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President's Message

Greetings and a note of Congratulations to all our members! I have been in touch with many of you and just know that you are doing your part to keep safe during this ongoing Covid Pandemic. We must be patient and determined to continue staying healthy and 'Viking Strong'!

Despite the cancellation of the activities and events of Spring and Summer our days are moving along quickly. I am feeling the chill of Autumn weather systems and the shorter daylight hours.

We can only dream about our indoor gatherings. Recently, at our Solglyt Officers & Directors ZOOM meeting we made some decisions. All our Indoor monthly membership evenings to the end of 2020 are cancelled. We are also sad to announce the cancellation of our Beloved Lutefisk Dinner 2021. Husflid workshops in person are not possible.

On a HAPPY NOTE, we have reserved the DCC Parking Lot for our Solglyt Membership to gather for Social time - **Our gathering is on Sunday afternoon - September 13th between 1:30 to 3:30 PM.** For this date, we put in an order to our Alberta weather station for a beautiful day at the Dutch Canadian Club. **You must bring your Lawn Chairs, wear your masks & wear clothes to keep you comfortable for the weather that day.** Coffee, Tea & bottled water and purchased muffins will be served. You can bring your own beverage and snack of choice. Bathrooms will be available.

Some of our members gathered in Hawrelak Park one day in late May, and at the Dutch Canadian Club parking lot once in June and once in August. These were just good times to 'catch up'. We had classic summer weather each time. We were sporting our finest Sun Hats, Sun glasses and brought our own chairs, snacks, beverage. We all looked amazing and lapped up every ray of sunshine & happiness. Best of all we simply relaxed and appreciated knowing we were all coping with the Pandemic life.

We are looking for ways to keep everyone keen members of Solglyt Lodge. Our Newsletters will be ways to share interesting things Norwegian. Anita is thinking about Zoom Cooking class but it may be a frustrating endeavor. Please contact any of your executive members if you have ideas for Zoom Husflid projects. Information from Sons of Norway Headquarters tell us that we are all living the Pandemic Life individually and what you do in your Lodge depends on the statistics in a given area.

Hilsen Fra Sylvia
President of Solglyt Lodge





Linda Domier Lowry

Ken Domier - A Celebration of Life Covid—Style Outdoors - August 30, 2020

The Celebration of Life for Ken Domier was held at the Dutch Canadian Club Parking lot on a blustery but sunny afternoon - August 30, 2020; this was Ken's Birthday. Ken's daughter, Linda Domier Lowry came from Niagara area of Ontario and spent several days before and after the service with Elaine. A sad reality of ongoing border closures meant that Ken's son, Calvin, and Ken's daughter, Sharon, & families residing in USA were unable to attend

At 1:00 PM the Program began –

Order of Speakers

Linda Domier Lowry – Family;
Don Sjöberg – Scandinavian Seniors;
David Rutledge – Swedish Lunch;
Kaare Boraas – Torskeklubben;
Reg Wood – Retired Engineers;
Sylvia Colleton – Sons of Norway;
Brenda Carlstad – ESCA;
Roger Bruce – SHSE;
Frank Stolk – Dutch Canadian Centre;
Pieter Putters – Windmills Seniors;
Roar Tungland – Vikingen; Translations
Nordahl Flakstad - Scandinavian Studies
Wayne Nordstrom – Sons of Norway Curling

The afternoon was special with interesting stories told by the 13 speakers who represented many clubs and organizations which Ken belonged to.. Stories shared were individual and varied – all spoke with words that captured the Man he was!! Ken was indeed an individual who had a strong and lengthy interest in all things Scandinavian.

See Celebration of Life on page 3.



The Speakers' podium was set up at the Windmill facing the guests seated in the parking lot. Guests arrived wearing masks and were organized to sit with their lawn chairs positioned per safe distance guidelines. Emily, Jim and Peter helped organize the 62 guests as they arrived. Stan, a friend of Calvin Domier's set up for live stream of the event. A great collection of photos that showed the involvement of Ken & Elaine with all things Scandinavian was set up by Brenda & John to run as a slide presentation on the Nordic Room screen. Guests in smaller groups were invited to visit the Nordic room to view the slides and to check out the table of memories set up by Elaine and Linda.



