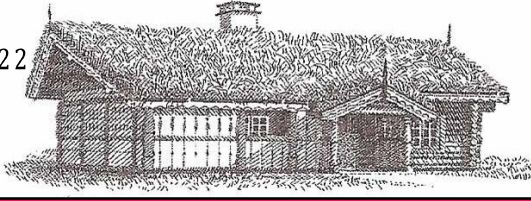


LAFT HUS NEWS

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Editor:
J. Macrae



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Would you like to enjoy the Laft Hus and visitors?

Our summer student, Gabi, needs days off in August. Donna and Julie can be there most days, but we know some of you members like to “housesit” and greet visitors, too. Days available are August 9, 10, 11, 12, 13, 16, 17, 18, 19 and 21. Our other summer student, Alida, will be there to take the lead with visitors, but if you could be there one of those afternoons would be great.

We also have three school groups coming August 22, 25 and 26 from 9:30 a.m. to 11:00 a.m. The activities we will be doing are making krumkake, making heart baskets, scavenger hunt, and ball toss games. If you can help with one of these activities on one of those days, would be great. Just email norwegianlafthus@gmail.com or phone 403-347-2055 and let us know.

We had 40 children from Aspen Heights School come on June 9 and really enjoyed doing the above activities. They gave us a \$200 donation.



Our member, Weitske Altmann, will be turning 99 years young in August. Look at this beautiful memory quilt she just made!



On June 24th Julie and Anita Dupen hosted a group of Red Hatters from Sylvan Lake, who enjoyed learning how to make krumkake and heart baskets.

LAFT HUS FESTIVAL

June 18, 2022

Celebrating 35 years!

If you weren't at our festival, here's some pictures to show you what you missed. It was a great festival with over 500 people attending! A big MANGE TAKK (many thanks) to our festival chairperson, Donna Polutnik, who did a fantastic job of organizing. In fact, she was so busy running around here and there, that we never got a photo of her!

TUSEN TAKK (thousand thanks) to all the volunteers who made our festival possible!



The goats on the roof were definitely the most photographed!



These magnificent and gentle fjord horses were a big hit, too. Notice the black stripe down the middle of their mane, which is one of the main features of a fjord horse.

Janina Carlstad (and John) and their Swans of Winter Project demonstrated all the different Norwegian instruments. As well they did a fun stick activity with the children.



Nearby the Laft Hus had their new axe throwing game for children. As well, later in the afternoon Wood Shed Axe Throwing truck came for adults to try axe throwing.





The Fanatullen dancers are always fun to watch.



Christine Finlayson manned the T-shirt table. However, when she was dancing, she had her son, Ryan, man it. > Besides selling t-shirts for us, Ryan sponsored the festival and helped load/deliver canopy equipment after!



Julie had a table selling bunad dress costumes and some rose maling.





Left to right: Members Betty Oldham demonstrated hardanger embroidery, Sylvia Jones demonstrated rosemaling painting, and Connie Moerike demonstrated her sock machine.



Our summer student, Alida Granson, manned the school house with her friend, Tristen. They had fun speaking Norwegian to visitors Erland and Noelle, who were even dressed in their Norwegian bunads.



Besides organizing all the games and crafts for the children, Kathy Mullin made this kransekake to celebrate the Laft Hus' 35 years. The little nisse > is one of the crafts.



President Judy Windrim took time out from operating the Square machine sales, to show off her sweet grandson!





The Viking Village and Viking combat put on by Heimdall's Spears is always a big hit.



The children love trying to knock down the Vikings and our own Gonzo is always a good sport for it. >



What funeral companies try to sell us



What we really want



Calum the Storyteller did a great job as MC.



The Goatee and Badger food truck had some great Viking Soul Food - consisting of lefse, meatballs, red cabbage and gjetost cheese (mixed with a little cream).



They were also giving out dishes of rommegrøt (sour cream porridge) with cinnamon, sugar and butter on top.

