

# FLYGEBLAD

## **FRA PRESIDENTEN**

God jul til en og alle,

At the winter (or hibernal) solstice, the hours of daylight will once again begin to increase as we move forward into the new calendar year. At this time of the year we all hope to spend time with our families and friends, and to look forward to the birth of the coming year and new light on the world. Perhaps this is true now more than ever, given the past three years.

From our family to yours, we wish you a safe and joyful holiday season.

God jul og godt nytt år,

Ron



## **WINTER MEANS SKIING**

Ski for Light in Kananaskis starts with lodge members picking up skiers from the airport on Monday Feb. 6<sup>th</sup> and providing lunch for them at the Scan Centre. Mark your calendars, be ready to help out!

## **From a recent SFL newsletter – Meet Sandy Lecour**



I first attended Ski For Light in the early 80's in BC. It was always lots of fun. I sometimes brought my own guide but often relied on the capable guides assigned to me for the event. It was at Ski For Light that I met Annar Jacobsen. He invited me to a week long festival of skiing in Banff. I had no guide. Annar approached the local ski club, the Banff Ski Runners for some guides. This is how I met my guide and future husband John. Our kids have grown up and guided different folks at Ski For Light as well. John and I then went on to a very successful career in the Para Olympics.

The skier guide relationship is a special one. At Ski For Light, guide training is made available the first morning of the event. This takes about an hour and a half. Guides will learn to work with their assigned skier to establish their role and how to communicate with the skier. You will be given technical tips on how to move safely through the trails. Good communication between the guide and skier is the key to an enjoyable and safe ski experience.

## **Biathlon event in Canmore**

To all the Members of the Sons of Norway,

The IBU Cup Biathlon (International Biathlon Union [www.biathlonworld.com](http://www.biathlonworld.com)) tour is returning to Canmore, Alberta for the final events of the season from February 22 – March 4 2023.

There are several training days as well as racing on Feb. 23, 25, & 26 and March 1, 2 & 4. All races will be streamed live as well. Details on race timing can be found here:

<https://www.biathlonresults.com/>

Simply select IBU Cup/OECH and scroll down to find the Canmore events.

There is plenty of room for spectators so bring your flags and bells to cheer on the biathletes.

Biathlon is the most popular winter sport on television in Europe as there is lots of action.

If anyone would like to volunteer during the event, the link is here:

<http://canmorebiathlon.ca/volunteers/>

We will provide training for anyone new to biathlon. One area where Calgary social club members have helped in the past is greeting teams at the airport (usually their first stop in Canada). It is special to be greeted by a fellow countryman who speaks their language (although most speak English) after a long journey.

For those who like to plan far in advance, in March 2024 the final World Cup of the season will be held in Canmore from March 11 - 17th. Once again, the Crystal Globes will be awarded here. There is plenty to do in Canmore, so come out and make a day or weekend of it and surprise the Norwegian biathletes with the number of “hometown” flags along the trails!

Send any questions to this address, [info@canmorebiathlon.ca](mailto:info@canmorebiathlon.ca)

Karin Kaarsoo  
Competition Secretary  
[www.canmorebiathlon.ca](http://www.canmorebiathlon.ca)

## **MEMBER NEWS**

Clarissa Peterson and AJ Kandy have moved to a neighborhood called Andersonville in Chicago, which is actually the old Swedish neighborhood, and the Swedish History Museum and a Swedish-style diner are just nearby.

## **YOUTH CHOIR ACCOMPANIST NEEDED**

Accompanist needed for Scan Centre youth choir, beginning January. Please contact the choir director, Grace Yuen, for details. [gymyuen@gmail.com](mailto:gymyuen@gmail.com)

## **OOPS**

The word matching part of the October word search puzzle included ‘vandpust’ (watertight) twice, and the word ‘stovel’ (boot) was missing. Beklager – sorry!

## **EN JULEGAVE**

from Riley Yoo, O jul med din glede, which she performed at the Scan Centre choir concert on Dec. 2<sup>nd</sup>. <https://youtu.be/wrb8XyYWvxY>



tignok kun da det først ankom. En bruker på Twitter stilte spørsmål om treet var sendt som håndbagasje i et Ryanair-fly.

Men da det torsdag kveld ble tent rundt kl. 19.15, sto jubelen helt opp i julestjernen. Også på sosiale medier ble treet godt mot-tatt. «Det beste treet på mange år», konkluderte én.

**Flere nyvinninger av året.** Etter noen år med harselering er det tatt grep både på britisk og norsk side. Britene har investert i ny be-lysning av granen, mens Norge har tatt ekstra godt vare på det.

- Vi har kuttet ned tiden på frakten. Så har vi forsøkt å spyle det. Norske grantrær tåler ikke saltvann. Får det saltvann på seg, så detter barnålene av. Derfor spylte vi det før vi satte det på båten, forteller Borgen.

2022-utgaven ble altså Borgens siste. Men noe favoritt-tre ønsker hun ikke å velge ut.

- Nei, jeg har synes i veldig mange år at det har vært veldig vakkert. Så skjønner jeg noe av den kritikken i fjor. Samtidig har jeg prøvd å tydeliggjøre den sym-bolikken som er knyttet til dette treet. På hver sin måte har de vært vakre, alle sammen, sier Borgen.



**I år er det veldig fint. Folk som er opptatt av utseendet, sier at det er fantastisk flott.**

*Oslo-ordfører Marianne Borgen*

Norway's gift to England, this Christmas tree in Trafalgar Square, is decorated in true Norwegian style, with lights draped from the top. More at <https://www.bbc.com/news/uk-england-london-63780186>



### LEFSE DAY

Marie was part of the six-person crew that made lefse at the Scan Centre on November 5<sup>th</sup> for the Nov. 12<sup>th</sup> bazaar. Apparently not 'lefse-ed out' here she is making some more at her daughter's place.

### WE NOW HAVE LUTEFISK!

An idea from the December meeting is making the lutefisk event an 'active member' benefit. Earn a free or lower-priced ticket by participating in the January and February meetings and the February 6<sup>th</sup> Ski for Light support. Then the proposed dinner and movie would be March 4<sup>th</sup> in the Valhalla room, capacity 40 guests.

Extra lutefisk, available at cost, \$30 per 1.75 lb package. Contact [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca).

### Lutefisksesongen starter: Her er lutefiskens historie

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsatt, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøye, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet





tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.

### **Lutefisk Season Begins: The History of Lutefisk**

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating tørrfisk (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.

#### **IT'S CHRISTMAS TIME – GOD JUL!**



There are also many recipes at the [sofn.com](http://sofn.com) site.

Looking for Christmas ideas, stories, and recipes? The Edmonton lodge's December newsletters from the last couple of years, available on the [sofncalgary.ca](http://sofncalgary.ca) website, are a helpful resource.

