



# Nordic News

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240 Sparks Street, PO Box 55023, Ottawa, ON K1P 1A1

## FROM OUR PRESIDENT

*Tim Mark*

## EVENTS

### **Enchantment of the Mountains**

The concert of Grieg music which was tentatively scheduled for Sunday October 25 has unfortunately been cancelled due to logistical difficulties.

## MONTHLY LUNCHES

Members of the Nordic Society meet for lunch once a month from September until June at the historic and beautiful Officers' Mess at 149 Somerset Street West, (just east of Elgin Street), Ottawa. Lunch is served at noon and tickets can be purchased at the bar immediately to your left as you enter the building. Many of us gather at the bar for a drink and to chat at around 11:30 before moving on to the dining area. You will hear a mix of English and various Nordic languages and lots of interesting conversation. Please do join us!

Lunch is scheduled for the first Monday of the month. Here are the dates of the remaining lunches for this year:

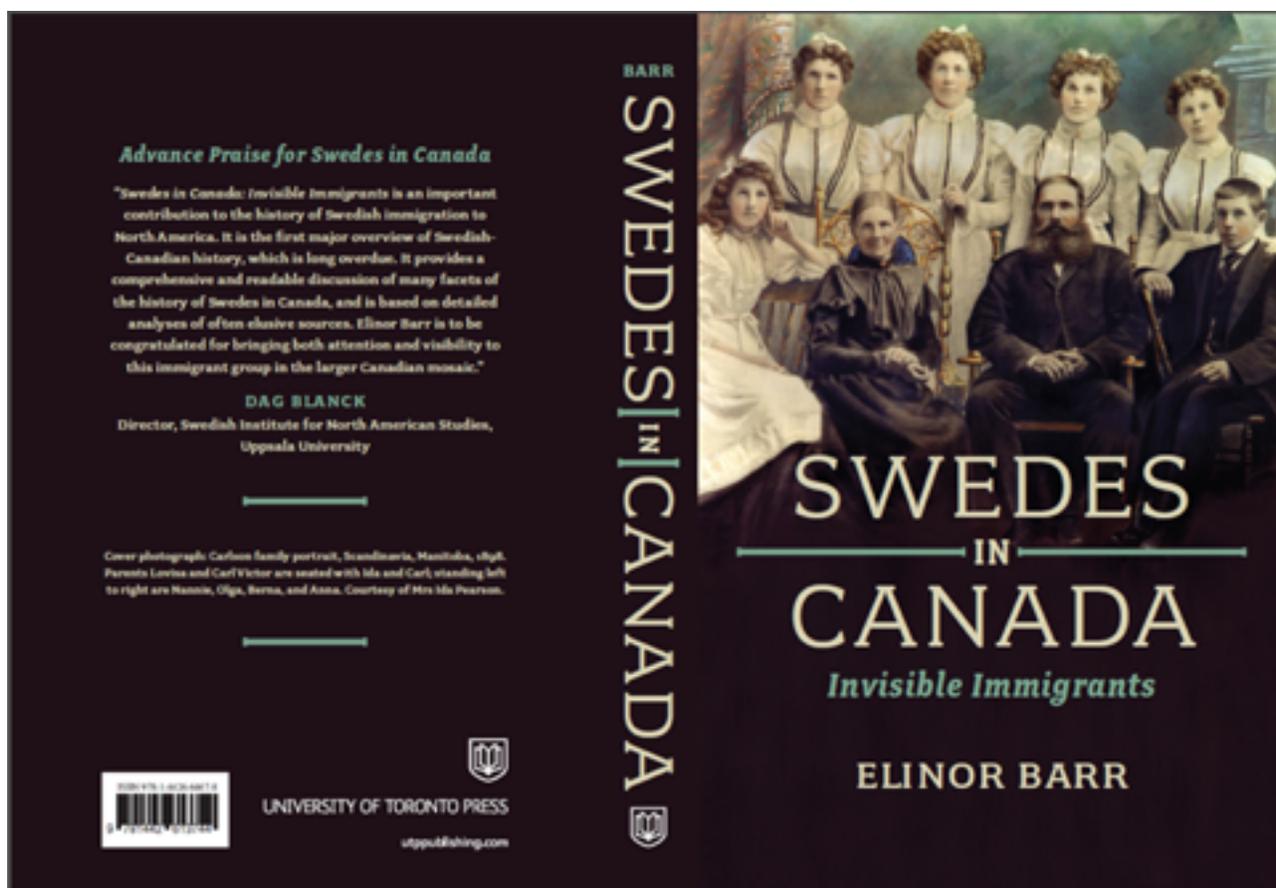
- October 5
- November 2
- December 7 (*Christmas lunch, reservation required*)
- January 4
- February 1
- March 7
- April 4
- May 2
- June 6

