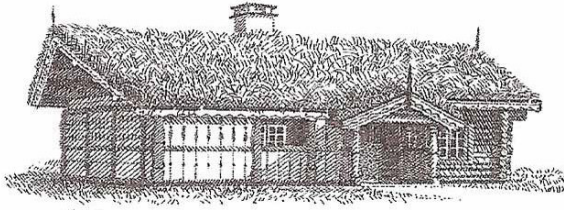


LAFT HUS NEWS

Issue 154
April 2026
D.Pederson



Norwegian Laft Hus Society
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www.norwegianlafthussociety.ca

Annual General Meeting was held March 8. Our guest speaker was unable to attend because of the day's crazy everchanging weather which had her snowed in at home!

The 2026 Board Members are:
PRESIDENT – Bruce Jacobson
VICE PRESIDENT- Donna Trottier
SECRETARY- Diane Granson
TREASURER- Pat Russell
DIRECTORS- Edie Madden and Keith McPhedran
AUDITORS- Bevan Christensen and Julie Macrae
PAST PRESIDENT- Judy Windrim

God Vår!!



A HUGE THANK YOU to all who volunteered two long days at the casino Feb 14 & 15 making approximately \$25, 000 for the Laft Hus!! Julie and Bill Macrae, Diane and Leonard Granson, Pat Russell, Bevan Christensen, Karen Larson, Edie Madden, Donna Trottier and Christine Finlayson!! GREATLY APPRECIATED!!!

Special Thanks to all the Upcoming Festival Sponsors:
Rysco Corrosion Services Inc.
Torske Klubben Calgary and Torske Klubben Edmonton
Servus Credit Union, Coop, City of Red Deer

Thank You to the Government of Canada - Grants for Summer Students this year!

"If you know a college student wanting a summer job, we have two openings at the Norwegian Laft Hus."

IMPORTANT DATES TO NOTE:

Next Monthly Meeting Tuesday April 14- 4:30 pm

CLEANING DAY AT THE LAFT HUS MAY 20

Let's all join in and help make this special place shine!



Annual Festival Saturday June 13

10:00-3:00 pm

Annual Craft & Bake Sale Saturday & Sunday Nov 21 & 22

From the Laft Hus President's Bruce Jacobson's Pen:

- L- is for Love and Laughter
 - Lefse and Lutefisk
 - Learning (public programming, lectures, classes)
 - Library
- A- is for Awesome Artwork Adding Aesthetics All Around
- F- is for Family and Friends
 - Food (baking days, potlucks)
 - Fun (cards, crafts, kubbe, kicksledding, concerts)
 - Fundraising (membership, donations, butik, grants, casino)
 - Festival (goats on the roof, Vikings, markets, etc)
- T- is for Trees in the park
 - Trolls in the dark
 - Tusen Takk
- H- is for Heart
 - History
 - Hnefatafl, Viking Chess (I had to put that in)
- U- is for UffDa! (of course)
- S- is for Service
 - Safe
 - Sanctuary
 - Sod Roof

Speaking of Hnefatafl Viking Chess and Trolls!



They Both Are Available In The Butikk



ALSO: THE QUEEN IS BACK IN THE LAFT HUS!!

What a bunch of stuff, UFFDA!!!



Ole was filling up at a gas station and Ole says to Lars, "I bet these awful fuel prices are going to go even higher."

Lars replies, "Won't affect me, I always put in just \$10.00 worth."

March 3 the Laft Hus was the host of an interview of Rod Trentham and Christina Belzerowski. Rod was doing an interview regarding Christina's late husband Willie Mah and his pool playing and billiard history for the Red Deer Museum.

PUBLIC PROGRAMMING & EVENTS

Feb 7- Rainy Day Hardanger Class
Betty Oldham instructor

Feb 16 Family Day
Kicksledding had a wonderful turn out of approx. 40 people stopping by.



Feb 21 Rag Rug Class II
Colleen Ward instructor

March 21 Spoon Carving picture
Harold Hough instructor

Upcoming Classes & Events in April
April 11 Swedish Huck Weaving CLASS FULL

April 18 Rag Rug III CLASS FULL
April 26 Julie is hosting at Card Playing and Potluck 12:00- 4:00 pm
Plan to join in the fun!

