

Sons of Norway

Eidsvold Lodge #7-53

Victoria, BC Canada

Runer



Eidsvoll Manor—Eidsvoll, Norway

February/March 2024

Volume 47 Issue 2



Executive Board 2024

President: Mary Ella Gamblin

Vice President: Daphne Shaw

Past President: Linda Murray

Secretary & Treasurer:
Linda Murray

Cultural Dir.: Marg Sorensen

Member at Large: Doug Gamblin

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Aegir Brewery
Flâm, Norway

Fra Presidenten:

January has come and quickly left us. We had good turn outs to our events, even though the weather wasn't willing to cooperate. Please check the Calendar for upcoming events.

Looking forward to seeing you at the up coming events at the lodge.

Mary-Ella

February and March 2024 Lodge Events Calendar:

Date	Event
Thurs & Fri, Feb 1 and 2	Audit Committee meet 1 to 5 pm
Tues, Feb 6	Leikarring 3:30 to 5:30
Sat, Feb 10	Lodge Walk – details to follow
Tues, Feb 13	9:00 to noon bottle drive 11:00 book club 11:30 Soup's On (free if you work the bottle drive!) 1:30 Board meet 3:30 to 5:30 leikarring
Thurs, Feb 15	DEADLINE to advise Board if interested in attending District Conference (May 31/June 1)
Thurs & Fri, Feb 15 and 16	Audit Committee meet 1 to 5 pm
Tues, Feb 20	Leikarring 3:30 to 5:30
Mon, Feb 26	DEADLINE for Board to advise District of Conference reps
Tues, Feb 27	10:30 Norsk Café 11:30 lunch 1:30 General Member Meet 3:30 to 5:30 leikarring
Wed, Feb 28	6:30 pm Torskeklubben Ladies Night Dinner

Date	Event
Tues, Mar 5	Leikarring 3:30 to 5:30
Tues, Mar 12	11:00 book club 11:30 Soup's On 1:30 Board meet 3:30 to 5:30 leikarring
Sat, Mar 9	Lodge walk (to be confirmed)
Sat, Mar 16	Lodge Sports Day (to be confirmed)
Tues, Mar 19	Leikarring 3:30 to 5:30
Sat, Mar 23	RECONVENED AGM and AWARDS 2:00 to 4:00 pm
Tues, Mar 26	10:30 Norsk Café 11:30 lunch 3:30 to 5:30 leikarring



Update from the Kitchen Troll

A reminder that the bottle drive will be held on the Feb. 13th morning of the "Soup's On". Split pea & ham will be served. Mary Ella wants to make hamburger soup as well for those that don't do peas. It will be soup with cheese biscuits as always.

The luncheon is on Feb. 27th, and I am roasting up pork loin with gravy, barley pilaf and vegetables. Dessert will be Pudding.

March is too far in the future to tell at this point, with "Soup's On" is March 12th and the luncheon is on the 26th. I'm sure it will be something great! If anyone would like to volunteer and plan the luncheon for March, I would be happy to lend a hand.

Torskeklubben is having their "Ladies Night" on February 28th with the traditional Cod Dinner.

See you all at the kitchen serving window!

Doug Gamblin

jmgamby@gmail.com

250-857-8767



Norwegian Butter Sauce (Sandefjordsmor)

It often comes up in conversations at luncheons and dinners that members want "butter sauce". Ultimately we throw a pound or two of butter in a pot and melt it and then ladle it on. (There's no such thing as too much butter according to Norwegians).

Here is a recipe for the real thing;

This amazing and simple butter sauce is wonderful on all types of fish, but also works beautifully on shrimp and lobster.

Prep Time: 10 mins **Cook Time:** 17 mins **Total Time:** 27 mins **Servings:** 4

Ingredients: 2 lemons juiced, ½ cup heavy cream, 5 tablespoons cold unsalted butter, cut into cubes, salt to taste, cayenne pepper to taste, 2 tablespoons chopped fresh Italian parsley

Directions:

1/ Place lemon juice in saucepan over medium heat; simmer until lemon juice reduces to less than a tablespoon and almost disappears, 4 or 5 minutes, being careful not to let it burn. Quickly add cream; whisk to combine. Continue to cook until cream reduces and is thick enough to coat the back of a spoon, 5 or 6 minutes. Reduce heat to low.

2/ Whisk in 2 or 3 pieces of cold butter, stirring until butter melts before adding more. Add 2 or 3 more butter cubes. (If cream mixture cools too quickly, the sauce may break.) Continue adding butter a few pieces at a time until all butter is emulsified into the cream, 8 to 10 minutes. Add salt, cayenne pepper, and 2 generous tablespoons chopped parsley. Whisk until well blended. Keep sauce warm until ready to use.