Sour cream porridge (rommegrøt) has existed for hundreds of years in Norway and was a fine meal that was served on special occasions like weddings and baptisms.

Today, Norwegians love to order the creamy dish when visiting a Norwegian fjellstue (mountain lodge). I've given you rommegrøt recipes before, but here's a microwave one I just came across.

Microwave Rommegrøt

½ cup melted butter
½ cup flour
1 tbsp. sugar
1 cup cream
1 cup milk
¼ tsp. salt

Blend flour in with butter using a whisk. Add sugar and cream and whisk. Add milk and salt and whisk. Microwave, stirring every minute until thick (3-4 minutes). Serve with melted butter, cinnamon and sugar.

Norway's renowned salmon

Did you know that every single day, more than 14 million meals featuring Norwegian salmon are eaten around the world? Nature has given Norway the very best conditions for producing the world's best salmon. In addition, key knowledge, which has been passed down from generation to generation, and skilled innovators are a great advantage. The health benefits of salmon are well known, but fewer people know that Norwegian salmon is also antibiotic-free and non-genetically modified. Traditional Norwegian salmon dishes include the famous smoked salmon, gravlaks (fresh salmon marinated in salt, sugar and dill), and lakserull (smoked salmon roll-ups). Smoked salmon roll-ups are so easy to make and oh so tasty! Smoked salmon roll-ups have become a Norwegian tapas staple.

LAKSERULL (smoked salmon roll-ups)

(makes 2 portions)
4 tbsp plain cream cheese
2 lefse
4 slices of smoked salmon
2 tbsp fresh dill
1/4 red onion
20 g rocket (arugula)



1. Spread a thin, even layer of cream cheese across the lefse. Add the slices of smoked salmon.
2. Finely chop dill and red onion.
3. Put some rocket on the salmon and sprinkle finely chopped dill and red onion on top. Roll the lefse up and slice it into 3-4 cm long pieces. Serve and enjoy!

BUTIKK

Here are some new t-shirts and hoodies we just got in.



Donna Polutnik hand carried back from Norway chocolate bars, so we now have them for sale. As well we have restocked our lingonberries, cloudberry and gjetost cheese.

On July 17 Diane MacLellan from Camrose came and joined some of us painters and rosemaled this tray for us to sell. >



You have noticed that the summer students are sending you an artifact or butik item of the week email. We hope you are enjoying this. As well, since many of you can't get into the Laft Hus, we are having them email you their exhibit information. Regarding the Viking Kings exhibit, you might like to know that we have the "Heimskringla" book in our library for you to borrow.



PUBLIC PROGRAMMING

Sami Bracelet Class September 17, 2022 from 9:00 – 3:00; \$75 (includes kit), need to register by August 16.

Instructor: Arden Neustaedter

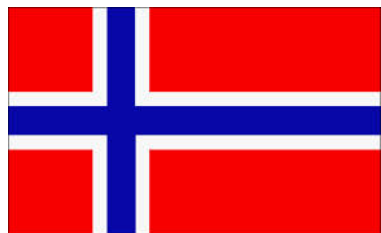


Sami Bracelets are made of reindeer leather, reindeer antler and tinn thread (thread that is made of 5% sterling silver and 95% pewter). The Sami (Norway, Sweden and Finland's indigenous people whose mainstay is herding reindeer) use the reindeer leather, antlers and tinn thread to make and enhance their clothing. This class is for beginners and advanced participants. Please advise if you are a beginner when you register, you will receive a pre-packaged kit. For the advanced participant, they can choose the bracelet that they would like to make. These make lovely Christmas gifts. Items to bring to class, scissors, a corkboard (if you have one), lunch and good conversation!



