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The Trigo Nordic Tasting Menu

By Brenda Niskala



In the village of Lafleche, just two hours southwest of Regina, the Trigo restaurant offers multi-course gourmet meals, featuring different ethnic flavours each quarter. They've offered Argentinian, Lebanese, Italian, and French menus for example. I've been following them for some time, but when the Nordic Tasting Menu came up, I organized an expedition!

The drive was most pleasant, with lots to see en route, including the Sukanen Museum, the Shurniak Gallery in Assiniboia, and the Cathedral in Gravelbourg. As the meal itself was a five hour delight, an overnight was essential. Fortunately, there are several choices. We booked into the very pleasant Wood River Inn and Studio, and I got the library room. Very nice. Great breakfast too! About a block from the restaurant.

The Nordic Tasting Menu was not at all what my mummu made, except for the beetroot salad and fruit soup. But what a feast! The breads were of the heavy variety,

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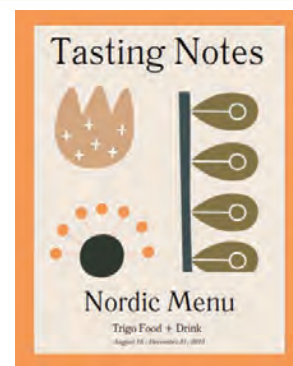


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Midnight Sun

Trigo's Nordic Menu - cont. from Page 1 and delicious. I hadn't realized how much I miss lingonberries. Meatballs and pickled herring were among the many appetizers, and the main course was trout and sirloin. There were three desserts, but by that time, I was too full to fully appreciate them. The lefse with Brunost (Ski Queen) cheese sauce should have been my favourite but it was not. I am going to try it at home though!

The portions were appropriate, the timing was right for those of us who need to pace themselves before such plenty, but still it was too much. And might even be too much for those with larger appetites. That is not something one should complain about! Of course they offered boxes for what we could not eat.



Click on either of the images above to see the Nordic Tasting Menu or the Tasting Notes

<https://www.trigo.restaurant/menu-1>

Even if you can't make it to Laffleche before December 31, when the Nordic Menu offering ends, do check out the Nordic Menu Tasting Notes and the Nordic Menu Beverages for some very interesting reading and perhaps some ideas for your holiday entertaining. The mocktails were big hits at our table. I want to try the Non-alcoholic Mulled Wine, made from

blackcurrant cordial, fresh ginger, vanilla bean, cardamom pods, cloves, cinnamon, peppercorn, orange, lemon, and honey. I did not try the Aquavit, but it received good reviews. The Notes are downloadable at uqr.to.

It's a busy place, and reservations are necessary, as they start cooking for you in advance. I will definitely try their next offering, even if it isn't Nordic.

King of Sweden Celebrates his Golden Jubilee

by Andrea Ashton



King of Sweden (Carl XVI Gustav) and Queen Silvia ride on the Vasaorden to the Royal Castle.

Photo by Frankie Fouganthin [Licence https://commons.m.wikimedia.org/wiki/User:FFswe](https://commons.m.wikimedia.org/wiki/User:FFswe)

On Friday, September 15, 2023, the King of Sweden

(Carl XVI Gustaf) celebrated his 50th anniversary as the country's

longest sitting monarch. He is 77 years old.

Friday wrapped up a four-day celebration of events that included gun salutes, speeches and a Jubilee dinner with guests from the Royal Family, the Nordic heads of state and the heirs to the thrones with their spouses as well as representatives from the Riksdag and the Swedish Government.

The King and Queen Silvia were first driven by horse and carriage through Stockholm and then they took the royal barge Vasaorden to the Royal Castle.

The original Vasaorden, built in 1774, was destroyed in a fire in 1921. The one currently in use is an exact replica built in 1923.

The barge is only used for special events such as state visits and royal weddings.

Sixteen Trees of the Somme

A Book Review by Linda Wacker



Book Review

Lars Mytting, author of “Norwegian Wood: Chopping, Stacking, and Drying Wood the Scandinavian Way” and the “Bell Trilogy” has another novel available in English. “The Sixteen Trees of the Somme” was originally published in Norwegian in 2014 and was translated into English in April 2022. Like his other novels, it is an intriguing and dramatic story that immediately captivates one’s attention.