## SPEAKER SERIES

The Canadian Nordic Society features a fascinating variety of speakers and presentations on many subjects relating to the Nordic countries and their links to Canada. The presentations take place at **7:30 PM at the Officers' Mess** at 149 Somerset Street West. (Members begin to assemble at 7:00 PM.) Non-members may attend for a fee of \$5.00.

Tuesday, October 6: **His Excellency Per Sjögren**, Ambassador of Sweden will address the CNS on **Swedish Foreign Policy: Priorities and Challenges**.

Wednesday, October 21: **Elinor Barr** will discuss her newly released book *Swedes in Canada: Invisible Immigrants*. Elinor Barr's book explores such topics as the push and pull factors that led to immigration, settlement patterns, the part that religion played in their lives, involvement in the two World Wars and the Spanish Civil War, the lively Swedish press, the continuous search for employment, the role of women, involvement in strikes and unions, and various events that furthered the cause of "Swedishness" within the sea of other immigrants. Copies of the book will be available for purchase at the event.



Tuesday, November 17, (please note change of date) : **Don Westwood** will speak about **The Design of Toronto City Hall: the Finnish Influence on Modern Toronto**.



Don Westwood is a Professor Emeritus of the School of Architecture at Carleton University where he taught and conducted research for some 31 years. Born in London, England, Don emigrated to Canada in 1959 where he worked on the design of the Toronto City Hall that had been designed by the Finnish architect Viljo Revell. This presentation is a perspective on Toronto's uniquely designed city hall, how it was created, and how it has fared over the past fifty years, by a professional who is very much an insider on this major piece of Canadiana.

Professor Westwood lectured on architecture and design, and in the areas of state-set design, structures, technology and building construction. Don has also consistently attempted to bridge the gap between academe and the general public through televised lectures on TVO and cable television that have won him five ACTRA awards and a National 3M Teaching Fellowship in 1997. Don has also worked on issues related to social and private housing, senior' facilities and prefabricated housing. Many of the television programs Don was featured in have been shown in numerous other countries. Don has also performed on stage, radio and television including the role of Uncle Jack on Under the Umbrella Tree.

Don and his wife Anneli have been long-time members of the Canadian Nordic Society. For more information call (613) 837-1641.

## Eating Ethically the Nordic Way

*by Hilde Huus*

I like to read the Norwegian newspaper “Aftenposten” online now and then to practise my Norwegian and keep up with the news. On November 16, an article about eating ethically caught my eye. It was called called *Derfor bør vi spise som bestemor* (Why we should eat the way our grandmothers did). The author went into great detail about the many factors that we need to take into account to eat ethically - factors like the impact the production of the food has on the environment, the working conditions of the people who produce the food, its effect on their health and on our own, and so on. Eating ethically sounded like a very complicated and time-consuming business.

In the end, the article came up with a bit of a shortcut. It suggested that we try eating the way our grandmothers did. Our grandmothers ate simpler food than we do, based on seasonal availability. They couldn't afford fancy food most of the time, so every day food was quite plain. If they didn't know what was in the food they bought or where it came from, they could ask the shopkeeper. If we take a similar approach - have a fresh, homemade soup or meatless supper made with local ingredients once in a while, find out what's in the food we buy and where it comes from, and just keep our meals a little simpler, eating ethically doesn't have to be so difficult.

Another thing we can learn from our grandmothers is to waste less. Denmark is in the forefront of a global movement to throw out less food. Simply by buying and using food that is on or just past the expiry date but still perfectly edible, Danes today throw out much less food than most developed countries - 104 pounds of food per year on average compared to an estimated 273 pounds per person per year in the U.S.

