

# FLYGEBLAD

## FRA PRESIDENTEN

Spring, the time we've been waiting for all winter. A time that sees a transition from the cold and darkness of winter into a time of change and new growth and new opportunities. A time to think about and plan our activities for the coming months. What are we going to do in our garden, are we going to travel again and how far, what other projects are we going to take on and so on. How are you going to stay busy this summer?



One option to consider is the Trollhaugen Culture Camp in August. This year marks the 50<sup>th</sup> Anniversary of the camp and our lodge is the assistant host lodge. Look for more information later in this newsletter or on the camp's web page at <https://www.trollhaugenalberta.com>. Also watch for a message from your lodge secretary about the camp.

Congratulations to the members of Solglyt Lodge on the 110th Anniversary of their lodge. Another outing you may want to consider is a trip to Edmonton in June to join our friends in Solglyt Lodge to celebrate this special day. Again, more information is available later in this newsletter or at their web page at <https://sofnedmonton.ca/>. If a few people are interested perhaps we can arrange a car pool.

Easter is fast approaching and we each celebrate it in different ways. A day off work for Good Friday and perhaps a family meal and an Easter egg hunt for the children on Sunday. For many in Norway, Easter is much different. Observance can last for the whole week between Palm Sunday (*palmesøndag*) and the Monday following Easter (*andre påskedag*). There are a number of public holidays in that week and people may spend their time with a final ski trip of the season or just relaxing and spending time in the sun or reading crime novels. How do you spend your Easter? Let us know.

Is anyone interested in lodge outings this summer? What would you like to do or where would you like to go? Some ideas that we've tried before and which were well received are a family day/picnic in the park, a trip to the train park in Airdrie, museum trips, walking days and so on. Let's get out and about this summer. Let us know what you want your lodge to organize.

God påske,  
Ron

### **SKI FOR LIGHT – BACK ON TRACK**

About 40 Ski for Light folks gathered at the Scan Centre on February 4th for lunch and socializing before their bus ride out to William Watson Lodge for a week of skiing and fun. They were excited to be together for the first time since 2020. Mild weather made their reunion all the sweeter.

Thanks go to Bill, Ron, John, and Dylan who picked up skiers, guide dogs, and luggage from the airport, hotels, and downtown. Bill's employer, Enterprise car rentals, provided a very nice van. At the Centre, Kathryn, Anna, Thordis and Margit made sandwiches, set out home-made baking, and kept the coffee flowing.

It's a rewarding experience meeting the Ski for Light participants.

### **FROM HEAD OFFICE**

Membership cards in the future will be included in the design of the letter to new and renewing members. Members can simply cut the card design out of the letter.

Also Head Office is working toward a print on demand feature so that members can download their membership card, then print when and where they wish. This will offer our members the convenience of retrieving membership information any time it is needed.

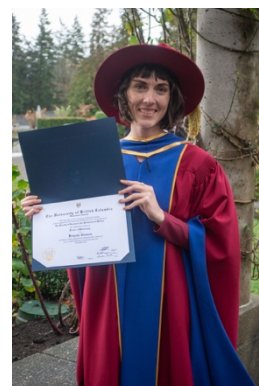
### **MEMBER NEWS**

Dick Closson was in Vancouver for the graduation ceremony where his granddaughter Kalysha received her doctorate degree.

Don Hanson is now residing at Clifton House, 9047 6 St SE

Turid Asak is at Bethany Care Centre, 916 18A St NW

Velora Piltingsrud's son in New Brunswick succumbed to cancer.



**SPRING CONCERT** – Mark your calendars! The Scan Centre spring concert is Friday May 5, 7 p.m., with the youth and adult choirs, Spelman musicians, and folkdance.

### **BIRTHDAYS**

#### **JANUARY**

Turid M Asak  
Holly Faith Collett  
Donald Goertz  
Anders Langeland  
Mary Lund  
Arvid Meland  
Barbara Marie Olsen  
Sissel E Shawa  
Margit Svee

#### **FEBRUARY**

Ryan David Embury  
Dennis P Fjestad  
Robin Lindsay Jessee  
AJ Kandy  
Christianne Wiigs

#### **MARCH**

Martha Cederwall  
Don Larsen  
Ragnhild Strom  
Arthur Vesterdal  
Megan J Wiigs



## LITT PÅ NORSK

### Årets nyord betyr at du får mindre sjokolade for pengene

Hvert år kårer Språkrådet årets nye ord. I år ble årets nyord «krympflasjon».

