

NORWEGIAN LAFT HUS SOCIETY

Heritage Square
4402 – 47 Avenue
Red Deer, Alberta T4N 6T4

403-347-2055
norwegianlafthus@gmail.com
www.norwegianlafthussociety.ca



Have a peek inside at all the great classes offered.

2020
PUBLIC PROGRAMMING

Hours of Operation

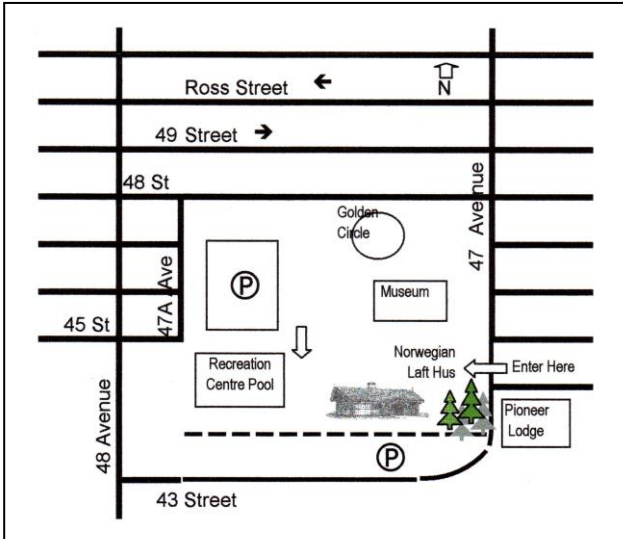
Year round on Wednesdays - from 9 am to 3 pm

June 1 to August 31 – Tuesday to Saturday

9:00 am to 5:00 pm

Sunday 12:00 Noon to 5:00 pm

Closed Mondays and Holidays



Mission Statement

The Laft Hus is a centre for the preservation, interpretation, and study of material relating to life and culture of Norwegian-Canadians. As such it instills in Canadians of all ethnic backgrounds an awareness of the great diversity in their cultural heritage and enables Norwegian-Canadians to see, understand and appreciate their place in the mosaic of Canadian culture.

REGISTRATION

Registration and payment may be done in person on Wednesdays 9:00 – 3:00, by mail by sending a cheque for the full amount to Norwegian Laft Hus Society, 4402 47 Avenue, Red Deer, AB T4N 6T4 or by phoning in with your credit card information.

Make sure you sign up for a class early, because if the minimum number of students do not register, the class will be cancelled at the discretion of the teacher.

Refunds will be issued. **Make sure we have your contact information.** If a student cancels after the registration date, no refund will be issued.

There is always the possibility that classes in this brochure could be cancelled due to unforeseen circumstances. If changes do occur, the Laft Hus will notify you. Again, make sure we have your contact information.

If you have been a member for a year, you will receive a 20% discount on classes.

LOOM KNITTING



Bring your own wool, in this class Esther will provide the hoops and teach you how to make a toque or a scarf. Bring your own lunch.

Date: February 1st

Time: Saturday 10 AM-4 PM

Instructor: Esther Hopland

Cost: \$25

NEEDLE FELTED NISSE



Join in needling a Nisse! Come and complete a nisse (gnome) with Monica Robinson. Learn about the characteristics that allow wool to tangle and how a needle with barbs allows you to sculpt with wool.

Date: February 3rd

Time: Monday 9:30 -12:00 NOON

Instructor: Monica Robinson

Cost: \$20

SCANDINAVIAN WOVEN HEART BASKETS



Children and adults enjoy making this woven heart basket that can be used to put treats in it for Valentines Day

DATE: February 8th

Time: 1-4 PM

Instructor: Edie Madden

Cost: \$10

PROGRAM BY AUGUSTANA COLLEGE NORWEGIAN STUDENTS



Professor Urberg with the University of Alberta Augustana campus is bringing some of her students to see the Laft Hus and she will have them put on a

short program for us. Please come and enjoy.

Date: February 22

Time: Saturday 1:00 PM

Instructor: Ingrid Urberg

Cost: \$5 to reserve a chair

BARNELØPET



Children can enjoy Family Day at our *Barneløpet*, a non-competitive ski or walk event for the community's youngest skiers, ages 3-13. This event will be held in Heritage Square/Rotary Park East with registration at the Norwegian Laft Hus. Skiers must provide their own skis.

