

# FLYGEBLAD

## FRA PRESIDENTEN

God påske alle,

In Norway Easter is observed over several days. Beside the religious traditions of the period, many Norwegians take the entire week off leading up to the Easter weekend. Yellow is the colour of the period and dominates decorations from the dinner table to store displays. Some see it as the last chance to ski and with that comes the chocolate bar Kvikk Lunsj, the equivalent of our KitKat bar. Norwegians eat more of this treat at this time of year than any other.



One custom at Easter that we may find unusual is that of binge watching crime or detective movies, or reading similarly themed books. If you are interested in reading in general, check out the book reviews later in this newsletter for some titles that may be of interest to you.

Easter falls in spring, a time of renewal, rebirth and new life. It is a time in our hemisphere when daylight hours become noticeably longer, we see the return of summer birds and people are generally feeling renewed. This year, as we begin to emerge from this two-year long COVID winter, I call on our members to do what we can to breathe new life into our lodge and fellow lodge members, and help bring a sense of renewal to our members.

If you have ideas on what you might like to see happen, please let us know. Perhaps it's a walking group or a coffee gathering in a park, or an afternoon wiener roast and some outdoor games. Let us know what you want and what your ideas are on how we can help to make it happen.

At our last monthly meeting we had a potluck toonie brunch with proceeds going to the Canadian Foundation. Thanks to all who brought something to share and who gave for the cause. I am told that we raised \$60 for the Foundation. Also congratulations to Sonja Minchau who, by completing her cooking badge, earned a bronze level Master Skills pin. That bronze pin is awarded to a member who completes three levels in each of three different skills in the Cultural Skills Program.

Stay well and let us know your thoughts.

Hilsen,

Ron Reine



Hipp, Hipp, Hurra for Syttende Mai! Show your Norwegian pride. Consider inviting a friend or family member to join the fun of Norwegian National Constitution Day.

Phone 403-283-1299 by May 7 to buy supper tickets or let us know about children coming for the pre-dinner activities.

**Syttende Mai - May 17th**

**At the Scandinavian Centre, 739 20 Ave NW**

**Doors open for free activities - 4:30 pm**

**Parade – 5:00 pm**

**SUPPER – 6:30 PM – TICKET REQUIRED**

**PROGRAM – 7:30 PM**

**Valhalla lodge members: \$20      Guests: \$25**

**Youth, 15 and under: \$10**

## BOOKS BOOKS BOOKS



*The Winter Helen Dropped By*, by W. P. Kinsella: setting, 60 miles west of Edmonton, Depression years, no vehicle, no phone, poor land. Three years of the narrator's life, up to age 11. Interesting use of repetition: Curly McClintock's dump truck is always described as smelling "strongly of grease and oil, cigarette smoke, carbon monoxide, sour milk, and Curly McClintock." Lots of references to Norwegians in the area, like one Knut's name being pronounced noot, another pronounced knoot. A fun read.

If you like crime fiction, I recommend Canadian author Louise Penny's Inspector Gamache series, available at the public library.

Alison Wiigs

### *Bold Spirit – Helga Estby's Forgotten Walk Across Victorian America*

By Linda Lawrence Hunt

This is a book written pieced together from newspaper articles, other resources and conversations with the protagonist's granddaughter about a mother's choice to try to help her family out of tough financial times.

Helga Estby, a 36 year old Norwegian immigrant, and her husband were behind in their mortgage payments and taxes. Her husband suffered several accidents and was not able to contribute as was needed. She had lost one of her nine children. Times were desperate in 1896 and she did not want to see her family destitute.

An anonymous donor offered \$10,000 to the first woman to walk across North America to New York in seven months. The donor wished to prove the physical endurance of women when it was considered to be dependent and weak. The donor also wished to have the woman wear a bicycle skirt, leave with only \$5 and earn money along the way to help support the trip.

Helga and her daughter, Clara, (aged 18) left Idaho with a revolver, red pepper spray gun, a compass and map, a few medical supplies, a lantern, photographs of themselves to sell, pen and paper, sketching materials and a curling iron. Also included was a letter of introduction from the mayor of Spokane. Their bundles weighed less than eight pounds.

