



Norwegian House Society

Avisa

Winter
2018/19



God Jul og Godt Nyttår

Wed., Dec. 12, 2018

Norwegian Family Christmas

Program includes: **Children's Crafts,**
Scandinavian Choir,
Caroling around the Christmas Tree.

6 pm: Kids Craft Area open

6:30 pm: Program starts

Norwegian-style rice pudding,
Christmas treats, coffee & juice,
goodie bags for the children.

NHS members: \$12 All Children: \$8

Non-member adult: \$15

Location: Scandinavian Community Centre, 6540 Thomas St., Burnaby, BC.

Reserve by December 7 by leaving a message for **Sonja** at 604-522-4567 or email:
sonjabusch@hotmail.com. Tell her # of adults & children, children's names, ages and if boy or girl.

We had record attendance in 2017, so book soon!

Sponsored by Norwegian House Society

Norwegian Christmas Service

Sat., Dec. 22, 2018

With Caroling around the Christmas Tree

6 pm: NOTE TIME CHANGE

Location: **The Danish Lutheran Church,**
6010 Kincaid St., Burnaby, BC V5G 4N3

Pastor Susanne Ivalo Rasmussen

Please bring a plate of Christmas treats,
fruit or chocolates to share after the
service.

Coffee & tea provided.

Adults & Children welcome!

Co-ordinated by: **Tine Moberg-Parker**

To volunteer with the service or food:

[email: tmpsailing@shaw.ca](mailto:tmpsailing@shaw.ca)

President's Report

Dear NHS Members

I am pleased to report that the concert co-sponsored by NHS and Swedish Cultural Society October 11 was a success.

The musicians were gifted performers and more importantly had a strong interest in Scandinavian composers, particularly women. The repertoire included Grieg but also several Swedish composers that most of us were not familiar with. The audience was very appreciative and the troupe was available at their break and afterwards to discuss some of the finer points of the music and the composers with attendees.

At the Centre you may have noticed a lot of work is being done on the field. The SCCS Board agreed to spend the money to repair and upgrade the main field to improve safety for walking on the field especially during the Midsummer Festival.

For several reasons the annual Seterskveld event organized by NHS and SofN Sleipner Lodge was transformed into a Meet & Greet on Fri., Oct. 19. We had more than 40 people attend to enjoy Ingeborg Bekken's delicious Rømmegrøt & home baked buns, and Linda Conway's pea soup. Everyone enjoyed themselves and we had several attendees from our Norwegian language classes, and some rather competitive board games.

NHS has access to a Friday evening every month at no charge for the rental. If you are interested in joining a Meet & Greet Event committee to help organize these informal evenings, please contact me at dmoulton@telus.net or 604-522-8182.

Volunteers please mark Sun., Jan. 27, 2019 in your calendars as the Centre hosts its annual thank you volunteer luncheon. Please leave a message at the Centre if you plan to attend.

On behalf of the NHS Board may I wish you all a very Merry Christmas and a Happy and Healthy New Year! God Jul og Godt Nyttår!

Beste helsing,
David Moulton, NHS President
604-522-8182
dmoulton@telus.net

Board of Directors NHS 2018/19

David Moulton, President
Contact: Tel: 604-522-8182
Email: dmoulton@telus.net

Ron Stubbings,
SCCS President

Carol Walters,
Vice President

Ingeborg Bekken
Treasurer

Marian Snowball
Secretary
Aaslaug Boulier

Anne Haug
Sherry Johansen
Thelma Nelson
Anders Ourom
Greta Reiten
Solvi Stokholm
Viktor Stokholm
Lauren Wick

Avisa contact: Marian Toft
mtoft@telus.net
'Reporters' wanted.

Congratulations

Ron Stubbings, a past president of Norwegian House Society, current President of the Scandinavian Community Centre Society and past-everything at Sons of Norway Varden Lodge has been elected Sons of Norway International President - the first Canadian to earn the honour!



NHS MEMBERSHIP

Annual Membership Fees

Single: \$25 Family: \$40 Student: \$15
Life Membership: \$225
Family Life Membership: \$360

OFFICIAL NORWEGIAN CONTACTS

Royal Norwegian Embassy in Ottawa

<https://www.norway.no/en/canada>

Tel: 613-238-6571

Email: emb.ottawa@mfa.no

After hours emergency contact:
(+47) 23 95 28 00

For questions re passports, citizenship, visitor's visa, residence permit, studying in Norway, visiting Norway, instructions on how to apply for your Norwegian pension or birth certificate, etc., check out the Embassy website which features links to other essential sites whether you are Canadian or a Norwegian living in Canada, as well as news of Norway.