Barneløpet is open to children of all skill levels and is a great event for the entire family. When you complete the course, you'll be awarded a medal and served hot chocolate and homemade cookies as you warm yourself by the fire.

No snow or skis? "Then join in the fun with a walk through the park. If in doubt about weather conditions, phone us for cancellations.

Barneløpet, (pronounced BAR-nuh-lop-it) is Norwegian for "kid's race". It is modeled after the Barnebirke, a children's cross-county ski race held each year as a part of the world-famous Birkebeiner.

Date: February 17, 2020

Time: Monday 1:00 PM

BUNAD

If you want to make a bunad (folk costume), we have patterns and some supplies at the Laft Hus. Contact us.

HARDANGER EMBROIDERY



Make a beautiful Hardanger pillow using only 2 stitches.

Dates: February 15 & 29th

Time: Saturdays 1-4 P.M.

Instructor: Esther Hopland

Cost: \$60 (Includes supplies for front of pillow)

NORWEGIAN GLOVES



Embroider these beautiful half gloves decorated in a Hallingdal pattern. Previous experience in satin embroidery is helpful, but not essential.

Date: March 13th & 14th

Time: Friday 6:00 – 9:00 PM

Saturday 9:00 a.m. – 4:00 PM.

Bring a bag lunch for Saturday.

Instructor: Kathy Mullin

Cost: \$65 (includes all materials). Must be registered by February 1st.

ROSEMALED DOOR HARP



Have you had an eye on the door harp and really want one? Come paint your own in this class. Paint supplied and assembly supplied after painting.

Date: March 15, 2020

Sunday 9:00 AM to 4:00 PM

Instructor: Julie Macrae

Cost: \$100 (includes door harp)

SAMI STORYTELLER/SINGER



Here's a special opportunity to join us for a potluck lunch and listen to Sami Storyteller and Singer/Songwriter, Stina Fagertun, from Tromsø, Norway. She will enchant us with lively Sami stories and will do 'yoiks', the traditional Sami way of singing. Stina is a frequent performer on stages around the world where she celebrates the people and magical landscapes of her native Norway.

Date: March 17, 2020

Time: Tuesday, 12:00 noon

Cost: \$5 to reserve a spot

KLOKKESTRENG



Every Scandinavian should have a vintage bell pull embroidery wall hanging in their house. Learn to make this folk art tapestry from Norway. All supplies included.

Date: March 21, 2020

Time: Saturday 1:00 – 5:00 PM

Instructor: Judy Windrim

Cost: \$40

NORWEGIAN KNITTING



In this beginner class you will learn a basic Fair Isle knitting technique that is easy to learn. You will make a fun toque with many different colors of yarn to choose from. You need 4/5 double

pointed needles or 5.5mm & 6.5mm circular needles.

Date: March 27/28

Time: Friday night 6:00 – 9:00 PM

Saturday 9:00 – 4:00 PM

Instructor: Kathy Mullin

Cost: \$25 (Includes yarn)

BEGINNERS HAND EMBROIDERY



Learn how to transfer a design into your fabric using a printer and make a sampler or bring your own design. Several embroidery stitches will be taught.

Date: April 4th

Time: Saturday 10 AM-4 PM

Instructor: Esther Hopland

Cost: \$25

SCANDINAVIAN LUNCH



Enjoy making and eating open faced sandwiches called Smorbrod in Norwegian.

You will have the opportunity to learn how to put a lovely

Scandinavian lunch together with unique ingredients and enjoy the marvelous flavours. Maximum 8 people.

Date: April 18th

Time: Saturday 10 A.M.-1 P.M.

Instructor: Syneva Baltimore

Cost: \$25

VOLUNTEER WEEK ROSEMALING SESSION



Let's start out Volunteer Week with a rosemary painting get-together. Bring your brushes and an unfinished project to work on. You can use our paints and supplies. We can learn from each other. Socialize with snacks that are provided.

Date: April 19, 2020

Time: Sunday 1:30 PM – 5:30 PM

Cost: \$5.00

VOLUNTEER WEEK KNIT-IN



The Norwegian Laft Hus will end Volunteer Week by hosting a Knit-In. In addition to time for knitting and socializing, you might share a new pattern or get help/advice on a project.

Beverage and snacks provided.

