



Sons of Norway Solglyt Lodge #4-143

May - June 2022

sofnedmonton.ca

Edmonton, AB

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President's Message

It is WELCOME TIME to the seasons of spring and summer and all the special activities we enjoy outdoors. Enjoy the days of more daylight hours and the beauty of new growth and blossom time and the tastes of fresh fruits and vegetables throughout the growing season. First we celebrate Mother's Day and then we celebrate Fathers. We wish them all special days with families and friends to give them a supply of good memories to keep.

Syttende Mai is a favorite date at Solglyt Lodge.

See our Poster for details on how Solglyt Lodge will celebrate May 17, 2022! Join us to shout Hurrah, HURRAH when we raise Norway's beautiful flag -Wave the Norway Flag .We are proud of our Norwegian Heritage and thankful to embrace the peaceful ways we know globally.

Syttende Mai in Norway is all about commemorating the signing of the constitution on that date in 1814. In Norway, Constitution Day is huge. Norway's Syttende Mai is more of a party for everyone, especially the children. All over Norway, children's parades show off the element of the celebrations, with school marching bands and an abundance of flags. Children get to eat as much ice-cream and as many hot dogs as they like on May 17, even in the morning!

Heritage Days 2022 - July 30, 31, Aug 1 at Hawrelak Park is moving forward.

Please consider volunteering; Again thanks to **Emily Moen as Heritage Days Volunteer coordinator**.

Thank you to Solglyt Members who give of their time to Heritage Days and all Scandinavian organizations - Scandinavian Studies, Edmonton Scandinavian Center Association, Scandinavian Heritage Society of Edmonton, Torskeklubben, Trollhaugen Camp and Sons of Norway Foundation in Canada. These groups welcome new people to their board. It is always a rewarding experience to support any one of these branches.

District 4 Convention 2022 June 16-18 , 2022

Sons of Norway Kringen Lodge #4-025 of Fargo, N. Dakota will host the 2022 District IV Convention in Fargo at the Holiday Inn. Congratulations to three members of Solglyt Lodge who will attend the Convention virtually. We wish you a great delegate experience and look forward to hearing about the virtual way. THANK YOU for your commitment.



Continued on page 2.



SONS OF NORWAY SOLGLYT LODGE 13312 – 142 St. Edmonton



VELKOMMEN 17.mai.2022 SYTTENDE MAI PICNIC

4:00 p.m. Friendly fellowship & coffee
5:15 p.m. Assembly at the flagpole
5:30 p.m. Welcome Remarks, Flag Raising,
Anthems & Circle the Windmill

Following the program: Hotdogs & ice cream!

Sunny weather = enjoy the outdoors
We invite you to bring your own seating.



COVID awareness
www.sofnedmonton.ca

President's Message

Continued from page 1.

Solglyt Lodge has met the 2021 recruitment goal with our membership receiving a Founders Award Certificate and Congratulations from Sons of Norway Headquarters. Thank you to members Norma Borass, Luanne Voogd and Elaine Domier for each bringing in a new member in year 2021. It has been a long 2 years of ongoing pandemic restrictions. We have not been able to welcome our new members and show off the good things we can share with you at Solglyt Lodge in person events. Thank you to all Solglyt members for attending and sharing your input at our Membership Zoom sessions. We are certain that in the cold and dark months of the year we will find Zoom Membership sessions the best way to communicate and carry on business needs of the lodge. We must provide in-person socials, workshops, where we can enjoy the friendship times we are missing.

With Hope and anticipation we look forward for a return to more good times in person. Continue to respect the safety of another individual's health. Stay home if you are not well. This is an easy way to be kind to one another.

HURRAH, HURRAH, Gratulaerer med Syttende Mai Dagen!

**Hilsen fra
President Sylvia og Jim**



Light the High Level Bridge in Norway's Flag Colours

After a couple of years' worth of applications, we have been successful in our request to have the High Level Bridge be lit in Norway's flag colours of red, white and blue on May 17th. Details can be found on the light the bridge website: edmonton.ca/lightthebridge "In the spring & summer when the days are longer, it will be lit from 10 minutes before sunset until midnight, but not the morning hours, as it will not be dark enough at that time." Apparently, sunset is scheduled for 9:32 on that day.



Clockwise from above

Sylvia and Elaine.

Roger sitting, Brigitte, Carole, Peter, Sharon, Kora, Norma, Bjarne sitting.

Elaine, Betty, Frieda, Norma and Kora.

Agnes and Linda.

Bjarne and Peter.



We Love Lutfisk and Viking, Alberta

A Lutfisk Dream came true for the lucky folks who carpoled and enjoyed a day trip to Viking Alberta on May 1, 2022. It took no time at all to fill the list with a limited number of guests who could attend. Those who made the list enjoyed a Norwegian's favorite meal of the year at Food with Flair Catering Restaurant. For many years the owner, Donna, and her helpers have prepared our lutfisk meal to perfection for our annual Solglyt Event. Norwegians turn on their senses for smell and taste when the words LUTFISK DINNER are whispered.

Before Dinner, we arrived in Viking with plenty of time to check out points of interest in town. First the Viking Museum was opened just for us with Heather as our amazing tour guide. Buildings on site and restored include a church (1938), store and Post Office (1903), Country School, (1907) and farm house (1914). Converted from the town's first hospital (1922) the museum is the repository of Viking's history and documents the town's first Scandinavian settlers.

After the Museum tour we visited the Viking Tea House and Station Gallery that is located in the original CNR railway station building. The gallery features original work from local artists with a wonderful collection of original Scandinavian Rosemaling items. Finally we

strolled around the Viking Troll Park. The Troll Park was planned with a Scandinavian theme – Trolls in Scandinavian folklore are supernatural beings represented as dwarfs. The Park also contains many Scandinavian native plants.

We finished our day with the tasty Lutfisk Buffet dinner - - Sooo-oo GOOD! Dessert treats included lefse, rosettes, krumkaker, and raisin rice pudding with 'fruit sauce' topping.

