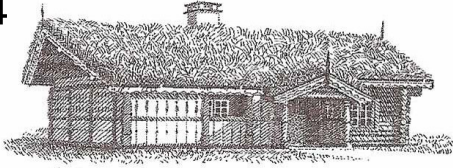


LAFT HUS NEWS

August 2024
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Editor:
J. Macrae



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< Our beloved friend and member, Syneva Baltimore, who graced us with her presence every Wednesday at the Laft Hus, passed away Friday morning. She will be dearly missed by many of us.



Syneva once posed for us in the troll mask, and now my little grandson, Aiden, dressed up in the troll outfit. (above)

Granddaughter Claire liked to dress in a bunad. She thought summer students, Skarlette and Elaura, should wear hats with their bunads! >



The Laft Hus has several different activities for children to do when they visit the Laft Hus. One is making a log house out of Lincoln logs. There are Norwegian puzzles to do, storybooks to read, and they can write their names in runes. Probably one of the favorite things to do is dress up like a Viking and have a sword fight outside the Laft Hus.



BUTIKK We just received a big order of new butikk items, as shown in the pictures.



The Islander hats are really nice! Or how about a Norwegian flag hat or a flask with a flag or Viking on it? The cast iron bell, coat hook and Velkommen sign are also really nice!



Check out the new cups, including the unique Viking horn mug.



< This is the last week for our Christmas in July 50% off sale, so come on in and have a look.

CHILDREN'S FESTIVAL

The Children's Festival put on by Family Services of Central Alberta was a big success with around 5,000 people going through Heritage Square and the Laft Hus.

Our children's axe-throwing games were very popular. >



NORWEGIAN LAFT HUS FESTIVAL

The Norwegian Laft Hus Festival June 22 was a resounding success, and we guesstimated there were about 500 people attending.



The mobile truck with axe-throwing for adults was popular.

Edie Madden demonstrated and handed out free lefse. (picture missing).

Anita Dupen (below) handed out free krumkake.



< Julie Macrae manned the desk and Square.



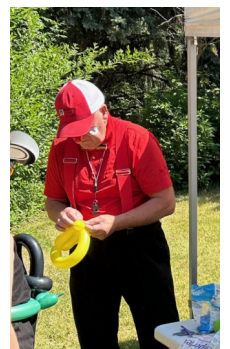
One of the Food Bank food trucks.



Vinland Vikings combat



Fanantullen dancers



Bouncy castle and balloon twister

Festival continued



The lundehund dogs greeted people as they came in the gate. The goats on the roof are always popular, as are the fjord horses.

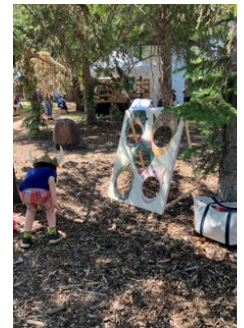


Don't forget Dylan Viste who came from Calgary and weeded the roof grass for us.

Playing kubb was popular, as were the children's games.



Judy, Edie, Julie & Anita with the fjord horses.



Sylvia Jones and daughter Laurel demonstrated rose maling painting. Popular demonstrations below are woodcarving (Len Tenpas), chainsaw carving (Bart Van Herwijnen) and chipcarving (Garry Bratland).



TUSEN TAKK (thousand thanks) to the festival committee (Karen Larson, Julie Macrae, Judy Windrim, Christine Finlayson and Keith McPhedran) for the great job of organizing this festival. Another big TUSEN TAKK to all the volunteers who helped set up and take down the festival, worked at the festival or demonstrated a craft at the festival. It wouldn't have happened without you! A special thanks to Ryan Finlayson, who not only sponsored the festival, but picked up, helped set up and take down and delivered all the canopies.

