



SONS of NORWAY

Solglyt Lodge 4-143

September - October 2023

sofnedmonton.ca

Edmonton, AB



President's Message

God dag til alle.

Well, this summer has been a hot and sometimes smoky one and we are quickly turning to the fall season. Solglyt Lodge has had a busy spring and summer.

We celebrated **Syttende Mai** at the Dutch Canadian Centre with the Valhalla Junior Scandinavian Folk Dancers, greetings from the Norwegian Consul and flag raising, followed by hot dogs, chips and ice cream.

Thanks to all who helped with this event.

Our **Lodge celebrated its 110th Anniversary on Saturday, June 10** at the Dutch Canadian Centre and included a display of cultural items, the Valhalla Junior Scandinavian Folk dancers, a Silent Auction, and dinner followed by entertainment. It was a great event with 125 people in attendance including visitors from Montana, B.C., Red Deer and Calgary Lodges. It was a memorable anniversary for our Lodge.

The celebration was basically a no-cost event thanks to a generous donation from the Sons of Norway Foundation in Canada, ticket sales for the meal, 50/50 draws and Silent Auction.

Thanks to all the volunteers who helped organize this event and to all who donated to the Silent Auction.

We also had a **bus trip to Markerville/Stephannson House on Thursday July 20**. It was like walking back in time with lovely volunteers from the Icelandic Society and delicious food. See details in this newsletter.

The **Edmonton Heritage Festival** which ran from **August 5 - 7**, celebrated its 50th anniversary this year. Many of our Lodge members helped with food preparation, pavilion setup and takedown as well as serving food during the festival.

Trollhaugen also celebrated their **50th Anniversary August 13 - 19**. For this event, musical entertainers Malin, Vilde and Marta,

were brought in from Norway. Other special guests included Rosemaler Lise Lorentzen, along with her daughter, Annelise, from Maryland and Ellen Vesterdal, a musician, along with Chris Levan, ethnic cooking instructor. Refer to newsletter for more details.

Upcoming events:

The **September 13 meeting at DCC** will be a potluck from **6:30pm to 9:30pm**.

Our **October meeting** has been moved from October 11 to **Sunday October 15 at Greenfield Community Hall, 3803 114th Street, Edmonton, at 2:00 p.m.** A light lunch will be held in place of the Annual Pea Soup Supper and members are asked to consider making a donation to the Sons of Norway Foundation in Canada at that meeting.

On a personal item, my wife Nancy and I are again taking a trip to Norway this summer and look forward to our regular meetings in the fall.

Another item of note, the Dutch Canadian Centre building is up for sale so we will be losing our beloved Nordic Room. Further information will be provided when we know more.

**Takk
Arvid**

Executive Officers:

President	Arvid Pederson <i>president.solglyt@gmail.com</i>
Vice President	Sheila Johnson
Treasurer	Jim Colleton
Secretary	Laura Blakley
Membership	Peter Myhre

Support Directors:

Lodge Counselor	Sylvia Colleton	Publicity and Historian	Brenda Carlstad
Social	Sharon Bruce	Sunshine	Karin Jackson <i>lesandkarin@hotmail.com</i>
Volunteer Coordinator	Sylvia Colleton	Webmaster	Brenda Carlstad
Culture	Anita Brown <i>norcanweld@eastlink.ca</i>	Trustees and Auditors	Roger Bruce Cliff Norum
SON Foundation in Canada	Brenda Carlstad	Newsletter	Sandy Jamison <i>sjamison@greatwest.ca</i>



(Above) Roger Bruce holds the certificate presented by Heritage Festival organizers.

(Top Right) Riskrem workshop participants at the DCC kitchen.

(Right) - L to R: Cliff Norum, Sue Norum, Sylvia Colleton, Hely Smith, Karin Jackson, Sharon Bruce and Roger Bruce in the tent.



Heritage Festival 2023 - Celebrating 50 Years

Scandinavian Heritage Society of Edmonton

Thank you to all volunteers who worked Heritage Days and who helped put up and take down equipment for all of your hard work. We all wondered if the Borden Park location would be a good choice. It turned out to be a great move as we had the best sales over three days.

We are busy cleaning out our storage room and trying to find a new home for our trailer and cook shack as we have to be out of the Dutch Club by October 14th, 2023.

We also have a piano which we are giving away. Anyone interested?

Roger Bruce
Scandinavian Heritage Society

Scandinavian Heritage Society of Edmonton Workshops

Once again, we did it. Our Riskrem came in second place as one of the best desserts of all of the Countries attending Heritage Days. A great



reward for the Scandinavian pavilion and acknowledgement of all of the hard work our volunteers contribute to making this wonderful dessert.

