

FLYGEBLAD

FRA PRESIDENTEN



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As we safe-distance our way through these challenging times and it seems as though time stands still, we realize that the calendar marches on. Days turn into weeks, weeks into months, winter into spring and so on. With the arrival of spring there are more opportunities to get outside and to

be active, be it gardening, puttering in the yard or walking, all while observing the recommended safe-distancing practices. A reminder that all lodge activities are not likely to resume until at

least September. We will keep you informed.

With the arrival of May we also get into one of the favourite times of the year for the Norwegian community, the celebration of Norway’s national day. Syttende mai is a day of celebration that we all look forward to each year. Because of the pandemic, this year’s day of celebration will be something different for sure, not just in our local community but around the world.

Just because it is different doesn’t mean it has to be any less celebratory. We can still celebrate the day at home or while out for a drive or in whatever other way is appropriate for the day. Do you have a favourite recipe to prepare for that day? Do you have a Norwegian flag that you can display on that day? If you have a bunad, wear it for a walk around the block on the 17th carrying your flag. Your neighbours may ask if you are ok but it’s your opportunity to explain the day and wish them “Gratulere med dagen”. A parade of one or two is still a parade. Imagine 20 or more parades versus one parade in our community that day. Ambassador Ovind mentions in her message, included in this newsletter, that you can follow the Norwegian Embassy in Canada on Facebook and Instagram and see how others are celebrating the day.

Please share what activities you are planning for that day. Share them ahead of time so others can be inspired by your ideas. On the day, take pictures and share those as well. We will accumulate your responses and provide an opportunity for others to view your ideas and activities.

Whatever your plans, stay safe and stay healthy.

Ron

MESSAGE FROM THE AMBASSADOR

Dear fellow Norwegians and friends of Norway,

Our daily lives have changed drastically over the last months. Empty streets, closed schools and physical distance has become a reality. We are in the middle of an extraordinary situation. We are all joining forces to fight the corona virus. No country can solve this crisis on its own. This is why we need more international collaboration, not less. Building on our strong ties, Norway continues to work closely with Canada and other likeminded countries to mobilize international efforts to fight this pandemic.



Global solutions

One example is our support for the development of a vaccine through the Coalition for Epidemic Preparedness innovations (CEPI). Finding a vaccine against the corona virus and making it accessible to all is key in order to get back to our everyday lives. Next week Norway will play a leading role in a major international conference to mobilize support for the development of vaccines, diagnostics and treatments for COVID-19. Norway considers it vital to ensure that any vaccine that is developed is distributed fairly, including to developing countries. As long as the virus is active somewhere, we are at risk everywhere.

Unprecedented measures

At a national level, Canada and Norway are both taking unprecedented measures to contain the virus. We have closed our borders, halted non-essential businesses and implemented rules of quarantine and self-isolation. By sacrificing some parts of our normal lives, we are all contributing to a global effort or “dugnad” as we say in Norway. Individual actions are making a big difference in fighting the virus. At the same time, our governments are implementing substantial financial measures to help people, businesses as well as cultural and sporting communities to get through this crisis.

Cautious optimism

In Norway, there is cautious optimism as the spread of the virus is under control and the transmission ratio is down to 0,7. This means that for each affected person, the virus spreads to less than one person. Step by step, and very cautiously Norway is lifting some restrictions. Last week kids were back in kindergarten and this week children at primary level are back to school. Some shops and services will also open applying special restrictions. This gives us hope, but we cannot be complacent. We need to continue to keep social distance and in Norway, large cultural and sporting events have been cancelled until September.

May celebrations

As the month of May is right around the corner, we approach what is usually a month of festivities for Norwegians – also in Canada. This year we were looking forward to celebrate our national day on 17 May, and the 75th Anniversary marking the end of WWII and the liberation of Norway on 8 May.

8 May

Over the course of the war, more than 3000 Norwegian pilots and ground crew were trained at Norway’s training facility Little Norway in Toronto and later in Muskoka. At the same time in Nova Scotia, more than 2000 Norwegian sailors were trained at Camp Norway in Lunenburg to become

gunners to protect the convoys across the Atlantic. Norway made a substantial contribution to the Allied efforts, and played an important role in protecting the convoys, participating at Dieppe and D Day. The losses were heavy.

Due to the strong ties that were forged between Norway and Canada during the war, the Embassy had hoped to properly mark the anniversary on 8 May, but under the current situation, we had to downscale our plans. I can assure you, however, that this important day will not pass unnoticed.

We are laying wreaths at the “Little Norway Park monument” in Toronto as well as at Little Norway Memorial in Muskoka. On the East Coast, a wreath will be laid at the Norwegian monuments of Halifax harbour and at “Camp Norway” in Lunenburg. There will be no social gatherings due to the current circumstances, but by placing these wreaths and sharing the events virtually via the Embassy’s online platforms, we wish to honour the thousands of brave military personnel and merchant marines who lived and trained in Canada before sacrificing so much for the freedom of Norway and the world.

