



Midnight Sun



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ICELAND 2024

by Dianne Swanson



The first stop in Iceland was to the Blue Lagoon

How do you wow a diverse group of people – grandparents to mid-life children and grandchildren? You take them to Iceland, a fascinating place that often feels like another world!

From super-jeeps rides over fast flowing rivers of glacial melt, walking through an ancient red hued lava tunnel to driving on top of an enormous glacier, the journey kept us in a constant state of awe.

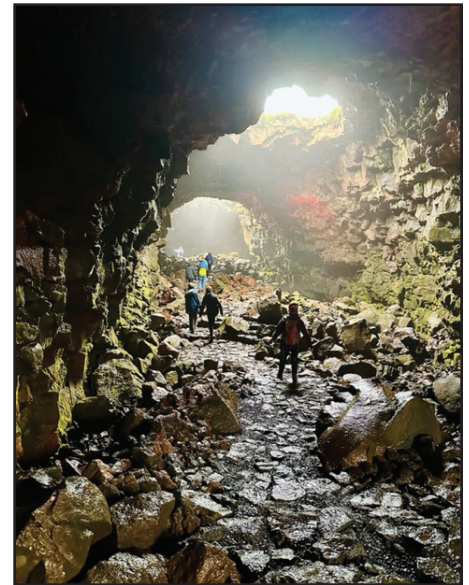
How to describe Iceland?

- Miles of dried dark grey lava mounds

- Lime green moss covering ancient lava fields
- Hundreds of waterfalls from melting glaciers
- Quiet, picturesque rural valleys with white buildings and red roofs
- Horses and sheep grazing near highways
- Purple lupins lining roadways
- Cities of metal siding and colorful roofs.

And when the traveller is tired of gazing at nature in Iceland,

one escapes to a geo-thermal pool or lagoon. Our first visit, hours after we landed at 6 a.m. in Keflavik airport was the Blue Lagoon! Our second visit was in the northern city of Akureyri. We arrived at 5:30 on a Saturday evening at the Forest Lagoon which, although much smaller than the touristy Blue Lagoon, was filled with locals, visiting with drinks in hand! Meeting at a hot pool is an Icelandic tradition for people of all ages.



Exploring a lava tunnel

I had asked our tour operator to plan a farm visit, and instead



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Waterfall in Thingvillir National Park

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we experienced a greenhouse visit early one morning. As we entered the greenhouse, we were surrounded by quiet warmth, and we all fell in love...A quick tour of the tomato farming operation and a lovely coffee break, was what we needed to start our day. (We also learned that this greenhouse operation supplied 40% of all tomatoes purchased in Iceland.)

Our driver, while driving us through the mountains mentioned his sister farmed nearby... Greg said "call her" and we had a spontaneous visit to a quiet farm where we also discovered the old local church which had been constructed by the original owner on this piece of private property!



Driving to Akureyri

Our visit included just 2 cities, Reykjavik and Akureyri. Finding food at a manageable price was a constant goal, which we managed by visiting food halls. Food halls are similar to our food courts in malls, but with real restaurant choices! Of course, one can find fast food pizza and fish & chips, but a constant staple in the Icelandic diet is lamb soup. AND Iceland is famous for its hot dogs!

One aspect of Iceland that impressed me was the



Walking behind the Seljalandsfoss waterfall

environmental awareness of the country. Of course, geo-thermal heat is ubiquitous, and electricity is primarily hydroelectric. AND they plant trees where ever they can! As we drove through the countryside, we could often spot small "forests" which were growing at bit too orderly in rows to be natural. Our guide explained that Iceland has been actively planting birch and coniferous trees for a few decades, and my research showed that 1.5% of Iceland now has tree coverage. It is believed that prior to settlement trees covered up to 45% of the land, but early settlers decimated forests to supply shelter and heat.

Iceland weather is cool and there is lots of wind. But your welcome is warm and the place is fascinating. Put Iceland into your travel plans! .



On top of Iceland's 2nd largest Glacier, Langjokkull

TRUNKS

by Linda Wacker

In July 2025, we will celebrate the 200-year anniversary since 52 Norwegians set sail in Stavanger, Norway, for New York City. This was the beginning of a migration that would see over 1 million Norwegians come to United States and Canada. While there was little room for luggage on the crowded journey, most families were allowed to bring items that fit into one trunk. These trunks carried people’s identity and culture. Today, a few are still around in homes and are heirlooms, representing the lives of ancestors who left their homeland in the hope of a better life for themselves and their children.

