

FLYGEBLAD



FRA PRESIDENTEN

God jul til en og alle,

It is the time of the year when thoughts and chores turn to preparing for the coming Christmas season and all the activities and events that are a part of it. We were again a part of the Christmas Market at the Scan Centre and as usual, the baking and home-made treats were popular at all the tables. Thank you to those who helped make lefse the previous week and those who brought baked goods to the market. Our lefse supply sold out very quickly and few baked goods were left over.

There were a few queries at the market whether we had rosemaling or lefse making classes available. That led to a discussion about having another lefse making day some time in January and turning it into a learning opportunity for anyone interested. We had a day like this several years ago and there were a few different recipes demonstrated, some with potatoes and some without. If you have a lefse recipe that doesn't use potatoes, let me know, I'd like to try to make some.

There was also talk about a lutefisk dinner. Maybe we can use the lefse making event to make some lefse for a lutefisk dinner. Let us know if you are interested as this won't just happen without some interest being expressed. There is cost and effort involved in putting these things on and we want to make sure there is enough interest to make it worthwhile. As always, we need your participation to keep your lodge viable. Thank you to those who do attend meetings and give input. What social or cultural activities at meetings will encourage you to come out? We need to break out of the Covid cocoon we have been wrapped in for the past few years. The first opportunity to do this is the lodge meeting on December 2 at 10 am. A Christmas tradition in Norway is to bake and eat seven different types of cookies so let's have a cookie fest at the December meeting. Bring one or more varieties of cookies to the meeting to share with others. We can determine what is to be done with leftovers if there are any. Krumkaker, rosettes, sandkaker, fattigman, berlinerkranser, kakemenn or julemenn, pepperkaker, or whatever else interests you. If you make something traditional, bring along the recipe if you are willing to share it. Dec. 2 is also the last chance to buy a raffle ticket for the quilt.

December 21 marks the winter solstice, the "shortest day" of the year. Remember that with passing the winter solstice, the days will begin to get longer with more and more sunshine. With this new light and a New Year there is new hope that we will once again be able to begin moving to a "new normal" in our lodge and in our own personal lives.

Remember that if you have any last-minute charitable donations to make before the end of the year, those donations can easily be made through the Sons of Norway Foundation in Canada by way of an e-transfer from your online banking. A tax receipt will be mailed to you. Check out the Foundation website at <http://sonfic.ca>.

At the winter (or hibernal) solstice, the hours of daylight will once again begin to increase as we move forward into the new calendar year. At this time of the year, we all hope to spend time with our families and friends and look forward to the birth of the coming year and new light on the world.

From our family to yours, we wish you a safe and joyful holiday season.

God jul og godt nytt år,

Ron



(size is 80" x 60")

SONFIC Fundraiser quilt raffle tickets can be purchased until noon on Dec. 2, when the draw happens. \$2 each. Ron has added a small quilt as an extra prize—all tickets will be in both draws.

Calendars are \$20 and will be available at the Dec. 2 lodge meeting.



E-transferring to secretary@sonficcalgary.ca is another way to buy raffle tickets (your ticket numbers will be sent to you) and calendars (please arrange to pick up calendars).

Scandinavian Centre Christmas Concert

7 p.m, Friday December 1st. Adult choir, youth choir, folk dancers, old-time Scandinavian music, and refreshments. Tickets may be reserved by leaving your name and cash in an envelope in the Scan Centre mailbox. \$10/person for adults. Tickets are free for age 16 and younger. Buying in advance helps with planning seating and refreshments.

Danish Lutheran Church News

- Saturday, November 18, 11:00 am – 3:00 pm – 59th Annual **Christmas Bazaar at the Danish Canadian Club, 727 11 Ave SW**. Free admission. Sandwich lunch is available, many booths to shop from, small silent auction, balloon animals & face painting for the kids (12 to 1 pm).
- Tuesday, November 28, 7:30 pm, **Danish Lutheran Church, 210 10 Ave NE**
Guest speaker night in the Church basement hall. Derek Cook of the Poverty Institute at Ambrose University will talk about poverty in Calgary and how to respond to the needs.
- Saturday, December 2, 1:00 – 4:00 pm
Julestue in the Church basement hall. Make Christmas decorations, shop for Christmas, and enjoy Danish Aebleskiver & European hotdogs. Children are especially invited.



Odden's Rural Life Tours focus on rural culture. We offer insights into folk arts, music and food culture as well as modern agriculture and rural living. We look into the era at the time of immigration and learn how people lived at that time in Scandinavia and the possible reasons people immigrated to North America.

Web:

www.norskwoodworks.com

email:

nww@norskwoodworks.com

Phillip Odden and Else Bigton

***Odden's Rural Life Tours and
Norsk Wood Works Ltd
20337 County Road H
Barronett, WI 54813***

COMING UP

Ski for Light volunteers are needed on January 22. Drivers pick up skiers, ski equipment, and seeing-eye dogs at hotels and the airport, then bring them to the Scan Centre where other volunteers have lunch ready and keep the coffee flowing.

