



SOLSYD LODGE No. 603 Zone 4

Lethbridge, Alberta

KALENDER

May 17: Syttende Mai celebration at 11:00 with lunch at Smitty's to follow.

June 15: Dinner at 6:00 with meeting to follow.

Gratulerer Med Dagen

May: Faye Cain, Carol Johnsrude, Hanna Odland, Peter Pohn, Joyce Vik

June: Marilyn Christie, Linda Drain, Enid Gom, Roelof Heinen, Diane Josephson, Sharon O'Sullivan Forner, William Pozdnekoff

July: Sandy Brunelle, Jim Drain

August: Jeffrey Depratu, Jean Sokvitne, William Thurlow

MEMBERSHIP CARDS

Membership cards for new and renewing members will no longer be attached to the letter. Instead it will be included in the design of the letter so members can simply cut the card design out of the member letter.

SYTTENDE MAI

We will be celebrating Syttende Mai on Wednesday, May 17th at Lethbridge City Hall. The flag raising will be at 11:00 am.

The RCMP Veteran's Honour Guard will be in attendance. Members attending are asked to wear their Sons of Norway vests.

We will be having lunch at Smitty's after the ceremony. Members are responsible for paying for their own lunch.

We will consider the celebration on May 17 as our May meeting. We still plan to meet in June at Parkbridge Estates.



PRESIDENT'S MESSAGE

After what seemed to be a long winter, we are looking forward to signs of new growth and warmer weather. It is good to be able to meet in person which we have been doing for over a year now.

It is with sadness that I announce the death of Doreen Allen at her home in California on March 21, 2023. She was 89. Her son Glen let her neighbours know that Doreen died from natural causes peacefully in her sleep. During the pandemic, Doreen moved to live with her family in Orange County, California, where she had two sons: Glen and family, and Mark. She was still a member of our Lodge and kept in touch. She had been a member since 2005. We remember her loyalty and cheerful support over the years. Before she moved, she gifted us with a couple of pictures to use as we saw fit. One was a beautiful Hardanger Sampler which our Lodge (via Sharon Prenevost) presented to Ron Stubbings, International President of Sons of Norway. A message of condolence will be sent to Doreen's family ~~from our lodge~~.

We appreciate the hours Bev and Candis spent making cards for members and former members who are no longer able to attend our meetings. Visits are being made by our members to these individuals to let them know they are in our thoughts.

We look forward again to Syttende Mai celebrations and encourage you all to mark your calendars and be at City Hall for the Flag-Raising ceremony at 11 a.m. on May 17. Come to Smitty's afterward for lunch and socializing. This will be our meeting for May as it falls on our regular meeting date.

We hear the exciting news that some of our members are travelling to Norway this summer. Arnold and Dorothy Follinglo and their family are going in June and Hanna Odland is going in July. We wish them each a wonderful trip and we will expect to hear "News from Norway" when they get back.

This is our last Newsletter until September as we do not meet in July and August. I wish you all a fantastic summer.

Betty



Candis Done and Bev Jestin make cards out of recycled Sons of Norway calendars that members donate at the end of each year. These cards are being sent to members who are no longer able to attend meetings.

MY NORWEGIAN MOTHER

Back in my early childhood when I was three or four
I'd follow Mother 'round the house and tag along to the store.
I got to lick the frosting pan and even clean the spoon
And that meant tasty chocolate cake would be appearing soon.

I liked to wash the dishes, although my help was meagre.
But Mother let me "help" her some because I was so eager.
As I grew older I fetched wood to feed the old cook stove.
I even hauled in branches that I picked up in the grove.

Sometimes Mom made lefse. It tasted like a dream!
And Krumkake in a cone-shape which she filled up with whipped cream.
The delicious homemade bread she baked has not been equalled since
And Christmas bread with raisins made me feel just like a prince.