We are asking members who have such a trunk to share a picture with us. Thanks to Chris Bristol and Harvey Smith for sharing pictures and stories about their family trunks.

Harvey Smith’s Trunk

Harvey’s grandfather, Anton Olia Hanson was 10 years old when he and his 13-year-old sister travelled from Liverpool, England to Ellis Island in 1888. They were



Harvey Smith’s Trunk

from Lillistrom Norway. Their 20-year-old uncle had previously left Norway and was living in Virgil, South Dakota. Anton and his sister joined their uncle and eventually they made their way to Canada and became Canadian citizens.

The trunk pictured below came with Harvey’s grandfather in 1888 and has been in North America with the family for the past 136 years. His mother kept seasonal clothes in it, along with pictures and treasures from Norway. The trunk’s interior appears to be made of pine and its exterior is wood and metal. It has wheels and that must have been a fine feature given the trunk size. It has a chest tray.

Chris Bristol’s Trunk

Chris’s trunk came with her grandparents when they immigrated from Stryn, Norway, with their family. Her father was a baby, and her mother cared for him and his 4 siblings while travelling in steerage. Her grandparents and their extended family settled in South Dakota where they rented a farm and raised cattle as well as wheat. They eventually made their way to Canada, to the Herbert area, settling on a farm near Gouldtown, Saskatchewan, a town about 20 kilometers outside of Herbert.

The trunk is made from oak and pine and while it is a smaller trunk, it is



Chris Bristol’s trunk

heavy. It was kept in the kitchen in Chris’s grandparents’ house and was used to hold firewood. Chris’s Aunt Olga, a teacher in the area and a teacher to Chris, gave the trunk to her. Chris did rosemailing on the cover. Aunt Olga told her what to write on it. Chris told me that the translation is as follows: “For when I was younger, I was disrespected but when I was older, I was respected and cared for by most people”.

On a side note, Chris’s mother came from Irish ancestry. She met her father, Christian Solberg, in the Herbert area, and theirs’ was a true love story. They farmed near Gouldtown, near her grandparents’ farm. Sadly, her father died while having an operation at the hospital in Herbert. He was 44.

MIDSUMMER FESTIVAL 2024

by Ingrid Van Dusen

In Scandinavian countries Midsummer or Summer Solstice is a time to celebrate light and nature. Scandinavians gather together to celebrate the longest day of natural light between sunrise and sunset. Each country has their own traditions for the day, but similarities include: being outdoors in nature, enjoying outdoor activities, flowers, food and music. Feasts that include

fresh fish, grilled meats, new potatoes, pickled herring, and fresh strawberries with cream are enjoyed by all.

In Sweden, people of all ages adorn their hair with flowers as a symbol of rebirth and fertility. Dancing around a decorated Maypole is enjoyed by young and old. On Midsummer Eve, young people pick seven different flowers in silence. These flowers are placed under their pillow in hopes of

dreaming of their future partner.

Midsummer in Denmark is a time to celebrate the warm summer season with family and friends. Large bonfires, often built on the beach are a central part of the evening celebration. People gather together around the fire to enjoy each other's company and sing songs. It is a perfect time to show gratitude for their beautiful country.

In Finland, celebrations include bonfires at lakesides or beaches.



No celebration is complete without a sauna and a dip in cool nearby lakes. Legends believe the louder and more festive the gathering was the better the harvest.

Across Norway, Norwegians gather for huge public bonfires. The fires, often reach impressive heights of up to 47 meters and are enjoyed by families and groups of friends. Many mark the occasion by enjoying food, outdoor activities and watching the fires burn.

The longest day of the year in Iceland is a time of goodness and positive thoughts. Like the other Scandinavian countries, the

celebration includes bonfires, music and folklore. Legends claim cows can talk, seals take on human traits and rolling in the morning dew promotes good health.

The Scandinavian Club of Regina recently hosted a delightful Midsummer celebration. Members and guests gathered at Wascana Place on Saturday, June 22, 2024. The indoor atrium and serene Lady Slipper Garden provided a beautiful setting for the event. Guests who were encouraged to wear Scandinavian inspired clothing were greeted with flower headpieces. The event was catered

by Schmitt's Catering that included smoked meats and sides. After our meal, Regina musician Rob Young provided entertainment that was enjoyed by all.





