

Midnattsol

(The Midnight Sun)



Note from the editors

Summer is upon us, although as we are writing this, the rain is pounding on the window. Let us hope the rain will not swallow up our summer, and that we will have our few glorious months with lots of sun and warmth!

We want to thank everyone that gave us such wonderful feedback on our last newsletter. It truly made our day and makes us all the more motivated to present you with a fun and informative newsletter. Please keep the comment and suggestions coming. The more input from you on what you like the better the newsletter will be!

In this issue we are introducing another section, namely the Kids' Korner! Mattias kicks off this new segment with a story of his spring holiday in Norway. We are also including a joke from now on, as several have requested this. If you have any good jokes to share please let us know. You will also find lots about lefse here, so we will call this our lefse edition.

In this issue you will also find Alfred Hovdestad's information on the Folkfest progress, as well as our President's report. Omar Aschim and Kirsten Lester are already preparing for our next NorSkole year and you will find all the information you need to enroll for the fall semester. Enjoy!

God Sommer from all of us to all of you!



Newsletter
Saskatoon Norwegian
Cultural Society
Box 703,
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JULY
2011

The Lefse Edition

Presidents Report - June 2011

There has been very little business or activities since school closing and the St. Mai Celebration. Many thanks to the Sons of Norway for arranging for the Norwegian flag to be flown at city hall and the wonderful Viking Feast at the Parktown Hotel. Our language school dancers were much appreciated. I brought greetings on behalf of the SNCS. Bjorn Tokle was recognized by the Sons of Norway for his dedication and hard work. He is also on the city-wide Folkfest Board, as a representative of the Saskatoon Norwegian Cultural Society as we're the sponsoring organization with Folkfest. I also was at the school closing and thanked the teachers, parents and students for a great year of learning the language and culture of Norway.

It has been a very busy time for me this spring. I have appreciated the many cards and calls April 19 on the death of my mother. She was 85 and lived in the Cabri district all her life. She was one of ten children raised by true Norwegian pioneers and only spoke Norwegian at home until going to country school. She attended St. John's Lutheran church, worked at SaskTel, and then with my dad in the family general store for nearly 30 years. My roots remain strong to my hometown of Cabri - most of my family and some wonderful people, many of whom are of Norwegian ethnicity as well. I will have time for memories and tears as we clean out her house in July.

June has been a time to embrace my 35 years in the classroom and my superannuation/retirement. I have had many wonderful gatherings and many words of praise and encouragement as I enter a new phase in my life. I have enjoyed my 14 years at Nutana Collegiate, teaching History, Law, English, Work Education, Career Guidance and Library (archives). I leave the "school on the hill", as an honored alumnus of Nutana. I have been a part of its wonderful history and new initiatives. Nutana means 'new beginnings' and it will now be time for that for me. I have no immediate plans to move - but to enjoy my family and especially, grandson Nait. I have plans to travel to Ottawa with Encounters Canada (forum for young Canadians who all stay at the Terry Fox Centre) and then to Palm Springs during the winter. I am hoping to substitute teach, swim daily and get fit, return to music ministry. I hope to see more of Canada, Hostfest in fall and maybe Norway (for the first time) next summer. My time as your president will end in the New Year as well.

In the mean time, we are getting ready for Norway Pavilion at Folkfest. Margaret Kleiv will soon be phoning so please volunteer of your time and energy. If you are a craftsperson or know of someone, please give Alice Olson a call, and set up a display table in the gym. I am hoping many of you have already helped with the Lefse Bee and baking days.

Also, if you know of someone who can assist with Norwegian Language school instruction or Folkdancing, please give Omar Aschim or Lori Morris a call. Drop by their booth at Folkfest, and sign up for classes.

I hope everyone has a relaxing and enjoyable summer... but remember we need your assistance on August 18 (set-up) 19, 20 & 21 (clean-up) at Holy Cross. Alfred Hovdestad and his committee have many new things planned, but need the support of every volunteer! The theme is Norway - Land of the Trolls! See you there!!!

I know some of you have relatives visiting from Norway or are planning to go there. Safe travels, much relaxation and much laughter, in whatever you are doing during your vacation time. I have not seen Saskatoon so beautiful - enjoy the festivals and weather right here at home too!

Till fall. Dennis Moffat, President. SNCS.