Hope you will take time to visit Viking and the Museum which has Scandinavian connection artifacts. We hope to go back on a nice summer day when Viking Community in Bloom is at its best!

Photos and document by Sylvia & Jim





All-Canadian District Pursuit

Information on this 'exploration' is in our Mar-April 2022 newsletter. Five out of nine Zone 4 lodges recently voted in favour of submitting a resolution at the District IV convention in June to reflect this realignment and the resolution was submitted. Acceptance is uncertain, and whether such a resolution reaches the floor of the International Convention, is unknown. Solglyt did not sign the Resolution. Given the size of our membership and the lack of time for an in-depth exploration that would reflect all factors, we chose not to continue down this path at this time. If you require more information, please email sofn2013@gmail.com and page 6 of the Fabulous Fourth newsletter, linked via our Solglyt website – sofnedmonton.ca

Brenda & Sylvia

Looking forward to getting the sunshine back in our Solglyt Lodge! Solglyt = Socialize!

Norwegian Lafthus Festival

35 Years!!!

**Saturday, June 18, 2022
10:00 a.m. – 4:00 p.m.**

Free Admission Donations Welcome

Viking Soul Food, Historical Norse Music,
Storytelling, Exhibits, Games
and Crafts for kids, Artisan Market
Vikings

Museum and Gift Shop will be open.
www.norwegianlafthussociety.ca



Husflid Hjørnet Culture Corner

Let's have some fun.

We are planning on scheduling an in person workshop this fall to make

Krumkaker

The workshop will most likely be on a Saturday in October/ November so you can all share your cookies at Christmas.

**Please contact Anita,
norcanweld@eastlink.ca
if you are interested in joining us.**

The class will be small to allow for distance, and we will of course follow any provincial health restrictions should they be implemented again.





Above: 1980s.

Left: My graduating class of 1981.

Below: 2000s.



RUSS - High School Graduating Class in Norway

It with a hat in the early 1900's - a cap, to be exact. Drawing inspiration from the German fashion, red caps (*russehue*) became part of the graduation celebration high school, marking the passage to adulthood and higher education. As most students turn 18 around that time, the celebration started becoming more exuberant over the years. The students would wear their traditional caps and overalls (*russebukse*) and would party and drink from late May until early June when school was out. The overalls were personalized, reflect the type of studies they are completing. Red, the most common colour, means general education, whereas blue means financial and business studies.

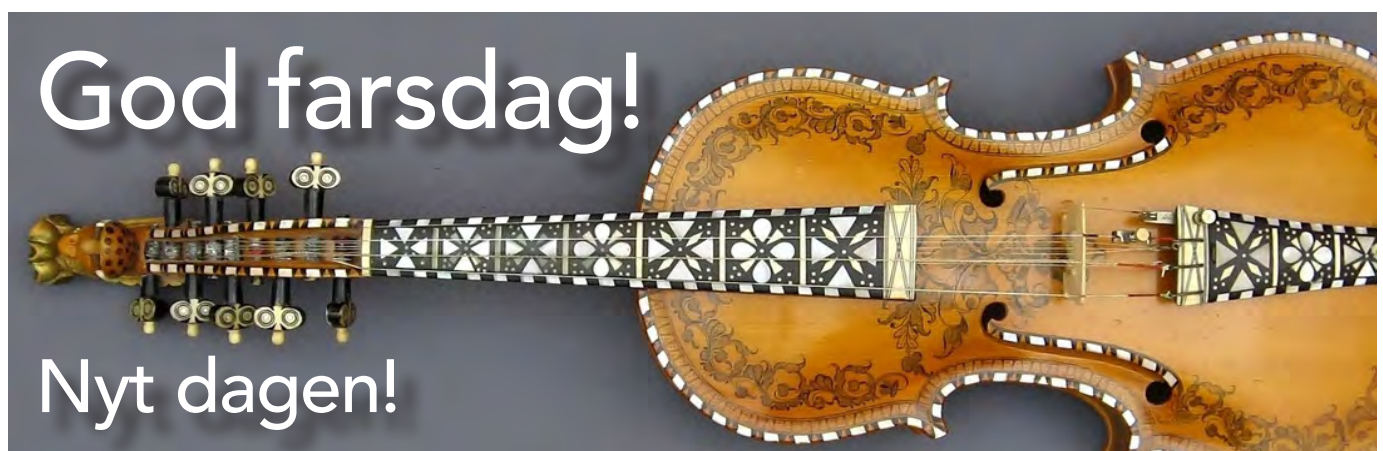
Challenge, accepted - but the partying isn't the wackiest part of *russefeiring*. The graduation cap plays a key part, the long cord is decorated with knots (*russeknuter*) before graduation day. *Russeknuter* is something you earn by completing dares, originally introduced in the 40s, the list is different for every school. Mostly meant in good fun, the dares on the list may have students wearing loaves of bread on their feet for a whole day, or barking at people at the supermarket. But in the last decade or so, knot dares are increasingly becoming rougher, including the consumption of alarming amounts of alcohol (24 drinks in a day) or nudity and sex in public places. Good or bad, once a knot challenge is completed the students tie trinkets to their caps that represent each

"knot". So if you see students with condoms on their hats, that means they have completed the challenge of having sex in public

All aboard - In the 70s, the tradition of buying an old van or bus and painting it in the same colors as the *russebukse* officially started. The buses became the base of *russe* operations and mobile partying units. By the early 2000s, authorities were worried about the impact all this partying and alcohol would have on the students' grades, so final exams were moved to early May. This was intended to force the students to prepare for the exams instead of partying, but what ended up happening was simply that the students started the *russefeiring* earlier. Nowadays, the *russe* period (*russetid*) kicks off April 11 and lasts until 17. Mai. On that day, the students are awarded their caps and join the parade in their overalls.

Russefeiring is optional. There are some students who, for financial, personal or religious reasons, feel like it's not for them. The *russe* period has also become known as "the three-week binge" (*treukersfylla*) and some groups of students choose to partake in more sober versions of it instead.

