

FLYGEBLAD

FRA PRESIDENTEN



“Spring is sprung. The grass is riz. I wonder where the birdies is.” A fun little rhyme I remember from my youth. Spring is here at last however we will have to endure a bit more cooler weather. Time to plan those yard and other outdoor activities and enjoy the sunshine and fresh air.

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Also part of spring for Norwegians is *Syttende Mai*, Norway’s national holiday. If you are planning on attending the lodge’s festivities this year, please be prepared to acquire your tickets at the May meeting. It is important for the planners to know how many people to expect at the event. Again this year members of the lodge will enjoy a discounted ticket price, another benefit of membership in our lodge. We are in need of volunteers for specific tasks at the event so if you are able to help out, please do so. There will be a signup sheet for the various tasks at the May meeting.

With the better weather comes the opportunity for members to work on medals from the sports medal program. Summer activities include biking, walking swimming and general fitness. Remember to play safe when participating in these and other activities.

In June we have the Zone 4 Sports Weekend in North Battleford. I hope we will have good representation from our lodge.

Also in June, we are planning to have an outdoor event to celebrate St. Hans. Each year in the past the Olds Lodge had an event at the Rosebud Hall. This year we are hoping to get a good local turnout by having an event in Calgary. Much like the Olds events, we will make this a BYOE (Bring Your Own Everything) picnic at one of the local areas where we can have space for a picnic, various games and hopefully a bonfire if there is not a fire ban at the time. If you have ideas or suggestions, please do let us know.

I wish all a very safe, healthy and happy summer.

Hilsen,
Ron Reine

MEETING TIMES / COFFEE LIST

Coordinator Rut Bjorkum-Mason, bjorkumr@shaw.ca

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

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

Guest speaker at our May meeting



Christoffer Mylde is our new Honorary Norwegian Consul in Calgary. Mr. Mylde is Vice President of Corporate Development at Sproule, an independent energy consulting firm headquartered in Calgary. Prior to joining Sproule, Mr. Mylde spent 10 years in corporate finance and advisory with two global investment banks focused on the energy sector. He spent his childhood years in Norway, completed his education in Italy and the UK and has lived and worked on three continents. He is passionate about education and is actively engaged with scholarship awards for high school students in Alberta.

SYTTENDE MAI

Friday, May 17th at the Scandinavian Centre, for members and invited guests



Doors open – 4 pm, Parade, Children’s snacks and games
Bar opens – 5 pm, Supper – 6 pm
Scan Centre Choir, Dance music

SUPPER – TICKET REQUIRED

Adults: \$15 – Valhalla lodge members

\$20 – non-members

Youth: \$10 ages 6-15, free for under age 6 (no ticket)

Tickets available at the Scan Centre (403-284-2610) until May 10,
or purchase by e-transfer to valhalla4341@telus.net

SPORTS WEEKEND

“Meota’s the Scene for Twenty-Nineteen”

Meota, SK (near North Battleford), June 7-9. Bowling, golf, cards & games, possible pontoon boat rides. Above all, lots of fun!

\$60/person registration fee will be collected at the May 6th lodge meeting. Please pick your sport at that time too.

Suggested accommodations:

in Meota,

Hanna’s Haven B&B www.hannashaven.com

in North Battleford,

Canadian Motel, www.canadianmotelnorthbattleford.com

Comfort Inn, www.choicehotels.com



Egil Bjornsen, Ambassador Anne Kari Ovind, Honorary Consul Chris Mylde



Kransekake made by Margit Svee

AMBASSADOR'S RECEPTION

March 1st

Photos by Shari Bjornsen



The Ambassador is officially welcomed to Calgary with a white hat ceremony



The Danish Canadian Club provided savory treats, lodge members brought sweets

SURVEY FOR NORWEGIAN NATIONALS

No one has ever tried to map out who Norwegian citizens abroad are, so we in [Norwegians Worldwide](#) (Nordmanns-Forbundet) decided to do it! Now we need your help. We've made a short survey and would be very happy if you would take it and also distribute it to your Norwegian network. It only takes about 5-6 minutes.

Access the survey here: <https://forms.gle/zibWyUAWYMxQKrib9>

SARAH GRANSKOU CONCERT

For all ages – Sarah will bring her imaginative Norwegian-themed entertainment to the Scandinavian Centre on Sunday August 25th at 3 p.m. Tell the kids and grandkids, and save the date!

TROLLHAUGEN

Trollhaugen Camp is requesting items for the Silent Auction which takes place the final day of camp, August 17th. Higher-priced items as well as less costly ones are welcome. We have all ages of bidders from kids to seniors. Send your donations with anyone who is coming to camp (e.g., Alison). Registration forms for camp are now available at trollhaugenalberta.ca. The theme this year is Music, with very talented people coming from Norway and Ontario to teach.

LITT PÅ NORSK

How to cook cod tongues

https://www.nrk.no/video/PS*5977

Youngsters can make a lot of money cutting cod tongues

<https://www.nrk.no/nordland/dette-er-norges-best-betalte-ungdomsjobb-1.14460719?fbclid=IwAR1pObyGJR462uDiOU048sGNazveNeTx5E6wFX6bzW0PjCZDQOmQYU6cRJE>

Marengsrull med blåbær

Ingredienser

5 stk eggehviter

2 dl sukker

1 pk kakefyll med vaniljesmak (uten koking)

FYLL

3 dl kremfløte

4 ss blåbærsyltetøy

100 g friske blåbær

Slik gjør du det:

Pisk eggehvitene til de begynner å bli stive, og tilsett sukker litt og litt mens du pisker. Pisk til stiv marengs. Vend inn kakefyllpulveret. Bre marengsen over i en bakepapirkledd stor langpanne.

Stek kaken midt i ovnen ved 175 grader i ca. 20 min.

Hvelv kaken på et sukret kjøkkenhåndkle eller bakepapir. Fjern bakepapiret som dekker langpannen og avkjøl kaken med den varme langpannen over.

Pisk kremfløten til krem.

Bre kremen over den kalde kaken og fordel syltetøy og bær over kremen.

Rull sammen kaken og sett kjølig til servering.

Norwegian Cultural Festival



Goats on Sod Roof ~ Viking Combat & Village ~ Baking Demos
Scandinavian Dancers and Singers ~ Viking Soul Food
Story Telling ~ Historical Norse Instruments & Music
Demonstrations: painting, stitching, wood carving
Museum & Gift Shop ~ Games and Crafts for Kids
Artisan Market

Free
Admission

June 15

10:30 a.m. to 4:00 p.m.

4402 47 Ave, Red Deer

Donations
Welcome

The Norwegian Laft Hus, Heritage Square
www.norwegianlafthussociety.ca