



Sons of Norway Solglyt Lodge

#4-143

September - October 2021

sonfmedmonton.ca

Edmonton, AB

Executive Officers:

<i>President</i>	Sylvia Colleton president.solglyt@gmail.com
<i>Vice President</i>	Emily Moen
<i>Secretary</i>	Lu-Rene Kennedy secretary.lurene@gmail.com
<i>Treasurer</i>	Jim Colleton
<i>Membership</i>	Peter Myhre
<i>Counselor</i>	Peter Myhre

Support Directors:

<i>Culture</i>	Anita Brown norcanweld@shaw.ca
<i>SON Foundation</i>	Helen Evjen
<i>Historian</i>	Brenda Carlstad
<i>Husflid</i>	Anita Brown norcanweld@shaw.ca
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<i>Sports</i>	unfilled
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<i>Webmaster</i>	Brenda Carlstad
<i>Youth</i>	unfilled

Mailing Address:

Dutch Canadian Center,
13312 -142 Street N.W.
Edmonton, AB T5L 4T3

President's Message

Decisions are made once again to cancel many in-person activities at Solglyt Lodge. **Our 'Welcome Back' evening will be a ZOOM session that begins at 7:30 pm on September 8th.**

Days, Weeks, and Months are slipping away while the Virus Bugs party on! The COVID BLUES are wearing on our Happiness. We dream of the friendship times we have had in person at Solglyt Lodge. Let's hope our Sons of Norway lodges survive through this ongoing Pandemic life of restrictions... Stay strong and healthy. Never stop loving LIFE and caring about one another!

What do you do to keep your Norwegian Heritage alive? Are you using favorite Norwegian recipes to prepare treats like Lefse, and Riskrem with raspberry sauce or Lapskaus? How about accomplishing a new Husflid project. Introduce one or two people to your favorite foods and talk about benefits of belonging to Sons of Norway. This simple gesture could add new members.

How did you enjoy the outdoors in our Alberta? In Norway, the extra hours of daylight are cherished for the outdoor festivals, hiking the trails, taking auto trips to new landscapes, Camping, Cycling and spending relaxation days at the 'Hytte'. Here in Alberta ongoing heat and smoky air spoiled many days of enjoyment for our usual outdoor activities.

Thinking ahead, we hope you will consider taking a position on our board. Elections should take place in November, 2022 - But can it? Be involved - - accept an executive position and make a difference by introducing your new ideas to your Lodge.

Enjoy our Solglyt Newsletters with information, articles and photos. See information on orders for Norway 2022 Calendars. Check out the Solglyt Lodge Facebook page and visit our Sons of Norway website www.sonfmedmonton.ca where you can find links for many things Norwegian. The Canadian Sons of Norway Foundation celebrates their 50th Anniversary year with establishing a 50th Anniversary Circle of Friends Campaign that runs until August 2022. Visit the Canadian Foundation link <http://www.sonfic.ca/>

Hilsen Fra President Sylvia





Solglyt Lodge President, Sylvia Colleton (left), and lodge member, Elaine Domier (right), lay tulips at the Anne Frank Statue Unveiling Ceremony August 8, 2021.

Anne Frank Statue Unveiling Ceremony – August 8, 2021

It was a pleasant Sunday afternoon on August 8, 2021 in Old Strathcona. Elaine Domier, Sylvia and Jim Colleton attended the unveiling of the Anne Frank bronze statue. The placement of a bronze statue in the Old Strathcona Light Horse Park was chosen as a long lasting gesture to mark the 75 years Anniversary date in 2020 for the - Liberation of the Netherlands from the Nazi occupation. May 5, 2020 marked the 75th Anniversary of this day in history, but with a global pandemic the ceremony would be delayed until today. On May 5, the Welberg Bell located at Steenbergen, Netherlands rings in memory of our Canadian Soldiers lost. During this ceremony we listened to the Welberg Bells located in Old Strathcona Light Horse Park and in Steenbergen ringing simultaneously for 2 minutes.

All speakers on the program had words of gratitude for our Canadian Soldiers who fought with allies to end WWII. Items on the program that were especially touching, were a poem 'Princess Anne' written by Garth Ukrainetz as well as the musical "Anne Frank's Secret Annex" written and sang by Rebecca Lapp. Both were written in memory of the courageous young girl, for her words documented in a diary during one of the world's most horrific times of dark history. The program ended with blessings by Rev Danielle Key from Holy Trinity Anglican Church and Pastor Erin Thomas of Trinity Lutheran Church and the unveiling of story boards by Rinske TerHeide and Jenny Smits and unveiling of Anne Frank statue by Hon. Col. Troy Steele and RSM (LF) Stephen Gallard CD. The day was filled with proud moments for all members of the Edmonton Dutch Canadian Club! Single Tulips were handed out to each in attendance to place at the statue.

"Whoever is happy will make others happy!" "Despite everything, I believe that people are really good at heart" - - words of Anne Frank.

The Sons of Norway – Solglyt Lodge, Edmonton Scandinavian Centre Association, Icelandic Club and Scandinavian Heritage Society were among the many donors who contributed to this project. Visit the park at 10324 85 Ave NW #10316, Edmonton,



<https://www.norwegianlafthussociety.ca/>

The Norwegian Laft Hus is a small museum operated by the Norwegian Laft Hus Society that is dedicated to preserving and interpreting the culture of Norwegian-Canadians.

