

# FLYGEBLAD



## FRA PRESIDENTEN

Early November has a few events that will be of interest to lodge members. First is our monthly meeting on Saturday morning November 2<sup>nd</sup>. Also on that day is the start of the Calgary European Film Festival at the Globe

Cinemas. It runs from the 2<sup>nd</sup> through the 10<sup>th</sup> of November. We are participating again this year with our film, the Blind Spot, screening on Saturday November 9<sup>th</sup> at 4:00 pm. There are 22 different films in the festival and the schedule and film trailers can be found at <http://CalgaryEuropeanFilmFestival.ca/program>. There are some

really interesting films in the lineup.

Also on the 10<sup>th</sup> is the Scan Centre Bazaar. Stop by the Scan Centre to do some Christmas shopping and have some lunch. In December there is the children's Christmas party and a Lutefisk dinner for lodge members. Look for details and how you can help out for these events later in this newsletter.

As we shiver our way into the winter months, why not take some time to work on those cultural activities. Whether it's stamp collecting, genealogy, Hardanger embroidery, painting, cooking or other activities, let's see if we can get groups organized to share your interests and expertise. If there is interest we will arrange times and work spaces. Just let us know your interests.

Finally, the lodge executive needs you. Please consider volunteering to assist the current executive. Elections are upon us and your help is very much needed.

Hilsen,  
Ron Reine

## COFFEE LIST & MEETING TIMES

Nov 2, 10 am - Knut Haga and Kathryn Jamieson  
Dec 7, 10 am- Sonja Minchau and Margaret Boraas  
Jan 4, 10 am- Margit Svee and Anna Calvert  
Feb 1, 10 am- Peter Rodland and Thordis Kamp  
Mar 7, 10 am- Bernice and Oscar Roth  
Apr 6, 7:30 pm- Turid and Kaare Asak  
May 4, 7:30 pm- Karen Reno and Don Larsen  
Jun 1, 7:30 pm- Marlene Flynn and Rut Bjorkum-Mason



## **SCAN CENTRE BAZAAR - Nov. 10, 10:30 am – 3 pm**

Valhalla lodge members are asked to bring baking and crafts to sell at the lodge table. We will also need 2 people per shift at the table (9-11 am, 11 am-1 pm, or 1-3 pm). E-mail [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca) with your time preference(s).

The following opportunities help make the whole bazaar the wonderful Scan Centre event that it is. Please call event coordinator Tiina at 403-390-1216 or email [tiina.narvanen@gmail.com](mailto:tiina.narvanen@gmail.com) to say how you can help and lighten the load for the other Volunteers.

### **Here is a list of the items and jobs waiting for a Volunteer as of Oct. 29:**

**Eggs** - Purchase Boil & Peel 3 or more doz eggs at home and get to Centre before 8am Sun

You can deliver eggs on Thursday or Friday during office hours of 10 am – 2 pm.

(12 Dozen eggs still needed – submit bill for reimbursement of costs)

**Donate Squares** - Uncut or in Large Squares (3"x 3" or 2"x3" – Depending on type of square)

(17 pans of squares needed – selling \$1 / square so make appropriate size). Also cookies.

We need them delivered before Friday at 2 pm or to the Centre by 9 am on Sunday

### **Sunday Sandwich Makers** – 8 AM Heritage Room

1 Volunteer to assemble the roast beef Open Faced Sandwiches – Easy to read instructions, pictures and hands-on help with an example will be provided.

1 more volunteer for Other jobs including: Butter the Bread, Assemble Garnishes and carry trays to Fridges and Valhalla Room, wash trays and clean up Heritage Room

### **Sunday Lunch Room** –9 AM Valhalla Room – Need 4-6 Volunteers

Cut & arrange Squares

Serve & Buss tables

Make Coffee, Juice

Wash Up

Ice Water Jugs in Fridge/Freezer

Clear Tables– Need 1 or 2 Volunteers from 10 am to 1 pm

Tea – hot water ready – wait to make tea

Refill Trays – Sandwiches & Sweets

### **Clean Up Lunch Room and Sandwich Making Room** – Need 2 – 3 Volunteers

**Tickets @ Door** – Take \$1.00 Admission & Stamp Hands

11:30 pm – 1:00 pm – Need 2 Volunteers

### **Scan Centre Table**

10 am – 3 pm - Need 2 – 3 Volunteers

## **MEMBER NEWS**

Condolences to Sonja Minchau, whose brother Norman passed away recently.

Quick healing to Velora Piltingsrud from surgery scheduled for Oct. 30.

Happy travels and beste ønsker (best wishes) to Clarissa Peterson, who is relocating to Chicago to be closer to her father after her mother's passing. She'll be back in Calgary occasionally until her husband AJ can join her in Chicago.

Ron Reine now has two grandsons. Finn, 7 lbs 1 oz., 19", was born Oct. 30.