The story begins when the main character, Edvard, loses his grandfather, leaving him with the potato and sheep farm. Edvard was adopted by his grandparents at the age of 3 after his parents died in France while visiting a battle ground following WWII. Edvard was with his parents, and he was told that he disappeared for 5 days before being dropped off at a physician’s office some 100 miles away. His grandfather flew to France and brought Edvard home to the farm.

Edvard’s grandfather had served with the German army during the war and as a result was shunned by the townsfolk. His grandfather’s brother, Einar, an accomplished crafter and furniture maker, fought with the Allies. The differences in belief resulted in them being estranged. It was believed that Einar was killed while fighting in France. This was



until one day, a beautifully crafted art deco coffin was shipped to the local funeral home, complete with storage costs, with a request that it be given to Edvard’s grandfather on his death.

Edvard becomes obsessed with finding the details about his mother and father and the reason for their travel to France. The book leads one from the farm in Norway, to the Shetland Islands, to France, in search of the truth. There is no end of intrigue, romance, and adventure and in the end, the pieces all come together in an amazing way.

As in all of Lars Mytting’s writings, wood plays a large part. On the farm there is a stand of flame birch trees. On the battlefield in France there is a grove of highly valued oak trees. There is a connection with these trees, with Einar, Edvard, and the next generation. It’s a story of a

family and their relationships to each other. It’s a story of a young man in search of his identity.

It strikes me how relevant this story is to the situation that some of us find ourselves in today. It isn’t uncommon for families to have major divisions in their beliefs and the result is often severed relationships. Several books have recently been written, including this novel, that speak to the political divisions between those who favored the Nazis and those who favored the allies prior to and during WWII. It seems to be repeating itself today in relation to those who favor Trump, his conspiracy theories, and his anti-Semitic rhetoric. There is a message in this book, as told by Edvard. He sadly suggests, “We could have been a family. We could have had Christmas parties enveloped in cigar smoke, with tales of great voyages. We could have played under the table, tugged at the shirts of the grown-ups who stood at the window waiting for out-of-country cars to arrive in the yard.”

If we are to avoid history repeating itself, it seems we need to attempt to resolve such conflicts. Discussions involving differing beliefs are often off limits. We were raised to be polite and nice to each other. Given the seriousness of today’s issues, if we have any hope of maintaining our relationships and of enjoying a free country, we need to talk openly and listen intently to each other.

EVENTS:

CORN ROAST

The annual Corn Roast was held on August 27 at Candy Cane Park. The beautiful weather resulted in a big turnout and great afternoon for all.

A big thanks go out to all those members who volunteered their time and energies to help make

this event a success. Anyone who has helped out in the past know that the Corn Roast is the most labour intensive event of the year for volunteers.

FISHY FRIDAY

Members who regularly attend Fishy Friday will know that the club has begun alternating these

get-togethers between lunches at the Lakeshore Restaurant and suppers at Western Pizza on South Albert. This pattern has been working out pretty well so we will continue this practice into 2024 and poll attendees later in the year for further direction.

Corn Roast





Fishy Fridays

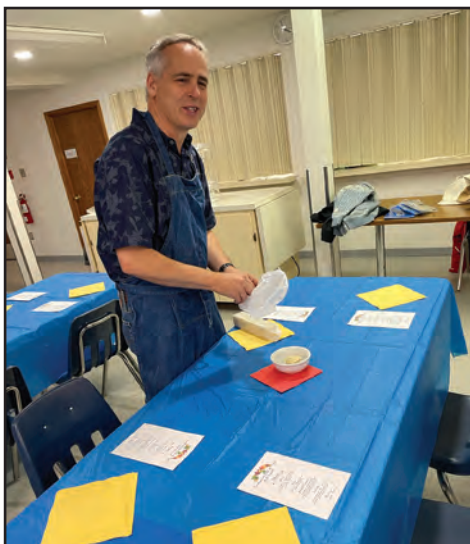


Above: Supper at Western Pizza in September



Above: Supper at Western Pizza in November

2023 Fall Festival



Ron Eley prepares the tables for the guests

On Saturday October 28, the club held their very first Fall Festival.

