

HARDARGER NYNYETER

Happy 17th. Of May



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Upcoming Events

Come celebrate
Syttende Mai
with us...

June
Scandinavian
mid-summer
fest

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Celebrating Edvard Grieg



June Birthdays

08—Lloyd Coltman
08—Jean Christensen
26—James Alveberg
30—Janet Nesset



Da Yokes on Yu

Ole gives Lena a new cell phone for Christmas. The next day she's at Wal-Mart and the phone rings. Ole is on the phone and asks her how she likes her new cell phone.



Sven who worked at the gas station. Sven told him, "Ole, der's a way ta make da car easier ta sell, but it ain't legal." "Dat don't matter," replied Ole, "If I only can sell the car, dat's ok."

"Okay," said Sven. "Here's da address of a frienda mine. He owns a car repair shop. Tell em I sent you and he vill turn da counter in yer car back ta 50,000 miles. Den it von't be a problem ta sell yer car anymore."

Lena replies, "Great Ole but howda know I was at da Wal-Mart?!"

The following weekend, Ole made the trip to the mechanic. About one month after that, Sven asked Ole, "Vell Ole, did ya sell yer car?"

Ole tried to sell his car. He was having a lot of problems selling it because the car had 250,000 miles on it. One day, he told his problem to a

"No," replied Ole, "Vy should I, ya dummy? Now it only has 50,000 miles on it."

A Word from the President



Spring has sprung, or has it? Hope no one got flooded last week.

After two great weeks on a cruise to Hawaii with my clients, I am getting my backyard ready for our 17th. of May garden party. Hope we

will get some nice weather, but if not we will just have to celebrate inside.

At least we are only getting rain. My niece in Oslo got a surprise yesterday working at Froggersætra restaurant with about 10 inches of snow. The

weather has not been good. Even in Hawaii we only had a few days of sun.

Let's pray for SUN, ok! see you all at my house next Wednesday.

Masse hilsen

Ruth Wenche Gransjøen

Excerpts from Hardanger Lodge #109 Board of Directors

Held at the home of Wenche Gransjoen May 10th. 2017.

Treasurer's Report: Balance in the chequing account as of the end of April is \$2692.85. Outstanding bills of \$79.84 for the Leiflette and expenses for the April event are yet to be paid. Income from the April event was \$360.

Committee Reports

Social: The April 'You Make It' Scandinavian supper was well attended and was less work for everyone. 43 people attended. It was suggested that next year we invite our Danish and Swedish members to contribute their sandwich making skills.

Cultural: Norwegian language lessons are continuing Thursdays at 10 a.m. at Wenche's home.

Foundation: A large package of stamps was taken to Calgary by Darlene Osterlin in April. Moved by Irene McAvena, seconded by Wilf Akerlund that Darlene Osterlin be reimbursed for gas expenses for the trip to Calgary. Carried.

Continued next page

Board of Directors

Editor: The next issue of *Nyheter* will be sent out in May. Thank you to Gloria Benazic and Ruthie Johnson for submitting a story to the newsletter.

Publicity: Information about the Syttende Mai event will be put in the Daily Courier, Kelowna Capital News and Castanet.

Membership: No new members. Anniversary pins will be presented at the Syttende Mai supper.

Old business: Syttende Mai will be

celebrated at Wenche's home on Wed. May 17 with a potluck supper. Happy hour is at 5 p.m. with supper at 6 p.m. Members are reminded to bring their own dishes and a potluck item.

Scandinavian mid-summer fest at Father Pandosy Mission will be held Wednesday, June 21 at 4 p.m. with supper at 5 p.m. Participants are asked to bring a potluck item to share as well as your own dishes and a lawn chair. No alcohol is allowed at this event.

New business:

Cell phone numbers of Board of Directors were exchanged.

September's potluck supper could include a talk by lodge member and author, Annelis Myrberg.

Adjournment: Meeting adjourned at 2:00 p.m.

Next meeting: Wednesday June 7, 2017 at 1 p.m. at the home of Dale Acott, #314 2360 Baron Road.

