

FLYGEBLAD

FRA PRESIDENTEN



I hope all have had an active and refreshing summer. As we return to regular meetings in September, I repeat my ongoing call to members for programming and event ideas. What topics and activities do you want to see in your lodge in the coming year? The executive welcomes and encourages ideas and suggestions so please do not hesitate to let us know what you are thinking, both beefs and bouquets.

As we return to meetings, look for reports from those who were delegates at the SofN District and International meetings this year. Numerous lodges have issues with membership and viability and there will be discussions on we need to do to survive as a lodge. Again, be prepared to share your ideas and concerns.

Finally, we will be participating again this year in the Calgary European Film Festival, this year being our second year and the festival's seventh year. There are 18 countries involved and the festival will run from November 3rd through the 11th. This year the festival is moving back to the Globe Cinema located at 617 – 8th Ave. SW. Stay tuned for program and ticketing information.

Hilsen,
Ron Reine

Issue Highlights

From the President	1
Sept. activities	1
Coffee list.....	2
Convention report	2
Litt på norsk	3
Recipe	4
Ads/Events	5-6

SEPTEMBER ACTIVITIES

- Travelogue by Ken Myhre September 9, 6 p.m. Valhalla room – Temple to Temple in Japan.
- Brownbagging for Calgary's Kids starts up Monday and Wednesday mornings at the Scan Centre. Make healthy lunches for kids in need. Phone Donna at 403-284-2610 to sign up.
- Folkdance workshop September 14-16: Can you help the kitchen crew, or billet an out-of-town dancer? Please contact awiigs@telus.net.
To sign up as a workshop participant, go to www.nordicfolkdance.ca/events/ and click on *Workshop registration*. Saturday evening guests, click on *Guest options*.
- Sons of Norway Foundation in Canada AGM September 15, 2 p.m., Valhalla room. All welcome.
- Classical Guitar concert sponsored by our lodge: September 16, 7 p.m., Valhalla room - Trevor Cooper (Edmonton) and Henry Reitan (Bergen, Norway). \$10/person for Lodge members.

MEETING TIMES / COFFEE LIST

Sept. 10, 7:30 p.m. - Alison Wiigs and Peter Rodland
Oct. 1, 7:30 p.m. - Russ Wiigs and Sonja Rieder
Nov. 3, 10 a.m. - Doris Welsh and Kari Smedstad
Dec. - Margaret Boraas and Sonja Minchau
Jan. - Margit Svee and Anna Calvert
Feb. - Kathryn Jamieson and Ron Reine
Mar - Bernice and Oscar Roth
Apr. - Velora Piltingsrud and Don Larsen
May. - Turid and Kaare Asak
Jun. - Marlene Flynn and Rut Bjorkum-Mason

SON DISTRICT 4 CONVENTION

June 14th - June 16th, 2018 in Bismarck, ND

I was privileged to represent Valhalla Lodge as a delegate at the above mentioned Conference. Two other delegates from our Lodge attended, Peter Rodland and Russ Wiigs. The Conference was held at the Radisson Hotel where we all had our rooms too.

The theme of the conference was: Sowing the Seeds, Growing our Heritage which was very apt in this day and age when membership is declining so the seeds of interest have to be sown in hope of our Lodges growing.

Around 100 delegates attended plus some guests. After the registration on Thursday we boarded buses to go to the Heritage Centre and attend a memorial service for the members who had passed away within the last two years as well as the President's Reception. The Heritage Centre was a very beautiful place which included a Museum that displayed the Norwegian influence on the North Dakota history. A very enjoyable and interesting evening.

Friday morning meetings started at 8.00 am and lasted until 5 with two 30 mins coffee breaks plus 1 1/2 hour lunch. Much of the morning was taken up with the opening ceremony plus introductions of board members and spouses. There were greetings from various VIPs, including the Norwegian Consul in Bismarck. Reports were presented from insurance and the US and Canadian foundations.

