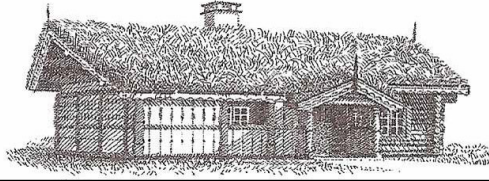


# LAFT HUS NEWS

Issue 140  
Editor:  
J. Macrae



Norwegian Laft Hus Society  
4402 – 47 Avenue, Red Deer, Alberta T4N 6T4  
403-347-2055 [norwegianlafthus@gmail.com](mailto:norwegianlafthus@gmail.com)  
[www.norwegianlafthussociety.ca](http://www.norwegianlafthussociety.ca)

MANGE TAKK (Many thanks)!:

To the City of Red Deer for supporting us with a Community Culture Development Fund grant.

To Torskeklubben Calgary and Edmonton for their monetary support.

But especially TUSEN TAKK (thousand thanks) to Edie Madden, our baking days chairperson, who went above and beyond with all the baking; and the rest of the volunteers who helped with baking days and gave us the most successful Craft and Bake Sale, as this is our only fundraiser.



We finally have a boardwalk to the Laft Hus.  
Come check it out!

**Laft Hus open Wednesdays 9:00 to 3:00  
until Christmas.**

**Membership:** If you haven't already paid your membership, you can do that in person on Wednesdays when we are open from 9:00 to 3:00, or you can mail us a cheque (\$25 single and \$35 for a couple or family). You can also phone the Laft Hus with your credit card information. Besides the Wednesday hours, Alida is at the Laft Hus on Mondays from 11:00 a.m. to 7:00 p.m. to take phone calls (403-347-2055).

Don't forget we are a charity and we welcome donations. We can give you a registered receipt.



# BAKING DAYS and CRAFT AND BAKE SALE



Here's a few pictures from baking days and our craft and bake sale.

< Edie Madden, Chairperson and the hardest worker!

Jennifer Christensen made some mighty fine round lefse! >

Below: Heidi Lee and Grace Higgins also rolling some very nice lefse!





# PUBLIC PROGRAMMING



A family had a painting day and attended Julie Macrae's rosemaling painting class on October 15. They all completed their project in just 4 hours.



Len Tenpas taught a well-received carving class on October 21. The men did excellent with their carvings!



Hadley had a special program at school and wanted to wear a bunad to honor her heritage, so we let her borrow a costume from the Laft Hus. She looks great!



< Kathy Mullin and Judy Windrim manned a table representing the Laft Hus on November 18 at the symphony at Red Deer Polytechnic, where Edvard Grieg was to be highlighted.

Alida Granson has been teaching an online Norwegian language class. We thank her for doing that.



# HIGHLIGHT ON MEMBERS

## CARROLL BORG



*Carroll Borg is our newest member, even though we've known her for many years. Her daughter, Kristina, was our summer student once. Kristina danced, as well, and played the fiddle. One of our summer students interviewed Carroll once and here is the story they wrote:*

Carroll Borg has been involved with the Fanatullen Scandinavian Dancers, Red Deer's very own Scandinavian dance club, since its establishment as a registered society in 1984. Carroll's interest in Scandinavian dancing goes even further back than that though. She and her late husband both grew up doing old-time dance in the country. Shortly after her marriage, Carroll had the opportunity to take a Masters' level Physical Fitness and Health Care System course in Sweden. She remembers visiting a historical park in Stockholm where she saw outdoor stages filled with people doing beautiful dancing.

When they saw that Scandinavian folk dance lessons were being offered in Red Deer, they had to join. Brian Grosseth, who helped build the Laft Hus, was her and her husband's first dance instructor. The Fanatullen Dancers put on workshops, sometimes with international instructors, and they have even hosted other groups from Scandinavia. Currently, the dancers meet every Monday to learn and practice. She says, "I think Red Deer has a wonderful sense of community." She believes that the Fanatullen Dancers are "a very visual way of preserving the heritage."

The Fanatullen Dancers have a Norwegian name, but they do dances from all the Scandinavian countries. Norway and Sweden feature unique regional dances. Although the Scandinavian dances do have a lot of similarities, they also have some stylistic differences. She describes the song dances that are popular in Iceland, dances that have no accompaniment.

