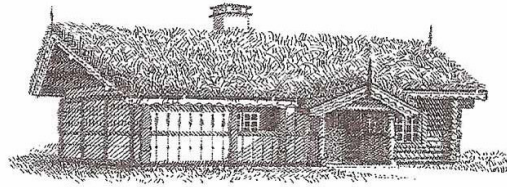


# LAFT HUS NEWS

Issue 136

April/May 2023

Editor: J. Macrae



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TUSEN TAKK (Thousand thanks) to the City of Red Deer for supporting us with Community Culture Development Fund money.

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➡ It was decided at the Annual Meeting on March 5th that there will be no Laft Hus Festival this year.

There will be a Children's Festival in the park by the Laft Hus on June 2 & 3, 2023. It is the 17th year of the Children's Festival put on by Family Services of Central Alberta! This Festival continually strives to provide new and unique opportunities for the Children of Central Alberta to learn, play and be active. Local and national talent entertaining at the festival show a wide array of different skills, from singing, dancing and even a little magic! It is a fantastic event for young children.

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Cleaning day at the Laft Hus will be May 10 starting at 9:00 a.m.  
Please let us know if you can help.



For SYTTENDE MAI (17th of May) put on your bunads and come down to the Laft Hus for 11:30 a.m. and we will parade around the square and wave our Norwegian flags. This will be followed by a potluck lunch, so bring a dish with. Everyone welcome.

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MARK YOUR CALENDARS

~~NOVEMBER~~

Our Craft and Bake Sale will be Nov 25/26.

BAKING DAYS will be : Lefse Oct 24,25,26, 27, 30 31  
flatbread Nov 1, Deep fry Nov 8, Krumkake Nov 15, Cookies  
Nov 22. Let us know what days you can help.

The ladies are busy rosemaling wood items. Member Laurie Chilibeck just donated a big box full of rosemaled items for our sale (and she took home unfinished items to do more rosemaling for us!).



## PUBLIC PROGRAMMING

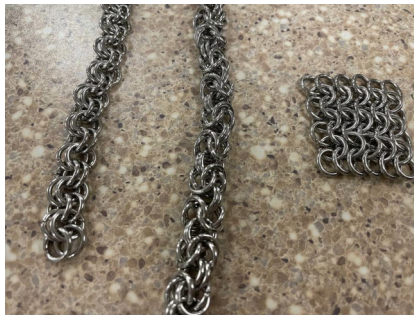
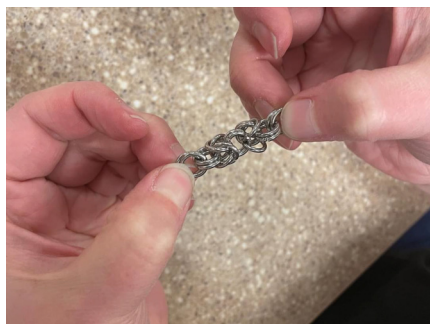
I'm happy to report two wire weaving classes in April and May with Greg McClennon are full up. We may offer another class in July.

Here are some other upcoming classes for you:

Rosemaling with Karen Westly May 26/27, Friday 6:00pm to 9:00pm and Saturday 9:00am to 4:00pm. We will be painting this beautiful design on a cushion cover. Make sure you register by May 5th. Cost: \$70



I believe you will learn Byzantine, Box weave and 4in1 weave in this Chainmailing class with Jason Stepler June 17, 1:00 - 4:00; Cost \$50



We are so pleased that professional artist, Marianne Harris, will be teaching us to paint a landscape of the Laft Hus on June 25, Sunday 1:30pm to 4:30pm. Cost: \$60

## LIBRARY

The Jo Nesbo book "Cockroaches" was just donated to the Laft Hus, if any of you have been reading his series of books.



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# HIGHLIGHT ON MEMBERS



Hello! My name is Martha (Larsen) Cederwall. I was born in Kenora, Ontario in 1956 and was raised in Keewatin, Ontario, a small town 4 miles away. My parents came from Norway (Alesund area) and moved to Keewatin after they married in 1952. They could not speak English when they moved to Canada. I have one older sister, Ingrid, and one younger brother, Harald. In 1960 my family moved to Norway and we lived there for almost 2 years before moving back to Keewatin in 1962. I attended elementary school in Keewatin and high school in Kenora. After high school I worked for almost 3 years in clerical work positions.

In 1978 I married my “high school sweetheart”, Dale, and we moved to Calgary to begin our new life together where Dale was just starting his first job as a geologist after graduating from university. I worked for almost 5 years as a secretary before we started our family in 1983. I have 3 grown children....2 girls (Janelle and Lindsay) and 1 boy (Daniel) and also 4 grandchildren. While raising my children I was a stay-at-home mom. I volunteered a lot in the schools that my children attended from elementary through high school.

I enjoy sewing, gardening and baking. When the children were young we did a lot of camping.

We have travelled through western Europe. When my youngest daughter was a schoolteacher in the United Arab Emirates for 4 years we would meet her each spring in Europe on her break and we travelled to Italy, Switzerland, Belgium, Germany, Holland, Luxemburg and Austria. I also travelled to Spain on a high school field trip. We have also travelled to Norway several times as we still have family living there.