THE ANNUAL LEFSE BEE

This spring we had a very successful Lefse Bee. Under the competent direction of Joan and Lori, over 200 volunteers made almost 2,000 Lefse. During those days we used about 750 pounds of potatoes, 20 doz. eggs, 2 bags of sugar, 11 bags of flour and about 70 pounds of butter!!! It started with over 30 volunteers cooking the huge load of potatoes on Thursday night, and continued with approximately 35 volunteers at each shift (morning and afternoon) for the next three days. The volunteers were both young and old – the youngest 4 years and the oldest over 80 years. Quite impressive!



The next on Joan Stalwick's list of things to do is the Baking Bee and it will be held on July 23 and 24. We will be baking cookies, rosetts, Hardanger lefse and cake.

Joan is also planning to have a Meatball Bee sometime in August and needs volunteers for this too!

Please call Joan at 242 9289 if you would like to volunteer.

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Newsletter

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Want to be a part of the Board of Directors?

We are in need of:

- Vice President
- Social Director
- Assistant Social Director

Please consider spending a few hours a month to bolster and maintain our great Norwegian Cultural Society.

*Some upcoming dates to put on
your calendars:*

Baking Bee: July 23 and 24th

Folkfest: Aug. 18, 19 and 20th

*Norskole registration: Sept. 12th at 6.30pm
-Aden Bowman Cafeteria*

Høstfest: Sept. 21st - Oct 1st

<http://www.hostfest.com/>

*For more information or to volunteer for
baking bee and for Folkfest, please call
Margaret Kleiv at 343-7037.*

The Lefse House Bakery, Camrose (thelefsehouse.ca)



When travelling to or from Edmonton, consider a stop for lunch or take-out at *The Lefse House* in Camrose. They have just about everything you could think of, both on the menu and for takeout.

The pickled herring is to die for (not from). Lingonberry jam is excellent and an outstanding treat. All of the other treats which we sell at Folkfest are there to be bought plus extras like rullepølse which is hard to find unless made at home.

We didn't try the potato lefse due to avoiding calories but we did buy their Hardanger lefse

and later tasted some of it at home. It had been made on a griddle and was a disappointment to me. The best I have tasted was in Norway, baked on a cookie sheet, layered with icing sugar and butter, and cut into small squares. That was a secret recipe, only handed down from mother to daughter so I could not have a copy! Anyway, I did make a similar lefse later at home from a recipe in a Valdres newspaper. It was passable, but definitely not as good!

There are two main categories of lefse, the kinds made with potatoes and the kinds not made with potatoes. The latter have various names such as Hardanger lefse, Nordlands lefse, Valdres lefse and so on. With secret family recipes it is no wonder there are so many kinds in Norway. There are also a great many potato lefse recipes used here. I would also divide them into two categories; those with additives that make a mushy product, and those made of basic original ingredients which are nice and chewy! I prefer the latter!

The Lefse House washroom even has a supply of *Hjemmet* magazines! But don't spend too much time there. Be sure to visit the Tourist Information Centre to see its lobby filled with a one half size Viking Longship of authentic design and construction. It was built by an expert from Norway and after its use on the water, was put into the lobby before the end wall was closed in. Flower boxes along the main street, leading toward *The Lefse House* all are painted with rosemaling. Camrose also has many fine art galleries, and Augustana College, now part of the University of Alberta.

- Omar Aschim

Norwegian Summer Food

I'm always on the lookout for interesting summer recipes that require little to no cooking, are fast and nutritious, and are different from typical Canadian fare, i.e. the ubiquitous jellied salad. Not that there's anything wrong with lime jello and cottage cheese, but sometimes....my palate craves something a bit different.

So in light of that, I asked one of the editors of this newsletter, Heidi, and she suggested a Salmon and Cucumber salad. It can be a light snack or meal, or a party food, or on the table with the barbecued vegetables. I've got a recipe for you to try, let me know how it turns out for you, or if you have a better one! Apologies to Norwegians everywhere if this isn't "authentic" Norwegian cuisine; I'm just trying it out!