Messages from our Members – late August 2020

Roald Enokson at age 93 still manages living in his own home. In mid August, Roald was hospitalized overnight for Observation with Stroke symptoms. When family talked with him on telephone his speech was a little slurred so off to Emerg. After monitoring over night he was sent home and is now going for tests to further manage his health and reassessment of his heart medications. He is grateful for his family looking out for him to ensure he does not take chances to go out during Covid Restrictions. He and his family have been enjoying Family Hawaii Vacations for the last couple of years and like all of us feeling disappointed with cancellations. Roald says Hello and misses all occasions where he could be with Solglyt friends.

Elnora Hibbert recently gave her email letter of resignation from the position of Sunshine Lady to Solglyt President Sylvia. As months go by

she has developed a tremor (side effect of Lyrica) and finds it increasingly difficult to write clearly. Elnora has been in contact with Karin Jackson who is willing to join our executive as the Sunshine Director.

Thanks to Elnora for her commitment as our Sunshine Director for several years.

Welcome **Karin Jackson** - Sunshine Director. Please be in touch with Karin by email if someone you know needs to be remembered. It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss. Sometimes it is a proud moment where you want to show off someone's Norsk Culture Skills. Accomplishments can be highlighted in our Newsletters with a photo. Karin's email is lesandkarin@hotmail.com



Solglyt Lodge Summer "Catch Up"

Some Solglyt Lodge members gathered at the Dutch Canadian Club parking lot once in June and once in August. These were good, socially-distanced times to 'catch up'.

Above (L to R): Linda Care, Sylvia Colleton, Rebekka Bratten (from Oslo area and starting 4th year Covid on-line Psychology studies at U of A).

Top right (L to R): Fern Zurawell, John Zurawell, Cliff Norum, Jorunn Morton, Elaine Domier, Ingrid Zukiwski.

Bottom right (L to R): Sharon Bruce, Sue Norum, Sandy Kachmar, Karin Jackson, Nancy Cockroft.



Celebration of Life from page 2.

For many years, before Solglyt turned to catering service, the annual Lutfisk Dinner was



prepared by volunteers of our lodge and Ken & Elaine were sure to volunteer. Ken pushed for having a Solglyt vendor table at the annual ESCA Christmas Market and at the Dutch Spring market. In preparation for ESCA market Ken made sure we had our annual Lefse Work Bee and sold lefse there. At markets he made sure we sold things Norwegian – such as Pins, Uffda Licence plates, Calendars & caps. Ken's involvement with all Scandinavian organizations kept he & Elaine on the go almost every day of a given week

Coffee and the individual packaged lunches were served by Solglyt Lodge members. Lunch boxes prepared by Lefse House of Camrose had Norwegian style open faced sandwiches in one box and baked goodies in one.



Social Report

Welcome to our new way of doing things. Because of Covid, most of our activities have been postponed or cancelled until some time in the new year. However, regarding field trips, if permitted, I have an idea for June of next year. It is to Ellis Bird Farm at Joffre, Alberta. June is the month of migration of birds and this 15 acre farm is phenomenal. We are close to Red Deer so perhaps a stop at the Laft Haus would also be on the agenda. Please give it some thought if this is some place you would like to go to.

Sue Norum, Karin Jackson and myself have talked about putting together a quilt to be raffled off or put into a silent auction to raise money for our Club. It is based on gnomes and is a simple design. We thought several of our very talented members could put together one square and then we would put it together. We would provide the pattern, instructions and fabric to you. Please let one of us know if you are interested. It should be a fun project.

The 2021 calendars with the rosemaling and poem have arrived. The

other batch should be here some time in September. Please let Roger or I know if you are interested in buying a calendar. We will bring them to our September 13th social and you can pick one up there. Otherwise please call us at 780-436-7286 or email at rsbruc@shaw.ca.

Regarding our Sock It To Them drive, we did not come in first but we collected a very respectable number of socks. Socks were delivered to each of the Hospitals and also to YESS. The Hospitals were extremely grateful to receive our donation, as they have emergency patients arriving with nothing... A huge thank you to all who donated socks. Once again, our Sons of Norway members have shown their compassion for the unfortunate... The President of District IV will provide a detailed report in due time and has also indicated that there may be another challenge for Lodges.

