



Sons of Norway

Solglyt Lodge

#4-143

November - December 2021

sofnedmonton.ca

Edmonton, AB

Executive Officers:

<i>President</i>	Sylvia Colleton president.solglyt@gmail.com
<i>Vice President</i>	Emily Moen
<i>Secretary</i>	Lu-Rene Kennedy secretary.lurene@gmail.com
<i>Treasurer</i>	Jim Colleton
<i>Membership</i>	Peter Myhre
<i>Counselor</i>	Peter Myhre

Support Directors:

<i>Culture</i>	Anita Brown norcanweld@shaw.ca
<i>SON Foundation</i>	Helen Evjen
<i>Historian</i>	Brenda Carlstad
<i>Husflid</i>	Anita Brown norcanweld@shaw.ca
<i>Newsletter</i>	Sandy Jamison sjamison@greatwest.ca
<i>Publicity</i>	Brenda Carlstad
<i>Social</i>	Sharon Bruce
<i>Sports</i>	unfilled
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<i>Webmaster</i>	Brenda Carlstad
<i>Youth</i>	unfilled

Mailing Address:

Dutch Canadian Center,
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President's Message

Hei alle sammen! Snart kan vi kaste ut 2021. Vi har levd med Covid-livet alt for lenge. Vi er alle veldig lei av å vente på normaliseringen.

Hello everyone. We can soon throw out 2021. We have lived with the Covid life far too long. Everyone is tired of waiting for the return to normal life.

To open my message, I use my Norwegian Language skills gained as a member of Solglyt Lodge. Thanks to our excellent teacher, Anita, and to the in-class practice times with other eager classmates, I have had a gratifying experience learning to speak, write and read Norwegian. Anita and Chris are excited and happy to announce their move to Cold Lake. For sure, we are thankful for what they have shared with us over the years and wish them well in their new home.

Solglyt Directors and Officers agreed to stay in their positions until an election can be held, hopefully in November 2022. Can you help fill our executive positions when the time comes? We welcome new people to share in this valuable experience. Bring new ways and new ideas. How can you make a difference? The years ahead can only be as fun as we make it. TOGETHER - Participate and share. Together we must think about the future needs and activities of our lodge.

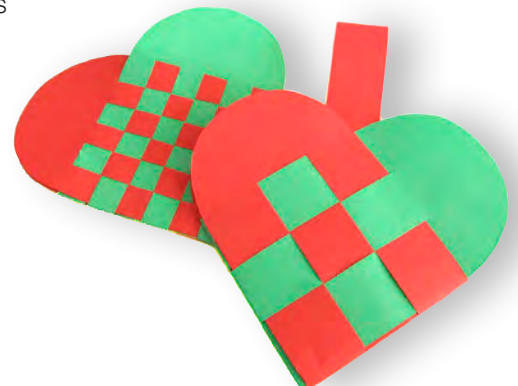
Sadly, Solglyt Lodge is again unable to host favorite events, including Christmas Parties for adults and children, and our annual Lutefisk Dinner. We can only dream and keep our memories for now. A return to in-person activities at our lodge cannot come soon enough. Nothing can replace the friendship of sharing laughter, conversation and learning experiences in person.

Thanks to our executive and members who have continued interest and attendance to our Solglyt Zoom sessions.

Solglyt Jultid Zoom – December 8, 2021. See you on the screen at 7:30 PM. Share your happiness. We will have fun.

God jul og godt nytt år.

Hilsen fra President Sylvia





Solglyt Skål Social!

Connect via Zoom...

Raise a glass or two...

Visit on December 8th at 7:30 p.m.

Share a skill you learned through SON...craft, food prep, music, dance...whatever!

Photos Please!

The Viking magazine – if you have any photos you believe could be shared with Sons of Norway members, please send them to brenda@clmedia.com for submission to the District 4 Publicity Director. Solglyt has a selection of photos via our own website via <https://www.flickr.com/photos/sonsofnorway/sets/>



Help Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, Sunshine Director, would like to remind members to email her, please include the full name and nature of the request. **Karin's email is lesandkarin@hotmail.com**



Stamp Club

We need more stamps, please be sure to save stamps from any mail you might receive. They may be dropped off or mailed to: **Elaine Domier, 11759 – 37 Ave., Edmonton, AB T6J 0J3.**

If you can't get them to Elaine, please hold onto them. Bring them to a membership evening when we are able to meet again.



The Norwegian Birthday Song

To all Solglyt members celebrating a birthday in Nov. or Dec., here is your song!

Hurra for deg som fyller ditt ar!
Ja, deg vil vi gratulaere!
Alle i ring omkring deg vi star,
og se, na vil vi marsjere,
bukke, nikke, neie, snu oss omkring,
danse for deg med hopp og sprett og spring
onske deg av hjertet alle gode ting!
Og si meg sa, hva vil du mere?
Gratulaere!

Hurray for you celebrating your Birthday!
Yes we congratulate you!
We all stand around you in a ring,
And look, now we'll march,
Bow, nod, curtsy, we turn around,
Dance for you and hop and skip and jump!
Wishing you from the heart all good things!
And tell me, what more could you want?
Congratulations!





Sons of Norway Foundation in Canada

Retiring Secretary, Helen Evjen, Awarded Honorary Membership

Tore Pettersen presented an Honorary Membership, for outstanding service, to Helen Evjen on behalf of the Foundation membership. Helen has been a Foundation Director for 25 years and Secretary for the past 15 years. Helen was first elected as National Director in 1996! In 2006.

Thank you, Helen!

2020 Pin Awards - District 4

SOLGLYT Lodge 4 – 143

Sandy Jamison Gold
Sharon Bruce Bronze
Arvid H. Pederson Bronze

VALHALLA Lodge 4 – 341

Alison Wiigs Platinum

Pin Award levels: Bronze - \$100.00, Silver - \$500.00, Gold - \$1,000.00, Platinum - \$2,000.00 and Platinum Plus - \$5,000.00, minimum accumulated contribution.

Post-Secondary Bursary Recipients 2021 @ \$800.00 ea.

Name	Institution	Studies & goals
Grace Canning	St Lawrence College Brockville, ON	Health Sciences – Practical Nursing
Austin Deck	Bow Valley College Calgary, AB	Health Sciences – Practical Nursing
Benjamin Goloubov	Queens University Kingston, ON	Bachelor of Commerce & Political Science
Blair Hamilton	Queens University Kingston, ON	Bachelor of General Engineering
Anderson Kaiser	U of Waterloo Waterloo, ON	Bachelor of Arts - Honours
Danielle Matonovich	U of Saskatchewan Saskatoon, SK	Bachelor of Science – Agri Business
Grace Miller	Lethbridge College Lethbridge, AB	Therapeutic Recreation - Gerontology
Erica Walker	U of Lethbridge Calgary, AB	Post-Diploma Bachelor of Management Rural Health
Kailey Wirsta	Lakeland College Vermilion, AB	Agribusiness, Marketing & Communications
Portia Wright	Dalhousie University Halifax, NS	Bachelor of Science

Apprenticeship Bursary 2021 @ \$600.00

Pamela Speranza	Fanshawe College London, ON	Paramedic Certification
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Bree Urkow, Assistant Director, Development, at the U of A's Augustana Campus in Camrose with the Gol Stave Church model this past summer when it found a permanent home in the Augustana library through the generous donation of Wayne Nordstrom and Dennis Douglas.



Dennis Douglas (left) and Wayne Nordstrom (right) at the Augustana Campus in Camrose with the Gol Stave Church model in August 2021. The model is on display on the main floor of Augustana's library.

Permanent Home for the Gol Stave Church Model

**By Wayne Nordstrom, member,
Sons of Norway Solglyt Lodge, Edmonton AB**

Many of our Sons of Norway members in Solglyt Lodge have seen the model of the Gol Stave Church when it has been on display at various functions and venues. The model has been displayed not only at our local lodge events but at other Sons of Norway events in Alberta, one in Saskatoon SK and one in Kelowna BC. People have always been intrigued by the model and it has spurred considerable interest in Norwegian culture.