<https://www.norwegianlafthussociety.ca/craft-and-bake-sale>

Craft & Bake Sale 2021

November 27th 9am - 4pm

November 28th 12pm - 4pm



For some Scandinavian Shopping:

"We are thrilled to announce the opening of the Ansgar Online Fall Marketplace. <https://ansgar-online-market.square.site/> Hundreds of items you remember and enjoyed are now available to purchase online and be included with our delivery. Order by September 15 and the items will arrive before Christmas.

All purchases go to support Ansgar Danish Lutheran Church. We thank you for your support."

Solglyt Lutefisk Supper 2022 – Cancelled



Due to uncertainty regarding COVID -19.

Sylvia Colleton, President
Sons of Norway Solglyt Lodge 4-143
Edmonton AB



No Norsk Classes

Until further notice ... due to COVID-19, there will be no Norsk classes, at least until January.

To keep your Norsk skills sharp, Anita has provided one of her favorite recipes – **Klassiske Skolebrød** - see page 14.



Solglyt Lodge member, Janina Carlstad, demonstrates her Scandinavian flutes at the Norwegian Laft Hus, in Red Deer, recently.

Spread Some Sunshine

Karin Jackson, Sunshine Director, would like to remind members to be in touch 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. **Karin's email is** lesandkarin@hotmail.com

Scandinavian Christmas 2021 Market – Cancelled

Edmonton Scandinavian Centre Association has reluctantly decided to cancel the 2021 Market, normally held in November at the Dutch Canadian Centre/Home of the Scandinavians.



Due to COVID-19 concerns, we believe that we are not able to provide a safe event for volunteers, vendors and shoppers.

Thank you for your past support – Brenda Carlstad, ESCA President

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



2022 Norway Calendars

Pre-ordering appreciated. Both "Splendor of Norway" and "Rosemal Décor Calendars" will be ordered. We appreciate your calendar choice(s) and numbers wanted before an order is placed. These beautiful calendars make the perfect Christmas gift.

- still only **\$20** each

To place your order, please call Solglyt Treasurer Jim Colleton at 780 470 0166 or send an email to Solglyt President at president.solglyt@gmail.com before September 10, 2021.

Sharon and Roger Bruce have agreed to have you pick up your calendars at their home. You will all be notified when the order arrives.



Solglyt Lodge Walking Tour at Millet Alberta – July 7,2021

Thank you to Sharon Bruce and Joanne Maynard for organizing a pleasant visit to Millet for a Walking Tour sponsored by the Millet Museum and Historical Society.

Our day started with meeting for lunch at 11:30 PM at Leanne's Restaurant. At Leanne's, our group enjoyed our delicious meals and had social time before the tour. We met Emily Trent at the Millet Museum and Visitor Center on Main Street at 1:15 PM. Emily and her assistant, Katy, led our group of Solglyt walkers starting on Main Street. As we strolled along the sidewalks and paths, we stopped at Featured Buildings where our Tour Leaders narrated interesting background for each of the buildings. The path took us along the Pipestone Creek and past beautiful Flower Gardens and a large manicured Park area. We saw the Arena from a distance and walked past the Old School building that has been under renovations and soon opening as the Millet Town Office. We then passed the Community Hall that was enjoyed by folks from near and far in 'Days of Long Ago' gatherings such as drama presentations, dances, Anniversary & Wedding Dances, parties, reunions. A mural on the outside of hall shows the indoors – the dance floor and stage where Dance Bands performed. On our way back towards Main Street our leaders noted the many businesses of Millet who love to Welcome YOU step inside and browse!



Solglyt Lodge members take part in a Walking Tour of Millet Alberta on July 7,2021.



CERTIFICATE of ACHIEVEMENT

THIS ACKNOWLEDGES THAT

**SYLVIA COLLETON &
LU-RENE KENNEDY**

HAVE SUCCESSFULLY PROVIDED KIND WORDS AND
ENCOURAGEMENT TOGETHER WITH VIRTUAL
OPPORTUNITIES FOR MEMBERS VIA ZOOM

TUSEN TAKKI!



S O L G L Y T M E M B E R S

SIGNED - Solglyt Membership

SONS OF NORWAY FOUNDATION IN CANADA

Incorporated 1971



July 15, 2021

Dear members and friends,

Our Foundation is Celebrating Our 50th Anniversary this Year!

***In recognition of this 50th Anniversary, we have established the
50th Anniversary Circle of Friends Campaign.***

***Since we are recognizing “50” years, we are asking you, our
supporters, to help raise funds by making tax-deductible donations
of \$50 (or any amount), perhaps ‘multiples of 50’.***

In these fifty years we have striven to be an important outreach program of Sons of Norway. We have focused on our founding principles of support for the preservation of our Nordic Heritage and Culture, Post-Secondary Bursaries and Humanitarian Financial Support.

On the Heritage and Culture side, we have supported programs like group camps, workshops, and traditional keep-fit programs for all seasons throughout western Canada. We have also provided financial assistance for individuals to attend workshops, and educational centres in Norway. From the beginning, we have provided Bursaries for hundreds of Canadian students in their post-secondary studies and apprenticeship programs. From time to time, we have assisted in Humanitarian projects where people in our communities have suffered losses due to catastrophic events. We genuinely believe we are an important asset in our greater community.

