



Midnight Sun



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Chemin de Outaouais (Ottawa Way)

by Greg Swanson

Lots of people have probably thought about a trip from Ottawa to Montreal, a distance of about 240 kilometres. But NOT by walking this route over 12 days. However, that is exactly what my wife, Dianne and I undertook from May 25 to June 6, 2024.

The Chemin de Outaouais trail club organizes this walk every spring. The club provides walkers with the route that follows the Ottawa River and nightly accommodations in church and community halls. Walkers carry their own sleeping bag, pillow case, clothes and rain gear. And each walker is responsible for finding their own food. The club puts a maximum of six hikers per day on the trail.

Our walk began at Notre Dame Cathedral in downtown Ottawa. As our departure date was the first of the 2024 walking season, a pre-walk event was held at the Cathedral. Many of the people

who help organize this walk and many of the people who would be walking later in 2024 attended this event.

After the pre-walk event Dianne and I posed for a picture



*Dianne and Greg outside the
Notre Dame Cathedral*

outside the Cathedral.

I received a number of good natured jabs about the size of my backpack. It was probably twice as large as every other hiker's. Each time I had to explain that some of

what I was carrying was clothing and equipment that I needed for my bike trip that would start once I got to Montreal.

Our first day to Orleans, Ontario was mainly on paved and good gravel walking trails. But



*Dianne on one of the many
beautiful hiking trails*

from Orleans onward, we were on hiking trails and roads.

The only portion of the walk with lots of traffic was day two, Sunday between Orleans and Buckingham, Quebec. Many people were leaving cottage country in Quebec and heading back to the Ottawa area. This required a ferry crossing. Lots of vehicles lined up to catch the ferry.

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Weekend traffic leaving "cottage country" in Quebec and returning home to Ottawa

Over the twelve days we walked about 20 kilometres each day. Our route crossed the Ottawa River on ferries three times

Many of our breakfasts and some coffee breaks were at Tim Horton's. We were in Tim Horton's more in these twelve days than we have ever been in our lifetimes.

Lunches were peanut butter on bagels (bagels don't crush like bread) and fresh fruit. Occasionally this was supplemented by split pea soup that was heated with the camp stove and pots that I was carrying for my bike trip.

Suppers were sometimes in restaurants and sometimes they were frozen meals bought in gas stations or depanneurs (convenience stores) and heated in the hall's oven or microwave.

For the first few days, temperatures were moderate and we would wake up at about 7:00 am. Then, the daytime highs went into the 30's with high humidity. On those days were we waking up at about 5:00 am to get the bulk of

our hiking in before it got too hot.

We often had great views of the Ottawa River



Views of the Ottawa River

There were many planned rest stops in the countryside along the route. Local hosts welcomed us and often provided us with fresh water and access to toilets.



One of many rest stops along our journey

This was typical of the sleeping arrangements for our group.



Typical accommodation on our trip

Along the route Dianne and I had many opportunities to practice French with our fellow hikers, rest stop hosts, clerks, restaurant staff, etc.

Most of our journey took us through beautiful countryside and quaint towns. Our final day had us walking through Montreal neighbourhoods, ending our journey at the magnificent Oratoire Saint-Joseph de Mont Royal.



For more information on the Chemin de Outaouais [click here.](#)



The Canadian Nordic Society, the Norwegian Embassy, and “Crossings 200”

by Linda Wacker

I don't know how I missed this, having been a member of SCOR for almost a decade, but I only became aware of [The Canadian Nordic Society](#) this past January. You may be aware of it, but in case you aren't, the following is what I learned because of attending a Town Hall and subsequently going to their website.

The Canadian Nordic Society was established in 1963. It is based in Ottawa and membership is open to anyone who has an interest in the Nordic countries. The serving ambassadors of each Nordic country, that being Iceland, Norway, Sweden, Denmark, and Finland are Honorary Members. Application for membership is available on their website. [Click here](#) to apply.

The Norwegian Embassy is part of the Canadian Nordic Society, and these days is working on “Crossings 200”. Our club received an invitation to join an on-line Town Hall held on January 22, 2025 with Terje Mikael Hasle Joranger from the Norwegian Emigrant Museum in Norway



(L-r) Terje Mikael Hasle Joranger and Jan-Terje Studsvik Storaas



A replica of “The Restauration” that was created to celebrate the beginning of organized Norwegian emigration to North America in 1825.

and Jan-Terje Studsvik Storaas from the Norwegian Embassy in Ottawa. The purpose of the Town Hall was to make us aware of “Crossing 200”, a celebration this year of Norwegian Heritage in Canada. The Town Hall participants were from across Canada.