Taste of Scandinavia



Even children are good cooks

This year our lodge tried something different for "Taste of Scandinavia". We call this year's event, "Learn & make your own Scandinavian Style Supper."

Our sixty customers made their own lefse, open faced sandwiches, Norwegian waffles and krumkake .

All ingrediants were prepared ahead of time at home by our lodge cooks. Our cooks instructed each customer as to how to place the ingredients on the sandwiches or how to roll out the lefse. They were asked to place a scoop of batter on the waffle iron and then they chose their own toppings. The same procedure was

done for the krumkake and they squirted the whipped cream and placed the strawberries into the krumkake.

There were some incidents where the whipped cream did not go where it should have and of course there were some dropsies.

This method proved to be very successful and a lot less work than having members do all the cooking. A lot of people learned how to roll out lefse, even the children did a very good job.

The cost per person was only \$10.

Words that the Vikings gave us

RANSACK -From the old Norse *rannsaka*, which means **to search a house**, this is clearly a word that has come to betray more about how the owners of the houses **felt** to have been searched, than the merits (or otherwise) of the search itself.

WINDOW—A *vinduaga*, is a **wide-eyed**. Referring to the ability to see things coming up outside of yur home while remaining sheltered inside it. Very descriptive group. The Vikings.

SLAUGHTER- Comes from *slatra* and, fittingly, that's the Norse verb for **butchery**



From January 2014 to May 2015,

Cal and I had a wonderful opportunity to live in Oslo. As consultant on the building of the new USA Embassy Cal was responsible for training and overseeing the European electricians installing a N.A. styled 110v power system rather than their normal 220v system. It was a challenge working with electricians from several countries (Sweden, Wales, Poland, Iceland, Denmark, Finland, Spain, Portugal, England, Lithuania, Argentina) as well as coordinating with other trades from several European countries -all performing under an American contractor!! Security measures onsite were extreme. But, it was a time that Cal and I still remember with so much fondness.

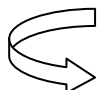
Having visited Norway on two other occasions, it was always wonderful to have family take you to see various points of interest but it is much different to have days and weeks to spend exploring special interests extensively. For me, the Folkemuseum and the Viking Ship Museum on Bygdøy, Oslo, were two of my favourites where I spent several days, finding new things each time. The Folkemuseum has a collection of "farms" moved from various sites dating back to different periods. An early farmhouse was one room, log construction, with a bench around the outer wall and a fire pit in the centre with a corresponding hole in the roof to let the smoke out. You realize that most of the smoke hung inside as the logs are fairly clear from floor to about five feet and then black, soot-caked logs up to the ceiling hole. Until the 1700's, there were no windows so the only light would have come from the smoke vent in the roof. A tenant farmhouse consisted of a small living quarters for the family, next to the barn for the sheep, across from the barn for the cows, and the top floor for hay and storage. A progressive step up was a later farmhouse with a corner fireplace with hanger pots for cooking, wood-framed box beds, and storage cupboards. The baby cradle hung on ropes over a roof support which allowed mom to gently swing the cradle. The stave church from Gol, Hallingdal and an old school with attached teacherage (housing for the teacher with a bed, a stove and table with chair) were also of interest. During the summer, they do various displays: making lefse, dyeing wool, children in the schoolhouse, etc. I also spent hours at the Viking Ship Museum. Each visit unveiled more and different treasures that were buried with these ships and once I returned to our apartment, I did computer research to fill in background information on these items. Vigeland/Frogner Park was not very far from our home so we often spent days, winter and summer, wandering around the statues and watching people from the comfort of the many park benches provided.

