



SOLSYD LODGE No. 603 Zone 4 Lethbridge, Alberta

KALENDER

Sept. 15: 4:00 pm Dedication
Ceremony, 6:00 pm Supper, 7:00 pm
Meeting

Oct. 20: 6:00 pm Supper, 7:00 pm
Meeting



Gratulerer Med Dagen

Belated Birthday Wishes To:

July: Joan Ailsby, Sandy
Brunelle, Alvena Unick, Jim Drain

August: Marion Belle, Jeffery
Depratu, Jean Sokvitne, William
Thurlow

Birthday Wishes To:

September: Ardis Dahl, Hans
Isele, Klaus Isele, Patti Johnson,
Maurice Larson, Marilyn Perl,
Helga Ronningen, Shirley
Sokvitne

October: Clarence Collier,
Carolyn Coverdale, Candis Done,
David Tysseland

SYTTENDE MAI 2021



It was a COVID Syttende Mai celebration on May 17, 2021. Shown are Arnold Follinglo, Betty Lambert, Sharon Prenevost, and Jean Sokvitne attending the flag raising at Lethbridge City Hall.

PRESIDENT'S MESSAGE

Greetings to all our Sons of Norway members in these uncertain times. It is now 18 months since we have been able to meet in person. I hope everyone is doing well. We have had monthly Zoom meetings over the last few months but only nine or ten of you have been able to join us. The meetings have allowed us to keep in touch and have offered a degree of support to me as we try to find our path for the future.

At our last zoom meeting on August 18, everyone there agreed that we should begin meeting in person on September 15. We are planning to make that a "Big" day by gathering at 4 pm to have a dedication ceremony for our monument at Henderson Lake. Then we will proceed to Legacy Park for a ceremony to dedicate the trees and bench there. Following that, we will go directly to the hall at Parkbridge Estates and socialize until our meal is ready at 6pm. Hans has agreed to provide the meal which will be followed by a meeting at 7pm. We are recommending that only those who are double vaccinated (which I hope is all of you) attend the dinner and meeting and ask that you wear a mask indoors, before and after the meal.

I hope you have kept in touch with each other. Candis planned a golf day for us at Fort Macleod on August 20. Six of us participated and enjoyed lunch together at a local restaurant afterward. Nobody disclosed their golf scores, but we had fun and it was great to see each other in person. We neglected to take pictures so we could share the fun.

I want to thank Bev and Candis for representing our Lodge as hosts at Trollhaugen. I know they did a good job.

Remember that October is Foundation month. All of you should have received the Foundation newsletter by email. Bev and I will be attending the Foundation in Canada AGM via Zoom on September 18.

I encourage anyone who may have let their membership lapse during Covid to renew or reactivate as soon as possible. If you need help to do that, please get in touch with me. I will have new membership forms available at our September meeting.

I hope you are accessing our local Sons of Norway website. Marilyn is faithfully keeping it updated. I thank you for taking on that job along with your duties as Editor. Having a website requires us to pay an annual fee which Marilyn looked after and for which we have just reimbursed her.

Looking forward to seeing you all soon,

Betty

**Grand Re-opening
Sons of Norway Solsyd Lodge**

**September 15
4 p.m**

- Meet at the South Parking lot of Henderson Lake
- Dedication of Monument
- Proceed to Legacy Park
- Follow Mayor Magrath Drive/23rd Street to 26 Ave N
- Turn left and follow to just beyond 13th Street sign
- Turn right at Pavan Park sign and follow around to 13th Street
- Just beyond the residential area on the right, you will see open space
- This is Legacy Park.
- Turn right into the first available parking lot
- Our 18 trees and bench are along the path toward the water.
- We will gather by the bench.

At the conclusion of this ceremony, we will make our way back to the hall at Parkbridge Estates

Supper at 6pm

Meeting follows at 7 pm.

NORSKIES

1. Frozen bread dough
2. Sugar and cinnamon
3. Cooking oil
4. Deep-fat fryer (or large deep electric frying pan)

Thaw the loaf of frozen dough just enough to soften sufficiently for easy cutting and slice it into six equal parts. Lay the slices of dough in a shallow pan to finish thawing and to let rise. Grease each slice with cooking oil on all sides so they will not dry out when rising. Cover each pan of dough with a piece of plastic to help keep them from getting dry and crusty. Let the slices rise until they are like large buns or rolls. Then stretch out each slice until they are about six inches in diameter. Fry them in a deep-fat fryer (frying them on one side and then turning them over to fry on the other) until they are a golden brown. When stretching the dough prior to frying, be sure to stretch it so it is not too thick, as there is always the possibility of having them "doughy" on the inside if they are too thick.

"Norskies " are best when taken fresh from the fryer, rolled in the sugar and cinnamon mixture, and then eaten immediately.

Trollhaugen Language Arts & Culture Camp 2021 August 8-14.

Camp was at Deer Valley Camp. The theme was Sports in Norway. Solsyd Lodge 4-603 were Hosts and Claresholm was Assistant Host.

There were 72 people that registered this year. This was less than half the usual amount. The Trollhaugen committee really only had about two weeks (instead of two months) to confirm instructors, volunteers, etc. They did a super job and many people wore many hats.

Each morning started with the flag raising and then breakfast. Then off to classes for the kids: crafts, folkdance, woodcraft, culture, sports, Norsk, ethnic cooking, nature studies, orienteering. The kids also got to zip line, archery, a water balloon fight, climb on the climbing wall and play on the playground equipment and 9 X 9 court. Lots of sports this year. Adults have an option of taking many or a few classes. E.g. Chip carving, hardangersom, woodcraft, Viking knit, Swedish weaving, ethnic cooking, orienteering, Norsk and sports.

Lunch and then more classes. 4:00-5:45 is family time, then supper (Wednesday is a BBQ). Evenings are free time with options of attending folk dancing, a family dance and the Trollhaugen general meeting. You can also shop at the Buttik afternoons and evenings. Thank you to Jean and Shirley for their donations to the Buttik again this year.

Candis and I learned a new craft (Viking Knit) and we also took chip carving and Norske classes. In our free time, we learned (a new to us) tile game from Rutt, got in a few games of Scrabble, visited with old and new friends, shopped at the Buttik and attended the Trollhaugen general meeting, helped to supervise the family dance and enjoyed the Saturday program.

On Saturday, everyone packed up and cleaned their cabin, room, etc. After lunch the kids all dressed in bunads and adults, who have a bunad, do too. Group pictures were taken. The program showcased the kids' dances and the crafts were on display.

New friends made, old friends reacquainted and new skills and crafts learned! I'm already looking forward to next year! Norway-Then and Now. August 7-13th. - Bev Jestin



All the kids wear bunads for Saturday's concert.



Trollhaugen adult instructors, volunteers and committee.

SONS OF NORWAY FOUNDATION IN CANADA 50TH ANNIVERSARY CIRCLE OF FRIENDS CAMPAIGN

SONS OF NORWAY FOUNDATION IN CANADA was incorporated on August 6, 1971! In recognition of this 50th Anniversary of your Foundation, 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 special 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 the website)

For information on making donations, please go to our website: www.sonfic.ca and click on the Donations & 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. Submit it along with your donation. This ensures the contribution purpose is properly identified and correctly credited for Donation Pins and the Lodge Founders

Financial support for your foundation is important. A goal of \$50,000.00 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” by donating to your Foundation.

Fraternally,

Torre Pettersen, President