For those not familiar with how the stave church model came into being, here is a bit of history. In the autumn of 2002, I suggested to the Scandinavian Trade & Cultural Society (STCS) that a scale model of the Gol Stave Church be built as a potential display item for the Scandinavian Showcase event that was scheduled to be held at Klondike Days in Edmonton in July of 2003. The STCS was formed primarily to organize and stage the 2003 Showcase event. Cultural items having Norwegian, Swedish, Finnish, Icelandic or Danish connections were to be featured at the event. One of the cultural items that I was interested in having on display at the event, if it were possible to build, was a model of the Gol Stave Church in Norway. This church is quite striking in architecture, design and history and I thought a scale model of that church would be a good display item and a nice contribution to the event on the Norwegian culture side of things. The STCS supported my idea and work began on getting the model built. We had an early stage of the model on display at the Showcase event and it drew considerable attention and interest.

Shortly after I had initiated the idea for getting the stave church model built, several Sons of Norway members came forward and expressed their interest in being involved in the project, either as builders of the model or as contributors to it. It was awesome to have this volunteer help and support. As things turned out, five people became the "primary

builders" of the model and six other people became "significant contributors" in some fashion. The "primary builders" were Anders Anderson, Dennis Douglas, Stan Johnson, Jo Storhaug and me. Of the primary builders, Dennis and I spent the most time in constructing the model. The "significant contributors" were Bob Ardiel, Lynn Douglas, Cliff Hansen, Nathan Schmidt, John Stensland and Valerie Vale. The model would not have happened without the help and support of these people. Although several of our Sons of Norway members became involved in the project, the model itself remained a STCS project. The model with its protective plexiglass case was completed in 2006 and its support base in 2017.

The STCS was dissolved in 2012 and, therefore, is no longer in existence. With the dissolution of the STCS, the responsibility for the stave church model basically devolved onto its primary builders. Only two of those primary builders remain today – Dennis and me – and we have managed affairs relating to the model.

Ever since the stave church model was built, there has always been the question of where it could be permanently housed. Dennis and I have looked at and discussed various options. We felt that whichever location for the model was chosen, it should meet the following two criteria:

- The location needs to be a safe and secure place.
- The location should allow the model to be on permanent display, and available to be seen by any who wish to view it.

We looked at the possibility of having the model on display in the Nordic Room or the Main Hall of the Dutch Canadian Centre but neither of those rooms are appropriate, for various reasons. These locations also did not meet the above two criteria.

We began looking at other options and the one that attracted our attention was the possibility of having the model displayed in a suitable

location at Augustana Campus in Camrose. When we approached them on this matter, they were very supportive and excited about our proposal. They suggested having the model on display in their Library and we agreed to that, but on a temporary loan basis. An agreement, to be renewed on an annual basis, was drawn up between Augustana and representatives of the primary builders of the model, these being Dennis and me. We moved the model to Augustana Campus in early 2017 and the model has been proudly displayed in their Library since that date. This location has proven to be a safe and secure place and it has been a good spot for the model. The model draws attention to Augustana's Scandinavian roots that date back to 1910, when Augustana was established as an educational institution by Norwegian settlers. The model has been a regular part of campus tours and has also been used in Augustana's educational and cultural programs.

This brings us to some exciting news! In April 2021, Dennis and I met with Bree Urkow, the Assistant Director of Development for Augustana Campus. At that time, we were prepared to offer the stave church model as a permanent gift or donation to Augustana, if they were willing to accept our offer. We felt the campus would be an ideal location to permanently house the model, given the institution's educational goals and cultural connections. In May of 2021, Augustana came to a unanimous decision to accept our donation and to keep the model on campus. In an email that Bree sent to Dennis and me in May, she wrote, *"I'd like you to know that the conversation surrounding the Stave Church at our meeting was filled with positivity and excitement. We are very grateful to be given the opportunity to honour the legacy and history of this beautiful, handmade replica, while at the same time honour Augustana's legacy and history through the church. Thank you for this most generous and thoughtful gift."* Dennis and I are happy that we have finally found a good home for our stave church model, that being the main floor of the Library at Augustana Campus.

As representatives of the builders of the Gol Stave Church model, Dennis and I signed a letter dated August 19, 2021, which stated that the model was being donated to Augustana Campus in Camrose. We presented that letter to Bree and on behalf of Augustana she accepted the letter. Currently, work is in progress by Augustana to formalize the decision of accepting our donation of the model to them.

In recognition of our donation of the model to Augustana, Bree was planning to hold a small celebration on November 15th this year at



Gol Stave Church model on display at the 2008 Syttende Mai event at the Dutch Canadian Centre in Edmonton. The young girl in ethnic costume is quite enjoying the display and may be thinking "this is the best dollhouse ever!"

Augustana to commemorate the stave church model, including some of its history and how it found a permanent home at Augustana Campus. This date was significant in that it coincides with National Philanthropy Day, an annual international event celebrating giving and volunteering. Bree indicated that Sons of Norway members would be welcome to attend. However, the "covid-crunch" has now altered these plans. As of September 2021, a new University of Alberta policy is now discouraging the holding or planning of events at this time, and the new policy is in place indefinitely. This applies to Augustana. As a result, Bree has been advised to postpone the Stave Church celebration event that was being planned for November 15th. She says, *"this is simply a postponement and we WILL be holding the event when it is possible and safe to do so."* Stay tuned!

2022 Norway Calendars

2022 Norway calendars are in and available now.

Please contact Roger or Sharon Bruce at (780) 436-7286 or at rsbruce@shaw.ca to make arrangements to pick up one of these beautiful calendars.

Still a bargain at only

\$20 each

All proceeds go to Solglyt Lodge, Sons of Norway



Christmas Word Match

Can you match these holiday themed words with their Norwegian counterparts? Test yourself and find out!

- | | | |
|------------------------|-------|----------------|
| 1. Green | _____ | A. Strømpe |
| 2. Songs | _____ | B. Gave |
| 3. Snow | _____ | C. Nyttår |
| 4. Christmas | _____ | D. Vinter |
| 5. Christmas Eve | _____ | E. Grønn |
| 6. Greeting | _____ | F. Julegrøt |
| 7. Cookies | _____ | G. Sletkninger |
| 8. Stocking | _____ | H. Pulk |
| 9. Gift | _____ | I. Sanger |
| 10. Reindeer | _____ | J. Juletre |
| 11. New Year | _____ | K. Krans |
| 12. Snowflake | _____ | L. Reinsdyr |
| 13. Sleigh | _____ | M. Engler |
| 14. Red | _____ | N. Snøfnugg |
| 15. Wreath | _____ | O. Småkaker |
| 16. Relatives | _____ | P. Jul |
| 17. Winter | _____ | Q. Snø |
| 18. Angels | _____ | S. Julaften |
| 19. Christmas Porridge | _____ | T. Rød |
| 20. Christmas Tree | _____ | U. Hilsen |

Answers: (1) E, (2) I, (3) Q, (4) F, (5) S, (6) U, (7) O, (8) A, (9) B, (10) L, (11) C, (12) N, (13) H, (14) T, (15) K, (16) G, (17) D, (18) M, (19) F, (20) J



Glade Jul

Norsk tekst: B. S. Ingemann

Glade jul, hellige jul!
Engler daler ned i skjul.
Hit de flyver med paradys grønt,
hvor de ser hva for Gud er skjønt.
Lønnlig i blant oss de går.
Lønnlig i blant oss de går.

Julefryd, evig fryd,
hellig sang med himmelsk lyd!
Det er engler som hyrdene så,
dengang Herren i krybben lå.
Evig er englenes sang.
Evig er englenes sang.

Fred på jord, fryd på jord,
Jesusbarnet i blant oss bor.
Engler synger om barnet så smukt,
han har himmeriks dør opplukt.
Salig er englenes sang.
Salig er englenes sang.

Silent Night

English text: John F. Young

Silent night, Holy night
All is calm, all is bright
Round yon virgin Mother and Child
Holy infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace

Silent night, holy night
Shepherds quake at the sight
Glories stream from Heaven afar
Heavenly hosts sing Hallelujah
Christ the Savior is born
Christ the Savior is born

Silent night, holy night
Son of God, love's pure light
Radiant beams from Thy holy face
With the dawn of redeeming grace
Jesus, Lord at Thy birth
Jesus, Lord at Thy birth



"I'm Dreaming of a White Christmas" (Hvit jul)

(English Version)

I'm Dreaming of a White Christmas
Just like the ones I used to know,
Where the tree top glistened
And children listened
To hear sleighbells in the snow.
I'm dreaming of a White Christmas
With every Christmas card I write.
May your days be merry and bright,
And may all your Christmases be white.