## SONFIC (Canadian Foundation) AWARDS



2019 Bursary Awards: Dylan Viste (left) and Skyler York (right) receive SONFIC Bursary Awards from Valhalla President and Foundation Director Ron Reine.

2019 Pin Awards: Barb Olsen receives a SONFIC Gold Pin from Valhalla Foundation Director Ron Reine. Jason Brown and Nadine (Wellwood) Brown will also receive pins.



Presentations were made at October 7 monthly meeting which was also a fund raiser (corn chowder dinner) for the Foundation.

## SKI FOR LIGHT 2020

On Feb. 3<sup>rd</sup> our lodge members will drive people from the airport or their hotel to the Scan Centre and provide lunch before they board a bus to go to William Watson Lodge in Kananaskis. One of the participants enclosed this interesting mini bio and picture with his flight information.

I am contacting you to let you know that I am coming to Alberta for the 2020 Ski For Light Canada event at William Watson Lodge from Monday, February 3rd to Sunday, February 9th, 2020. This will be my 40th event starting back in 1980s with 36 years on the Board of Directors. I will be 81 at the end of November and boy am I tired. I am no longer going to make the winter drive and will be arriving at the Calgary airport on Westjet flight #120 at 11:00 AM on Monday, February 3rd for transport to the Scandinavian Centre. Picture enclosed of Roald Amundsen's ship the Maud on its way home after 80+ years sunk in Cambridge Bay in Canada's North West Passage.

Barry Nelson



## DISTRICT 4 BOARD MEETING, OCTOBER 19-20, WATFORD CITY, ND

Watford City is in north western North Dakota in the middle of the Bakken oilfield. It provides a vivid reminder of the oil activity in Alberta over the past years. The 2020 District 4 Convention takes place there June 11-13. We hope that many of our Zone 4 members will take the time to attend. The venue for the Convention is an impressive new complex with all the amenities needed. Within the centre are tennis and basketball courts, a swimming pool and lots of physical fitness areas. The natural wonders of North Dakota are another attraction. Have you seen their badlands? They were President Theodore Roosevelt's favorite place to be.

District 4 is suffering from a decline in membership. Only Lethbridge has shown a gain in 2019. Many programs are available to help lodges with ideas to gain members. How long can

we take losses and remain viable? January 2020 is the 125<sup>th</sup> Anniversary of Sons of Norway. How is your lodge celebrating this major event? I hope all the lodges are planning something.

Sock it to 'em is a way to get your lodge involved in your community! All lodges (through a mailing to your Presidents) received information about this. It can be used as a challenge to other lodges or just something your lodge can do. The main idea is for each lodge to collect socks that will be donated to a group in their community to provide socks to those in need. Check around your community for opportunities to give to those in need. If socks aren't urgently needed, maybe underwear is. Just remember to get out into the community. It is important to get our name out into your community.

If anyone would like minutes of the Board meetings, please let me know. When I get them, I will pass them on.

Russell Wiigs, Zone 4 Director

### MEDIA SUGGESTIONS

Author Kathleen Ernst has written ten Chloe Ellefson mysteries which are available through the Calgary Public Library. They are murder mysteries without being overly violent or graphic. The setting of *Old World Murder* is Old World Wisconsin, an outdoor ethnic museum showcasing 1800s settlement life. *Fiddling with Fate* takes place mostly in the Hardanger region of Norway, and alternates between the present and the past. Both are chockful of references to Norwegian culture and artifacts, making them a joy to read.

[www.dr.dk/tv](http://www.dr.dk/tv)

Danish tv documentary "Jens i Vildmarken" 6:6 (in Norwegian with Danish subtitles) This guy likes to rough it!

### UPCOMING EVENTS

- A limited number of Calgary European Film Festival tickets, good for any movie, will be available at the Nov. 2 lodge meeting, \$12 each. Tip: buying tickets at the Globe box office is considerably cheaper than buying them online.
- Dec. 1, 3-6 p.m. Family Christmas Party, **RSVP\*\*** by Nov. 15 with names and ages of children attending.
- Dec. 14, 5 p.m. Lodge lutefisk dinner - \$15/member, and enhance the dinner by bringing a side dish. **RSVP\*\*** by Nov. 30. From Dec. 1-9, reservations can be made for guests (\$25/guest). Room capacity is 50 people.

**\*\* RSVP TO [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca)**

- Friday Dec. 6, 7 p.m. Scan Centre Christmas Concert, \$10/adult, tickets available now.
- March 14, 2020. Stina Fagertun is a Sami storyteller and performance artist, and regularly entertains and leads activities at Høstfest. She will be at the Scandinavian Centre as part of a story-telling event. Watch for updates.



## NEWSLETTER SERVICE

### *From Old Norse to Modern English*

Scandinavia's influence is visible in many ways throughout our Sons of Norway communities, from our sometimes-controversial culinary traditions to our hearty work ethic and mischievous sense of humor. But even in parts of North America without strong ties to Norwegian heritage, there is still one area where the Norse influence has made its way to the mainstream: the English language.

