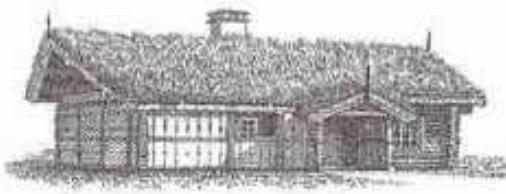


# LAFT HUS NEWS

Issue 153  
February 2026  
D. Pederson



Norwegian Laft Hus Society  
4402-47 Avenue, Red Deer, Alberta T4N 6T4  
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[www.norwegianlafthussociety.ca](http://www.norwegianlafthussociety.ca)

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## Annual General Meeting March 8 2:00 pm



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### Please Make Note of These Important 2026 Dates

2026 Memberships Are Due As of January 1 2026

Next Monthly Meeting Is Tuesday Feb 10 4:30 pm

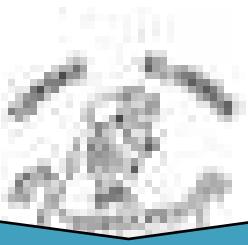
Annual Festival Date is Saturday June 13 10-3 pm

Annual Craft & Bake Sale is Sat. Nov 21-Sun Nov 22

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**TUSEN TAKK TO TORSKE KLUBBEN CALGARY  
FOR THEIR GENEROUS DONATION!**

**Greatly Appreciated!!**



# PUBLIC PROGRAMMING CLASSES

Rag Rug Class Jan 17- So much interest another full class is being held Feb 21, and a list started for 3rd class in very near future! Great job ladies!



Embroidered Half Gloves Jan 30-31 Instructor Kathy Mullin



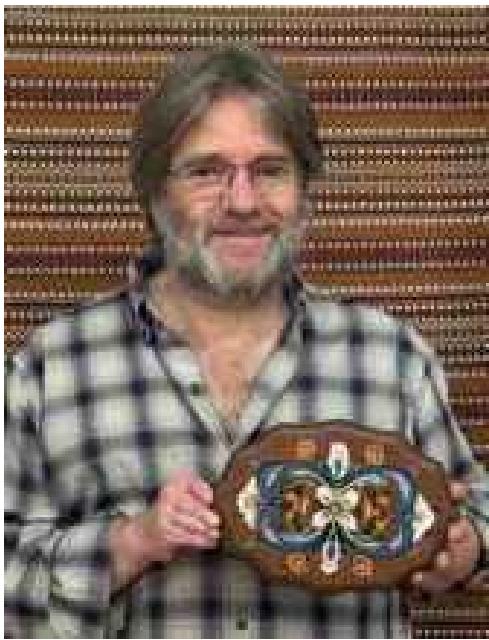
Feb 7 Rainy Day Hardanger Mug Rugs FULL

Feb 21 Rag Rug II FULL

March 21 Spoon Carving 9-4 pm

March 28 Klokkestreng Bookmark 10-3 pm

Don't forget to come join in on Family Day Feb 16 for some hot chocolate, cookies and KICKSLEDDING!!



Our President Bruce Jacobson has been busy learning new crafts while also kicksledding as much as possible!



# HIGHLIGHT ON MEMBERS

Colleen Ward has become the " Star Rug Rag instructor " in the very popular class , first and second classes were full almost immediately and the 3rd pending class has already awaiting list!

I'm originally from Shaunavon, Saskatchewan. The area was settled by many families from Norway. My father's parents were from the community of Selvik in Vesfold south of Oslo. Grandpa, Karl Johan Kristoffersson (aka John Selvig) and his brothers settled in North Dakota, USA in 1905. They moved to southern Saskatchewan in 1907. My grandparents were married in Norway in 1917 and then they moved to a homestead north of Shaunavon. Many families from Selvik, Norway changed their names to Selvig when they came to Canada. Our family farm was about 1 mile south of my grandparents, so they were involved in our family. I am the oldest of 4 girls.

I have a BSHEc, aka Bachelor of Science in Home Economics from the University of Saskatchewan, Saskatoon.

I started my work career as a District Home Economist in Alberta. We have moved around most of Alberta following our careers.

My husband and I have been married almost 52 years, with 2 children and one very special granddaughter.

My husband worked for Alberta Parks for many years, so we moved around the province with his job. We have made several trips into Arizona, as well as a trip to Cuba, and cruises to the Caribbean and Alaska. I have worked as a librarian in a high school, while leading Home Ec classes for many years organized and taught lots of craft classes

I enjoy doing crafts, especially those that my Grandma taught me (knitting, crochet, hardanger, cross stitch). Sewing, embroidery, quilting, painting or a combination of all of them keep me busy now-a days. We enjoy camping, photography and spending time out in the mountains.

