



# FLYGEBLAD

## FRA PRESIDENTEN

The Christmas season has come and gone, almost unnoticed as we were isolating and staying apart because of the pandemic. As we move into the second month of the New Year, there is “hope on the horizon” or “light at the end of the tunnel”, whichever metaphor you choose to use. Now, as much as at any time in the previous year, we cannot let our guards down. To make sure that light at the end of the tunnel is not another train (the “Covid Express”), we must continue to exercise social

distancing and other preventative practices, to keep ourselves and our families safe.

There have been several positive things in 2020. Each year, Sons of Norway Home Office sets a goal for each lodge with regards to the number of new members each lodge is encouraged to recruit. This past year, your Valhalla Lodge was one of 52 lodges in all of Sons of Norway to achieve that recruitment goal. Well done Valhalla Lodge, and a special welcome to those new members.

All members, new and old, are encouraged to express what you would like to see from your lodge such as activities and programming and more. Using Zoom technology has permitted us to have virtual meetings each month and currently there are conversational Norwegian sessions for those with capability in the Norwegian language. There is so much more that we can do, but we need to know what the interests of the lodge members are, and how we can accommodate those interests. If there is programming, or if there are presentations that you would like to see, please send a note to [president@sofncalgary.ca](mailto:president@sofncalgary.ca) with your ideas. No ideas, big or small, should be left unexpressed.

As we continue to isolate and have social restrictions for the next few months, it can be a great time for us to look at the SofN Cultural and Sports medal programs. As a member of Sons of Norway, you have free access to the Member Resources area of the sofncalgary.com web site (<https://www.sofncalgary.com>). Go to the Cultural Programming section and you will find information on the various programs available. Complete the prescribed programs and earn various pins and recognition for your efforts. More importantly, you may gain more knowledge and insight to the language, history and culture of Norway. If you need help getting set up on the web site, again, send a note to [president@sofncalgary.ca](mailto:president@sofncalgary.ca) and I will be happy to help you out.

Stay well and let us know your thoughts.

Hilsen,

Ron Reine

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## LODGE ACHIEVEMENTS

2020 was a challenging year, but nevertheless one of lodge accomplishments. Now it's time to report to Head Office on our activities and the volunteer hours that went into them.

To summarize:

- 7 lodge meetings (Jan-Mar at Scan Centre, via Zoom Sept-Dec)
- Ski for Light support – lunch and transportation on Feb. 3
- Photo exhibit support – Feb. 6
- 17<sup>th</sup> of May celebration – planning, in-person event
- Electronic sharing by lodge members and friends about 17<sup>th</sup> of May
- Movie chosen for Calgary European Film Festival (summer-fall)
- Lodge volunteers at Scan Centre casino Nov 18-19
- Can Hunger food bank drive – Nov-Dec
- Virtual bazaar – Nov-Dec
- Bylaws committee work - Dec
- Sports Weekend Committee – many meetings, other work
- Executive functions – meeting planning, accounting, newsletter

Your input about activities that are missing from this list would be greatly appreciated! Important information in addition to each activity is the number of lodge volunteers involved, and the hours they put in. Head Office compiles this information to maintain its Fraternal Society status. As a Fraternal Society, Sons of Norway can use its profits to support the social side of the organization instead of paying taxes. (send your input to [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca))

## THE ORIGINS OF SONS OF NORWAY

On January 16, Sons of Norway celebrated its 126th anniversary. The organization was started in 1895 by a group of Norwegian immigrants living in Minneapolis, Minnesota. They gathered together in the midst of a deep economic depression to create an organization for their fellow Norwegian-Americans to support one another and to maintain their ties to “the old country.”

One thing that the founding members focused on at their first meetings back in 1895 was what to call their new organization. After briefly considering “Bjørnstjerne Bjørnson,” after the Norwegian nationalist author, it came down to a vote between “Sønner av Norge” (Sons of Norway) and “Brødre av Norge” (Brothers of Norway). By a vote of 14 to 2, the name we use today won.

The name was inspired by a line from a famous song by Eskild Pedersen: *Sønner av Norge, det eldgamle rike, Synger til harpens den festlige klang*. This translates to: Sons of Norway, the ancient kingdom, Sing to the harps with festive sound.

## SCHOLARSHIPS/BURSARIES

Sons of Norway Foundation in Canada provides bursaries for college, university, trade school students, and more. Go to <https://www.sonfic.ca/> for application forms, deadline dates, and other details.



The Sons of Norway Foundation (U.S.-based) is currently accepting scholarship applications for members of all ages. For detailed information about the opportunities available, or to apply online, visit <https://www.sofn.com/foundation/scholarships/>. (Some of these are open to Canadian Sons of Norway members.)

Reminder: Foundation scholarship applications are due March 15!

