



# Midnight Sun

ISSUE

1

VOLUME 28  
January 2015

Quarterly Magazine for the Scandinavian Club of Regina



**Our Very Own Cookbook is Out!**

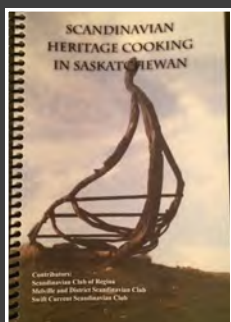
Yes, we know! You have been waiting for so long - your life has been incomplete thus far without it! But now it's here: The cookbook to which so many of you have contributed.

Recipes have also come from the Scandinavian Clubs in Swift Current and Melville & District.

The content has been collected by *Kim Rathwell*, and for the extensive editorial work she has been assisted by *Greg Swanson*, *Ingrid VanDusen* and *Blair Hyduma*. *Kelly Nelson* has been responsible for the publishing.

Thanks to all who have helped assemble this bit of Scandiavian food culture between two covers!

For purchasing details: See p. 2



## Theme: Nordic Constitutions



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## Constitutions - the Principle Laws of the Lands



**Norden - five countries: three are members of the EU and send delegates to the EU Parliament; three are NATO members; two are members of EFTA; four of the national languages are North Germanic languages- the fifth belongs to the Finno-Ugric language group. All five have constitutions - but dating from different periods.**



### Denmark

The main part of The Constitutional Act of Denmark (*Danmarks Riges Grundlov*) was written in 1849. The Kingdom of Denmark was to be a constitutional monarchy with a representative parliamentary system. The main principle of the Constitution was to limit the power of the monarch. It established a parliament, the *Rigsdag*, consisting of two chambers, the Landsting and the Folketing. Later amendments to the Constitution are sections concerning fundamental human and civil rights as well as the duties of citizens. The current Constitution was signed on 5 June 1953.



### Finland

The Finnish Constitution Act came into being in 1919, soon after Finland declared its Independence in 1917. The fundamental principles of the Constitution Act of 1919 and the Procedure of Parliament of 1906 remained unchanged during the first fifty years of Finnish independence, as there was little pressure or need for any changes. However, changing needs of the day led the way to adapting amendments. In 1991, the direct popular election of the President was introduced, with provision for a second ballot where necessary. The current Constitution of Finland (*Suomen*

*(Continued on page 7)*

Online: <http://scandinavianclubregina.com/Newletter.htm>



**Buy the  
SCoR  
Cookbook!**

The price for the cookbook is **\$15.00**, no tax.

Until March 15th, contact Kari Mitchell by phone (306-565-2450) or [email](#), or you can buy it at any SCoR function, Fishy Fridays and Nordic Knitting nights included.

We may find a way of mail distribution of the cookbook, in which case shipping and handling costs will apply.

Please follow us on [facebook](#) or [website](#) for further notice.

### **From the SCoR Board**

Among matters being discussed by the SCoR Board of Directors we find:

- \* Revision of the Procedures Manual ;
- \* Revision of the Scholarships section of Club Guidelines;
- \* Liability Insurance;
- \* Options for storage of digital data;
- \* New Certificates of Appreciation;
- \* Events suggestions:
  - Golf tournament
  - Cooking sessions



## **Members' Matters**

### **October: Dinner & Dance at the Callie Club**



Close to 50 people enjoyed a delicious turkey meal followed by musical entertainment by the Prairie Ramblers.



During the event, President Pearl Baumgartner presented Brian Beck with his Certificate of Appreciation .

### **Reception at the Norwegian Consulate**



On October 22nd, SCoR members and guests got to meet the Norwegian Ambassador to Canada, Mona Elisabeth Brøther, at the Norwegian Consulate. Ambassador Brøther gave an interesting presentation on Norway's bicentennial celebration of its Constitution.

### **SCoR 2014 Christmas Party**

Some 65 Members and guests of all ages celebrated the coming of Christmas 2014. The event convenor, Greg Swanson, writes: "Thanks everyone for your help. [—] Special thanks needs to go out to Santa who took time out of his busy schedule to come to our party. [—] And it was very good of Santa to bring his helper with him, though his helper was a bit mischievous. Did you see how he tried to steal Santa's sack? I wonder what would have happened if Santa had not caught him in the act? Perhaps all of those gifts would have disappeared!"