The Fanatullen Dancers have performed at a variety of events and festivals, including Laft Hus festivals. For thirty years, they have performed at nearly every Canada Day celebration in Red Deer. They also perform at seniors' housing, international fairs and at family gatherings.

Carroll mentions a Scandinavian Festival in Montana and a performance at the Arts' Centre with a visiting accordion group as events that were highlights for her. She also describes a Canada Day performance where they performed a Swedish "Weaving Dance." Carroll states, "It was just sharp; it just felt so good."

When asked what she likes most about Scandinavian Folk Dance, Carroll states, "I love the music. A wonderful thing about Scandinavian Folk dancing is the great variety." The number of people varies per dance as well. In figure dancing, there is a set tune and it's danced as a group. She also describes the similarities between the dances she grew up learning in the old-time style and the Scandinavian style. She emphasizes that, most importantly, Scandinavian Folk dancing is fun.

Carroll states that "Scandinavian Folk Dance really enriched my life in many ways." She describes the wonderful people she has met from many parts of the world. She also describes the wonderful health benefits that joining an active group like the Fanatullen Dancers brings both physically and mentally. Carroll emphasizes that "anyone who would enjoy dancing is welcome." If they had enough interest, the group would even be willing to have another kids' club dance.



# NORWEGIAN FOOD/RECIPES

## CLODBERRIES

These golden berries can be found almost all over Norway and in autumn are harvested high up in the Norwegian mountains. Cloudberryes have a strong and wild flavor, and are both sweet, tart, and delicious! Norwegians popularly use them in their traditional Christmas dinner dessert, krumkaker with cloudberry cream. Cloudberry cream is very easy to make. If you buy a jar of cloudberryes at the Laft Hus, just gently mix it with some cream you have whipped and there you have MULTEKREM (Cloudberry Cream)!



Another very popular Norwegian Christmas tradition is baking, decorating, and eating gingerbread cookies! Here's an interesting recipe I found for GINGERBREAD COOKIES WITH BLUE CHEESE. Just make your favorite gingerbread cookies. Slice blue cheese into thin slices and place one slice on top of each cookie. Then top with fig jam (or blackcurrant or apricot).

Note: Some of the best blue cheese in Norway is Kraftkar, Eggen, Fjellblå, and Nidelven blå. I'm not sure if they are available here.



Yet another Norwegian tradition is JULESILD (pickled herring), which you will find on almost every table at Christmas and it is usually served on rye bread. Herring is not only delicious to eat, but it has also been essential to the economy of many cities along the Norwegian coastline. Rich herring shoals laid the foundation for the development of Haugesund in Fjord Norway. You can even attend a festival there named after herring (The Sildajazz), which is one of the biggest jazz festivals in Norway.

Large schools of herring swim all the way from the coast of Haugesund to northern Norway where they make a perfect snack for large orcas.

As I was "googling", I learned something new. Spain has serrano ham, Italy has Parma ham, and Norway has fenalår! Fenalår is salted and dried leg of lamb and apparently has been around since the Viking Age. Today it is a Protected Geographical Indication (PGI). This high-quality cured lamb can be so tender that the meat melts in your mouth. It is easy to store and slice and always ready to serve. It would be perfect on a charcuterie board or at a buffet. You could serve it with fruit, sour cream or flatbread. You could also serve it with scrambled eggs for breakfast or you could put it in a lefse roll-up.





# BUTIKK

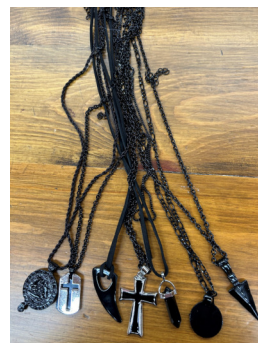
If you haven't finished your Christmas shopping, there are lots of really nice items in our butikk for you to choose from. Here's some pictures of some.



We have several ceramic Velkommen plaques which are super nice.



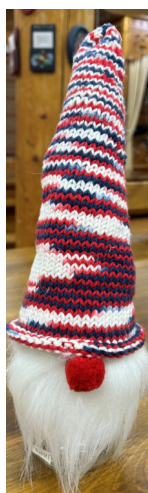
It's jigsaw puzzle time of the year and a great gift.



