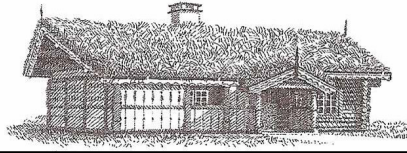


LAFT HUS NEWS

ISSUE 142
April 2024
Editor:
J. Macrae



Norwegian Laft Hus Society
4402 - 47 Avenue, Red Deer, Alberta T4N 6T4
403-347-2055 norwegianlafthus@gmail.com
www.norwegianlafthussociety.ca

Yes, we are going to have a Laft Hus Festival again. Here's a poster Alida did up for us before she left. Yes, Alida is no longer working for us on Mondays. She was accepted into a Master's degree program in Linguistics at the University of Konstanz in Konstanz, Germany. We had a little going-away potluck supper for her a couple weeks ago to wish her well.

Demos of hardanger, wood carving, sock machine, rosemaling, chainmaille, lefse making, chipcarving, and much more!



UPDATE: Also, a "Frozen" bouncer confirmed for the children!

Please let us know if you can volunteer the day of the festival.

Norwegian Laft Hus Festival 2024
June 22
10am - 4pm
Free Admission

Goats on the Roof - Fjord Horses - Vikings - Scandinavian Dancing - Axe-throwing - Folk Art Demonstrations - Norwegian Gifts - Museum - Games - Norwegian Baking

Norwegian Laft Hus Society
4402 - 47 Avenue (Heritage Square), Red Deer

Rysco Corrosion Services, Ltd. Is the proud sponsor of our festival again. As well, we thank TorskKlubben Calgary for their generous donation. Plus, we thank the City of Red Deer for our overall funding for public programming events like this.

EVENTS

The 2024 Board of Directors elected at our March annual meeting are:

- President – Judy Windrim
- Vice-President – Diane Granson
- Treasurer – Keith McPhedran
- Secretary – Bonnie Sansregret
- Director – Kelly Fairholm
- Director – Edie Madden
- Director – Julie Macrae
- Auditor – Bevan Christensen
- Auditor – Gonzalo Franco



This family really enjoyed their day at the Laft Hus trying out the sparks (kicksleds).



These ladies did a great job rosemal painting on their napkin holders in a class taught by Julie Macrae.

— — — — —
Judy Windrim taught a successful klokkestreng class.

— — — — —
A group of us from the Laft Hus attended a Cow Patti dinner theatre event and enjoyed it very much.



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

We have received a Young Canada Works grant to hire a summer student. A big thank you to the Government of Canada for this grant administered through the Canadian Museums Association.

Trollhaugen's Viking-themed camp this year is having some phenomenal classes such as wire weaving, drop spinning, nalbinding, tablet weaving, pottery, clothing making, spoon carving, sea chest, leatherworking, and shield painting. Take your family and enjoy this week-long camp August 11-17, 2024.

Trollhaugen
Language arts and culture camp

Family fun, a camp for all ages
August 11-17, 2024
www.trollhaugenalberta.ca
trollhaugencamp@gmail.com

PUBLIC PROGRAMMING

If you have a project you need to finish or just like to do handwork in the company of others, please join Kathy Mullin on April 6 from 2:00 to 4:00. For only \$5 Kathy will have a soup, bun and dessert. Please pre-register.



You won't want to miss the painting class with Marianne Harris on April 14 from 1:30 - 4:30. We have had Marianne before and she is an excellent instructor and you won't be disappointed. Please sign up now.

Part A: Sampler of Quilling Techniques

Closed Loose Coils	1		2	
	6		7	
Tight Coils	1 - Peg		2 - Fringed	
	Open Filigree Shapes	1		2
Alternate Side Looping / Huskings		1		2
	Wheatear	1		2

We finally found a Quilling instructor from Calgary, but we need six students to make the class happen on May 11 from 2:00 to 4:00. This is a beginner class, so come and try it. It's fun to twirl these narrow strips of paper into flowers to put on a card or picture.