## President's Corner

I hope everyone had a pleasant Christmas! We had great attendance at our Christmas party, with lots of food selection, a delightful visit from Santa, and pre-orders for our cookbook. A big thank you to Kim Rathwell for her many hours of dedication to make the cookbook a reality, to Kelly Nelson for facilitating the publishing, along with those who helped with the editing. A big thank you also to Greg Swanson for organizing our very successful Christmas party, along with the many volunteers who pitched in to help.

Our October event was held at the Callie Club. We enjoyed a delicious turkey dinner, followed by music from the Prairie Ramblers. Given the location, we will continue our search for another venue. Ideally we would like to have salmon for this occasion, if somehow costs can be curtailed.

We have now moved Fishy Friday to Ricky's Restaurant at Seven Oaks. They offer a good menu selection, ample parking, and a separate area for our members. Yes - no loud music so you

can actually hear the conversations! Children are welcome.

Additionally, in January we started a Nordic Knitter's group every 2nd Tuesday of the month, from 7 p.m. to 8:30 p.m. Please give us a call (306-586-9737) or [email](#), and sign up!

Over the past year or so, the Scandinavian flags have been displayed at City Hall to commemorate our National days, with Finland being the most recent one in December. Also, for the 3rd consecutive year we will be holding a steak night fundraiser in June. Proceeds are earmarked for our newly revived scholarship fund.

Please mark your calendar to attend the AGM on April 16th. It will be here before you know it!

Wishing everyone a fabulous year!

*Pearl Baumgartner*



## Nordic Knitters!



See advertisement on page 8 of this magazine.

Materials to bring with you (this will not be supplied):

- \* 30 cm round needle, 4.5 mm in diameter
- \* 3 balls of Patons Classic Wool Worsted or other comparable yarn (3.5oz/100g; 200 yds=192 m)
- \* 1 white & 2 other contrasting colours of your choice
- \* stitch marker and a measuring tape

Bringing a snack to share is optional, coffee & tea will be supplied.

Family & friends are welcome!

Questions?

Please email Pearl at [a.baumgartner@sasktel.net](mailto:a.baumgartner@sasktel.net)

OR contact Greg at 306-586-9737



## Editorial: SCoR Scholarship Fund



Happy New Year, everybody!

In 1984, SCoR established a Scholarship Program and a number of people have received scholarships. According to Club Bylaws, the purpose of the program is "To assist in the preservation of the culture of the five Scandinavian countries" with the objective of aiding "students who wish to study some aspect of Scandinavian culture or who wish to travel to a Scandinavian country for further study".

Allowing people to pursue an interest in the culture of our Old Countries - modern day conditions as well as cultural features of lore - is very important for maintaining the identity of

our Club.

For several years, Club funds have not allowed scholarships to be awarded, so it is a great pleasure to read President Pearl Baumgartner's news that the Scholarship Fund is being revived thanks to a successful annual fundraising. The Board of Directors is working on necessary SCoR Bylaw update/revision, so hopefully it will not be long before the first advertisement for the SCoR Scholarship will appear in Club media (web page, facebook page and this magazine).

In 2015, Midnight Sun will try to track down and interview some of the earlier recipients of SCoR scholarships.

## Norse Site on Baffin Island

The theme of Midnight Sun no.3 was *Norse Settlement 1000 Years Ago*. Since then we have learned about an even older settlement in Baffin Island. NRK (Norwegian State Broadcaster) sent a TV documentary in late November about a Canadian presence of archaeologists. [Pat Sutherland](#) and her team were working for years at a site in [Tanfield Valley](#) on Baffin Island. Primarily they were excavating for traces of other settlements, but since around 2000 they came across things they realized could date from a Norse settlement, and in 2012 they presented proof of what may have been a Norse trading post, inhabited for a remarkably longer period than the settlement at [L'Anse aux Meadows](#) in Newfoundland which was discovered and excavated in the 60ies.



## A Visit to Saskatchewan

By Her Excellency Mona Elisabeth Brøther,  
Norway's Ambassador to Canada.