On the menu were three delicious soups - a pea soup, a chicken noodle soup, and a vegetarian / gluten free soup. An assortment of cheeses, breads and crackers accompanied the soups along with three equally delicious desserts.

The food theme of the evening was "Scandinavian" and the evening was a great success thanks to the hard work of our volunteers who came out to make the food on-site.

And of course, a great big thanks all the guests who came out in support of this event.



Chelsea Walters putting the final touches on the Tilsørte bondepiker (Peasant Girls with Veils)



Brenda Niskala takes good care of the chicken noodle soup



Greg Swanson looks after the coffee for the evening



Maureen Jickling tends to the vegetarian /gluten free soup option

The Happiest Country in the World

by Brenda Niskala

As a daughter of Finnish immigrants, I am always bemused when Finland (and Sweden and Norway, for that matter) show up on the very happy lists. It's almost like when Regina shows up in the top four of livable places in Canada. Yes, I know it's true, but how did they come to that conclusion anyway?

So when the World Happiness Report names Finland as the happiest country in the world for the sixth time in a row in 2023, I need to take a closer look. Denmark, Iceland, Norway and Sweden are in the top ten, along with Luxembourg and New Zealand. Canada makes it to 13th spot, ahead of Ireland, the US, Germany, and the UK.

This is the tenth year of this report, evaluating the happiness levels reported in 150 countries. The factors they use to measure

happiness include GDP per capita, social support, healthy life expectancy, freedom, generosity, and low corruption.

The authors of the study are volunteers from a number of different countries, including Canada. This year they are John Helliwell, Richard Layard, Jeffrey D. Sachs, Jan-Emmanuel De Neve, Lara B. Akinin, Shun Wang.

One of their findings this year indicates the levels of everyday kindness such as helping a stranger, donating to charity, and volunteering, remain above pre-pandemic levels in the world. Nice.

Another finding shows that the results of life satisfaction and eudaimonia (when people are pro-social, healthy, and prosperous) work together on a societal level, but not necessarily on an individual level.

For example, some full-time voluntary caregivers (looking after vulnerable children or elderly parents) have quite low life satisfaction. Caregiving is rewarding but also difficult and painful and needs social support. The authors recommend, for example, special institutions to support the hard work of caregivers.

When they assess a society, a situation, or a policy, they look not only at the average happiness it brings (including for future generations), but also at the scale of misery (i.e., low life satisfaction) that results. The researchers recommend, to prevent misery governments and international organizations should establish rights such as those in the United Nations' Universal Declaration of Human Rights (UDHR) and consider well-

Happiest Country *Cont. from Page 6)*

being and environmental policy dimensions jointly in order to ensure the happiness of future generations. Happiness accepted as the goal of government would have profound effects on institutional practices.

The 2023 ranking for the Happiness Report is from the

Gallup World Poll surveys from 2020 to 2022. The main life evaluation question asked in the poll asks respondents to rate their own current life, with the best possible life for them being a 10 and the worst possible life being a 0. The number of people and countries surveyed varies year to year, but by and large more than

100,000 people in 130 countries participate in the Gallup World Poll each year. The World Happiness Report is a publication of the Sustainable Development Solutions Network. <https://worldhappiness.report/ed/2022/>

Happy?



GORDON SMITH



Gordon Smith, late of Regina, SK formerly of Dilke, passed away on Monday, September 25, 2023.

Gordon grew up on a farm in Dilke where he enjoyed many aspects of farm life, especially riding one of his several horses, curling, 4-H membership activities and partaking in many community events. Upon completion of high school, he completed a two-year program at the University of Saskatchewan in Vocational Agricultural. After this, his work career took him on many adventures and into many different areas such as custom combining in the US, working at Western Feeds, Parrish and Heimbecker, and eventually to commercial cleaning at various businesses, the last

In Memoriam

being at Casino Regina.