“River Kings”

by Cat Jarman

Book Review
by Brenda Niskala

Using a carnelian bead found in a UK Viking burial site, another identical bead found in a dig in the Ukraine, and a third fashioned by a present day Gujarat artisan, archaeologist Cat Jarman invites us to explore the eastern voyages of the mostly Scandinavian traders and raiders known as the Vikings.

These eastern river travellers often started their journeys in what is now known as Sweden, with a crew of family members, men and women from their home communities, as well as Fenno-Ugric people, Slavs, Mediterraneans, Magyars, and people from many other cultures.

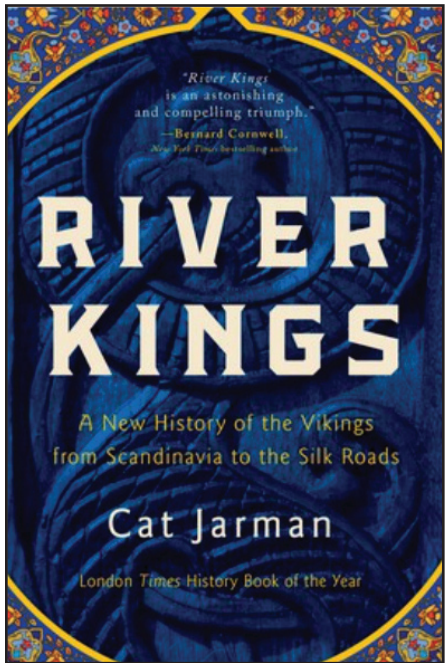
New techniques in dating materials, bioarchaeology, better DNA analysis, trace element analysis, and isotopic mineral and chemical signatures now indicate details such as whether the individuals found in burial mounds were, for instance, fish eaters when they were children. The big picture, the sites themselves, can be studied in detail with new technologies such as micro-morphology, and lidar, which is aerial-borne drone laser photography. Also, the increasing popularity of the hobbies of metal detectorists, and their often impressive databases have assisted scientists in fleshing out significant finds. None of these can tell us whether the bones belong to a loyal

family member or a thrall, but they do establish that the traders were a mixed crew by gender and by ethnicity.

The river traders travelled in sinuous ships, typically carrying thirty oars, although sails were used too. Their cargoes were filled with goods for trade from the north. Almost a century before Lindisfarne and the other English coastal monastery raids, the river kings followed already established routes carrying timber, fur, and slaves. They were in search of treasure: precious stones, spices, silk, but most of all silver.

Silver loot was hacked up, even the coins, and melted down to form neck rings. Each recovered neck ring weighs exactly the same, so it is likely they were used as a reliable rate of exchange. The silver came from the east, from Afghanistan’s resource-rich mountains, and the coins were often from Persia, the dirhans Arab traders used to pay for their purchases. Great hoards of dirhans have been found in Sweden, and in England.

The River Kings is a careful but convincing trip down the rivers, from the UK to Istanbul, with many tantalizing asides, Jarman questions every assumption, respectfully incorporating long held beliefs into her investigation and expanding them and the Viking experience. She is very readable, and she uses the narrative of her own voyage of discovery as well as that of imagined participants in the archaeological past to weave an intriguing, cohesive, and very



enjoyable study. She relies on her own research and that of others, sharing the excitement of a scientist uncovering, questioning, revealing new ways of seeing.

Cat Jarman, PhD, is a bio archaeologist and field archaeologist specializing in the Viking Age and Viking women. Dr. Jarman has contributed to television documentaries as an on-screen expert and historical consultant, including programs for the BBC, History Chanel, and Discovery. She is most recently joined by Reverend Richard Coles and Charles Spencer as they chase the provenance of historical objects both real and metaphorical in the popular Rabbit Hole Detectives podcast. (Charles, 9th Earl Spencer, is brother to the late Princess Diana. Richard Coles is a mystery writer, cleric, and formerly a member of the 80’s band The Communards.)

Cat Jarman has written a very fine addition to our understanding of the world of the Viking Empire.



UPCOMING EVENTS

CROSSINGS 200 PRESENTATION

SCOR is holding a supper and presentation by Terje Mikael Hasle Joranger, International Coordinator for Crossings 200, on September 8.