Donations are generally destined for the General Fund. However, if a person has a special purpose in mind, we also have special funds:

- Tormod Rekdal Cultural fund
- Lysne Rosemaling Grant fund
- Bjarne and Karel Thorshaug Bursary and Grant for Norwegian Studies fund
(information on each fund can be found on our Website)

For information on making donations, please go to our Website: www.sonfic.ca and click on the Donations and Fundraising box (located under the photo gallery). Donations can be made by Cheque or E-transfer.

When making donations, we ask that you use Donation Form (CF006), found on our Website and submit with your donation. This ensures the contribution purpose is properly identified and correctly credited for Donation Pins and the Lodge Founders Award.

Financial support for your Foundation is important. A goal of \$50,000 could be reached with everyone’s participation. Let’s make it happen!

This campaign will run until August 2022!

Please join our ‘Foundation Circle of Friends’ with your donation.

Fraternally,

Tore Pettersen, President





Coming Home

The first resident of the Roozen Family Hospice Centre spent a lifetime working in construction and raised his family in a neighbourhood minutes away.

Thanks to donors like you, we opened the doors to Edmonton's first free-standing hospice in February – but we still need your support to continue our work.

Your donation ensures a unique and dignified end-of-life experience for people in our community – like Stan Johnson, the first person cared for at the Roozen Family Hospice Centre.

Stan was adjusting to life as a widower when he was diagnosed with terminal cancer in the fall of 2020. He had worked in construction for decades, both as a trades person and business owner, and had been exposed to asbestos many times. Now, he had developed mesothelioma and had just months left to live.

It was devastating news for Stan and his family. His daughter, Luanne, explains that her mom, Louise, had passed away one year earlier, after a difficult two-and-a-half months in palliative care. Although treated with care and compassion the family felt she didn't receive the care she needed – and deserved.

Stan did not want to die the same way.

"My Dad's fervent wish was to spend whatever time he had left at home," says Luanne. She and her family did all they could to make Stan comfortable at home, arranging for at-home nursing care. Over the coming months, his family – which included four children, 12 grandchildren and two great-grandchildren – spent as much time with him as they could. This meant a lot to Stan, who loved his family dearly. His family loved him just as much; to them, he had always been a wise counsellor, mentor, and willing helper.

Although heartbroken, Luanne made a pact with her father to make the most of their time together by living in the here and now. She told him, "I'm not going to start grieving you yet, because today you're here."

In January Stan's health declined rapidly and it became clear that he needed more care than the family could provide at home. Stan's family dreaded the thought of their dad spending his final days in a hospital. That's when Stan's doctor told the family about the Roozen Family Hospice Centre, Edmonton's first free-standing community hospice.

It sounded almost too good to be true, but when Luanne contacted the hospice, they were able to accept her dad as a resident – the very first resident. So, on a cold winter day, the family moved Stan from his home of many decades to his final home, just minutes away.

"From the moment he got there, he was treated with respect and



compassion," says Luanne. Staff assembled at the front door to greet Stan warmly and, later, took the time to get to know him personally. Even the resident chef, Pierre, came out of the kitchen to ask Stan about his favourite foods and chat about his life. They bonded over a mutual interest in hunting.

That night, Luanne hesitated to leave the hospice, fearing her dad would be alone at night as her mom had been. A kindly staff member told her she could go home to sleep in her own bed: "They told me, 'No one dies alone here.'"

When Stan passed away, just days after arriving, hospice staff allowed his family as much time as they needed to say goodbye. For the Walk of Honour Ceremony, he was covered in a beautiful sunflower-patterned quilt. Hospice nurse, Mike, shared a few words about Stan, and conveyed appreciation to his family, for allowing the staff the honour of caring for Stan in his final days. Each and every staff member was loving and gentle with the family as they navigated their immediate feeling of grief and loss.

"It was absolutely clear to us that at every step of the journey, hospice staff make very intentional decisions to care for the residents and those who care for them," she says. Almost everything about the experience was different from her mom's final days. "The emotional difference was profound. We left hospice with a sense of a peace."

You can help us continue supporting residents like Stan – and their families – as they come to the end of their journeys. Will you help care for the dying in your community?

Please consider donating today. Your help is still needed.

The Roozen Family Hospice Centre is an independent hospice run by the Pilgrims Hospice Society. Currently, the society receives no funding for the residential care program. Each bed cost \$500 per day to operate – just one-third of a typical hospital bed, but a considerable cost for a non-profit like ours.

If you have already made a gift, I thank you for your generosity.

Thank you for reading this. On behalf of our residents and their loved ones, staff, board of directors and volunteers, we are so grateful for your generosity.

Your Truly,

**Monica Robson,
Executive Director.**

My Norwegian Roots

Right: Tinn, Telemark has many beautiful churches. Atrå church dates back to 1836. The church is beautifully decorated with rosemaling by the talented local painter, Øystein Orekås (inset).



Øystein Orekås - Master Rosemaler

Øystein Orekås is the granduncle of Soglyt Lodge members Valerie Vale and Sandy Jamison.

Our family lore included the never disputed fact(?) that we had “artists in the family”. At family gatherings, discussions often turned to the fact that these creative roots ran deep on our maternal side. Some clues regarding the source of this artistic nature became apparent over the years.

Our mother Julie Tweten was very artistic, illustrating poetry and stories she had written. Her drawing and painting were award winning. Her sister Astrid had a long-standing multimedia mural project that she moved from province to province as her locale changed. Another sister, Tone, was an very talented painter. Their brother Ward was an accomplished painter, gallery owner and interior designer. Other siblings found their outlet playing a variety of musical instruments and wood carving.

