

SONS OF NORWAY VALHALLA LODGE #4-341, Calgary, AB, Canada

e-mail: [editor](#)

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FRA PRESIDENTEN

Hei alle,

We are slowly working our way through this current wave of the pandemic which seems to be going on forever. There is now an option for many in our circle to get a booster (third) shot and I encourage you to talk with your health care provider about what options are best for you. Do what you need to do to stay healthy as winter and the annual flu season approaches.

This year marks the 10th Anniversary of the Calgary European Film Festival (CEFF) and our lodge's fifth year of participating. This year the film we are sponsoring will be viewable online from anywhere in Canada. Look for more details on the film and how to get tickets for either in-theater or on-line viewing later in this newsletter. I also encourage you to let your family and friends anywhere in Canada know about the film and to consider watching this film about one of Norway's iconic explorers, Roald Amundsen. Note that there are films from 26 communities in all, including Sweden, Iceland, Finland and Estonia, being presented this year.

Another reminder that lodge elections are imminent. Please consider taking an active role in the running of your lodge. More member involvement will mean a richer program for social and cultural activities.

Beste hilsen

Ron



Foundation month: This is the 50th anniversary of the Sons of Norway Foundation in Canada. How about a personal donation of \$50 (or a multiple of it) to further enable the Foundation's bursaries for post-secondary students, cultural grants, and humanitarian support? Go to <https://www.sonfic.ca>, then click on Donations &

Fundraising, to find the many ways of donating and a link to the PDF donation form.

Applications for [scholarships](#) through the (American) Sons of Norway Foundation opened October 1st. The District 4 and Elaine Nelson scholarships and several of those for studying in Norway appear to be open to Canadians. Please ensure that students in your life check them out – they may want to apply. <https://www.sofn.com/foundation/>



Calgary European Film Festival (November 6th through 14th)

The Calgary European Film Festival is a local film festival featuring films from various European producers. This year the festival runs from November 6th through November 14th. Local European cultural groups in Calgary sponsor films presented in their native languages and all films have English sub-titles. All films have a single in-theater screening and all but the Greek



film are viewable on-line, with most being available for the duration of the festival. The on-line films can be viewed from anywhere in Alberta and several of them can be viewed across Canada.

This year marks the 10th anniversary of the festival and Valhalla Lodge's fifth year of participating. There are more than 20 different European countries represented this year, including several other Scandinavian communities. This year we are sponsoring the film "Amundsen" produced in 2018. This film is a biographical documentary on the iconic Norwegian polar explorer, Roald Amundsen.

Tickets are now available through the festival website and cost \$11.92 (\$10 plus handling fees) per person for in-theater screenings, or per on-line streaming. For more information about, or to buy tickets for, this particular

film go to <https://calgaryeuropeanfilmfestival.ca/2021-films/amundsen-the-greatest-expedition/>. When buying tickets for this or any film in the festival, choose the "BUY TICKETS" button carefully to make sure you get the type of ticket you want (in theater or online). To see what other films are being presented select the "2021 Films" tab near the top of the screen and scroll through the information on the resulting page.

Online screenings can be viewed on several different devices including a desktop or laptop computer, tablet, smart phone or a new smart TV. If you are able, your viewing experience can be greatly enhanced if you connect your computer, phone or tablet to your TV and view the film on the larger screen. The Amundsen film has won awards for cinematography and this would be much more appreciated on a larger screen. There could be a number of ways of making this connection, depending on what equipment you have.

The "Amundsen" film will be accessible from across Canada. We encourage you to let your family and friends anywhere in Canada know about this opportunity to view this and other films in the festival.

Happy viewing.

Culture

Interest has been expressed in having a genealogy group start up. If you are interested in participating in such a group, please forward your name and preferred day of the week to meet to Ron at ron.reine@gmail.com. We can work on general genealogy methods and sources, Norwegian specific ideas or work on some specific brick walls.

If you would like to see any other groups started as well, please let us know. Until further notice these groups would all meet online via Zoom so that may limit what some potential groups could do.

