digitize a nearly 800-year-old document himself, one sent by King Håkon Håkonsson in the year 1233.

Between 2017 and 2019, the National Archives digitized many of their medieval source documents which can be viewed at digitalarkivet.no/en. Their goal is to completely scan the collection of medieval documents by 2024, which will mark 750 years after the first written document that refers to Norway.

During the visit, the National Archives also presented Haakon with a special gift—copies of documents from the seven kings who bore the name Håkon over the last thousand years—ranging from Håkon I in the 10th century, to the crown prince’s great-grandfather, Haakon 7.
Et dokument fra 1751 sikrer fortsatt at samer kan flytte reinsdyr over landegrensene. Nå kommer samenes «Magna Carta» hjem til Kautokeino.

Kong Harald er til stede når «Lappekodisillen» overleveres til Samisk Arkiv i Kautokeino. Det 270 år gamle dokumentet har vært avgjørende for å fastsette samers rettigheter, og er fortsatt virksomt i dag.

– Det er en symboltung dag, og det føyter seg inn i en tradisjon med å tilbakeføre både dokumenter og også kulturgjenstander som betyr noe for urfolk, tilbake til dem, sier jussprofessor Øyvind Ravna til NTB.

Dokumentet ble til som et tillegg til grensetraktaten som ble forhandlet fram mellom Danmark-Norge og Sverige i 1751.

Dokumentet er den første folkerettslige og bilaterale traktaten som er gitt for å beskytte samene som minoritet og urfolk i Norge, forteller professoren.

– Kodisil len er et barn av opplysningstiden hvor man betraktet samene som et eget folk som hadde rett til «fremtidig eksistens», altså at de ikke skulle assimilieres inn i den norske og svenske staten, slik politikken skulle bli senere, sier Ravna.

Kongen er til stede i salen

Når dokumentet offisielt skal overføres til samene under en seremoni i Kautokeino på tirsdag, er det avtroppende sametingspresident Aili Keskitalo som tar imot det.

– Det blir jo en veldig spesiell hendelse når hans majestet kongen selv kommer for å bidra til dette arrangementet. Det synes jeg setter det inn i en veldig symbolsk kontekst, for på den tiden Lappekodisilen kom til, da var det eneveldige herskere i Norden, sier Keskitalo.

King Harald will be present when the “Lappekodisillen” is handed over to the Sámi Archive in Kautokeino. The 270-year-old document has been crucial in determining Sámi rights and is still in effect today.

“It is a symbolic day, and it fits into a tradition of returning both documents and also cultural objects that mean something to indigenous peoples, back to them,” law professor Øyvind Ravna said to NTB.

Reduces Disadvantages

The document was created as an addition to the border treaty that was negotiated between Denmark-Norway and Sweden in 1751.

The document is the first international law and bilateral treaty given to protect the Sami as a minority and indigenous peoples in Norway, the professor says.

“The Codisil is a child of the Enlightenment where the Sámi were considered a separate people who had the right to ‘future existence,’ i.e., that they should not be assimilated into the Norwegian and Swedish state, as the policy would be later,” says Ravna.

The King is In The Hall

When the document is officially transferred to the Sámi during a ceremony in Kautokeino on Tuesday, outgoing Sámi Parliament President Aili Keskitalo will receive it.

“It will be a very special event when His Majesty the King himself comes to contribute to this event. I think I put it in a very symbolic context, because at the time the Lapp codicil came into being, there were autocratic rulers in the Nordic countries,” says Keskitalo.
**ANNOUNCEMENTS**

- Please remember to submit any newsletter submissions by March 15 for the April 2022 issue.

**MARCH BIRTHDAYS**

- Danelle Forrest 13
- Giovanni Gradica 18
- Kaelen Pedersen 18

**SUNSHINE COMMITTEE**

Our members have not reported being ill.

Call Ida (250-758-2306) or Sonja (250-756-2406) if you are sick or know someone needing a visit. We would like to offer cheer to you with a card or chat on the phone. When allowed, we could visit if you want company. If anyone is missed please let us know...

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**Icy Sonic Wonder**

*From SON newsletter files*

There’s nothing cooler than the sound of a saxophone wafting out blues in the night; especially when the saxophone is made of ice! Spanning February 4-6, this year’s Ismusikkfestivalen was enjoyed by crowds of warmly clad art and music enthusiasts at the Bergsjøstølen resort in the municipality of Ål, Norway, about three hours northwest of Oslo.

The Ice Music Festival is an annual tradition going 16 years strong. It was founded by Terje Isungset, a performer of jazz and traditional Norwegian music. The first festival was held in a hollowed-out ice cave near his home village of Geilo.

Not only are the instruments made of ice, but the venues are too. This year’s incarnation featured a main stage built on a frozen lake, flanked by three igloos hosting their own rounds of performances. These spaces were created by Professor Petter Bergerud and his art students from Bergen. The glacial glockenspiels, violins and horns are designed, carved and played by talented artists and musicians from around the world.

Learn more at their website, [https://www.icemusicfestivalnorway.no/](https://www.icemusicfestivalnorway.no/) or watch a short video: [https://www.youtube.com/watch?v=lWJ871NmjXI](https://www.youtube.com/watch?v=lWJ871NmjXI)

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**North Star Norwegian cookbook**

The North Star Norwegian cookbook project has been completed. Those who are interested in purchasing the books, please contact Linda Harvey at lgharvey@live.ca or by phone at 250-751-1435. Cost: Members...... $8.00 Non-Members......$10. Postage will be added if you need them mailed out to you. These books make excellent gifts throughout the year for birthdays, Easter gifts, thank you gifts, anniversaries or for no reason at all! The aim of this project was to preserve the Norwegian culture through traditional Norwegian cooking and to share it with family and friends.

Linda Harvey
SONS OF NORWAY 2022 SCHEDULE

March 3  In person meeting at Bowen Park Meeting Room.  7:00 p.m.  
Talk about the “The Feather Tree” you created at coffee!

March  Ski/snowshoe trip to Mt. Washington.  TBA

April 4  In person meeting at the meeting room.  7:00 p.m.  
Monday “Your Easter Memories”. Please share these with the group.

May 2  In person meeting at the meeting room.  7:00 p.m.  
Monday

May 17th  Norwegian Independence Day Celebration. To be announced.

June 6  In person meeting at the meeting room.  7:00 p.m.  
Monday “Fun youthful experiences” shared at coffee.

June 21  Summer Solstice Picnic on the beach.  TBA

July 1  Canada Day Celebrations. Picnic  TBA

August  Coffee and Cake on the patio  TBA

Sept. 5  Labor Day Holiday. Meeting date to be announced. 
Velkommen back dinner served.

Oct. 3  In person meeting at the meeting room.  7:00 p.m.  
Monday A Tribute to Leif Erikson.

Nov. 7  In person meeting at the meeting room.  7:00 p.m.  
Monday “Getting to Know Norway” presentation.

Dec. 5  In person meeting at the meeting room.  7:00 p.m.  
Monday Jul I Norge

Dec.  Christmas Dinner  TBA

All meetings are subject to the Covid restrictions given to us by BC Public Health. 
Most meetings are simple potluck coffee snacks.