Talented artists are also found in the next generation of family members. One cousin, a sculptor, creates fabulous bronzes. Another cousin, is musical director of an American opera company, and travels North America as a guest conductor. Other members of this generation also find their creative outlet through music.

Our grandparents Gunlek (Gilbert) Olsen Tweten, b. 1887 and Astrid Knutsdatter Orekås, b. 1894 immigrated from Tinn, Telemark in 1920 with three small children.



Above: Rosemaled bowl, passed down to Valerie Vale.

Photo: Sandy Jamison

Right: (L to R) Kabinett. Kubbestol, back. Øystein Orekås with kubbestol, front.

Photos: Øystein Jonsjord/NIA.





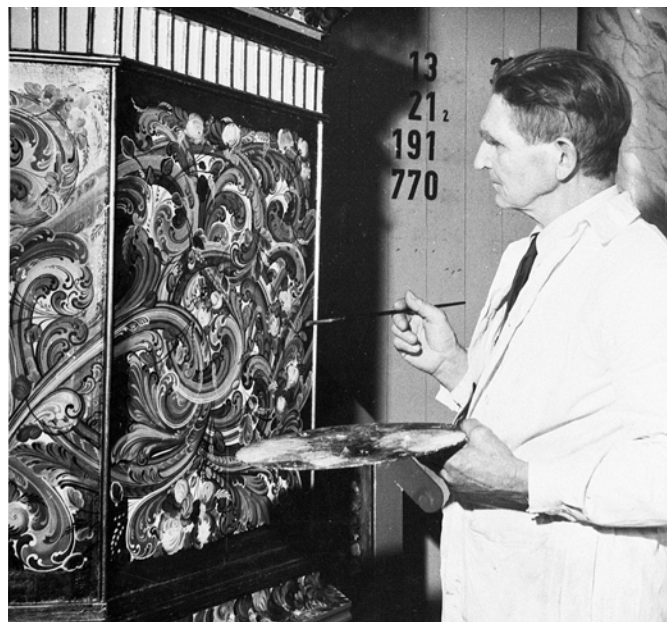
leaving behind many family members. They farmed in Saskatchewan, near Lloydminster, while raising a family of 10 children.

Our grandmother proudly displayed beautiful items from Norway, crafted by her brother Øystein Knutson Orekås, b. 1892. One of those items was a beautiful rosemaled bowl that was passed to our mother, Julie Tweten and then to daughter, Valerie Vale. The other item was beautiful sending basket that is now in the possession of a cousin. Admiring our Grandmother's treasures made us feel we had a tangible connection with Norway. We could see it and feel it.

As we've gathered genealogical information for an extended family tree, more interesting evidence has been uncovered. Most of it in the form of photos of work done by our maternal great uncle Øystein Orekås.

We were looking forward to going to Norway in July 2020 to actually see some of this work with our own eyes. Then the COVID-19 pandemic occurred. Our rescheduled trip for July 2021 was also a non-starter... here's hoping that 2022 will be THE year. So, we beg your indulgence as we brag, just a little, about a very talented man. We never met him, but his artistic legacy had a big impact in forming our "Norwegian" identity. Please enjoy the photos of his work. We'll continue digging to find other creative individuals hidden in our family tree. More to come, eventually.

Submitted by Sandy Jamison



Clockwise from top left:
Rosemaled pulpit, Atrå Church.

Photo: Torild Granhaug

Øystein Orekås at work.

Photo: Rjukan Dagblad/NIA

Rosemaled baptismal font, Atrå Church.

Photo: Kvitekyrkjer.no

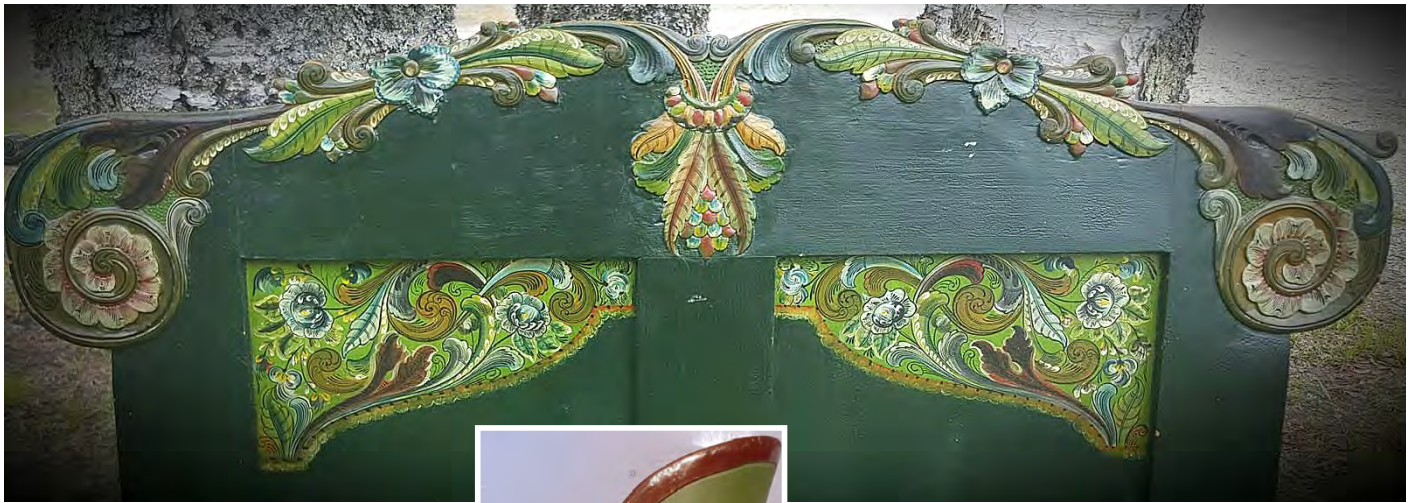
Church interior with organ loft.