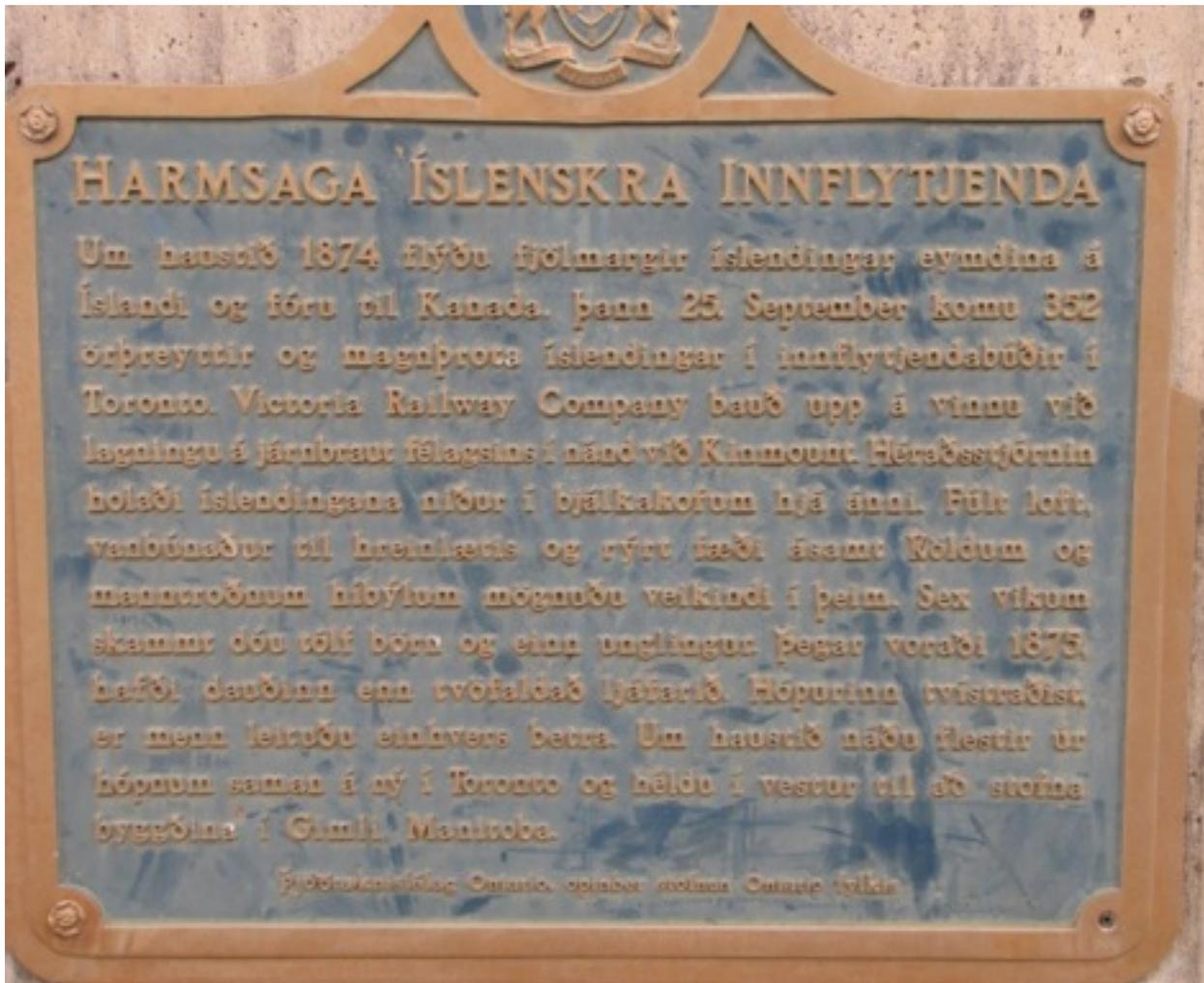
Of course, some foods keep better than others. A dried slab of “lutefisk”, for example, can keep for years. In case you aren't familiar with it, “lutefisk” is dried cod treated with lye. My father refused to eat “lutefisk” so my mother kindly never served it to us. But I know I can't really claim to be a true Norwegian until I have tasted it. That is why I am looking forward eagerly but with a little trepidation to:

**Per Talgoy's annual lutefisk dinner** on November 21, 6:00PM to 9:00PM, at New Edinburgh Field House 193 Stanley Ave.

(RSVP per.Talgoy@nrc-cnrc.gc.ca)