We came to the Laft Hus a couple of years ago for the June celebration in the square. One of the volunteers in the LH was a friend from many years ago. She told us about what goes on and encouraged me to get involved. Then a year later, there was a class offered that I was interested in, then the social Wednesdays for a chance to visit with new friends. This year I have helped with the baking for the bake sale, registered for other classes and now I'm preparing to teach a class on crocheted rag rugs.



## Colleen Ward



In our Butikk every pair of our Nordic socks is full terry, with the fabric being knitted with a Secondary loop to provide extra cushioning. This full terry technique ensures a snug fit, along with enhanced warmth and protection.

# Recipe Corner

Norwegian traditions in February focus on indigenous Sami culture with Sami National Day (Feb 6th), celebrating their heritage with music, food (reindeer), and flags, alongside winter activities like Northern Lights viewing, enjoying the culinary season for Arctic cod (skrei), and preparing for spring with the festive Fastelavn (Shrove Tuesday), marked by sweet cream buns (fastelavnsboller) before Lent.

## Torsk (Scandinavian Cod)

Torsk is a Scandinavian dish of poached and broiled cod with butter. This recipe uses frozen fish; defrosting is not necessary. Be sure to use butter, as there is too much water in margarine.

- 6 cups water, or more as needed
- 1 cup white sugar
- 2 tablespoons salt
- 6 (6 ounce) fillets cod
- 1 ½ cups butter, melted
- 1 dash paprika

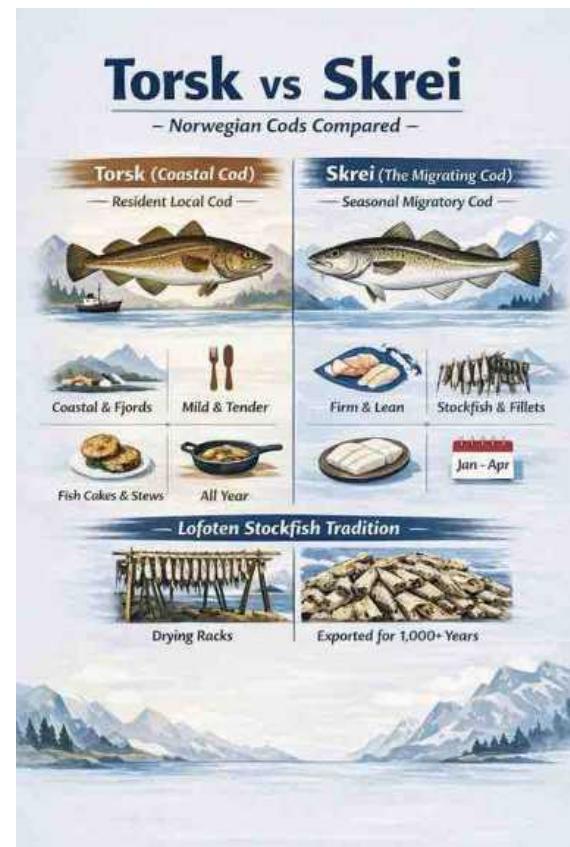
• Preheat the broiler. Lightly grease a cookie sheet.

• Mix together water, sugar, and salt in a large saucepan. Add fillets to water mixture; add more water to fully submerge fillets if needed. Bring water to a boil over medium-high heat. Boil for 3 to 5 minutes.

• Remove fillets from water and blot dry on paper towels. Brush with 6 tablespoons melted butter; sprinkle with paprika.

• Broil in the preheated broiler until fillets are golden brown, 8 to 10 minutes per inch of thickness. Serve with remaining melted butter.

The fishing season from late January until April is the best time to taste cod from Sunnmøre, Norway where you find the famous Borgundfjord cod!



March brings beloved Norwegian waffles into the spotlight, especially on Waffle Day (March 25th). Thin and heart-shaped, these waffles are best enjoyed with a generous topping of brunost (sweet brown cheese) or jam and sour cream.

#### Norwegian Waffles (Vafler)

- 3.5 tbsp butter
- 2 eggs
- 1/4 cup sugar
- 2 and 1/2 cups milk
- 2 cups flour
- 1/4 tsp salt
- 1 tsp cardamom
- 1 tsp baking powder

Melt the butter in a small bowl.

In a large mixing bowl, whisk together eggs and sugar.

Add half of the milk and all the flour, salt, cardamom, and baking powder.

Whisk batter until its smooth.

Add the rest of the milk and the butter to the batter. Whisk again until smooth.

Optional: let batter rest for 30 minutes.

Heat waffle iron and brush with butter each time before adding the batter. Add about 1 dipper full of batter to the iron and cook until light golden brown.

•

Ole: "Have you ever noticed that women complain less in the month of February?"

Lars: "Really? I hadn't noticed. Is it because of Valentine's Day?"

Ole: "No, it's because February only has 28 days."