- Anita Brown



NOTICE

You are invited to The Scandinavian Studies Association 2022 Annual General Meeting

Monday, May 9TH 7:30 P.M.

Dutch Canadian Centre
Home of the Scandinavians
13312 - 142 Street NW, Edmonton

NOTE: Scandinavian Studies Association's by-laws define Association membership based on being 18 years of age or older and having completed volunteer service (such as being a casino volunteer) or having made other contributions to the Association.

Guest Speaker

Dr. Natalie Van Deusen

Associate Professor & Henry Cabot and Linnea Lodge Scandinavian Professor
University of Alberta

Speaking on

"Modern Interpretations of Norse Mythology"

Light refreshments will be served.

For more information, please contact

Nordahl Flakstad (Phone 780-444-9199 Email nflakstad@shaw.ca)

Norwegian Film Nominated for Oscar: "Verdens Verste Menneske"

In October 2021, the Norwegian film "Verdens Verste Menneske" was released in France and Norway. The film, which translates to "The Worst Person in the World," has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the "Best Foreign Language Film" category by The Academy of Motion Pictures and Sciences in Hollywood.

This is not the film's first praise, however. The film has already won "Best Foreign Film" at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film's premiere as she won "Best Actress" at the Cannes Film Festival. The film depicts her character finding her way through life and love.

This is the sixth time Norway has been nominated for an Oscar in that category, however all previous nominations have not been the winners. Sadly, it was not in the cards for "Verdens Verste Menneske" this year. The award went to the film "Drive My Car" from Japan.

Scandinavian Studies Association By-laws

Notice of Proposal to Adopt New By-laws to Replace the Current By-Laws

In accordance with the Province of Alberta Societies Act, this is notice that a motion will be presented by way of a Special Resolution at the Scandinavian Studies Association's Annual General Meeting on Monday May 9th, 2022, to rescind the Association's current By-Laws and replace them with new By-Laws.

Please see notice above for the location and time of the Annual General Meeting.

Copies of the current By-Laws and the proposed By-Laws will be available at the meeting. For advanced electronic copies of these documents, please contact Carl Sorensen at sorenson1@telusplanet.net



ESCA – opportunities available for you to show your support of our lodge and the Dutch Canadian Centre/Home of the Scandinavians! The societies are appreciative of our 'Home'.

Edmonton Scandinavian Centre Association (ESCA) is a non-profit organization comprised of:

- Sons of Norway Solgylt Lodge 4-143
- The Finnish Society of Edmonton
- Icelandic Canadian Club of Edmonton, Nordurljos
- The Danish Canadian Society (Dania)
- VASA Order of American Skandia Lodge No. 549

For more info contact: escaedmonton@gmail.com



My Norwegian Roots

The Ultimate Guide For a Fantastic Road Trip to Your Ancestral Roots

Using these guideposts you will benefit from the ultimate road trip to the roots of your heritage without FOMO; yep, you won't need to have the Fear of Missing Out on anything because you will have planned this vacation having taken all the key considerations into account.

You will return home with memories so vivid they will come alive in the re-telling and leave friends and family begging you to repeat them again and again, you will form new friendships so precious it feels like you've known each other your entire lives, and you will have nurtured an inherent peace and calmness knowing that you have deep roots in place.

Of course you can't go on a road trip to your ancestral roots if you have no idea where to begin your journey so be sure to get a head start today by commencing a heritage conversation within your family; get the blueprint to start your conversation.

How do I get started with my planning; who should I talk to, when should I go and many other important questions are about to be revealed!

#1 What Mode of Transportation Will I Use on my Road Trip and Who Will Travel With Me?

The decision with regard to the mode of transportation you will use is primarily a personal preference however some points to ponder include:

1) Do I have a specific set of unique destinations I wish to visit; in which case a 'group travel' mode of transportation is not likely to suit my needs.

2) Do I feel vulnerable traveling alone; if so, I may want to opt for an organized tour package however I will be forfeiting my 'wish list' in favor of a one-size-fits-all excursion (No doubt I will see lots of interesting highlights;

just not the ones I had my heart set on!)

3) Am I comfortable driving in a foreign country? If so, I may need an International driver's license, and/or other document(s), and while I can rent a vehicle with a GPS perhaps I want to bring along my own (with which I am familiar). I will also pick up various maps before leaving my home as these will be in my native language.

4) What is my best option if I don't want to travel alone, and I don't want to take a 'one-size-fits-all' excursion? I will want to find a travel buddy. Not just any 'travel buddy'; instead, one that shares the same ancestral homeland, has similar interests and a similar fitness level, and with whom I am compatible. Best case scenario, he/she is a cousin or sibling that might be interested in joining me; then he/she will have an interest in the same "digging" as I am interested in.

In my case I talked my oldest brother and his wife into travelling with my husband and I for our Trip of a Lifetime; this worked out well because my sister-in-law is passionate about her ancestral roots in Sweden and I can link that into my passion for Norway.

#2 What Will I Target on my Road Trip? Designing My Wish List

1) The road trip to my ancestral roots begins with heritage conversations among family members.

Several conversations mentioned the town of Hell in Norway; a place my Mother said was close to where her Dad was raised, in Norway; you can bet I was including Hell in my 'must-see' bucket list!

2) Homestead locations.

I had researched applicable farm numbers in Norway but I knew I would need to connect with a local historian or a genealogist (likely at a Bibliotek; a Library in Norway), for insight and

physical directions to locate the homestead(s) I wished to visit.

3) Kirkes (Churches) and Cemeteries.

Visiting the church my grandparents and great grandparents had attended and finding grave markers confirming birth and death dates of my ancestors were another non-negotiable in my road trip planning.

Pre-travel work includes creating a list of gravemarkers and applicable cemeteries for ready reference so as to visit the cemeteries in an efficient, orderly manner thereby minimizing wasted time and fuel.