SAMI BRACELET CLASS

Date: Sat. June 8th, 2024

Time: 9am-4pm

Bring a bag lunch, a small cork board or cushion, and stick pins

Cost: \$75 (includes materials)

Instructor:
Arden Neustaedter

Beginners are welcome!




Because I found it so interesting, I took information and pictures from a Visit Norway article to present to you here.

SAMI

Of the 80,000 Sami in the world, Norway is home to about half of them. Most settlements are in Finnmark in Norway. We think of Sami with their colourful costumes, traditional handicraft products, and catching reindeer with lassos. However, Sami are also known for their rap music, contemporary art, and modern architecture and cutting-edge design. A Sami these days could be both a reindeer herder and a filmmaker.



Located in Karasjok in Finnmark (known as the Sami capital), the Sami Parliament is shaped like a lavvo (a Sami tent) which has always been a symbol of their nomadic culture.

Sami people in Norway speak five different languages which are Northern Sami, Lule Sami, Southern Sami, Pite Sami and East Sami. They are all very different from each other and are not related to the Norwegian language. During the 1900's the Sami in Norway were forbidden to speak their own language and had to learn Norwegian. Consequently, today less than half of the Sami in Norway speak a Sami language.

Most of us have heard of Joik – the folk music of the Sami, which has become more popular. With its unique vocal characteristics, it is performed as a dedication to a person, an animal, or a place. The composer of Disney's movie "Frozen" is Sami. Composer Christophe Beck and Fride Fjellheim co-wrote the opening song "Vuelie" (Song of the Earth), featuring joik.



Norway is home to more than 200,000 reindeer and about 3,000 people are involved in Sami reindeer husbandry. There is almost no part of the reindeer that isn't used. Besides the Sami eating reindeer meat, the meat is sold across Norway and exported. Some of the products made from the fur and skin are mittens, shoes, and clothes. Even the horns are used to make tools and beautiful art.

The Sami are known for their crafts (duodji) and some of them such as pearl embroidery, weaving shoelaces, wood carving, and knife-making are meticulously maintained. These traditional crafts are considered valuable pieces of art.

Where do you find reindeer?
It depends where you left them.



Another tradition is their costume (kofte) of red, green, blue, and yellow colors. These colours, patterns and decorations signify their geographical origin. Today the Sami mainly wear the kofte for just special occasions.

Here's a few books I've recently found out about that you might want to get:

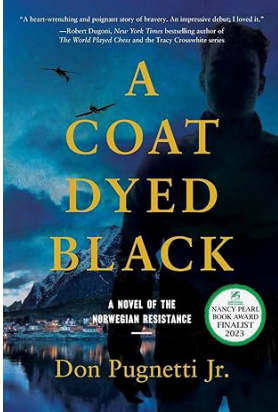
The Palace of the Snow Queen

An exploration of the winter wonders and entangled histories of Scandinavia's northernmost landscapes—now back in print with a new afterword by the author

Diving deep into the rich traditions and vibrant creative communities of northern Scandinavia, Barbara Sjöholm shares her winter adventures in Lapland and Sápmi in *The Palace of the Snow Queen*. Writing with keen insight and humor, she offers a timely investigation of how ice and snow shape our imaginations and create a vision that continues to draw visitors to the North.



A Coat Dyed Black



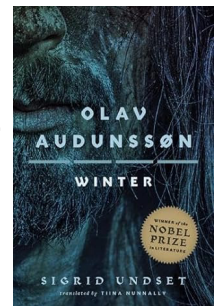
Bjørn Erliksen lives a peaceful life on Norway's west coast and has never considered himself anything but a farmer. But when Nazi Germany invades, and his country's ill-equipped military collapses in less than two months, it falls on him and other ordinary Norwegians to fight back.

He escapes to England, trains with an elite Norwegian special forces army unit, and is smuggled back into his homeland as a commando. When Bjørn's resistance work eventually reunites him with a lost love, they join forces to carry out dangerous sabotage missions, all the while working in the shadows to evade the Gestapo. He weighs love against duty, wrestling with his own conscience as he is forced to commit unspeakable acts and unexpected betrayals. Can Bjørn survive long enough to see Norway's liberation and find his own peace?

