



FLYGEBLAD

FRA PRESIDENTEN

Hei alle,

As we approach the official start of summer we look forward to the next step toward the “new normal”, whatever that may be. I encourage you all to get outdoors as much as possible and shake off this feeling of confinement that we all have been enduring for nearly a year and a half.

If things continue progressing as they currently are, I am looking forward to resuming in-person meetings again in September. I am also hopeful that we may be able to arrange one or more picnic style events through the summer, all within whatever guidelines for gatherings may be in place at those times.

Thank you to all who attended and made the virtual meetings possible over the past year. I trust these meetings have helped us all to keep in touch to some degree and by doing so, keep the heart of our lodge beating.

Finally, remember that the Sons of Norway Foundation in Canada provides bursaries and support for those wanting to take cultural courses as well as post-secondary students of all ages for academic and trade school programs. Check the SONFIC website at www.sonfic.ca for more information including application forms and application deadlines.

On behalf of the executive of your Valhalla Lodge, I wish you a safe, healthy and happy summer where perhaps we can begin to spend time together again with our families and friends.

Ha en trygg og sunn sommer.

Hilsen
Ron

LOOKING FOR “NORSKIE STUFF”? from Brenda Carlstad, Edmonton lodge

My sister has been creating many digital designs, Nordic-themed, among them. Just scroll down; she has a ‘bunch of fun’ Norse designs that can be applied to all kinds of things from a shirt to a shower curtain.

<https://www.redbubble.com/people/carlstad/shop?artistUserName=carlstad&collections=1250572&iaCode=all-totes>

VIRTUAL TRAVEL from Clarissa Peterson

There is a website called HeyGo (<https://www.heygo.com/>) that gives live virtual tours in places all over the world. There are a few tours available in Norway

(<https://www.heygo.com/locations/country/norway>) and they are always adding new ones.

They have more than 60 countries so far.

The tours are free but you can “tip” the guide if you wish (this is how the guides get paid for their work).

It is streaming video directly in your web browser (computer, phone, or tablet) with nothing to download, so hopefully easy enough for those who are not technically savvy.

I have gone on several of these tours, and it is a lot of fun. Not only is it safest to tour other cities from your own home right now, but you save the price of a plane ticket!

BUNADS FOR SALE



Child's sizes 6 and 8, women's sizes 104 and 164

Contact Ann Will, wilansiru@yahoo.com



NORWEGIAN PERFORMERS

Do you like bluegrass music? There are several links on youtube to the Norwegian group *Hayde Bluegrass Orchestra*.

Magnus Wiik (Laura Ellestad's husband) is another Norwegian bluegrass performer you can find on youtube. He records solo works where he sings and plays many different instruments.

TV SHOW (from Ron Reine)

There is a program on the Telus Cottage Life channel (355 I think) on Tuesday evenings called Ice Vikings. It documents ice fishing on Lake Winnipeg. A lot of Icelanders and Norwegians from the Gimli area make a living from the fishery there.

CELEBRATING RHUBARB!

DATE RHUBARB PIE (Barb)

1 ½ - 1 ¾ c	sugar
2 Tbsp	flour
2 Tbsp	butter
pinch	salt
2	eggs
2 c	finely chopped rhubarb
½ c	chopped dates



Image by [planet fox from Pixabay](#)

Beat eggs until light and add remaining ingredients.

Bake at 425° F for 10 minutes then 350° F until well done

Note: can be a one or two crust pie. Nice as a one crust.

Lillian (Lewis) Schaefer
Grandma Schaefer

RHUBARB AQUAVIT (Viking magazine)

1	bottle	*vodka
2	Tbsp	sugar
2	cups	roughly chopped rhubarb
1	Tbsp	coriander seed, crushed

In a quart mason jar or other glass container, combine vodka, sugar, rhubarb and coriander seeds. Let sit in a dark place at room temperature for one – four weeks.

When ready to enjoy, strain through a fine-mesh sieve and chill well.

May be used straight or mixed in cocktails.

*Potato-based vodka is traditional, but any vodka will do.

MIDSUMMER RHUBARB AQUAVIT SPRITZER

- 1 shot Rhubarb Aquavit
Lemon slice, squeezed for juice
- 1 cup soda water
Basil Leaves

Mix your drink together and garnish with a basil leaf.