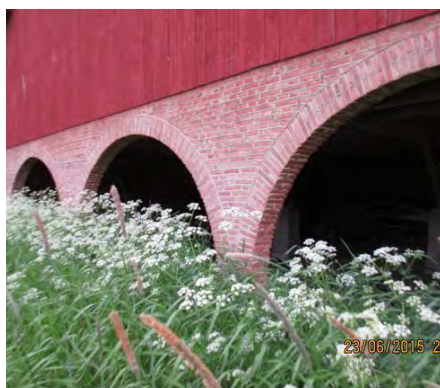
Of course scheduled time to be a tourist enjoying the incredible architecture in these historic buildings, and taking the time to inhale the essence of the moment while also admiring the beautiful landscape are essential elements of one's satisfaction with any vacation.; road trip or otherwise.

4) Iconic attractions

Those notable attractions I have heard about and are in the vicinity of my travels are included in my itinerary: these will include Vigeland parken in Oslo, the emigrant museum near Lake Mjøsa, the ancient paddlewheeler, the Skibladner on Lake Mjøsa, the Husfliden shop in Gjøvik where I had Jorun Morton order my Totendrakt kit from), an authentic Troll-making souvenir shop, the Mariner Museum featuring Roald Amundsen in Oslo and many many more of my 'bucket list' items.

5) National Festivals.

I love parades and celebrations and since I had planned our trip in June to take advantage of good weather for the cruise above the Arctic Circle, I was intent on attending a Mid-Summerfest event; I would be content with the Summer Solstice celebrations in either of Sweden or Norway and settled on attending one in Sweden.



6) Enjoy the countryside

Are you an outdoor enthusiast? Fresh air and breath taking landscape are commonplace in Norway and Sweden; I was awe struck every day with the sheer beauty around me.

Many times my wandering thoughts were met with "What were they thinking!" when my ancestors left this lovely land. Of course, it was drought and famine that formed the basis for many emigrants to leave Norway in the late 1800s and early 1900s.

I think I shall forever wonder what, if anything, my ancestors knew about the western prairies before they left Norway. I can't help but wonder how disappointed, lonely and abandoned they must have felt in this new land.

#3 Who Will Plan My Road Trip For Me?

1) Travel Agencies.

Travel Advisors do a great job of planning vacations; of course they will customize my trip but it is unlikely they can address all the nuances of my 'wish list'.

In my case I was able to enlist the help of a Travel Consultant who was also a friend, and fellow member in my local Sons of Norway Club, Elaine Domier.

I knew that Elaine and her husband had experience driving, visiting, and sight-seeing in Norway so along with her vocation in the travel industry she and her husband, Ken, provided a wealth of insight and assistance. One of my favourite planning sessions included Gløgg served up by Ken; Bonus!

2) My entourage and I.

In my case I wish to be in control of exactly where I go, what I see and the costs associated.

Many of the places I want to see are 'off-the-beaten' path however I also wish to take advantage of some guided tours along the way so as to get the 'history' from the locals.

How about you? Does this sound like your ideal situation also? Whether you are planning your road trip on your own, or not, I encourage you to acquire a few invaluable resources the most beneficial one I find is a book called Eyewitness Travel Norway because it has a wealth of information some of which are:

- a dictionary of key phrases you will want to know to converse, though briefly, with the locals
- traffic regulations, road tolls, parking and more information on 'travel' questions
- banking and local currency information
- information on shopping, eating, entertainment and sporting events
- personal security and health information
- highlights ordered by each specific region
- and much, much more.

3) Combo of Travel Consultant and my entourage.

Why not choose a combination? With specific requirements in mind, choose a Travel Consultant to secure portions of the itinerary and provide insight on any questions. I chose a Scandinavian Tour Specialist, Elaine Domier; I knew she had the necessary knowledge and that she was 'in tune' with what I was trying to

accomplish.

a. From her I purchased an Ocean Cruise that travelled the entire coastline of Norway from Copenhagen, Denmark, to the northernmost port in Norway on the North Cape; Honningsvåg, before returning to Copenhagen.

b. Next, I had her book a rental vehicle to be picked up in Copenhagen following our cruise, and to be dropped off in Oslo, Norway (where we would board our flight for home). This was an area I didn't feel comfortable researching on my own and Elaine did a fine job!

c. Now, it was my turn to do the 'hard work'; designing the Road Trip my husband would be piloting us through; this is the routing we followed:

- i.** Copenhagen, Denmark to Mariestad, Sweden (approx. 5 hour drive); stay here several days
- ii.** Mariestad, Sweden to Kongsberg and Eidfjord then to Oslo for hotel stay (approx. 5 hour drive)
- iii.** Oslo to Kongsvoll Dovrefjell National Park (approx 5 hour travel); hope to do Musk Ox Safari if time permits
- iv.** Kongsvoll to Hell for overnight
- v.** Hell to Stiklestad (one of the most famous places in Norwegian History – the starting place of Christianity in Norway); then to Stjørdal for overnight
- vi.** Overnighting in Trondheim (wish to see Nidaros Cathedral, and the Royal Palace)
- vii.** Visit family in Stjørdal and tour homestead
- viii.** Travel Trondheim to Lillehammer for Olympic Bobsled experience





- ix. Visit family at Lena, Toten area, Lake Mjøsa, and Skreia
- x. Visit family and enjoy sightseeing in Oslo;
- xi. Travel to Lillehammer area to visit Hunderfossen Family park (much like Disneyland); then back to Oslo / Gardermoen to prepare for an early morning departure for Canada

4 How Long Should My Road Trip Be?

1) Our journey started with the ocean Cruise and so that portion took a chunk of time at the beginning of our vacation; you can read all about it at "Majestic Scenery that Will launch You On a Quest for a Norway Cruise (Itinerary Incl)"

2) My sister-in-law had many specifics on her wish list for the Sweden portion of our Road Trip and so this formed another chunk of time on our itinerary.

Since she has been working on her research for many years she knew exactly what she was looking for and since I didn't have as concrete an idea of what I was looking for we agreed to spending extra time in Sweden.

The delightful Bed and Breakfast, called Madame Blå, that our Travel Consultant had found for us in Essunga, Sweden made the decision to stay here longer a joyful time. Delicious home made food, unique 'cabin' accommodations, and delightful hosts; what more could one ask for?