Crossings 200 is a celebration of the first migration of Norwegians to North America on the ship Restauration in 1825. On October 9, 2025, a replica of the sloop Restauration will arrive in New York. This was the sailing vessel that brought the first direct emigrants from Stavanger, Norway, to New York in 1825. The sailing of the Restauration marks the point of departure of the Bicentennial commemoration in 2025. There will be festivities in Stavanger and New York in 2025. Terje is looking to promote celebrations in Canada.

We hope you can join us to learn

more about celebrations planned to recognize this historic event.

When: Sun., Sept. 8, 4:30-7:30 pm
Where: Western Pizza,
 3847 Albert Street

Details:
 4:30 - 6 p.m. supper from the menu (cost to attendees)
 6 p.m. - coffee, tea and dessert provided and paid for by SCOR
 6 - 7 p.m. - presentation
 RSVP by Sept. 5 to scoreventsregina@gmail.com if you plan to attend. If you have questions, feel free to contact Linda Wacker at:

lindawacker@myaccess.ca or by phone at 306-351-8789.

FALL FESTIVAL SOUP EVENT

Join us for the SCOR Fall Festival and enjoy homemade soup, Scandinavian style!

When: Sat. Nov. 2
 Doors open at 5:15 p.m.
Where: New Hope Lutheran Church, 370 McIntosh St N
RSVP by Oct. 30. to:

scoreventsregina@gmail.com

Costs:

Members - no charge (donations are accepted).

Non-Members - \$10

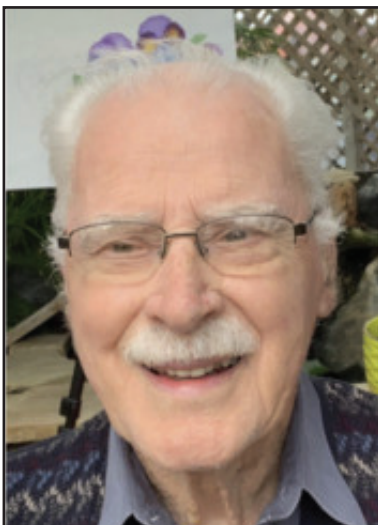
CHRISTMAS POTLUCK

When: Sun. Dec. 1, 2024 at 4:30
Where: New Hope Lutheran Church, Regina, SK.

Watch for email for more details



William Quick



William (Bill) Andrew Quick peacefully left this life

In Memoriam

on December 5, 2023. He and his family shared a quiet time that day at Pasqua Palliative Care in Regina celebrating a life well lived. He is survived by his immediate family Valerie, Andrew, Allan, Kathy, Jennifer and Andrea; grandchildren Spencer, Adam, Sheena, Matthew and Karl; great-granddaughter Leia; and treasured nieces and nephews. His loving wife of 61 years, Elsie May, predeceased him in 2015.

Bill was born in 1925 on the family farm near Senlac, SK to Philippa and Andrew Quick, settlers from Cornwall, England. He earned a degree in chemistry,



followed by a Bachelor of Education degree and taught in various communities throughout Saskatchewan. In 1952, he met Elsie May Halvorson at a United Church youth rally and they became engaged and were married a year later, beginning a lifelong love story and partnership. When Bill left teaching to return to university, he switched to graduate studies in biology. Having completed a PhD in plant biology in 1963, he took a teaching position at the Ontario Agricultural College in Guelph, Ontario. By 1967, he, Elsie May and the family moved back to the prairies,

William Quick Obituary (cont)

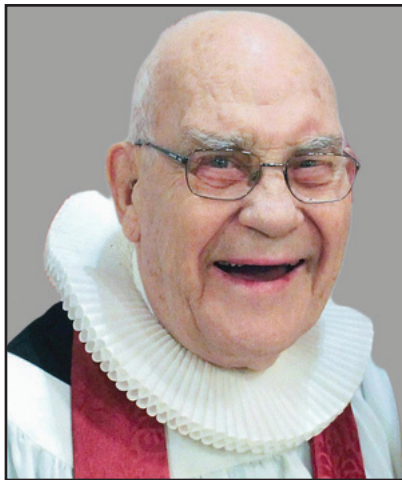
where he became a professor in the Department of Biology at the University of Regina, a position from which he retired 27 years later.