Beading Class October 15, 2022 from 9:00 – 3:00; \$75 (includes kit), register by September 16, Instructor: Joan Onerheim

Perlbroideri is the art of Norwegian beading which is typically used on the breast plate of the Hardanger bunad, but used on mens suspenders, women's belts, purses, and other cloth items. Seed beads are typically used to enhance or decorate costumes or items. The item will hold a pair of embroidery scissors. You can stitch the bead work on to any item that you choose if you do not want to make the scissor carrier. Bring a lunch and a smile as you will have a wonderful time.



Want to learn some Norwegian?

Our summer student, Alida Granson (who graduated from Augustana University with Ingrid Urberg as her professor), is willing to teach you some Norwegian language on Tuesday and Thursday afternoons from 1:00 - 3:00 on August 9, 11, 16 and 18. \$20 per day.

CYCLING IN NORWAY



More and more ski resorts in the Norwegian mountainside turn into bike arenas in the summer. You can ride a lift to the top and surge down prepared trails of varying difficulty, perfect for the whole family.

Most designated mountain biking areas have a vast network of single tracks. The single track (as the name implies) is about the same width as the mountain bike itself – anything larger simply won't fit. It's not to be confused with a service road or fire trail. Also, note that single tracks typically double as hiking paths through forests or across mountains and plains.

The new cycle path over Dovrefjell lets you journey on two wheels through three national parks: Rondane, Dovre and Dovrefjell. Along the way, you will see iconic mountains, idyllic landscapes and Norway's most beautiful farm valley Grimsdalen.

Ole rode to the liquor store on his bicycle...
He bought a bottle of Rum and put it in the bicycle basket.
As he was about to leave he thought for a moment. If I fall off the bicycle, the bottle might break.
To avoid that, he drank all of the rum before he left the store.
It turned out to be a very good decision, because he fell off the bike seven times on his way home.



Isn't this a neat stavkirke (stave church) made from Legos?!

The other day on a ride, Lars was speeding down a narrow, twisting, mountain road. Along comes a man who was driving very slowly uphill toward him, honking his horn and shouting "PIG! PIG!!" Again he yelled. "PIG! PIG!!"
Lars flipped him the finger and, as he buzzed by him, shouted back some things I dare not repeat. Still fuming about this awful man and his shouting, Lars turned the corner and promptly collided with a pig.