Date: Saturday, April 25, 2020

Time: 1:00 PM– 5:00 PM

Cost: \$5.00

FELTED DRYER BALLS



Frugal NORWEGIANS would want to make these dryer balls which replace dryer sheets and liquid fabric softener, consequently saving you money. They can last for 2-5 years. Wool dryer balls are an all-natural, chemical-free alternative to soften your fabrics. Karen would love to show you how to make them.

Date: April 26, 2020

Time: Sunday 1:30 PM- 5:00 PM

Instructor: Karen Penrice

Cost: \$40 (includes supplies)

BARK CARVING



In this class you will be carving a Viking head or a house out of Cottonwood bark, a very soft wood that is easy to carve. Bring your own carving tools (or the instructor has tools you can use).

Date: May 9, 2020

Time: Saturday 9:00 AM to 4:00 PM

Instructor: Len Tenpas

Cost: \$95 (includes bark)

LEFSE



We will teach you how to make this traditional soft Norwegian flatbread as we are making it for our festival. Made with potatoes, flour, butter and cream, it is cooked

on a large flat griddle. Special tools are used to prepare lefse, including long wooden turning sticks and special rolling pins with deep grooves.

Date: May 10, Sunday 1:30 PM-5:00 P.M.

May 13, Wednesday start at 9:00 A.M.

Instructor: Edie Madden

Cost: \$20

SYTTENDE MAI (17th of May)



Bring your children or grandchildren to the Laft Hus to celebrate Norway's Independence Day. Wear a bunad if you have one or dress in red, white and blue. Bring a Norwegian flag if you have one (or there will be

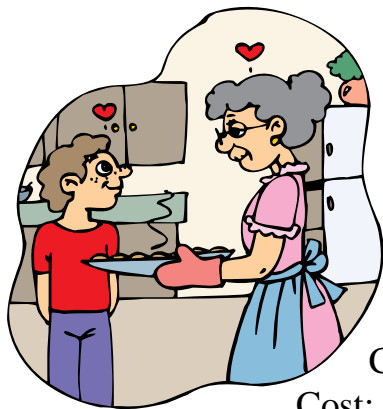
some available to purchase) and we will wave our flags in a parade around the Square. Afterwards children will learn how to fold a Viking hat napkin and have some flag cake and ice cream.

Date: May 17, 2020

Time: Sunday 2:00 PM– 4:00 p.m.

Cost: \$5

VENEBRA



Learn how to make this delicious Scandinavian pastry in this class.

Date: May 30, 2020

Time: 1:30 PM– 3:30 PM

Instructor: Amy Mossing and
Connie Moerike

Cost: \$25

ROSEMALING



Isn't this beautiful? We will paint this 16" x 16" cushion cover (black cotton twill fabric) in this class. It is the Rogaland style of rosemaling painting. Fabric and paint is supplied.

Date: May 23/24, 2020

Time: Saturday 9:00 AM – 5:00PM,

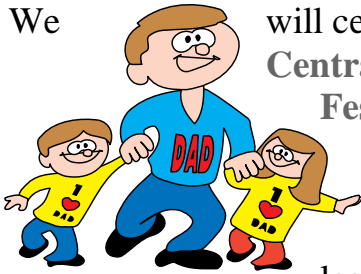
Sunday 8:00 AM– 1:00 PM

Instructor: Karen Westly

Cost: \$70

CENTRAL ALBERTA CHILDREN'S FESTIVAL

We



will celebrate the 14th year of the
Central Alberta Children's

Festival! 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! There's a barbeque Friday night and a pancake breakfast Saturday morning, included in admission.

Where: Heritage Square/Rotary Park East

Date: June 5/6, 2020

Time: Friday 10:00 AM– 7:00 PM

Saturday 10:00 AM – 4:00 PM

Sponsor: Family Services

Cost: \$7 per person, \$25 Family of 4, \$40 family of 4
weekend pass, children under 1 free

BARNETIMEN



Norwegian Laft Hus invites all pre-school-
aged children and their parents or caregivers
to Barnetimen (Children's Hour). This
Norwegian story time is free, but please
let us know if you will be attending.