Photo: Kvitekyrkjer.no

A sign above the double doors translates to: "Bless them that hear the word of God, and keep it."

Bowl painted by Øystein Orekås, probably in the 1940s.





Clockwise from above: Carved and rosemailed bench by Øystein Orekås.

Our Grandmother, Astrid Tweten, with her daughter, Astrid Watson, admire the rosemailed pulpit at Atrå church circa 1980.

Rosemailed clock case, signed Øystein Orekås 1948.

Carving on a cabinet by Øystein Orekås.

Right: Children's kubbestol, 1932.

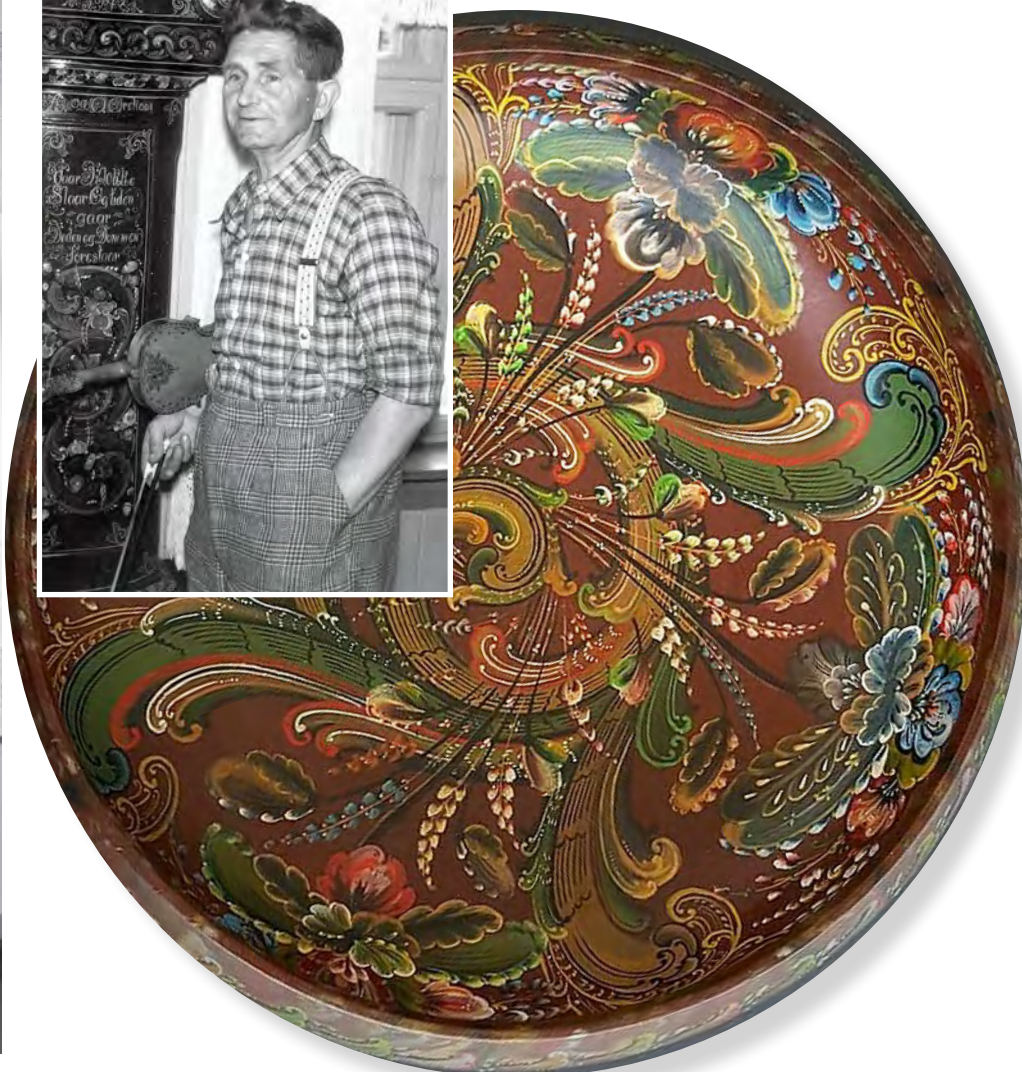




Clockwise from above left:
 Rosemaled bowl by Øystein Orekås, 1973.
 Detail from a plate.
 Rosemaled bowl 1970.



Rosemaled clock case, signed Øystein Orekås 1947. Clock case built by Øystein Lurås
 Øystein Orekås, with his Hardanger fiddle, in front of the rosemaled clock case.





**Clockwise
from upper left:**

**A Wedding Photo of my
paternal Grandparents
(February 14, 1917).**

**My Paternal
Grandparents with
myself and my oldest
brother.**

**My Grandmother with
my youngest brother
wearing the same
baptismal gown her
own son wore for
his baptism 37 years
earlier.**

My Norwegian Roots

Common Threads: Honor the Past and Celebrate the Future

Family Ties Bind Security Tightly When Woven With Threads of Love

Heritage Stories / By Iris Dunham



Do you have a unique Family Tradition with a long, long history?