So, if in doubt that all of your hard work in attending two workshops to stir, mix, whip, taste our now famous dessert was worth it, it certainly was. We received many comments from people attending Heritage Days that the Riskrem is one of the foods they come for year after year.

So thanks to all of you for your dedicated work year after year.

This year we had Stephanie from Secret Ingredient YEG attend our workshops. She is the founder of a small business in Edmonton and was partnered with Heritage Festival to showcase the preparation of cultural foods. Secret Ingredient YEG promoted our Riskrem and our pavilion which I am sure helped with our success.

And an extra large bouquet to all of the volunteers in the Food Pavilion. It was an extremely busy food pavilion this year with continual long line up for food. Our volunteers were able to keep up with the demand and we managed to sell out all of our food by Monday afternoon.

Thank you to all of the hard working volunteers for donating your time to make this year's Heritage Festival a success.

Sharon Bruce
One of the food committee members for the
Scandinavian Heritage Society

(Right) Trollhaugen Camp leaders and guest leaders from Alberta, Norway and USA.

(Below) Sylvia Colleton(!) and Sheila Johnson with the Generations Service Award. Stan and Louise Johnson were among those recognized for their volunteer service.

(Bottom) Lise Lorentzen with her rosemaling that was completed in 20 minutes during the Closing Ceremony.



2023 Trollhaugen's 50th Year Greetings from Solglyt Lodge to Trollhaugen Camp

God kveld, Trollhaugens medlemmer, venner og besøkende.

Good evening, Trollhaugen members, friends and visitors.

I have a message from Arvid Pedersen, President of the Sons of Norway's Solglyt Lodge in Edmonton, who is unable to attend this evening as he and his wife, Nancy, are on vacation in Norway.

On behalf of Edmonton's Solglyt Lodge 4-143, we would like to extend our best wishes to Trollhaugen Language, Arts and Culture Camp on this very special 50th Anniversary Celebration.

Fifty years is quite an accomplishment! From the first camp held at Silver Summit Lodge in Edson, Alberta, to Hastings Lake, and on to Deer Valley Meadows, Trollhaugen Language, Arts and Culture Camp has experienced much growth and success. By providing families each year with a week-long experience rich in Norwegian culture, Trollhaugen has inspired campers to discover and pursue Norwegian traditions, history and heritage.

Solglyt Lodge, along with other Sons of Norway Lodges, has had a long-standing relationship with Trollhaugen Camp. Our Lodge also celebrated a milestone earlier this year in June when we reached our 110th year Anniversary, so we both have much to be proud of.

I know that you have brought in presenters to help celebrate this event from Norway, the U.S. and out of province, and we would like to wish a safe journey home to: Malin, Vilde and Marta, travelling home to Norway; Lise Lorentzen and her daughter Annelise, travelling to Maryland; Ellen and Chris; all of the volunteers who run and operate this camp as well as, this week's campers and guests.

Thank you for providing the opportunity for others to take part in and celebrate the Norwegian experience; one that we are so proud of.

Have fun this evening.

Ha det, Tusen Takk!
Arvid





**"Three Generations of Camp Directors",
Deer Valley Meadows, August 2022.**



**Viking costumes as part of that year's
theme at camp.**



**An early photo of my brother, Thomas
Lirette (left), my cousin Erika Rooyakkers
(centre), and myself (right).**

Here's to Fifty More Years

The Trollhaugen Language Arts and Culture Society hosts an annual family summer camp to promote and preserve Norwegian language and culture. This year, Trollhaugen celebrated its fiftieth camp and the years of cultural impact it has had for children and families in Alberta and beyond.

Personally, I benefited greatly from the efforts of countless volunteers throughout my childhood. My first introduction to Trollhaugen was in 2000 when I arrived as a six year old camper with my mother (Charlotte Evjen) and grandmother (Helen Evjen). Grandma had previously served as Camp Director and decided that her grandchildren would benefit from this rich cultural environment. Each summer, we learned basic Norwegian language, traditional dances, various ethnic crafts, recipes for Norwegian cooking, and other pieces of cultural knowledge. The secret

to Trollhaugen's success lies not just in its specialized opportunities for cultural connection, but also in the lifelong friendships that make camp feel more like an extended family reunion every summer.

In 2022, the intergenerational connection for our family peaked when I had the honour of serving as Camp Director. Because both my mother and grandmother had served in that role before, there was a considerable knowledge base to draw from. Trollhaugen Camp is a multigenerational institution that would not exist without the year-round dedicated efforts from a large network of talented individuals. It is humbling to reflect on the time and energy that my "Trollhaugen Family" poured into my upbringing. As an adult, this "paying it forward" for the next generation of kids is what makes teaching Norwegian language at camp very rewarding.