## Icelandic Settlement Disaster Kinmount, Ontario

by Peter C. Macnaughton



There is a monument in Kinmount, Ontario to Icelanders who tried to settle there in 1874. The English text reads:

### THE ICELANDIC SETTLEMENT DISASTER

In the 1870s, economic distress prompted mass emigration from Iceland. On September 25th, 1874, 352 Icelanders, exhausted and weakened by illness, arrived at the immigration sheds in Toronto. When the Victoria Railway Company offered work constructing its line near Kinmount, the provincial government housed the Icelanders in log shanties downriver from here. Poor ventilation, sanitation, and diet allowed sickness to rage through their cold, overcrowded quarters. Within six weeks, twelve children and a teenager had died. By the spring of 1875, the death toll had doubled and many of the settlers scattered in search of a better life. In the fall, most regrouped in Toronto and travelled west to found the settlement of Gimli Manitoba.”



The plaque is on a very nice monument near the old train station. The sculpture on top was done by GUÖRÚN SIGURSTEINSDÓTTIR GIRGIS in 2000. The plaque on the right face contains the surnames of the settlers.

There is a book, “The Icelanders of Kinmount” by Donald E. Gislason, available at the Artisans’ Market Place, Kinmount.

Such a sad tale. I’m glad they prospered in Manitoba.

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### **CNS Facebook Page**

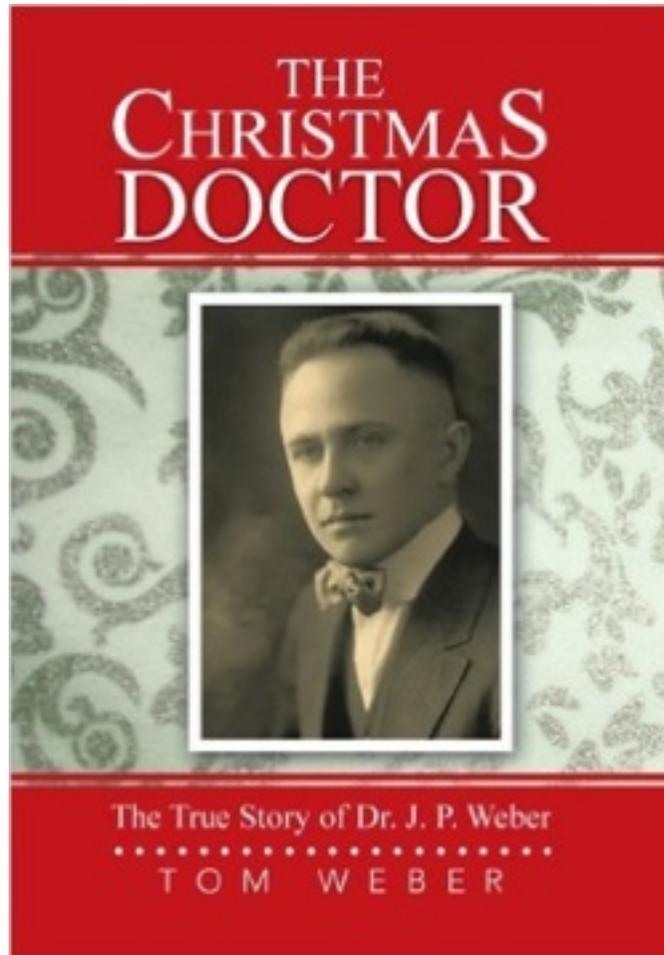
We have started working on a Facebook page and plan to post some great photos from our events over the last few months. We will let you know once our Facebook page is set up, and invite you to “Like us on Facebook”! Maybe you’ll see yourself there!

### **Contributions To Nordic News**

We appreciate receiving your articles and news to include in the *Nordic News*! Please email them to the editor, Hilde Huus, at [hildehuu@gmail.com](mailto:hildehuu@gmail.com)

**[www.canadiannordicsociety.com](http://www.canadiannordicsociety.com)**  
email: [info@canadiannordicsociety.com](mailto:info@canadiannordicsociety.com)

Interesting reading for everyone of Scandinavian heritage



“The Christmas Doctor - The True Story of Dr J.P. Weber” by Tom Weber

His life was saved as a teenager by a wonderful Danish-American nurse. He made a perilous horseback ride to see an immigrant Norwegian patient on Christmas Eve, 1927.

Available online at [amazon.ca](https://www.amazon.ca)

(advertisement)