The author follows Helga and Clara over their travels and documents many of the experiences through newspaper articles written at the time. All this is interesting but what I found profoundly sad was:

Though Helga met the requirements, the \$10,000 was not awarded.

Upon their return, the embarrassed family treated Helga rather badly.

The author speaks of silencing history and that struck me as I have been sorting through my parents' photos and memorabilia. Many of the photos are of deceased family, deceased friends, letters and newspaper articles that hold little meaning to me and I suspect even less meaning for future generations. By disposing of these items, am I silencing family history?

Barb Olsen

## Haymaker In Heaven

a novel \* EDVARD HOEM

translated from the Norwegian by TARA CHACE



Some years ago a friend gave me “Slåttekar i Himmelen” (Haymaker in Heaven) “to read on the plane” when I left Norway. I thought that I probably wouldn’t read it, since it was written in Nynorsk. But I started, and then I couldn’t put it down! So the next year I bought the sequel, called “Bror din på prærien”, (Your brother on the prairie) and the following year I bought the 3rd book called “Land ingen har sett” (Land no-one has seen) this one about the relatives who moved to south Alberta, just around here. And then the 4th and final book in the series came out in 2017 and of course I got that one too. It is called “Liv andre har levd”. (Life others have lived) All in Nynorsk and all gripping and very readable. I know that Edvard Hoem was in Calgary to research his family before book 3 came out. He is one of Norway’s best known living authors.

Kari Smedstad

“Haymaker in heaven” is available through Amazon.ca

## FILMS

### Norwegian Film Nominated for Oscar: “Verdens Verste Menneske”

In October 2021, the Norwegian film “Verdens Verste Menneske” was released in France and Norway. The film, which translates to “The Worst Person in the World,” has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the “Best Foreign Language Film” category by The Academy of Motion Pictures and Sciences in Hollywood. This is not the film’s first praise, however. The film has already won “Best Foreign Film” at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film’s premiere as she won “Best Actress” at the Cannes Film Festival. The film depicts her character finding her way through life and love.



“A Heart Like Water”, about pioneer life in North Dakota, has had a very successful theater run across North Dakota and the surrounding region, selling out multiple venues.

The streaming release of the film will include not only the film itself, but also a Talkback with filmmaker Daniel Bielinski and a trailer for his next film, *Sanctified*.

Streaming can be accessed through the website: [www.aheartlikewater.com](http://www.aheartlikewater.com) or directly here: <https://vimeo.com/ondemand/aheartlikewater>.

**FOR THE GAMERS** Assassins Creed: Valhalla

**DEFINITIONS** used in reporting Lodge activities  
Excerpts from the [fraternalsgive.org](http://fraternalsgive.org) User Guide

A **Member Activity** is an activity that is attended primarily by members, conducted by members, or that is conducted primarily for the benefit of members (not for non members). *Examples: a member social event, a board meeting, volunteer time at home working on a chapter project, typing minutes etc.*

**Service Project/Community Outreach** is an activity that is conducted primarily for the benefit of the community or for a group outside the membership and is not focused on members. Examples: visit to senior center; garden clean up; Habitat build; food drive for shelter; Bingo Night for town, etc.

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#### **Who counts as a volunteer?**

Anyone who works to plan and execute an activity and does not get paid is a volunteer. Someone who simply attends a member event for mostly social reasons is not a volunteer, but you can count them above in the Member Attendee field. Spending just a few minutes voting on an issue at a social event is not enough to consider all the attendees true volunteers. If there is a more even mix of business and social, do your best to measure the number of true volunteers.

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#### **What counts as volunteer hours?**

Add up the time spent by all the volunteers counted in the Number of Volunteers field. Do not count the time spent by members simply attending an event that is primarily social. If there is a more even mix of business and social at an event, do your best to measure the number of true volunteer hours.

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#### **Should travel time be included in volunteer hours (the time it take to travel to and from activities)?**

Yes.

#### **IS YOUR MEMBERSHIP INFO UP-TO-DATE?**

Keep your preferred email and postal mail addresses current. That way you will continue to receive member news, the popular *Viking* and *Viking for Kids* publications and more. Members can easily update an address or add a temporary seasonal address in their member profile when they log in at [sofn.com](http://sofn.com). Have questions about making an address update? Please contact customer service at [cbs@sofn.com](mailto:cbs@sofn.com).