The most common suggestion, i.e. complaint, in the reviews was to reduce the amount of lemon juice as many thought the sauce too tart. So perhaps eliminate it or add to taste.



Gratulerer med dagen!

February

Norma H Berg	1
Derek McPetrie	3
Krisjan Gustavson	6
Harald Singso	14
Clayton Jevne	17
Bjorn A Hagen	18
Lisa Tandberg	18
Johan Vigen	18
Michael Fayle	22
Svein Haugen	22
George Schellenberg	23
Marie Tuckey	23
Darby McEvoy	26
Lloyd Skaalen	26
Herb Strandberg	27
Barry Todd	28

March

Gunnar Berg	1
Barbara Hicke	1
Sarah Kedves	2
Bernie Dahl	3
Shirley Ives	5
Linda Strudwick	8
Salli Vold	9
Klara Willmetts	10
Greta Engqvist	13
Elisabeth Jensen	13
Mila Andreassen	14
Idar Bergseth	14
Harlow Magdalenish	14
Rhondda Tolen	15
Van Williams	17
Alfred Galland	23
Turi Stephens	23
Ruth Meyer	26
Kathy Todd	26
Vance Hanson	29

Sons of Norway’s Cultural Skills Program: Norwegian Cuisine



Looking through my files, I came across a folder for a cultural medal I’d been planning to complete. I haven’t done so yet, but this might just be the season for it. It’s the Cultural Cooking Medal!

You’ll see the link at the end of my article.

Some of our members followed Susan Strang’s cook-along videos before Covid reared its head. And, over the years, there have been sessions offered at the lodge to learn how to make cultural dishes like lefse, open-faced-sandwiches, krumkake, pepperkake, and heart-shaped pancakes. And the turnout has been good, I think. But if you feel more like cooking at home, this might be an idea for you to connect with the culture and receive some recognition for it.

How this skills-program works is pretty simple: there are three levels that you can achieve with corresponding medals and skills bars after completing various activities. The numerical order of the units doesn’t seem to correspond to levels of difficulty. Unit 2 focuses on baking. If you have a love of baking, why not try this unit first? You can complete the dishes individually or with friends. Once you’ve completed a unit, you email or post your Recipe Review Form (found online) to Head Office.

There are 26 pages to this cultural challenge link with lots of information and elective activities. Why not give it a shot some rainy winter day?

https://www.sofn.com/wp-content/uploads/2018/11/CS1_Cooking_2012.pdf

- Submitted by Carolyn Ingbritson

Hello fellow walkers,

The February walk will be held on the 10th. The date for the March walk is tentatively the 9th. Please contact me for more information.

Van Williams at 778-265-7860 or vanwilliams@shaw.ca



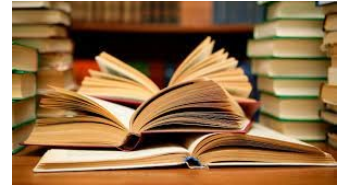


Viking Specialties

If you’re in need of an item,
Daphne can be reached at
250-477-1836.

News From the Library

The Eidsvold Book Club meets in our Library at 11:00 on the second Tuesdays of the month. That's just before "Soups On", so if you are coming for the tasty lunch, you are always welcome to join us for the "Bokprat"!



In February, it will be Viking history in novel form when we discuss Tamara Goranson's "Vinland Viking Saga".

In March, Kathleen Arnason will visit to tell us about writing "The Gimli Huldufolk Trilogy" - imaginative tales which link Irish Fairies to Icelandic Huldufolk and Gimli, Manitoba.

Contact me at ellenlhanson@hotmail.com

Ellen Hanson, Librarian

The deadlines for the Runer in 2024 will be on the 20th of preceding month for the following issues: January to June & September to December.

There are no July or August issues. (Subject to change if required)

Next Board Meetings

February 13th & March 9th both at 1:30pm

General Meetings

February 27th at 1:30pm

AGM (Financials) & Awards March 23rd at 2:00pm



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Gunhild's

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Float House Family

Favourites \$22

Myrtle 250-360-6109

www.myrtlesiebert.com



Applications for Membership:

Please feel free to recommend new members.

All applications, whether by mail, email, or hand, **must be submitted to the Lodge Membership Secretary** for presentation to the general membership to be properly voted on and forwarded to Head Office.

Dues Renewal

Renewal fees are payable to **Sons of Norway** by:

1. Putting your payment, and the bottom portion of the renewal form, in the return envelope provided and sending it directly (US postage).
2. Logging in to the International website and renewing online by credit card.