- Kalli Lirette



**Left to right:
First family projects
from Trollhaugen.
Recent family projects.
Telemark style
rosemaled horse in
Berlin.**

Congratulations to Trollhaugen

Congratulations to *Trollhaugen Language, Arts and Culture Camp* on this 50th Anniversary. What a milestone!

Each year, Trollhaugen formally recognizes a selection of individuals who have volunteered 10 or more years with the Generations of Service award. This year, several recipients were recognized, including my parents, Stan and Louise Johnson. It was an honour to be in attendance on their behalf, and meet this year's staff and volunteers. It is due to the ongoing dedication and commitment of Trollhaugen's volunteers, sponsors and staff, that this camp has been so successful.

I first attended Trollhaugen over 40 years ago at Hastings Lake, Alberta. It was cold, wet and windy, but the weather didn't seem to bother anyone because campers were in Norway for the week. My parents were actively involved with Trollhaugen for years, and they made sure that my siblings and I, along with every one of their 12 grandchildren, were able to take part in the camp experience, at least once!

Trollhaugen provided all of my children with their first exposure to a number of Norwegian handicrafts, songs and dances, ethnic cooking and language. In turn, many of these experiences led to an ongoing

exploration of Norwegian culture. It was after camp that we made Julesylte at home, for the first time. A first chip carving project led to carving sessions afterward with grandpa. A figure made with items found on a nature walk inspired my youngest daughter to collect craft items on river valley walks, after that. Another daughter pursued musical studies and has explored Norwegian styles of music, including the art of Kulning.

Some of the first rosemaling projects at camp led to countless painting sessions at grandma's house. My middle daughter has completed several projects, mainly in Hallingdal and Rogaland styles, and is as passionate about painting as her grandmother was. My son is drawn to the Telemark style, as demonstrated at the wind-up by Lise Lorentzen. Not only has he watched every one of her YouTube videos, but he has turned every piece of scrap wood from my garage and yard into a project. When he lived in Berlin, he had bins of paint and brushes, and wooden shapes stored under the kitchen table. It was there that he started watching Lise's videos and became inspired to paint.

I value the impact this camp has made on my family and wish Trollhaugen Language, Arts & Culture camp continued success. Thank you for providing my family with these experiences.

- Sheila J



Clockwise from above:

The Markerville Creamery was constructed in 1902 and closed in 1972.

A large butter churn used at the creamery.

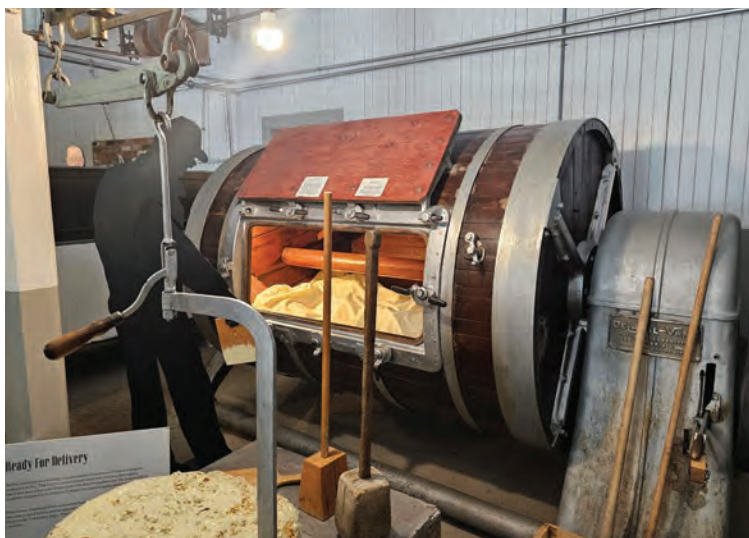
Icelandic sausage and potato salad lunch.

Picturesque bridge across the Red Deer River.

Bus Trip to Historic Markerville and Stephannson House Provincial Historical Site

On July 20, 21 Lodge members boarded a bus at the Dutch Canadian Centre and embarked on a trip to Historic Markerville and Stephannson House Provincial Historical Site.

Continued on following pages.





Above: Lodge members on a walking tour of Markerville.

Right: Solglyt Lodge members gather for a group photo.

Below: Inside the historic Markerville Lutheran Church.



Above: Nancy Pederson (l) and Fern Zurawell in front of a giant replica cream can.

Left: The historic Markerville Lutheran Church.



Clockwise from left:
The historic Stephannson House.
Stephannson's desk.
Icelandic traditional dress.
Dining area and kitchen.