Ordet høres vanskelig ut, men er enkelt å forklare. Det mener Cecilie Langum Becker. Hun kommenterer økonomi i NRK.

– Det betyr at vi betaler like mye eller litt mer for en sjokoladeplate som er mindre enn før, forklarte hun på radio. Årets ord sier noe om hva som har vært viktig for oss i året som gikk. Og i år har mange fått dårligere råd.

### The Word of the Year Means Less Chocolate for Your Money

Each year, Språkrådet—The Language Council of Norway—chooses a new word of the year. This past year, the new word of the year was "shrinkflation."

The word sounds difficult, but is easy to explain, according to Cecilie Langum Becker, an economics commentator for NRK. "This means that we pay the same amount or slightly more for a chocolate bar that is smaller than before," she explained on the radio.

The word of the year says something about what has been important to us in the past year. And this year, many people made less money.

## LUTEFISK DINNER

What an enjoyable evening! The combined efforts of so many people made that happen.

Thanks go to Thordis, John, Anna, Margit, Arden, Bjorn, Kåre, Kathryn, Barb, Bill, Deanna, Ron, Dylan and all who invited friends and relatives to attend. In short, everyone! We got off to a fun start singing the "Ode to Lutefisk", led by Sue Mylde. The lutefisk disappeared quickly. Leftover food went home with the attendees, who donated toward its cost. The people who got lefse were particularly happy.

Olga's guests had the high bid on the silent auction for the Audun Hetland print donated by R. C. Neil. They have a family connection to Bergen, which is featured in the print.



Deanna's lefse 'hack'

"I used my food processor to grate the boiled and peeled potatoes. That eliminated the ricing of potatoes. Mashing was only a matter of adding butter and mixing. No lumps and far less labor. I always use russet potatoes so the food processor did not turn the potatoes to glue. Hope this helps."

### LODGE MEETING DATES SET FOR 2023

7:30 p.m. Monday April 3, *Lutefisk Wars* movie. Popcorn for sale. Everyone welcome.

May 1, June 5, Sept. 11, and Oct. 2 – Mondays at 7:30 p.m.

Future programs under consideration – a memorial service for members who have passed. Post-secondary scholarship information presentation. Line-dancing. Send your programming ideas to [president@sofncalgary.ca](mailto:president@sofncalgary.ca) or [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca).

Nov. 4 and Dec. 2, Saturday mornings at 10 a.m.



### FROM THE H.O. NEWSLETTER SERVICE

#### Milk Carton Mysteries Return



The Norwegian national obsession with crime novels cannot be understated, especially around Eastertime. The holiday has been associated with mystery novels for a century, so much so, that there is a single word for it: *påskekrim*.

This fascination with whodunits extends beyond traditional books. For 25 years, dairy company TINE printed Easter

detective series on the back of milk cartons, so the whole family could put their heads together to solve a mealtime mystery. This tradition also led to a unique compound word: *melkekartongkrim*, milk carton mystery.

In 2021, TINE announced that they would no longer be printing crime stories on their cartons but switching to scannable QR codes leading to interactive web games. After widespread backlash and petitioning, TINE decided there was no shame in reversing course and brought back the carton crime series in 2022, introducing a new crime-fighting chicken on skis. TINE doubled down, adding a full nynorsk version for the first time on their cultured milk cartons.

Read more about 100 years of the Easter crime novel in the March/April issue of *Viking*.



## International Waffle Day



Waffles are a delicacy that are popular worldwide. In fact, there are countless types of waffles from different countries, and they are served in various ways. The origin of waffles dates to Ancient Greece and they are perhaps one of the oldest desserts in history. The country most known for waffles is Belgium; the Belgian waffle is a thicker version of an American waffle that includes yeasted batter to make it light and fluffy on the inside, while staying crispy on the outside.

Another country that shares Belgium's affinity for waffles is Norway. However, Norwegian *vafler* are thinner, softer, heart-shaped and include ingredients such as cardamom and sour cream. To add extra flavor, Norwegians are also known to add brunost—brown goat cheese—on top of their waffles for a sweet and savory combination.

International Waffle Day was March 25<sup>th</sup> but waffles can be enjoyed anytime!