(Norwegian Version)

Jeg drømmer om en hvit glede
Drømmer om jul med hvite trær
Om små barn som synger
Og spurv i klynger
I sne-e-drev og vinter vær
Slik minnes jeg min glade barndom
Med jule-sne på hver en vei
Hils til alle hjemme
Fra meg
Må hver julekveld bli lik for deg.

Research Confirms Norse Vikings Arrived in Americas 1,000 Years Ago

Photo by Dylan Kereluk from White Rock, Canada



Archeologists can now prove the Vikings made landfall in the Americas hundreds of years before Columbus reached the Bahamas.

By Jasmine Liu, October 22, 2021

For centuries, Norse lore told of how the Vikings made landfall in the Americas sometime around the turn of the first millennium, hundreds of years before Columbus reached the Bahamas. New findings released on Wednesday, October 20, put a timestamp on Viking presence in North America—exactly a thousand years ago at the northern tip of Newfoundland.

Epic sagas chronicled the expeditions of Leif Eriksson and other Transatlantic crossers who had accidentally arrived on the North American Atlantic coast. For a long time, there was no definitive confirmation of these legends. But in 1960, a Norwegian couple, both archaeologists, unearthed the foundations of eight large houses in a village called L'Anse aux Meadows in Newfoundland. Their findings verified that the Vikings had settled in the Americas long before Columbus's passage and shed light on their lifestyles for the short period of their stay.

Still, the breakthrough left scholars with more questions than answers. They scratched their heads over why these Vikings had ventured to make such a treacherous voyage, whether there were other Viking settlements, and why they left just decades after they arrived. Although they knew the village was inhabited sometime between the late eighth and 11th centuries by radiocarbon dating artifacts found at the site, they had no way to get a more precise approximation.

Now, thanks to the pioneering work of a team of scientists and archaeologists, we know that the Vikings were physically present at L'Anse aux Meadows one thousand years ago, in 1021 CE. According to a study published in *Nature*, they employed a relatively novel technique to date the settlement, which rested on counting the years that had passed since a cosmic radiation event in 993 CE. Such circumstances are extremely unusual — only five have been discovered in total — and lead to spikes in the production of carbon-14 in the atmosphere.

On each of three wood artifacts cut from different trees with a metal object by Vikings, researchers were able to locate a ring that had grown in the year of the solar storm. From that ring,

they counted outward until they hit the outermost ring. For every piece of wood, the number they got was 28 — dating them to 1021.

"The fact that our results, on three different trees, converge on the same year is notable and unexpected," the study's authors noted. "This coincidence strongly suggests Norse activity at L'Anse aux Meadows in AD 1021," they concluded.

"This is the first clear evidence of Europeans arriving in North America," Sturt Manning, a professor of archaeology at Cornell University, told NBC News.

Norse sagas indicate that L'Anse aux Meadows was intended as a waystation for Viking explorers who visited Newfoundland. Up to six expeditions may have taken place, but the Vikings eventually deserted the settlement. Icelandic mythology suggests that internal disputes and clashes with Indigenous people in the region compelled the Norse to leave North America for good.

The study affirms that cosmic-ray events can be used for "pinpointing the ages of past migrations and cultural interactions" in "many other archaeological and environmental contexts," the researchers wrote.

Co-author Michael Dee told *Hyperallergic* that, in particular, the method might resolve mysteries surrounding the exact dates for events that took place in ancient civilizations. In ancient Egypt, for instance, historical records follow internally consistent "floating chronologies," which reference the reigns of pharaohs, but these time markers have not been conclusively matched to absolute dates. To take one example, we still don't know exactly when the Egyptian pyramids were constructed.

"If we could fix the whole chronology of that period of Egyptian history, we could compare it with other civilizations they were contemporary with and start to really look at global history at any time," Dee said. "This would kind of be my dream."

Reprinted from: <https://hyperallergic.com/686861/research-confirms-norse-vikings-arrived-in-americas-1000-years-ago/>



Ben Gilbertson with one of his Giant Squash.



Ben and Alma Gilbertson with their Niece, Esther at Kindred, North Dakota in 1983.



Ben Gilbertson's sister, Clara, Instow, Saskatchewan.

My Norwegian Roots

The Road to Forever is a Mystery; That's the Way it is Intended to Be!

Is Destiny pre-determined?

My maternal Grandfather, born in Trondheim in 1881 was orphaned at the age of 5 when his mother died. His father didn't feel he could look after John on his own while working full time to make a living and so John was moved from one home to another until two years later when his father remarried and John rejoined his father and the new family of three children. John always said he had a very unhappy childhood.

John had 4 older brothers; 2 of which were in Amerika. His brother, Halvor, sent John the money for the ships passage to Amerika so John left from Trondheim on the Ship AARO destined for Moorhead, Minnesota on June 8, 1910 at the age of 19.

Eventually John made his way to Canada and homesteaded in Saskatchewan. The first years were hard in Canada and so he returned to North Dakota to work on the threshing crews during the fall of 1909 and 1910.

My maternal grandmother was the 9th out of 10 children, born in 1889 in Milnor, North Dakota; her father was born in the Ringsaker parish, Hedmark, Norway while her mother was born in LaCrosse City, Dane County, Wisconsin to Norwegian immigrants. Clara had 4 sisters and 5 brothers.

Clara met her husband-to-be, John, when she was cooking for the threshing crews and he was working on the crew for two summers.

On March 2, 1911, when John was 29 years of age and Clara was 21; John and Clara were married on the platform at the Train Station in Gull Lake, Saskatchewan. John was at the station to meet Clara who arrived with her father and her brother. After John and Clara were married, Clara's father and brother boarded the train for the return trip to Milnor, North Dakota.

Clara had her first child, a boy, on June 9, 1911 followed by three more

children. Then, in 1920 she and her husband rented out their farm to John's brother, Halvor, and they left for Milnor. The Border crossing documents say they crossed into the USA for Clara's health; she was very lonesome and wanted to see her family. John and Clara were open to the idea of taking up residence in North Dakota however after a land deal went bad they decided to leave in 1923 to go back and give Saskatchewan another chance. They settled in a new location where a gravel pit would be beneficial in generating extra income for themselves and their family of 5 children (at this point).

Over the years Clara kept in close contact with her family in the USA and received letters back from them often. One day her daughter, Esther, lamented that she never got any letters to which her mother suggested that Esther write to her cousins and she would include them with her letters to send them off.

And thus began a connection between my mother and her maternal Aunts, Uncles, and cousins in the USA. Over the years Esther grew very fond of Beatrice, her cousin with whom she had been writing letters for many years. Beatrice was the daughter of Agnes, the sister closest to Clara's age.

When Esther became engaged to be married she asked her cousin Beatrice, to be her bridesmaid; Beatrice had never left the USA before and her mother was very ill so she didn't feel she could leave Milnor however her mother encouraged her to go and Beatrice did come to Canada to be Esther's bridesmaid and visit with relatives. The wedding took place on March 22, 1945. Beatrice's mother, Agnes passed away the next year, 1946.

Esther was notified of the upcoming dedication of the Gilbertson Park and she encouraged her brothers to travel with her and her husband to visit their Uncle Ben Gilbertson at Kindred, North Dakota for the occasion.

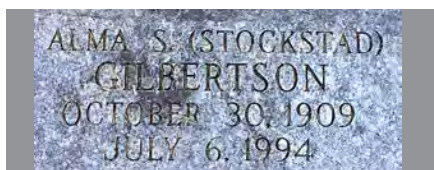
Ben Gilbertson was the youngest brother of Clara (and the youngest of the ten Gilbertson children). He had served in World War 1; and he was an educated horticulturist well known for the giant Squash he had created. For many years he won competitions all over the state for the size of his Squash and now the community was dedicating a Park in his



Left: Ben Gilbertson's great nephew received the Family Bible after making the trek in his motorhome.

Centre: The Family Bible taking up residence in it's new home in Canada. Whether the Bible initially travelled with the Gilbertsons from Norway, we don't know. it is now the prized possession of a great great niece and her family.

