

November 2025
Volume 36 Issue 6

Hardanger Nyheter

SONS OF NORWAY
HARDANGER LODGE, 7 #109
KELOWNA, BC



Stålekleivloftet - one of the oldest wooden buildings in the world

Read about; **Greenhouse Home,** **Slidreøyen Prison Butikk**
Jotunheimen Discovery: First of its Kind!

Princess Ingrid Alexandra arrives in Sydney,
and more.

Stålekleivloftet Is the storehouse of the legendary woman Åse Stålekleiv the oldest profane wooden building in the world? The traditional storehouse situated here at Vindlaus, is a part of the Museum of Vest-Telemark in Eidsborg. It is, however, not like any other traditional storehouse. It has a unique story behind it which goes far back in time. For centuries it has been resisting weather and wind here in Eidsborg. But for how long? If we take a close look at the notching, we will find the use of a technique which is called «finnlandslaft» (Finlandnotching). This type of notching has not been in use in Norway since before the Black Death, which came in year 1349.

The storehouse gets even older when we investigate the runic at the second level which says: «These runes were carved by Vestein. Victory to both the one who carved and the one who rules». This is dated to around year 1300. Still, this is not all. When the storehouse was dated by the Norwegian Center of Cultural Heritage Research (NIKU), it was revealed that the timber had been cut just shortly after year 1167. This makes this storehouse one of the oldest profane wooden building in Norway – maybe in the World!

The age, however, is not the only thing that makes this storehouse unique. According to folklore the building was the first storehouse raised in Eidsborg, and it was not erected for just anyone. Around year 1200, an especially rich woman by the name Åse Stålekleiv, owned most of the local community. Because she needed a place to store all her linen, her sons built her a large storehouse for this purpose.

This was not an everyday occurrence. The area around the storehouse was eventually turned into a separate farm which got the name Lofthus. From there the storehouse was moved in 1840 to the farm Vindlaus which is part of West-Telemark Museum Eidsborg.

HARDANGER LODGE #7-109, KELOWNA BC. EDITOR EMAIL ADDRESS, 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

Northern Lights Museum Display The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you've had the chance to see them in person. Fortunately, those of us who haven't been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn't been an easy one. Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren't sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February. In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi peo-

ple and completed his sketches. He became known to some as the "star man." Tromholt is considered a pioneer in this subject and is praised for his research contributions.



President's Report

Thank you to Erna Johnson for hosting our potluck dinner at her complex and thanks to everyone for the wonderful food, as usual. It is always great to share in someone else's cooking!

November 19th Lodge meeting will include election of officers for Hardanger Lodge. Please get in touch with me at gloriabenzic@gmail.com or 250-613-9234 with your nomination of a fellow member or to volunteer yourself for a position. All board positions are open for nominations --- and it would be wonderful if we had more than one candidate for each position. We do accept nominations from the floor as well.

Also, for our November 19th meeting, please watch for an announcement regarding meeting place as we might have a change from the Canadian-German Club. For this meeting, please bring six quarters with you - it will be game night!!!

Vesterheim Norwegian Museum is hosting podcasts in conjunction with the Crossings 200 project (200 Anniversary of the first organized immigration of Norwegians from Stavanger to North America) and can be found on YouTube. There is a lot of Norwegian history included in these podcasts that can be found at <https://www.youtube.com/watch?v=H2OojvLKBzA>. Check it out and if you like listening to these stories, subscribe to the podcast.

At the District 7 Board meeting two weeks ago, we heard some of the plans for the District's upcoming Biennial Convention at the end of May 2026 in Port Alberni. It is always a great time to meet different lodge members as well as old friends. I expect our lodge will be looking for two to three delegates to attend - maybe that is something you would like to consider?

I look forward to seeing you all in November. Enjoy those fabulous fall colours that currently surround us!



Gloria Benazic, President

Greenhouse Home

Norwegian architect Margit-Kristine Solibakke Klev has a one-of-a-kind home. Relocating from Drammen, where she co-founded her own business, Margit-Kristine moved with her husband and two kids back to where she grew up. Aside from still having family in the area, she owned property there and had been considering what to do with it for quite a while. Driven by a passion for sustainability, she decided to build on the land and create a unique home.

She began by building an extra-large greenhouse from a kit manufactured in Denmark. The result was a 38-foot-tall glass building which sits on top of a concrete pad and has a ventilation system integrated into it. From there, she was able to test that it could withstand harsh Norwegian winters, including snow that would pile up on the roof. With that established, she began the design and build for the house that would fit inside. Wanting the ability to have windows that opened up to outside of the greenhouse walls for fresh air, she placed the key spaces, such as bedrooms to the north or east in the structure, which also allows the spaces to stay cool in the summer. The hub of the home—the kitchen—is situated to open up directly into the greenhouse. They also have a rooftop deck that provides additional space for hosting and allows them to stargaze through the glass roof at night.