My mother amazes us. She will turn 99 this coming October and still lives on her own. Although her hearing and eyesight are failing, she still manages on her own with minimal help. She continues to knit and bakes many “Norsk” recipes, many of which I have learned from her.

I speak and understand Norwegian, but writing is a bit of a challenge. My parents were very strict with us as they wanted our family to know and understand the Norwegian language. If we asked them a question in English they would not answer us until we asked in Norwegian. I am so glad for this now.



We still have a home in the Kenora area and travel there several times a year as we have family there on both my side and Dale's.

I stumbled upon the Laft Hus some years ago as I think it was Freia chocolate I was trying to find at the time. I believe Julie was the first person I met there, and she was so warm and welcoming. 😊 I try my best to attend the Christmas sale each year and will continue to as well. It is always so fun to come into the Laft Hus and see and feel the warmth of Norway. It is wonderful to have a place close to Calgary where one can learn about the culture and history of Norwegians (and buy Freia chocolate). 😊 Mange takk to Julie and all the dedicated volunteers at the Laft Hus!!

## BUTIKK

Betty Oldham has been busy pricing hardanger fabric, which we now have for sale. We also have lots of different colors of hardanger thread for sale.



## JOKE CORNER

Doctor: Well, your arm is broken. You'll need a cast for about 8 weeks and you'll be good as new

Lena: When the cast comes off, will I be able to play the piano?

Doctor: I don't see why not.

Lena: AWESOME!!!! I've always wanted to play the piano.



An elementary school teacher was meeting her new class. She pointed to Sven and asked "What does your father do for a living?" Sven said "My father's a magician! He has a new act that ends with sawing people in half." "That's wonderful!" said the teacher. "And do you have any siblings?" "Yes," said Sven- "I have a half brother and a half sister."



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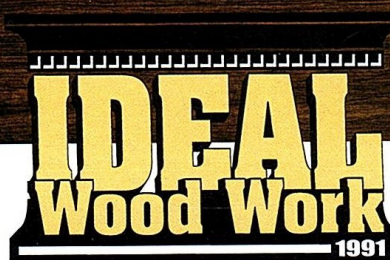
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# NORSK HØSTFEST

If you're planning on going to Host Fest in Minot, North Dakota this coming fall, I thought you might like to know the famous comedian and former host of "The Tonight Show", Jay Leno, is to perform. They also will be having the Broadway musical "Million Dollar Quartet" (Elvis Presley, Jerry Lee Lewis, Carl Perkins & Johnny Cash).



If you have any questions and want to contact Host Fest, their contact information is:  
PO Box 1347, Minot, ND 58702, 701-852-2368, [Info@EPICEventsND.com](mailto:Info@EPICEventsND.com)

There is camping available at Host Fest, but it fills up fast; so you want to make your reservations now. There's a daily rate of \$55 per night or \$155 for 4 nights in the East Gravel lot (which includes complimentary coffee and donuts daily, access to showers and bathrooms, 30 Amp service and shuttle to the main doors of the Norsk Hostfest. There's also a \$225 package for 5 to 10 nights in the VIP Paved Lot and it includes all of the above, plus 2 tickets to the Wednesday 1 pm show and 2 tickets to the Tuesday night RV social.

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## Recipe for this month: NORWEGIAN SCHOOL BREAD

Skolebrød (pronounced sku-lah-BREWD) is a custard filled, coconut topped Norwegian cardamom sweet roll whose name roughly translates to "school bread". Whether you're looking for something new for your breakfast line-up or to try your hand at Scandinavian baking, these deliciously delicate sweet rolls are sure to delight!

For the custard filling:

- 1 vanilla bean
- 1/2 tsp vanilla extract
- 3 egg yolks
- 1/4 cup granulated sugar
- 1 tbsp cornstarch
- 1 cup milk



For the dough:

- 1/3 cup butter (room temperature)
- 3 1/4 cup all purpose flour
- 1/3 cup granulated sugar + 1 tsp
- 2 tsp cardamom
- 1 cup milk, warmed
- 1 packet (2 1/4 tsp) instant yeast
- 1 egg

For garnishing:

- 3/4 cup powdered sugar
- 1 tbsp water
- 1 cup sweetened, shredded coconut

1. Scrape the seeds from the vanilla bean.
2. In a small saucepan, combine the vanilla extract, sugar and milk for the custard filling. Cook, stirring frequently, until almost boiling.
3. In a small bowl, whisk together the egg yolks and the cornstarch.
4. Pour some of the hot milk mixture into the egg, whisk, and pour the mixture back into the saucepan.
5. Continue to cook until the custard thickens to a pudding-like consistency.
6. Pour the custard into a bowl, cover with plastic wrap pressed down against the surface of the custard and refrigerate until ready to use.
7. In the bowl of a stand mixer, combine the warm milk, 1 tsp sugar and yeast. Allow to proof for 5 minutes or until frothy.
8. Add the flour, remaining sugar, cardamom and egg to the bowl.
9. Using a dough hook, knead the dough on medium for 10 minutes.
10. With the mixer on low, add cubes of the room temperature butter.
11. Knead on medium until a smooth, elastic dough forms (about 10 minutes).
12. Place the dough in a greased bowl and allow to rise in a warm place until double in size (about 1 hour).
13. Divide the dough into 12 pieces. Gently roll each piece until a smooth ball forms.
14. Using your finger or a spoon, create an indent in the center of each.
15. Allow to rise in a warm place on parchment paper lined baking sheets until almost double in size (about 30-40 minutes).
16. Spoon a few tablespoons of the custard into the center of each roll.
17. Bake at 420F for 10-12 minutes, or until golden brown.
18. In a bowl, whisk together the powdered sugar and water to form a glaze.
19. Pipe the glaze onto the cooled sweet rolls and coat with shredded coconut.