These inexpensive Viking necklaces and hand-painted heart necklaces would be a nice gift.



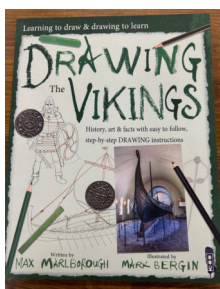
< Here's a nice set of Viking plaques.



These pocket knives are very popular, as are the nisse with the knitted hat on a jar that lights up (made by a volunteer).



We still have lots of rosemaling that our volunteers hand-painted.



We have "crumbcatcher" (adult bibs), these cute little Viking keychains, and a really good Drawing Vikings book.



We still have a small amount of lingonberry jam, gjetost cheese, and lefse.

Reminder: We also have gift certificates for you to buy and give to the person who is hard to shop for.



# NORWAY NEWS

## Hvaldimir the beluga whale



A beluga white male whale which some people think is a spy for the Russian military, has been spotted in Swedish waters. It first appeared in Norway four years ago and has been tracking around Norway in the Barents Sea since. It has an unusual tight harness with a mount for an action camera strapped around its upper body and "Equipment St. Petersburg" written on the strap. Norwegians have nicknamed the beluga "Hvaldimir" – combining the word for whale, hval, with a play on the unproven theories about Russia.

## Freya the walrus



Norway's Directorate of Fisheries euthanized a female walrus named Freya because of public safety concerns. This caused much controversy, and an artist created a life-sized bronze sculpture in Oslo of the walrus that she hopes becomes a three-dimensional history lesson. Freya became a social media sensation last year, with tourists and locals thronging to see her. The young female had been spending time at the Oslo Fjord and was seemingly unafraid of humans, unlike most walruses. Videos showed the walrus clambering onto small boats to sunbathe. She became a danger to visitors who ignored the Norwegian Directorate of Fisheries orders to keep a clear distance from her, instead getting up close to take photos. Female walruses typically weigh between 600 and 900 kilograms, or around 1,300 to 2,000 pounds. Usually, the marine mammals are wary of humans and stay on the outer edges of Norway's coast.

## Reindeer fence



I read in the newspaper that Norway had to rebuild a delapidated fence along its border with Russia in the Arctic because its reindeer were going onto Russian land and Russia was charging Norway big money for the loss of grassland! The reindeer barrier along the Norway-Russia border spans 150 kilometers and dates back to 1954. The reindeer are herded by the Indigenous Sami people. Formerly known as the Lapps, the Sami are believed to have originated in Central Asia and settled with their reindeer herds in Arctic Europe around 9,000 years ago. They traditionally live in Lapland, which stretches from northern parts of Norway through Sweden and Finland to Russia. Across the Arctic region, the majority live on the Norwegian side of the border.



In Svalbard, Norway, one of the closest inhabited areas to the North Pole, there is a legend that Santa Claus lives in an abandoned mine below the ice. People of all ages can drop letters in a red post box that stands erect in front of the mine and is addressed to the man in red himself. Above the arctic tree line, there is an abundance of magic in this wintry town of Svalbard. They have a procession on the first day of Advent and rumor has it that Santa Claus returns to the mine that day. They have Christmas tables with dinners with very specific Norwegian food. They have Christmas concerts and Luciatåg where there is a woman with a crown and lights on it and they do a Lucia train of people with different characters and they sing in different places. To add even more lustre to the holiday, there's usually a natural light show of the aurora borealis!



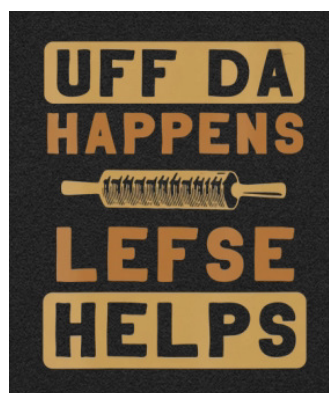
I just watched the most wonderful Christmas movie on W channel right now called "My Norwegian Holiday". It takes place in Bergen, Norway and it tells of many different Norwegian traditions and customs such as heart waffles, krumkake, knitted socks, kransekake, glogg, Lucia pageant, and Christmas soda, just to name a few.

There were even a couple customs I didn't know about. One was when on the Skyss public transport, you don't talk to anyone. Another was on their wedding day before the ceremony, the man getting down on his knee and asking his bride to marry him.