Including Ryan Finlayson from Rysco Corrosion (donator of kicksleds)

May 9 12-4 pm Complete Crafts and Lunch \$5
Call LH to Register

March 28 Klokkestreng Bookmark Judy Windrim instructor

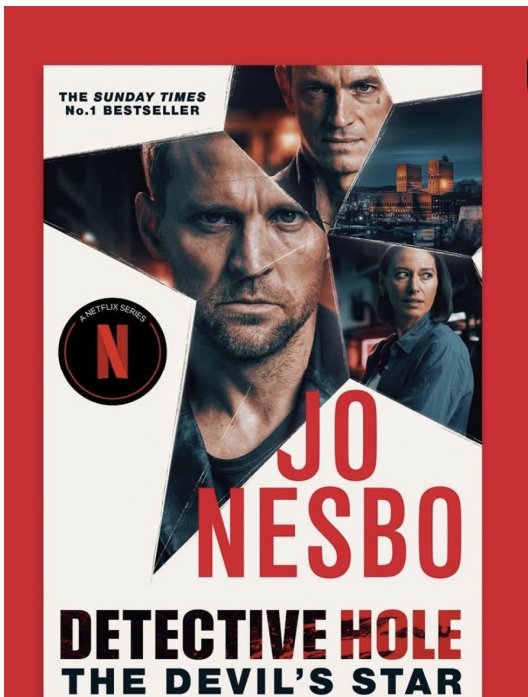




Gratulerer
Med Dagan
To All The
January,
February,
March, April,
May Birthday
Celebrators!!



This was the only birthday picture captured of the season, Julie Macrae and Christine Finlayson...these two "chicks" celebrate their birthday on the same day....and Edie baked them a delicious cake!!



On Netflix

This book is in the Laft Hus Library along with many more Jo Nesbo books including NEW RELEASE- WOLF HOUR

Award Winning Movie Sentimental Value is available on Amazon Prime Video

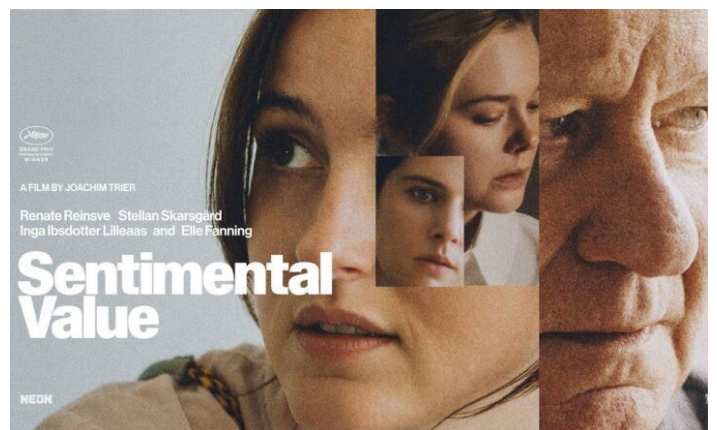
Detective Hole

2026 • 9 Episodes • TV-MA • Thriller

When a series of ritualistic murders hits Oslo, a gifted detective must navigate a puzzle of patterns, corruption and his own demons to catch the killer.

Starring: Tobias Santelmann, Joel Kinnaman, and Pia Tjelta

Creators: Jo Nesbø



Is a 2025 Norwegian drama directed by Joachim Trier that explores themes of family reconciliation, memory, artifice, and the emotional wreckage caused by a neglectful, renowned filmmaker father, Gustav (Stellan Skarsgard), who attempts to make a comeback film about his life and family.

Member Highlight INGRID URBERG

I am an immigrant to Canada, having lived half of my life here, but I am originally from the US Midwest, with roots in a number of Norwegian-American communities. I was born in North Dakota, and my parents came from Elbow Lake, Minnesota and Blair, Wisconsin which are still hubs of Norwegian heritage activities. Blair is also the home of a well-known lefse company, and my two sisters, brother and I (Dagny, Ragna and Konrad—we all have Norwegian names!) grew up celebrating many Norwegian customs and eating foods like lefse, lutefisk, and flatbread during the holidays.