Christmas in Norway

Christmas celebrations can extend over several days, with Christmas Eve being the large family day when gifts are shared in the evening and traditionally songs are sung while walking around the Christmas tree. Candle light takes the gloom out of the darkest, shortest days of the year, homes are decorated with natural greens, and clusters of grains are shared with the birds. Visiting with family and friends makes this a festive season, which is also a time to celebrate the return of the sun.

According to <https://stavanger-web.com/christmas-in-Norway.php> the most common Christmas dinners in Norway are "Pinnekjøtt" (steamed lamb ribs that have been salted and dried and sometimes smoked as well), and "Ribbe" (roasted pork ribs). Some people serve "Lutefisk" (stockfish in lye!) or cooked cod.

We will share their following recipe for a Pinnekjøtt dinner. Read through to figure out what is hardest to come by – the meat or the birch branches!

Pinnekjøtt has a good deal of bone fat, so allow about 500 g per person if it is served on its own; or 350 g per person if served with sausages.

Separate the salted ribs from each other with a sharp knife and leave them in coldwater overnight.

Gather enough fresh branches

from a birch tree (finger thick) to cover the bottom of your pot. Remove the bark. Put the branches in your pot and fill it with enough water to cover the branches. Place the ribs over the branches and cook until the meat loosens from the bone (about 2 hours). Be careful so the pot doesn't cook dry - refill water as necessary.

Broil the ribs for a few minutes in the oven and serve on a beautiful platter with sides of mashed kohlrabi (turnip) or rutabaga, boiled potatoes and mustard. Don't forget the aquavit and cold Christmas beer.

Mashed rutabaga

1 kg rutabaga, water, pepper, salt, cooking juices from the "pinnekjøtt".

Peel and slice the rutabaga and cook until tender in lightly salted water. Drain off the excess water. Add 1/4 cup of cooking juice from the "pinnekjøtt", as well as salt and pepper: mash the rutabaga. If you use milk instead of cooking juices, add a tablespoon of butter.

Rice Cream (creamy rice pudding/porridge)

3/4 cup whipping cream
2 tablespoons sugar
1 teaspoon vanilla extract
2 cups rice porridge

Blend the cream whipped with sugar and vanilla extract into the cold cooked rice. Serve with red fruit sauce on top. Rice Cream is often served with an almond hidden in one dish. The person who finds the almond gets a prize.

Cloverdale Sausage & Meat Ltd.

5804-176th. St., Surrey, BC

Tel: 604-372-4101

Open: Tues.-Sat. 9am-5pm,
Sun. 10am-4pm

★ **In response to customer demand, we have a large shipment of Norwegian products arriving in December.**

Available now!! Gjetost Cheese, Lutefisk, Rullepølse (lamb, pork, veal), Liverpate (Leverpostej), Salted Lamb Rib

★ **Specialty Shipment to arrive the first week of December to include:**

Freia: Chocolates, Raspberry Sauce, Instant Vanilla Sauce

Stabburet: Mors Thin Crisp Bread

Toro: Buttered Griddle Cake Pkg., Bergen Fish Soup, Pancakes, Yellow Pea Soup Pkgs., Creamed Cauliflower Soup Pkg., Potato Dumpling Pkg., Quick Rice Pudding

Lerum: Cloudberry Jam Heimefra

Sunnmor: Tinned Fishballs, Mackerel in Tomato Sauce, Cod Roe;

Nidar: IFASalt, Marzipan small pigs, Christmas Favoritter

Idun: Mustard; Mills: Remoulade Tube; **Saetre:** Fibre-Rich Sunflower, Pepit Biscuit, **Tine:** Piano Vanilla Custard

Pre-Christmas Celebrations

Fri., Nov. 30, 2018: 6 pm
Torskeklubben Julefest Christmas Dinner & Dance

Happy Hour 6pm, Dinner 7pm.
\$40 in advance – last year sold out.
Contact **Dave Buchmann 604-760-7705** or
Eric Olson 604-880-2405

Sat., Dec. 1, 2018: 7 pm
Scandinavian Business Club Annual Christmas Dinner & Dance.

Traditional Scandinavian
Smorgasbord Dinner 7-9 pm
Followed by music and dancing.
\$75/adult 19+, \$45/teen 13-18
Tel: **604-484-8238** or
Email: secretary@csb-bc.ca

Thurs., Dec. 6, 2018: 11:30 am
Sons of Norway Viking Lodge # 81 Christmas Party at Newlands Golf Club.