Photo courtesy of:
<http://www.bbcgoodfood.com/recipes/3604/salmon-with-cucumber-salad>

Salmon and Cucumber Salad

Serves 4

4 ¼ pound salmon fillets
2 English cucumbers
¼ medium red onion, thinly sliced
6 Tbsp sour cream
1 Tbs red wine vinegar or fresh lemon juice
½ tsp dried dill
1 tsp sea salt
ground black pepper
extra virgin olive oil

Peel cucumbers and cut in half lengthwise. Scoop out seeds and slice thinly. Put in a colander and toss with salt. Let it stand about 30-45 minutes until several tablespoons of liquid have drained. Once drained, pat dry with paper towels and put in a medium bowl. In a separate smaller bowl, mix the onion, sour cream, vinegar, dill and pepper. Pour over cucumbers and toss to coat. You can chill this for an hour or so prior to putting with the salmon.

Preheat barbecue, brush grill lightly with oil. Grill salmon fillets, seasoning with salt and pepper. Be sure to cook salmon carefully so it doesn't dry out, but is fully cooked (should flake when you pull at it with a fork).

Remove from BBQ and flake the salmon into a bowl. Mix with the cucumber mixture and serve. (Alternatively, you can just keep the salmon fillets whole and spoon the cucumber mixture over and beside the salmon).

Enjoy!

SOHL – Omar Aschim



This picture of two of our spark racers was one of four different Heritage Language School activity pictures on the glossy cover of the 2010/2011 Annual Report of The Sask Organization for Heritage Languages (SOHL). Its annual general meeting was held in June. I retired from the Board as Vice President. I thought that if senators can retire at this age then so can I; however I am still on one of the committees. SOHL will have its annual workshop / conference here this fall. We will need representation at it in order to qualify for our full grant from SOHL.

Remember that great cultural weekend in March? Has everyone seen the relay spark races on YouTube? Just go to: Google-YouTube-Saskatoon Norwegian, and turn up the volume! Katherine and Kat did a fine job of it.

Our race idea came from seeing a clip of spark races at Hurdal, Norway on Norwegian TV. I sent this info to Norwegian TV but never heard back as to whether they used any of it.

NorSkole Youth~Adult Beginner Course

It will be held on Mondays again at Aden Bowman, from 6:30 to 8:30 PM, with a short break in the middle. Last year's course material was experimental and I knew that it would require changes. These changes are now almost complete and the new material can be viewed at the school booth at our Folkfest Pavilion. The new material is in the form of a workbook which will make study much easier. Almost everything will be issued at the start of the course to avoid the confusion from missing any handouts.

Also all of the lines containing Norwegian are numbered and are in large font which will make classroom work more efficient. We will not use classroom time for the cartoons as before, but they will be available to those who want them as a separate purchase. I have received E-mail inquiries from new perspective students, and many plan to repeat the course. Repeating is a wise idea as the second time through, the concepts become much easier. We will continue to use the folk song CD, and the self study CD for both listening comprehension and pronunciation.

The intermediate "Tuesday Group" will resume on Tuesdays, as last year.

Some volunteers are required again to meet the public at our display booth at our Pavilion. Please advise if you can help at oaschim@shaw.ca or at 373-3992. Most of our new students are recruited each year from contacts made at our display booth so this function is extremely important.

Omar Aschim





Mattias Norway Journal (May 16th to June 6th)

- May 17th is a big day in Norway. It is Norway's birthday and everybody celebrates with lots of parades, ice-cream, candy, treats and fun. We enjoyed 17th of May with our friends and family, and almost everybody wore bunads.
- The next day we went to the old part of Fredrikstad called Gamlebyen - it is over 2000 years old. We had soda and Skolebolle (Sweet bun with icing and coconut sprinkles). Then we went and fed lots of ducks and other birds.
- On the weekend we visited our Grandmother and Grandfather in their cabin in Sweden. All our Norwegian cousins were there too. We looked at Grandpa's new boat, played outside and ate lots of candy. They gave us gifts too.
- One day Mormor's (Grandma's) cat fell out of the window. It was very high, but she was OK.
- On the next weekend we visited some friends, Martine and Erlend. They had a bunny called Snurre. She fell asleep in Maria's arms!
- Our Mormor works at a cat rescue place and we got to come with her. Lots of cats wanted pets. I just sat on the couch and played my Nintendo 3DS and they came over and wanted attention.
- We got to go to loads of toy stores in Norway. The toy stores in Norway are small but have lots of fun toys! I bought some things you can only find in Norway.
- The day after we went for a long walk in the forest. We also climbed trees and a tall view tower called Spriklet.
- Our mormor took us to Sweden and we went to two huge candy stores and bought lots of candy. Sweden and Norway are almost the same I think.
- One day the weather was so nice we spent almost the whole day at the beach. We barbecued, played, and caught crabs with our friends and family.
- Our cousin Ida came to visit us and we spent the day in Gamlebyen where we ate treats and fed ducks.
- On our last day we packed and had supper with our family. Many people called and came over to say goodbye to us. We will miss Norway.