**RECIPE** (S/N newsletter service)

**Surstek Av Lam – Norwegian Marinated Leg of Lamb**

Popular dishes served in Norway to celebrate Easter include a main course of lamb. Serves 10.

**Ingredients:**

6 - 6 1/2 lbs. leg of lamb  
2 quarts fat-free buttermilk  
2 tsp. salt  
2 Tbsp. flour  
1 cup water  
1/2 cup sour cream  
salt and pepper



**Directions:**

Place in a non-aluminum pan or in a large, heavy-duty plastic bag. Pour the buttermilk over the lamb and

refrigerate for 3 to 4 days. Turn the lamb often if the milk does not cover it completely. Remove the lamb from the milk and discard the milk.

Preheat oven to 325°F. Trim the leg of lamb.

Dry the meat and rub it with the salt. Place it on a rack in a roasting pan. Pour the water into the bottom of the pan.

Insert a meat thermometer into the thickest part of the roast, being careful not to let the thermometer touch the bone. Roast for approximately 1 hour and 15 minutes, or until the meat reaches 160°F.

Deglaze the roasting pan by adding a little water to it and stirring up the drippings from the bottom of the pan. Strain the drippings and blend in the flour. Cook, stirring, until the gravy is thickened. Add the sour cream, salt, and pepper.

Slice the roast and serve with the gravy.

Recipe from Scandinavian Feasts by Beatrice Ojakangas.

**BONUS:** If you're looking for a sweet Easter treat to end your meal, check out the December 2017 issue of Viking magazine at [sofn.com](http://sofn.com). You'll find recipes using orange and chocolate—favorites popular in Norway during Easter. Festive Orange Spice Cake and Orange Cardamom Butter Cookies are just two of the tasty, featured recipes you'll enjoy! And you'll find a Lingonberry Cake recipe on the next page.

**RIBBE SOURCE IN CALGARY**

By pre-order, from Alpine Sausage





## Lingonberry Cake

This festive cake will put some zip in your Syttende Mai celebration. Tangy-sweet lingonberry jam brings together fluffy cake and crunchy streusel, pairing well with coffee, tea or brunch.

### Ingredients:

#### For the Cake

Scant 2 cups flour  
 2/3 cup sugar  
 1 Tbsp. baking powder  
 Scant 2/3 cup unsalted butter  
 1 egg  
 3/4 cup lingonberry preserves

#### For the Streusel Topping

2/3 cup oatmeal  
 3 Tbsp. butter  
 1/2 cup sugar  
 1 tsp. vanilla sugar (or 1/2 tsp. vanilla extract)

### Instructions:

Preheat the oven to 400°F.

Combine flour, sugar, and baking powder then cut in the butter with pastry blender.

Add the egg and mix well. Spread into a greased 8" x 12" pan. Spread the preserves over the batter. Mix streusel topping together using a pastry cutter or two knives and sprinkle over lingonberry preserves.

Bake 25-30 minutes, until golden. Cool in the pan.

## BIRTHDAYS

| April            | May               |
|------------------|-------------------|
| Kåre Asak        | Rut Bjorkum-Mason |
| Teri L Cox       | Deanna Fjestad    |
| Madeleine Embury | Knut Haga         |
| Erik Hamarsnes   | Kirsten Knudtson  |
| Dean Harrison    | Otto Paulgaard    |
| Kari Smedstad    | Kori Simonson     |
| Jaron Rosso      |                   |



Leif Terning joined Valhalla lodge 50 years ago. He was then instrumental in founding and naming Fjellsyn lodge in Olds, and generously shared his Norwegian culture and talents through Sons of Norway, Trollhaugen Camp, and Torskeklubben. He passed away on March 26 at age 92. A recording of his funeral service may be found on the [heartlandfuneralservices.com](http://heartlandfuneralservices.com) website. Condolences to Olga and the family.

Condolences to Kathryn Jamieson, whose sister Dorcas Ekstrand passed away on March 25 after a short but courageous battle with cancer. A memorial will be held at Hope Lutheran Church on May 28 at 1:30 p.m.