*During her stay in Saskatchewan, Norwegian Ambassador Mona E. Brøther attended a real "western party". Left to right: Honorary Consul Heather Quale Goranson and spouse Wayne Goranson; Ambassador and her spouse Åsmund Baklien; John Nilson, MLA.*

My first visit to Saskatchewan, and Regina, was a huge eye-opener to understand and appreciate the province, its history and its thriving economy. I participated in a group of ambassadors from Ottawa and the visit was organized by the provincial government. It was great to meet the authorities, and to get an insight in advances in economy, technology and history! For me, as a Norwegian Ambassador, it is of course very interesting to learn about the Scandinavian historical presence at the prairies. How brave they were, these men and women, travelling to the other side of the ocean....

My visit to Saskpower in Estevan was indeed the highlight. Norway and Canada share ambitions as to be in the forefront of Carbon Capture technologies. Saskpower has obtained what Norway so far has not been able to; to open and run a full-fledged CCS plant, produce and store CO<sub>2</sub>, a very important step ahead in our common fight against

emissions and human-made climate changes. I was also told, that the Norwegian community in Estevan historically is significant and I "sensed" our influence and shared background being there....

The University of Saskatchewan and the University of Tromsø are also in the forefront together, having established a common Master Degree valid in both countries in northern management.

A beautiful performance by Wambdi first nations arranged by the government taught us about a highly advanced culture with refined costumes, dance expressions and drums, a memory I will cherish for a long time.

And it was of course great to meet the community that showed up in number to listen to my speech on the Norwegian Constitution. I feel so much we are all a family abroad – and the warm welcome in Regina proved that to me. I hope to be back soon!

## The Making of a Constitution - and a Nation

Excerpts from "Norway 1814", a lecture by Ambassador M.E. Brøther



During 2014 Norway celebrated in so many ways the bicentennial of their 1814 Constitution. During her stay in Regina in October of last year, Her Excellency Mona Elisabeth Brøther gave a lecture on "Norway 1814". Many SCoR members listened to the lecture, and Midnight Sun has been allowed to bring excerpts from her manuscript.

1814 was an utterly dramatic year for Norway. It was a year of revolutionary thoughts and visions – a new dawn for a free and independent country. However, it was also a defeat for Norway, who was not able to sustain full independence, but was forced into a new union.

As the Napoleonic wars closed to an end, Denmark-Norway was on the losing side. Napoleon suffered one defeat after another. Sweden, who allied with England during the war, was on the winning side.

What made the Norwegians think that they, under these circumstances, could manifest an independent will to create a nation based on a constitution made by representatives of the people, thus opposing both kings? The Danish King [Christian Frederik] made one particular move, based on an old Norse tradition; [---] the Danish King released the Norwegian people from its oath to the King. [---] Consequently, the Danish King could not hand over Norway without the people's consent.

21 prominent men gathered already on 16 February 1814. It took them only two weeks to gather after gaining awareness of the treaty [of Kiel]. [---] Norway was, as most countries, a rural society with small towns, high impenetrable mountains, and a long and rugged coast. Most people were small, independent farmers and the cities were insignificant.

Christian Fredrik sent out an open letter stating that an assembly would be held in Eidsvoll, on 10 April 1814. [---] The result was that 112 representatives met

at Eidsvoll. They were young (the average age was 42 years) and had travelled from afar! They reflected the Norwegian society at that time. Maybe it was an advantage that Norway, due to history, was named "a country without superiors." The leaders had to emerge during the making. [---] At that



From "Norske Folkelivsbilleder" (1854); Adolph Tidemand

time, no roads crossed the mountains; the coastal journeys were long, dangerous, and uncertain. They passed snow-covered mountain rows, by foot and by horse, travelled out of fiords and down the icy coast [---]. A national assembly like this would have been unthinkable in any other European country.

The constitution contained elements of both the US constitution and the French constitution. It was the last in a wave of revolutionary constitutions in the years leading up to 1815, when monarchy once again became dominant in Europe.