STYROFOAM CUPS AND PLATES

Members of Saskatoon Norwegian Cultural Society have noticed that at many of our great gatherings we often use Styrofoam cups and plates. The material used in Styrofoam is by most considered an environmental hazard, so we wonder if it perhaps is time to find a replacement for these harmful cups and plates?

Below is a list of ways Styrofoam is considered hazardous:

- Due to the presence of benzene in Styrofoam, it is inevitable that food in direct contact with the Styrofoam food packaging would be affected. This has been one of the main reasons why over 20 cities in the United States have banned the use of Styrofoam.
- Moreover, Styrofoam is barely biodegradable. In the absence of a suitable solvent, Styrofoam can last almost forever.
- When ingested by animals, it often blocks their digestive tracts, causes starvation, and ultimately death. As such, it is important to dispose of Styrofoam carefully.
- Styrofoam is often space-consuming. It is estimated that by volume, it takes much as much as thirty percent of landfills worldwide. This situation adds on to the problem of disposing Styrofoam.

So what do you say? Is it time for Saskatoon Norwegian Cultural Society to make a small contribution to help our planet and drop the Styrofoam?

Source: <http://www.all-recycling-facts.com/>



We Need You!

The SNCS Newsletter is your newsletter. The writers you read here are not intended to be the only contributors. Saskatchewan is rich with stories of accomplishments achieved by volunteers, and this newsletter is one of those accomplishments. Be part of it and contribute a story, a picture, a joke. Tell us about your Norwegian heritage. Share something for the next generation. The SNCS newsletter is as good as you make it!

To contribute, send your piece to the editors at norwegiangulturalsociety@hotmail.com. We look forward to putting it in the next newsletter. Last but not least, a big “mange takk” to all those who have already contributed!

Folkfest 2011

Preparations for the 2011 Norwegian Pavilion are almost complete.

This year we take a look at Trolls! Scary trolls! Hairy trolls! Two headed trolls! The legend of the trolls has influenced many artists, from Tolkien (The Hobbit and Lord of The Rings) to J. K. Rowling (Harry Potter) to the legend of The Three Billy Goats Gruff. Keep your eyes open! You never know where a troll might be hiding!

Our guest entertainer this year will be Gordy Lindquist - known to Høstfest patrons as Crazy Fingers. Gordy's zany antics and humor have earned him a large following in Canada, the United States, and beyond. Be sure to check out Gordy's performance at least once.

For local entertainment we have a 5 piece group from Dundurn known as the 3 Canadians (they sing better than they count!). And of course we will have all of your favorite foods - lefse, Norwegian meatballs, Rømmegrøt, Krumkake, and more.

You can even sign up for Norwegian classes - just in case you ever get captured by a Viking (or find a troll in your backyard)!

Alfred Hovdestad
Pavilion Manager



At Folkfest children will be selling the cookies made at the Baking Bee. They will be dressed as trolls and the proceeds will go to NorSkole. If you have a child that would like to help selling those cookies you can contact Joan Stalwick at 242 9289. The child does not have to attend NorSkole to be part of this.



One Sunday morning

One Sunday morning, the Lutheran pastor noticed Ole standing in the foyer of the church staring up at a large plaque. It was covered with names and small Canadian flags mounted on either side of it. The old Norwegian had been staring at the plaque for some time, so the pastor walked up, stood beside Ole, and said quietly, 'Good morning Ole.'

'Good morning Pastor,' he replied, still focused on the plaque. 'Pastor, vat is dis?' The pastor said, 'Well, it's a memorial to all the men and women who died in the service. Soberly, they just stood together, staring at the large plaque.'

Finally, Ole's voice, barely audible and trembling with fear asked, 'Vich service, da 8:30 or da 10:45?'



Are you missing something?

FOUND: After the Medieval Feast on May 17th, a short-sleeved brown cotton jacket with beaded embroidery. If you left it behind or remember seeing someone wearing it, please call Diane 373-3156

Lefse: Not Just For Norwegians

Photo Credits: Ava H.