17 May

As for the celebration of Norway’s national day, we have all been looking forward to celebrating 17 May the traditional way, with children’s parade, brass band music and lots of food and ice cream. However, with the current situation, the celebrations in Norway and here in Canada cannot take place as planned. We must celebrate our democracy, our freedom and our future, together but apart. In Norway every town and city are looking for ways to make this national day as special and memorable as any, by finding new ways to celebrate that are safe and responsible. We will be sharing some of these creative ideas on our social media in the week leading up to 17 May, and we look forward to seeing how the many Norwegians in Canada will safely celebrate as well. I will encourage you to follow the Embassy on our Facebook and Instagram. ([facebook.com/Norwegian Embassy in Canada/](https://facebook.com/NorwegianEmbassyinCanada/))

Trondheim, Syttende mai, 1945



The Norwegian Embassy remains open although our reception is closed to the public until further notice. We will continue to serve Norwegians in Canada and you will always be able to reach us by e-mail and by phone. Please also check the Embassy’s web site for regular updates.

On behalf of the Embassy staff in Ottawa, I would like to wish you all a happy and healthy spring and summer as we look ahead to brighter days. Remember to follow the advice given by the local authorities and stay safe.

Anne Kari H. Ovind
Ambassador

VIRTUAL TRAVEL

Widely considered to be one of the most beautiful train journeys in the world, this 12-mile route takes you from the end of Aurlandsfjord, a tributary of the Sognefjord, up to the high mountains at Myrdal station. Along the way, you'll pass waterfalls, deep ravines, snow-capped mountains, and high-altitude farms, all while watching the weather shift from sun to rain.

<https://www.youtube.com/watch?v=yHuGHRzwlqE>

The adventure starts on the Trondheim Fjord in Trondheim and only seems to get snowier as you head farther north. Eventually, you virtually pass into the Arctic Circle before ending in the municipality of Fauske.

<https://www.youtube.com/watch?v=3rDjPLvOShM&list=PLBNSj4twAXdLW44t7Z0fXLoedzXpHshec&index=8> If cold and snow don't sound appealing, you can experience the trip in one of the other three seasons here.

<https://www.youtube.com/watch?v=cNiN7gOcNI4&list=PLBNSj4twAXdLW44t7Z0fXLoedzXpHsec>

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A	Q	F	Y	O	T	H	S	P	T	G	E	T	K	A

National costume	Ice cream	Hot dog
Constitution Day	Cake	Flag
High School Senior	Parade	Holiday
Midsummer's Day	Virus	Quarantine
King	Queen	Cancel
Flower		

SYTTENDE MAI – what to do?

Ideas for celebrating – from the Brubyen (Saskatoon) newsletter



Put on your best Norwegian sweater

Have a hot dog or two, and ice cream for dessert

Take a picture of your celebration and send it to secretary@sofncalgary.ca for publication in the next newsletter.

Solve the Word Find puzzle. Find the Norwegian words corresponding to these English words. (See next page for translations.)

SCANDINAVIAN TREATS

Introducing Søren the Danish/Norwegian from Okotoks.

Søren was a butcher in Denmark, and has continued his trade for the Danes in Calgary and area the past 8 years. Some of his products are Medisterpølser, Rullepølser, leverpostej , and hamburgerryg.

You are welcome to text or call him at (Cell) 587 435 0945.

Soren Christensen
783 Cimarron Close
Okotoks T1S 1X3

LODGE DONATION

17 easels and poster boards were recently donated to the Indefinite Arts Centre (IAC). They had been displayed in 2014 at City Hall and at Fort Calgary in celebration of the bicentennial of Norway's constitution. They also were used at Trollhaugen Camp, and Syttende mai 2018. We received a nice letter of thanks explaining that IAC provides artistic training, creation, and exhibition opportunities for people with developmental, physical, and acquired disabilities. During this pandemic IAC hosts 4 online studio sessions every weekday. They are reaching out to their artists to see who can use the easels and benefit from the foam core boards, and will deliver the supplies to artists who are interested in using them. (www.ouriac.ca)

COVID COMMENTARY

Quarantine – from the mid 17th century: from Italian *quarantina* 'forty days', from *quaranta* 'forty'. Historically, a *quarantine* referred to a period—originally of 40 days—imposed upon ships when suspected of carrying an infectious or contagious disease. This practice was done in Venice in the 1300s in an effort to stave off the plague.

Zoom fatigue – <https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

<https://www.reuters.com/article/us-health-coronavirus-finland-cake/novelty-toilet-roll-cakes-keep-finnish-baker-in-business-idUSKCN21Q2DO> (contributed by Ingrid)

<https://www.youtube.com/watch?v=yanjjTALCw> (see the cake being made)

Closer to home, a coffee shop owner in Lacombe <https://lacombeonline.com/local/local-cafe-owner-inspired-by-pandemic-panic>

PUZZLE HELPS

bunad	is	pølser
grunnlovsdag	kake	flagg
russ	parade	ferie
Sankthans	virus	karantene
konge	dronning	avlyse
blomst		