-Carolyn Ingbritson



Viking Graves in Dublin

Pagan Viking graves of the ninth and tenth centuries found at Kilmainham and Islandbridge represent the earliest contacts between the Vikings and Ireland. Most of the artefacts from the graves were recovered in the course of gravel digging and in the building of the railway line in the 1840s, 50s and 60s. At least two cemeteries were located in the area and perhaps a third lay north of the Liffey in what is now the Phoenix Park. The presence of weapons, tools and brooches among the finds indicate that both men and women were buried there. The finds recovered represent at least fifty burials, and Kilmainham alone remains the largest known Viking cemetery outside Scandinavia.

Ship Building

Evidence of ship-building has also been uncovered and clearly showed that in Dublin ships were built according to Scandinavian methods. There are the remains of ships themselves, sketches of ships on planks, model- or toy ships in wood and lead fishing weights in the shape of ships. Stems, keels and nailed ship's planks, are the main parts of ships to have survived from the Viking Age levels at Dublin. So profound was the influence of Scandinavian ship-building in Ireland that many of the words in Irish for ships and their parts appear to be loan words borrowed from Old Norse.

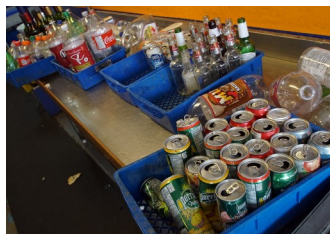
Although Dublin began as a slaving emporium through which slaves who had been mainly collected at monasteries were shipped out to the wider Scandinavian world, it developed into the most important trading town in the western Viking world. Indeed the Irish Sea area could be regarded as a Dublin lake by the early eleventh century when Dublin's commercial contacts were at their height. It was in this context that the Skuldelev 2 ship operated.

By: Maeve Sikora, National Museum of Ireland

EIDSVOLD LODGE BOTTLE DRIVE

The lodge had to postpone the bottle drive in January due to the inclement weather. We will now be holding a bottle drive on **Tuesday, February 13th between 9:00 am and 12:00 pm in the hall parking lot prior to the "Soup's On" lunch. To encourage people, Doug has offered a free lunch to those who volunteer to assist.** All refundable empties are accepted.

Thank you for your support.



DONATING YOUR RECYCLABLE BOTTLES, CANS, ETC

We now have an account with the **Bottle Depot** here in Victoria. Anyone can make a donation to help out at the lodge simply by returning your recyclable cans and bottles there, and requesting that they be credited to the Sons of Norway Victoria account. Below are the details;

The charitable account for **Sons of Norway Victoria** includes the **4261 Glanford Ave, 655 Queens Ave, & 3961 Quadra St** Bottle Depots.

We also have an account with the **Sidney Return It Depot on Galaran Road** for those of you in the North and Central Saanich areas who wish to donate your empties to the lodge. The account name is **Sons of Norway**.

Norwegian photographer, Thomas Mørch, has spotted one of his most interesting subjects to date—a moose with a piebald coat.

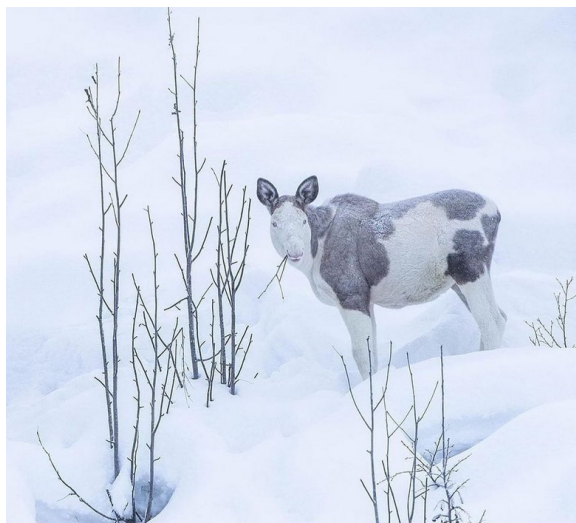
These patches are due to “piebaldism”, a genetic mutation affecting pigmentation, which is a fairly common occurrence in domesticated animals, such as horses, dogs, and cattle. It refers to the melanin-forming cells in areas of the skin and hair. It can also occur in humans.

Thomas spotted the moose in the wilderness of Buskerud County after a sighting tip from a friend. “I have a friend who runs horses up there and the moose had been in his summer pasture for several days. I traveled there immediately, because suddenly he could be gone,” Mørch told NRK, a Norwegian news media station.

<https://www.nrk.no/osloogviken/flekkete-elg-vekker-oppsett-er-rammet-av-piebaldisme-1.16675513>

“I have never seen anything like it, and I have seen many animals throughout my photography career,” he said.

Thomas, who is passionate about local Norwegian wildlife, has shared many incredible photographs on his [Instagram page](#). Follow him to enjoy some of his recent work, featuring eagles, lynx, and osprey.



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