Although it was depression time, she kept us warmly dressed
Her thread and needle skillfully helped her children look their best.
Even though we were poor in money, in spirit we were wealthy
With Mother's care and loving heart, we survived and we were healthy.

With "Jesu navn gaar vi til bords" we learned our table prayer.
She taught respect and honesty and always dealing fair.
Yes, Mom was strict but loving, good behaviour was a must
So we learned reliability, as well as faith and trust.

Mom never made the social world and she wasn't society's belle.
But people always loved her and often they would tell
Of how she helped out others who had a load to bear
And gave with full and generous heart of what she had to share.

At Yuletide since the times were hard, we made no Christmas list
But somehow little presents came ... so we would not be missed.
Perhaps a pair of mittens or a stocking cap of wool
Sometimes a little candy, or taffy we could pull.

By and by our Mom grew old and infirmities began
For raising kids is stressful in a mother's long life span.
But she'd sit there in her rocker and dream of fjords so deep
And read Decorah Posten 'til she would fall asleep.

She spoke about her mother and her father who'd remained
Back in the "gamie land" she loved and never saw again.
The tears would sometimes flow a bit and mist would fill her eyes
Until grandchildren came to call and bring Grandma a surprise.

Dear Mother's gone in heaven now with rest eternally
I know that God is good to her as she was good to me.
I treasure all the years we had ... for me there'd be no other
And I have memories to enjoy ... of my Norwegian Mother.

Taken from Norse Press, Sioux Falls S.D.



CARDAMOM CAKE RING

For the Cake

3 packets active dry yeast
3/4 cup tepid milk
3 eggs (1 for brushing the cake)
4 cups all-purpose flour
3 1/2 Tbsp. sugar
1/2 Tbsp. salt
1 Tbsp. cardamom
11 Tbsp. butter

For the Filling

9 Tbsp. butter
4 1/2 Tbsp. sugar
4 Tbsp. raisins
4 Tbsp. candied citron, chopped
4 Tbsp. almonds, chopped



Recipe

Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Sift together the flour, sugar, salt and cardamom. Once well-combined, cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Prepare your filling while the dough is rising. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool place.

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6" x 34" long ribbon.

Spread filling all over the dough. Sprinkle with raisins, chopped candied citron, and chopped almonds for extra taste, if desired.

Roll up dough starting on the long side and form into a twist on a baking sheet. Cover and let rise again. After rising, brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400°-450°F).

Recipe taken from **Norwegian Home Cooking** by Rikke and Nils Lie published and sold by Hedmarksmuseet, 2300 Hamar, Norway.



Lodge members continue to search the Norwegian map for where their ancestors lived.

NORWEGIAN TRIVIA

Johan Vaaler was born in Akershus County on March 15, 1866. His life wasn't especially noteworthy. Even though he was born a farm boy, in 1899 he managed to create something that was phenomenally simple, yet extremely useful. His invention was even used as a symbol of rebellion, briefly during World War II.

The invention is taken for granted. Even though there aren't many who will remember the name of the Norwegian Johan Vaaler, and though he never got the recognition that he deserved, there aren't any who will forget what he made to conquer the world .. The Paper Clip.

WAR SAILOR LANDS ON NETFLIX

When World War II broke out, over 30,000 Norwegian merchant marines were roped into serving the allied forces- though without the benefit of ammunition, infrastructure or combat training.

The film *Krigsseileren*—War Sailor—illustrates through narrated letters the agonizing struggles of a working-class sailor and his family as they are separated during the war.

The heroics of the war sailors were largely overshadowed, but decorated war veteran Gunnar Sønsteby was quoted as saying that the war sailors' efforts truly made a difference in the duration of the war. Sir Philip Noel Baker, the 1959 Nobel Peace Prize recipient stated that "Without the Norwegian merchant fleet, England and the allies would have lost."

Watch the trailer: <https://www.youtube.com/watch?v=7d8XrBtTRE4>

View War Sailor on Netflix in North America: <https://www.netflix.com/title/81643922>