Free Norwegian lessons from NTNU <https://www.ntnu.edu/now>

Advent vocabulary

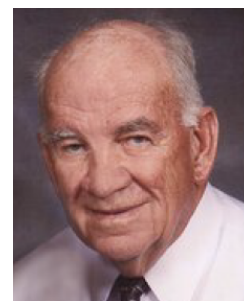
feirer	konserter
Adventstiden	juleverksted (barn og voksne kan lage julepynt sammen)
matrett	klementiner
kristen høytid	pepperkaker
Herrens Ankomst	gløgg, juleøl, julebrus
ventetiden	julekalender
lysestake (candleholder)	Adventskalender
nedtelling (countdown)	sjokolade
julegaver	lutefisk (spesiell matrett eaten before Christmas, no rich food until Christmas, so fish was common)
forberedelsene - preparation	

<https://sciencenorway.no/christmas-history-literature/heres-how-vikings-celebrated-christmas/1788632>

Member news

Ray Johnson, a gentle, quiet presence remembered by many at the Scandinavian Centre, died on October 19 at age 88. He was a member of our lodge from 1974-2017. He also served on work crews, sang with the choir and enjoyed Torskeklubben.

<https://mhfh.com/tribute/details/34384/Raymond-Ray-Johnson/obituary.html>



Olga and Leif Terning are planning to move soon - a seniors' lodge for Olga and long-term care for Leif.



The official flag of 2020 (and 2021).

So true! Thanks, Thordis, for this apt comment on the times.

Dick Closson enjoyed these youngsters singing *You raise me up*. The music was composed by Norwegian Rolf Løvland.

<https://www.facebook.com/its.supernatural/videos/292124161960960>

Sons of Norway website

At sofn.com, the Blog has many interesting tidbits, including the following recipe from Aug. 12. You can get future tidbits in your e-mail with E-Post Signup.

Matpakke Wraps

This simple, healthy wrap is a take on the traditional Norwegian *matpakke*.

Ingredients:

- 1 whole grain tortilla (Editor's note – or several, depending on size)
- 125 g cream cheese
- 3 full-sized carrots
- ½ a cucumber

Preparation:

1. Cut the carrots and cucumbers into long strips.
2. Spread the cream cheese over half of the tortilla (this will make it easier to roll up)
3. Spread the carrot and cucumber over the cheese and roll together.
4. Roll into parchment paper and divide into three.

Sons of Norway newsletter service

TIX Celebrates Differences at Eurovision

Norway's entry into this year's Eurovision Song Contest, "Fallen Angel," was written and performed by flamboyant rock star Andreas Haukeland, better known to his fans as TIX. This stage name was inspired by the constant storms of facial twitching and blinking he experiences due to Tourette's Syndrome. He arrived at Eurovision not just to showcase his music, but to celebrate the fact that living with a debilitating condition doesn't have to stand in the way of achieving your dreams.

Lyrics for "Fallen Angel" were born out of TIX's own experiences with bullying and mental health issues. He feels a lot of people can relate to the latter, after living through 2020 and the continued pandemic. TIX made it to the final round of the epic contest, which typically draws a television audience of 200 million.

After finishing in 18th place, Haukeland released a new single, BeautiFull. You can find this offering along with Fallen Angel and other tunes, on his YouTube channel:

<https://www.youtube.com/user/TIXofficial>.

Peace Prize Nominees Named in Oslo

The nomination process for the Nobel Peace Prize (Nobels fredspris) begins each September, and the laureates are revealed in October the following year. In December, the Nobel medals and diplomas are conferred along with a prize of 10 million Swedish kronor (the 2020 amount), around \$1.16 million US dollars. Who was nominated and who made the nominations is kept secret for 50 years, even from the nominees.

In 1895, the will of Swedish inventor Alfred Nobel set up prizes for Peace, Chemistry, Physics, Physiology or Medicine and Literature. The Nobel Peace Prize is awarded to those who have “done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses.”

Det Norske Nobelinstitutt was established in 1904 and is housed in Oslo. In 2020, the committee received 318 candidates. The award ceremony takes place at Oslo City Hall before the King of Norway each year on the death date of Alfred Nobel, December 10th. The 2020 Nobel Peace Prize went to World Food Programme for hunger prevention in conflict-affected areas of the world.

Hope Floats

Inspired by Norway’s stave churches, Hope Cathedral is a unique structure, floating on a barge near the mouth of the river Glomma in Fredrikstad, Norway. It is constructed out of timber and over a thousand plastic fish boxes. The multi-colored fish boxes, recovered during shoreline clean-ups, have been recycled into jewel-like roof tiles.