Creating a gorgeous baptismal gown for each of your children to be baptised in and then passed along to their descendants may be a family tradition worth adopting as your own.

August and Clara had a baby girl first then 9 years later they had a baby boy.

The baptismal gown my grandmother made for her baby boy has been cared for and passed on down the line for several generations.

The delicate white, 100% cotton, muslin material Grandma used to create the baptismal gown was ordered from 'the catalogue', it came with embroidery on it and Grandma cut and constructed the gown perfectly so that the embroidery was centered on the front of the bodice.

Accompanying the baptismal gown was a full, flowing slip with a beautiful hand-crocheted hem.

When I think of this gorgeous baptismal gown and the matching slip I think of the hours and hours of work my grandmother put into making this outfit and the pride she must have felt when the minister held her

baby boy over the baptismal font back in the fall of 1923, at the North Immanuel Lutheran Church in Admiral, Saskatchewan; the church her husband had helped to build.

This beautiful, handmade baptismal gown that my father wore when he was baptised is the same one that all my brothers and I were baptised in and then all of our children and our grandchildren. All, except the last three of the baptisms, were also held at the same church as my Dad was baptised in. I'm certain that my Grandmother had no idea of the journey this Baptismal Gown would travel when she was busy creating it.

The last time this lovely, priceless heirloom was worn was in the spring of 2017 when the youngest of the great, great grandchildren was baptised at St. Olaf's Lutheran Church in Swift Current, Sk. This Baptismal Gown has served its purpose and deserves to rest after being in service for 94 years. It will be proudly displayed at Scotsguard, Sk. In a display case at the local museum where it will take its place of honor among other favorite memories.

My grandparents were faithful Lutheran Church members and when my Dad married, it was a 'given' that he and his wife would become members of the North Immanuel Lutheran Church and that his wife would also join the local 'Ladies Aid'.

Mother had attended church with her family during her 'growing

Right: My oldest daughter is holding her son who is one of the Great Great Grandchildren who have worn the same baptismal gown. The loveliness of the crocheted hem is clearly evident in this photo.



Above: My oldest daughter's baptism; she is the first Great Grandchild to wear the baptismal gown created by my Grandmother.



Above: The baptism of my youngest daughter who was the 2nd Great Grandchild to wear the elegant baptismal gown created in 1923.



Left: The baptism of my youngest daughter's son; the first Great Great Grandchild to wear the treasured baptismal gown first worn by my Dad (extreme left in this photo)

up' years at the Garden Valley Lutheran Church; a small, country church north of Instow, Sk. She recalls how her father sang every hymn, without referring to the hymnal; he knew all the hymns by heart (in Norwegian). He was very disappointed when services switched to English as that was harder for him to understand and so the family attended church less and less and less. Esther was baptised at Garden Valley and confirmed at North Immanuel Lutheran Church.

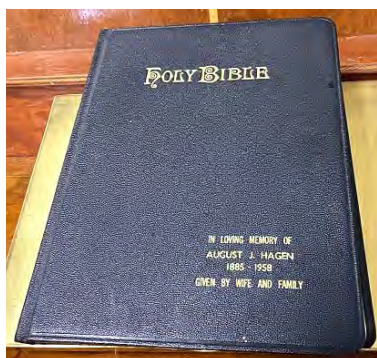
During my 'growing-up' years we attended church every Sunday. I remember being in Church when I was very, very little and having to sit quietly, listen intently, no fidgeting, no squirming and forget about going to the bathroom; you're gonna have to wait til the service is over! In particular I remember my Dad picking me up and sitting me on his knee whenever I was squirming; he would hold me tight and the more I squirmed, the tighter he would squeeze me until the urge to squirm was secondary to the urge to breathe (ok, so that might be exaggerating a little bit but

that's how it felt at the time!). The fact is, this 'technique' had been so effective, I adopted it as my own when I took my children to Church in their young years.

When my baby brother was one year old my Mom started playing the organ for Sunday services; being 'older', misbehaving in Church meant getting 'the look' from either, or both, my Mom or Dad. 'The Look' was another very effective 'technique'!

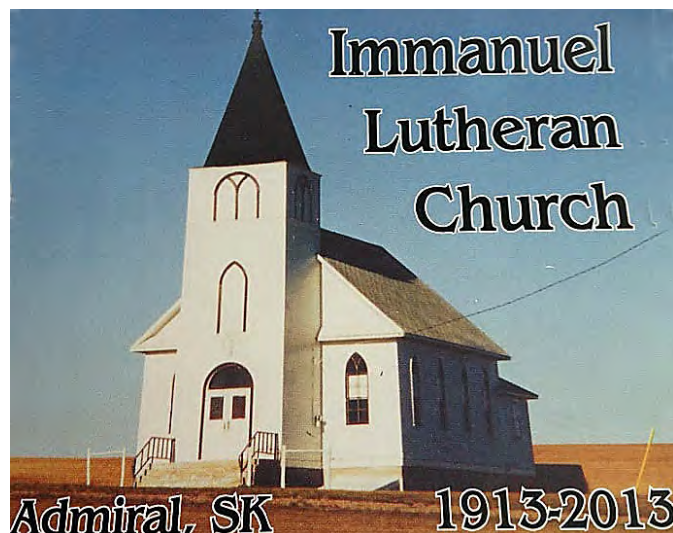


Above: Altar and Pulpit salvaged from Immanuel Lutheran.



