



# FLYGEBLAD

## FRA PRESIDENTEN

“Spring is sprung – The grass is riz – I wonder where the birdies is?”

Every spring when I see my first robin I think of this old childhood rhyme. I saw my first robin of this year a few weeks ago. Spring is the time of new beginnings. Longer days sparking new plant life, new-born animals and above all new hope.

COVID-19 has certainly done its best to dampen that spring spirit but we just need to be vigilant for a little while yet. In our lodge we have chosen to make two very disappointing decisions. First we decided to cancel our second attempt at hosting the Zone 4 Sports Weekend. We were just not confident that we would be able to meet in a manner that would provide the same spirit as in past Sports Weekend gatherings. Our second disappointing decision was to not have an in-person celebration for Syttende Mai. Perhaps if restrictions relax significantly by mid-May, we will be able to at least have a parade in a park somewhere while observing social distancing and other gathering limitations. At the very least we hope to have a flag raising at the Scan Centre and a virtual Zoom meeting on the day. If you have any ideas on how we can celebrate the day please do make them known to one of the executive members.

We received a letter from the Military Museums who are looking for “veterans with military service in countries outside Canada, who later moved to Alberta.” They are preparing an exhibit on Military Immigration and if you have a story that you would like to be included in the exhibit, please contact Mr. Rory M. Cory, Senior Curator/Director of Collections, The Military Museums, 4520 Crowchild Trail S.W., Calgary, Alberta, T2T 5J4, phone 403-410-2340 ext. 2602.

Finally, as we continue to spend time self-isolating and looking for things to do, may I suggest you take some time to journal your experiences through this pandemic. How many of us heard what our parents or grandparents experienced during the Spanish Flu pandemic in 1919? What was life like for them just before the pandemic struck and how did their lives change for those two or so years? Wouldn't it be great to leave your account of your experiences today for your descendants to read 100 years from now when the next major global pandemic hits. If you have stories from your elders, write it as a letter to them. For example, “Dear Grandma. I remember when you told me about the time when Mom was little and many people in the community were sick. Well, guess what? It's happening again here and now...” and the story continues as you see fit. Who knows who might read your story many years into the future. Stay well and let us know your thoughts.

Hilsen,

Ron Reine

## TV VIEWING (...as Covid continues to keep us at home)

### Norwegian

Atlantic Crossing - Crown Princess Martha and the children flee to the U.S. when Norway is occupied by Germany. Mini-series on PBS on Sunday evenings, e.g., 9 p.m. on KSPS from Spokane. Began April 4<sup>th</sup>.

Ragnarok (Netflix, 1 season currently, 2<sup>nd</sup> season to air in 2021)

Norsemen (a Monty Python version of Vikings) (Netflix – 3 seasons)

Occupied (Netflix – 3 seasons)

Lilyhammer (Netflix – 3 seasons)

Battle (Netflix, 2018, movie, about a young dancer)

The Snowman (Netflix, 2017 detective movie)

Vikings (Netflix – 3 seasons)

The Last Kingdom (Netflix, 4 seasons)

The 12<sup>th</sup> Man (movie, 2018, Netflix)



### Scandinavian TV Shows category

Young Wallander (Netflix, 1 season, 2020) (Swedish detective series)

Borgen (Netflix, 3 seasons, Denmark's first female prime minister)

Love & Anarchy (Netflix, 1 season, 2020, romantic TV comedy)

The Valhalla Murders (Netflix, Iceland, 1 season, 2020)

Borderliner (Netflix, 1 season, detective show)

Quicksand (Netflix, 1 season, crime TV drama, 2019)

Rita (Netflix, Danish, an unconventional schoolteacher)

Hjørdis (Netflix, Danish, spinoff of Rita)

I Love You (Netflix, Swedish movie, 2016)

Trapped (Netflix, Iceland, 2 seasons)

### OTHER MEDIA

- Viking.tv website, e.g., episode 38 (Kon-Tiki museum), episode 39 (Edvard Grieg)
- Rut Bjorkum-Mason recommends The Weekender, at <http://www.wordsofnorway.com/> Articles and podcasts explain Norwegians and Norway
- Astrid Bell recommends the Setesdal page at <https://en.visitorslandet.com/> This page links to living musical traditions in fiddle, dance, and song that were added to UNESCO's Intangible Cultural Heritage list in 2019.
- The 10 most popular bunads <https://www.vg.no/spesial/2017/bunader/#bunadene> Click on TRYKK HER FOR 360 to rotate the view (and then click & drag the image).
- Kiviak: 500 auks stuffed in a seal carcass and fermented for a few months... <https://travelfoodatlas.com/kiviak-bizarre-greenland-inuit-delicacy>



Astrid painted this stylized version of Setesdal dancers

The gravesite of long-time member Liv Jonsberg in Nordre gravlund, Oslo



Website: <https://sonfic.ca/>

The main objectives of the Sons of Norway Foundation in Canada are:

- to provide bursaries and grants and to promote cultural exchanges
- to promote Norwegian heritage activities and learning opportunities
- to support humanitarian causes

10 post-secondary bursaries (17 applicants) and one apprenticeship bursary were awarded in 2020.