The afternoon continued with reports from the various committees with focus on how to Sow the Seeds. Encouraging members and their families to volunteer within the Lodges was one suggestion. One of the resolutions passed this afternoon was one where delegates to the convention are given an extra month before committing to being a delegate. This could increase attendance. There were also presentations encouraging members to attend the 3 Cultural Camps within District 4, Trollfjorden Camp, Trollhaugen Camp and Bjørnetann Camp. For Trollhaugen Camp we used the very good video found on their website plus a short spiel by Alison, Peter and myself.

Saturday morning we voted on the location for the next District 4 Convention in 2020 which will be in Watford City ND. Election of Officers was also held as well as election of delegates for the international convention to be held in Bloomington, Minnesota in August.

For the afternoon there were various cultural classes available to attend and the judging of Folk Art and Cultural Skills.

The installation of the new officers took place just prior to the evening event of the Banquet and Ball. After the meal, the awards for the Lodge of the year were presented. Congratulations to Solsyd Lodge of Lethbridge for winning Small Lodge of the Year for 2016.

It was a very busy few days but very enjoyable, meeting many interesting and dedicated people proud of their Norwegian heritage.

Rut Bjorkum-Mason

RON'S RIDE

Ron Stubbings, VP International for Sons of Norway, is making a bike trip from Vancouver to Minneapolis as a fundraiser for the Canadian and U.S. Foundations. Follow his progress at www.crazyguyonabike.com Search under *Journals* for *Ron's Ride*.

LITT PÅ NORSK

Vi starter med LÅS som i flertall blir LÅSER, men flertall av GÅS det blir GJESS - ikke GÅSER. Vi sier en FOT, er det fler blir det FØTTER, men det er ikke en NOT som i flertall gir NØTTER.

At flertall av MANN er MENN – ikke MENNER er hardt å forstå når en TANN blir til TENNER. Og selv om flertall av AND heter ENDER, så hører man aldri at SPANN blir til SPENNER.

Litt underlig er det at menn her til lands i tredje person kalles HAN, HAM og HANS. Når man bruker logikk for å komme til bunns burde damene hete HUN, HUM og HUNS.)

Å SLENGE i fortid på norsk heter SLANG, men å KLENGE i fortid gir slett ikke KLANG. Og hvem kan forstå hvorfor SPRINGE er SPRANG, når RINGE i fortid slett ikke er RANG?

Den riktige fortid av RINGE er RINGTE, men den riktige fortid av BRINGE er BRAKTE. Da burde jo SPRINGE i fortid gitt SPRAKTE og RAKE gitt RANG og RINGE gitt RAKTE.

Burde SLENGE blitt SLAKTE? Nå er jeg i tvil. Det er visst på tide å ta seg en hvil...

SYTTENDE MAI RECAP

THANKS to everyone who helped with the 17th of May celebration. Supper was provided by the Lions Club. Their profits go to a dozen different charitable community services. In addition, they took leftover food to the Awo Taan women's emergency shelter.

MEMBERSHIP INFO

Keeping lodge members' contact information current can be a challenge! When members move to a new address or change other contact information, they often forget to inform their lodge and/or Sons of Norway Headquarters. Lodge officers are not able to modify members' information online, but you can make your own updates by signing on to www.sonsofnorway.com and logging into the members section. From your Member Profile page, you can edit your phone number, email or home address. Changes will be reflected instantly on a lodge membership list.

WE REMEMBER

Mel Olsen, member of Fjellsyn Lodge in Olds. Mel died May 21 after a long period of ill health. He is survived by his wife Barb. Both Mel and Barb were very active in lodge leadership until the lodge closed early this year.

RECIPE



Chocolate rocks with fruit and nut filling (CBC news article by Julie van Rosendaal)
The desserts actually resemble smooth rocks that have been rocked back and forth by waves at the water's edge. They're surprisingly easy to make, and a fun project to make with kids that doesn't require turning on the oven.

This recipe has been adapted from *Bakeland: Nordic Treats Inspired by Nature*, by Marit Hovland.

Ingredients:

- 2 Oreo cookies or three to four chocolate wafer cookies.
- 7 oz. white chocolate, chopped.
- 6 tbsp. sweetened condensed milk.
- Pinch of salt.
- 1/8 tsp., or a big pinch, of cocoa powder.
- Cashews, almonds and dried cranberries.