We did many day trips around the Oslo area - some for fun and some out of necessity. Strawberries in Norway are truly divine - small, dark red globes of sweetness and delight. The Drammen area has many hectares of strawberry fields so it was a great Sunday afternoon drive in the summer. Regular trips were always planned for Sandvika (about 20 minutes from our Smestad Apartment) to the Asian Market. Yes, "Asian Market"- was the one shop where we were assured of 'fresh' vegetables and in particular, lettuces, all year round. I think most Norwegians eat more root vegetables so the demand might not be so high for leaf lettuce, fresh ginger and garlic, but the Asian and southern immigrants have more vegetable-based dishes - hence the Asian Market was truly welcomed. As we lived right below Holmenkollen, Oslo's famous ski jump, we made a few treks up there. The ski museum was a wonderful history lesson on skiing and ski equipment over the years and the ride up to the top of jump tower is well worth the waiting time. Our daughter and husband from Kamloops came for a visit and Brock was planning to take the 361 metre-long zipline from the top of the tower to the bottom of the jump to see what it would be like to 'ski jump' but the lineup was so long, we would have been waiting for most of the day. I never considered trying the zipline - the tower is entirely enough for me!! What a view of Oslo and the fjords!

I was in Minneapolis for a Sons of Norway Board Meeting and then back to Canada, but Cal was in Oslo for the 200th anniversary of the Norwegian Constitution Day - Syttende Mai. I was so envious as I always wanted to be in Oslo for Syttende Mai and imagine the celebration for 200 Years!! He spent about five hours in the Palace grounds with thousands of children, bands and spectators.

Mathallen was a favourite place to go - the shops and restaurants provided a variety of foods and it was interesting to always see large scallops from CANADA! Reindeer and moose meat are available in all supermarkets and our Saturday dinners following a shopping trip were a loaf of fresh bread, 1.5 kilos of fresh cooked shrimp along with some aoli and a bottle of wine. Heavenly!

Continued on page



Living in Oslo

So much pre-prepared food is available so it seems many locals no longer cook much. My family also shared the fact that Norway is the highest consumer of frozen pizza in the world!! Sad. But after paying \$100 USD for two medium fresh-made, takeout pizzas once, I understand why they don't eat so much fresh-made! Alcohol is highly taxed so you made sure to stop at duty-free when you arrived at Gardermoen airport! We made several weekend trips to Pula, Croatia to spend time with Cal's family so we brought back wine and fresh olive oil from the farm.

I had thought my language skills would improve but whenever I tried to speak my horrible Norwegian, they immediately switched to English...I know they want to practice their skills but it kept me from improving mine. My uncle in Vikersund was very patient and always loved it when I tried my poor language skills on him. We spent a lot of time exploring Buskerud, Oppland, Akerhus, Ostfold and Oslo kommuner. We did a train trip south to Sandnes/Stavanger, bus and ferries to Bergen, then Bergen Train back to Oslo. The sights were incredible and even in May, there was lots of snow and skiers in the Finse area.

So many stories keep coming to mind but I will close for now. What a wonderful, wonderful experience we had in Norway and Cal and I often talk about missing Oslo. There was much more to see and do but our time passed so quickly. The memories and wonderful people would fill a book but for now, I hope I gave a little snapshot of this incredible journey.

Gloria

Norway Tops the Global Happiness

Norway Tops the Global Happiness Rankings for 2017 According to this year's World Happiness Report, Norway has jumped from 4th place in 2016 to 1st place this year, followed by Denmark, Iceland and Switzerland in a tightly packed bunch. All of the top four countries rank highly on all the main factors found to support happiness: caring, freedom, generosity, honesty, health, income and good governance. Their averages are so close that small changes can re-order the rankings from year to year. Norway moves to the top of the ranking despite weaker oil prices. It is sometimes said that Norway achieves and maintains its high happiness not because of its oil wealth, but in spite of it. By choosing to produce its oil slowly, and investing the proceeds for the future rather than spending them in the present, Norway has insulated itself from the boom and bust cycle of many other resource-rich economies. To do this successfully requires high levels of mutual trust,

shared purpose, generosity and good governance, all factors that help to keep Norway and other top countries where they are in the happiness rankings. All of the other countries in the top 10 also have high values in all six of the key variables used to explain happiness differences among countries and through time - income, healthy life expectancy, having someone to count on in times of trouble, generosity, freedom and trust, with the latter measured by the absence of corruption in business and government. Here too there has been some shuffling of ranks among closely grouped countries, with this year's rankings placing Finland in 5th place, followed by the Netherlands, Canada and New Zealand; and Australia and Sweden tied for the 9th position, having the same 2014-2016 score to three decimals. The USA is a story of reduced happiness, according to the report. In 2007 the USA ranked 3rd; in 2016 it came in 19th.