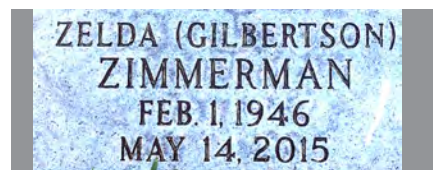
Right: Who could have known that a Park would one day be named after a Great Uncle of mine.



Three years after her husband died, Alma died at the age of 84.



Ben Gilbertson lived to be 94 Years old.



Zelda was 69 when she died at Philopath, Oregon in 2015.

honor. It was a momentous occasion where Esther and her brothers got to meet Ben, his wife Alma, and their daughter, Zelda, in person.

Ben and his wife, Alma Stockstad, had only one daughter, Zelda. Zelda was a very pretty girl who was very intelligent and had graduated with a couple university degrees. She had married however she and her husband did not have children and they later divorced which meant there were no descendants of Ben and Alma.

One of Zelda's closest friends, and a friend with whom she had travelled for many years, contacted, Esther, upon Zelda's demise and offered her the large Family Bible that had been one of Zelda's prized possessions. Of course Esther said yes, she'd love to have the old Family Bible. It was decided that since the Bible was big, heavy, and in a somewhat 'delicate' state it would not be wise to package it up and mail it and so a plan was put in motion to fetch the Bible.

Esther's youngest son, Doug, and his wife, Sharon made a side trip to Corvallis, Oregon to retrieve the Family Bible and subsequently delivered it to Esther.

After Esther received the Bible and had a chance to examine the Bible and the many contents that accompanied the Family Bible her granddaughter expressed an interest in becoming the proud, new keeper of this Family Bible and Esther decided the Bible would have a suitable home with her grand daughter so the Family Bible took another road trip; this time to Calgary, Alberta.

What does a Heritage Tour look like?

In the summer of 2016 my husband and I travelled through Minnesota, North Dakota and Wisconsin for the specific purpose of finding remnants of my roots in the USA. One thing I was determined to see was the Gilbertson Park in Kindred, North Dakota; the park dedicated to my Great Uncle.

Never having been to Kindred, North Dakota my husband and I had no idea where to look and Google wasn't exceedingly helpful so we stopped and asked a resident who was working in her fabulous garden;

my thought was that a local gardener might know of a horticulturalist who had lived in the area and therefore may be able to direct us to the Gilbertson Park.

I really hit the Jackpot that day! As it turned out this lovely lady was the hairdresser who had styled Alma's hair for many years. We enjoyed a good visit and she shared some insight into the lives of Ben and Alma before my husband and I continued on to the Gilbertson park where we would enjoy our lunch as we admired the Park.

Conclusion:

Is the road to forever a mystery? Yes, our destiny is a mystery and for good reason, I think!

Who could ever have imagined that a Family Bible would survive multiple generations and continue to serve even more generations?

Who would have thought a lonesome young man from Norway would find love in the USA and raise a loving family of 7 children in the prairies of Canada?

Who could have imagined a small-town child from a family of ten would one day become a well-known and accomplished horticulturalist who would have a Park dedicated in his honor.

I suggest to you; we aren't supposed to know our destiny; we are tasked to live a meaningful life and do our best to contribute to society in a positive way; whatever happens after that is a mystery and I believe that is 'for the best'.



What do you believe? Do you believe that each of us have a pre-determined destiny? And, if so, do you believe we can change our destiny? Please leave your thoughts in the comments, I'd truly love to hear your ideas.

Iris Hagen Dunham, Blogger of Scandinavian Heritage at <https://www.JourneyThruTheAgesAcademy.com>



Lefse and Lutefisk Ga, Sure, Ga Betcha!



My Norwegian Roots

Lutefisk and Lefse - The Christmas Eve Tradition Some Norwegians Love to Hate

Christmas isn't Christmas without Lutefisk and Lefse; that's how I feel. Yep, some people don't like Lutefisk much but I love it; to me, this dish represents the very essence of love, and family, and Christmas gift giving with many family members gathered together at a kitchen table sharing a few drinks along with lots of fun stories and laughter.

The tradition of Lutefisk and Lefse on Christmas Eve has been observed in our family for as long as I can remember. Just the thought of Lutefisk and Lefse brings to mind fond memories of family get togethers and the 'once a year' delicacy that I love.

While growing up on the farm, in Saskatchewan, our routine on Christmas Eve was to get together with grandparents and Aunts and Uncles on my Dad's side of the family, at our house. The adults would have a Christmas drink before supper, then the Lefse and Lutefisk 'supper' would be served (at about 2 p.m.) with Sot Suppe for dessert.

Sot Suppe, also called Norwegian Fruit Soup, is a sweet soup that we ate cold; it is a thick pudding that consists of spices, tapioca, and dried fruits and is very tasty.

In my 'growing up' years there was never any option at the Christmas Eve table; it was Lutefisk and Lefse or go hungry, but as the family

expanded my Mom added scalloped potatoes and ham to the menu for those who were unfamiliar, or not brave enough, to eat Lutefisk.

Once supper was finished the men would retire to the living room and the women would get the dishes washed and put away before finding a cuddly spot beside their 'special someone' in the living room.

Then someone would hand out the presents (or cards). When I was young it was my Dad who would hand out the presents but once I was older and had children of my own it was my youngest brother who would be the lucky one to hand out the presents.

After opening our presents and thanking everyone, people would visit for awhile and then start leaving for home; Christmas Eve was never a late evening.

The next day, Christmas Day, is when we would get to play with our new toys for awhile before gathering with family for our Turkey dinner.

Christmas Day was spent with Mom's side of the family; in the early years it was held at the home place where my Mom grew up. It was always a big gathering of Aunts, Uncles, and cousins with lots of laughs and loads of good food (my Uncle's housekeeper was Ukrainian and she loved to cook).



Christmas celebrations with my Mother's side of the family were always larger and lasted later into the evening.



Christmas Eve with the Grandparents and older relatives on my Dad's side of the family.



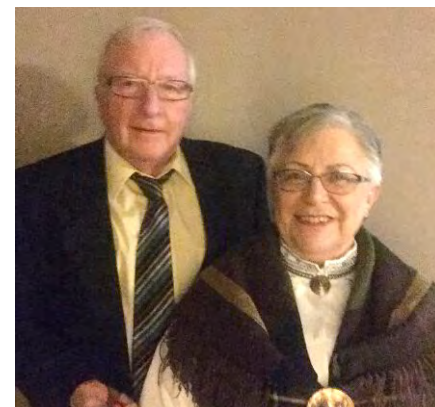
Lefse and Lutefisk dinner with Mom hosting in 2019. Mom, my brothers and I eat Lutefisk and lefse while the others choose ham and scalloped potatoes.



Enjoying the company of good friends at the Lefse and Lutefisk Dinner hosted on the 4th Saturday of January each year by the Sons of Norway, Solglyt Lodge in Edmonton, AB.



This is typically the way my Mother served Lutefisk; mashed potatoes, cream corn, with lots of salt and pepper accompanied by lefse to compliment this delicacy.



Finally! I get to wear my entire Totendrakt with all my sølje including my bunad shoe buckles, ring, and ear rings! (January, 2016)

All the adults would have a couple of Christmas drinks, then we would have a huge supper, and after dishes all the adults would play whist while the kids played crokinole, Chinese checkers, or other board games.

Later in the evening there would be fresh turkey buns, dill pickles, and lots of sweets along with coffee before everyone departed for home. It was always a later night than what Christmas Eve would be.

Our Christmas season was always comprised of three 'must do' traditions; the Christmas Eve Lutefisk and Lefse dinner with one side of the family, the Christmas Day Turkey dinner with the other side of the family, and attendance at the Christmas Eve Candlelight Church Service (though not always held on 'Christmas Eve').

I find that the Christmas season is truly a delightful 'season' of warm memories to recall each year at this time.

Every chance I get to eat Lutefisk and Lefse is a good day and with that in mind the first thing I looked for when I attended the Nørsk Høstfest in Minot, North Dakota in 2006 (and again in 2011) was the Lutefisk and Lefse food booth.

It was interesting to me that they served this dish the very same way that I was familiar with (mashed potatoes, creamed corn and melted butter everywhere).

Truly, I might concede that lutefisk is an acquired taste but I have to say that I feel totally cheated if I don't get to enjoy Lutefisk and Lefse at some point over the Christmas season.