Thurs., Dec. 13, 2018: 6 pm
Sons of Norway Sleipner Lodge Annual 'Pot-Luck' Lutefisk Dinner: Sleipner will supply the Lutefisk and you bring a side dish or dessert. Before Dec. 7 Email juneruzas@live.ca or msnowball@bcpip.ca

Fri., Dec. 14, 2018: Noon
Scandinavian Seniors 55+ Christmas Lunch
\$15 each - ticket sales end Dec. 10
Enjoy a festive Christmas lunch.
Contact: **Laura Olufsen 604-294-0749**

Exercise and have fun:

Dec. 6th Boxing Day Skate at Eight Rinks
free admission usually late morning. Check <https://www.facebook.com/ScansportsBurnaby/> for specifics. Always fun for adults & children. Bring your own skates and helmets or rent at the facility.

Calling all Cross-country Skiers: check the Scandinavian Centre website for information about X-Country Race to be held in Manning Park on Sunday, January 20th.

Lip Sync Contest

Just a little
friendly
competition



Fri., Jan. 25, 2019: Finland House Society will host the My Play List Lip Sync Contest

FHS has put out a challenge we hope the Norwegian community will rise to and make us proud,

Do you have your favourite song saved to your phone? Do you sing along to the radio in your car? Is there a song that sometimes you just can't get out of your head? Here is a chance for you to get that song out of your head and into ours!

Your cell phone can be plugged into the Scandinavian Centre sound system to play your 'performance' music. Lip sync to your favourite song, or get your friends together and Sync as a group.

Celebrity Judges will choose the best performance! There will be prizes!

Need inspiration? Please visit finlandvancouver.com and click on Events to see Finland House Society President Paul Juoksu demonstrate how he Lip Syncs from his play list.

Reserve your spot now! There are a limited number of spots available! Register by email or phone:

Finlandhousesociety@gmail.com

Paul Juoksu 604 862 0765

Volunteers needed The Scandinavian Cultural Society, a small group of people dedicated to preserving the history and culture of the Nordic nations in B.C. is looking for volunteers, if not as organizers, then to help out for a few hours at events. Besides exhibits and events, they hold regular Genealogy sessions.

<http://www.scandinavianculturalsociety.org/>

The Norwegian 'Nisse'

In modern Norway there are apparently two main types of "nisser" - elves - old figures which existed long before the birth of Christ.

The most well known is the "Fjøsnisse" who takes care of the animals on the farms, is very short and often bearded and lives in a barn or a stable. He wears clothes of wool and often has a red knitted hat. The "Fjøsnisse" often plays tricks on people and may scare the farm dog at night. He can be very friendly with the people that live on the farm, but never forget to give him a large portion of porridge on Christmas Eve - or else he will play tricks on you.

The "Julenisse" (Christmas nisse) delivers presents to all the children on Christmas Eve.

<https://www.barnesanger.no/pa-laven-sitter-nissen.html> Go to this website and play the video To learn the classic song copied here: På låven sitter nissen med sin julegrøt.

På låven sitter nissen med sin julegrøt så god og søt, så god og søt. Han nikker, og han smiler, og han er så glad, for julegrøten vil han gjerne ha.

Men rundt omkring står alle de små rotter, og de skotter, og de skotter. De vil så gjerne ha litt julegodter, og de danser, danser rundt i ring.

Men nissen, se han truer med sin store skje: ``nei, bare se og kom av sted, for julegrøten min den vil jeg ha i fred, og ingen vil jeg dele med.``

Men rottene de hopper, og de danser, og de svinser, og de svanser, og klorer etter grøten og de danser, og de står om nissen tett i ring.

Men nissefar, han er en liten hissigpropp, og med sin kropp han gjør et hopp. ``Jeg henter katten hvis dere ikke holder opp! Når katten kommer, skal det nok bli stopp.``

Da løper alle rottene så bange, ja, så bange, ja, så bange, og de svinser, og de svanser noen ganger, og en, to, tre så er de vekk.



NORWEGIAN LANGUAGE CLASSES

Classes resume in the new year. To register or inquire: Sherry Johansen sherrymj@telus.net

Email your name, address, phone number, course wanted, and a comment about your Norwegian language skill level. With your child's registration, include age and special requirements such as food allergies. Expect a return confirmation. Register early as courses with insufficient enrolment may be cancelled. Students are welcome to register late; the instructors arrange much review at every class. Fees are prorated for late registrations. Our instructors will help you find the best course for you. You may also visit more than one course to help you decide.