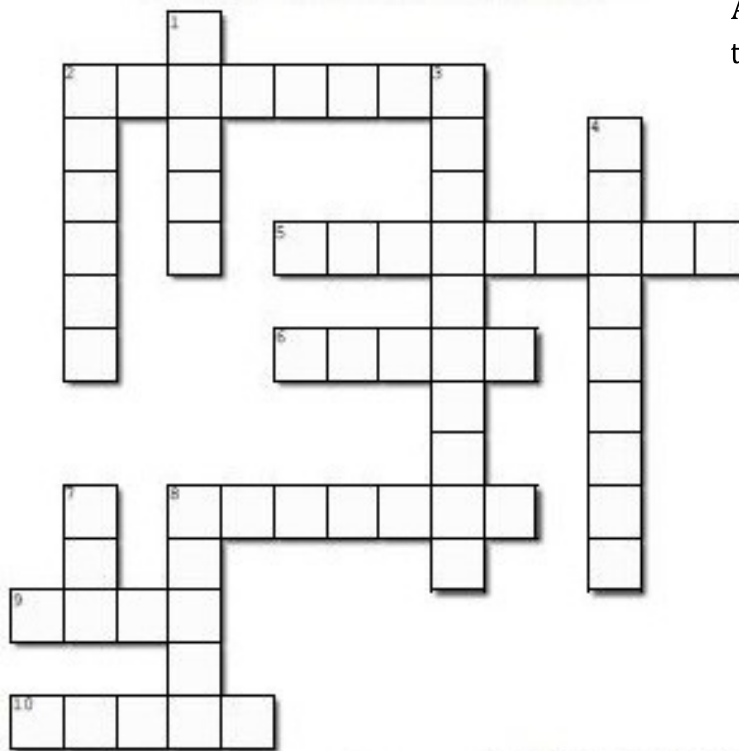
Laft Hus

- What is the name of the painting style that is seen on many objects in the Laft Hus?
A. Rosemaling B. Flowermaling C. C and S painting D. Hardanger painting
- Which of the following is a Norwegian building used for storage?
A. Laft Hus B. Stabbur C. Ambar D. Tine
- Which three countries are generally considered the Scandinavian countries?
A. Denmark, Finland, Greenland B. Russia, Norway, Finland C. Finland, Sweden, Norway D. Denmark, Sweden, Norway
- With which Scandinavian country did Canada recently reach an agreement over Hans Island?
A. Sweden B. Norway C. Finland D. Denmark
- Which of these countries does Norway NOT share a border with?
A. Finland B. Sweden C. Denmark D. Russia

Our summer student, Alida Granson, made this crossword puzzle and trivia for you.



Complete the crossword puzzle below



Answers are on the back page.



Across

- Norwegian word for flowers
- Used as a sign of resistance to the Nazi occupation in WW2
- Norwegian costume
- One of the countries that borders Norway
- City where the Nobel Peace Prize is awarded
- Norwegian exclamation that can portray frustration, surprise or a number of other emotions

Down

- Nynorsk spelling of Norway
- The second largest city in Norway
- Norwegian form of painting, each region has a different style
- Norwegian word for welcome
- Norwegian word for house
- Horse breed that shares its name with a geographical feature

Created using the Crossword Maker on TheTeachersCorner.net

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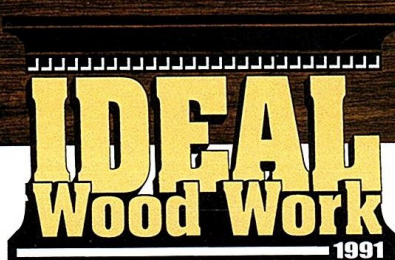
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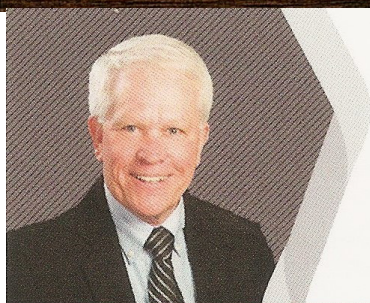


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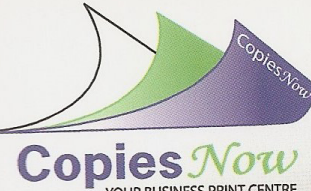
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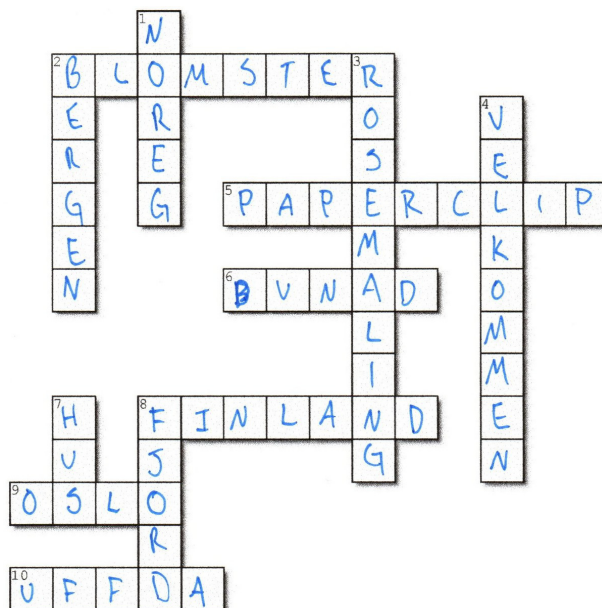
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Trivia Answers: 1A, 2B, 3D, 4D, 5C

Have a great summer!