You will recall that our club met with Terje last September at Western Pizza. He introduced us to “Crossings 200”, a project commemorating the first official emigration of Norwegians to North America. For the past 200 years, emigrants have gone back and forth between Norway and North America, and influenced the United States, Canada and Norway.

The purpose of the Town Hall was to look at ways we could highlight the cultural impact of

Norwegian heritage on Canadian society. “Crossings 200” is hoping to” promote Norwegian Canadian relations, common history and shared values. (Page 2 of the “Crossing 200” document put out by the Norwegian Embassy, Ottawa.) Discussions had been held with several Canadian groups and the discussion continued at the Town Hall.

As a result of these discussions, the Norwegian Embassy in Ottawa website states, “The general consensus was that Norwegian associations in Canada would like to work together to create their own Canadian way of celebrating this landmark anniversary, rather than joining up with the American organizations. The Canadian Nordic Society in Ottawa does,

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Crossings 200 - cont. from Page 3

of course, include Norwegians in its purview and is planning to get involved in this endeavor. We will keep you informed of developments as we liaise with other /Canadian organizations and move forward with this exciting project.”

I read with interest, Facebook texts that express concern that “Crossings 200” is treating Canadians as if they are part of USA. A Facebook member points out that in 1814, some 13 to 15 Norwegians were brought to Rupert’s Land, now Manitoba, Canada, to work in the Red River Colony. He states that they were the first Norwegian immigrants to North America and deserve to be mentioned in the history of Norwegians immigration to North America but believes that this information is absent from any museum in Norway, nor is it taught in Norway’s educational system.

At this time, I think it is safe to say that Canadians want to be recognized independently from Americans. I’m reminded of the time we met our Norwegian cousins at a train station in Al

Norway and were greeted with, “The Americans have arrived!”

We all objected vehemently, saying, “No, we are not Americans. We are Canadians.” Our cousins looked surprised; I don’t think they knew there was a difference.

The Norwegian Embassy in Ottawa is looking to support the work of organizers and networks in Canada. The Embassy is curating an exhibition to highlight the rich Norwegian heritage of the communities across Canada. They are inviting us to be a part of it. The address for the Norwegian Embassy is: 150 Metcalfe Street, Suite 1300, Ottawa, Ontario, K2P 1P1.

They sent us the following:

We are particularly looking for older photos—such as family gatherings, 17th of May celebrations, local festivals, or any moments tied to Norwegian culture and traditions. These photos will help tell the story of the Norwegian Canadians who built their new life in Canada, though we are also open to more recent images that showcase how these traditions continue to thrive today.

If you have any photos you’d like to contribute, please send them to us. Along with each photo, we’d appreciate any context you can provide—such as the date and location, the people in the image, and any other background details that help bring the story to life.

In addition to being displayed in Ottawa, we plan to make it available online and offer it for physical borrowing by other communities. We will keep you updated with more details as the project progresses.

One event that our Scandinavian Club is planning to commemorate “Crossings 200” is a catered picnic at historic Bethesda Church on Sunday, June 22, 2025. This church dates from 1912. It was built by immigrants from Norway, and it is still cared for by descendants of these immigrants. The church community undertook to renovate the church and return it to its original appearance. It is our honor to be able to visit the church and hold a picnic on the church grounds. We hope that you will be able to join us.

Artica Svalbard Residency 2026

Open Call: Artica Svalbard Residency 2026 | Svalbard, Norway
Deadline: May 23, 2025
Residency Period: January–December 2026 (6–12 weeks)

Located in Longyearbyen—the world’s northernmost town—Artica Svalbard offers artists a unique opportunity to explore critical

global issues such as climate change, migration, geopolitics, and minority perspectives within the Arctic environment. In collaboration with the Office for Contemporary Art Norway (OCA), we invite visual artists and interdisciplinary practitioners to apply for our 2026 residency program.