Follow us on Facebook: <https://www.facebook.com/VancouverNorwegianLanguageClasses>

Melodies from Scandinavia

Coloratura Soprano Dr. Angela Yoon, Pianist Dr. Jason Terry, Pianist Dr. Tracy Lipke-Perry and Flutist Paula Gudmundson performed at the Scandinavian Centre Oct. 11, 2018 co-sponsored by NHS and the Swedish Cultural Society.

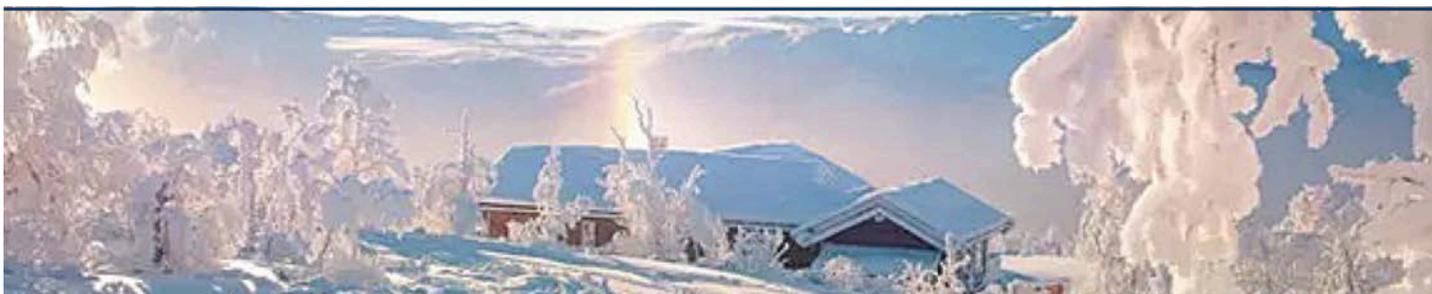
After the performance we wanted to know more. Jason, Assistant Professor of Music at Bradley University wrote: "We enjoy giving recitals that include lesser-known composers and works, and after first being introduced to Alfén's Skogen Sover by a faculty mentor, I chose to work on this piece. This led to me listening to and discovering the wealth of Scandinavian repertoire. After doing a few performances of this nature, we realized that including some more popular works (i.e., by Grieg) were a welcome addition from the audience's perspective.

At this point, this music has been useful not only to us as artists, but also as teachers. We have been able to expose our students to this literature as well as we all (students and teachers alike) continue to explore this rich heritage."

Paula, who has some Icelandic heritage, spoke of how her work with Tracy on Scandinavian female composers has led to a planned music related trip to Iceland.



Coloratura Soprano Dr. Angela Yoon, left, Pianist Dr. Jason Terry, Pianist Dr. Tracy Lipke-Perry and Flutist Paula Gudmundson



SONS OF NORWAY VIKING LODGE #81

Fund Raiser Cruise



7 Day Fund Raising Alaska inside passage cruise. Roundtrip Vancouver, Holland America Line "MS Volendam". MAY 22, 2019



Prices based on double occupancy in Canadian Dollars, subject to availability at time of booking, includes taxes and fees.

Not included: Travel Insurance, Transfers & Gratuities.

Lower prices may apply at time of booking, some restrictions apply.

BALCONY \$3093 per person
OCEANVIEW \$1830 per person
INSIDE \$1468 per person
Deposit \$438 per person

Canadian Dollars all taxes and fees included.

Contact **Inga** at 778-294-7284 or email: inga@imaginecruisetraavel.com
or **Anne Mari** at: 1-855-463-4391 or email: annemari.com

In consideration of other lodges and the 17th of May Celebrations, we have now chosen May 22, 2019 for the cruise and hopefully many of you will be able to joins us!

New Years Resolution for all NHS members

Just say: "Yes -Let's Go!"

<http://scandinaviancentre.org/events-calendar> to see what is happening.

If you are looking for unexpected cultural experiences, look no further than the Scandinavian Community Centre. Just say Yes – Let's Go and you will be happy you did.

Open invitations are offered to members and future members to all manner of meals, language, craft and cooking classes, cultural and historical events, musical performances, festivals, art exhibits, craft fairs, etc. Almost any day of the week. So in 2019 just say Yes –Let's Go – early enough to be included in the food count.

Especially if the event is organized by the Scandinavian Cultural Society. Presentations organized by the Cultural Society are always richly rewarding and provide opportunities for the community to contribute to the collective record.