Dates: June 9, July 14, August 11

Time: Tuesdays 10:00 AM– 11:00 AM

Instructor: Summer students Cost: Free

KRUMKAKE CLASS



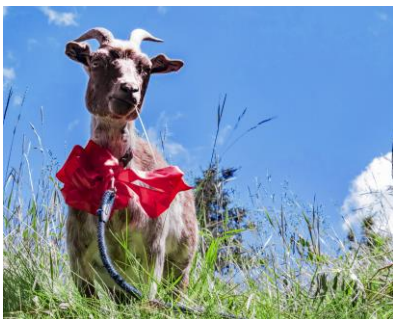
If you want to learn how to make krumkake, you can be involved in baking and rolling of these delicious traditional cone-shaped Norwegian treats that our volunteers will be

making for our festival.

Date: Wednesday, May 27th 2020

Time: 9:00 AM

NORWEGIAN LAFT HUS FESTIVAL



Join us at Heritage Square for a lively day of fun. We will have Vikings, exhibits, demonstrations of Norwegian art, food, games, and crafts for kids of all ages. A great day of celebration for everyone!!!

Date: June 13, 2020

Time: Saturday 10:00 AM to 4:00 PM

Cost: Free (Donations welcome)

SAMI BRACELET



Students should be ready to be challenged as this is a great project to expand their

skills with intricate braiding, beading and sewing techniques. The techniques used to create your bracelet will follow the model of an oral tradition passed down over 100 years by the Sami people, the indigenous people of Northern Scandinavia. Bracelets are made of naturally tanned reindeer leather, reindeer horn and pewter wire. Kits will be ready for beginners. Students who have taken the class before will be able to plan their bracelet and prepare their own materials. Tools are supplied. Class size limited to 8.

Date: June 20, 2020

Time: Saturday 10:00 – 4:00

Instructor: Arden Neustaedter

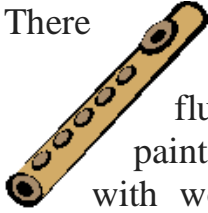
Cost: \$50 plus \$25 for supplies

SCANDINAVIAN DANCING

If you're interested in Scandinavian dancing, Contact [403.347.5303](tel:403.347.5303) or email clborg@telus.net or fanatullen@gmail.com for information.

FLUTE-MAKING

There are many different kinds of Scandinavian flutes. In this class you will handcraft a flute and paint your own design on it. While paint is drying, the instructor will regale you with wonderful stories and share some of the traditions surrounding flutes. You will be delighted with a performance of some of the various types of flutes.



Date : TBA (July or August)

Time : Saturday 12:30 PM – 5:30 PM

Instructor: Janina Carlstad

Cost : \$75 (Supplies included)

Register by June 17, 2020

DAY CAMP FOR CHILDREN

Children will learn about many different Norwegian cultural things while they play games, make crafts and listen to stories. They should bring a bag lunch and dress appropriate for the weather.



Dates: July 6-10, July 21-24 and August 4-7

Time: 9:00 AM– 4:00 PM (drop off starting at 8:30 AM and pick up until 4:30 PM)

Instructor: Summer Students

Cost: \$175 for the week

Ages: 5 – 12

KUBB



Kubb is a traditional outdoor Scandinavian game that is great fun for children and adults. Kubb is a lawn game (although we've also played it in the snow!) where the objective is to knock over wooden blocks (kubbs) by throwing wooden batons (kastpinnar). The alleged Viking origin of the game has led some players and kubb fans to nickname the game "Viking chess". Kubb can be described as a combination of [bowling](#) and [horseshoes](#). Sign up as a family and learn this fun game.

Date: July 5, 2020 Time: Sunday 2:00 – 4:00

Instructor: Gonzalo Franco

Cost: \$5 each or \$20 family



KNIFE MAKING

This one day workshop will help you get started into knifemaking. Knife design, grinding, heat treating, blade finishes, scale making and sharpening are all covered. Tyson will show you techniques, tools and hints on how to get started making your own knives with minimal equipment, as you make your own knife in this class.

Date, Time & Cost: TBA

Instructor: Tyson Colleton

Let us know if this is a class you're interested in.

NORWEGIAN LANGUAGE



Are you interested in learning a bit of Norwegian? Are you planning to travel to Norway in the near future or you would like to use more Norwegian while at

the Laft Hus? If so, this course is for you. We will cover some basic topics such as food, travel in Norway, Norwegian customs and holidays and the family. This is an interactive experience and is aimed at beginners, though anyone is welcome to come and practice their Norwegian language skills. The course will be facilitated by Ingrid Urberg who teaches Norwegian and Scandinavian Studies on the Augustana Campus of the University of Alberta.