Lars and Ole are looking for a Christmas tree in the woods. They've been walking through the thick snow for about an hour and finally Ole says "Let's just take that big one over there; so what if it doesn't have decorations". 😊

Ole gives Lena a new cellphone for Christmas. The next day she's at Walmart and the phone rings. Ole is on the phone and asks her how she likes her new cellphone. Lena replies, "It's great, Ole. But how'd ya know I was at da Walmart?" 😊



May da ruts always fit da wheels in your pickup.  
May yur ear mufs always keep out da nort wind.  
May da sun shine varm on your lefse.  
May da rain fall soft on your lutefisk.  
And until ve meet again,  
May da Good Lord protect ya from any  
and all unnecessary Uff Da's.

**GOD JUL (Merry Christmas)!**





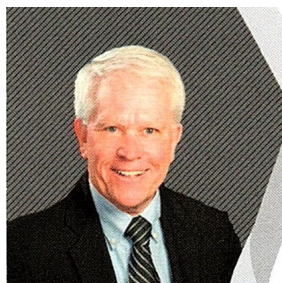
## THIS & THAT Sharpening Services

LEN & GYLE TENPAS

Ph.: (403) 346-8285 • Fax.: (403) 314-4483

#5, 4621 - 63 Street, Red Deer, AB T4N 7A6

service@thisandthatsharpening.ca



**RE/MAX**  
real estate central alberta  
4440 - 49 Avenue  
Red Deer, AB T4N 3W6



Office: 403-343-3020  
bryan.wilson@telus.net  
www.reddeerhouses.com

**Bryan Wilson**  
REALTOR®

Cell: 403-340-9436



MLS

Each Office Independently Owned and Operated

**Copies Now**  
YOUR BUSINESS PRINT CENTRE

**Doug Free**  
Owner  
403.343.1155  
4721 - 50th Avenue  
copy@copiesnow.ab.ca  
Downtown Red Deer  
AB T4N 4A2

**IDEAL  
Wood Work**  
1991

**Ron Riedlinger**  
Cell: 403.304.4517

- Custom Cabinets
- Custom Millwork
- Finish Carpentry
- Solid Surface Counters
- Journeyman Cabinet Maker
- Commercial / Residential
- Project Management

Ph: 403.309.9667 • Fax: 403.309.9631 • idealwoodwork1991@gmail.com  
87 Petrolia Drive, Red Deer • Mail: Box 264, Red Deer, Alberta T4N 5E8

**Computer Doctor**  
*Bill Goldade*

Ph. 403-391-6896  
computerdoctor1@shaw.ca

Microsoft Certified Professional

**GULL LAKE HONEY COMPANY**

OFF HWY 792 & TWP RD 412, FOLLOW THE BLUE SIGNS!  
OPEN MONDAY-SATURDAY 9 AM - 5 PM

Year Round: Artisan Shop • Honey & Candles • Bison Meat & Jerky  
Summer: Fresh Honey Tap • Petting Zoo • Market Garden

\*Bring in this card & receive 10% OFF all honey purchases\*  
gulllakehoney@gmail.com | 780-916-2262



# SONS of NORWAY

Aspelund Lodge #4-571 welcomes new members.  
Forms at 403.358.4036 or littlenorski@telus.net.

**Trollhaugen**  
Language arts and culture camp

Family fun, a camp for all ages  
August 13-19, 2023  
www.trollhaugenalberta.ca  
trollhaugencamp@gmail.com

Partial Dentures

- Implant Dentures
- Relines, Repairs

5, 4929 Ross Street  
Red Deer, AB T4N 1X9  
Ph: 403.346.5845  
Fax: 403.346.5808  
bowmontdentureclinic.com

**BOWMONT  
DENTURE  
CLINIC**

"Where your care is our priority!"

**Graham Haraldson, DD**

**Pioneer's Lodge**

One of a kind historic meeting place in Red Deer

Centrally located with excellent parking and fully accessible facilities.

**Hourly, daily and yearly rates**

Capacity for 100 guests (85 seated)  
Full Kitchen, Sound System, Projector Screen

More information online including available dates and online booking form.

Visit: www.parkvale.ab.ca Call: 403.346.3643  
Email: pioneer.lodge.reddeer@gmail.com