

FLYGEBLAD

Issue Highlights

From the President	1
Coffee list.....	1
Officers	1
Recipes.....	2
Litt på norsk	3
2020 S/N dues.....	3
Viking exhibit	3
Ads.....	4

FRA PRESIDENTEN

A big thank you to all who helped with shuttling the Ski For Light participants to the Scan Centre and feeding them prior to their departure for a cold week in the snow. Multiple flight delays, last minute changes and unexpected guests made for an “interesting” day.

March 1 is a busy day for our lodge. A number of people will be attending the Calgary Hitmen hockey game and the Norwegian flag will be among those displayed at center ice during the opening ceremonies of the Hitmen’s fourth annual Multicultural Night. Also on March 1, there will be an Ambassador’s reception to introduce the new Honorary Consul for southern Alberta, Mr. Christoffer Mylde. The current Honorary Consul, Egil Bjornsen, is retiring after 30 plus years of service and we wish him well in his retirement.

Finally, we are planning a performance by Sarah Granskou on Sunday August 25 at the Scan Centre. Sarah and members of her family will be presenting a multifaceted performance of music, story-telling and puppetry. Stay tuned for more information on this family friendly performance.

Stay warm as we wait to see if spring ever arrives.

Hilsen,
Ron Reine

MEETING TIMES / COFFEE LIST

Coordinator Rut Bjorkum-Mason, bjorkumr@shaw.ca

Mar. 2, 10 a.m. - Berniece and Oscar Roth

Apr. 1, 7:30 p.m. - Thordis and John Kamp

May 6, 7:30 p.m. - Turid and Kåre Asak

June 3, 7:30 p.m. - Marlene Flynn and Rut Bjorkum-Mason

Lodge Officers

President	Ron Reine	president@sofncalgary.ca
Vice-President.....	Kathryn Jamieson.....	kathannjamieson@gmail.com
Secretary.....	Alison Wiigs	secretary@sofncalgary.ca
Treasurer	Russ Wiigs.....	rwiigs@telus.net
Social Director.....	Rut Bjorkum-Mason....	bjorkumr@shaw.ca
Cultural Director	Trish Harrison	trish-dean@hotmail.com
Foundation Director....	Ron Reine	president@sofncalgary.ca

RECIPES

Klub, submitted by Cindy Dahl, from Gyda-Varden 4-021 in Grand Forks, ND

Ingredients

- 2 1/3 cups flour
- 2 2/3 cups potato flakes
- 2 tsp. salt
- 1 jar or package of real bacon pieces

Directions

Mix all ingredients together.
Add three cups of COLD water and mix.
Form dumpling mixture into balls or patties.
Boil for 20 minutes in boiling salted water.
Serve with a side of ham. Enjoy!



Museum-Quality Hardanger Lefse from Cafe Johnsonia (cafejohnsonia.com)

Ingredients

- | | |
|---------------------------------|------------------------|
| 2 cups buttermilk | 1 cup granulated sugar |
| 1 stick (1/2 cup) melted butter | 1 tsp. salt |
| 3 large eggs | 2 tsps. baking powder |
| 3/4 cup corn syrup | 1 tsp. baking soda |

7-8 cups all-purpose flour, plus more for rolling
butter, for serving
cinnamon & sugar, for sprinkling

Directions

Whisk the buttermilk, melted butter, eggs, and corn syrup together. Add the sugar, salt, baking powder, and baking soda. Add the flour a cup at a time, stirring with a large, heavy-duty wooden spoon, or using an electric mixer, until the dough is smooth and a little tacky to the touch. Divide dough into small balls, about the size of a lemon.

Heat a cast-iron skillet or griddle until moderately hot. Do not add any oil or grease. (I keep two cast-iron skillets on medium heat.) Working with one or two balls at a time, roll each one out on a well-floured surface and cook the lefse for about one minute and flip over and cook for another two to three minutes, or until nicely browned and cooked through. (If the heat is too hot, they will burn before they are cooked through.) Transfer to a plate to keep warm until ready to serve.

To serve, spread softened butter on the warm lefse and sprinkle liberally with cinnamon and sugar.

Makes between 12 and 24 depending on the size and thickness. Keeps for several weeks if well wrapped and refrigerated. To rewarm, heat in a microwave for 30 to 60 seconds or in a warm oven for about 10 minutes, until soft and warmed through.