A very small group is dedicated to producing the most interesting, professional, fun and informative events held at the Centre. And they are always reaching out to the community so you can share your family's history. See invitation elsewhere in this issue.

Irregular Fridays the various House Societies stage casual Meet & Greet events with limited food options and an opportunity to socialize. But expect the unexpected.

A recent event hosted by Sweden House Society introduced attendees to the famous Surstromming – the tin had to be opened outside on the deck - no airline will ship it (don't ask where it came from). The bravest got to sample what is described on the internet as the most disgusting national dish in the world - known as soured Baltic herring or Scandinavian rotten fish from Northern Sweden. It definitely smells like rotten fish. Lutefisk smells lovely in comparison.



In Memoriam

Bjorghild B. BARRETT

May 21, 1927 - March 30, 2018

Long time NHS member, Bjorghild, enjoyed participating with her husband in the Seniors Lunches and other events at the Scandinavian Centre.

She is survived by her loving husband of 64 years, Don, and daughters Elaine and Betty (Bob); brother Harold (Enid), sisters Solveig and Gudrun, as well as her grandchildren Erik (Shelby), Sarah (Tyler) and Hanna and great-grandchildren Mackenzie, Irie and Brody, nieces and nephews in BC, Alberta and England, as well as other family in Norway and BC.

The family wishes to express their gratitude to the staff at Augustine House (Haven House) for the excellent care Mom received the last 15 months. In lieu of flowers, a donation to Augustine House or the Alzheimer's Society of BC would be appreciated.

Call to Artists

The Scandinavian Cultural Society is pleased to announce our

2019 Art and Photography Show and Sale

***Art *Artisan Crafts
*Photography *Fabric Arts**

**Feb. 16-17,
2019, 11:00 a.m. to 4:00 p.m.
Scandinavian Community Centre**

including

**Special Saturday night
presentation by**

**Vancouver architect James Bligh
who will present his Scandinavian
travels seen through an architect's eye!**

To enter your work contact:

sonjabusch@hotmail.com

cthauber12@gmail.com Tel: 778 228-2334

Leif Erikson Day Festival

Another excellent Leif Erikson Day Festival was held Oct. 13, 2018 at the Scandinavian Community Centre and featured exhibits, films, speakers and presentation topics such as Viking History, Modern Iceland and Viking Heritage: Promises & Problems.

A presentation about the beautiful new Nordic Museum now open at 2655 NW Market St., Seattle, WA 98107 (Ballard), had people talking about car pooling to see the building and current exhibit: *The Vikings Begin* runs until April. 14, 2019

“Based on the latest research conducted on both historic and recent discoveries of Viking-era artifacts by Uppsala University in Sweden, *The Vikings Begin* tells the story of the Vikings of early Scandinavia (Sweden, Denmark, and Norway)—an intensely maritime society with a very close and important relationship to the sea. Uppsala University’s museum, Gustavianum, has produced this exhibition of original artifacts, reconstructions, and archaeological discoveries from early Viking Age society using cutting-edge research done by Uppsala professor Neil Price and his team. These objects tell the story not only of the person buried with them, but also of the world they inhabited: its social and economic makeup, its religions, and its culture.”



Nordic Museum Open 10am to 5 pm. Closed Mondays.

Tel: 1-206-789-5707 <http://nordicmuseum.org>

Make your plans now to visit and check out this new building, travelling and permanent exhibits and programs.

Call for Submissions Nordic Spirit 2019

April 13 and 14, 2019

Are We There Yet? Journeys to the New Land

Presented by the Scandinavian Cultural Society at the Scandinavian Community Centre, 6540 Thomas Street, Burnaby

How did your family get to Canada? What dangers and adventures did they encounter along the way? From the time of Leif Erikson until recently, travel from Nordic countries to Canada has been arduous and required imagination, resourcefulness, stamina and courage. Somehow we all managed to get here.

For our Nordic Spirit 2019 exhibit, the Scandinavian Cultural Society wants to find out about your family’s journey to North America.

The 2019 Nordic Spirit show continues the Cultural Society’s program of heritage collection and preservation. The SCS again invites members of our local community to contribute their photos, recollections and family stories of immigrant travel for this spring heritage photo show.

We are focusing on travel during the period up to 1960, but later information may also be useful. Rolf Buschardt Christensen, President of the Federation of Danish Associations in Canada, has already offered extensive material and photos he has gathered about early immigrant ships.



A young Norwegian woman Saying Goodbye

To donate photos or information, or to help with organization or preparation of the exhibit, please contact **Carolyn Thauberger** at cthauber12@gmail.com or tel: 778-228-2334