It was a gorgeous summer day and we toured west down Highway 16 turned south on Highway 770 and passed through the beautiful rolling hills by Warburg, Rimbej and Eckville.

Wayne Nordstrom did a commentary on the route of various scenic and historical sites and it was very informative. Thanks Wayne.

We arrived at Markerville just prior to noon and it was an amazing place. It was like you step back a hundred years in history. Lunch was ordered at the local café, and it was amazing food and ice cream served by the local people. This was an area settled

by Icelandic folks.

After lunch, there was a walking tour of the Village which included the library, church, community hall and the former creamery. We had a delay with the bus which enabled us all to get to know one another better.

The day ended with a short trip to Stephannson House. He was a poet of Icelandic descent and the house has been preserved and restored and is very quaint.

Overall it was a great day.





(L to R) Gloria Benazic, District 7 President, Arvid Pederson, Solglyt President and Susan Gobbs, District 4 Vice President.



Mr. & Mrs. Bjørn Morisbak, Honorary Consul Royal Norwegian Embassy (Northern Alberta).



Colleen Vogel sang the national anthems and Norwegian Table Grace.

Celebrating Solglyt Lodge's 110th Year

June 10, 2023

110 Years Old and Proud!

We are proud to be old – 110! Solglyt members and friends celebrated our exceptional anniversary on June 10th. Acknowledging our fraternal organization, and in the spirit of volunteerism, a small multitude of volunteers brought our occasion to realization. It was the big event of the year for Zone 4 (AB & SK). A big thank you to all!

We are grateful that Sharon (D4 VP) & Richard Gobbs from Helen, Montana; Gloria (D7 President) & Cal Benazic/Kelowna; and Lori (D7 Treasurer) & Mike Barsi/Kamloops, travelled despite smoke and rain, to enjoy our celebration. Also present were Russ (Z4 Director) & Allison Wiigs, along with Valhalla President Ron Reine, Aspelund President Tami Murdoch, and of course, a host of other Sons of Norway members and friends. Bjørn Morisbak, Northern Alberta Honorary Consul Royal Norwegian Embassy brought greetings.

Highlights included: historical and cultural posters, crafters showcasing traditional crafts. We were blessed with entertainment by Swans of Winter Project: Janina Carlstad & John Fletcher and the Valhalla Scandinavian Junior Folkdancers. A big thank you to Colleen Vogel who led us in anthems and prayer, and Valerie Vale and Sandy Jamison for spectacular table settings. Of course, there are many more members who generously donated their time.

A successful silent auction provided many wonderful Scandinavian-themed articles and is always a favourite at our events. The party was over too soon!

**Organizing crew: Arvid Pederson, Sheila Johnson
Sylvia and Jim Colleton, Sharon Bruce, Cliff and Sue Norum
Linda Malekoff and Brenda Carlstad**

<https://www.flickr.com/photos/sonsofnorway/sets/>



Alanna Elias demonstrating Viking Knit jewelry



Clockwise from above:

Norwegian Bunads on display.

Kari Haddad demonstrates rosemaling.

Sharon Bruce (r) and granddaughter Emerson demonstrate needlework.

Valhalla Scandinavian Junior Folk dancers perform.





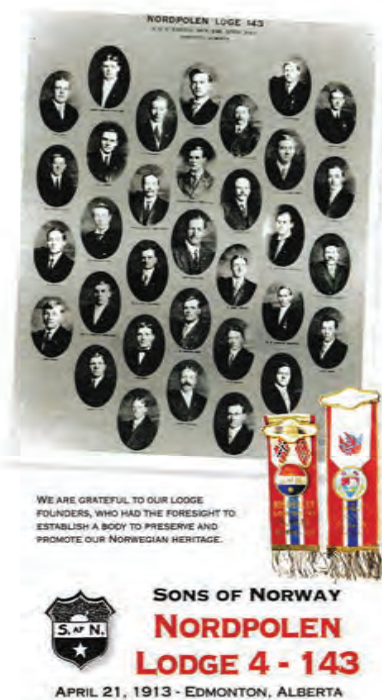
Clockwise from above left:

Part of the large cultural display.

Lovely table center pieces created by Valerie Vale and Sandy Jamison.

John Fletcher and Janina Carlstad, Swans of Winter, Historical Norse Music.

Original Nordpolen Lodge founding members circa 1913.





Clockwise from above:

Leanne and Norma Boraas, Cliff Norum and Roger Bruce raising the Norwegian flag.

Arvid Pederson, Master of Ceremonies.

Bjørn Mørisbak, Norwegian Consul brings greetings.