3) Having made contact with one person on my Paternal side of the family in Norway I had dates that he and his family were available and

so that formed another chunk of time in my planning.

Never having met this person before, I planned for a 3 day stay with them; as it turned out they would have loved for us to have stayed longer and we would have felt comfortable doing so but in the words of Franklin Roosevelt "family, like fish, smell after 3 days". I wasn't about to overstay our welcome.

Turns out, this visit became the beginning of family visiting between relatives of my paternal Grandfather in Norway and Canada. To read all about this visit see "Is Perseverance Your Strong Suit; The Benefits of Connection."

This cousin, along with his sister, and his nephew came to visit relatives in Canada the following June., more of our family visited Norway in 2016 and more of the Norwegian family came to visit Canada in 2017. The floodgates had been opened! Who knew this one initial step would re-ignite family connections that had been broken for nearly 100 years?

4) I didn't know much for specifics on the side of my maternal grandfather's ancestral home in the Stjørdal, Vinne Verdal, Hell, Stiklestad area of Norway; this would require some extra time at a local Bibliotek and perhaps some divine intervention as well. I had the bare basics of my grandfather's birth date and place along with his surname (and name variations - such as 'by occupation' with the surname of Teglebrennar) but beyond that, nothing!

Divine intervention was definitely at play when, at the Verdal Bibliotek, the local librarian

volunteered to call the resident Genealogist who then invited us into his home for coffee and dainties while he researched for us and then arranged (in Norwegian) for a physical meet-up between our entourage and our nearby relative.

This is one of the "unforeseen" elements that one can't plan for! Our entourage was on a tight timeline to meet other relatives the following day and so we didn't have the flexibility at this point in time to spend more time than this one evening's visit with this new-found relative.

It was a very real, and sad disappointment to not be able to spend more time with this new-found relative who was so happy to have made our acquaintance but alas, we were blessed to have met him and learned a bit more about my Maternal roots.

As it turned out, he had produced a Genealogical book specific to the relatives of my maternal grandfather's roots a few years earlier and he was happy to gift each of my brother and I with copies of it.

I knew I was going to love visiting with this guy when I heard Johnny Cash was one of his favorite artists; real down home, country roots!

5) Planning for a little R& R is important.

I like to incorporate a "wow" factor into every vacation; something unique and unforgettable. This choice of an Olympic Luge ride at the Olympiaparken outside Lillehammer, (near Hunderfossen Family Park) was everything I thought it would be.





The intense exceleration and the sudden stop, for one who gets motion sickness on a normal car ride, meant I felt ill for the next 24 hours - but it was worth it! What a thrill!

6) Trip length.

While the length of a trip is usually based on a combination of time and budget; all of our travel party is retired; this trip was to be the "once in a life time" excursion to my ancestral homeland.

I had a dollar figure in mind but I was willing to be flexible in order to see and do all the things that I wanted to see and do because in reality, I knew that this may very well be my first, and only, visit to Norway. I wasn't about to skimp with the expectation of 'I'll see that next time'.

In this plan we spent 31 days from the time we left Canada until we returned; was it long enough? Is any vacation every long enough?

#5. What Considerations Should Form Part of My Budget for My Road Trip?

1) Planning to visit relatives in a foreign country? Then the gifting of authentic souvenirs from my home country is essential; items that can't be purchased abroad and that will inspire a 'meaningful' recollection of good times spent together.

Perhaps these will be home-made handicrafts, but they may simply be items that have a significance to the encounter.

A lapel pin with both the Canada flag and the Norway flag became the gift I distributed freely; (something such as this is ideal as it is lightweight, small, and easy to pack; especially



when you have no idea how many 'gifts' you will need to have available!)

On a more 'limited' basis I gave out a Keepsake Photobook of my grandparents (with their children, grandchildren, and great grandchildren) along with their siblings who had immigrated to Canada (I could not include the siblings who had remained in Norway as I was not yet aware of how many there were, nor was I aware of their family members).

I gave these memory albums to the families we stayed with.

2) Staying with relatives means treating them to a meal or two, and/or, giving them a gift. These costs need to be incorporated into the budget as well.

One meal we treated our hosts to was at a lovely restaurant in Gjøvik; we asked our hosts to choose the restaurant and it was a lovely, upscale restaurant. Upon arrival, we each ordered a large entre along with drinks and dessert.

We were unaccustomed to the protocol; as you entered the restaurant you placed your order and paid for it; then you were seated. Your meal was served to you when it was ready; and you had excellent service at your table for your drinks and dessert. A little different than what we are accustomed to in our dining experiences in upscale restaurants in Alberta, Canada.

3) The regular items I include when building my travel budget are:

- Vehicle rental fee
- International Drivers License fee



- Fuel estimates
- City Transit Passes
- Toll Road fees
- Accommodation
- Excursions / special Tours
- Entrance Fees. Meals, Souvenirs, Tipping & Misc (i.e. Laundry tokens!)

Conclusion

In the words of Eleanor Roosevelt: "The purpose of Life is to Live It, to Taste Experience to the Utmost, to Reach out Eagerly and Without Fear for a Newer and Richer Experience".

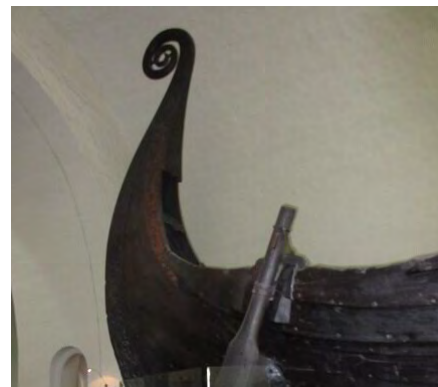
When you follow the guidelines outlined here you will experience the Ultimate in a Fantastic Road Trip to Your Ancestral roots, the re-telling of which will leave friends, relatives and strangers spellbound and wanting more.