The taste of brown cheese is difficult to describe, but tourists that visit Norway say that both the colour and the flavour reminds them of dulce de leche. It's unique – and you either hate it or you love it, same as lutefisk!

Norway's brown cheese traditions go back to the days when the country was poor. People wanted to make the most of the resources they had available, even the left-over whey from regular cheese production, which is used in brown cheese. You see, the name "brown cheese" is a common Norwegian name for "whey cheese." It is made with whey, milk, and cream.

The secret is to separate the curd used to make traditional cheese, and save the whey. When the whey is boiled with cream, the heat caramelises the mass. This gives the cheese its recognisable taste and colour. Boiling time determines how dark and rich the cheese will be. The cheese was first produced at mountain farms across the nation, and the different local recipes gave the products unique flavours. It was not uncommon for farms to have their own creamery, where they would supply themselves with as much product as needed. They also made cheese to trade for other goods at the local markets.

Did you know ...

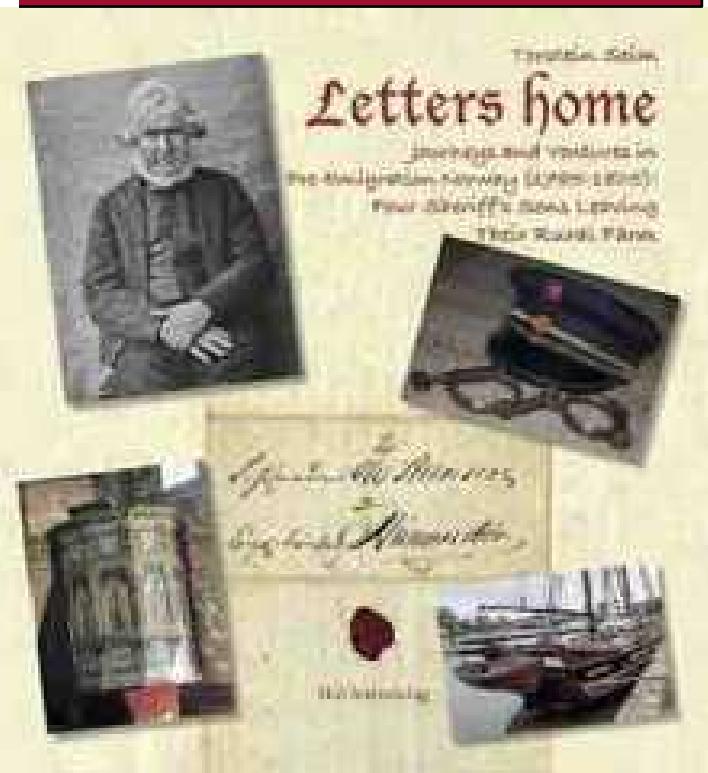
... that the cheese slicer was invented by Norwegian carpenter Thor Bjørklund in 1925?

Did you know ...

... that brown cheese contains high amounts of calcium, proteins, and vitamin B, as well as iodine, which is beneficial for your health?

# Book Report

# LETTERS HOME



Our library has been graciously presented with this incredible and special book, by Terje "Terry" Aasen, translator and publisher residing in Florida!!

What a treasure to read and learn about a time in Norway that has been detailed in a way, I know I have not read before!

This fascinating read is true and about a cousin, a sheriff, a farm and 13 letters from the 1700s and early 1800s in Hallingdal and pre-emigration Norway.

The Story about the Publishing of the Book in English. By Terje "Terry" Aasen, translator and publisher:

Last summer, while visiting my birth country of Norway, I reconnected with my cousin Torstein in Hol, Hallingdal. We hadn't seen each other in decades. He's now retired, but spent his career as the local sheriff- one in a long line of sheriffs in our family. He still lives on the old sheriff's farm, which has been in the family for generations.

While showing me around the farm, with its rose-painted furniture, timber walls and even its own jailhouse, Torstein brought out a bundle of yellowed letters sealed with red wax. "I assume you've about my book?" he asked.

I hadn't.

He had discovered and transcribed 13 original letters written by four young brothers who left the farm in the late 1700s. Their journey, marked by hardship, determination, hope, faith and surprising humor, became the basis of his book "Brev Heim". It offers a vivid, illustrated glimpse into rural and coastal Norway during Danish rule, just before the great wave of emigration to America began in the early 1800s.

Reading the book on the train back to Oslo, I realized: this is more than family history. It's a rare firsthand account of life in Norway over 200 years ago.

So I translated the book into English, added historical context for North American readers- and now it's available as Letter Home.

If you're interested in the early roots of rosemaling (one of the brothers became a rosemaler), or in tales of Lutheran grit, coastal trade, sail ships, how the Napoleonic Wars disrupted life in the area (and for another brother who became a ship-owner)...or if you're tracing Norwegian ancestry- this might resonate.