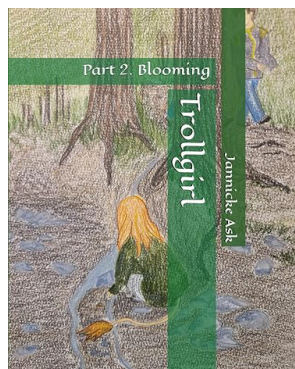
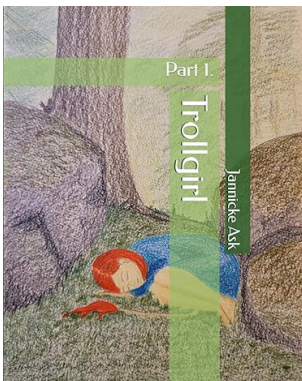
Filled with thrilling historical details about a corner of Europe often forgotten in the story of WWII, *A Coat Dyed Black* illuminates the struggles and sacrifices of ordinary people compelled to do the extraordinary.

Set in thirteenth-century Norway, a land racked by political turmoil, bloody family vendettas, and rising tensions between secular powers and an ascendant church, Sigrid Undset's spellbinding masterpiece now follows the fortunes of Olav Audunssøn to the final, dramatic chapter of his life as it unfolds in *Winter*, the last volume of the tetralogy. When the orphaned Olav and his foster sister Ingunn became betrothed in their youth, a chain of events was set in motion that eventually led to violence, banishment, and a family separation lasting years. The consequences fracture their marriage and threaten the lineage for generations. Now, at the end of his life, Olav continues to grapple with the guilt of his sins as he watches his children, especially Eirik, make disastrous choices and struggle to find their rightful place in a family haunted by the past.

Olav Audunssøn: IV. Winter



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MOVIES

I watched "The Girl from Oslo", which is an Israeli-Norwegian thriller on Netflix that is apparently one of the top 10 most viewed series in 36 countries.



Denise Peterson just watched and recommended the movie BETRAYED, which is a 2020 Norwegian drama film based on the true story of the Norwegian boxer Charles Braude and his family being persecuted, arrested and murdered by the Nazis during World War II with the collaboration of the Norwegian government. It is based on the 2014 book The Ultimate Crime by Norwegian journalist Marte Michelet.

Denise also sent me this interesting then and now picture. The old picture was taken in the farmyard at Røysheim probably in 1885 or 1886. Photographer is Axel Lindahl. The man on the bicycle is the student Støren from Bergen. His mate held the bike. He was also a student from Bergen and his name was Lyng. These new pictures were taken in 2021.



Bill just sent me this link to a great You Tube about a man in Norway who has all antique tools in his workshop. I recognized some of these tools, like the big foot-pedal grinder that my dad had and now we have.
<https://www.youtube.com/watch?v=OldijTENE5w&list=WL&index=2&t=5s>

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HIGHLIGHT ON MEMBERS

HENNIE VANDERHOEK

Henerikje (Hennie) Hoogezand was born in Zuidwolde, Holland before the war started. She has a younger brother still living on the old farm in Holland. Hennie and her brother and sister took turns staying with their ailing grandparents.

With poverty in the house, she had to clean house for a pastor to make money when she went to school. So there would be one less mouth to feed, she was booted out of the house at age 16. Then she worked in an institution for mentally challenged people as a nurse's aide for six years.

At age 22 she immigrated to Canada in 1962, as she thought Canada was the greatest country ever. Her sister had already moved to Canada. Hennie lived in Toronto for just 1 ½ years. She always had a desire to see the west coast, so she hopped on a train to Vancouver. She worked for 10 years at Vancouver General Hospital as a nurse's aide.



