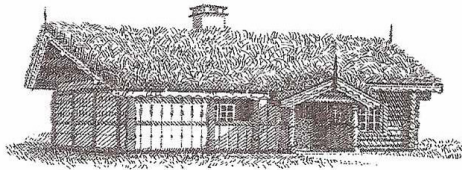


LAFT HUS NEWS

Issue 135

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Editor: J. Macrae



Norwegian Laft Hus Society

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Our Annual Meeting will be March 5 at 2:00 at the Laft Hus. Please plan on attending.



MANGE TAKK (many thanks) to Keith McPhedran and Lynn Cwiklewich who did a great job in charge of the Laft Hus Christmas potluck party at the Pioneer Lodge. Names were drawn and 12 gifts were given away, as well as a fun pass around gift and story. Our member, Brianna Kehler, did some highland dancing to entertain us and a big TUSEN TAKK (thousand thanks) to her! Everyone really enjoyed it.



Keith and Barry Oram
doing the dishes!

*Knock, knock.. Who's there?
Dishes... Dishes who?
Dishes my knock, knock joke.*



Thank you to all of you who have already paid your 2023 Membership. Dues are still \$25 for one or \$35 for a couple or family (children under 18).

PUBLIC PROGRAMMING

Connie Moerike taught a knitted Christmas ball class on December 4th with 6 students attending and very much enjoying it. >

On December 2nd a home school group of 24 children plus parents with Awakening Wonder Learning Society came to the Laft Hus. Julie Macrae, Edie Madden, Anita Dupen and Judy Windrim helped to give the group a great time making krumkake, paper heart baskets, scavenger hunt and games.



< Here's Kathy Snider with her granddaughters. Kathy is the coordinator/facilitator with the Home Education of the Red Deer Catholic Regional School and she brought two big groups (41 students and many parents) to the Laft Hus on December 14th to learn Norwegian Christmas traditions. Helping Julie Macrae with this event was Linda Bjorge, Edie Madden, Christine Finlayson, Dianne Granson, Karen Larson, and Lynn Cwiklewich. We had the children roll krumkake and have a tea party with many different Norwegian cookies, make paper heart baskets, stars and angels, and other Norwegian Christmas related papers and games. It was a very profitable day at \$10 each and many sales.



Linda Borge and Christine Finlayson showing the children how to make krumkake.

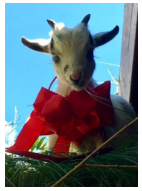


< Marja-Liisa Paloniemi, who is from Finland, taught a knitted headband class on Saturday, January 14th. The class was very much enjoyed by the participants.

On February 4 from 2:00 to 4:00 Kathy Mullin and Judy Windrim are looking for kids to bring their parents or grandparents with them to learn the old-fashioned craft of paper stars and heart baskets. It's only \$10, so sign up now.



In March there will be a beaded earrings class with Arden. More details to follow.



The date for our Laft Hus Festival has been set for June 10, 2023. Please mark it on your calendar and plan to attend or help.

Canadian Birkie Ski Festival

I've told you many times about the Birkebeiner which is a three-day (February 10-12) celebration of cross country skiing and Nordic legend. The Edmonton Birkie is one of only three Birkebeiner Loppets in the world – Norway and the USA host the other two. The Birkie celebrates the famous rescue of Norwegian prince Haakon Haakonsson by a group of people who were called Birch Legs (Birkebeiner) because of the birch bark tied around their lower legs. Our member, Barry Oram, did the short start last year and this year is doing the long start (55 km.).



There was discussion recently at the Laft Hus about "Jack Rabbit Johanson", the legendary cross-country skier. We've had a few members who knew him. There's a good article and half hour video about him at <https://skimuseum.ca/honoured-members/h-smith-johannsen/>. We have books in our Laft Hus library about him and you can even buy books about him from Amazon!

NORGESSKOLEN 2023 will be July 17th - 30th. This is where students from all over the world aged 9 – 18 learn Norwegian through immersion. A lot of time will be spent outdoors in beautiful Telemark, Norway. Visit www.norgesskolen.no to read more and sign up now! Spots are limited.

Right now there is also a Norgesskolen Winter session February 21-27, 2023 with three daily language classes. Students will also experience Norwegian winter culture with sledding, cross country skiing, ski jumping and more. To secure one of only 25 spots visit <https://www.norgesskolen.no/winter> to read more and sign up.