A true Renaissance man Bill was an enthusiastic singer with the Regina Chapter of the Barbershop Harmony Society, an avid gardener, a painter; a guitarist; a humourist, and a genealogist who

traced his lineage to the 1600s in Cornwall, England.

To read the full obituary of Bill Quick go to <https://bit.ly/3yKGnXn>

Lester Thomas Nilson



Lester Thomas Nilson (Pastor Tom) died on Saturday morning June 15, 2024, with his daughter-in-law Linda at his bedside at home at College Park II in Regina, Saskatchewan. He died peacefully after getting steadily weaker over the past while. Tom was born in Secretan, SK, on April 1, 1926, in a snowstorm to Josephine Jacobson Nilson and Andrew Michael Vikestol Nilson. He was the fifth of eight children,

four girls and four boys. His wife, Randi Maria Farden Nilson (1926-2019), his parents and all of his siblings have predeceased him. He is survived by three children, eight grandchildren and eleven great-grandchildren – John Thomas Nilson and Linda Lee Nilson of Regina and their daughters, Ingrid Andrea Nilson of Vancouver, BC, and Solveig Marit Nilson and Sotonye Igoniko and Boma of Regina; Ralph Andrew Nilson and Suzanne Marcia Nilson of Nanaimo, BC, and their daughters, Bethany Marcia Nilson O’Kranczy and David O’Kranczy and Lucy of Regina; and Anna Marie Nilson Laidlaw and Richard Laidlaw and Jack, Scott, and Tom of Ottawa, ON; JoAnn Kathryn Nilson and James Lokken of Saskatoon and their sons Nils Andreas Akpan Lokken and Robin Brown Lokken and Soren and Selwyn of Prince Albert, SK; Olaf Peder Nilson Lokken and Catherine Yamniuk Lokken and Micah, Esme and Isla

of Charlottetown, PEI; Torbjorn Johan Nilson Lokken and Lauren Achtemichuk and Anders of Saskatoon; and Knut Ragnvald Nilson Lokken and Megan Fortune of Fredericton, NB. He is also survived by his sisters in law, Greta Wells Nilson of Moose Jaw, SK, and Betty Nilson of Hudson Hope, BC. His predeceased brothers and sisters and spouses are Dorothy and Roy Turner of Central Butte, SK; Melinda and Clarence Chelsberg and Cy West of Moose Jaw, SK; Norman Nilson of Vancouver, BC; Obert Nilson of Hudson Hope, BC, and Margaret Simrose Nilson of Prince George, BC; Arne Nilson of Parkbeg, SK; Florence and David Olson of Strongfield, SK; and Evelyn and Hans Burmeister of Brandon, MB. He was also predeceased by his wife Randi’s only sister Gertrude Anna Farden Satre and Harold Curtis Satre. For the complete obituary go to <https://bit.ly/3APxfB3>



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

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



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Midnight

Sun



BONUS INSERT

Take Away Gourmet

Norwegian brown cheese is available in Regina.

Take Away Gourmet at 2124 Robinson St. is selling Ski Queen brown whey cheese from the mountains of Norway. I grew up enjoying this Norwegian tradition of eating this velvety caramel brown cheese on open-faced rye bread and waffles, but until now, it has been difficult to find in Regina.

Brunost is literally Norwegian for “brown cheese”. It can be divided into varieties that are made from goat’s milk (gjetost, pronounced YAY-toast or

yed-OOST), and cow’s milk. According to the Ski Queen package, “The caramel-brown color and deep full bodied flavor result from the caramelization of natural sugars found in whey, goat’s milk and cow’s milk”.

According to Astrid Karlsen Scott’s book, Authentic Norwegian Cooking, brunost originated over 100 years ago on a small farm high up in the Gudbrandsdal valley, a valley famous for its rich farming tradition. Another source, thefoodhistorian.com says that whey-based cheese dates back

over 2000 years in Scandinavia with the earliest reference found in Jutland Denmark.

How to enjoy brown cheese. Enjoy this smooth, slightly sweet cheese with a tart apple slice, on crispbread, thinly sliced with salted butter on bread, or try one of the many recipes on the Internet: northwildkitchen.com, livinganordiclife.com, the food historian .com, norselamd.ca.

This picture is from this morning’s brunch.