She met her husband, Bas Vanderhoek, through correspondence and in 1972 they were married. Bas was a painter and painted most of the murals at schools in Red Deer. Hennie says Bas was a good cook, which she appreciated. Their son Nicholas was born in 1975. Hennie loves to knit, especially socks, which she gives to homeless shelters. Hennie says in Holland it was mandatory to learn knitting in school, starting in grade 3. Her very first project was a doll's scarf and then socks. Hennie's philosophy is "waste not, want not" and everything is recycled. The hat she is wearing in this picture she made from recycled yarn from Nicholas' baby sweater. Hennie now does knitting projects for us at the Laft Hus and we enjoy her company.



GULL LAKE HONEY COMPANY

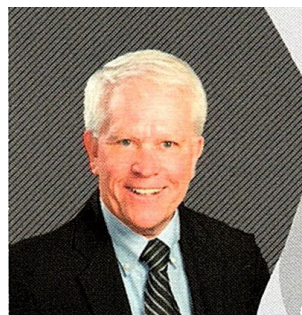
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SKREI (spawning cod)

Skrei is the migrating cod that comes from the Barents Sea to the coast of Northern Norway to spawn every year. Skrei can weigh up to 55 kilos and be as much as 180 centimeters in size. Skrei is actually the reason people were able to survive so far north. Stockfish (dried cod) was an important commodity during the Viking Age.

It was also Norway's most important export item for hundreds of years, and the inhabitants in cities like Trondheim and Bergen made a living from stockfish trade with southern Europe.



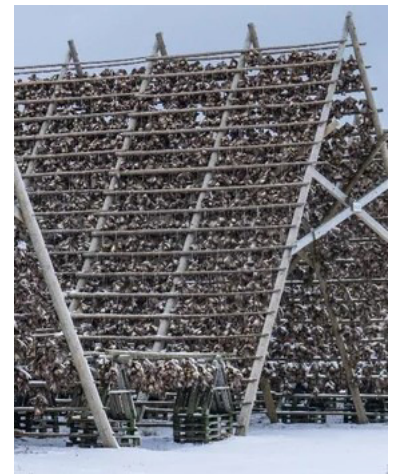
In many places you can spend the night in a traditional fisherman's cabin (rorbu). Before King Øystein Magnusson introduced building rorbuer in the 1100's, poor visiting fishermen used to sleep under their boats.

The Norwegian Arctic cod population stock is one of the most well-managed in the world. Fresh and dried skrei is still one of the most important exports in Norway. Locals call the characteristic smell the "scent of money".

The Norwegian word for cod is "torsk". In Old Norwegian it was "tursk", which means turret or dried fish. Skrei dries on racks outdoors for months. The salty coastal air has just the right amount of sun, rain, snow and wind, which is perfect for the fermentation process. The fish finally matures indoors.

"Lofoten stockfish" is a Protected Geographical Indication (PGI) in Europe, like Champagne.

Before dried stockfish can be cooked, it has to be soaked for several days.



Did you know that the Christmas dish lutefisk is made from dried fish?

Locals make sure they use all the fish, and nothing is wasted. A favorite delicacy is fried cod tongue! Even the dried cod heads are sold to Nigeria where they are used as an ingredient in the country's national dish. The cod milk (yep, that's another word for cod sperm!) is sold to sushi restaurants in Asia. The roe can be made into the most delicious caviar, and the vitamins and omega 3 are extracted to make cod-liver oil. Also, thin flakes of dried fish can be enjoyed as a snack.

What did the Dried Fish say to the other Dried Fish?
Long time no Sea.



Here's a cod recipe I came across that sounds interesting. I have not tried it, but plan to.

Torsk (Scandinavian Cod)

Torsk is a Scandinavian dish of poached and broiled cod with butter. This recipe uses frozen fish; defrosting is not necessary. Be sure to use butter, as there is too much water in margarine.