Also coming up – Torskeklubben's casino, Jan. 13-14, at ACE Casino Airport. They help us, let's help them.

Making lefse....lutefisk dinner.....

SCHOLARSHIP INFO

Scholarships managed by Sons of Norway Foundation (U.S.) are open for application until March 1st. Go to sofn.com/foundation/scholarships for details. Some are open to Canadians.

The SONFIC deadline to apply for post-secondary, trade, and Norwegian study bursaries is August 31st. Earlier deadlines are in place for the Folkehøgskole (Folk High School) Bursary application (April 30) and Oslo International Summer School bursary (June 15). Go to sonfic.ca for details.

Brunost Caramel Rice Krispie Bars

For the treats:

- 112 g butter
- 200 g crispy rice cereal, such as Rice Krispies
- 100 g TINE Gudbrandsdalen*, sliced or grated
- 454 g marshmallows

For the Brunost caramel:

- 50 g TINE Gudbrandsdalen, sliced or grated
- 60 ml heavy cream
- 50 g granulated sugar

*or Ski Queen gjetost

*This recipe makes 9 large squares or 36 individual bites. Line a 23 x 23 cm baking pan with parchment paper and lightly grease with butter or non-stick spray. *For thinner squares, use a 23 x 33 cm baking pan.*

In a large, heavy-bottomed pan, over medium heat, melt the butter, marshmallows and TINE Gudbrandsdalen brown cheese, stirring often, for 10 minutes or until the mixture has melted and come together. Remove from the heat, fold in the cereal, and stir to combine with a wooden spoon or spatula. Pour the mixture into the prepared pan. Wet your fingers and gently press down on the mixture to evenly spread it across the pan. It's important not to press down too hard, otherwise they will become very dense. Let the treats set at room temperature for about 1 hour.