Elaine Domier, Ingrid Zukiwski and Lillian Rogers.

Tom Yohemas leads a young follower as they parade the Norwegian flag.

Syttende Mai 2023





Syttende Mai 2023

Clockwise from above:

Laura Blakley (l) and Karin Jackson.

Shirley Edwards.

Jannicke Ask (l) and Tom Yohemas.

Wayne and Joyce Nordstrom.

Lillian Rogers (l) and Verner Steinbru.

Ingrid Zukiwski (l) and Fern Zurawell.





SONFIC – Sons of Norway Foundation in Canada – sonfic.ca – tax receipts

Thank you for your continuing support of Sons of Norway programs and heritage events in the Nordic community by donating to SONFIC. It can make a big difference in the life of a post-secondary student. Humanitarian Financial Support – please contact your Board member if you are aware of members who have suffered catastrophic losses. **We invite you to check out the five ways to make a donation; please visit <https://sonfic.ca/index.php/donate>.**

Sons of Norway Foundation in Canada
Solglyt Director Brenda Carlstad
SONFIC.CA

Help Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, Sunshine Director, would like to remind members to email her, please include the full name and nature of the request. **Karin's email is lesandkarin@hotmail.com**

2023/24 Newsletter Submissions

November/December - submissions due by October 27, 2023.

January/February - submissions due by December 28, 2023.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please e-mail submissions to: **sjamison@greatwest.ca** and indicate SON Newsletter in the subject line. Early submission of articles, when possible, is appreciated.



Giveaway - Lefse Making Supplies, Norwegian and Swedish Stamps

I have the following lefse making supplies to give away to Solglyt Lodge lefse makers:

- **4** Bethany Probe Controls (for use with a Bethany Housewares Lefse Grill)
- **5** Rolling pin covers
- **6** Lefse turning sticks (2 of each style)
- **1** Lefse Cozy Set
- **1** Lefse is beautiful apron
- **1** Lefse is beautiful pot holder
- **3** Rectangular pastry cloths

I also have extra **Norwegian and Swedish stamps** – some are stamp blocks. They are free for the taking.

Contact Elaine Domier (825) 202-7976 if interested. Items must be picked up at 11759 – 37 Ave., Edmonton.

Famous Violin Awarded to Young Norwegian Talent

22-year-old Norwegian-Swedish violinist Johan Dalene has accumulated a list of impressive awards and critical success. Despite his youth, he's performed solos with orchestras in London, Berlin, Prague, Paris, Leipzig and Vienna, as well as Oslo and his home city of Stockholm. This spring, Dalene even played Carnegie Hall during his US debut tour.

Born to musician parents, Dalene got an early start with music and attributes his tenacity to his first violin teacher, who made his music lessons a joy. Beginning with lessons at age four, he was already performing professionally at seven.

The young talent has been recognized for his ability to reach audiences with his singular artistry.

He's recently been the recipient of the Norwegian Soloist Prize, a distinguished award of 100,000 kroner (about US\$ 10,000) for young musicians. The prize comes with the bonus of playing with the Bergen Symphony Orchestra and connects bright young musicians with other performance opportunities.

Now the rising star has received a new honor—he was chosen as the recipient of a rare Stradivarius, a 1725 'Duke of Cambridge' violin.



Photo Credit: Johan Dalene © Fredrik Schlyter

On loan from a Norwegian foundation, the violin previously was entrusted to performer and Oslo Royal Conservatory professor Camilla Wicks, who was knighted for her musical contributions

to Norway.

"So happy and grateful to get to play this incredible instrument," Dalene posted on social media.



Photo Credit: Ronnie Robertson, Wikimedia Commons

Royal Homecoming for One Ocean

The Statsraad Lehmkuhl, considered one of the world's oldest and most beautiful square-riggers, recently docked in Bergen after a 22-month voyage around the world. The voyage began in August of 2021 as part of the "One Ocean Expedition" project, aimed at researching the oceans and collecting data. During the journey, the ship went to 24 different countries, 37 ports, and spanned 60,000 nautical miles. Aboard the ship, there were students, researchers, cadets, and crew. The main theme of the

circumnavigation was to share knowledge about the role of the oceans and how humans affect it. The ship's arrival on April 15, 2023, kicked off the first annual One Ocean Week, an event that will continue to share the ocean's importance in sustainable development. The ship was also welcomed back to its home port in Bergen by King Harald, himself. The celebration included singing, a royal dinner on board, and a chance for the people of Bergen to go onboard the ship.