Preparation: Crush the Oreos or wafers by removing the icing, putting the wafers into a ziplock bag and rolling them with a rolling pin or bashing with the bottom of a mug.

In a small saucepan over low heat, warm the chocolate, sweetened condensed milk and salt. Stir until smooth. Remove from the heat and stir in half the chocolate cookie crumbs. Divide the mixture between three small bowls. Stir the remaining crumbs into one, the cocoa into another, and leave the third as is.

Let stand on the counter or refrigerate for 30 minutes.

Shape the rocks by scooping out a small quantity of the mixture, flattening it slightly and wrapping around a nut or dried cranberry. We played around with bits of two different shades to mimic real rocks.

Roll it in your hands until smooth and place on parchment or waxed paper. Set in the fridge or at room temperature. Makes two to three dozen rocks.

Why does the Norway navy have bar codes on the side of their ships?

So when they come back to port they can Scandinavian.
(Source: World of Puns)

SWEDISH SOCIETY Bus tour
Sept 29, Sylvan Lake area. \$30 includes lunch. For info
<mailto:roslars@outlook.com>

BRANTING LODGE Carl's Way movie Sept 30, 3 pm. Free admission.

DANISH CANADIAN CLUB
727 11th Ave SW, Calgary
85th Anniversary celebration
Oct. 27, doors open at 6 p.m.

Dinner, live music, dancing

Tickets are \$50 each from the Club's office (403-261-9774) between 8:30 a.m. and 4 p.m.

Check out the dinner Menu!

Served at your Table:

Marinated Herring, Curried Herring, Chicken Salad, Egg & Shrimp
Filet of Sole w/Remoulade.

Buffet: Salads - Green Salad, Seafood Salad, Potato Salad, Caesar Salad.

Cold Cuts – Liver Pate, Ham, Salami.

Hot Dishes – Medisterpølse, Frikadeller,

Danish Pork Loin w/Crackling, Boiled and caramelized potatoes,
Red Cabbage, Gravy.

Dessert: Fruit, Cheese, Lemon Soufflé & Dessert Table.

Dress Code: Semi Formal (no jeans).

Visit Norway 2019!

Odden's Rural Life Tours presents:
Folk-Art, Fjords, Friends and Fun tour
August 9th through August 21st, 2019



Join Experienced guides Phil and Else on their exciting tour to Scandinavia!

Odden's Rural Life Tours focus on rural culture. Phil and Else offer insights into Folk-Arts, music and food culture. We will see modern agriculture and experience rural living including their horse culture. We look into the era at the time of immigration and we experience how people in modern Scandinavia live today.



Phil & Else



Phillip Odden & Else Bigton

20337 Co. Rd. H Barronett, WI 54813

email: nww@norskwoodworks.com Phone: 715 468 2780

www.norskwoodworks.com

LAFT HUS NEWS (Red Deer)

Upcoming classes

Rosemaling	August 24/25
Chip carving	September 15
Hardanger	September 21/22
Sami bracelet	September 29

Info about signup deadlines, cost, etc. is at www.norwegianlafthussociety.ca under *Upcoming Events & Public Programing to Craft Classes*

WEBSITES

The Great Norwegian Porridge Debate, Or Tradition Vs. 'Science'

https://www.npr.org/sections/thesalt/2018/03/09/591957289/the-great-norwegian-porridge-debate-or-tradition-vs-science?utm_content=71403359&utm_medium=social&utm_source=twitter

The Munch Museum in Oslo published more than 7,600 drawings for free on

<http://munch.emuseum.com/>

VINTAGE POSTCARDS

As a boy of 14, Ole Olesen made a school trip from Denmark to Setesdal where he collected 25 black and white postcards of landscapes, churches, and national costumes. He didn't write on them and valued them to the point that they were part of his 44 lbs of luggage when he emigrated to Canada in 1963. Now he'd like to pass them on to someone else who would appreciate them. His contact information is below.

Phone or text 587 998-1466 email: ole1640@gmail.com

**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!