### Ingredients:

6 eggs  
1/2 cup sugar  
1 tsp. ground cardamom  
1 1/2 cup flour  
1 tsp. baking powder  
pinch of salt  
1 cup sour cream  
1/2 cup melted butter  
3 Tbsp. butter for waffle iron

### Instructions:

**Step 1** Mix eggs, sugar, and cardamom together in a big bowl.  
**Step 2** Add in flour, baking powder, and salt.  
**Step 3** Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.  
**Step 4** Heat up the waffle iron and brush some butter on the surface of the iron.  
**Step 5** Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.  
**Step 6** Remove waffle (watch out, it's hot!) and serve warm.  
**Step 7** Top with jam and whipped cream, or sour cream. Try different toppings and make a sweet or savory waffle sandwich!

## ANNIVERSARY CELEBRATIONS



Trollhaugen will be celebrating its 50<sup>th</sup> anniversary with instructors from Norway and a Saturday banquet. Planning to go for the August 13-19 week? Contact [troll.registrar@gmail.com](mailto:troll.registrar@gmail.com) soon for registration forms, as camp is likely to fill quickly. See [trollhaugenalberta.com](http://trollhaugenalberta.com) for more details.

Valhalla is Assistant Host Lodge this year. Trollhaugen would appreciate if two members from the host lodge and two members from the assisting lodge could attend camp. These volunteers pay the regular camp registration fees and will have time to attend classes if they do not conflict with their assigned duties. ([Host and Assistant Host duties](#)) Interested? Please respond to [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca) if you will help in this way.

## OTHER EVENTS



**The Poetic Guitar**  
Classical Guitar Concert in the  
Danish Lutheran Church of Calgary  
210 - 10 Ave NE  
April 13<sup>th</sup> at 7:30 pm  
Tickets: \$20 at the Door

The Copenhagen-based classical guitarist, Mikkel Andersen, will perform works by J.S. Bach and poetic music from Spain and South America. Apart from being a performer, Mikkel Andersen also runs the Copenhagen Guitar School - Casa de la Guitar - in Copenhagen with 60 students and 3 teachers.

He has released 3 solo CD's, of which all 3 are broadcast on radio stations worldwide. Some of this music will be played in the concert.

Website: [www.mikkelandersenmusic.com](http://www.mikkelandersenmusic.com)



*Solglyt Lodge 4-143*

SOLGLYT LODGE MEMBERS INVITE YOU TO  
CELEBRATE OUR 110<sup>TH</sup> ANNIVERSARY WITH US!  
**Saturday, June 10, 2023**

Dutch Canadian Centre/Home of the Scandinavians  
13312 - 142 St. NW Edmonton, AB T5L 4T3



3:30-5:00 pm - Cultural Exhibits and  
Valhalla Junior Scandinavian Folk Dancers  
5:00 pm - Social Hour 6:00 pm - Dinner  
Susan Gobbs, District Four Vice President, Sons of Norway  
Swans of Winter Project - Historical Norse Music

Tickets: \$40/Adult 15+; \$15/5-14 yrs; Free/Under 5

**Ticket Order: (PREFERRED)** [solglyt110@gmail.com](mailto:solglyt110@gmail.com)  
Jim or Sylvia: 780-470-0166 No answer: leave message  
All cheques payable to: **Sons of Norway, Solglyt Lodge**

Mail to: Jim Colleton  
2 - 25519 Twp Rd 512A  
Spruce Grove, AB T7Y 1A8

**Ticket purchase deadline: May 31<sup>st</sup>**  
**50-50 Draw & Silent Auction**

Anniversary Email: [sofn2013@gmail.com](mailto:sofn2013@gmail.com)  
Lodge Email: [info@sofnedmonton.ca](mailto:info@sofnedmonton.ca)  
[www.sofnedmonton.ca](http://www.sofnedmonton.ca)  
{1913 Nordpolen Solglyt 2023}

**Bus tour:** Brooks and Scandia, May 6  
\$30/person, includes lunch  
Open to the public  
To book or for more information  
contact Ros-Marie 403-275-3551  
Interac to [roslars@outlook.com](mailto:roslars@outlook.com)

**Speaker:** Dr. Meaghan Peuramäki-  
Brown retraces the footsteps of her  
Finnish settler great-grandparents.  
April 6, 6:30 p.m., Free, Viking Hall