Solveig Egeland, an artist and cultural advisor to the Church of Norway’s Diocese of Borg, was inspired to start the project back in 2018 as she witnessed more and more plastic waste being deposited on her favorite beaches. In their stead, she envisioned an edifice of many colors rising from the sea. That fall, 35 volunteers banded together to realize her dream.

They have since been joined by thousands of people from across the globe, binding people of different faiths and nationalities together into a supportive, sustainability-focused community. Now nearly finished, Hope Cathedral was opened to the public on June 5, 2021.

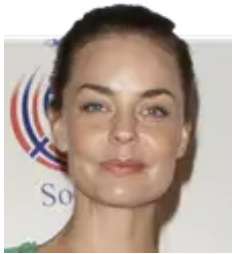
To find out more, visit their website: [hopecathedral.no](https://www.hopecathedral.no/)



Photo Credit: <https://www.hopecathedral.no/>

Find these Norwegian film stars' names and their work. Hidden word – our film this year.

J	G	N	E	Z	T	N	R	E	B	A	E	R	D	N	A
E	A	A	G	N	E	S	K	I	T	T	E	L	S	E	N
Å	R	K	L	I	L	Y	H	A	M	M	E	R	Z	G	G
E	T	H	O	M	A	S	G	U	L	L	E	S	T	A	D
X	J	H	H	B	Y	N	A	M	H	T	2	1	E	H	T
A	K	S	E	L	H	E	N	N	I	E	K	R	J	E	C
I	C	X	T	I	K	O	N	T	I	K	I	J	A	R	T
S	H	A	N	V	Ø	1	F	A	T	J	O	M	T	R	M
F	N	I	J	U	F	2	A	F	F	Z	U	G	O	E	T
D	V	O	T	L	E	Z	F	Z	O	N	O	N	E	V	Å
Z	W	C	W	L	Ø	L	N	A	D	F	D	S	J	S	T
X	C	I	C	M	J	R	K	S	H	F	T	H	X	L	J
E	G	Z	R	A	A	Å	E	E	A	L	V	E	E	Å	B
R	D	G	L	N	K	N	O	U	R	P	U	Y	B	P	S
T	D	E	N	N	I	S	S	T	O	R	H	Ø	I	R	E
A	F	M	Y	O	M	A	X	M	A	N	U	S	T	D	O



AGNES KITTELSEN



DENNIS STORHØI



ANDREA BERNTZEN



AKSEL HENNIE
MAX MANUS



LIV ULLMANN



THOMAS GULLESTAD
THE 12TH MAN



PÅL SVERRE HAGEN
KONTIKI



TROND FAUSA
LILYHAMMER



JAKOB HOFF OFTEBRO
(The) SNOWMAN

J	N E Z T N R E B A E R D												N	A
	A	A G N E S K I T T E L S												E
	K	L	I	L	Y	H	A	M	M	E	R		G	
	T H O M A S G U L L E S T												A	D
	B					N A M H T 2 1 E							H	T
S	A K S E			L	H E N N I E								E	T
	N O W			I	K O N T I K I							A	R	
				V	F							M	R	
				U	F				U			O	E	
				L						O	N	N	V	
				L						D	F	D	S	
				M	S					F		T	L	
				A	A	E		A		E		Å		
				N	N		U				B	P		
				D E N			N	I S S T O R H Ø I						
				M	A	X	M	A	N	U	S		O	

Solution for the puzzle. Hidden word: AMUNDSEN

Note from Head Office for those wondering what they get as a member while lodges are unable to hold their usual events or meeting less often. From lodge newsletters with your local news to online resources like our Recipe Box, Cultural Skills subjects, Sports Medal Program and *Viking* magazine available by mail or online—members can enjoy their membership at home, until it is safe to gather.

What do YOU think about an all-Canadian district?

Representatives of seven of the nine lodges in Alberta and Saskatchewan met by Zoom recently to discuss this question. Currently, these lodges are part of District IV, along with Montana and North Dakota. District IV is unique in being the only cross-border district in Sons of Norway. A Canadian district would include lodges in BC, AB, SK and leave the door open to any that might be created in other parts of Canada.

Your thoughts – pro and con – are most welcome. Please reply to president@sofncalgary.ca or secretary@sofncalgary.ca by the end of October. We would like to hear from as many people as possible.

Fabulous 4th Footnotes

See <http://www.sofn-district4.com/newsletter> or www.sofncalgary.ca/news for the latest issue.