Gordon was always deeply interested in agricultural practices and kept up to date by subscribing to many publications. He was a member of the Scandinavian Club, working the pavilion during the times they participated in Mosaic, and he attended their many functions during the year. He really enjoyed country music festivals and regularly attended the Big Valley Jamboree and the Camrose Country Festival with his many friends who gathered there to enjoy the music and festivities.

Gordon was predeceased by his parents, Julian, and Edna; and his two brothers Clinton and Brian. He is survived by his sisters Karen McLeod, Maureen Humphreys, and Laureen Smith; brother-in-law Cal McLeod; nephews Mark, Brenton, Chris, and Coleby Humphreys; niece Karleen Fraser; and their families.

A Graveside Service and Interment was held at Dilke Cemetery, on Monday October 2, 2023



JONINA ADAMCEWICZ



It's with heavy hearts that we announce that Jonina Marie Adamcewicz passed away on Sunday, November 12, 2023 in Regina, SK. She was born in Hamilton Ontario to Einar and Edna Swanbergson. Jonina was predeceased by her parents and her husband Thomas. She is survived by her daughter Marnie (Daniel) Major, son Jeffrey Adamcewicz, daughter Jody (Richard) Melnechenko, daughter Stephanie (Kevin) Rorke, daughter Sylvia (David) Adamcewicz, grandchildren Dylan (Chantal) Major, Nikki, Megan and Alexa Melnechenko, step grandchildren- Cassidy and Sebastian Rorke, and great grandchild Soley Major, and one sister Alice Jensen. The funeral was held at St. Marks Lutheran Church.



DAVE BAMFORD



Dave passed away on Monday, November 27, 2023 in the comfort of Grace Hospice surrounded by the love of his son Greg, and partner Mavis deBruin. He was predeceased by his wife of nearly 49 years, Gail; and parents Ralph and Katharine Bamford. Dave is survived by his son Greg (Christie Fessler) Bamford; his most favourite granddaughter Julie Bamford; partner Mavis deBruin; sisters Jan (Don) Martin and Margaret Serviss; brother Doug Bamford; and numerous nieces, nephews and their families. Before settling in Regina in 1976, Dave and Gail resided in Saskatoon for a number of years, as well as briefly living in Toronto and Montreal.

In Memoriam

Their lives were rich with friends, travel, cooking and family. Dave's 30-year career with the University of Regina began in the institution's formative years. During this time, he was instrumental in shaping both the University and Wascana Centre. Dave was one of Wascana Centre Authority's longest serving Board members. His love for the Wascana Centre, and deep understanding of its importance to the community, is a love-letter he left for generations to come. Most cherished to Dave were friends and family. He felt at home in the kitchen - always ready to prepare and host beautiful and delicious meals. He prepared the weekly Sunday brunch for Julie with the same care and attention as he would his famed Coquilles St. Jacques. In 2016, Gail passed away and changed Dave's life forever. In Dave's words, he found the loss of his life-long companion to be much more difficult to understand and deal with than any other in his experience. However, in 2019 he found a deep sense of companionship with Mavis through their daily dinners, great



conversations, travels, and various activities. He found happiness again. Dave will be incredibly missed by so many people who loved and cared for him. A Funeral Service will be held at Our Savior's Lutheran Church, 190 Massey Road, Regina, SK on Wednesday, December 13, 2023 at 2:00 p.m. (streaming via Zoom: <https://www.oslregina.com/worship-services>), followed by an interment and reception at Regina Funeral Home and Cemetery, 4001 East Victoria Avenue, Regina, SK. Those wishing to do so may donate in memory of Dave to the Waldenstrom's Macroglobulinemia Foundation of Canada (wmfc.ca), Unit 100 - 55 Albert Street, Markham, ON L3P 2T4 or the University of Regina, 3737 Wascana Parkway, Regina, SK S4S 0A2. Family and friends are invited to leave tributes at <http://www.reginafuneralhome.ca>.

The Scandinavian Club of Regina's newsletter *Midnight Sun* is published three times a year.

The editors of this publication are comprised of a committee. If you have any stories you would like to share with us please contact us at scoreventsregina@gmail.com

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