HIGHLIGHT ON MEMBERS



Hello! My name is Brianna Kehler. I was born in Red Deer in 2003. My family is very close. I have two sisters, a fraternal twin sister who moved to B.C. for university this past fall, and a younger sister who is in grade nine this year. All three of us girls are Highland Dancers, an activity which has given us many special opportunities that we've been able to share with each other.

I graduated from Hunting Hills High School last year, and am currently working as an EA at Holy Family Elementary School. Next year, I plan to attend Beinn Mhabu on Cape Breton Island for a one year course in Gaelic culture and language, after which I plan to take a BSc in Archeological Objects Conservation at Cardiff University.

I have many interests, one being that I love to learn about different cultures, which is what initially brought me to the Laft Hus. I was first introduced to the Laft Hus while visiting the Children's Festival as a little kid. The Laft Hus was always my favourite part. In the summer of 2021, I started visiting the Laft Hus on Wednesdays, and volunteering whenever I could. I have loved learning about Norwegian culture and crafts and meeting all the lovely Ladies that regularly meet at the Laft Hus. I have especially loved learning rosemaling with Julie Macrae.

I am very grateful for the Laft Hus and all its wonderful members, as well as all the important work they do preserving and sharing the culture and history of Norwegians in Central Alberta.

Mange Takk (many thanks) to our casino chairperson, Julie Macrae, and all the people who volunteered with her at the casino on December 26 and 27: Gary Wayne, Bonnie Sansregret, Bevan Christensen, Bill Macrae, Amber Mack, Keith McPhedran, Alida Granson, Edie Madden (and her daughter Rachel and friend Annette).

Why does Africa have
less casinos?
Too many cheetahs.



In Las Vegas people can tithe by dropping casino chips into the offertory.

And at the end of each weekend, there is a Brother that goes around to all the casinos to cash them out and make a deposit.

He's the Chip Monk.

BUTIKK

There are five different Viking necklaces to choose from. These would make great birthday presents. We have three different Norwegian birthday cards to choose from, as well as wrapping paper and napkins.



We just got in these really nice BESTEMOR (grandmother) zippered and pocketed tote bags. As well we have bestmor t-shirts, trivets and pins.

BESTEMOR noun (bestemor) The perfect woman, expert advice giver, always encouraging and supportive, biggest hug giver, professional grandchild spoiler, always right because she is...BESTEMOR Basically, the best person in the whole world.



< These earrings and beautiful rosemaled wool scarf would make great gifts as well.

We have lots of Laft Hus pens for sale. They are especially nice with the eraser end being a stylus to use on your phone or other touchscreen.



Lena says to Ole "I found dis pen, is it yours?" Ole replies - "Don't know, give it here" He then tries it and says "Yes it is" Lena asks "How do you know?" Ole replies, "Dat's my handwriting."



There's been some controversy over riskrem (rice cream) and I've been asked to put the proper recipe in the newsletter. Some people think it's the same as rice pudding, but it is not.

RISKREM (Rice Cream)

¾ cup white rice (not Minute Rice)
1 tsp. salt
1 liter milk
½ cup sugar
1 tsp. almond extract
2 cups whipping cream
(whipped & sweetened to taste)
1 tsp. almond extract
½ cup almonds, chopped
1 whole almond



Cook rice and salt in milk in double boiler until rice is soft and mixture is thick, about 1 ½ hours. Add sugar and almond extract. Chill. Add chopped almonds and 1 whole one (The lucky finder of the whole almond traditionally receives a marzipan pig). Stir in whipped cream. Serve with red fruit sauce.

Red Berry Sauce

8 oz. raspberries (or you can
use strawberries or cherries)
1/4th cup sugar
2 tbsp. water

Add all ingredients to a saucepan. Mash the berries and cook over medium heat. Once it reaches a boil, cook for about 5 minutes. Then strain the sauce through a fine mesh strainer and set aside to cool. As the sauce cools, it will thicken (or you can add a tiny bit of corn starch to thicken). Once cooled, pour over riskrem and enjoy!



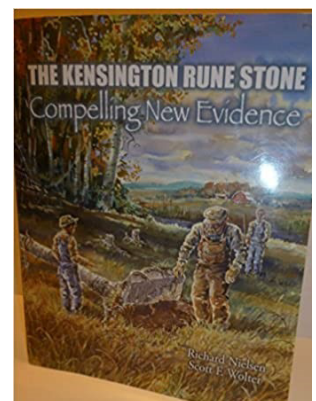
Syneva Baltimore looking cozy sitting by the fire reading the Viking magazine.

LIBRARY

The above recipe is in "Authentic Norwegian Cooking" which we have in our Laft Hus library and for sale in our butikk.