PUBLIC PROGRAMMING



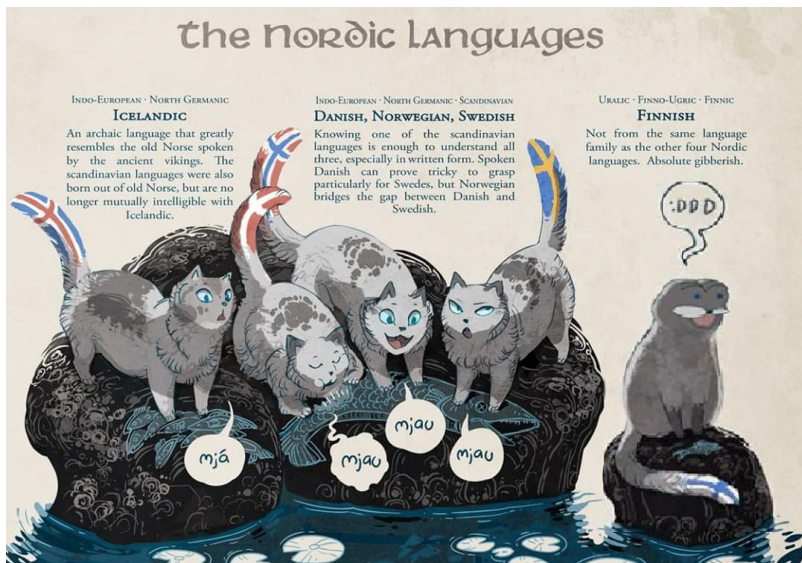
The children's Thursday program 'Laughter at the Laft Hus' had 7 children this past Thursday where our summer students taught them about Christmas in Norway. There are 4 Thursday sessions left: August 1, 8, 15 and 22. It's only \$25 per person and runs from 10:00 a.m. to 3:00 p.m., so pass the word to sign up by emailing norwegianlafthus@gmail.com or phoning 403-347-2055.

August 9 at 7:00 p.m. is an evening of song, storytelling and dessert by Janina Carlstad for \$10.



On Heritage Day Monday, August 5, from 10:00 to 4:00 the Red Deer Museum is putting on a free Hootenanny in Heritage Square. There will be folk music by 6 local musicians, an artisan market featuring 10+ vendors, a selection of food trucks, old-fashioned games and races, art activities, and more! The Laft Hus will be open and will be the Green Room for the musicians.

Then on September 7 there will be another free Festival in Heritage Square put on by the Central Alberta Historical Society from 11:00 to 4:00. There will be a tipi, actors, games, dancers, musicians, artisans and food trucks. The Laft Hus will be open as this will also be our Culture Days event.



TRAINS IN NORWAY

Norway's railways are serviced by three operators: Vy (rebranded from Norwegian State Railways in 2019), SJ (a Norwegian subsidiary of Swedish Railways) and Go-Ahead Nordic. Railways run from the south as far as Bodø in the north, and west from Narvik towards Sweden.

Norway's trains are pleasurable with porter service on selected stretches. Premium tickets include hot drinks and light refreshments. Longer itineraries feature trains with cafe service with everything from Norwegian chocolate and freshly baked goods to traditional Norwegian 'kjøttkaker' (meatballs) and local beer.



There are a couple top attractions in Norway that you can only reach by train. Finse, the highest point on the Oslo-Bergen railway, is one of them. Legends such as figure skater Sonia Henie and polar explorers Fritjof Nansen and Ernest Shackleton have travelled here for training purposes. The battles on the planet Hoth in the Star Wars movie The Empire Strikes Back were shot here.

There are sleeper trains between Oslo – Bergen, Oslo – Trondheim, and Trondheim – Bodø. However, I understand these night trains can be very bumpy and uncomfortable.

The Norient Express, the Norwegian equivalent to the Orient Express, is set to debut in 2025. This electric train plans to take travelers in luxury on a 6-day journey from Bergen to Trondheim. It has a high-end interior, observation deck, gym and a focus on sustainable and comfortable travel. The trains are designed using natural, Norwegian materials, providing passengers with an authentic and eco-friendly experience.

The only true high-speed train within Norway is the airport train (Flytoget), which shuttles between Oslo Airport (OSL) and the city centre in just 19 minutes. A high-speed train also makes it possible to get from Stockholm to Oslo in about five hours.

[I found the history of the Golden Train interesting as well:](#)

During World War II, Norway undertook a secret mission to transport its gold reserves from Oslo via the trainline to Åndalsnes as part of efforts to safeguard national assets from German occupation, sending it to safer locations, including overseas destinations such as the United Kingdom. The gold was disguised as mundane cargo, and secret routes were used to evade enemy patrols and checkpoints. Norwegian resistance fighters played a crucial role in facilitating this secret operation, united to undertake a perilous train journey through the stunning Romsdalen terrain.



RECIPE CORNER

It's blueberry season, so here's a recipe for you:



BLUEBERRY CHEESECAKE COOKIES

- 2 cups all-purpose flour
 - ½ teaspoon baking powder
 - ¼ teaspoon baking soda
 - ⅛ teaspoon salt
 - 1 cup sugar
 - 10 tablespoons unsalted butter, softened
 - 1 egg
 - 2 teaspoons vanilla extract
 - ¼ teaspoon almond extract
 - ⅓ cup sour cream
 - 1 ½ cups fresh blueberries
 - 4 ounces cream cheese, cut into 1/4-inch pieces and frozen
1. Preheat the oven to 350 degrees F (175 degrees C). Line 2 baking sheets with parchment paper.
 2. Whisk together flour, baking powder, baking soda, and salt in a medium bowl. Set aside.
 3. Beat sugar and butter in a large bowl with an electric mixer until light and fluffy, about 2 minutes. Mix in egg, vanilla extract, and almond extract until well combined. Add in 1/3 of the flour mixture and stir until just combined. Stir in 1/2 of the sour cream. Continue alternating additions of the flour mixture and sour cream, beginning and ending with the flour mixture, stirring until just combined. Do not overmix. Gently fold in blueberries and frozen pieces of cream cheese.
 4. Drop 1 1/2 tablespoon-sized balls of dough onto the prepared baking sheets about 2 inches apart.
 5. Bake in the preheated oven until the bottom of the cookies just begins to brown, 15 to 18 minutes. Cool on the baking sheets for 5 minutes before removing to a wire rack to cool completely.

Sven walks through the forest with his granddaughter. She spots some berries and asks what they are.

„That's blueberries“, he says.

„But they're red, grampa!“

„That's because they're still green“



Ole says: If you boil a funny bone it becomes a laughing stock. That's pretty humerus.



Lena says that a chemical in blueberries stimulates mental activity. Food for thought



SAMI

The name comes from what the Sámi call themselves, *sámit* or *sápmelaččat*. In Norway they were previously called “lapper” or “finner,” similarly “lappar” in Sweden and “lappalaiset” in Finland.

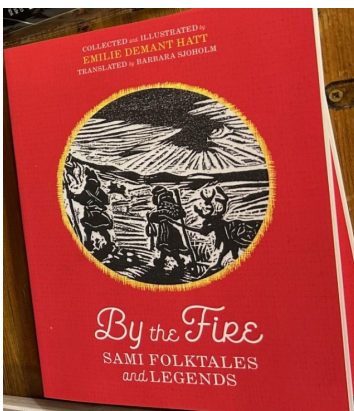
The Sámi are often known in other languages by the exonyms Lap, Lapp, or Laplanders, although these are considered derogatory terms by some, while others accept at least the name Lappland.



There's a new Sámi National Theater and Sámi High School and Reindeer Husbandry School designed by Snohetta located in the outskirts of central Kautokeino, Norway. The new facility will be dedicated to reindeer husbandry, traditional Sámi handicraft - duodji, culture, art, and storytelling.

Going in three different directions, the shape of the building is inspired by the innermost joint of the reindeer horn (highly valued by the Sami). It's the part of the horn that symbolizes different qualities and strengths but also represents two elements that unite. In fact, the name of the project Čoarvemátta comes from the Sámi words “čoarvi” and “mátta”, meaning “horn” and “root”. While the exterior resembles a cloth covering a wooden structure enclosing the space inside a lavvu, gathering the activities in the building under one surface.

LIBRARY



You can check out in our library this new book about Sami Folklore and Legends. We also have it in the butikk to purchase.



The Viking teaching kids about the armour.



MEANWHILE IN NORWAY

IMPORTANT NOTICE TO MEMBERS:

- ✓ Thank you to all of you who have paid your membership fee for 2024. There are quite a few of you who have not. We hope you will continue to support the Laft Hus with your membership. We want to keep sending you this newsletter, so please mail in your cheque (\$25 single or \$35 couple) or you can phone the Laft Hus at 403-347-2055 with your credit card information. Thanks so much!
- ✓ Also, if any of you would like to demonstrate a craft one day this summer at the Laft Hus such as rosemaling painting, hardanger embroidery, knitting, carving, cooking something Norwegian, etc., visitors love to see things like that happening.
- ✓ It also would be nice if you could volunteer to housesit on a Sunday afternoon. As well, we need someone to housesit on Tuesday, August 6 and Saturday August 24. Please email norwegianlafthus@gmail.com to let us know which day you can help us.
- ✓ If you didn't receive a copy of our by-laws or a copy of our membership list when you joined as a member, please ask for copies.
- ✓ Did you know your membership entitles you to check books out of our library? Also, after being a member for a year, you get 20% off any public programming classes and 5% off butikk purchases.
- ✓ There will be no monthly meeting in August. Also at the last monthly meeting it was decided to go back to having our meetings on the second Tuesday of the month at 4:30 p.m. We hope to see you at the September 10 meeting.

I got banned from the secret cooking society...
For spilling the beans.



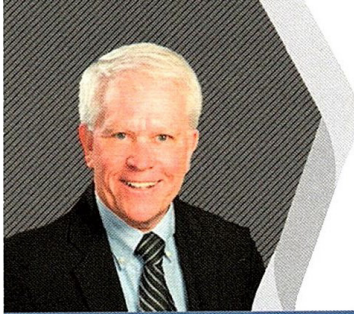


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