Historically speaking, languages like Latin, French and German get most of the credit for providing the origins of modern English—but Old Norse played an important role too, and it can still be seen today. The following are just a few of the many words inherited from the Vikings that we use every day:

*axle* – from *öxull* (axis)  
*bug* – from *búkr* (insect within tree trunks)  
*blunder* – from *blundrai* (to stumble blindly)  
*bylaw* – from *bylög* (village law)  
*glitter* – from *glitra* (to glitter)  
*haggle* – from *haggen* (to chop)  
*happy* – from *happ* (good fortune / fate / chance)  
*likely* – from *líkligr* (likely)  
*odd* – from *oddi* (third number / casting vote)  
*rotten* – from *rotinn* (decayed)  
*stammer* – from *stemma* (to hinder / dam up)  
*thrift* – from *þrift* (prosperity)  
*Thursday* – from *Þorsdagr* (Thor's day)  
*ugly* – from *uggligr* (repulsive)  
*window* – from *vindauga* ("wind eye")

2019 Xmas decoration

### *3 Christmas gift ideas that celebrate Norwegian heritage*

#1 Give the gift of membership! Your delighted gift recipient will enjoy Norwegian culture and heritage year-round with monthly deliveries of *Viking* magazine.

#2 Go online to the NEW Sons of Norway store and choose from several Sons of Norway logo products. Visit

<https://sofn.logoshop.com/ProductResults/?ProdSetIds=109764>

#3 Use your members-only 20% off discount from Porsgrunds porcelain and Hadeland glasswork. Purchase stunning Norwegian home goods for an authentic Norwegian touch. Visit <https://porsgrund.com/en/> or <https://www.hadeland-glassverk.no/en/eb-site>. Use code NORDIC at checkout.





*Vet du hvorfor vi fikk julenissen og tok et grantre inn i stua?*

Det er flere teorier om hvordan denne tradisjonen kom til Norge, men det aller første juletreet som ble observert her til lands skal ha vært på Nes jernverk hos verkseier Jacob Aall i 1840-årene. Dette er ikke en norsk eller skandinavisk tradisjon, men den kom antageligvis fra det protestantiske Tyskland. Først i 1870–1880 årene ble dette allemannseie og da gjennom skolehusene hvor lærerne pyntet treet.

Men duften av friske trær og grønnfargen hørte med til høytidsmarkeringen i den eldre bondekulturen hvor man vasket gulvene med lut og sand, og for å få feststemningen toppet man det med finhakket gran eller einer som man drysset ut over gulvet.

Julenissen er en figur som er støpt sammen av veldig mange ulike tradisjoner. Som overnaturlig skapning har den mange navn. Fjøsningen var en liten kar, han hadde ofte skjegg og var gråkledt, som bodde på gården. Men til jul skulle han ha grøt eller en skvett øl i fjøset for at han ikke skulle lage krøll resten av året. Fikk han ikke det, kunne han lage knuter i manen på hesten eller gjøre noe vondt mot kyrne.



Den angloamerikanske tradisjonen stammer fra St. Nicolas i Europa som er kjent som helgen. I tiden før jul delte han ut gaver til de som hadde vært snille og straffet de slemme. Og så har vi Coca-Cola nissen, eller reklameversjonen av St. Nicolas fra mellomkrigstiden.

Julenissen vi kjenner, har ofte i seg litt av alle disse utgavene.

*Where did the julenisse come from and why do we bring a fir tree into the living room?*



There are several theories about how this tradition came to Norway, but the very first Christmas tree that was observed in this country was supposedly at Nes ironworks owned by Jacob Aall in the 1840s. This is not a Norwegian or Scandinavian tradition, but it probably came from

Protestant Germany. It was not until 1870-1880 that it became commonplace in schoolhouses for the teachers to decorate a tree.

The smell of fresh trees and the green color was, however, part of the festival in older peasant culture. You washed the floors with lye and sand, and to create a party atmosphere, you topped it with finely chopped spruce or juniper that you sprinkled on the floor.

*Julenissen* [the Christmas pixie/Santa] is a figure made up of several different traditions. As a supernatural creature, he has many names. *Fjøsningen* [the barn pixie] was a little fellow; he often had a beard and was clad in gray, and he lived on farms. At Christmas you needed to leave porridge or a splash of beer in the barn so that he would not pull pranks the rest of the year. If he did not receive these gifts, he might make knots in the horse's mane or do something to hurt the cows.

The Anglo-American tradition originates from St. Nicolas of Europe who is a well-known saint. During Advent, he distributed gifts to those who had been kind, and punished the bad ones. And then we have the Coca-Cola Santa, the advertising version of St. Nicolas from the interwar period.

The *julenissen* [Christmas pixie] as we know it often has several of these characteristics.