The home is set up to be self-sustaining for the family. They can grow nearly all of their food year-round in the greenhouse garden section of the building. This includes vegetables, herbs, and fruit trees that can be maintained in a climate-controlled space. They also own and maintain a flock of sheep on the land and partner with family members who have horses, so they can use the manure for their gardens.

While the sustainability of the home and farm property were of primary concern to the Solibakke Klev family, they are also committed to passing a sustainable lifestyle onto their kids. Their home is evidence that innovative living can be in harmony with the nature surrounding it.

Sources:

[Woman Turns Home into Year-Round Greenhouse](#)

[Outside in: the extraordinary home inside a giant greenhouse in Norway | Interiors | The Guardian](#)



Kelowna Film Society has arranged for the showing of Sentimental Value, the Grand Prix winner at this year's Cannes festival. Tickets go on sale December 4th with the showing on Wednesday Dec.10th. at 4pm and 7 pm

Stellan Skarsgård, Elle Fanning and Renate Reinsve lead an incomparable cast in Joachim Trier's moving drama about a director's to receive his career and repair his family's broken bonds.

Synopsis: Sisters Nora and Agnes reunite with their estranged father, the charismatic Gustav, a once-renowned director who offers stage actress Nora a role in what he hopes will be his comeback film. When Nora turns it down, she soon discovers he has given her part to an eager young Hollywood star. Suddenly, the two sisters must navigate their complicated relationship with their father — and deal with an American star dropped right into the middle of their complex family dynamics.

Slidreøyen Prison Butikk

In the middle of Valdres, Norway, there is an island called “Slidreøya” that functions as a low-security prison. The prison can house up to 25 inmates and one of its main focuses is rehabilitation. The prison works towards this goal by giving the residents certain responsibilities, opportunities, and activities to cultivate a daily sense of motivation. One such example is the prison shop (butikk) where they sell wooden goods and vegetables produced by the inmates.

Two inmates who are responsible for the prison shop are Geir Langseth and Arne Sørberg. They appreciate the opportunity to serve their sentence in this way and gain new skills while doing so. Geir even says he “looks forward to going to work every day.” Previously, the prison shop had a self-service booth in town that customers could shop at. However, the prison is now inviting customers to the island to purchase goods at the butikk. The shop has become popular, offering mutual benefits to customers who purchase its products and to inmates who gain a sense of pride from their contributions.



Talking About Injuries in Norwegian



I have a sunburn.

Jeg er solbrent.



I cut myself while cooking.

Jeg skar meg mens jeg lagde mat.



My knee is swollen.

Kneet mitt er hovent.



I think I sprained my ankle.

Jeg tror jeg forstuet ankelen min.



I was stung by a bee.

Jeg ble stukket av en bie.

NorwegianClass101.com

World Champion Porridge

By [Jana Velo](#) | October 20th, 2025

In early October, Sven Seljom was crowned the World Champion of Porridge Making in Scotland. The 57-year-old tech consultant from Mandal was the first Norwegian to bring home the gold.



A **runestone** is typically a raised stone with a [runic](#) inscription, but the term can also be applied to inscriptions on boulders and on [bedrock](#). The tradition of erecting runestones as a [memorial](#) to dead men began in the 4th century and lasted into the 12th century, but the majority of the extant runestones date from the late [Viking Age](#). While most of these are located in [Scandinavia](#), particularly [Sweden](#), there are also scattered runestones in locations that were visited by [Norsemen](#). Runestones were usually brightly coloured when erected, though this is no longer evident as the colour has worn off.

The tradition of raising stones that had runic inscriptions first appeared in the 4th and 5th century, in Norway and Sweden, and these early runestones were usually placed next to graves, though their precise function as commemorative monuments has been questioned.^[4] The earliest Danish runestones appeared in the 8th and 9th centuries, and there are about 50 runestones from the [Migration Period](#) in Scandinavia. Most runestones were erected during the period 950–1100 [CE](#), and then they were mostly raised in [Sweden](#), and to a lesser degree in [Denmark](#) and [Norway](#).

:For men of consequence a mound should be raised to their memory, and for all other warriors who had been distinguished for manhood a standing stone, a custom that remained long after [Odin's](#) time.

Jotunheimen Discovery: First of its Kind!

In Jotunheimen National Park, a team of archaeologists uncovered an artifact dating around 1,000 years old. What's even more impressive is that the artifact is thought to be the only one left of its kind in the world.

This discovery was a [Viking Age packhorse net](#).

Although the discovery came together recently, pieces of the net were unearthed back in 2011. Archaeologists with the [Secrets of the Ice](#) program spotted traces of leather net and wood pieces in a high ice patch. They determined that their findings came together to make up a net to transport goods on horseback across Norway's terrain, a thousand years prior.

