

Varden Newsletter

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Editorial

Hi Everyone! It's March and maybe Spring is here. Weather-wise the past few months were unpredictable but while it was cold outside Varden Lodge partied. Our Annual Meatball dinner was on Jan.31st a rather wet and stormy night. The dinner was a fund raiser for the Foundation and happily about ninety people showed up. We had a terrific time; socializing, eating and dancing. The meatballs, salad bar and sundaes were sumptuous. Our International President, Ron Stubbings and his wife, Riitta, along with the Scandinavian Dancers of Vancouver led us in dancing around the hall. We also had raffle prizes and one of our younger members, Spencer Strang, won the gift basket of gardening goods. We will have to ask him in the Fall how his garden grew. Speaking of younger members, I was pleased to see so many of them help out. Special thanks to: Cian and Nerissa Beeby, Jayden Britt, Sadie and Spencer Strang, and Connor Schilbach who all served the dinner. Also a big thanks to all the members who volunteered and especially Susan Strang who organized the event.

One of our social meeting was held on February 11th and like all good Norwegians we ate Chinese food. (Caught your eye, didn't I?) Well, it is Year of the Rat and we like delicious Chinese food which it was. Edgar Chapman also led us in bingo. I didn't win any games. But it looked like Else Vea was doing well and I think we all had fun.

Lefse...

Last February, I wrote about lefse. Well, this year, I'm doing it again. But instead of writing about the folklore around lefse I wanted the actual facts about it. No one knows where it actually came from. The Vikings first made a flatbread out of wheat but the real potato lefse started to be made around 1750. Missionaries who worked in South America brought the potato to Norway. But it wasn't until the Napoleonic wars when the British blockaded Norway's sea routes and cut off their sea trade, that Norwegians turned to potatoes to prevent starvation and scurvy. This again happened both in World War I and II as Norwegians relied on potato lefse for survival. Norwegian-Americans also turned to lefse in times of war as often the only people who were allowed wheat products were soldiers.

There are many different types of lefse in Norway it depends on what region you are from. Usually, lefse is eaten with butter or sugar. But nowadays, you can even eat it with peanut butter. One type of lefse, Lompe, is wrapped around hot dogs and used as a bun. If you want further information on lefse there many websites, including Sons of Norway's, about it and especially Bothell Lodge's guide to cooking it on YouTube.