Residents receive:

- Fully furnished private apartment in Longyearbyen
- Covered travel expenses

- Stipend for living costs
 - Curatorial and logistical support from OCA and Artica
 - Access to a flexible studio and workshop space
 - Opportunities for community engagement through public events
- Immerse yourself in the Arctic’s transformative landscapes and contribute to meaningful cultural dialogue.
- Apply now: <https://oca.no/grants-residencies/artica-svalbard>

Movie Reviews

“Number 24”

Movie Review by Andrea Ashton

The movie Number 24, currently playing on Netflix, is based on the true-life story of Norwegian Gunnar Sønsteby, a member of the Norwegian resistance movement during the German occupation of Norway in World War II.

The movie opens with the elderly Gunnar Sønsteby (played by Sjur Batne Brean) sitting at a table, eyes closed, biting down on a stick. Meanwhile high school students are pouring into a large auditorium. They are there to see Sønsteby. To hear his story. And clearly, while Gunnar has told his story before, it is obvious that this is a story that is very difficult for him to share.

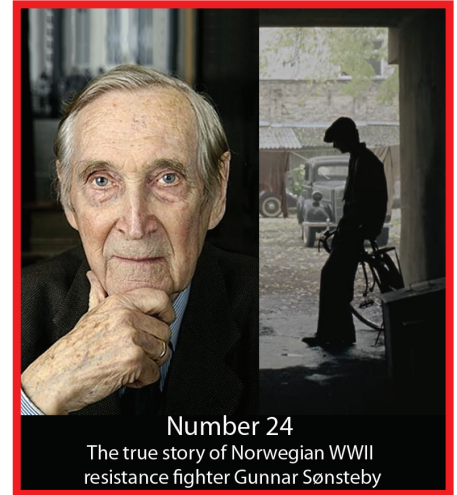
This movie moves between the past and the present and begins with a young Sønsteby hiking in the mountains with his good friend Erling Solheim (Sjur Vatne Brean). When a worried Sønsteby shows a newspaper headline to his friend about the Nazis burning books in Germany, Erling responds with that the Nazi party is harmless and that they are “only targeting communists anyway”. This fundamental difference in beliefs rapidly creates a shift in their friendship from one of trust to mistrust. Erling is moved to the background of the story for the time being. It is here that Sønsteby

becomes the focus of the story, opting to become part of the Nazi resistance. Sønsteby, along with a group of others, begin by publishing a number of anti-Nazi tracts. Gradually Sønsteby’s role changes to that of a spy and his code name becomes Number 24.

Sønsteby’s success as a resistance fighter was due to his laser focus and meticulous planning of each of his plans. Where others in the resistance failed and were caught by the Germans, Sønsteby was successful. It wasn’t just luck for Sønsteby. He realized that to succeed, living a semi-normal life must be sacrificed. He refused to succumb to distractions like women and drinking and instead, gave everything to the cause.

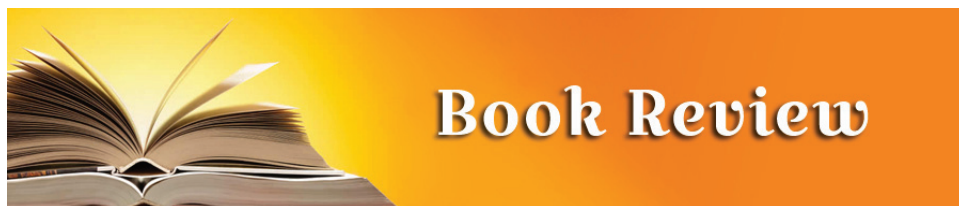
The movie moves back and forth between the past and his actions in WWII, and the present, where he shares his stories with a new generation in the same school he attended all those years ago.

Near the end of the movie the students in the auditorium have opportunities to question Sønsteby about his actions as a resistance fighter. One student in particular persistently questions the resistance’s decision to “not be more merciful” – especially when it came to the deaths of Norwegians who had chosen to



accept the leadership role of the Nazis, instead of resisting. She asks “How could the resistance have killed their own fellow countryman?” While this was a difficult question for Sønsteby to answer, he responds with honesty. Those who informed on the resistance could not be trusted, and therefore many were executed by the resistance because of this. It was war. It was about life and death. Ultimately, it was about freedom and peace. What is freedom worth? The answer for Sønsteby is clear. Freedom and peace trump everything.