Deliciously Nordic

Almond Bars

Serves 4

Ingredients:

Bars:

1/2 cup butter, softened
1 cup sugar
1 egg
1/2 tsp. almond extract
1 3/4 cups flour
2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. milk
1/2 cup sliced almonds

Glaze:

2 cups powdered sugar
1/2 cup milk
1/2 tsp. almond extract

Directions:

Boil the shrimp. Mine were jumbo and preheat oven to 325° F / 165°C.

Line baking sheets with silpat pads or



Photo Credit: Noelle Rulseh

parchment paper.

In a mixing bowl, cream together the softened butter and sugar.

Add the egg and almond extract and beat until mixture is fluffy.

Add the flour, baking powder and salt until you have a soft dough.

Divide the dough into four parts.

Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.

Brush the tops with the milk and sprinkle

on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned.

While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.

Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.

Drizzle glaze over diagonal sections.

Recipe by Noelle Rulseh from <https://www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/>

Shrimp Canapés

Serves 4

Ingredients:

16 slices bread
1/2 cup mayo
1/4 cup butter, softened
1 small jar capers
1 lemon, sliced in half moons
4 large sprigs fresh dill
20 boiled, cold shrimp, preferably still in the shell or head on

Method:

Boil the shrimp. Mine were jumbo and took 7-8 minutes. (Small shrimp will only need 3-4 minutes). Shock in ice water to keep them from overcooking. Drain.

Lay out all ingredients in a DIY spread. Instead of using traditional white bread, I used slices of soft wheat bread cut into dainty circles with cutters. I loaded my canapés up with the salty capers, a splash of lemon juice and a sprig of dill. It was fun assembling each sandwich.



While it's not required, feel free to cut bread into small rounds to up the "cute factor."

Be sure to provide plenty of napkins,

sparkling water, and enough smiles to light up the room.

Enjoy!

Source: *Global Table Adventure*

Kvæfjordkake: Norway's Best Cake

By Laura Hall, BBC Travel
26th August 2023

Made with vanilla sponge, meringue, almonds, custard and whipped cream, Norwegians love this cake so much they nicknamed it “the world’s best cake”.

In Norway, there is a cake for just about every celebration and event. For weddings, there is the tower-like *kransekake*, made of 15 to 20 ground almond-and-egg white rings stacked in concentric circles. At birthdays, a layered sponge cake with cream and berries called *bløtkake* is served. And for general success,

Norwegians enjoy an aptly named “success cake”, made of almond meringue and a vivid yellow layer of custard.

While each of these cakes is made to celebrate specific special moments, there is one cake that is at home at every kind of celebration. That cake is the *Kvæfjordkake*, also known as the *verdens beste* (world’s best) cake.

The cake is a lush, layered confection that brings together custard and cream, the crunch of almonds and the snap of meringue, plus the steadying base of a light, airy sponge cake. *Continued on last page.*

Kvæfjordkake: The World’s Best Cake Recipe

This celebratory cake is easy to make and can be made a day in advance of a big event. The only tricky part is assembly – take it steady and be careful when you flip it!

Serves 12

Ingredients:

For the cake:

- 150g (1¼ cups) flour
- 1½ tsp baking powder
- 112g (½ cup) lightly salted butter, at room temperature
- 125g (½ cup plus 2 tbsp) granulated sugar
- 4 large egg yolks at room temperature
- 60ml (¼ cup) milk
- 1 tsp vanilla extract

For the meringue:

- 4 large egg whites at room temperature
- 200g (1 cup) granulated sugar
- 50g (½ cup) sliced almonds

For the custard:

- 50g (¼ cup) granulated sugar
- 2 large egg yolks at room temperature
- 2 tbsp cornflour
- 480ml (2 cups) whole milk
- ½ vanilla bean, split lengthwise, or 1 tsp vanilla extract

For the top:

- 300ml (1¼ cups) double cream

Method:

Step 1 For the cake, preheat the oven to 165C (325F). Butter a 40 x 30 cm (16 x 12 inch) rimmed baking sheet and line it with baking paper (parchment), pressing down so the paper sticks to the baking sheet.

Step 2 In a medium bowl, whisk together the flour and baking powder.

Step 3 Fit a stand mixer with a paddle attachment and beat the butter and sugar together until light and fluffy. Add the egg yolks, 1 at a time, beating until incorporated. Add the milk and vanilla and beat until blended. Add the flour mixture, beating until incorporated; the batter should be somewhat thick and sticky. Using a rubber spatula, carefully spread the batter evenly across the prepared baking sheet, going as far to the edges as possible, while maintaining a rectangular shape.