Date: August 15

Time: Saturday 10:00 AM– 2:00 PM

Instructor: Ingrid Urberg

Cost: \$20

GENEALOGY

If interested in genealogy, you can find the most information at <http://www.nagcnl.org/research-links/>



WOODEN SPOON CARVING

Carving wooden spoons is a tradition in Scandinavia, where carvers crafted spoons for home use, for seasonal income, and to give as gifts. The techniques, designs, and embellishments commonly used today are deeply embedded in centuries of cultural history. In this wooden spoon carving class, you will learn how to design, carve and hollow out the bowl of the spoon. The instructor will have tools for you to use. Class size is limited to 8.

Date: August 22, 2020

Time: Saturday 9:00 – 4:00 (Bring bag lunch)

Instructor: Harold Hough

Cost: \$85 (includes wooden spoon blank)

ROGALAND ROSEMALED DOOR PLAQUE



Are you wondering what to give the person who has everything? Bring your brushes and rosemal paint a personalized door plaque for a gift. Paint supplied and plaque included.

Date: September 6

Time: Sunday 12:00 noon to 5:00 PM

Instructor: Julie Macrae

Cost: \$50

FÅR I KÅL



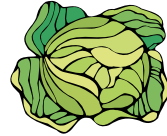
This lamb and cabbage dish is a welcome sign of fall. You will learn to make it in time for Norway's National Fårikål Day, which is the last Thursday in September. Fårikål was named Norway's national dish in 1927. You will enjoy a meal and learn how to make it in this class.

Date: Saturday, September 19

Time: 11:00 AM– 2:00 PM

Instructor: Garry Bratland

Cost: \$20



ALBERTA CULTURE DAYS



Unexpected Intersections is the theme *this year*—encouraging creative and outside-the-box thinking to reveal new avenues of discovery, learning, and expression.

As you're experiencing and celebrating culture all around town, have a cup of coffee and Norwegian baked treat at the Laft Hus and take this opportunity to discover some Norwegian culture with our different food and craft demonstrations.

Date: September 26, 2020

Time: Saturday 10:00 AM– 2:00 PM

Cost: Free

WOOD CARVING FOR KIDS



Wanted: Kids ages 10 and up who want to unplug their electronic devices for a while and use their nimble finger skills for carving! Create stuff out of wood while learning the safe and proper use of a carving knife, gouge, and V tools.

On March 8 we will practice with a knife by making a hook out of a Christmas tree branch and progress to using gouges and v-tools while carving on a small wooden container. October 4 we will carve a dala horse and December 6 we will make a julenisse (Santa). Moms, dads, grandmas and grandpas are welcome to take this class with you. Tools and safety supplies will be provided.

Dates: September 13, October 18 and November 29th

Time: Sunday afternoons 2:00 PM– 5:00 PM

Instructor: Len Tenpas

Cost: all 3 classes for a total of \$95

Maximum class size: 6 kids



CRAFT WEDNESDAYS



Join us every Wednesday 9:00 – 3:00 throughout the year and help us make Hardanger embroidery, rosemaling painting and other crafts for our yearly Craft and Bake Sale the third weekend of November.

SCANDINAVIAN SAUSAGE MAKING



Come and learn how to make this sausage and then enjoy eating it!

Date: Saturday, October 3rd

Time: 1:00–3:30

Instructor: Nancy and Robert Sielaff

Cost: \$15

NORWEGIAN SNOWFLAKE



Nancy will teach you how to crochet a Norwegian snowflake in this class.

Date: Sunday, October 4

Time: 1:30 –4:30

Instructor: Nancy Sielaff

Cost: \$20 (Includes supplies)

NORWEGIAN SINGING

Contact the Laft Hus if you're interested in Norwegian singing.

CHIPCARVING



Ages 12 and older can try this beginner's chip carving class. You will cut out triangular shapes in basswood, making a geometric pattern on a Christmas ornament. Instructor will have knives available for free use or purchase for \$15.

Date: October 17

Time: Saturday 09:00 AM– 12:00 NOON,
1:00 – 4:00 (with an hour off for lunch)

Instructor: Gary Bratland

Cost: \$50 (Includes project materials.)