"All people are born free and equal;

(Continued next page)

## Picture credits



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P.2: (Ambassador) S.Bjorndalen; (Certificate) T.Baumgartner; (other) P.Baumgartner

P.3: (P.Baumgartner) T.Baumgartner; (Knitter) Painting by [A. Zorn](#)

P.4: (Group) unknown

P.5: (Ambassador) Norw.Embassy/S.Garcia; (Painting) Norwegian National Library

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salmon a try.



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### Danish Maternity App Could Save Thousands in Developing Countries



The crowd-funded Danish maternity app [Safe Delivery App](#) could save thousands of mothers and infants in the developing world. It enables birth attendants to improve their skills and performance by watching animated instruction films. The app – which has been developed by the Danish NGO Maternity Foundation in co-operation with the University of Copenhagen and the University of Southern Denmark – prepares the attendants to handle complex and normal births. It is currently being tested in Ghana and the results are looking promising. “The results of the clinical tests show that birth attendants who have access to the app have far more knowledge than those without it,” Anna Frellsen, the head of Maternity Foundation, told [Metroxpress](#) newspaper.



*(Continued from previous page )*

they have certain natural, essential and imprescriptible rights. These are liberty, security and property.”

The ultimate power should rest with the people. [---] The division of powers manifested and the King had to share power with a popularly elected assembly. The individuals were guaranteed the freedom of expression. The assembly was to be called Storting, which had roots in the Old Norse word “ting.” All holders of public offices received the right to vote, and could not be dismissed without a trial.

This demonstrates that we created a neutral, independent, administration that later was a major factor in securing a strong state in Norway. The principle of property rights for farmers and direct inheritance of land are cornerstones of the Norwegian free peasant

society. These principles were written into the Constitution. The farmers’ representation was secured by numeric favoritism, which stated that they should constitute one third of the assembly.

On 17 May 1814, the representatives signed the Constitution. For the most part, historians agree that Norway, even despite the union with Sweden, received the gift of freedom in 1814. [---] It is further acknowledged that the modern Norwegian state was founded in 1814.



*Kongeriget Norges Grundlov - Constitution of the Kingdom of Norway*

*In these excerpts from the original manuscript, omitted parts within paragraphs have been marked with [---]. Whole omitted paragraphs have not been marked.*



### Hockey Fun for All

There’s been a perception in the past that, while both boys and girls are brought up to be good skaters, it’s the boys who’re expected to join ice hockey teams while girls go in for figure skating. Now that’s changing – a number of Finnish towns took part in the recent World Girls’ Ice Hockey Weekend in October, part of a worldwide initiative to encourage girls to get involved in ice hockey. Finland was well represented with towns all over the country hosting their own girls’ hockey events, with some ice hockey household names like Team Finland’s goal tender, Eveliina Suonpää, doing a lot of the coaching across the

country. Anu Laitilashared this photo from the event in Helsinki for participants aged between six and eleven. The early sessions involved getting used to the hockey gear, before trying it out on the ice. It’s a worldwide problem that girls interested in ice hockey can’t find a female team, having to join a boys one instead, but the annual Girls’ Hockey Day is trying taking steps to change this in Finland.

*guardianwitness*



**.. Constitutions ..** (Continued from page 1)

perustuslaki) came into force in 2000.



**Iceland**

The Constitution of the republic of Iceland (*Stjórnarskrá lýðveldisins Íslands*) is the supreme law of Iceland. It is composed of 80 articles in seven sections, and within it the leadership arrangement of the country is determined and the human rights of its citizens are preserved. The current constitution was first instituted on June 17, 1944; since then, it has been amended seven times, mostly due to changes in the structure of the constituencies of Iceland and the conditions of voting eligibility. In 1991 the organization of Parliament (*Alþing*) changed to consisting of one house rather than two. Extensive modifications were made in 1995 when the human rights sections of the constitution were reviewed.



**Norway**

(See also article on page 5). The Constitution of Norway was signed and dated on 17 May 1814 by the Norwegian Constituent Assembly (*Riksforsamlingen*) at Eidsvoll. It was at the time considered to be one of the most liberal or radically democratic constitutions in the world, and it is today the second oldest single-document national constitution in Europe after the Constitution of Poland (1791) and third oldest in the world, still in continuous force. 17 May is the

National Day of Norway. During May 2014 the Parliament (*Storting*) passed the most substantial changes since 1814, particularly by including paragraphs on human rights.