Step 4 For the meringue, in a stand mixer fitted with the whisk attachment, whip the egg whites on medium until foamy. Gradually add the sugar, whipping until glossy stiff peaks form. Pour the meringue over the batter on the baking sheet and use a spatula to spread it evenly, lifting upwards to form little peaks. Sprinkle the sliced almonds on top. Bake for about 30 minutes, or until the meringue is dry and lightly golden. Set aside to cool.

Step 5 For the custard, in a large bowl, whisk together the sugar and egg yolks. Add the cornflour and whisk until thick and pale yellow.

Step 6 Put the milk in a small saucepan. Scrape the seeds from the vanilla bean into the milk and add the scraped bean (or add the vanilla extract). Warm over medium heat until just beginning to simmer then remove from the heat. Remove the vanilla bean, then slowly add the milk to the egg yolk mixture, whisking constantly to avoid curdling the eggs. Pour the mixture back into the saucepan and place over medium heat. Cook, stirring constantly, until thick. Set aside to cool.

Step 7 For the whipped cream, whip the heavy cream until stiff peaks form. Fold into the cooled custard.

Step 8 To assemble, use the paper to lift the cake out of the baking sheet and place, meringue side up, on a large cut-



ting board with the long sides horizontal. Cut the cake vertically in half so that you have two equal size cakes. Carefully hold a large serving tray with one hand over the top of one of the cakes. Place the other hand under the cake, and flip it over onto the serving tray, so the meringue side is facing down on the tray. Peel away the paper. Spread the custard cream over the cake on the serving tray. Peel away the paper from the other cake and gently place it, meringue side up, on top of the custard cream to form one cake. Chill in the refrigerator for an hour or so before serving. Keep covered in the refrigerator for 3 to 4 days.

(Reprinted from *Norwegian Baking Through the Seasons* by Nevada Berg, Penguin Random House, April 2023.)



Bare tre av ti unge vil bli konge eller droning

Spør du barn om hva de vil bli som store, er det mange ulike svar.

Noen av svarene som går igjen, er konge eller prinsesse.

Forandrer det seg med tiden eller vil unge faktisk inn i kongehuset?

Undersøkelse

Undersøkelsen ble gjennomført av Norstat og ringte rundt til 1.000 mennesker mellom 16 og 20 år. Spørsmålet var:

Kunne du ha tenkt deg å bli konge/dronning av Norge?

63 prosent sa nei, 28 prosent sa ja, og 9 prosent visste ikke.

Mye ansvar

Carl-Erik Grimstad er statsviter og kongehusekspert.

– Hvorfor tror du at bare én av tre unge vil bli konge eller dronning?

– Det har vært mye fokus på alt ansvaret ved en sånn jobb, sier han.

– Livet er på en måte litt bestemt for deg når du er kongelig. Unge folk vil gjerne bestemme selv og ha alle muligheter åpne, sier han.

Grimstad forteller at kongelige får gjøre mye spennende. De får representere landet vårt, og reise verden rundt. Men det er mye ansvar.

– Du må lære seg å holde taler og så må en oppføre seg veldig bra. Hvis du gjør noe eller sier noe som blir dumt for kongehuset, så har du ikke gjort jobben sin, sier han.

Må gifte seg

– Tre av ti unge ønsker å bli kongelige. Har de noen sjanse?

– Da må man gifte seg med Ingrid Alexandra, sier han.

Hvis Norge avslutter det kongehuset vi har nå og setter inn en ny kongefamilie, kan det også være en sjanse.

– Det tror jeg ikke skjer. Men hvis kongefamilien selv vil slutte å være kongefamilie, må Norge velge om vi skal fortsette med en ny kongefamilie eller ikke. Da tror jeg mange i Norge stemmer nei, sier han.

<https://ung.forskning.no/arbeid-skole-og-utdanning/bare-tre-av-ti-unge-vil-bli-konge-eller-dronning/1972236>

The Translation

Only three in ten young people want to become king or queen

If you ask children what they want to be when they grow up, you'll get many different answers.

Some of the recurring answers are "king" or "princess."

Has this changed over time, or do young people actually want to enter the royal house?

A Survey

Norstat conducted a survey, calling around 1,000 people between the ages of 16 and 20. The question was: *Would you want to become king / queen of Norway?*

63 percent said no, 28 percent said yes, and 9 percent did not know.

Lots of Responsibility

Carl-Erik Grimstad is a political scientist and royal house expert.

Why do you think that only one in three young people want to become king or queen?

"There has been a lot of focus on all of the responsibility involved in that kind of job," he says.

"Life is in a way a bit pre-determined for you when you are a royal. Young people want to decide for themselves and keep their options open," he says.

Grimstad says that royals get to do a lot of exciting things. They get to represent our country and travel the world. But there is a lot of responsibility.

