



**SOLSYD LODGE No. 603 Zone 4**  
**Lethbridge, Alberta**

## KALENDER

November 18 Meeting Cancelled

December 16 Meeting Cancelled



## Gratulerer Med Dagen

**November:** Victor Hansen, Fern Heinen, Bev Jestin, Lyle Lambert

**December:** Harold Hamre, Darlene Hansen, Nancy Pohn, Hope Wiebe

Very special Birthday greetings to **Victor Hansen who turns 90 years old on November 25th**. Victor has been a Sons of Norway member since September 1970 and is a Golden Member.

Best wishes, Victor, from all of us at Solsyd Lodge.



“Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves.

Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is ... life is good when you are happy; but much better when others are happy because of you.”

- Pope Frances

## **PRESIDENT'S MESSAGE**

Here we are, seven months into a pandemic and no indication that we might be able to meet again soon. I hope everyone is doing well. There will be light at the end of this tunnel so we need to have ourselves ready to continue being Solsyd Lodge. I encourage you to be diligent in keeping your membership current. Remember, the best way to pay your membership is by writing a cheque on your Canadian bank in Canadian dollars and mailing it in. If you pay by credit card, you will be charged in US funds. Keep in touch with fellow members by phone. Let us know if someone is not doing well. If you have ideas about activities we could organize in small workable groups, we want to hear from you. We have not been in this situation before so we need input from all of our members.

We can still keep up with some of our projects. We can't have our lutefisk supper or a Christmas meeting but we can still collect non-perishable food items like we usually do at Christmas to donate to a local group in need. This year we will respond to the challenge from our District Four President with the goal to collect 125 cans of food or other non-perishable food items to celebrate the 125<sup>th</sup> Anniversary of Sons of Norway. Hans has told me that he and Peter will create a drop-off box for these items at Smitty's. Share the Love in this Food Drive.

We are ordering Norwegian calendars again. Lyle is taking orders and will be placing our order on November 3. Most of you who want one (or more) have already ordered yours but if we have missed you, please call Lyle (403-329-1738) or email [okomo4@telus.net](mailto:okomo4@telus.net) by the deadline. They will cost about \$15.00. We don't know the exact cost because it depends on the exchange rate and shipping charges. You can pay for the calendars when you receive them. We will let you know when they come in and you can pick yours up at our house or we will deliver them if that is better for you.

On the subject of calendars, we would like your old calendars. Don't throw them away. Bev and Candis can use them to make the cards they create. If you have any stashed away, they can be dropped off when you pick up your new ones. We can get your old 2020 calendar later.

There is information elsewhere in this newsletter about the Sons of Norway Foundation in Canada, but I would like to encourage you to make individual donations directly to this cause.

I would also like to say thank you to our Solsyd member who received the Gold Medal Award for a donation to the Foundation in this past year.

So as this peculiar year draws to a close, we continue to hope and pray that each of you will be able to avoid the Covid19 Virus. May you all have a great Christmas and may we soon have a vaccine. Your executive is hoping to have some Zoom meetings to share ideas for our future.

Betty

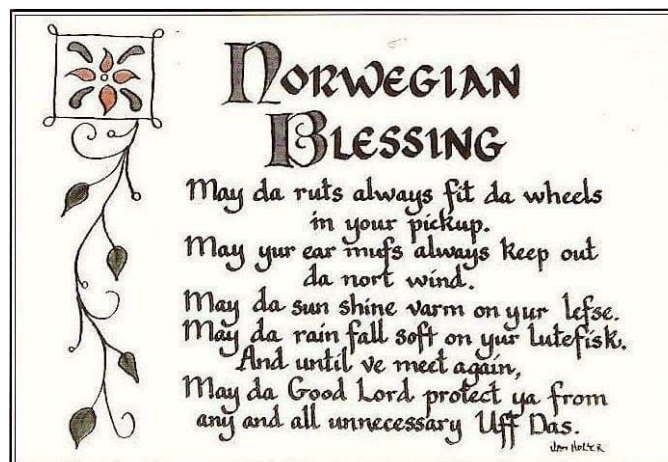
Ph: 403-329-1738, email: [okomo4@telus.net](mailto:okomo4@telus.net)