**Sweden**

The Swedish Constitution consists of four fundamental laws (*grundlagar*): The 1810 Act of Succession (*Successionsordningen*); the 1949 Freedom of the Press Act (*Tryckfrihetsförordningen*); the 1974 Instrument of Government (*Regeringsformen*); and the 1991 Fundamental Law on Freedom of Expression (*Yttrandefrihetsgrundlagen*). There is also a law on the internal organisation and procedures of the *Riksdag* (Parliament) with a special status, although not regarded as a fundamental law, certain parts of it are harder to change than ordinary laws: The 1974 Riksdag Act (*Riksdagsordningen*). To amend or to make a revision of a fundamental law, the *Riksdag* needs to approve the changes twice in two successive terms, with a general election having been held in between. The Principle of Public Access (*Offentlighetsprincipen*) provides that all information and documents created or received by a public institution (local or central government, and all publicly operated establishments) must be available to all members of the public. The only exceptions to this rule are regulated in the Public Access to Information and Secrecy Act (*Offentlighets- och sekretesslagen*) 2009.



**2015**

Midnight Sun wants your input! Even though we are a quarterly magazine, appearing only four times a year, letters to the editor are most welcome.

[Write to us!](#)

**Be prepared for more laughs!**



SCoR members were fortunate to meet Kaare Askildt and listen

to him reading from his first book at our 2013 Christmas Party. Now his second book is out, and **SCoR members will get a special introduction price through the month of January:** \$20.00 plus \$5.00 S&H – Total \$25.00 each .

S&H will be waived on bulk orders of 5 or more shipped to the same address

Payment method: Cheque or money order made payable to Kaare Askildt or email an Interac payment or PayPal to: [k.askildt@sasktel.net](mailto:k.askildt@sasktel.net)

Mail address: The Heedless Norseman, Box 824, Wilkie, SK, S0K 4W0



The Nordic Council of Ministers (*Nordisk Ministerråd*) is the official inter-governmental body of the five Nordic Countries.



**norden**

**Nordisk Ministerråd**



## Do You Have Photos?



Our webmaster is looking for photos to an update of our [website photo gallery](#). If you have taken pictures at SCoR events over the last 3-4 years that you might want to share with others, please contact [Kim Rathwell](#).



## Upcoming Events

### Fishy Friday at Ricky's

#### NB! New venue!

The back room at Ricky's Grill, 777 Albert Street, is reserved for 4:30 p.m. No need to sign up - just turn up! Children are welcome. Please pass the word!!  
Upcoming dates: February 6th, March 6th, April 10th

#### Buy the SCoR cookbook!

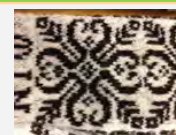
### 2015 AGM



Make sure to enter this date into your calendar:  
April 16th 2015, at Whitmore Park United Church, 336 Durham Drive  
Let your voice be heard in Club matters!  
**Information later on SCoR website and Facebook page and via phoners.**



### Nordic Knitters!

What: Learn to knit, Nordic style  
When: Every 2nd Tuesday of the month, beginning January 13th, 2015 from 7 p.m. to 8:30 p.m.  
Where: 2600 Arens Road - River Grande 1 Condominium Complex - at the corner of Arens Rd & Heseltine, just off of University Park Drive.  
Push top buzzer for the "Activity room"  
Volunteer Instructors: Debra Haid & Terri Hillman  
First project - Woolly Wine Cozy - a quick project to introduce knitters to 'pattern knitting'  
**See also page 3.**



 Share SCoR events with family and friends!  
Follow us on  for monthly details!

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Any views expressed in individual articles do not necessarily reflect the policies of the Scandinavian Club of Regina

### 2014-2015 Board of Directors

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SCANDINAVIAN CLUB OF REGINA  
P.O.Box 37182, Regina, SK S4S 7K4

### Membership Fees

Family membership \$ 30  
Single membership \$ 20  
Student membership \$ 10  
**Membership starts January 1, expires December 31.**

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