The question the young student asks about being merciful brings back the memory of young Sønsteby’s friend Erling Solheim. A friend who had chosen to become an informer. His life ended in tragedy – one of the millions of tragedies of WWII. Sønsteby describes his life’s memories like a drawer. The top three drawers he visits often, the fourth drawer he opens less often because it contains more painful memories, and the fifth and bottom drawer has remained unopened since May 8, 1945.



Embers of the Hands: Hidden Histories of the Viking Age - By Eleanor Barracloagh

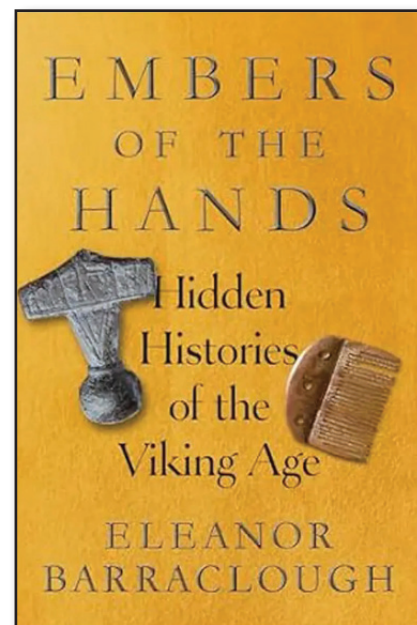
Book review by Brenda Niskala

Kennings, or word riddles, were a favourite manner of expression and entertainment in the Viking era. The title of this book is a kenning, for instance. Barraclough does cover much of the usual history of the Norse people until the end of the Viking era, variously identified as early as 1066, to as late as 1340. She goes well beyond the usual, however, and delves into the lives of the ordinary people living in these times.

Her chapter headings illustrate a heady new focus on northern medieval lives: Love, Travel, Belief, Bodies, Home, Play, and Unfreedom. Love includes sex and the roles of women. Bodies includes bathing and hair styles.

Play includes songs, musical instruments, and board games, including the players from the Lewis chessmen. Unfreedom covers the gamut from the life of the slave to the life of the indebted, and many shades of freedom in between.

I listened to the book via the Regina Public Library's Libby, which is fast becoming my favourite way to devour a book while my hands are busy on some less mindful task. It was an absolute pleasure listening to this book, read by the author. Her mastery of Old Norse, for instance, was obvious, and delightful to hear. I know if I'd been reading the book, I would have laboured over those parts, or skipped them



entirely, but her presentation of the words was enriching, and enjoyable. Her obvious appreciation of her subject matter kept me engaged, heart and mind. She reads with a smile on her face. Barraclough is clear, admits when the research is inconclusive, and has included the most up to date discoveries. Embers of the Hands, in case you haven't guessed it yet, refers to gold.

Published in 2024, audio in 2025



Did you know that our club's membership dues have not changed in over 40 years? Think of what a car or a house or a night



About Membership Dues

by Kelly Nelson

out cost in 1985 and what they cost today! Our club fees are more of a bargain than ever and for the foreseeable future, they're getting better every year.

That said, recall that the fees are dues each year on January 1, and that they are \$30 for a family (parents and children under 19 living in the same home), \$20 for

a single person, and \$10 for an adult student. Fees can be paid at any club event, mailed to our post office box (Box 37182, Regina, S4S 7K4), or e-transferred to scordeposit@gmail.com.

If you have any questions about your membership, contact Kelly Nelson at 306-536-9932 or at scormembership@gmail.com

Vesterheim Folk Art School

2025 Summer Class Announcement

Mark your calendars!

Vesterheim Folk Art School registration for April through September 2025 opens on Tuesday, February 20, at Noon (CT) with new online and in-person classes in rosemaling, woodworking, metal working, jewelry, cooking, fiber arts, weaving, and heritage and language, plus youth and family programming.

Start making your February 20 registration plans!

Registration Process

Everything you need to sign up, including registration, is available [here](#).

Don't forget, in order to register for a class, you will need to have a Folk Art School/ Museum Store account. If you have purchased a Folk Art School



[View the Summer 2025 Class list here](#)

class or something online from the Museum Store, you may already have an account. Creating an account takes less than five minutes, and you can do so at the link [here](#). We also recommend logging into your account prior to the registration launch if you are concerned about a class filling quickly.