Terry

**TUSEN TAKK** Terje "Terry" for your generosity and we are very excited and proud to have this treasure part of the Norwegian Laft Hus library!

This book holds a wealth of information and has been presented in a very detailed way!!

It is also available on Amazon.ca E Books also in hard copies are available at Book Baby

There is also a very interesting short video available on You Tube and a Facebook page that has lots of interesting information as well!!!

## Movies and shows of possible interest:

GOLD RUN a 2022 movie...in 1940, the Germans invaded Norway with clear goals in mind: the king, the government to control the coast, the iron ore and the Norwegian gold reserves. At the same time, a group of resistance fighters were given a most important and secret mission: save Norway's gold.

It is available on Prime.com yet somehow, I rented it there and was able to watch it through Prime.ca! Highly recommend!!

THE COMMONER, A very well done 6-part miniseries about the 9-year fight of Crown Prince Harold and Sonja Haraldsen for their right to marry .....- available on AmazonPrimeVideo.ca

TROLLS AND TROLLS 2 are both rather interesting movies and lots of scenery of Norway both are available on Netflix

PEOPLE OF THE NORTH is a 30-minute weekly show on PBS. Discovering local cuisine, hidden traditions, and inspiring stories of people deeply connected to land and sea. Each episode celebrates the region's rich culture, resilience, and sustainable way of life. Which visits a different part of Norway, focusing on the products, people and area highlights! Always interesting!

REINDEER MAFIA on MHz Choice, and Apple TV, a Finnish miniseries about a "biker gang type crew" only their transportation is a snowmobile or old van, lots of dynamics in the town as it weaves an interesting plot that twists and brings all sorts of characters from the gang, family members to the elite of the Reindeer industries in the area this 8 part series! A bit like Fargo... Watch Official Trailer on You Tube

STATE OF HAPPINESS Season 3 (also 1 & 2 are available) on MHz Choice and Apple Tv This is a Norwegian period drama series about the discovery of oil in the North Sea, and subsequent growth of the petroleum industry in Stavanger, Season One: set during 1969 to 1972, Season Two: set during 1977 to 1980, and Season Three 1987 to 1990. (MHz Choice <https://watch.mhzchoice.com>)



THE SWORDS IN THE ROCK (Sverd i fjell) monument by Hafsfjord, Stavanger was where Harald Fairhair gathered Norway into one kingdom in 872. The monument consists of three swords that are fixed into the ground and symbolise peace, unity and freedom. The hilts of the Viking swords are taken from swords found in different parts of the country.

In Snorre Sturlason's Heimskringla book (which we have in our library) you can read about the Saga of Harald Fairhair and the battle of Hafsfjord. This battle is probably the most important battle that contributed to the gathering of West Norway and Norway into one country. Back then, Norway was run by several kings, and the battle was between Harald Fairhair and these other kings.

**FUN FACT:** According to legend, the reason Harald Fairhair had for gathering Norway into one kingdom was because he was in love with and wanted to marry Gyda, daughter of a king. She refused because she did not find him sufficiently powerful. However, if he managed to be the sovereign of entire Norway, then she would have him. Harald Fairhair rose to the challenge, and he promised not to cut his hair before he had accomplished to unite Norway into one kingdom. The rest is as they say is - history.



Some artifacts were donated to the Laft Hus in memory of the lady's Great Uncle. The ribbon was given to him while his service in WWII on SS Bergensfjord (picture was not included). The ship was requisitioned by British Ministry of War Transport to serve as a troopship. She also gave the rosemal bowl, basket and little spoon. Memories to be honored.



# Wednesday Fun!



Everyone busy with different crafts, Edie brought in a puzzle, she and Colleen were able to conquer!

In years past once a month we had a Norwegian meal cooked by one (or more) of our members. Would anyone in our membership like to do this for 12:00 noon on a Wednesday? You could be reimbursed for your costs. Even if you just want to make one dish to demonstrate, would be great. We know there are some good cooks and bakers in our membership to share some Norwegian recipes! Let's get this going again! Sign up for a month/day.

Ski-jor-ing noun dictionary definition – the action of being pulled over snow or ice on skis by a horse.

Skijorring is the fastest growing winter sport in North America, drawing a diverse group of participants spanning generations and genres to dynamin events showcasing skills , speed and style. Many events in Alberta are posted at [Skijor Canada.com](http://Skijor Canada.com)

Skijorring at Westerner Park in Red Deer is happening Feb 28, 2026 details at [westernerpark.ca](http://westernerpark.ca) Free Admission





# SONS of NORWAY

Aspelund Lodge #4-571 welcomes new members.  
Forms at 403.358.4036 or [littlenorski@telus.net](mailto:littlenorski@telus.net).



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In Memory of Tica- You will  
be missed sweet little Puffin hund



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