

FLYGEBLAD

FRA PRESIDENTEN



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Hei alle. I hope everyone reading this has been able to stay healthy and avoid the COVID-19 infection. As things start to open up again, it is a time to be most vigilant and careful in our daily routines where contact with others is involved. In my trips to the grocery store and such I have noticed more and more people disregarding safe distancing and other cautionary practices.

There seems to be a growing false

sense of security by many in the fact that we have got this far in this pandemic without being personally infected. We must all remain vigilant to prevent or minimize a second wave of the virus. We can still get out and about and back to some semblance of normal while taking precautions for ourselves and others.

Even though the days are now getting shorter again, they will be getting warmer and more pleasant for a while. Get out and enjoy the outdoors as much as you can. It might be walking, cycling or working in your yard or garden. These activities can be used towards earning one of the SofN sports medals. More information can be found on the Sons of Norway website, or if you need assistance with more information, get in touch with one of your executive.

Many of our activities and meetings this spring have been cancelled. We are still waiting to see what happens in the next month or two before we commit to our next monthly meeting. Hopefully we will be able to get together in the fall but only time will tell when, and what that meeting will look like.

Whatever your plans for the summer, stay vigilant, stay safe and stay healthy.

Ron

FROM OUR MEMBERS AND FRIENDS:

Syttende mai contributions came from 18 individuals, and can be viewed at

<https://www.dropbox.com/sh/koj09d1ifs6476h/AACaGhelcHgdTbCy8MIbzcrda?dl=0>

An update on **Robbie Bankes**, past S/N scholarship winner from Calgary who has been studying in Norway. He talks about where he lives, what he's doing, and sings several of his songs.

<https://www.youtube.com/watch?v=QGxjKeNI7UQ&fbclid=IwAR0ySc9H5BCGP2z4rjbsOgnbZyAJtzStpvaDRP3pZFk-1sjjbE6-Pbq-awg>

Scott Campbell, who exhibited photos of a lake near Oslo back in February, created this pandemic virtual exhibition – Abstraction Distraction. This short video explains new images he made as a way of staying sharp during the pandemic lockdown, and how he created them: https://youtu.be/Lg_znmlUEs

Trollhaugen 2020 Camp has been cancelled due to Covid-19. The theme for 2021 is Sports. TLACS (Trollhaugen Society) membership fees paid for 2020 will be carried over to 2021.

Sankthans find-a-word (Alison Wiigs and Kari Smedstad)

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

June 20th was the LENGSTE DAG (longest day) this year. In Norway there is MIDNATTSOL (midnight sun) at the SOMMERSOLVERV (summer solstice). This day has been celebrated from olden times as a time of MAGI (magic). Protection from evil involved ILD (fire), burning a HEKS (witch figure) and her SOPELIME (broom) or a STRÅMANN (representing the evil man wishes to do). There is also a tradition that young women gathered SOMMERBLOMSTER (summer flowers), put them UNDER their PUTE (pillow), and dreamt of their FREMTIDIGE (future) EKTEMANN (husband).

Under Christian influence, HØYTIDEN (the festival) was named SANKTHANSFEST or JONSOK after JOHANNES DØPEREN (John the Baptist). BÅLBRENNING (bonfires) and FYRVERKERI (fireworks), especially along the KYST (coast), are popular but less numerous these days due to BRANNFARE (fire hazard).

Unlisted word – location of largest bonfire. Clue - <https://rove.me/to/norway/sankt-hans>

All the words in capital letters are in the puzzle. They may be vertical, horizontal, diagonal, forwards, or backwards. Lykke til!

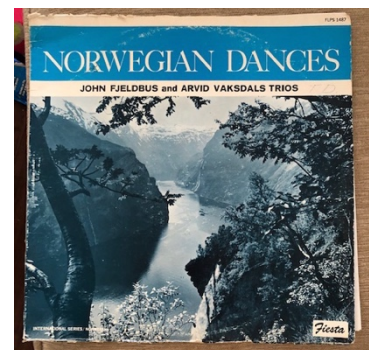
Snowbird insurance business looms large (submitted by Ingrid Ektvedt)

According to WorldAtlas, **Canadians are the world's eighth most prolific travellers**, taking an average of 4.20 leisure trips per year. **And of those 4.20 trips, 3.20 are outbound to other countries.** The Finns are ranked number one, with 7.70 trips per year, but only 1.70 of those are outbound (the rest are domestic). Americans are the second most frequent travellers, with 6.70 average trips per year, but only 0.20 are outbound.

https://www.itij.com/latest/long-read/covid-19-and-canadian-travel-insurance?utm_source=COMMS&utm_medium=EMAIL&utm_campaign=RATB20JUN12&mkt_tok=eyJpIjoiT0dSaE9EVmtPV1pqWW1NMyIsInQiOiJlcDBVcTFSMdArdVBpME5tUERaYmxHempxaVNWRmk4dlBnaGE1N2tabXpXUmtlcmxOZjZSTGJVZkdPeDlacW12SmIPK3VZb0pzT0xRREFNdVwv dExQTjllVHhFZENLNUtuemldzdjXC84b1NtQXN6MVIYdW9jNU9sOENLdXZjRON3In0%3D

More about travelling: **Quarantine song** via Thordis Kamp – I ain't been nowhere <https://www.youtube.com/watch?v=DIQvaBOuvAs>

Norwegian Dances record – Donna née Dalager (her grandfather lived in Valdres) would like to pass on this record to someone who will enjoy it. If interested, contact secretary@sofncalgary.ca.



RECIPE: Vanilje iskrem med brunostkaramell-virvel (Vanilla Ice Cream with Brown Cheese Caramel Swirl)

original source, the Tine website.

When mixed into ice cream, the *brunost* caramel is reminiscent of dulce de leche!

For the ice cream

2 cups whipping cream
1 14-oz. can sweetened condensed milk
2 tsp. vanilla extract
Pinch of salt

Brown cheese caramel

4 oz. brown cheese, such as Ski Queen, grated
½ cup heavy cream
1 tsp. corn syrup

For the ice cream

Whip the cream to stiff peaks. Fold the sweetened condensed milk, vanilla, and salt into the whipped cream with a rubber spatula until combined (no streaks of whipped cream or condensed milk should be visible). In a loaf pan, layer in 1/3 of the ice cream base. Drizzle in some of the brown cheese caramel, about 3-4 tbsp. Repeat the layers two more times. Take a chopstick (or knife), and drag it through the ice cream mixture to create swirls. Cover with plastic wrap and freeze until solid, about 4-6 hours.

Brown cheese caramel

In a small saucepan, gently heat the heavy cream until steaming. Add the grated brown cheese and corn syrup, and whisk until smooth. Gently simmer for 5-10 minutes until it thickens lightly. Transfer to a bowl and refrigerate until ready to use. Makes 1 cup of caramel.