

# LAFT HUS NEWS

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Editor:  
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## BAKING WORK DAYS:

*This shirt is for sale in our butikk >*

Lefse work days this year will be October 25, 26, 27, 30 and 31. Flatbread making will be November 1. Deep Frying is on November 8, Krumkake, etc. on November 15 and Cookie Packaging on November 22. Please have your cookies to the Laft Hus by 9:00 a.m. on November 22.



COME JOIN US FOR THE  
NORWEGIAN LAFT HUS SOCIETY'S  
**ANNUAL CRAFT AND BAKE  
SALE!**  
**SATURDAY, NOV 25, 2023:**  
**9AM-4PM**  
**SUNDAY, NOV 26, 2023:**  
**12PM-4PM**



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## BUTIKK



We just received a new order of trolls.



There are many more new items in our butikk for sale (more shown on another page of this newsletter), plus several rosemaled items with the below design on.





Summer students: We had such a good summer with Gwen and Brianna working for us. We treated them to a potluck lunch and their going away gifts were the rosemaled items they painted themselves! Their treat to us was performing a highland dance for us!



BRIANNA  
AND  
GWEN



Besides rosemaling painting, Julie taught the girls how to bake many different Norwegian treats. They learned together in this attempt of a gingerbread kransekake.



## PUBLIC PROGRAMMING:



We had three different entertainment days this summer. First was Donna Durand, who had many of her followers attend, so a good crowd and great donations. It was a beautiful day with the flags flying perfectly.





Next from Norway was Magnus Wiik and Laura Ellestad, who performed to a full house.



Then 3 Dancers from Norway performed outside on the dance stage to a very appreciative audience.



We had a very large preschool group visit the Laft Hus on August 17. Julie and the summer students greeted them.



Alida and Diane Granson had a butikk table for us at Viking Days at the Danish Canadian Museum on August 19. They made excellent sales of Viking items and enjoyed the day.



The Laft Hus was open for Cultural Days on September 9th and 16th. The theme this year was 'Here, There and Everywhere'. Visitors were encouraged to look at the Alberta map and find all the places that have Scandinavian roots and places to visit. The visitors were invited to enter the draw for a prize and Shelley Rodney from Parkvale Lodge won a cup. Other activities included crafts, sampling krumkake and visiting our store. Thank you to Donna and Esther who hosted on September 9th and Anita and Gary who hosted on September 16th.



The Finnish Society of Edmonton brought a large group to visit the Laft Hus on September 18 with Alida Granson and Judy Windrim greeting them.



Marianne Harris taught a much-enjoyed painting class of a troll on September 23 and participants completed their painting in 3 hours!!



Nancy and Robert Sielaff from Calgary came up and demonstrated sausage making and participants enjoyed a wonderful Norwegian meal of sausage, parsley potatoes, dilled peas, red cabbage and sour cream pound cake with blueberry sauce and whip cream. Participants even got to take sausage home with them! Nancy and Bob donated the sausage, the whole meal and their time! TUSEN TAKK (thousand thanks) Nancy and Bob!



The Wednesday ladies decided to have a fancy tea to use some Laft Hus fancy dishes that never get used otherwise. Wonderful fancy food was enjoyed and good fun was had trying on a troll mask from a troll costume which was donated by member Karen Smale from Prince George!



Ole: "They say the best way to make a cup of tea is to agitate the bag"; so I poke Lena and say "Put the kettle on fatty".



# HIGHLIGHT ON MEMBERS



## SYNEVA BALTIMORE

It was quite some time ago that there was a story about Syneva in the newsletter, so I thought I'd do a little blurb on her now. Gunhild Syneva Baltimore was born April 23, 1934, at Lac La Biche, Alberta to Svante and Gunhild Holmberg. Her dad was from Sweden and her mom from Norway. They lived in a small log cabin with a sod roof and a bit of a loft. Also, Syneva's first school was a one room log house and just 3 students in grade 1. Syneva was the only one who knew the alphabet, could write her name and count; but she couldn't speak English.