Norway and the Norwegian language have played an important role in my life. All my ancestors came from Norway—the earliest from Stavanger in 1848, and the most recent from Setskog(Akershus) in 1906—and my grandparents grew up speaking various Norwegian dialects. My parents, siblings and I all graduated from Luther College in Decorah, Iowa—the oldest Norwegian-American college in North America—and each of us studied Norwegian. I was the only one to pursue teaching Norwegian as a career, but my parents spent over a year living in Kopervik (Karmøy) in Western Norway in 1999-2000. I have many dear family members and other friends across Norway, and I am lucky to have a job that requires me to travel to Norway.

I spent my final year of university studying Norwegian in Norway, where I became fluent, and then I completed my graduate work at the University of Wisconsin, Madison. My first teaching jobs were at Luther College and the University of Oregon (Eugene), and in 1994 I moved here to Camrose to teach at what was then Augustana University College (now the Augustana Campus of the U of A). I still love teaching Norwegian after almost 40 years, and I tell my students, "Språk er nøkkelen" – language is the key! If I hadn't learned Norwegian, I would likely never have found my home here in Canada.

My husband, Mark, and I enjoy living in Camrose with our two dogs, Hutch and Coda. We have had several registered therapy dogs, and Hutch was the official library dog at the Augustana library for years. I love cross-country skiing, and I am a member of the Camrose Ski Club, originally called Fram, and the ski trails are right next to my office. We also enjoy travelling, and I have been fortunate to have travelled to all seven continents through the years. I also enjoy hiking, watching wildlife, photography and reading.

A colleague on the North Campus at the University of Alberta, Chris Hale, first introduced me to the Laft Hus over 20 years ago, and I have enjoyed attending events, visiting with students, teaching Norwegian lessons and giving talks here over the years. I even have some students who have gotten a taste of teaching Norwegian at the Laft Hus. I hope to be able to attend more events at the Laft Hus once I retire in a few years.

- Ingrid Urberg



This beautiful plaque was painted by talented member Edie Madden and ready to go to its new home



Women doing laundry through a hole in the ice, 1891

Jahn Ekenæs
(1847-1920)
Norwegian Artist

Along with many more beautiful items painted by the talented volunteers at the Laft Hus.

April in Norway is defined by the extensive Easter (Påske) celebrations featuring mountain skiing, cabin trips, oranges, Kvikk Lunsj chocolate bars, the unique crime novels and film tradition. (påskekrim).



JUICY ORANGE CAKE (recipe from arcticgrub.com)

Ingredients:

- 1 ½ cups (180 grams) all purpose flour
- 1 ½ (150 grams) sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 ¾ cup freshly pressed orange juice (from about 5 oranges)
- ½ cup (125 ml) vegetable oil
- 2 tablespoons apple cider vinegar
- Zest from one orange
- 2 teaspoons vanilla extract

Directions:

Preheat the oven to 400 Fahrenheit (200 Celsius). Dress a 10 (24 cm round spring form cake pan) with parchment paper and oil lightly the bottom and sides of the pan.

Combine all the dry ingredients in a bowl. Combine the wet ingredients in a separate bowl and mix them into the dry ingredients until a smooth batter forms.

Pour into the prepared cake pan.

Bake in the middle of the oven for 40-45 minutes, depending on your oven.

The cake should be golden on the top and firm on the edges, use a cake tester to determine when done. Cool on a rack while you prepare the orange glaze.

ORANGE GLAZE:

1 ½ cups (160 grams) confectioner's sugar,
Juice from one orange, 1 teaspoon orange zest
Place confectioner's sugar in a small bowl with orange rind and add orange juice until you get a smooth glaze to your desire consistency.

GARNISH both cakes with added orange zest, fresh blood orange slices, and or chopped nuts of your choice.



Also marking the start of spring with the return of around 200,000 puffins to Lovund on April 14 th called Lundkommer Day.



SYTTENDE MAI (May 17th) is Norway's Constitution Day, celebrating the 1814 signing of the Norwegian constitution with nationwide, joyous festivities focused on children, community, and national pride. Key traditions include massive children's parades, wearing traditional bunad costumes, wearing red, white and blue!



Traditional food combines casual, portable street food for parades with classic, rich Norwegian dishes. Key Staples include pølse i lompe (Hotdogs in lefse), rommegrot, smørbrød, waffles with toppings and festive cakes like Kransekake and Blotkake!