## NORSKE BØKER - gratis

Flagget Nordahl Grieg 1945 non-fiction  
Bru over elva Oskar Braaten short stories, written from 1922-30, modern spelling  
Tornefuglene translated from Colleen McCullough's Thornbirds 1977  
Victoria Knut Hamsun (modern spelling)  
Pan Knut Hamsun (originally published in 1894, old spelling)  
Vårherres blindebukk Kristian Kristiansen 1952  
Adrian posepilt Kristian Kristiansen 1950  
Hos Vincent Øst Peter Egge 1926 (old spelling)  
If interested in acquiring any of these, please e-mail [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca)

## MEMBER NEWS

We are just a few days from the kick off for Winterlude 2021 and our son Scott Harrison is thrilled to be part of this event. Representing Alberta !!! And his favourite place on this planet Lake Louise! On the webcast he is carving in Alberta at Banff/Lake Louise.

- For the first time in its history, Winterlude has challenged professional Canadian ice sculptors to compete simultaneously virtually in 7 cities across Canada.
- Starting February 5, visit [www.canada.ca/winterlude](http://www.canada.ca/winterlude) to admire Scott's ice sculpture virtually. The webcast will be presented on February 5 at 7 p.m. (ET) ( 5 PM Mountain) on the Canadian Heritage YouTube channel. The show will be available until February 21, 2021, at midnight (ET) – which is 10 PM Mountain.
- You will have until Sunday, February 21 at noon (ET)- 10 AM Mountain - to vote for your top 3 favourite sculptures.

As Scott says – hopefully your vote will go to his sculpture!

Tusen Takk  
Trish & Dean Harrison

## SPORTS WEEKEND - May 28 – 30, 2021 - Save the dates!

Sports Weekend in High River, Alberta, hosted by Valhalla Lodge  
\$80/person, fully refundable if event is cancelled due to COVID  
Deadline for registration with payment April 15, 2021.  
The registration form is on the next page.

Headquarters hotel: Heritage Inn & Convention Centre  
1104 11 Avenue SE High River, Alberta  
ph: 403 652 3834 Request Sons of Norway Rate

Sports choices are Golf, Lawn Bowling, Horseshoes, Walking Tour of  
Downtown High River, Norwegian Whist, Shuffleboard, Board Games (on your own)



**Come, Join the Fun, Renew Acquaintances!**

**REGISTRATION FORM**  
**May 28 – 30, 2021**  
**Sons of Norway, Sports Weekend**  
**Hosted by Calgary Valhalla Lodge, High River, Alberta**

Please print (one registrant per page)

Name	Address, telephone & email address	Lodge
<b>Emergency Contact Name and Telephone</b>		
<b>Dietary Considerations</b>		
<b>Sport/Activity First Choice</b>		
<b>Sport/Activity Second Choice</b>		

**Registration Deadline: April 15, 2021**

**April 1 – decision will be made as to whether the Sports Weekend can proceed.**

**\$80\*/person**

**Includes: Friday night snacks, all games on Saturday [except golf, which is extra], banquet on Saturday evening and brunch on Sunday**

**(cheques payable to Valhalla Lodge, Sports Weekend,  
 c/o Russ Wiigs, 1511 21A Street NW, Calgary, AB T2N 2M7)**

**\*fully refundable if event is cancelled due to COVID**

**Sport/Activity Choices:**

**Golf, Lawn Bowling, Horseshoes, Walking Tour of Downtown High River,  
 Norwegian Whist, Shuffleboard**



## LITT PÅ NORSK

### Det er lettere å huske hvor du spiste en sjokoladekake enn en agurk

Jo mer fett og sukker maten inneholder, jo lettere husker du den. Blir du glad når du går forbi en kafé hvor det dufter deilig av kanelboller og kaker? Husker du veldig godt hvor nettopp denne kaféen er hen, når du kommer tilbake til



den samme gata? Det er det god grunn til, ifølge nederlandske forskere.

### Tomater og karameller

Forskerne ba 500 mennesker om å gå rundt i et rom der det var åtte forskjellige matstasjoner. På stasjonene har de plassert ulike typer mat: eple, melon, peanøtter, sjokoladekake, potetgull, agurk, tomat og karameller. Deltakerne fikk ikke beskjed om at de skulle huske hvor de forskjellige matvarene lå. De skulle bare se, smake og lukte på maten.

### Fikk et kart

Etterpå fikk de et kart. Så ble de bedt om å markere hvor på kartet de fant de forskjellige matvarene. Forsøket viste noe spennende. Alle deltakerne var nemlig mye flinkere til å huske hvor kakene, peanøttene og den maten med mest kalorier lå. Tomatene og agurkene glemte de lettere.

### Viktig for oss å huske hvor kaloriene er

Vi mennesker og dyr har et indre kart i hjernen som hjelper oss å finne fram til steder og ting. En av de viktigste tingene vi må huske, er hvor vi kan finne mat. Enten det er i skapet på kjøkkenet, ute på byen eller ute på savannen. Forskerne tror at evnen til å finne mat som inneholder mye kalorier, er noe vi har fått med oss fra våre tidlige forfedre. For de første menneskene var det svært viktig å huske hvor de kunne finne mat som ga dem mye energi. Da ble det lettere å overleve i naturen.