## Sons of Norway Foundation of Canada AGM

Sept.19, 2020 Via: Zoom

### NOTES FROM MEETING

- Attending from Solsyd Lodge: Betty Lambert (guest) and Bev Jestin (delegate)
- Minutes (since 1971) will be posted on: [www.sonfic.ca](http://www.sonfic.ca) . 2020 AGM Minutes have not yet been posted.
- It was very nice to be able to put names and faces together, even though we met virtually on Zoom.
- 2021 Fifty years of the Foundation
- Thor Pettersen (President) is now an honorary member of the Foundation (30 years of service)
- October is Foundation month. TOGETHER WE ARE THE FUTURE 2020 Goal is \$100,000. Members are encouraged to make donations to the Foundation. Donations are tax deductible.
- Scholarship of \$103,000 - Humanitarian Fund (for individuals), Grants for Lodges, Districts and Board of Governors. For bursaries, go to the website. 3.5% of assets are to be given out.
- Helen Evjen (Secretary) will also collect donations for the Foundation (cheques or e-transfers), from Lodges or individuals.
- Recognition Pins are given to individual members who make donations at the Platinum, Gold, Silver and Bronze Levels. Solsyd was recognized as having a GOLD member.
- Next AGM September 18, 2021



## **'There is no bad weather': How the Norwegian idea of '*friluftsliv*' could help Canadians this winter.** (CTV News, Sept. 22/20)

With winter on the way and the pandemic keeping people apart, some Canadians may be planning to hibernate indoors this year, but according to the Norwegians, that's the opposite of what they should do.

Instead, they're being encouraged to bundle up, head outside, and embrace the cherished Scandinavian concept of *friluftsliv*.

Hahn Vincent, an outdoor educator and guide with the Association of Canadian Mountain Guides, described *friluftsliv* as a "way of life," in which adherents embed themselves in nature.

"It's a cultural philosophy for Scandinavians," she said during a telephone interview with CTVNews.ca from Vancouver. "This idea of literally being part of nature and that's done experientially."

Vincent studied *friluftsliv* when she was completing her master's degree in outdoor education in Norway and continues to follow it back home in Canada. She said it's not about getting the perfect sunset photo or conquering a mountain, but rather, feeling connected to nature.

"It's like when you go out and you look up at mountains or hills or the beautiful cedar trees and you take a big breath in and you feel that peace. For some people, that's a spiritual feeling," she said.

The term *friluftsliv* translates to "open-air living" and is generally thought to have been first coined by the Norwegian playwright and poet, Henrik Ibsen, in the 1850s.

Lasse Heimdal, the secretary general of Norsk Friluftsliv, an organization representing 5,000 outdoor groups in Norway, said *friluftsliv* is one of the most important aspects of Norwegian culture. He said that nine out of 10 Norwegians participate in it every year, during every season, regardless of the weather.

"There is no bad weather, only bad clothes," Heimdal said during a telephone interview with CTVNews.ca from Oslo, Norway on Friday.

*Friluftsliv* isn't only for extreme adventurers, either.

Heimdal said anyone can participate in the lifestyle, whether that means camping or skiing or just going outside for a brief stroll.

"I think it's very important to find the joy of being outside," he said.

(Due to the size of this article, it will be continued in a future newsletter. Thanks to Laurie Megyes for sharing this.)

## NORWEGIAN CHRISTMAS TRADITIONS

Here are some facts about Christmas traditions in Norway.

- Julaften (Christmas Eve) is the main day Norwegians celebrate. The whole family gets together to eat and exchange gifts. Christmas Day is a much quieter affair.
- Norwegians have their own version of Santa Claus, called Julenisse. In Scandinavian folklore, a nisse is a short, mythological gnome-like creature with a long white beard and a red cap. Though mischievous, he is responsible for the protection and welfare of the farmstead and its buildings. The modern-day version of the Julenisse is a bit different from the legends of the domestic nisse. He also has a long white beard and red hat, but carries a sack of toys on his back, visiting children on Christmas Eve.
- Norwegian Christmas trees are often decorated with julekurver, small paper baskets made woven into the shape of a heart. The idea is often attributed to Hans Christian Andersen.
- While American Christmases may be filled with a big turkey or ham dinner, Norwegians have different food traditions. The two most common Christmas dishes are ribbe (roasted pork rib) and pinnekjøtt (cured mutton or lamb ribs). Other popular food includes sausages, sauerkraut, lutefisk, cod, rice pudding, nuts and marzipan.
- As for the libations, juleøl is a common drink of choice. It's a seasonal beer that's dark and malty, with notes of spice. For a non-alcoholic option, julebrus is a festive twist on soda. It's a sweet, creamy soft drink, usually red or pale brown in colour.