Go ahead, follow your dreams and plan Your Road Trip to Your Ancestral Roots today.

To get started, first get that conversation going with your parents, grandparents, siblings, and cousins. For a blueprint to get you going, grab my List of 40 questions.



Iris Hagen Dunham, Blogger of Scandinavian Heritage at
<https://journeythrutheagesacademy.com>





Celebrate Syttende MAI



Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, russ (high school seniors) wearing blue and red coveralls, adults donning bunader (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on Grunnlovsdagen or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

Attire

Typical dress for all ages is a bunad, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for SonsofNorwayHQ playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying "Gratulerer med dagen!" (Congratulations on this day!) or "Hurra for Syttende Mai!" (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit— often using blueberries and strawberries to make a flag on top (see *recipe this issue*). Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks (see *recipe this issue*). Hurra for Syttende Mai!

Deliciously Nordic

Kransekake

This traditional Norwegian cookie tower was the Technical Bake for International Week on The Great Canadian Baking Show Season 3.

Ingredients:

Cookies:

5 ½ cups ground almonds
4 cups icing sugar
1 tsp lemon zest
1 tsp salt
4 egg whites
2 tsp vanilla extract
1 tsp almond extract
Cooking spray
Cornmeal

Equipment:

Kransekake moulds

Royal Icing:

3 egg whites
3 cups icing sugar, sifted
½ tsp almond extract
¼ tsp vanilla
¼ tsp fine salt

Directions:

Cookies: Whisk together the ground almonds, icing sugar, lemon zest and salt in a large bowl.

Whisk together egg whites and

extracts in a medium bowl. Add to the almond mixture and stir together. Turn out onto the counter and knead to bring together. Chill dough for 20 minutes.

Spray the moulds with cooking spray and dust with cornmeal.

Heat oven to 375F degrees. Roll the dough into ropes a little thicker than a pencil. Trim pieces to fit each circle of the mould. Join ends and lay into moulds. Bake in two batches until lightly golden, about 10 to 12 minutes. Cool.

Icing: Whisk the egg whites in the bowl of a stand mixer over medium-high until foamy. Add sugar, a spoonful at a time, until mixture is glossy and thick. Add the extracts and salt,

whisk for 1 minute.

To decorate, spoon the icing into a piping bag fitted with a small writing tip. Sort cookies from largest to smallest. Attach largest cookie ring to a serving platter by piping a few dollops of icing onto the bottom of the cookie ring. Decorate the top of the cookie with even rounded Vs of icing. Top with the next largest cookie and continue building with icing in a V pattern until you have used all of the cookies to create a tower. Allow icing to dry.

Yield: Makes 1 large tower, 18 cookies high

CBC Life · Posted: Oct 24, 2019
10:33 AM EDT | Last Updated:
October 28, 2019.



Photo by Geoff George



Bløtkake Norwegian Cream Cake

Makes: One 9-inch, 3-layer cake

Ingredients:

5 eggs

$\frac{3}{4}$ cup sugar

$\frac{1}{2}$ teaspoon pure vanilla extract

$1\frac{1}{4}$ cups plus $2\frac{1}{2}$ tablespoons
cake flour

1 teaspoon baking powder

For the vanilla custard:

2 egg yolks

$\frac{1}{4}$ cup sugar

2 tablespoons cornstarch

2 cups whole milk

$\frac{1}{2}$ teaspoon pure vanilla extract

For the whipped cream:

3 cups heavy whipping cream

3 to 4 tablespoons sugar

1 tablespoon pure vanilla extract

For cake assembly:

Milk or juice

Strawberry jam

Fresh berries or fruit (especially
blueberries, strawberries and
raspberries)

Directions:

Preheat oven to 325 degrees F.

Grease a 9-inch springform pan and line the bottom with a piece of parchment paper, cut into a circular shape. Grease the top of the parchment paper; set aside.

Use a stand or handheld mixer to beat the eggs, sugar and vanilla together on medium-high speed until the mixture becomes thick and pale yellow in color, about 7 to 8 minutes.

Sift the cake flour and baking powder together. Sift the flour mixture over the eggs in three separate batches to keep the eggs from deflating, folding gently after each addition until the flour is incorporated.

Pour the batter into the prepared springform pan and place on top of a baking sheet. Bake at 325 degrees for 35 to 40 minutes, until cake is golden in color and the top springs



back when touched. Insert a toothpick into the center to check for doneness.

Cool in the pan until the top is cool to the touch, then remove and finish cooling on a wire rack. To freeze, wrap tightly in plastic wrap and store in an airtight container for up to 3 months. Cut into layers once thawed.

Custard directions:

Use a handheld or stand mixer with the whisk attachment to beat the sugar and egg yolks on medium-high speed until combined, about 1 minute. Add the cornstarch and blend on medium speed until the mixture is thick and pale yellow, about 2 minutes.

In a saucepan, add the milk and vanilla extract, and cook over medium-low heat until bubbles begin to form at the sides, without letting it come to a boil. Remove from heat.

In a slow, steady stream, add the warm milk to the egg mixture, whisking constantly on medium-low speed to prevent the eggs from curdling. Keep whisking until the ingredients are well combined, then pour the mixture back into the saucepan and return to the stove.

Cook the mixture over medium heat, stirring constantly, until it thickens, then remove from heat and stir vigorously for one minute. If desired, the

custard can be passed through a strainer to remove any lumps. Cool completely before refrigerating.

To store:

Press a layer of plastic wrap directly onto the surface of the custard to keep it from forming a skin. Refrigerate for at least 3 days.

Whipped cream directions:

Use a handheld or stand mixer to combine the whipping cream, sugar and vanilla, starting at low speed and gradually increasing to high speed, until stiff peaks are formed.

Cake assembly directions:

Use a long, serrated knife to cut the sponge cake into three even layers. Place the bottom layer, cut-side-up, and use a spoon or pastry brush to lightly coat the crumb with milk or juice to moisten the cake. Spread a layer of jam over the cake, all the way to the edges.