Autumn is near, enjoy the beautiful colors and the crisp fall air.

- Sharon Bruce



Alanna Elias, SolSpark.

Sons of Norway Cultural Programs

Solglyt Lodge offers cultural programs that allow participants to connect with our Norwegian heritage. We look forward to the return of these programs once these challenging times are over.

SolSpark sells unique, handcrafted jewellery created by Alanna Elias, a busy mother of two and a cabinetmaker at Delton Cabinets. Alanna has enjoyed exploring a variety of crafting styles, including beadwork, origami, stained glass and others. When she learned that Solglyt Lodge was offering crafts courses, Alanna immediately enrolled for rosemaling, chip carving, Sami bracelets and Viking Knit.

Alanna added Viking Knit to her jewellery line after perfecting her skills. Her Viking Knit jewellery uses the same wire weaving and wire wrapping techniques that were developed by artisans during the 7th century. Tools include copper wire, dowels, a sizing draw plate and a fascinating collection of rocks and gemstones. A patina process for the copper wire brings out the depth and detail of each unique piece, and the gemstones and rocks are carefully assessed to determine the best designs.

Alanna has enjoyed the Solglyt Kids' Christmas Parties and working in the Scandinavian pavilion during Heritage Days.

Alanna's contact information is:

- Email: alanna@solsparks.ca
- Website: <https://solsparks.ca>
- Etsy: <https://www.etsy.com/ca/shop/SolSparks>

- Brenda Carlstad, Publicity

2020 Syttende Mai Celebrations



(Above, left) In the absence of a Syttende Mai parade, we decided to stage our own with kids, grandkids and some other neighborhood kids marching socially distanced in front of our new home. (Above,



centre) Our daughter Monika, with her daughters Soley and Lilja. (Above, right) Lois and I as stand-ins for the queen and king took the salute from our balcony. - Nordahl Flakstad



Syttende Mai Bord

We did not feel like dressing up for Syttende Mai - will wait until Oslo goes forward with Syttende Mai. No 2020 Syttende Mai pose for Jim & Sylvia at the Solgylt Lodge Norway Flag raising. Just a little Syttende Mai table décor. Syttende Mai was quiet - we had cousins Fern and John here for outdoors visit and barbeque. What a nice weekend.

Jim & I are doing OK. Jim has groomed our acreage lawns over 'n over. HE LOOVVVVES riding around on the lawn mower. Gas prices are cheap!. Walking the perimeters of our acreage is a must in exchange for missing our dance floor exercise!. Only thing missing are our dance friends. The song birds are here and trying to cheer us up. The wildlife run away when they take one look at Sylvia & her strange Hair DO!

We have been behaving ourselves. No wild acreage parties. We hat with neighbours when they walk by. Nephew & Wife from Slave L stopped overnite in their own Accommodation and we ate Outdoors this past long weekend. Sylvia & daughter did not do annual Mother's Day walk thru Clifford Lee Sanctuary on Mom's Day as it was cool &

rainy; we finally made it happen on Friday start of long weekend. Clifford Lee is a great place to walk along treed paths and listen to birds, stroll the board walks over the water & watch water birds. We are using Face Time visits with our Son & Daughter in Law & grandkids who live in ONT. Heart broken that we can't go to visit and enjoy the boys Baseball games! Nothing is for sure anymore!! Thought we could just head down the road and DRIVE to Ontario while gas prices are great. The provincial borders around Ontario are shut down and if we did there Mike says NO WAY ARE YOU SETTING UP A TENT IN OUR BACK YARD. No squatters allowed.

We think we are eating more healthy than ever before - very seldom bother with take out as the line ups are insane. We are convinced that wine now and then makes our dining time even more healthy!and the Cheaper Sippy Wines and a cool beer now and then are GOOD TOO!!

Garden is in before May long weekend. Today is not inviting to go out walking in the COLD RAIN. Will Snooze and Dream about Good Times with Solgylt Friends .

Har det ! Hilsen fra Jim og Sylvia

a little in English...

