

FLYGEBLAD

FRA PRESIDENTEN

I hope all had a refreshing and enjoyable summer.

As we return to monthly meetings, I make my perennial call to the members of Valhalla to think about what you want from your lodge, and from Sons of Norway. We really need your input of suggestions and ideas for programming and activities, to help make our lodge viable. Without your input, planning our meetings falls on the shoulders of a few. If you are shy or afraid you will be asked to do something, submit your suggestions anonymously. If you are interested in helping to plan meetings and/or make a presentation on any topic, please contact Russ, Alison or myself. We would very much appreciate your help.

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We are again participating in the Calgary European Film Festival. The festival is in its 8th year and runs from November 2 thru 10 at the Globe Theater downtown. We have a short list of candidate films but there are issues in getting responses from the distributors. Stay tuned for more info in the near future. Keep that week available, not just for our entry representing Norway, but for films from the other 21 countries as well.

We will be the host of the Zone 4 Sports Weekend at the end of May in 2020. The event will be based out of the Heritage Inn in High River with activities still being planned and we will be looking for volunteers to help.

Finally, October is Foundation month. Please consider the Sons of Norway Foundation in Canada when determining your tax-deductible donations. Also remember that there are opportunities at each meeting

to contribute to the foundation via draws, Feed the Piggy, or donation of collected stamps.

Again, the executive is always open to ideas and suggestions so please do not hesitate to let us know what you are thinking, both beefs and bouquets.

Hilsen,
Ron Reine

COFFEE LIST

For Sept 9, 7:30 pm - Olga Terning and Barb Olsen
Oct 7, 7:30 pm - Velora and Darrell Piltingsrud
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

UPCOMING ACTIVITIES

- Brownbagging for Calgary's Kids starts up again in September at the Scan Centre. Make healthy lunches for kids in need. Phone Donna at 403-284-2610 to sign up.
- Fanatullen Scandinavian Dancers celebrate 35 years with a folkdance workshop in Red Deer October 4-6. \$100 for the workshop, which goes from 4:30 Friday to 2 p.m. Sunday. Register by Sept. 27 by phoning 403-347-5303 or 403-341-4672, or e-mail fanatullen@gmail.com. (This price includes the Saturday dinner and dance, music by Edwin Erickson Orchestra.)
Guests are welcome for the Saturday dinner and dance – \$45/person, tickets to be purchased by Sept. 28. See phone and e-mail contacts above.
- Scan Centre Choir is Wednesday evenings, 7-9 p.m., beginning Sept. 11
- Folkdance resumes on Thursday evenings, 7-9 p.m., beginning Sept. 19
- Youth Choir is Monday evenings, 6 – 7:30, for ages 8-14. Contact Grace at gymyuen@gmail.com



SUMMER ACTIVITIES

BC travel...The Hagensborg **Norwegian Heritage House** was built at the turn of the twentieth century by Norwegian settler Andrew Svisdahl. The home is furnished as a typical Norwegian home of the early 1900s. Hagensborg, originally named Kristiania, is a small community in BC's Bella Coola Valley. (Photo: Evelyn Gillespie)

Websites...

Princess Alexandra's bunad – <https://www.kongehuset.no/nyhet.html?tid=171982&sek=26939>

Books - <https://www.sofn.com/blog/newly-released-translations-of-norwegian-books/>

Norwegian equestrians... The Longines FEI Jumping Nations Cup of Greece Europe Division 2 Final took place on July 28, 2019 as part of the Athens Equestrian Festival (AEF) 2019, at the Olympic Equestrian Center, Markopoulo, Greece. The best teams competing, who qualified from Europe Division 2, were Norway, Portugal, Poland, Hungary, Spain, Bulgaria, Greece, and Romania. The Norwegian team placed first with a final score of 0 faults for the two rounds of competition, winning two tickets to the Longines FEI Nations Cup Final 2019 in Barcelona in the first week of October, and one ticket to Europe Division 1 for the 2020 season. The Norwegian Nations Cup team is unusual in that three of the four competing riders are related: father, Geir Gulliksen, son, Johan-Sebastian Gulliksen, and daughter, Victoria Gulliksen. Geir Gulliksen, riding in the anchor position for Team Norway, clinched the trophy for Norway with his clear round in the second round of the competition. The riding skill demonstrated by the Gulliksen riders and the rest of Team Norway over the course during the two rounds of competition was an absolute joy to watch. (Article by Kristin Jakobson)

Scandinavian culture ...



Sarah Granskou and Trevor Ewert entertained an enthusiastic audience at the Scan Centre on August 25.



A Trollhaugen camper works on Swedish weaving (Photo: Heidi Mapstone)

NEW DUES STRUCTURE FOR CANADA AND NORWAY

A new, simplified dues structure for lodges in Canada and Norway will take effect on January 1, 2020. Lodges in the United States underwent similar changes in 2018 and will not be affected. For information about the upcoming dues changes for Canada and Norway, including the new dues amounts, background information, FAQs and the full text of Resolution 49, please visit www.sofn.com/simplified_dues_structure (login required).

A LITTLE IN ENGLISH

Oslo Loves Hot Dogs - For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in lompe with ketchup, mustard and crispy onions.

It is most common to serve hot dogs in lompe: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination. The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party.

In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close.

LITT PÅ NORSK

Oslo elsker pølser - For nordmenn flest er ingen fotballkamp eller nasjonaldag komplett uten et par wienerpølser i lompe med ketsjup, sennep og sprøstekt løk.

Det er vanligst å servere pølsa i lompe; et flatt, mykt bakverk lagd av poteter. For seg selv er lompa litt tørr, men sammen med pølsa utgjør de en perfekt smaskombinasjon.

Også pølsekiosken har en rik tradisjon i Oslo. Det var stedet du kunne stikke innom etter jobb eller på vei til/fra fest for å få deg et klassisk mellommåltid.

Før i tiden kunne det virke som det lå en pølsekiosk på hvert gatehjørne, men i dag er det svært få igjen av de små bodene som pleide å definere bybildet. Etter hvert ble det vanskeligere og vanskeligere å hamle opp med større kjedekiosker med sine bredere tilbud og lengre åpningstider, og de aller fleste måtte stenge.



WE REMEMBER

Liv Jonsberg (1923-August 20, 2019) and Knut Vesterdal (1924-November, 2018). They joined Valhalla lodge in 1968 and 1969 respectively and found out they were related when Liv's mother came to visit. Liv's great-grandmother and Knut's grandmother were sisters. (Photo provided by Art Vesterdal)

September | september



Pølse med Lompe

Directions

Step 1

Follow our recipe (below) for making Lomper, or Small Potato Cakes.

Step 2

Use your favorite style of sausage, brat or hot dog for the filling. Grilled, boiled or fried – they all taste amazing on fresh lompe.

Step 3

Dress it up – add your typical brat or hot dog fixings. Try out something new – you could add sauerkraut, cole slaw or salsa.

Lomper – Small Potato Cakes

Ingredients

2 lbs. potatoes

1 tsp. salt

1 ¼ cups, approximate, barley flour

Recipe

Step 1

Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the lompe. Cool.

Step 2

Add flour to a small portion of potatoes at a time, stir just enough to make a firm, easily-handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 3-4" rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.

Step 3

Place lompe on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.

Step 4

If the griddle is too hot, lomper will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese. As for me, it will always be pølse med lompe.

Ekte Norsk Mat—Authentic Norwegian Cooking is available for purchase through the Vesterheim bookstore. Call toll free at (800) 979-3346.