On-Demand Classes

On February 20, Vesterheim Folk Art School is launching a new model for folk art instruction – on-demand classes! When you register for an on-demand class, Vesterheim will send you a kit of materials in the mail, and you'll have online access for 90 days to a set of video tutorials taught by one of Vesterheim's master instructors. Designed to be classes that you can take anywhere at any time, we hope that the addition of on-demand classes can make Vesterheim's programming available to folks who have had schedule conflicts in the past.

We're excited about the possibilities this new model offers!

On-demand classes at Vesterheim are supported in part by the Harlan and Connie Sanderson Endowment.



FISHY FRIDAY

WHEN: May 2 at 5:30 p.m.
WHERE: Ricky's All Day Grill at 4875 Harbour Landing Dr.
RSVP by Wed. April 30 to give the restaurant two days notice.

SCANDINAVIAN CULTURE WEEKEND

WHEN: June 13-15
WHERE: Red Deer, Alberta
Hosted by the Sons of Norway

Aspelund Lodge, this weekend celebrates that 200-year anniversary of the first crossing. It features a variety of activities including a bus tour of historic settlements, crafts, food and entertainment. [Click here](#) for more information.

SCANDINAVIAN CLUB OF REGINA MID-SUMMER FESTIVAL

WHEN: June 22
WHERE: Bethesda Lutheran Church (about 40 minutes south of Regina on Highway 6)

COST: Catered Picnic:
\$16/person for members,
\$21/person for non-members,
Children 12 and under \$10
Bus Transportation from Regina: \$22 per person return

RSVP:
ScorEventsRegina@gmail.com
by June 8, including, whether you are purchasing bussing. Payments by e-transfer to:
ScorDeposit@gmail.com
Guests (non-members) welcome.

[Click here](#) for full details on this days events.





CHARLES CARLSON



Charles William Carlson of Regina, SK, passed away peacefully on Thursday, January 23, 2025, at the age of 90 years. He was predeceased by his wife Dorothy Carlson; parents Fred and Edith Carlson; sister Valerie Patterson; daughter Leanne Carlson; father-in-law Bower Sheasby; mother-in-law Clara Sheasby; brothers-in-law Dan, Raymond, and Ralph Sheasby; brothers-in-law Caron Patterson and Jack Wedge; and nephew Daryl Patterson.

Charles is survived by his

In Memoriam

daughter Carla (Lyle) Drew of Regina, children Garrett, Bryce, and Wyatt; son Wayne (Gail) Carlson of Regina, children Bryan, Carissa, and Nathan; son Robert Carlson of Calgary; sisters Betty Wedge and Shirley (Spud) Stewart; sister-in-law Dot Sheasby; and numerous nieces and nephews.

Charles was born in Milestone, Saskatchewan to Fred and Edith Carlson. He was the second of four children. His oldest sister was Valerie Patterson. His younger sisters are Shirley Stewart & Betty Wedge. He graduated from the University of Saskatchewan in 1958 with a degree in Agriculture. He met Dorothy at the Trianon Ballroom in downtown Regina in 1957. Charlie and Dorothy were married on October 4, 1958.

Dot and Charlie had 4 children – Carla, Leanne (who died shortly after birth), Wayne, and Robert. Soon after Wayne was born, the family moved to the house on Montague Street in south Regina. Farming was a big part of Charlie's life. He spent much of his time at the Carlson family farm in Milestone, SK. The Carlson



farm was established in 1899 and received an ISC Century Family Farm Award in 1999. He worked for the Family Farm Improvement Branch, and later managed several agricultural tradeshow including Mexhibition, Western Canadian Farm Progress Show, and IndEx. Charles was presented with a Distinguished Agrologist Award by the Saskatchewan Institute of Agrologists, recognizing his many contributions to the industry.

Charles developed many close friendships, which he valued. He kept many close friends throughout his life including members of the College Wrestling Team from the U of S and members of the Milestone Masonic Lodge. Charles will be greatly missed and remembered fondly by family and friends.

A Memorial Service was held at Speers Funeral Chapel, 2136 College Avenue, Regina, SK, on Sat., Feb. 1, 2025, at 4:00 p.m. with Rev. Jim Tenford officiating. Family and friends so wishing may make donations in memoriam to the Canadian Cancer Society at <https://cancer.ca/en>

The Scandinavian Club of Regina's newsletter *Midnight Sun* is published quarterly.

The editors of this publication are comprised of a committee of three - Andrea Ashton, Linda Wacker and Brenda Niskala. 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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