My preference is of course to have it on Christmas Eve but anytime is a good time for Lutefisk and I always look forward to the Sons of Norway, Solglyt Lodge Lutefisk and Lefse dinner on the 4th Saturday of January each year.

Traditionally Solglyt Lodge offers meatballs in addition to Lutefisk (for those who aren't Lutefisk fans!), and they serve Riskrem (rice pudding)

with a raspberry sauce along with krumkake for dessert.

Following the dinner there is a short program followed by socializing; the local Scandinavian Dancers are often an integral part of the 'programme' and they never cease to be a much anticipated highlight.

The Lutefisk and Lefse Dinners are also noteworthy as the time of year when all the women wear their traditional bunad with all of their fine sølje (jewelry), the guys wear their finest Scandinavian sweater, and everyone enjoys plenty of Ole and Lena jokes with their Aquavit.

It is an annual event I try hard not to miss, especially because it is the one time of the year I can wear my bunad without literally dying of heat stroke. LOL

Times have changed, people are missing, but the richness that connection to my Heritage has gifted me with is a treasure more precious than gold.

Research has proven without a doubt that connection to one's heritage is a key element to a life of success, happiness, belonging, and resilience.

I invite you to join me in enriching your lives and the lives of your descendants through stories, skills, food, entertainment and the deep dive into the history of your heritage so that each of us enjoys a better life and so that our world is a better place to live for all of us.



We can contribute to building a better world starting with one heritage at a time.

Let's get building by starting a Heritage Conversation amongst our families and friends.

Iris Hagen Dunham, Blogger of Scandinavian Heritage at <https://journeythrutheagesacademy.com>



As the custom goes, each Norwegian family would make seven types of cookies, known as the seven cookies of Christmas (syv slags julekaker).

Here are seventeen favorite recipes to choose from!

Deliciously Nordic

Spicy Norwegian Pepperkaker Gingerbread Cookies

Ingredients:

- 1 1/3 cup (300 g) butter
- 1 1/2 cups (300 g) granulated sugar
- 1 1/4 cups (300 ml) Norwegian dark syrup "mørk sirup" or light molasses
- 3 teaspoons ground cinnamon
- 3 teaspoons ground ginger
- 2 teaspoons ground cloves "nellik"
- 1 1/2 teaspoons ground black pepper
- 2 large eggs
- 1 tablespoon baking soda
- 6 cups (720 g) flour

Directions: In a large saucepan, melt the sugar, butter and syrup or molasses together. Stir in all the spices and set aside to cool completely.

Once the mixture has cooled down, mix in the eggs. In a separate bowl, combine the baking soda and flour. Add this to the syrup mixture and combine to form a smooth and relatively firm dough.

Place the dough onto a large piece

of plastic and wrap tightly. Flatten it slightly in a round or square shape to make it easier to roll out. Place in the refrigerator for at least a couple of hours, preferably overnight.

Remove the dough from the refrigerator. Allow the dough to stand at room temperature for a little while before rolling out the dough.

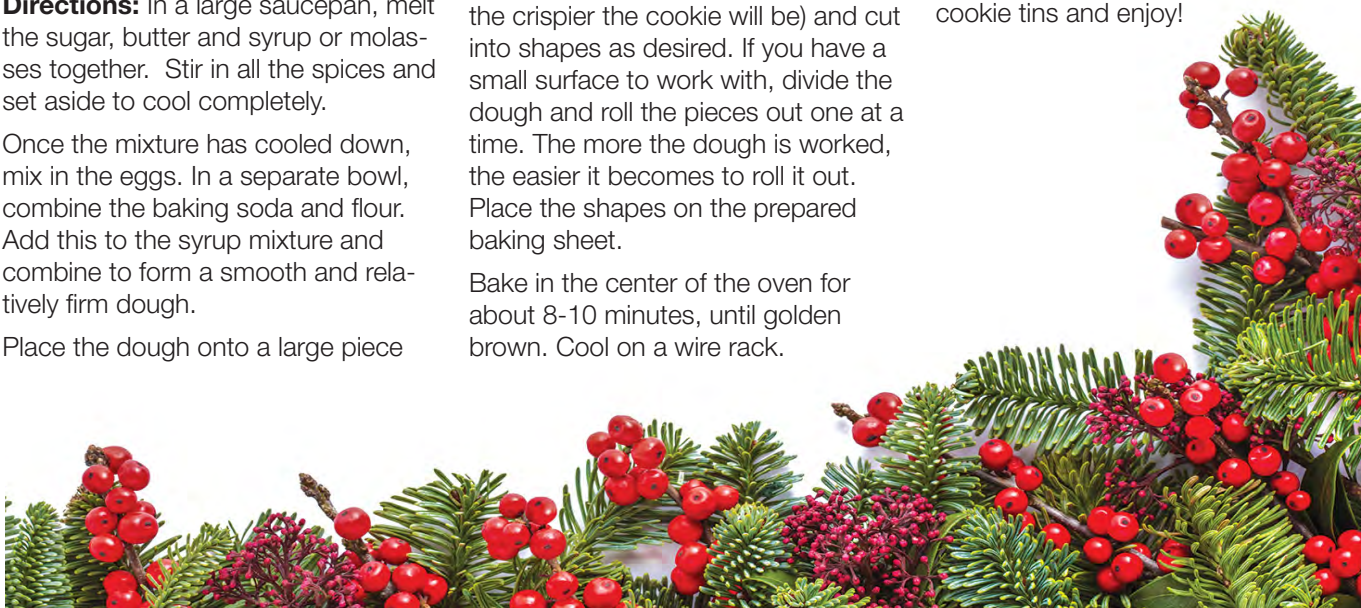
Preheat the oven to 350°F / 180°C. Line a baking sheet with parchment paper.

On a lightly floured surface, roll out the dough to a thickness of about 1/5 inch or 1/2 cm (the thinner the dough, the crispier the cookie will be) and cut into shapes as desired. If you have a small surface to work with, divide the dough and roll the pieces out one at a time. The more the dough is worked, the easier it becomes to roll it out. Place the shapes on the prepared baking sheet.

Bake in the center of the oven for about 8-10 minutes, until golden brown. Cool on a wire rack.



You can decorate the pepperkaker with icing or powdered sugar or anything else your heart desires. Store in cookie tins and enjoy!





Sprut, Norske småkaker

Spritz Cookies

Ingredients:

2 1/2 cups flour
 1/2 teaspoon salt
 3/4 cup butter
 3/4 cup sugar
 1 unbeaten egg plus 1 yolk
 3/4 teaspoon vanilla flavoring

Directions: Cream butter and sugar. Add egg and yolk, flavoring and flour and form a dough.

If you use a cookie press, follow the directions on how to assemble and use it for the best results.

Fill the cookie press with dough - hold press upright then force out a small amount of dough onto baking sheets. Release the handle and lift press.

For Christmas, I divide the dough into 3 parts. One part I tint with red and make rosettes. The second part I tint green for making Christmas wreaths and the third part I keep plain for contrast. Of course, these cookies are a wonderful treat any time of the year.

Use cold baking sheets. Warm baking sheets will melt the butter in the dough, causing them to pull away from the sheet when the press is lifted and they will lose their shape.

Bake in a preheated oven at 400° F. for 6 to 8 minutes. The spritz cookies, (Norsk Sprut småkaker) will freeze well or they can be kept in an airtight, lined container after they are cooled. Enjoy!

Serinakaker

Ingredients for the biscuits:

3 1/2 cups of all-purpose flour
 1/2 tsp of salt
 1/2 tsp of baking powder
 1 1/2 cups (3 sticks) of unsalted butter, softened
 1 cup of sugar
 1 1/2 tsp of vanilla extract
 1/2 tsp of almond extract
 1 large egg

For the topping:

1 lightly whisked egg white
 Pearl sugar to sprinkle on top

Directions: Preheat oven to 175°C (350°F).

Sift the flour, baking powder and salt into a bowl.

In a separate bowl, use an electric mixer to beat the butter, sugar and extracts together until it turns fluffy — should take about three minutes.

Add the egg and keep beating.

Combine this with the flour, baking powder and salt, then mix together into a dough.