Now, more than a decade after the find, that same team of archaeologists returned to the site in hopes of adding to their initial discovery: they were not let down! The team would have liked to have proceeded with their search much earlier than this year, however heavy amounts of snowfall in the area prohibited items such as these to be easily uncovered. After all these years, their waiting came to an end with a season of lighter snow.

With the melting of the glacier, they were able to see new pieces of leather net stuck between the rocks. This find was particularly exciting for them as artifacts made

up of organic material such as leather and wood tend to break down much quicker in nature and thus aren't often recoverable. Thanks to the makeup of the glacier, the leather net was hidden from open air and preserved for centuries.

This discovery adds to other uncovered items from the Viking Age such as spears, bows, arrows, Viking mittens, and tunics. The nets were likely very common at the

time as pack-horses were frequently used to carry belongings over difficult terrain. It is remarkable to now have this concrete evidence and to glean more information from it about the time, the people, and how they lived. The archaeologists have no doubt there are

more secrets under the ice and they hope to repeat memorable finds such as this.



Princess Ingrid Alexandra arrives in Sydney

At the beginning of August, Princess Ingrid Alexandra will begin a three-year bachelor's degree in social sciences at the University of Sydney, with a specialization in international politics and political economy, and the princess is now on campus.

"I am looking forward to starting my studies at the University of Sydney. It will be exciting to become a student, and I am looking forward to gaining new perspectives on both European and international politics. I am sure that I will learn a lot," the princess says in a press release from the Royal House.

To mark the start of her studies, new photos of the princess have been published, taken both on the university campus and in front of the iconic Sydney Opera House – marking the start of a new and important chapter in her life.

The university has also expressed its pleasure at welcoming the royal.

"We look forward to welcoming Her Royal Highness Princess Ingrid Alexandra of Norway as a member of the St Andrew's College community," writes Mycarla Wilson, advisor for marketing and communications at the university, in a statement to VG.

She also makes a friendly request:

"We ask that her privacy be respected while she completes her studies at the University of Sydney. The University of Sydney is one of Australia's oldest and most prestigious universities, and also has a strong position in international rankings. The Princess will live in student accommodation on campus and live as a full-time student throughout her stay."

Following in her parents' footsteps

Princess Ingrid Alexandra is not the first in her family to travel abroad to study. Both Crown Prince Haakon and Crown Princess Mette-Marit have previously studied abroad.



The Crown Princess was an exchange student in Australia in her youth and therefore knows the country well. The Crown Prince earned a bachelor's degree in political science at the University of California, Berkeley from 1996 to 1999, and later completed a master's degree in development studies at the London School of Economics.

In 2002, the Crown Prince and Princess lived together in London while he studied.

Now it is the Princess's turn to gain knowledge and experience abroad—this time on the other side of the globe.

DA YOKES ON U

Lars and Tena invited a well-to-do Uncle for dinner. Little Arnie looked him over and finally approached the old Uncle with a request.

"Uncle Knute . . . vill you make a noise like a frog for me?" said Arnie. "Vy in da vorld do you vant me to make a noise like a frog?" exclaimed the Uncle.

"Because," said Arnie, "Papa says ve are going to get a lot of money ven you croak!"

One Sunday morning, the Lutheran pastor noticed Ole standing in the foyer of the church staring up at a large plaque. It was covered with names and small American flags mounted on either side of it. The old Norwegian had been staring at the plaque for some time, so the pastor walked up, stood beside Ole, and said quietly, 'Good morning Ole.'

'Good morning Pastor,' he replied, still focused on the plaque. 'Pastor, vat is dis?' The pastor said, 'Well, it's a memorial to all the men and women who died in the service. Soberly, they just stood together, staring at the large plaque.'

Finally, Ole's voice, barely audible and trembling with fear asked, 'Vich service, da 8:30 or da 10:45?'

This and That

Lodge member, Lloyd Coltman will be laying a wreath on November 11th. at the Rutland cenotaph on behalf of our lodge. Thank you, Lloyd

To the Editor

Dear Wilf and Beverly, Thanks again for keeping me in the loop. I remember Potato days well. We got a day off school. Woohoo! Kari
(Kari Meidal was a former member and president of our lodge who now lives in North Vancouver.)

Our Lodge had a great Baseball Star, Henry Tostenson (1925-2023)



Henry loved sports and he was good at them! At KSS, Henry played basketball and lacrosse, and although he was offered a minor league contract to play baseball in the Boston Red Sox organization, he chose to attend university and play basketball for the UBC Thunderbirds.

Back in Kelowna, Henry started off his working life as a gas jockey, but he worked hard and became a fuel distributor for Royalite, Philips 66, and eventually, Petro-Canada, operating his business as HR Tostenson Ltd. from 1950 until he passed.

Henry gave back to his community by coaching and managing baseball players for many, many years, in both senior and youth leagues. He was known for bringing the Babe Ruth Baseball Program to Kelowna and was responsible for bringing the original lights to Elks Stadium. In recognition, Henry was honored civically and provincially with induction into the Sports Hall Of Fame.