# NORWAY NEWS

More than 20,000 soldiers from nine NATO countries just finished military winter exercises in northern Norway, Joint Viking 2023. Air defense exercises over Oslo were also included in the military exercises. Russia's war on Ukraine has shown how important preparedness and well-trained military forces are especially for a strategically important country like Norway.



Most of the soldiers who participated in Joint Viking were from Norway, but they're joined by troops from Canada, France, the Netherlands, Great Britain, Germany and the US. Sweden and Finland are also participating, after deciding to move away from decades of military neutrality and join NATO.



The Norwegian government apologized Thursday to reindeer herders after activists spent a week protesting a wind farm that they say hinders the rights of the Indigenous Sami people in central and Arctic Norway.

Formerly known as the Lapps, the Sami are believed to have originated in Central Asia and settled with their reindeer herds in Arctic Europe around 9,000 years ago. They traditionally lived in Lapland, which stretches from northern parts of Norway through Sweden and Finland to Russia.

Across the Arctic region, the majority live on the Norwegian side of the border. Between 40,000 and 60,000 Sami live in central and northern Norway.

They once faced oppression of their culture, including bans on the use of their native tongue. Now they have their own parliaments, schools, newspapers, and broadcasts in their own language on national radio and television. The nomadic people live mostly modern lifestyles, but still tend reindeer.



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Norwegian electric car owners have a word for the way they feel when they look nervously at their battery indicators while driving in subfreezing weather: “rekkevideangst”, or “range anxiety”. With temperatures often falling below zero, rugged terrain and long stretches of remote roads, Norway may not seem like the most ideal place to drive an electric car, whose battery dies faster in cold weather. In the cold season, how much range electric cars lose depends on the model and how low the temperature gets. The electric car uses much more battery when it is parked outside in temperatures that can reach minus 15 degrees Celsius and it can take quite awhile for it to go back to normal consumption.



Now more and more new electric cars have systems for pre-heating the batteries, which is very smart because you get more range and because if your car is heated before you charge, it will also charge faster



Prince Harry has been quoted as saying that the Norwegian and Dutch royal families have been leading by example amid his royal row with his own British Royal Family. The Duke of Sussex said: “I genuinely believe the best thing for the monarchy is to modernise, especially because of their role in the commonwealth. In the last couple of months, the king of Norway and the king of Netherlands have led by example, and I congratulate them for that, enormously, and I don’t think they have been given enough credit for what they have done. But it is huge, and more of that is needed.”

This comes as he lashed out at his own family and the British press, through multiple channels including a Netflix series, interviews, and his book “Spare”, for not fully accepting his mixed-race wife, Meghan Markle.

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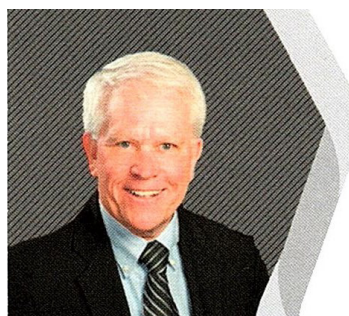
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Opening this spring 2023 is The Treetop Walk. You will want to put this 1-km-long Treetoppvelen wooden boardwalk in Hamaren Activity Park in Fyresdal, Norway on your bucket list. The walk goes all the way to the summit of Klokkehamaren, where the path ends in a viewing circle 45 metres in diameter.

Also in 2023, The Norwegian Coastal Express Route is celebrating its 130th anniversary and Hurtigruten is announcing two brand new cruises along the Norwegian coast. The Svalbard Express is an iconic journey that takes you between Bergen, the North Cape and Svalbard. For the first time in the 130 year history of Hurtigruten, The North Cape Express will sail from Oslo and Bergen to the North Cape and back. If you do not experience the Aurora Borealis during your voyage, you can get a new cruise for free!

In 2023, you can also take advantage of the new summer schedule on The Arctic Route by Best Arctic, a bus network that takes you safely and comfortably between Narvik, Lofoten, Vesterålen, Senja, and Tromsø.

## "STORM - The Dragon Legend"



Opening in late April is a NOK 100 million monster roller coaster at Tusenfryd theme park, the first of its kind in Europe. It's called "Storm - The Dragon Legend", and is an Inverted Triple Launch Coaster, which means that it accelerates three times during the ride and you are suspended below the track at speeds of almost 100 km per hour, with a height difference of 33 metres!

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