- 6 cups water, or more
- 1 cup white sugar
- 2 tablespoons salt
- 6 (6 ounce) fillets cod
- 1 ½ cups butter, melted
- 1 dash paprika

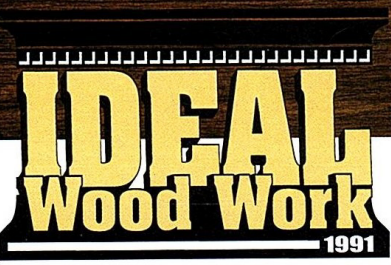
1. Preheat the broiler. Lightly grease a cookie sheet.
2. Mix together water, sugar, and salt in a large saucepan. Add fillets to water mixture; add more water to fully submerge fillets if needed. Bring water to a boil over medium-high heat. Boil for 3 to 5 minutes.
3. Remove fillets from water and blot dry on paper towels. Brush with 6 tablespoons melted butter; sprinkle with paprika.
4. Broil in the preheated broiler until fillets are golden brown, 8 to 10 minutes per inch of thickness. Serve with remaining melted butter



I've been really hungry for Fårikål (lamb in cabbage) lately and I finally bought some lamb to make it. It is an all-time Norwegian traditional favorite. Får is another word for lamb or sheep, and kål simply means cabbage. Lamb and cabbage are layered and stewed with peppercorns. Some recipes sprinkle in a little flour, but that can be omitted to make it gluten free.

- 8 ounces sliced lamb meat
- 1 head cabbage, cored and sliced
- 2 cups water
- 1 ½ tablespoons black peppercorns
- salt to taste

- Arrange a layer of sliced lamb in the bottom of a Dutch oven or soup pot. Top with a layer of cabbage. Repeat layering as many times as you can, season with salt to taste. Tie peppercorns into a small piece of cheesecloth (or you could use a tea strainer or even a tied-up coffee filter), place in center of casserole, pour water in and cover with a lid.
- Bring to a boil; simmer over low heat for 2-3 hours until the meat is fork-tender. Remove peppercorns before serving. Serve with boiled potatoes that have been sprinkled with parsley.



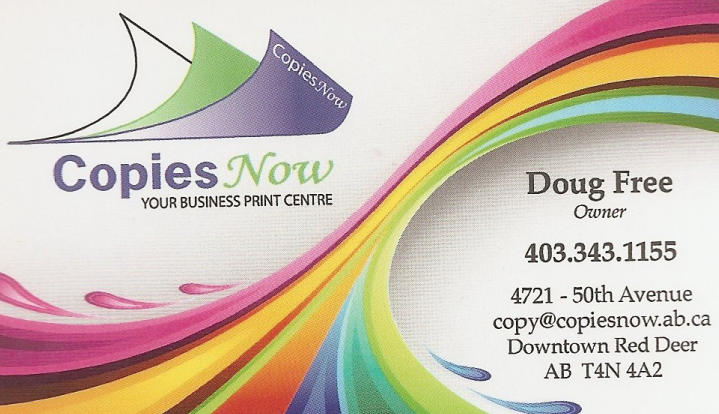
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Monthly General Meetings

I almost forgot to tell you that at the annual meeting in March it was voted to change monthly general meetings to the second Thursday of the month at 7:00 p.m.; so the next meeting will be April 11. All members welcome.

Easter in Norway

I think I've told you every year how crime fiction takes over the Easter holiday in Norway, whether it be reading crime novels, watching TV or at the cinema.

Known in Norwegian as påskekrim (easter crime), this bizarre holiday tradition is internationally known.

The origins of påskekrim go back almost 100 years. In February 1923, two young Norwegian authors Nordahl Grieg and Nils Lie wrote a crime novel, but it was publisher Gyldendal putting an ad on the front page of the Aftenposten newspaper that made the novel famous and created a nationwide obsession for years to come. The ad said "Bergenstoget plyndret I natt (Bergen train looted in the night), referring to the world-famous Oslo to Bergen railway. People confused the stunt for a real news story and the book became a bestseller and the tradition of reading crime novels began.

Norwegians get a long Easter holiday and most go to a cabin, so they have plenty of time to read the crime novels.

Ole says to Lena:
I accidentally drank the water you used to color eggs for Easter.

I think I dyed a little inside.

Lena:

I wasn't going to visit my family this Easter, but my mom promised to make me Eggs Benedict.

So I'm going home for the hollandaise.



Happy Easter!!



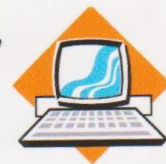
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