Earlier this spring, when the teacher strike kept my kids home for a couple of days, my daughter Claire informed me that her school was holding a bake sale on May 27 to raise money for the Children's Hospital, and she wanted to bring lefse. I've only made lefse by myself perhaps once or twice before (i.e. not surrounded by the experts at the annual SNCS Lefse Bee), but Claire and Ava had had a lot of experience at a Lefse bee, so I was pretty sure we could do it. Claire also assured me it would be fun, so I made her peel the potatoes, which I said was "the MOST fun part". Oddly enough, she didn't agree.

The next day, we assembled all the parts we needed - the recipe, the equipment, the potatoes that had been boiled and mashed and left to sit overnight to drain. I had received a lefse griddle for Christmas, along with the canvas-covered rolling board and flipper. Unfortunately, I didn't have the piece that makes it all go a lot easier; the special hatched rolling pin with the canvas cover, but I remembered my mom making lefse in our kitchen on the farm. She didn't have the special grill, or the rolling board or pin, nor the flipper, and her lefse was good enough to satisfy her own father, whose parents had come from Norway in the early 1900s.

We mixed the ingredients and heated the griddle, and soon had some balls of dough ready.



I rolled the first ball out so thin you could see the writing on the canvas beneath it.



Claire carefully transferred it to the griddle.



As it cooked, we solemnly agreed that:

- a. we had to taste the first one to ensure that if the dough was inedible, we didn't waste time making a horrible batch AND
- b. to be cautious in our appraisal lest Thor smite our pride with Mjollnir



Finally, the first lefse was lightly browned on both sides and cool enough to eat.



Claire preparing for battle. The prize: the first lefse.



A mighty conflict ensued.

It took most of the day, but we made a batch big enough for Claire to take to school, even after we tested a lot more of it for quality assurance purposes. She had to explain what it was to a few people, but once they tried it, it sold like....well...potato hotcakes, and a considerable sum of money was raised for the Children's Hospital (not just from our lefse, of course).

And now, I must confess something here. I used my mom's recipe, not the Folkfest one, because she got it from her father, who taught her mother to make it. I found myself thinking that at some point in a not-so-distant history, my grandmother had peeled potatoes much like we had done. I imagined my grandmother setting them to drain, possibly over a bowl she had on the table, and maybe she used the potato water to thicken a soup she made later that day. I wondered if she had memorized the recipe from frequent use. She may have made it directly on the cast-iron stove, maybe in a pan, keeping the wood fire at just the right temperature so the lefse didn't burn. She probably had to tend children at the same time and prevent them from burning themselves when they wanted to help flip the lefse.

My kids learned a little bit about our family that day as I remembered family stories that my mom had shared with me. We weren't professing to be lefse experts, and weren't really even trying to keep a tradition alive. While creating and sharing food, we created new memories, and shared old ones, just like my mother and grandmother had done. That's really what tradition is, isn't it?

Parents...Grandparents...Aunts and Uncles

Come check out NorSkole for “deres søte små”
(your little cute ones)

We meet Mondays from 6:30-8:30 at Aden Bowman.

Children learn about Norwegian language, sport, song, culture and folkdance.

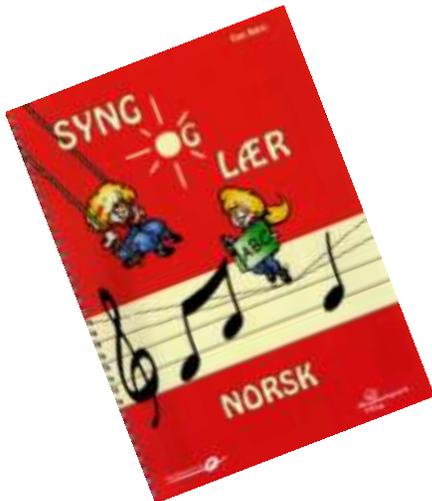
Drop in classes available.

Contact Kirsten Lester (492-4913) or

Kathrine Marshall (270-8666), for more information.

Come join us!

Registration will be at Aden Bowman cafeteria, September 12th 2011 at 6.30 pm.



The kids, performed at the 17. Mai celebration – got to meet the Major - Mr. Don Atchison