Spotlight on Vesterålen



Vesterålen, nicknamed the "Green Alps," is known for its soft, lush landscape and its prime location for viewing Norway's stunning Northern Lights. The archipelago comprises six municipalities over four large islands and is located just north and east of Lofoten. Located on the edge of the continental shelf and given its proximity on the Gulf Stream path, Vesterålen is an excellent site for whale watching. In fact, the Whale Center in Andenes offers guaranteed whale-watching safaris. Other activities for travelers include hiking, kayaking, fishing and lighthouse experiences. Want to learn more about this northern destination? Check out www.visitvesteralen.com.

Veiled Peasant Girls (Tilslørte bondepiker)

Authentic Norwegian Cooking Astrid Karlsen Scott • ½ lb. apples • ½ cup water • 3/8 cup approx. sugar • 2½ tbsp. butter • 2 cups white bread, dried and ground • 3/8 cup sugar • 1½-2 cups heavy cream • ½ tsp. pure vanilla extract Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not

to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool. Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread can easily be burnt if it is not

stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool. Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce and whipped cream in a glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish.



Serves 4

Kids will now have time to eat

Kids Will Now Have Time to Eat Schoolchildren should not have to gobble their lunches. The [Norwegian] government wants kids to have 20 minutes to eat. "Now the children will have time to eat their lunches. It is important to set aside time for this. Both for diet and health," says Torbjørn Røe Isaksen to news agency NTB. He is [Norway's] Minister of Education. The government and Norwegian Directorate for Health and Social Af-

fairs want children to have more time to eat. They advise about 20 minutes for lunchtime. For everyone. "We know that mealtimes at many schools disappear into many other things. Some students in Norway receive five or ten minutes to devour their lunch. No more," says Isaksen. This advice is part of a plan for a better diet. It applies to all of Norway. Only half of the primary schools in Norway have a lunch break of 20 minutes.

Schools and municipalities get to decide how the school day goes. And how long students will have for breaks. "Kids get very little time to eat. Many parents will recognize this. It creates bad attitudes towards having a good lunch break," says Isaksen. "The government does not want to control municipalities. They're calling it a request. But that could change if schools don't follow suit," he said.



A Challenging Road Trip (part 2) story by Ruthie Johnson

One day on our trip from Calgary to Kelowna I remember my dad telling us to duck when he hollered "duck". I guess it was against the law to have so many people in the cab of the truck- two adults and three children.

When we were travelling through Penticton he hollered, "duck" so we all fell down onto the floor of the truck. Here he had seen a flock of ducks flying overhead, no wonder he was laughing.

I don't know how long we stayed at Grandma and Grandpa Scott's place but we couldn't impose on their good nature for too long so dad approached Mr. Lynn Schell who was a real estate agent and dad had only 50 cents to his name so Mr. Schell said "Mr. Savage, you have an honest face, I'll make the down payment for you at no interest".

That is how we were able to get our house at 479 Municipal Ave in Penticton. The house was a 800 sq.ft. shack on the back of the property. Dad paid back all the money he borrowed from Mr. Lynn Schell . *Continued on page 7*

A challenging road trip

Of course, once we got our own place all our relatives from Calgary came to Penticton for their vacation and while they were visiting they canned fruit. One day our cousins and us kids went barefoot and mom told us to go and wash our feet. We wondered why our feet were sticky. Well it turned out that we had washed our feet in the syrup that she was going to use for canning peaches.

I don't know when the hospital on Government Street was built but dad bought the left over 4" x 4" timbers for around \$350.00 and built a house on the front of our lot on Municipal Ave. The walls were made from those timbers. We all helped build that house.