RHUBARB PECAN MUFFINS (Barb)

My mom, Melba Berild's Recipe

- 2 cups all-purpose flour (can use $\frac{1}{2}$ cup whole wheat flour)
 - $\frac{3}{4}$ cup brown sugar
 - 1 $\frac{1}{2}$ tsp baking powder
 - $\frac{1}{2}$ tsp baking soda
 - $\frac{3}{4}$ tsp salt
 - $\frac{3}{4}$ cup chopped pecans
 - 1 egg
 - $\frac{1}{4}$ cup vegetable oil
 - 2 tsp grated orange peel
 - $\frac{3}{4}$ cup orange juice
 - 1 $\frac{1}{4}$ cup finely chopped rhubarb
- I have also added $\frac{3}{4}$ cup dried mandarin oranges, apricots, etc.

- Combine dry ingredients and nuts in a large bowl.
- In a medium bowl beat egg and add oil, orange peel and juice. Add to flour all at once and stir just until batter is moist. (You may need to add a bit more juice . . . see what the consistency is like.) Stir in rhubarb.
- Spoon into large, lightly greased muffin cups. Fill to $\frac{3}{4}$ full. I find it easier to use paper muffin forms/cups.
- Bake at 350° F for 25 – 30 minutes.
- Makes 12 muffins.

RHUBARB CHUTNEY (Barb)

- 1 pound rhubarb (cut into small pieces)
- 2 tsp grated fresh ginger
- 2 cloves garlic
- 1 or 2 jalapeno peppers, seeds and veins removed
- 1 tsp paprika
- 1 Tbsp black mustard seeds
- $\frac{1}{4}$ cup dried currants
- 1 cup brown sugar
- 1 $\frac{1}{2}$ cups white wine vinegar

(Chutney, continued)

- Combine all ingredients and bring to a boil. Lower heat and simmer until rhubarb is broken down and the texture of jam. (30 minutes)
- Store in refrigerator in glass jar.
- The chutney will keep for several months.

RHUBARB CAKE

(Ron's Mom's and Grandma's recipe – a favourite)

½ cup shortening	1 teaspoon baking soda
1 ½ cup sugar	½ teaspoon cinnamon
1 egg	3 cups finely cut rhubarb
1 cup sour milk	½ teaspoon salt
2 cups flour	

Cream shortening, sugar and egg. Dissolve baking soda in milk. Sift dry ingredients together and add alternately with milk to creamed mixture. Mix in finely cut rhubarb and pour into buttered 9" x 12" pan.

(Note: Peggy uses butter instead of shortening.)

Editor's note – the sour milk/soda combination foams up. Ensure the mixture is in something bigger than a 1-cup measure!

Topping:

1/3 cup sugar
1/3 cup chopped walnuts
1 tablespoon cinnamon

Mix together and sprinkle over batter in pan. Bake 1 hour at 350°F.

RHUBARB CUSTARD PIE

(Another one from Ron's Mom and remembered from childhood)

1 cup rhubarb	1 cup white sugar
2 egg yolks	¼ teaspoon ginger
1 cup milk	1 tablespoon (heaping) flour
pinch of salt	½ teaspoon vanilla extract

Meringue:

egg whites
2 teaspoons white sugar

½ teaspoon cream of tartar

Can use regular or graham crust. Bake ¾ to 1 hour at 350°F.

RHUBARB BREAD PUDDING

(From Ron's sister Laverne)

3 cups diced raw rhubarb	1 cup white sugar
3 cups cubed dry bread	½ cup milk
¼ cup butter	1 cup white sugar
2 eggs	1 teaspoon vanilla extract
1 ½ tablespoon cinnamon	¼ teaspoon nutmeg

Butter a large casserole dish (8" x 12" x 2").

Clean rhubarb and slice into small pieces. Mix with the 1 cup of sugar and set aside.

Cube the dry bread and pour the milk over it and set aside.

In a large bowl cream the butter and sugar and add eggs, beating well.

Add vanilla and spices and stir.

Fold in the bread mixture as well as the rhubarb and mixture.

Pour into prepared pan.

Bake at 350° or until the custard is done.

RHUBARB CRISP

(from Alison's mom)

3 ½ cups cut up rhubarb	Topping:
1 cup sugar	1/3 cup brown sugar
¼ tsp cinnamon	2/3 cup flour
1 egg, well beaten	¼ cup butter

Combine sugar, flour, and cinnamon. Add egg, blending well. Combine with rhubarb. Pack into greased baking dish (casserole or 8" x 8" cake pan). Level top with back of spoon.

Topping: Combine sugar and flour, work in butter until mixture is crumbly. Scatter over rhubarb mixture.

Bake at 350° for 35 minutes or until the top is crisp and lightly browned.

SUNSHINE AND SHADOWS

Gratulerer to Aase Naylor, who celebrated her 90th birthday on May 23rd.

Condolerer to District IV Vice-President Martha Elliott, whose husband passed away June 4th.

Keep Sonja and Henry Rieder in your thoughts as Sonja deals with stroke aftereffects and Henry with tests for cancer.