Viking men also had kitchen equipment in their graves

What were the gender roles like in the Viking Age? A Norwegian archaeologist believes that we often misinterpret the past.

"I think we must move away from a clear division between men and women in the Viking Age. There were not as many differences as we like to believe," says Marianne Moen of the University of Oslo. She has earned a doctorate in Archeology on gender in the Viking Age and found that women and men in the upper class were largely buried with similar things.

Moen has reviewed the contents of 218 graves in Vestfold and sorted them by type of objects.

Not just housewives

In the tombs in Vestfold, both common tools and objects related to the home are fairly evenly distributed between the sexes. Men are buried with kitchen equipment as often as women. Ten graves with cookware belong to men, eight are women. Moen thinks this is fun. Because that could mean that men also cooked, she believes.

Genderless graves

More than 40 percent of men's tombs contain personal ornamentation such as brooches or beads.

Researchers in Norway are having trouble determining the gender of tombs that lack a clear distinction in weapons, jewelry and textile tools. Every fourth grave in Vestfold is genderless.

"Archaeologists should lift their gaze and avoid focusing on buckles and swords as if they were the most important objects," Moen writes in her dissertation.

"Generally within Viking Age studies, grave goods are interpreted as associated with the deceased. So this should not change

in those cases where the grave goods do not fit with modern expectations of what a man or woman should have in the grave."

Excerpted from: <https://forskning.no/arkeologi-historie-kjonn-og-samfunn/ogsa-vikingmenn-hadde-kjokkenutstyr-med-seg-i-graven/1338668>

Sons of Norway – sofn.com

Programming: As we continue to spend more time at home, we continue to have many opportunities to explore the programming offered by Sons of Norway.

These include: Recipe Box, Just for Kids, Language Lessons, Norwegian for Reading Comprehension, Cultural Skills Program, Genealogy.

litt på norsk...

Også vikingmenn hadde kjøkkenutstyr med seg i graven

Hvordan var kjønnsrollene i vikingtida? En norsk arkeolog mener vi ofte feiltolker fortida.

– Jeg mener vi må bevege oss bort fra en tydelig deling mellom menn og kvinner i vikingtida. Det var ikke så mange forskjeller som vi liker å tro, sier Marianne Moen ved Universitetet i Oslo.

Hun har tatt doktorgraden i arkeologi om kjønn i vikingtida og funnet ut at kvinner og menn i overklassen stort sett er begravd med lignende ting.

Moen har gått gjennom innholdet fra 218 graver i Vestfold og sortert det etter type gjenstander.

Ikke bare husfruer

I gravene i Vestfold er både vanlige verktøy og gjenstander knyttet til hjemmet ganske jevnt fordelt mellom kjønnene.

Menn er begravd med kjøkkenutstyr like ofte som kvinner. Ti graver med kokekar tilhører menn, åtte er kvinners.

Det synes Moen er gøy. For det kan bety at også menn laget mat, tror hun.

Kjønnsløse graver

Mer enn 40 prosent av mannsgravene inneholder personlig pynt som brosjer eller perler.

Forskerne i Norge får problemer med å kjønnsbestemme gravene som mangler et tydelig skille i våpen, smykker og tekstilredskaper. Hver fjerde grav i Vestfold er kjønnsløs.

Arkeologene bør løfte blikket og unngå å fokusere på spenner og sverd som om det var de aller viktigste gjenstandene, skriver Moen i doktoravhandlingen sin.

– Generelt innenfor vikingtidsstudier blir gravgods tolket som tilknyttet den avdøde. Da bør ikke dette endres i de tilfellene hvor gravgodset ikke passer med moderne forventninger til hva en mann eller kvinne burde ha med seg i graven. pølse for deg!

Deliciously Nordic

Norwegian Apple Pie (Eplepai)

*The Great Scandinavian Baking Book
by Beatrice Ojakangas*

Makes one 9-inch pie

Although this is called a “pie” in Norway, we would think of it as a cake. Incredibly simple to make, it’s a perfect last-minute dessert when fresh apples are in season.

Ingredients:

- 1 egg
- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup all-purpose flour

- 1/2 cup chopped almonds
- 3 medium-sized tart apples, pared, cored and diced

Topping:

- 1 cup whipping cream
- 2 tablespoons powdered sugar

Directions:

Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until browned. To serve, cut into wedges. Whip the cream with the powdered sugar to accompany the cake or serve with ice cream.