Next, spread a thick layer of the custard over the jam, followed by the whipped cream, all the way to the edges of the cake. Place the second layer of cake on top, cut-side-up, and repeat with the milk, jam, custard and whipped cream.

Place the final layer of cake on top, cover cake with plastic wrap and refrigerate for 24 hours. Remove from fridge and cover top with a generous layer of whipped cream, and a light coating on the sides. Decorate top with fresh berries. Serve and enjoy.

To store:

Refrigerate leftover cake for up to 3 days in an airtight container.

To freeze:

The spongecake may be frozen for several months, wrapped tightly in plastic wrap and stored inside an airtight container. Cut cake into layers after thawing.

"Home With the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their 13-year-old son, Giovanni. Readers can reach them at sarahnasello/thelostitalian.areavoices.com

JUST IN TIME FOR CANADA DAY - Notable Canadians of Norwegian Descent

Actors

Melody Anderson, social worker and public speaker specializing in the impact of addiction on families; also known as an actress

Earl W. Bascom, actor who worked with cowboy singer Roy Rogers

Melyssa Ford, model/actress



Nathan Fillion, actor

Christopher Heyerdahl, actor, plays a Norwegian on the AMC TV series *Hell on Wheels*

Natassia Malthe, Norwegian model and actress who grew up in Canada

John Qualen, actor, born Johan Mandt Kvalen in Vancouver, British Columbia in 1899, the son of Norwegian immigrants [21]

Rachel Skarsten, actress

Vlasta Vrana, actor

Artists

Earl W. Bascom, western artist, sculptor, "Cowboy of Cowboy Artists"

Athletes

Glenn Anderson, retired professional hockey player

Earl W. Bascom, rodeo pioneer, Canada's Sports Hall of Fame inductee, "Father of Modern Rodeo"

Jeff Friesen, retired professional hockey player

Kristina Groves, Olympic speed skater

John Halvorsen, Olympic Track and Field Distance Runner

Rick Hansen, wheelchair celebrity and philanthropist

Anne Heggveit, alpine skier

Ryder Hesjedal, professional road cyclist

George Knudson, CM, professional golfer; along with Mike Weir holds the record for the Canadian with the most wins on the PGA Tour, with eight career victories

Johann Olav Koss, former Norwegian speed skater, Toronto, ON



Karen Magnussen, Olympic figure skater, North Vancouver, BC

Christine Nordhagen, Norwegian-Canadian Olympic female wrestler

Pat Onstad, professional soccer goalkeeper



Terry Puhl, former professional baseball player; currently the head coach of University of Houston-Victoria's baseball team

Ryan Rishaug, former ice hockey player; currently a sports commentator on The Sports Network

Cliff Ronning, professional hockey player

Herman "Jackrabbit" Smith-Johannsen (1875–1987), Norwegian-Canadian cross country skier; lived to be 111 years old

Staal brothers - Eric, Marc, Jordan, Jared, four ice hockey players, all currently signed with the NHL

Svein Tuft, professional road cyclist

Hans Skinstad, Norwegian-Canadian 1976 Olympic cross country skier

Explorers

Henry Larsen, Norwegian born Canadian Arctic seaman for the Royal Canadian Mounted Police; second to traverse Canada's Northwest Passage in the famous St. Roch

Filmmakers

Torill Kove, Norwegian-Canadian film director and animator; Academy Award winner for the animated short film *The Danish Poet*

Musicians

Endre Johannes Cleven, musician/composer and founder of the Canadian Viking Regiment (197th Battalion, Canadian Expeditionary Force)

Mitch Dorge, musician

Glenn Gould, pianist

Bruce Haack, Norwegian-Canadian musician and composer



Joni Mitchell, singer/songwriter

Leif Vollebakk, musician

Politicians

Aaron Paquette, politician, writer and artist

Cam Broten, Saskatchewan NDP MLA for Saskatoon Massey Place

Ione Christensen, CM, former Canadian Senator

Nellie Cournoyea, served as Premier of the Northwest Territories from 1991 to 1995

David Eggen, Alberta NDP MLA for Edmonton-Calder

Colin Hansen, British Columbia's Minister of Finance and Minister; responsible for the 2010 Winter Olympics

Hans Lars Helgesen, MLA for Esquimalt, 1878–1886; the first non-Briton to serve in the BC legislature and prominent in the establishment of the commercial fishery in the Queen Charlotte Islands

Chuck Strahl, MP for Chilliwack-Fraser Canyon and Minister of Indian Affairs and Northern Development

Writers

Holly Nelson, poet, writer and political activist

Martha Ostenso, novelist, poet and screenwriter

Sonja Skarstedt, poet, short story, and play writer; painter and illustrator

Fred Stenson, writer of historical fiction and non-fiction relating to the Canadian West

Others

Gerda Hnatyshyn, president and chair of the Hnatyshyn Foundation, an arts granting organization

Norman Wolfred Kittson, fur trader, steamboat-line operator, and railway entrepreneur

Peter Norman Nissen, inventor

Paul Thorlakson, physician and Chancellor of the University of Winnipeg

Jordan Peterson, professor of Psychology at the University of Toronto

https://en.wikipedia.org/wiki/Norwegian_Canadians



The Translation

Dette må du ha i topptursekken

Sunniva Kiviranta i Røde Kors Ungdom har alltid med seg både ekstra klær og lommelykt på tur. Her er hennes beste tips til hva du bør pakke i topptursekken i sommer.

Sunniva er en ivrig turgåer og bruker mye av fritiden sin i fjellene i Sogn og Fjordane. Det viktigste er ifølge Sunniva en god sekk som sitter godt på hoftene og skuldrene. Her er hennes liste over utstyr hun alltid har med i tursekken sin.

Vær forberedt på det uventede

– Jeg har alltid med meg et ekstra sett med klær, som sokker, lue, ullundertøy og en bøff, sier Sunniva. Hun viser også frem en vindsekk som er god å ha, hvis det skulle komme uvær. Rikelig med mat på tur er også ekstremt viktig både for humør og ytelse. Små tursjokolader eller nøtter er god bensin man bør ha lett tilgjengelig i jakkelomma. Noe så enkelt som en liten bunt med tau kan også være kjekt å ha med, fordi du kan bruke det til å sette opp en gapahuk for eksempel. Det gamle gode sitteunderlaget kommer også godt med i tursekken, sier Sunniva.