In celebration of Syttente Mai...

I was reminded of on March 23 2019 Syneva Baltimore taught a wonderful class on making Open Faced Norwegian Sandwiches Smørbrød and they were very delicious!!



The first one was:

Dark Pumpnickel Bread

Butter

Miracle Whip

Thin cut crusts off (the birds would appreciate these)

Lettuce

Pickled Herring

Hard Boiled Egg Slices

3 thinly sliced radishes placed in on corner

3 english cucumber slices place in opposite corner.

Third one was:

Pumpnickel bread

Butter/Miracle Whip/Grey Poupon

Mustard

Thin cut crusts off (even more treats for the birds)

Lettuce

Jarlsberg Cheese (one slice)

Roast Beef

3 radishes thinly sliced on top left corner

3 Slices of tomato wedges

3 green/pimento olives sliced up the tomato

3 thinly sliced onion on the top of the beef (opposite of tomatoes)

Second one was:

Sourdough Ryebread

Butter/Miracle Whip/French's Mustard

Thin cut crusts off (more treats for the birds)

Lettuce

Lingonberry sauce

Poached chicken breast sliced

3 thinly sliced radishes on bottom side

3 sliced yum yum pickles on opposite corner

Small green onion & stem cut up and

sprinkled on top.

AND Last but Not Least An Absolutely Delicious Desert
Slice of French Bread (white)

Butter

Thin trim crusts off (birds will be loving you by now)

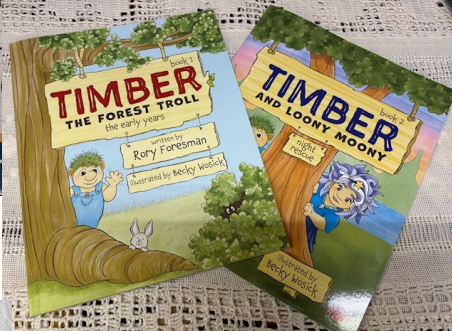
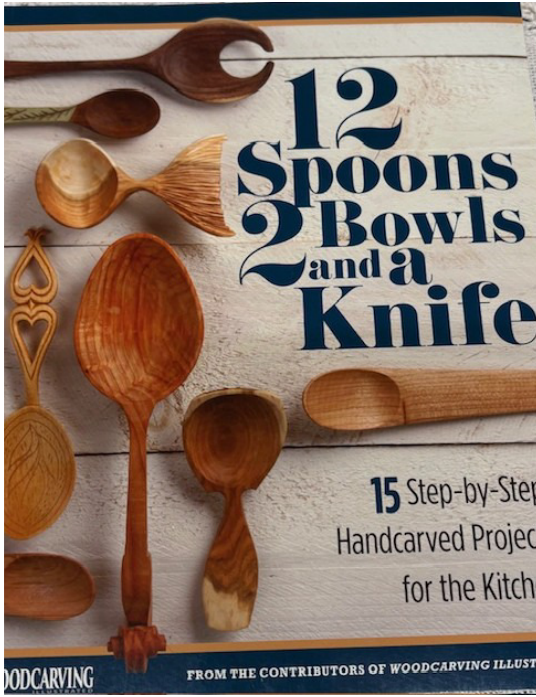
Spread Date Mixture

Thinly Sliced Pear

Topped with Brie Cheese

Sprinkle Walnuts and enjoy!!

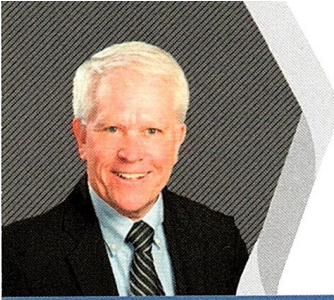
New Arrivals in The Butikk!!



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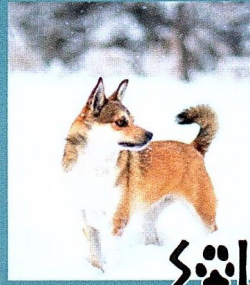
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SONS of NORWAY

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how do dogs bark in Norwegian?



wuff da!

Lena told Ole that the car had water in the carburetor. Ole asked where the car was, Lena said....."in the lake".