LEFSE



Here's another opportunity to learn to make lefse as we are making it for our craft and bake sale.

Date: October 24 & 25

Time: Saturday 9:00 AM to 12:00 NOON or
Sunday 1:30 PM - 5:30 PM

Hvetevefting (Wheat Weaving)



In many of the Nordic countries, wheat is braided into different shapes and patterns for decorating houses and trees at Christmas. They say they are symbols of good luck. Learn about the basic hvetevefting (wheat weaving) materials, straw preparation, and the traditional art of wheat-weaving techniques. You'll be able to make a weaving to take home.

Date: November 15, 2020

Time: Sunday 1:30 – 5:30

Instructor: Susan Wester

Cost: \$35 (Supplies included)

CRAFT AND BAKE SALE



The annual sale everyone waits for! Get your lefse, flatbread, krumkake, rosettes, fattigmann, and sandbakkels, lace cookies, Berlinerkranser and much more!

Date: November 21/22

Time: Saturday 10:00 – 4:00

Sunday 12:00 NOON– 4:00

NORWEGIAN CHRISTMAS BALL



Come knit a beautiful Christmas ball in a variety of patterns. You should have some basic knitting skills and be able to knit with double pointed needles. You will need to bring the following items for this class: 5 3.75 mm dpn, 3 mm crochet hook,

tapestry needle. The yarn and fill will be supplied.

Date: November 27th & 28th

Time: Friday 6:00 PM – 9:00 PM

Saturday, 9:00 AM– 4:00 PM

Instructor: Connie Moerike

Cost: \$65 (includes materials)

CHRISTMAS NISSE



Here's a fun class for you. Come make this cute nisse (gnome) to display outside using natural and manmade materials.

Date: December 6th

Time: 2:00

Instructor: Sheryl Holmberg

Cost: \$30

LUTEFISK



Do you love lutefisk and want to learn how to make it? Gelatinous in texture, this cod fish is a traditional dish of Norway. It is traditionally part of the Christmas feast.

Date: Saturday December 5
Time: 11:00 AM to 1:00 PM
Instructor: Christine Finlayson
Cost: \$25

NORWEGIAN CHRISTMAS COOKIES



Learn to make different Christmas cookies every week. You will take a few home with you.

Dates: December 2, 9 & 16.
Time: Wednesdays 1:00 PM– 3:00 PM
Instructor: Edie Madden
Cost: \$30

NISSE CHILDREN'S CLASS



Nisse is the Norwegian word for a gnome. A nisse is a mythological creature from Scandinavian folklore and is quite often associated with Christmas, as the julenissen is like our Santa Claus. Kathy would like to share with kids how to paint this cute nisse on a Christmas ornament.

Date: December 12

Time: Saturday 1:00 PM- 4:00 PM

Instructor: Kathy Mullin

Cost: \$20 (Supplies included)

BREAD KRINGLA AND FYRSTEKAKE



Learn to make these two Norwegian favorites. The bread is made in the figure 8 shape (kringla) and has an almond filling. Fyrstekake is basically an almond pie with lattice work on top. We will eat what we

make.

Date: December 13

Time: 1:30 PM– 3:30 PM

Instructor: Julie Macrae

Class size limited to 8

Cost: \$35



CARVED ALE BOWL



Wooden ale bowls are an excellent example of functional Scandinavian folk art. These ceremonial drinking vessels were used both for serving on special occasions and in the brewing process. In this class students begin with green wood.

At publication time of this booklet, details are not confirmed. Let us know if you're interested in this class and we will notify you when available.

(If a class is 9:00 – 4:00, bring a bag lunch.)


If there is a class you would like to see taught at the Norwegian Laft Hus, please let us know.

Join the Norwegian Laft Hus Society

Class fees and membership provide a critical source of support for the Laft Hus Society. We use these funds to help print and distribute our brochures, buy supplies, and pay for utilities and maintenance of our building. Beyond ensuring that the Society continues to offer quality classes, your membership will entitle you to many different benefits including reduced class fees, a newsletter announcing upcoming events, and use of our library and cooking equipment, to name a few. Single \$25. Family \$35. Per year.

Visit us on the Internet

Visit our website for more information about the Norwegian Laft Hus Society. We can be found at www.norwegianlafthussociety.ca

 Find us on Facebook



We thank the City of Red Deer for their support.