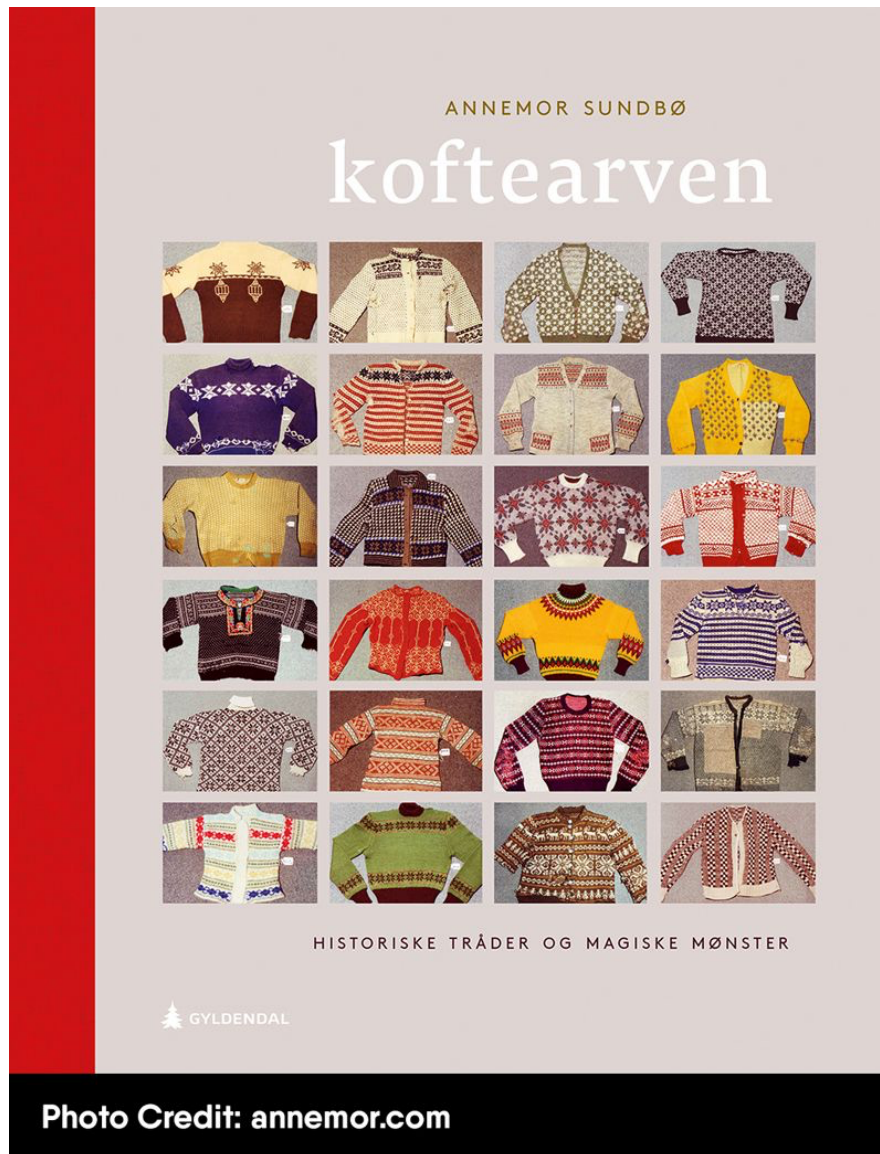


While the treats are setting, prepare the Brunost caramel. In a small saucepan, bring the Brunost, heavy cream and sugar to a simmer over medium-high heat. Cook until the mixture is thoroughly combined, whisking frequently, and has thickened to a caramel consistency (somewhat thick, but pourable), about 8 minutes. Drizzle the caramel on top of the treats.

To serve, lift the parchment out of the pan, and cut into even squares.

To store the treats, cover and leave at room temperature for a couple of days. You can also freeze them by wrapping them individually in wax paper and storing in the freezer for up to 2 months, letting them thaw before serving.

Sweater Legacy



Annemor Sundbø enjoys rolling up her sleeves and bringing things back to the start. In 1983, she inadvertently set her life's course when she bought the last shoddy mill in Norway, a piece of equipment that breaks down old woolen textiles, allowing them to be re-spun and knitted into new garments. Since then, she has done her utmost to re-use wool fibers, preserve and recreate lost knitting patterns and has also taken on the role of knitting historian. Sundbø has written several books on knitting and the history of Norwegian sweater patterns, among other topics.

In 2020, her latest book "Koftearven, Historiske Tråder og Magiske Mønster" [translation: Sweater Legacy -

Historical Threads and Magical Patterns, sold in English as "Norway's Knitted Heritage – The History, Surprises and Legacy of Traditional Nordic Sweater Patterns"] was awarded Southern Norway's Literature Prize. This book places Norwegian kofte (sweater/cardigan) traditions into a global context, showing how the motifs that are considered native to Norway fit into the bigger picture, with ties to all kinds of far-flung cultures.

Ever the textile educator, Sundbø's book would not be complete without several knitting patterns and hundreds of images of sweaters with richly-colored multi-strand patterns.

Streaming Picks: Kanopy

Not sure what to watch this movie night? Check out CEFF's picks for the streaming service, [Kanopy!](https://www.kanopy.com) A great online resource that's FREE with your Calgary Public Library membership!
www.kanopy.com

HIVE (Albania)

UNDINE (Germany)

BICYCLE THIEVES (Italy)

CLEO FROM 5 TO 7 (France)

HEAVY TRIP (Finland)

In this offbeat comedy from Finland, Turo is stuck in a small village where the best thing in his life is being the lead vocalist for the amateur metal band Impaled Rektum. The only problem? He and his bandmates have practiced for 12 years without playing a single gig. The guys get a surprise visitor from Norway—the promoter for a huge heavy metal music festival—and decide it's now or never. They steal a van, a corpse, and even a new drummer in order to make their dreams a reality.

Jon Fosse Wins Nobel Prize for Literature

Norwegian novelist, translator and playwright Jon Fosse, whose work is based on his Norwegian roots, has won the Nobel Prize for Literature.

Raised in Kvam along the Hardanger fjord, Fosse says that the novels of Jens Bjørneboe inspired him to start writing in his early teens. His body of work includes seventy novels, poems, stories, essays, children's books and plays. His award-winning publications have been translated into over 50 languages. The author's minimalist prose takes on life, death, anxiety and other elemental human themes.

Fosse's style is referred to as postmodern minimalism and he writes in a spare Nordic style in novels such as *Morgon og kveld* [Morning and evening] and *Septologien* [The Septology], an epic in seven books consisting of a single sentence. He is the fourth Norwegian to receive a Nobel Prize for Literature, and the first one in 95 years.

As the first Nynorsk writer to receive this award, Fosse attributes his win to his use of the lesser-used official version of the Norwegian language.

Coming soon to the Scan Centre library:

"Fall" and "Winter" by Karl Ove Knausgaard (in English) – a beautiful collection of daily meditations and letters addressed to his unborn daughter

“Madonna-gåten” – en parodi på *Da Vinci-koden*, med handlinger lagt til Norge.



90th BIRTHDAYS

Velora's family, especially daughter Debra, went all out for Velora's 90th birthday. Even the Mayor dropped by with good wishes!

Kathryn Jamieson celebrated her 90th with an Alaskan cruise.

Knut Haga and Gordon Braaten also «fyltt nitti år» in 2023.



November birthdays

Garry D Bratland

Erik S Eikum

Marion Goertz

Aase Hamarsnes

Ron Reine

Berniece Roth

Oscar Roth

Trevor Sawatzky

Connor Davion Sinclair

December birthdays

Elsa Hamarsnes

Dennis Knudtson

Donald H Strand