Left: Bible that sat on the Church's altar since 1958 in memory of my paternal Grandfather.

Far Left: Church where all the baptisms took place.



Mors Grov Brod

This recipe for *Mother's Graham Bread* was published years ago in a Sons of Norway Scandinavian Cook Book my mother used to make traditional favorites. There was nothing better than the scent of her freshly baked bread,



except the taste of a warm slice slathered with salty butter!

Weather can be unpredictable, so this delicious bread can be served with a warming bowl of soup on a chilly day, or

with lighter fare like a salad. The recipe makes 4 medium loaves—enough to share a loaf or two.

Ingredients:

- 1 cake compressed yeast
- 4 cups lukewarm water, divided
- 1/2 cup molasses
- 1 Tbsp. salt
- 1/2 cup melted butter or shortening, plus additional to grease 4 bread pans
- 3 Tbsp. melted butter, reserved
- 6 cups white flour
- 2 cups graham flour
- 1/2 cup sugar

Directions:

Dissolve yeast in 1/2 cup of lukewarm water; let stand 15 minutes. Add 3 1/2 cups lukewarm water, molasses, salt, sugar and 1/2 cup melted butter or shortening. Add enough flour to make a soft sponge. Beat thoroughly for about 10 minutes, then add the rest of the flour to make a stiff dough. Knead dough, then place in a greased bowl, cover and set in a warm place. When the dough has doubled in bulk, knead again. Let rise once more, then shape into 4 loaves and place in greased pans. Let rise until light (the bread will come to the top of the pan or slightly higher). Bake about 45 minutes in a moderate oven (350 degrees Fahrenheit or 175 degrees Celsius). Brush tops with reserved melted butter. Vær så glad!

Deliciously Nordic

Fiskekaker med Brun Saus Fish Cakes with Brown Gravy

Ingredients:

- 3 medium potatoes, peeled, sliced in quarters length-wise
- 6 large rainbow carrots, peeled, cut into 2-inch pieces
- 2 lbs. boneless skinless white fish fillets (haddock, cod, etc.)
- 1 1/2 tsp. salt
- 1 1/2 tsp. potato starch
- 1/2 tsp. ground nutmeg
- 2/3 cup whole milk
- 1/4 cup chopped fresh chives
- 2/3 cup all purpose flour, divided
- 6 Tbsp. vegetable or canola oil
- 1/2 yellow onion, chopped
- 3 cups beef stock, divided
- 2 Tbsp. Kitchen Bouquet (or substitute)
- salt and pepper

Directions:

Put the potatoes and carrots in a medium pot and cover with cold, salted water by 2 inches. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.

Place large chunks of fish and salt in work bowl of food processor and, using S-blade, pulse until coarsely chopped. Add potato starch and nutmeg and pulse to combine. Slowly add the milk, pulsing just until combined, and then the chives. Form the fish cakes into 12 round patties. Put 1/3 cup flour on a plate and dip patties to coat.

Heat oil in a large skillet over medium heat. Working in batches, fry on both sides until crisp and golden. Drain on



paper towels and set aside.

Cook onions in remaining oil while fish cakes are draining. When the onions are soft and translucent, remove them from the pan and set aside.

Add 1 cup stock and scrape the pan until all the browned bits have become loose. Continue to cook for 2-3 minutes to allow stock to reduce.

Add remaining 1/3 cup flour and whisk to combine until there are no visible lumps. Cook another 1-2 minutes, whisking continuously, until the gravy thickens and becomes smooth. Gradually add the Kitchen Bouquet and the rest of the stock to the pan and whisk until smooth, cooking another 4-5 minutes, or until the gravy is slightly thicker but not quite at desired consistency. Season with salt and pepper to taste.

Reduce the heat to low. Add the onion, potatoes and carrots to the pan and stir into the gravy. Add the fish cakes to the pan and let simmer in brown gravy for 2-3 minutes, or until gravy has reached desired consistency. Serve fish cakes in the gravy with the vegetables.

Klassiske Skolebrød

Ingredienser:

150 gr smør
6 dl melk
1 pk gjær
135 gr sukker
2 ts malt kardemomme
1 kg hvetemel

Eggekrem:

5 dl fløte
5 dl helmelk
150 gr sukker
2 stk egg
4 stk eggeplomme
70 gr maisstivelse (maizena)
1 stk vaniljestang (kan sløyfes)

1 egg til pensling

melisglasur og kokosmasse til pynt

Preheat oven to 225 °C

1. Smelt smøret. Ha i melken og varm blandingen til ca. 37°C.
2. Rør gjæren ut i den lunkne blandingen.
3. Ha i mel, sukker og kardemomme. Elt dette, og ha eventuelt i mer mel til deigen slipper bollen.
4. Hev deigen under plast på et lunt sted til dobbelt størrelse, ca. 40 minutter.

Mens deigen hever kan du lage eggekremen:

1. Ha fløte, melk og sukker i en kjele og varm opp til kokepunktet. Bland sammen egg og eggeplommer i en bolle. Tilsett maisennamel og rør ut.
2. Hell i litt av den varme fløtemelkblanding, hell eggblanding tilbak i kjelen og kok opp. Rør godt til klumpfri tykk røre og sett til avkjøling.



These instructions are for using live yeast, otherwise just do what you normally do to make a yeast dough.