Roll the dough out and flatten it, then use cookie cutters to make whatever shapes take your fancy. Do this until all the dough is used up.

Brush the top of each biscuit with some egg white and sprinkle on some pearl sugar to add an extra touch of sweetness.

Place in the oven and bake until they turn golden and are cooked through. Times vary depending on the size and thickness of each cookie but should take around 8 – 12 minutes.



Cool on a tray before eating.

Note — some people also like to add chopped almonds to the recipe. In which case, you'd sprinkle them on alongside the pearl sugar.





Brune Pinner Brown Sticks

(makes about 60 brune pinner)

Ingredients:

- ¾ cup plus 2 tablespoons (200 g) butter, at room temp.
- ½ cup (100 g) granulated sugar
- ½ cup (100 g) dark brown sugar
- 1 tablespoon dark, Norwegian syrup “mørk sirup”
(you can substitute with light molasses or Golden Syrup or an inverted sugar syrup)
- 1 large egg yolk
- 2 ½ cups (300 g) all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla sugar or essence of vanilla
- 2 teaspoons cinnamon

To top/decorate:

- 1 egg, beaten
- ¼ cup (60 ml) pearl sugar
- 1 ½ tablespoons chopped almonds

Directions: Preheat the oven to 350 °F / 180 °C. Have ready 2 baking sheets lined with parchment paper.

In a large bowl or mixer, cream the butter and sugar until fluffy and light in color. Whisk in the syrup and egg yolk (and the vanilla essence, if not using vanilla sugar).

In a separate bowl, combine the flour, baking soda, vanilla sugar, and cinnamon. Pour into the sugar mixture and combine until you form a nice dough.

Divide the dough into 6 pieces and roll each one out into a long, thin sausage, about 9 ½-inches (24 cm) in length. Place 3 pieces on each baking sheet, with space between. With your fingers, press each piece flat to form an oblong shape that is about ¼-inch (½ cm) thick.

Brush each piece with the beaten egg and sprinkle with the pearl sugar and chopped almonds, using as much or as little as desired.

Bake for 10-12 minutes, or until golden brown. Remove from the oven. While still warm, use a knife to cut each piece into small strips on an angle, about ½-inch (1 to 1 ½-cm) wide. Store in a cookie tin for a couple of weeks.

*The cookies will be more crunchy towards the ends of each piece and a little chewier in the center. They will harden throughout the longer they are kept in their cookie tin.

Recipe from: northwildkitchen.com



Norske Kokosmakroner Norwegian Coconut Macaroons

These cookies are gluten free and delicious. Be sure to use unsweetened shredded coconut for these cookies so they don't turn out too sweet.

Ingredients:

- 4 egg whites
- 250g (8.8 oz.) flaked, unsweetened coconut
- 150g (5 oz.) powdered sugar
- 50g (1.76 oz.) vanilla sugar

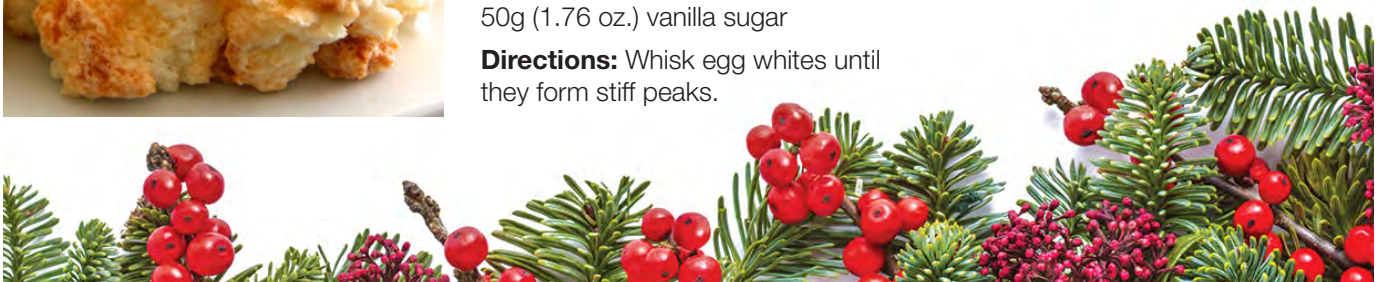
Directions: Whisk egg whites until they form stiff peaks.

Gently fold in the rest of the ingredients. Fold only until the ingredients are incorporated.

Using a tablespoon, spoon lumps of the egg white mixture onto a baking tray lined with parchment paper.

Bake for 10-12 minutes at 180 C/350 F.

*Recipe from: thanksforthefood.com
A Norwegian food blog*





Norske Nøttopper

Norwegian Hazelnut Macaroons

Norwegian hazelnut macaroons, or nøttopper as they are called in Norwegian, are a great gluten free alternative to serve this year at Christmas. I love these little gems because they are made from staple pantry items and don't require difficult to find ingredients.

Make sure you use raw, unroasted hazelnuts in this cookie recipe or for a slightly untraditional twist, use raw almonds instead.

Ingredients:

3 egg whites
250g (8.8 oz.) raw hazelnuts
+ extra for decoration
200g (7 oz.) powdered sugar

Directions: Grind the hazelnuts us-

ing a food processor or blender. Set aside.

Whisk egg whites until they form stiff peaks.

Gently fold in the ground hazelnuts and sugar. Fold only until the ingredients are incorporated.

Using a tablespoon, spoon lumps of the egg white mixture onto a baking tray lined with parchment paper.

Top each cookie with a hazelnut and gently press the hazelnut into the top of the cookie.

Bake for 10-12 minutes at 180 C or 350 F.

*Recipe from: thankstothefood.com
A Norwegian food blog*

Bordstabelbakkels

Norwegian Table Stacking Cookies

A shortbread base with an almond meringue layer, these should be stacked two and two. Nice with coffee.

Ingredients:

250 gr butter
250 gr white sugar
3 egg yolks
2 tbs cream
500 gr flour

Almond topping:

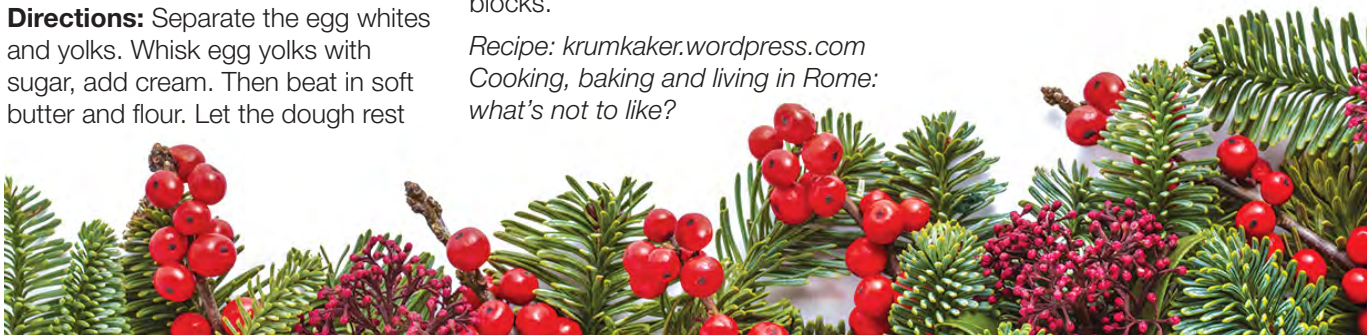
250 gr icing sugar
250 gr scalded ground almonds
3 egg whites

Directions: Separate the egg whites and yolks. Whisk egg yolks with sugar, add cream. Then beat in soft butter and flour. Let the dough rest

for at least an hour. Make the almond topping: whisk the egg whites to light and fluffy, add sugar, then stir in almonds. (I have an old almond grinder, a food processor would work too: not too fine when grinding the nuts though.) Add a little water if the mass is too thick for your piping bag.

Roll the dough out thin, cut rectangles of a consistent size. I was aiming for 3x10 cm, but as the dough got warmer and stickier, my standards slipped. Pipe on the topping (or spoon it in, as I did when the piping bag split by tray four). Bake at 170C for 7-9 minutes. To serve, stack two and two like very delicate Jenga blocks.

*Recipe: krumkaker.wordpress.com
Cooking, baking and living in Rome: what's not to like?*



Rosettbakkels Rosettes

This recipe is taken from "The Norwegian Kitchen" which is available for purchase, through the Vesterheim Bookstore.