One day my dad and brother were up on the roof working and my brother fell all the way to the basement. He picked himself up and got back onto the roof and continued on as if nothing ever happened. I believe that is why I can't stand heights today.

Ruthie Johnson

Celebrating Edvard Grieg

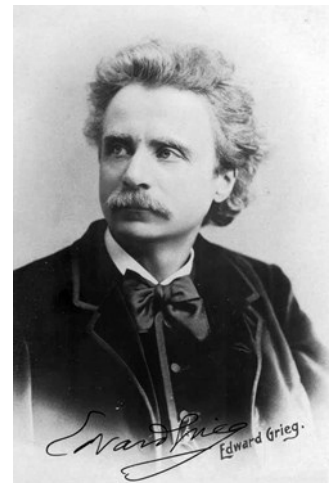
Celebrating Edvard Grieg June is the month to pay homage to Norway's most revered composer, Edvard Grieg, who was born in Bergen on June 15, 1843, in the Grieg's family home. Here are a few notable facts about the composer culled from The Grieg Museum's website.* • Grieg's most famous compositions include Piano Concerto in a minor, incidental music for Ibsen's drama "Peer Gynt"

(Morning Mood, In the Hall of the Mountain King, Solveig's Song a.o.), Lyric Pieces for piano, Holberg Suite, Last Spring • He grew up in a successful merchant family, together with his brother John (born 1840) and his sisters Maren (born 1837), Ingeborg Benedicte (born 1838) and Elisabeth (born 1845). Very

early he showed a strong interest in music and for the piano as instrument. He could sit at the piano for hours, exploring all kinds of tunes on his own. • During his early school years in Bergen, Edvard wasn't the most disciplined pupil. He preferred to discover the music himself. Instead of the compulsory etudes, he preferred to improvise and play new tunes and melodies. However, despite the certain amount of reluctance, his love for music grew into what was to become, in his innermost spirit, the right thing to do in life - to be an artist. • Edvard Grieg studied at the music conservatory in Leipzig, Germany. This conservatory was founded in 1843 by Felix Mendelsohn, and was reckoned to be the best and most modern conservatory in Europe. His teachers in Leipzig were some of

the best pedagogues in Europe: Ignaz Moscheles in piano, Carl Reinecke in composition and Moritz Hauptmann, for whom Edvard Grieg had the greatest respect. He graduated from the conservatory with excellent marks in 1862. • An extensive touring schedule with innumerable concerts, combined with a weak health condition, was to put an end to Grieg's life. In September 1907 Grieg became seriously ill and was hospitalized in Bergen, where he died on Sept. 4, 1907, of chronic exhaustion. Learn more about the Norway's rich musical heritage by participating in Music and Musicians of Norway, a cultural skills program available to Sons of Norway members at www.sonsofnorway.com. *

<http://griegmuseum.no/en/about-grieg>



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HARDANGER LODGE #109

Meets the 3rd. Wednesday evening of the Month at 1353 Richter St. Kelowna, BC

Except for the months of June, July, August & December.

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We did well so far this year. Many pounds of stamps were taken to Calgary. Sons of Norway Foundation In Canada will benefit quite well from your donation of used stamps.

Come celebrate **Syttende Mai** with us...



(May 17th) **At Wenche Gransjoen's** home

575 Stirling Road. Kelowna

Potluck supper. Happy hour is at 5 p.m. with supper at 6 p.m. Members are reminded to bring their own dishes and a potluck item.

June Event

Scandinavian mid-summer fest at Father Pandosy Mission on Benvoulin Road

**Wednesday, June 21 at 4 p.m.
with supper at 5 p.m.**

Participants are asked to bring a potluck item to share as well as your own dishes and a lawn chair.

No alcohol is allowed at this event.

More information on this event will be printed in the June Issue of the Hardanger Nyheter

Please Note: Campbell's Soup company has cancelled their programme which helped youth organizations to obtain sports equipment. So therefore we are not collecting Campbell's labels anymore.