This article adapted from the January 11, 2019, issue of The Norwegian American. To subscribe, visit norwegianamerican.com or call (206) 784-4617.

LITT PÅ NORSK

On the internet – King Harald’s New Year’s speech (Kong Haralds nyttårstale 2018)

<https://www.kongehuset.no/tale.html?tid=167047&sek=26947&scope=0>

Norse on Netflix

TV series with subtitles:

Borderliner

Nobel

Lilyhammer

Occupied

Movies:

The 12th Man

(English, Norwegian, German,
no subtitles)

In Order of Disappearance
(dubbed)

The Lion Woman (dubbed)

In English:

22 July (movie)

Norsemen (series)

The Last King (movie)

The Last Kingdom (series)

Thor Ragnarok (movie)

Viking Destiny (movie)

Trolls (kids’ movie)

**Hvis du ringer til meg
med skjult nummer,
vil jeg respektere
ditt ønske om privatliv,
ved å ikke svare.**



SONS OF NORWAY DUES STRUCTURE

Beginning on January 1, 2020, a simplified dues structure will be implemented for lodges in Norway and Canada. As in the U.S., the structure will include two membership categories: Individual and Family. After December 31, 2019, those who are 65 years and older and have been a member in good standing for 30 years or more will be recognized as Golden Members. They will receive a pin and certificate to celebrate their long association with Sons of Norway. Golden memberships awarded in Canada and Norway after December 31, 2019 will not qualify for a discounted dues rate.

THE VIKINGS ARE COMING

To Edmonton’s [Royal Alberta Museum](#) from April 18 – October 20, 2019. Row a Viking ship, wield a sword and feed your curiosity for the explorers, traders, farmers and artisans who changed the course of history. The largest touring exhibition of Viking artifacts in the world, this is an immersive experience like no other with multimedia shows, 11 interactive stations, and 650 artifacts – including the longest Viking warship ever found.

CRUISE WITH SONS OF NORWAY MEMBERS



SONS OF NORWAY VIKING LODGE #81 **Fund Raiser Cruise**

 **7 Day Fund Raising Alaska inside passage cruise. Roundtrip** 
Vancouver, Holland America Line "MS Volendam". MAY 22, 2019

Prices based on double occupancy in Canadian Dollars, subject to availability at time of booking, includes taxes and fees. Not included: Travel Insurance, Transfers & Gratuities. Lower prices may apply at time of booking, some restrictions apply.

BALCONY \$3093 per person
OCEANVIEW \$1830 per person
INSIDE \$1468 per person
Deposit \$438 per person
Canadian Dollars all taxes and fees included.

Contact **Inga** at **778-294-7284** or email: inga@imaginecruisetravel.com
or **Anne Mari** at: **1-855-463-4391** or email: annemari.com

In consideration of other lodges and the 17th of May Celebrations, we have now chosen May 22, 2019 for the cruise and hopefully many of you will be able to joins us!

LEARN TO CARVE

Norsk Wood Works Wood Carving Classes 2019

September 9th - 13th. Relief-carving class by Phillip and Else

September 16th – 20th. Relief-carving class by Phillip and Else.

September 20th, 21st, and 22nd. Weekend figure-carving class by Harley Refsal.

Where:

the Norsk Wood Works carving studio, at Phillip and Else's farmstead on county road H west of Barronett, Wisconsin.

Cost:

Tuition for each 5 day class offered by Else and Phillip will be \$550.00

Tuition for Harley Refsal's figure carving class will be \$230.00

Half of tuition is due with registration.

Website for more information: www.norskwoodworks.com

GENEALOGY AND TRAVEL RESOURCE

My name is Åse Nilssen and I live in the city of Bergen on the west coast of Norway. I run my own little business – **Roots & Heritage in Norway**.

I have a master's degree in culture science. My subjects are history, sociology, ethnology, folklore, art history, culture heritage and culture promotion. For many years worked on genealogy. I have specialized in making detailed family heritage wheels/trees both written, and computer produced.

I arrange family and individual travel for Norwegian-Americans who want to explore their family roots and relatives in the west coast of Norway, particularly in the communities around Bergen. With my experience from working with different projects in community development, tourism, cultural heritage and local culture at Osterøy, I arrange guided tours and experiences in cultural historical sites, both in Osterøy, Bergen and other municipalities around Bergen.

For more information, visit my website www.roots-heritage.no