5. Ha deigen på et melet bakebord. Del den i 24 like store dele, og trill runde boller. Sett bollene på en stekeplate dekket med bakepapir og trykk dem litt ned på midten. Sett dem til heving i ca. 20-30 minutter.
6. Legg ca. 1 ss med eggekrem på hver bolle. Pensle med egg rundt kanten av bollene og stek dem midt i ovnen ved 225 °C i ca. 10 min. Avkjøl på rist.
7. Smør de avkjølte skolebrødene med melisglasur. Dypp dem i en skål med kokos.

Classic School Bread

Ingredients:

150 gram butter
600 ml milk
50 gram (live) yeast
135 gram sugar
2 tsp cardamom
1 kg flour

Egg custard:

500 ml whipping cream
500 ml whole milk
150 gram sugar
2 egg
4 egg yolks
70 gram corn starch
1 vanilla bean

1 egg for brushing on before baking

Icing and coconut for finishing touch

Preheat oven to 225 °C

1. Melt the butter, add the milk, and heat the liquid to 37°C;
2. Add the yeast to the liquid, making sure it is incorporated;
3. To the liquid add flour, sugar and cardamom. Knead;
4. Set aside to rise, double in size, approximately 40 minutes;

While the dough is rising, make the custard

1. Add cream, milk and sugar in a pot, and heat to a boil. In a separate bowl, add eggs and yolks, while

lightly whisking add cornstarch;

2. Add some of the heated milk to the eggs to temper, then return to the pot, heat to a boil, while whisking constantly. Once custard has thickened, set aside to cool

5. When the dough has risen, make 24 equally sized buns. Place on a parchment covered cookie sheet, make an impression in the bun (for the custard). Set aside to rise, approximately 20 minutes;

6. Place one tbsp. of custard on the bun. Whisk the egg, and brush on around the custard. Bake in the middle of the oven for about 10 minutes. Cool completely

7. Make icing and spread on the cooled buns, dip in a saucer of coconut

The Translation



The World's First Duo to Row Across the Atlantic

In 1896, two Norwegian fishermen were the first in the world to cross the Atlantic in a rowboat. Captain George Harbo and first mate Frank Samuelson launched the 18-foot-long wooden boat, "Fox," in New York on June 6, 1896. 55 days later, they reached England and became the first to row across the Atlantic.

"The two accomplished a feat that can never be repeated. It stands in a very special light, and it will remain forever," says Kåre Rudjord, author of the book *Atlanterhavroerne* [The Atlantic Rowers].

With the technology and equipment of the time, Rudjord, who has written a book about the rowing odyssey, thinks their feat is incredible.

"They didn't know what they were getting into. Imagine rowing that distance in a wooden boat without GPS, a water machine, rudder or sail," he says.

When Harbo and Samuelson arrived in Cornwall, they had some incredibly tough weeks behind them. They rowed for 18 hours every day. At night they usually slept in shifts, five hours each.

They were surrounded by whales, the skin on their hands cracked and they had large blisters on their wrists. They had also capsized on several occasions, so large parts of both their food and water provisions had been lost.

After arriving in Cornwall, the Norwegian-Americans they continued for a week before reaching their final destination, Le Havre in France. Here they were met by a jubilant press.

"What the two did was a tremendous achievement, it is incredible that it went so well. One can well say that it was madness," says Kåre Rudjord.

Disse to var de første i verden som rodde over Atlanteren

I 1896 krysset to norske fiskere Atlanteren i en robåt som de første i verden.

Kaptein George Harbo og styrmann Frank Samuelson sjøsatte den 18 fot lange trebåten «Fox» i New York 6. juni 1896. 55 dager senere nådde de England og ble de første som rodde over Atlanterhavet.

– Det to gjorde en bragd som aldri kan gjentas. Den står i et helt spesielt lys, og det vil den for alltid gjøre, sier Kåre Rudjord, forfatteren av boka «Atlanterhavroerne».

Med den tidenes teknologi og utstyr synes Rudjord, som har skrevet bok om roturen, at prestasjonen er utrolig.

– De visste ikke hva de bega seg ut på. Tenk å ro den distansen i en trebåt uten GPS, vannmaskin, ror eller seil, sier han.

Da Harbo og Samuelson ankom Cornwall hadde de lagt bak seg noen utrolig tøffe uker. De rodde 18 timer hver dag. Om natten sov de normalt på tur, fem timer hver.

De ble omringet av hvaler, huden på hendene sprakk og de hadde store blemmer på håndleddene. De gikk også rundt ved flere anledninger slik at store deler av både mat- og vannprovianten forsvant.

Etter ankomst i Cornwall, fortsatte norskamerikanerne en uke før de nådde det endelige målet, Le Havre i Frankrike. Her ble de møtt en av jublende presse.

– Det de to gjorde var en voldsomt stor prestasjon, det er utrolig at det gikk bra. Man kan godt si at det var galmannsverk, sier Kåre Rudjord.

Solglyt Lodge
4-143



2021 EVENTS

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



The Norwegian Birthday Song

To all Lodge members celebrating a birthday in Sep. and Oct., 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!



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Museum

Norwegian
cultural
classes

Butikk with
Norwegian
crafts, gift
items and
baking
equipment

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2021/22 Newsletter Deadlines:

- **November/December** - Oct. 29/21
- **January/ February** - Dec. 30/21
- **March/April** - Feb. 25/22 • **May/June** - Apr. 29/22

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