Barry Oram found this picture of Syneva's parents on the Genealogy site.

In 1949 the family moved to Alliance and Syneva lived there until she graduated in 1953. Friday or Saturday night dances were the highlight of her teenage years, and it was at a dance that she first met Elmer. They married in 1954 and lived in Victoria, B.C. and then in Aldergrove, and then Merritt before moving to Red Deer. They also spent 14 months in Nova Scotia, even living in a cabin on the Bay of Fundy for a while.

Elmer was often away at sea, but Syneva had the support and company of other navy wives. Elmer and Syneva had 3 children, Pattie, Kelly, and Lori, and they gave her 11 grandchildren. We at the Laft Hus, have had the pleasure of meeting most of Syneva's children and grandchildren and what a great family she has!

Syneva has done some wonderful painting over the years at the Laft Hus and she always keeps us smiling with her great humor. TUSEN TAKK for everything you've done for the Laft Hus, Syneva!



< Syneva with the troll mask on!



# AUTUMN

The Norwegian word for autumn is høst, which also means harvest. There are plenty of fresh vegetables, fruit and game to make some slow-cooked and rich dishes suited to a colder climate. Besides the Northern lights starting to dance again, there is also the beautiful fall colors and Norway's mountains are especially beautiful. Norway has an autumn break in October and many Norwegians go hiking in the mountains or forests. They like to relax in their cabins with hot chocolate and a roaring fire and maybe a hot sauna, having the feeling of "kos". Kos is Norwegian for having a good time! To some having a good time is storm watching! If they want to check what the weather is doing, it is delivered by the Norwegian Meteorological Institute and the Norwegian Broadcasting Corporation (NRK) at Yr.no.



In October we have Halloween and Norway has lots of supernatural legends and eerie ghost stories. One of the main ones is Akershus fortress in Oslo. The castle guards the capital's inner harbour. In years past, parts of the castle were a prison for some of Norway's most notorious criminals. Irons, chains, and prisoner isolation were used. The prison closed in 1950, but there's been many reports of whispers and scratching along the hallways. Guards, while alone on duty, have reported the sensation of being pushed.

I know you have heard of the Nidaros Cathedral. Well, it has a famous ghost – "The Monk". A bishop first saw it in 1924 and ever since there have been reports of chanting and organ music in the cathedral late at night. There's a little controversy, though, as historians claim that no order of monks were ever connected to the Nidaros Cathedral. The tale lives on, nonetheless.



Other eerie stories are the church ruins of Nes where there are unusual sights, sounds and lights; at Munkholmen, an island just outside Trondheim, there have been mysterious ghost sightings; at Blaafarveværket, a former mining site, there's a ghost who turned up with a lantern to warn miners before a disaster; Bærums Verk is known as one of Norway's most haunted places as it is reported that a phone rings every night at the exact same time; at Hotel Union Øye a ghost weeps in the Blue Room; and at the Dalen Hotel Room 17 is notorious for the ghost known as "The English Lady".

Autumn is also beet time of the year, so here's a salad recipe and a soup recipe for you.

## NORWEGIAN BEET SALAD

1 beet  
1 carrot  
1 apple  
1 cup chopped pecans or walnuts  
1/2 cup shredded coconut  
2 tablespoons lemon juice  
1 tablespoon minced fresh ginger  
1 tablespoon sesame oil or olive oil  
Chopped parsley  
Salt

Peel and shred beet, carrot, and apple. Combine in a bowl. Add nuts, coconut, lemon juice, ginger, and oil to beet mixture. Stir and sprinkle with parsley. Season salad with salt to taste.



Ole: I want a cup of tea, please.

Waiter: 2 teaspoons of sugar?

Ole: No, I want 5. Is it the same price?

Waiter: Yes, sugar is free.

Ole: OK, don't bring the tea, I want 2 lbs sugar.