Ingredients

2 eggs
1 1/2 tsp. sugar
1 cup milk
1 cup unbleached all-purpose flour
shortening or oil for frying

Directions:

Step 1 Gently whisk together the eggs, milk and sugar in a large mixing bowl.

Step 2 Mix in the flour until the batter is smooth and creamy. The texture should be like thick cream.

Step 3 Place your batter in a con-

tainer that is just wide enough for the rosette irons, preferably not plastic.

Step 4 Heat your oil or shortening to 370° F. Once your oil is at temperature, place your rosette iron in to preheat.

Step 5 Dip the hot rosette iron into the batter and return to the oil to cook for 20 to 35 seconds, until the rosette is lightly browned.

Step 6 Lift up the iron and allow it to drain over the oil for 5 to 10 seconds. Using a knife or fork remove and allow it to drain on paper towels. When cooled, dust with powdered sugar.



Fattigmans Bakkels Poor Man Cookies

Excerpted from December, 1999, Viking Magazine "Velkommen til Bords."

Ingredients:

1 egg	1 Tbsp. butter, melted
3 egg yolks	1/4 tsp. ground cardamom
1/4 cup heavy cream	1 1/2 cups all-purpose flour
4 tsp. white sugar	4 Cups cups lard for frying
	powdered sugar



Directions:

Step 1 In a large bowl, combine egg and yolks together. Mix in the cream, sugar, melted butter and cardamom. Add in enough of the flour to make a soft but manageable dough. Handle the dough as little as possible, or cookies will be tough.

Step 2 Heat oil in deep skillet to 375°F (190°C). On a floured pastry board covered with a pastry cloth, roll the dough out to 1/8" thickness. Cut into 2"x2" diamond shapes.

Step 3 Fry in hot lard until lightly browned. Drain on paper and dust with confectioners' sugar when cool.



Goro

Ekte Norsk Mat—Authentic Norwegian Cooking is available for purchase, through the Vesterheim bookstore.

Ingredients:

- 3 Egg yolks
- Cup sugar
- 1 Cup whipping cream
- 1 Tsp. cardamom
- 6 Cups unbleached flour
- 3 Cups butter, lightly salted

Directions:

Step 1 Beat together egg yolks, sugar and cream.

Step 2 Add cardamom to flour and sift half of the flour, a little at a time, into the egg mixture and mix well.

Step 3 Put the remainder of the flour on counter and place dough on top. Roll dough out to a thick flap, and spread butter in thin layers across the dough. Fold over and roll once more.



Step 4 Roll up and chill for 24 hours.

Step 5 Roll out thin. Cut a cardboard template the size of goro iron; trace and cut cookies from the pattern.

Step 6 Bake in hot, ungreased goro iron until a light golden color. Wipe fat

off as it trickles out.

Step 7 Remove from iron with a spatula onto a cutting board. Cut off the frayed edges and cut apart while still hot. Cool completely. May be frozen.



Krumkaker Cookie Cones

Ingredients:

- 1/2 cup butter lightly salted
- 1 cup sugar 3
- 3 eggs large
- 1/2 cup cream
- 1/2 tsp nutmeg or cardamom ground or fresh grated
- 2 cups flour

Directions: In a medium-size mixing bowl, beat butter unit creamy. Mix in sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Mix in cream and nutmeg. Add flour 1 cup at a time. Mixing well after each addition. The batter should be sightly stiff but is still sticky when touched.

Heat Krumkaker iron over medium

heat. Turning over to make sure both sides are evenly heated. Drop a little less than a tablespoon amount into the center of the krumkake iron. Close and cook for about 25 seconds then flip to the other side and cook an additional 20-25 seconds, depending on the heat. Lift the top of the iron carefully. Use a slim metal spatula to lift the cookie from the iron. Quickly roll around a wooden cone or the handle of a wooden spoon before the cookie hardens. Allow the cookie to cool before removing it from the cone. Place on a clean cloth. Repeat this same process until all the batter has been cooked and shaped. Store cooled krumkake in a tin with a lid



Sandkaker

Sand Cookies

Excerpted from December, 1999, Viking Magazine "Velkommen til Bords."

Ingredients:

3/4 cup + 2 Tbsp. butter
1 cup + 1 1/2 Tbsp. flour
7 Tbsp. or about 1/2 cup almonds,
blanched and ground
1 egg
7 Tbsp. sugar

Directions:

Step 1 Mix butter and flour until crumbly.

Step 2 Add ground almonds, egg, and sugar. Work ingredients together with your hands.

Step 3 Let dough rest for an hour in the refrigerator.

Step 4 Press into greased sandkake forms. Bake at 350° F for 10-15 minutes.

Step 5 Let cookies cool slightly before you remove them from the forms.



Sirupsnipper

Excerpted from December, 1999, Viking Magazine "Velkommen til Bords."

Ingredients:

9 Tbsp. cream
1/2 Cup + 2 1/2 Tbsp. syrup
1/2 Cup + 2 1/2 Tbsp. sugar
7 Tbsp. butter
2 cups flour
1/4 tsp. pepper
1/4 tsp. ginger
1/4 tsp. anise
1/4 tsp. cinnamon
3/4 tsp. baking powder
3/4 tsp. baking soda
almonds, blanched, for decorating

Directions:

Step 1 Boil cream, syrup, and sugar together. Stir in butter and let mixture

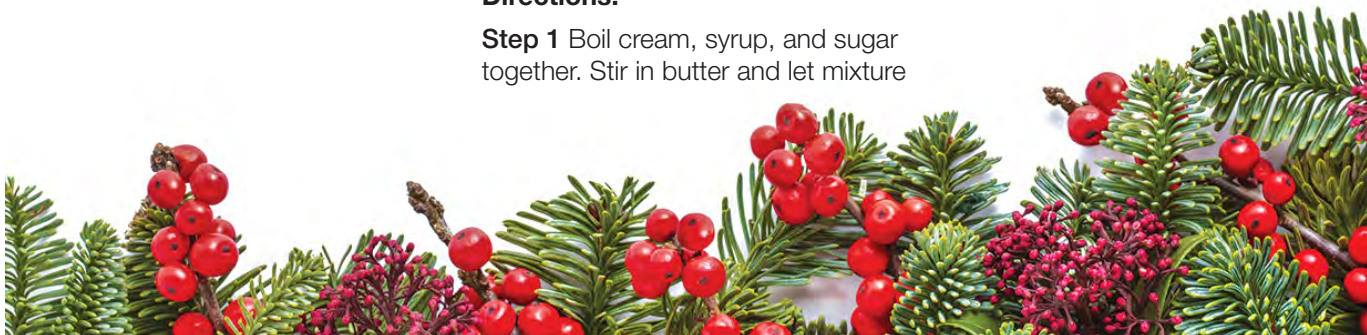
cool until lukewarm.

Step 2 Combine flour, pepper, ginger, anise, cinnamon, baking powder and baking soda. Whisk together the dry ingredients.

Step 3 Sift in dry ingredients and knead the dough to mix thoroughly. Chill overnight.

Step 4 Roll dough out as thin as possible and cut diagonal lines to make diamond shapes.

Step 5 Lay sirupsnipper on a greased baking sheet. Place half a blanched almond on each cookie. For a shiny finish, brush cookies with egg white. Bake at 350°F for 5 minutes.





Sugar Cookies

This recipe from Sharon Bruce is always a big hit at the annual Solglyt Lodge Childrens' Christmas Party.

Ingredients:

1 ½ cups powdered sugar
1 cup butter
1 egg
1 tsp. vanilla
½ tsp. almond extract
2 ½ cups flour
1 tsp. baking soda
1 tsp. cream of tartar
granulated sugar

Directions: Mix powdered sugar, butter, egg, vanilla and almond extract. Stir in flour, baking soda and cream of tartar. Cover and refrigerate at least 3 hours.

Heat over to 375 degrees. Divide dough into halves. roll each half 3/16 inches thick on lightly floured cloth covered board. Cut into desired shapes with 2 to 2 ½ inch cookie cutters, sprinkle with granulated sugar. Place in lightly greased cookie sheet. Bake until edges are light brown 7 to 8 minutes.

Makes about 5 dozen.