Vegetarian Zucchini Tart with Leek

Ingredients:

- 2/3 cup (150 grams) butter
- 1 1/2 cups (180 grams) all-purpose flour
- 1/2 tsp. salt
- 1 Tbsp. water
- 1 leek
- 1/2 zucchini
- 4 eggs
- 1/4 cup (50 ml) cream or milk
- pinch of pepper
- 1/2 tsp. salt
- 1 1/4 cups (300 grams/ 11 oz.) cottage cheese
- 10 cherry tomatoes (optional)

Directions:

1. Cut butter into flour and mix in salt and water. Chill dough for 30 minutes.
2. Grease tart tin and line pan with baking paper. Bake tart shell at 440° F/225° C for 10 minutes.
3. Clean and cut vegetables into small pieces.
4. Whisk the eggs together with cream/milk and seasoning. Mix in cottage cheese and vegetables.
5. Fill the prepared tart shell with vegetable and egg mixture.
6. Bake the filled tart at 400° F / 200 °C for about 35 minutes.



2020 EVENTS

Due to the ongoing pandemic all scheduled Solglyt Lodge events/gatherings/meetings are cancelled until further notice. Please watch this newsletter and your email for further updates.

From Old Norse to Modern English

Scandinavia's influence is visible in many ways throughout our Sons of Norway communities, from our sometimes-controversial culinary traditions to our hearty work ethic and mischievous sense of humor. But even in parts of North America without strong ties to Norwegian heritage, there is still one area where the Norse influence has made its way to the mainstream: the English language.

Historically speaking, languages like Latin, French and German get most of the credit for providing the origins of modern English—but Old Norse played an important role too, and it can still be seen today. The following are just a few of the many words inherited from the Vikings that we use every day:

axle – from *öxull* (axis)
bug – from *búkr* (insect within tree trunks)
blunder – from *blundrai* (to stumble blindly)
bylaw – from *bylög* (village law)
glitter – from *glitra* (to glitter)
haggle – from *haggen* (to chop)
happy – from *happ* (good fortune / fate / chance)
likely – from *líkligr* (likely)
odd – from *oddi* (third number / casting vote)
rotten – from *rotinn* (decayed)
stammer – from *stemma* (to hinder / dam up)
thrift – from *þríftr* (prosperity)
Thursday – from *Þorsdagr* (Thor's day)
ugly – from *uggligr* (repulsive)
window – from *vindauga* ("wind eye")

Norwegian Vocabulary: Three Untranslatable Words

Some words are easily translated from Norwegian to English—hund means dog, for instance, and ti means ten—but others, like these, have no English equivalents and can only be approximated.

Kos(elig) — The warm, pleasant feeling of enjoying life's simple pleasures with people you like. Although often translated as "nice" or "cozy," these words only capture part of the spirit of kos. It may mean cuddling by a fire on a snowy day, but it can also mean running into an old friend, enjoying yourself at a party, or even spending some peaceful time alone.

Dugnad — Roughly translated as "volunteering" but encompassing so much more, a dugnad is a day when communities come together to participate voluntarily in unpaid work for a common cause. Dugnads may be organized by neighborhoods, schools, sports teams, housing complexes or other groups to accomplish tasks that are necessary for the common good, such as outdoor work at the change of seasons.

Takk for sist – Literally "thanks for the last time," this is what you say upon encountering someone you haven't seen in a while—whether that means it's been a few days or a few decades.



www.norwegianlaftthussociety.ca

Norwegian Museum
 Norwegian cultural classes
 Butikk with Norwegian crafts, gift items and baking equipment

NORWEGIAN LAFT HUS, 4402 - 47 Ave., Red Deer
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2020/21 Newsletter Deadlines:

- Nov./Dec. - Oct. 30 • Jan./Feb. - Dec. 30
- Mar./Apr. - Feb. 26 • May/Jun. - Apr. 30

Please e-mail submissions to: sjamison@greatwest.ca and indicate SON Newsletter in the subject line. Early submission of articles, when possible, is appreciated.