### It's easier to remember where you've eaten chocolate cake than cucumber

The more fat and sugar your food contains, the easier you will remember it.

Do you become happy when you walk past a café where it smells deliciously like cinnamon buns and cakes? Do you easily remember where this café is located, when you return to the same street? There is a good reason for this, according to Dutch researchers.

### Tomatoes and caramels

Researchers asked 500 people to walk around a room where there were eight different food stations. At the stations, they placed different types of food: apple, melon, peanuts, chocolate cake, potato chips, cucumber, tomato and caramels. The participants were not told to remember where the different foods were. They just had to see, taste and smell the food.

### Received a map

Afterwards they received a map. Then they were asked to mark on the map where they'd found the different foods. The experiment showed something exciting. All the participants were much better at remembering where the cakes, peanuts and the food with the most calories were. The tomatoes and cucumbers they forgot more easily.

### Important for us to remember where the calories are

We humans and animals have an inner map in our brains that helps us find places and things. One of the most important things to remember is where to find food. Whether it's in the kitchen cupboard, out on the town or out on the savannah.

Researchers believe that the ability to find foods that are high in calories is something we inherited from our early ancestors. For the first

humans, it was very important to remember where they could find food that gave them a lot of energy. Then it became easier to survive in nature.



## RECIPES – no special equipment needed

'Lefse for one' recipe shared by Iris Dunham, Edmonton lodge.

2 medium potatoes boiled and mashed with the back of a spoon to remove all lumps.

Add: 3 Tbsp cream, 1 Tbsp margarine, 1/2 tsp sugar, Dash of salt

Mix and roll in plastic, place in fridge to cool for 1 hour. Remove from fridge, add ½ cup flour. Divide the dough into 7 balls. Place one ball onto a lightly floured cloth (i.e., a tea towel) and roll out using a regular rolling pin (small enough to fit into your frying pan).

Fry (in a dry pan) and enjoy!



Rather like krumkake: Ice cream shells -- Women's Home Companion Cook Book (1950)

Eggs, well beaten, 2

Powdered sugar, ¾ cup

Vanilla, ¼ tsp

Flour, sifted, ½ cup

Butter, melted, ¼ cup

Beat eggs until light; gradually add sugar.

Continue beating until well blended. Add vanilla, salt, flour, and melted butter. (Tint with food coloring if desired. Mix well.)

Grease and flour a baking sheet; drop the batter onto the baking sheet by teaspoonfuls; spread thin to make 3 inch squares or rounds.

Bake only a few at a time and allow for spreading. Bake at 300° F. for 12 minutes.

Remove from baking sheet while still hot and mold over the outside of a custard cup.

Makes about 16 shells.

## PHOTOGRAPHY

Scott Campbell, who exhibited photos of Sognsvann last February, is part of [Exposure Photography Festival 2021](#). See his work virtually at

<https://artspaces.kunstmatrix.com/en/exhibition/4128851/artists-block>

Or phone 403-476-2025 to schedule a visit to the cSPACE King Edward between Feb 2-27.

## MUSIC

From Riley Yoo: song of the month for those of you interested in pop music and the Norwegian language. BlimE! – Ser Deg by Victor Sotberg <https://youtu.be/cWUfgj9QkZY>

Lyrics here: <https://genius.com/Victor-sotberg-blime-ser-deg-lyrics>

Flygeblad is published approximately every two months. Submissions to secretary@sofncalgary.ca are welcome. Deadline for the next issue is April 7<sup>th</sup>.

FEBRUARY WORD SEARCH – Valentine’s Day and friluftsliv vocabulary

f r i r p f v g n b f g a m h  
r w p l ø y a z h l s l z t e  
i i t u m d l t k o n x h r p  
l k r v g g e w b m o u h u i  
u j o b t p n i f s w s y g o  
f æ m r s h t f t t b j r e s  
t r a f t j i o r e o o z r k  
s e n o a e n u q r a k s k ø  
l s t t v r s l d b r o l s y  
i t i t q t d a z u d l r b t  
v e k u b e a l p k k a x z e  
u h k r t e g x g e u d l c r  
l m k g o s w a z t p e n s f  
q r z t g f m h v t i e f f m  
o e l s k e r u i j d l s k i

blomsterbukett	friluftsliv	snowboard	romantikk
valentinsdag	kjæreste	skøyter	truger
sjokolade	hjerte	elsker	rød
ski	fottur	kupid	stav

And the answers

f r i r p f v g n b f g a m h  
r w p l ø y a z h l s l z t e  
i i t u m d l t k o n x h r p  
l k r v g g e w b m o u h u i  
u j o b t p n i f s w s y g o  
f æ m r s h t f t t b j r e s  
t r a f t j i o r e o o z r k  
s e n o a e n u q r a k s k ø  
l s t t v r s l d b r o l s y  
i t i t q t d a z u d l r b t  
v e k u b e a l p k k a x z e  
u h k r t e g x g e u d l c r  
l m k g o s w a z t p e n s f  
q r z t g f m h v t i e f f m  
o e l s k e r u i j d l s k i