Ikke stol på mobilen

Kart og kompass er også lurt å ta med seg, særlig hvis mobilen går tom for strøm eller du ikke har dekning. Sørg for å tren på hvordan kart og kompass skal brukes, slik at du vet hvordan det fungerer når du skal bruke det. En GPS gjør det også enklere å navigere hvor man er.

– Jeg har også alltid med en lommelykt, uansett hvor jeg skal, sier Sunniva.

Konkret utstyr som bør være på plass i sekken: kniv, trekanttørkle, redningsfolie, sportsteip, en vanntett pose med compeed, kompress, fyrstikker, sårservietter og støttebandasje- og husk nok vann!

– Har du med mobil er det lurt å ha med en powerbank, i tilfelle man går tom for batteri, sier hun.

<https://www.rodekors.no/vart-arbeid/beredskap/topptursekken/>

Must-Haves For Your Hiking Backpack

Sunniva Kiviranta of the Norwegian Red Cross Youth always brings both extra clothes and a flashlight on a hike. Here are her top tips for what to put in your backpack this summer.

Sunniva is an avid hiker and spends much of her free time in the mountains of Sogn og Fjordane. According to Sunniva, the most important thing is a good backpack that fits well on the hips and shoulders. Here is her list of equipment she always has in her backpack.

Be prepared for the unexpected

“I always have an extra set of clothes with me, such as socks, a hat, wool base layers and a neck buff,” says Sunniva. She also presents a bivy sack that is good to have in case of a storm. “Having plenty of food on your hike is also extremely important for both mood and performance. Little trail chocolates or nuts are good fuel that should be easily accessible in a jacket pocket. Something as simple as a small bundle of rope can also be nice to have along, because you can use it to set up a shelter, for example. A good old sitting pad also comes in handy,” says Sunniva.

Do not trust your cell phone

A map and compass are also a good idea to take with you, especially if your cell phone runs out of power or you do not have coverage. Make sure you practice how to use a map and compass so you know how it works when you need to use it. A GPS device also makes it easier to navigate where you are.

“I also always have a flashlight with me, no matter where I go,” says Sunniva.

Specific equipment that should be in your backpack: knife, triangular bandage, Mylar rescue blanket, athletic tape, a waterproof bag with blister patches, a compress, matches, antiseptic wound wipes and an ACE bandage - and remember enough water!

“If you have a cell phone, it is a good idea to have a portable charger with you, in case your battery runs out,” she says.

Trollhaugen Camp 2022 Registration and Volunteer Information

Solglyt Lodge is
Assistant Host Lodge
for Trollhaugen Camp
August 7-13, 2022!



Thank you to **Charlotte Evjen** for being a hostess at camp on behalf of Solglyt Lodge. Registrations close end of May 2022. We hope you will consider attending. Contact registration at: troll.registra@gmail.com.

Trollhaugen Language Arts and Culture Camp is looking for your help! Email trollhaugencamp@gmail.com if you are interested!

Edmonton Heritage Festival 2022

Emily Moen is the Volunteer Co-ordinator; contact her to volunteer, e2m2rockies@hotmail.com

Volunteers will be needed to set up the tents prior to the event; **Roger Bruce** is organizing let him know if you are willing and able to help with this, rsbruce@shaw.ca

Stamp Club

We need more stamps, please be sure to save stamps from any mail you might receive. They may be dropped off or mailed to: **Elaine Domier, 11759 - 37 Ave., Edmonton, AB T6J 0J3.**



If you can't get them to Elaine, please hold onto them. Bring them to a membership evening when we are able to meet again.

Photos Please!

The Viking magazine – if you have any photos you believe could be shared with Sons of Norway members, please send them to brenda@clmedia.com for submission to the District 4 Publicity Director. Solglyt has a selection of photos via our own website via <https://www.flickr.com/photos/sonsofnorway/sets/>

2022/23 Newsletter Submissions

September/October - submissions due by August 29, 2022.

November/December - submissions due by October 26, 2022.

January/February - submissions due by December 29, 2022.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please e-mail submissions to: sjamison@greatwest.ca and indicate SON Newsletter in the subject line. Early submission of articles, when possible, is appreciated.

The Norwegian Laft Hus Society Festival - Saturday, June 18, 2022

The Norwegian Laft Hus Society is hosting a Festival on Saturday, June 18, 2022 from 10:00 am – 4:00 pm. Our festival will include entertainment in and around our log hus (building) located in Heritage Square, east of the Recreation Center and south of the Golden Circle and Museum and Art Gallery (MAG) at 4402 - 47 Avenue.

Help Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, *Sunshine Director*, would like to remind members to email her, please include the full name and nature of the request. **Karin's email is lesandkarin@hotmail.com**



HALL RENTALS

**For weddings, Anniversaries,
Company parties, Reunions,
Dances, Business Meetings etc.**

**International Hall
Nordic Room
Board Room**

**Frank Stolk—780-984-4569
Club members and ESCA members
receive a discount on the rental fee**



The Norwegian Birthday Song

To all Solglyt members celebrating a birthday from May to August, here is your song!

Hurra for deg som fyller ditt år!
Ja, deg vil vi gratulære!
Alle i ring omkring deg vi star,
og se, na vil vi marsjere,
bukke, nikke, neie, snu oss omkring,
danse for deg med hopp og sprett og spring
onske deg av hjertet alle gode ting!
Og si meg sa, hva vil du mere?
Gratulaere!

Hurray for you celebrating your Birthday!
Yes we congratulate you!
We all stand around you in a ring,
And look, now we'll march,
Bow, nod, curtsy, we turn around,
Dance for you and hop and skip and jump!
Wishing you from the heart all good things!
And tell me, what more could you want?
Congratulations!