"You have to learn to give speeches and you have to behave very well. If you do something or say something that is embarrassing for the royal family, then you have not done your job," he says.

Need to Marry In

Three out of ten young people want to become royalty. Do they have a chance?

"Then one would have to marry [princess] Ingrid Alexandra," he says.

If Norway were to close the current royal house and install a new royal family, there would also be a chance.

"I do not think that will happen. But if the royal family itself wanted to stop being a royal family, Norway would have to choose whether we would continue with a new royal family or not. In that case, I think many in Norway would vote no," he says.

Kvæfjordkake:

Continued from page 16.

"It's the national cake of Norway," said **Nevada Berg**, who published her second cookbook, **Norwegian Baking through the Seasons**, in April 2023. The book features 90 sweet and savoury recipes, including traditional baked goods for Norwegian holidays and other special occasions. In addition to authoring cookbooks, Berg publishes a blog called **Northwildkitchen**, and also offers in-person cookery tours around Norway and online cookery classes.

"I love this cake! It definitely lives up to its name. It is one of the first cakes I had in Norway," said Berg, who moved from Utah in the US to Norway in 2015. "There are so many amazing flavours and interesting regional traditions in Norway and it's good to be able to bring them to the world. The Norwegian cake tradition is very different to the US one. There are not so many ingredients and fewer nationalities influencing how cakes are made."

The origins of *Kvæfjordkake* date to the 1930s, when cattle farmer and baker Hulda Ottestad bought some recipes from a Danish pastry chef to expand the range

of cakes she was offering at Café Alliance, the bakery she ran with her sister in Harstad, a small city in Northern Norway. One of the cakes was the *kongekake*, a Danish cake that used a lot of almonds. Since the nuts were pricey, she adapted the recipe and cut back on the quantity of nuts. In time, the cake grew in popularity and the recipe was tweaked as it passed around homes. It became known as the *Kvæfjordkake*, after the Kvæfjord area Ottestad came from.

In the 1970s, the Norwegian newspaper **Norsk Ukeblad** featured the cake, and it became a national success. Thirty years later, in 2002, **Nitimen**, a national radio show, asked its listeners to help them choose the best cake in Norway, and the *Kvæfjordkake* was unanimously voted as number one, above the *kransekake*, carrot cake, marzipan cake and chocolate cake. It has since become known as "the world's best", in Norway at least.

The cake is now recognised as the official cake of Norway, and is still eaten with much pride in Kvæfjord today. Next to the ferry port in the town of Refsnes, Susanne Hentschel runs a garden cafe called **Refsnes Matglede** with her husband. They see a lot of demand for the creamy, custardy creation.

"It's one of the bestsellers in our coffee shop," she said. "If four Norwegians come for a coffee, unless they are feeling very experimental, they usually order four slices of *Kvæfjordkake*. Swedes might order four different types of cake, but Norwegians usually choose this one."

When at home, Berg's advice on making the world's best cake is to take it slow when you come to the final assembly stage.

"I was told it would be quite difficult to make, but it has turned out for me to be a very forgiving cake," she said. "The homemade custard looks daunting to make, but it's not. The meringue is not baked like a pavlova, where you have to have a certain temperature to get it just right."

"The hardest thing is at the end, when you have to divide the cake in half, with the meringue flipped to the bottom," cautioned Berg. "Timing it and making sure it doesn't break is tricky!"

BBC.com's World's Table "smashes the kitchen ceiling" by changing the way the world thinks about food, through the past, present and future.



Useful Links:

- **Sons of Norway Solglyt Lodge #4-143 - Edmonton** - sofnedmonton.ca
- **Solglyt Lodge on FaceBook** - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **Sons of Norway Valhalla Lodge #4-341 - Calgary** - <http://www.sofncalgary.ca>
- **Sons of Norway District 4 (Alberta, Montana, North Dakota and Saskatchewan)**
- <https://www.sofn-district4.com>
- **Sons of Norway District 7 (British Columbia)** - <http://eidsvoldsofn.com/index.htm>
- **Sons of Norway Foundation in Canada** - <https://www.sonfic.ca>
- **Sons of Norway International** - <https://www.sofn.com>
- **Scandinavian Studies Association - Edmonton** - <https://www.scandinavianstudies.ca>
- **Trollhaugen Language, Arts & Culture Camp** - <https://www.trollhaugenalberta.com>
- **Torskeklubben of Edmonton** - <https://www.torskeklubben.ca/>
- **Norwegian Laft Hus - Red Deer** - <https://www.norwegianlafthussociety.ca>
- **Norsk Høstfest** - <https://hostfest.com>
- **Welcome to Norway** - <https://www.visitnorway.com>