Tell the students in your life about these bursaries!



### Keep welcoming new members to our Sons of Norway family in 2021!

YOU are the reason our newest members love being part of Sons of Norway. Even as COVID restricts face-to-face meetings, please reach out to fellow members with calls, notes or special greetings as the year progresses.

Thank you for being a Sons of Norway member!

### Norway to Introduce New Passports



On October 19, 2020, Norway issued its first new passports to the Minister of Foreign Affairs, Ine Eriksen Søreide, and the Minister of Justice and Public Security, Monica Mæland. The decision to create a new version of the passport was mainly to increase its security elements, making it more difficult to forge. The new passport features aspects of Norway's natural scenery as a pleasant background on the pages, but it also doubles as a security feature; when placed under UV

lighting, the Norwegian landscape background will switch from day to night.

This clever feature came to fruition through a design competition for the new Norwegian passport. Neue Design Studio won for its emphasis on Norwegian identity, functionality, and preservation of traditions. One of their main intentions was to convey the variances in Norway's climate and landscape—elements that have shaped the people and country. Neue's senior designer Benjamin Stenmarck adds "The design had to create a sense of belonging and connection across age, gender and regions in Norway." What better way to do this than through Norwegian nature.

## RECIPE - Fiskekaker med Brun Saus / Fish Cakes with Brown Gravy



### Ingredients

3 medium potatoes, peeled, sliced in quarters length-wise  
6 large rainbow carrots, peeled, cut into 2-inch pieces  
2 lbs. boneless skinless white fish fillets (haddock, cod, etc.)  
1 1/2 tsp. salt  
1 1/2 tsp. potato starch  
1/2 tsp. ground nutmeg  
2/3 cup whole milk  
1/4 cup chopped fresh chives  
2/3 cup all purpose flour, divided  
6 Tbsp. vegetable or canola oil  
1/2 yellow onion, chopped  
3 cups beef stock, divided  
2 Tbsp. Kitchen Bouquet  
salt and pepper

### Instructions

Put the potatoes and carrots in a medium pot and cover with cold, salted water by 2 inches. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.

Place large chunks of fish and salt in work bowl of food processor and, using S-blade, pulse until coarsely chopped. Add potato starch and nutmeg and pulse to combine. Slowly add the milk, pulsing just until combined, and then the chives. Form the fish cakes into 12 round patties. Put 1/3 cup flour on a plate and dip patties to coat.

Heat oil in a large skillet over medium heat. Working in batches, fry on both sides until crisp and golden. Drain on paper towels and set aside.

Cook onions in remaining oil while fish cakes are draining. When the onions are soft and translucent, remove them from the pan and set aside.

Add 1 cup stock and scrape the pan until all the browned bits have become loose. Continue to cook for 2-3 minutes to allow stock to reduce.

Add remaining 1/3 cup flour and whisk to combine until there are no visible lumps. Cook another 1-2 minutes, whisking continuously, until the gravy thickens and becomes smooth.

Gradually add the Kitchen Bouquet and the rest of the stock to the pan and whisk until smooth, cooking another 4-5 minutes, or until the gravy is slightly thicker but not quite at desired consistency. Season with salt and pepper to taste.

Reduce the heat to low. Add the onion, potatoes and carrots to the pan and stir into the gravy. Add the fish cakes to the pan and let simmer in brown gravy for 2-3 minutes, or until gravy has reached desired consistency. Serve fish cakes in the gravy with the vegetables.

<https://blog.hamiltonbeach.com/heritage-dish-norwegian-fish-cakes>



### **Fall Woodcarving Classes:**

September 13th - 17th.

Relief-carving class by Phillip and Else

September 20th – 24th.

Relief-carving class by Phillip and Else.

**Where:** Classes will be held at the Norsk Wood Works carving studio, which is located at Phillip and Else's farmstead on county road H west of Barronett, Wisconsin.

**Cost:** Tuition for each 5 day class offered by Else and Phillip will be \$560.00. Half of tuition is due with registration.

#### **Class descriptions:**

Else and Phillip studied carving in Norway and are the authors of Treskjærerkunsten, the art of wood carving, and Lærebok I Treskjæring, the official woodcarving book for the school system in Norway. Under their business name, Norsk Wood Works, Ltd., they produce carvings and furniture that are delivered to buyers all over the US and in foreign countries.

Each class will cover sharpening, wood selection, design and pattern selection, carving techniques, and finishing. Students can choose from a wide selection of carving patterns in acanthus, rococo, or dragon styles.

The class will include people just beginning to carve as well as experienced carvers. Carving tools, wood and patterns will be available from Norsk Wood Works. Be sure to bring any tools you already have.

Each student will receive a good deal of one to one instruction. You will be able to complete at least one reasonable project during the week you are in class. Class size is limited to 12 students. The class starts at 8:30 a.m. and ends at 5:00 pm.

Plan to spend an enjoyable time in rural Wisconsin carving with a wonderful group of people in a pleasant atmosphere. We do our best to accommodate your individual needs.

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