## NORWEGIAN BEET SOUP

- 8 medium size beets, trimmed
- 4 cloves garlic, peeled
- 2 tablespoons extra virgin olive oil
- 1 ½ – 2 cups vegetable broth
- ¼ – ½ cup yogurt, plus more to serve
- 1 shot vodka (optional)
- 3-4 sprigs fresh dill, plus more to serve
- Salt and pepper, to taste

1. Preheat your oven to 400 degrees. In a baking dish, add the beets, garlic, and enough water to cover them ¼ of the way up. Add a pinch of salt and pepper, and cover the whole dish tightly with foil. Roast for 35-40 minutes, until the beets are knife-tender.

2. Peel the beets, and transfer to a blender along with the garlic. Add the olive oil, 1 ½ cup vegetable broth, yogurt, vodka, and dill. Blend on high until smooth, adding more broth if needed to reach your desired consistency (you want the soup slightly thick). Season with salt and pepper to taste.

3. To serve, garnish with extra yogurt and fresh dill. Enjoy! This soup can be served warm, chilled or room temperature.



## Vær så god!!

(Vær så god is an invitation to sit down for a meal and basically means "Here you go".)



Here's just a few of the new items we have in the butikk and there are more orders yet to arrive.



These are all hoodies, just in time for the cooler weather.



Newest t-shirt



Caps, rings & leather bracelets



The artwork in these coloring books is fantastic!



Ceramic Christmas ornaments



Rosemaling bench



Little hardanger bags



CRAFTS



The Wednesday ladies have been busy rosemaling and crafting items for the sale.



## LIBRARY

Here's a book review Bill Macrae did:

"The Girl Who Saved the King of Sweden" – Jonas Jonasson, 2013, 130,000 words. This is a ridiculous fantasy that weaves real historic events and personalities into the incredible lives of a few unlikely Swedish people and dominated by an equally unlikely black lady from South Africa. Charming and amusingly written, the tiny segments of the story unfold rapidly making the book mostly difficult to put down until about page 300 out of 387 when the silliness becomes a bit tedious. A fairly satisfactory ending makes it worth finishing. The "girl" of the title is a poor South African black who, as the victim of a drunk driver, was punished by being made a slave of the drunk. The drunk was a nuclear engineer tasked with the building of atom bombs. A spare bomb was hi-jacked by Israel's Mossad and ends up in non-nuclear Sweden along with the black lady, arriving as a refugee. The story involves Swedish royalty, politicians and anarchists, as well as the Chinese and South African presidents...???





The Prose Edda is a new book we have in our library and butikk.



As the front of the book says, Lingo Dingo and the Norwegian Astronaut makes learning Norwegian easy and fun. This book is in our library and for sale.

## ARTIFACTS

We were very happy to receive this cannister set and spice jar set with the Norwegian words on them.



The donation came from Will Drysdale of Calgary.



## Ole and Sven

A man stumbles up to the only other patron in a bar and asks if he could buy him a drink. "why sure," comes the reply. The first man then asks: "where ya from?" "Norway," replies the second man. The first man responds, "Ya don't say, I'm from Norway too! Let's have another round to Norway." Curious, the first man then asks: "Where in Norway are ya from?" "Bergen," comes the reply. "I can't believe it," says the first man. "I'm from Bergen too! Let's have another drink to old Bergen." Curiosity again strikes and the first man asks: "So, where did you live?" "On a boat, at the fishin' docks," replies the second man. "Dis is unbelievable!," the first man says. "I lived on a boat at the fishin' docks, too!" About that time in comes one of the regulars and sits down at the bar. "What's up?," he asks the bartender. "Nothing much," replies the bartender. "Ole and his brother Sven are getting drunk again."



Lena asks Ole if he knew that when leaves fall off trees in the Autumn, it's because of nostalgia?

Lena says "They're trying to get back to their roots."



Don't forget our monthly general meeting on Tuesday, October 10 at 4:30 p.m. Everyone welcome.



I hope everyone has a  
**HAPPY THANKSGIVING!**



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