Kringla

Yield: 40 cookies

Ingredients:

3 cups all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
or cardamom (optional)
1/2 cup (1 stick) butter, softened
1 cup sugar
1 egg
1 teaspoon vanilla
1 cup buttermilk
or sour milk (see note)

Directions: In a medium bowl, stir together flour, baking powder, baking soda, salt and, if desired, nutmeg or cardamom; set aside.

In a large mixing bowl, beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar and beat until fluffy. Add egg and vanilla and beat well. Alternately add flour mixture and buttermilk, beating until well mixed. (Dough will be soft and sticky.) Cover and chill at least 5 hours or overnight or freeze for 3 to 4 hours.

Divide dough in half; return half to the refrigerator. On a well-floured surface, roll into a 10x5-inch rectangle. With a sharp knife, cut rectangle into twenty 5x1/2-inch strips. Place half of the strips on a baking sheet or tray and place in the refrigerator while shaping and baking the first 10 strips. Roll each strip into a 10-inch-long rope. Shape each rope into a loop, crossing 1-1/2 inches from ends. Twist rope at crossing point. Lift loop over to touch ends and seal, forming a pretzel shape. (Or fold each 10-inch-long



rope in half and twist 3 times; seal ends.) Place cookies 2 inches apart on ungreased cookie sheets.

Bake in a 425 degree F oven 5 to 7 minutes or until cookie bottoms are light brown (tops will be pale). Remove from cookie sheets and cool slightly on wire racks. Repeat with remaining dough strips and dough. Serve warm with softened butter, if desired or serve cool.

Note: To make 1 cup sour milk, place 1 tablespoon lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1 cup total liquid; stir. Let stand for 5 minutes before using.



Anne Lise's Bestefar's Knekk-Kaker Caramel Cookies

<https://northwildkitchen.com/knekk-kaker/>

Makes about 48 cookies

Ingredients:

¾ cup plus 1 tablespoon (160 g) granulated sugar
3 tablespoons (50 ml) light syrup or golden syrup
3 tablespoons (50 ml) heavy cream
2/3 cup (150 g) butter, melted and then cooled
¾ cup plus 1 tablespoon (75 g) quick-cooking oats
1 cup (120 g) sifted, all-purpose flour
½ teaspoon baking powder
1 teaspoon of vanilla sugar or ½ teaspoon vanilla extract

Directions: Preheat the oven to 350°F (180°C). Line 2 baking sheets with parchment paper.

Blend all the ingredients together in a large bowl.

Use a small spoon to scoop out a little of the dough and place it on the parchment paper. You should

be able to fit up to 8 spoonfuls of dough at a time per baking sheet. Space them well, so they don't cook into each other.

Place 1 baking sheet in the oven and bake the cookies for 8 minutes. Remove from the oven and let cool. After 5 minutes, or when the cookies have stiffened, transfer them to a cooling rack. While the first batch is cooling, place the second baking sheet in the oven. Spoon more of the dough on the first baking sheet after you have transferred the cookies to the cooling rack. When the second batch of cookies are ready, take them out of the oven and put the newly prepared baking sheet in the oven. Continue this cycle until all of the dough is used up.

Store the cookies in a cookie tin or airtight container, at room temperature, for up to 3 weeks.



Berlinerkranser Berlin Wreath Cookies

Ekte Norsk Mat—Authentic Norwegian Cooking is available for purchase, through the Vesterheim.

Ingredients:

3 egg yolks, hard-boiled
4 egg yolks, raw
7/8 cup sugar
1/2 tsp. vanilla sugar
2 cups unsalted butter
3 cups flour
egg white
pearl sugar for dipping

Directions:

Step 1 Mash the hard boiled, cold egg yolks and combine them with the raw yolks. Add sugar and vanilla sugar and beat well.

Step 2 Alternately adding butter and flour to the egg mixture. Chill.

Step 3 Roll dough into thin “ropes” about 1/3” inch thick.

Step 4 Cut into 4” lengths and form small wreaths, overlapping ends. Press down lightly to make ends stick together.

Step 5 Preheat oven to 375°F. Dip first in beaten egg white, then in pearl sugar.

Step 6 Bake on greased cookie sheet about 10 minutes.

Makes about 7 dozen.





Artificial Intelligence Can Help You Understand Music Better

University of Oslo researcher works to ensure that new technology can open people's ears to new music.

Chords, tempo, timbre, rhythm and harmony - all these aspects of the music make it sound the way it does. But have you thought about why you like the exact music that you do?

"Music is quite magical, when you think about it. When you listen, you feel many emotions. You understand that it is a kind of language, but do not see what is happening. Most people do not understand what is really going on."

That's what Olivier Lartillot, researcher at RITMO Center for Interdisciplinary Research on Rhythm, Time and Movement, says. He is developing new digital tools that he hopes will make the magic of music available to everyone.

First up is Norwegian folk music.

"Folk music is so rich, and a treasure for Norwegian culture. Still, not many people listen to it. If we create a tool that can help people understand music, folk music may have a renaissance in Norway," says Lartillot.

Training artificial intelligence with the Hardanger fiddle

The music that the machine must be able to transcribe is the National Library's catalog of folk music. According to Lartillot, Norwegian folk music, especially the Hardanger fiddle, is difficult material for the machine.

"The large amount of examples needed was initially not available. Therefore, we asked musicians, the professional fiddle player Olav Luksengård Mjelva and students from the Norwegian Academy of Music, to play for us, and designed software where they could see the sounds visually and place the notes for us.

Visualization helps music understanding

With the app Lartillot wants to create, you will be able to browse the catalog of folk music and go on a journey of discovery in music. When you find a song or a vocal tune you like, the app can point you in the direction of something in the same vein.

For now, such an app can be used specifically for folk music. In the longer run, Lartillot wants to expand the knowledge of artificial intelligence, so that it can be used for all music.

Kunstig intelligens kan hjelpe deg å forstå musikk bedre

UiO-forsker jobber for at ny teknologi kan åpne folks ører for ny musikk.

Akkorder, takt, klang, rytme og harmoni – alle disse aspektene ved musikken gjør at den låter som den gjør. Men har du tenkt over hvorfor du liker akkurat den musikken du gjør?

– Musikk er ganske magisk, når du tenker over det. Når du lytter, kjenner du på mange følelser. Du forstår at det er et slags språk, men ser ikke hva som skjer. De fleste forstår ikke hva som egentlig foregår.

Det sier Olivier Lartillot, forsker ved RITMO Senter for tverrfaglig forskning på rytme, tid og bevegelse. Han utvikler nye digitale verktøy som han håper vil gjøre musikkens magi tilgjengelig for alle.

Først ut er norsk folkemusikk.

– Folkemusikken er så rik, og en skatt for norsk kultur. Likevel er det ikke så mange som hører på den. Hvis vi lager et verktøy som kan hjelpe folk å forstå musikken, kan folkemusikken kanskje få en renessanse i Norge, sier Lartillot.

Trener opp kunstig intelligens med hardingfele

Musikken maskinen skal klare å transkribere, er Nasjonalbibliotekets katalog med folkemusikk. Ifølge Lartillot er norsk folkemusikk og særlig hardingfela vanskelig materie for maskinen.

– Den store mengden eksempler som trengs, var i utgangspunktet ikke tilgjengelig. Derfor har vi bedt musikere, den profesjonelle felespilleren Olav Luksengård Mjelva og studenter fra Norges musikkhøgskole, om å spille for oss, og designet en programvare hvor de kunne se lydene visuelt og plassere notene for oss.

Visualisering hjelper musikkforståelse

Med appen Lartillot vil lage, vil du kunne bla i katalogen av folkemusikk og dra på oppdagelsesreise i musikken. Når du finner en slått eller et stev du liker, kan appen peke deg i retning av noe i samme landskap.

Enn så lenge vil det en slik app kunne brukes til spesifikk folkemusikk. På lengre sikt ønsker Lartillot å utvide kunnskapen til den kunstige intelligensen, slik at den kan brukes for all musikk.



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2022 Newsletter Deadlines:

- **January/February** - Dec. 29/21
- **March/April** - Feb. 25/22
- **May/June** - Apr. 29/22

Please e-mail submissions to: sjamison@greatwest.ca
and indicate SON Newsletter in the subject line.
Early submission of articles, when possible, is appreciated.