I'm sure you have read in the paper or heard on the news about Norway's archeologists finding the world's oldest runestone, up to 2,000 years old. Older runes have been found on other items, but not on stone.

We have a book in our Laft Hus library called "Kensington Runestones" which is about Minnesota's greatest mystery and is perhaps the most controversial runestone in the world.





Norwegian energy company Equinor said Wednesday it made its first commercial natural gas discovery in its territorial waters for the year, a discovery that will extend the life of a current field by several years. The Norwegian Petroleum Directorate, the nation's energy regulator, confirmed the discovery in the northern waters of the Norwegian Sea near the existing Irpa field. Companies there were drilling a wildcat well to find reserves in unproven areas.

Norway's Arctic archipelago of Svalbard, a popular tourist destination, is in the midst of recording its mildest January in 90 years. Climate researchers think temperatures will keep on rising, so officials are trying once again to restrict tourism because of its contribution to climate change. The tourism boom of recent years has brought more flights, more cruiseships, and consequently more carbon emissions. It's become common for cruiseships to anchor in various arms of the fjords around Svalbard, and keep their engines running while passengers are shuttled towards land in smaller boats that also burn fossil fuel. There's simply too much of it now in the pristine Arctic, and officials are calling for much stricter regulation.



I think I've told you before about Norway's Mjøstårnet, the world's tallest timber building. My grandson sent me this link because he thought I would find it interesting, and I did find it really interesting about CLT and glulam!

https://www.youtube.com/watch?v=E_vPKqVg1eA

An interesting little tidbit: Mjøstårnet translates as "the tower of lake Mjøsa". The building is named after Norway's biggest lake, which is 100km away from Oslo.

Our global population is getting older. By 2050, the OECD predicts that 30% of people worldwide will be aged 65 or over. While some countries are relatively prepared to handle this increase in the elderly demographic, others are already feeling the squeeze and struggling with the challenges that come with a rapidly aging population. Which countries are the best equipped to support their senior citizens with retirement security?

The 2022 Natixis Global Retirement Index (GRI) report shows Norway at the top of this year's ranking for several reasons. For starters, it achieved the highest score in the Health category, largely because of its high average life expectancy, which is 83 years old, or 9 years longer than the global average. Norway also has the highest score of all the countries for Governance, a category gauged by assessing country corruption levels, political stability, and government effectiveness.





Garry Bratland would like to sell his set of Norwegian Lotte dishes. The online value is \$1,688.00, but he will sell for \$900 or best offer.

Garry also has this piece of fabric he bought in Norway that he would like to sell and will take offers. It measures 8' X 4' 8" (38 sq') or 2.94 X 1.42 m (3.46 sq m).



Phone Garry at 403-230-3878 if interested.



Maureen Durrant took and submitted these pictures of Syneva Baltimore and Anita Dupen stoking the fire on a cold day at the Laft Hus.

I got locked out of my fireplace
..after 3 failed logins



When you can't make it to the Lutheran Church Supper.



Maureen also submitted this picture.

VIKING WEDDINGS

Viking women married young—as early as 12 years old. By the age of 20, virtually all men and women were married.

Rings were exchanged during the ceremony, but also swords. The groom would present an ancestral sword to his bride, with the intention for it to be passed on to future sons. The bride would also gift the groom an ancestral sword to symbolise the transfer of a father's protection of a bride to the husband.

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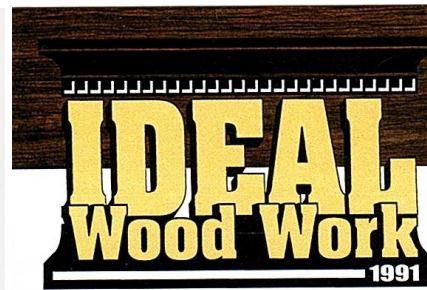


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Betty has a new business card and finally got the framework up for a new greenhouse, which is more than twice the size of her old one. She hopes to have it ready to use this spring!



Let's end this newsletter with a joke:

Ole and Lena had just settled down for bed when Lena realized she left the lights on in the greenhouse. Then they heard voices. Three men had broken into the greenhouse. Scared, they called the police. The dispatcher replied, he would send an officer as soon as one became available as they were all out on calls. Ole waited for a few minutes and called Dispatch again. He told Dispatch, "Don't worry about sending an officer, I shot the robbers and now the dogs are eating their bodies!" In no time at all, police were all over the place and captured the robbers red-handed! One of the cops asked Ole, "I thought you said you shot the robber and your dogs were eating them." Ole replied, "I thought you said, there weren't any officers available."

