



Sons of Norway

Solglyt Lodge # 4-143

May – June 2020

sofnedmonton.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 chrown@shaw.ca
<i>SON Foundation</i>	Helen Evjen
<i>Historian</i>	Brenda Carlstad
<i>Husflid</i>	Anita Brown chrown@shaw.ca
<i>Newsletter</i>	Sandy Jamison sjamison@greatwest.ca
<i>Publicity</i>	Brenda Carlstad
<i>Social</i>	Sharon Bruce
<i>Sports</i>	unfilled
<i>Sunshine</i>	Elnora Hibbert ehibbert0@gmail.com
<i>Trustee</i>	Cliff Norum
<i>Trustee</i>	Roger Bruce
<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

With spring comes the joy of days filled with longer hours of daylight, new growth and new energy to enjoy our favorite outdoor activities of spring and summer. As I write my message I look out and see the blanket of snow melting away. Soon we have the freedom of stepping out the door with lighter footwear and outerwear.

The present Global Covid-19 Pandemic is affecting us in so many ways. We are experiencing feelings of fear, uncertainty and miss socializing in person with our family and friends. Let's hope our Viking heritage will keep us strong and healthy. When talking to family and friends who experienced epidemics years ago, fear and loneliness were even more extreme while waiting weeks and months to get letters. Our modern technology of communication is indeed a luxury we must appreciate.

The 'Stay At Home' enforcement means we are missing the gatherings to be with our Solglyt friends, including Syttende Mai, a favorite event for our membership and Norwegian-Canadians. This year we must celebrate Norway's beautiful Flag in our own individual ways. We are proud of our Norwegian heritage. With the unknown future of how Covid-19 will 'play out' we are also cancelling the June Membership Barbeque. Volunteer Bookings and Bus Trips are on hold. We can always make plans for impromptu gatherings if the 'Stay At Home' orders ease.

These measures have resulted in cancellations of Valhalla Lodge's Sports Weekend and conventions in Canada, Norway and US. As a result, our convention delegate funding has been reallocated to support two community agencies: **Edmonton Food Bank** and **YESS - Youth Empowerment & Support Services**. A core value of the Sons of Norway is its humanitarian efforts and we are privileged to be able to support our local community during this difficult time.

As part of the Celebrations to mark the 75th Anniversary of the Liberation of the Netherlands by the Canadian Divisions of the Allied Forces, the Dutch Canadian Club is planning to donate a recast of the Anne Frank statue to the Light Horse Park 2020, and your Lodge has made a donation in support. For more details: <https://www.gofundme.com/f/x7hx5-anne-frank-memorial-statue-edmonton>.

In closing we respect the guidelines for Staying Safe and healthy as we continue to do our part in preventing the spread of the Covid-19 virus. I encourage you to reach out and call one another. Keep in touch by Email. You are never really alone.

Hilsen Fra Sylvia
President of Solglyt Lodge







Syttende Mai

17.mai.2020

On May 17, 1814, the Norwegian Constitution was signed, giving Norway independence from its 500-year union with Denmark.

Every year on May 17, Norwegians fill the streets with cheers and flags in celebration of Norway's constitution adopted in 1814. School children, many wearing national costumes, march in parades to the beat of thundering bands, and a resounding "Hurrah for the 17th of May!" can be heard throughout the day. Solglyt's (formerly named 'Nordpolen') celebrations started as early as 1912.

Although we may be small in numbers, we still enjoy a parade and connecting with family and friends over a good lunch! Please enjoy a selection of our Syttende Mai celebrations.

We welcome any photos of your 2020 celebration you would like to share with fellow members: info@sofnedmonton.ca. Takk!

Brenda Carlstad, Publicity Director



TRIBUTE - KEN DOMIER



It is with sadness that we announce that Kenneth Domier, our longtime and completely devoted member to all Scandinavian societies, passed away on March 7th.

Ken had been a very active, passionate, committed and leading member of the Sons of Norway, Solglyt Lodge for over forty years. However, Ken's influence and direction had not only been limited to our Solglyt Lodge or the Sons of Norway organization. He had also played a vital role as a president, director, trustee, historian, member, or supporter of many other organizations in Canada that had similar goals. These organizations included, but were not limited to: Torskeklubben of Edmonton, the Scandinavian Heritage Society of Edmonton, Scandinavian Studies, Scandinavian Trade and Culture, the Sons of Norway Foundation in Canada, the Scandinavian Businessmen's Club, the Scandinavian Centre Co-operative Association Ltd., the ESCA Scandinavian Christmas Market, and the Edmonton Scandinavian Centre Association. Even into his eighties, his passion, guidance, assistance and commitment for and to these organizations above never wavered. Without Ken's force, many of these groups would have faltered or failed.

In addition, Ken spent considerable time and effort chronicling information about the early Norwegian settlers to Western Canada, He took on the responsibility of trying to preserve the history of the early Scandinavians in Alberta.

Ken was recently acknowledged by the Norwegian government for his many contributions to retain and encourage Norwegian heritage and cultural traditions of Norway in North America. His extensive and enthusiastic service to the Norwegian community in Edmonton will be missed and never replicated.

Thank you to Peter Myhre for the kind words.

The family will hold a "Celebration of Life" for Ken at a later date, tentatively August 30th at the DCC, dependent upon Alberta Health regulations, etc. Information to be provided at a later date. In lieu of flowers, the family prefers donations to be made to the Sons of Norway Foundation in Canada.

Celebration of life at a later date - www.dignitymemorial.com

Help Locating NORRØNA Newsletter Requested

In August 2019, I visited Pier 21 in Halifax for the first time. While there, I was shown a copy of the ship manifest with my grandfather Erling Hanson and his mother, coming ashore in 1928 (my great grandfather Emil came 2 years earlier). This sparked an interest in my own genealogy and it has consumed me ever since. I now have a family tree in Norway going back into the 1700s!

But more to the point of my email. I have since met living relatives in Norway who are doing the same family history investigations that I am doing. I am helping them with relatives who went to Canada and they are helping me with relatives who stayed behind in Norge. It is quite exciting!

I have been asked about a weekly newsletter that was published in Canada called Norrøna. Apparently, Emil Hanson's cousin, Martin Myhre was a regular contributor to this newsletter. My Norwegian relation, Mr. Øystein Myhre has asked me about possibly finding a Norrøna archive online and/or obtaining copies of Martin's contributions. I suspect there may be references in there to my own family as well - Emil

was a friend of Ringebu historian, Einar Hovdhaugen!

I have no idea where to begin on this request and figured someone with your organization might be able to point me in the right direction.

Tusen takk

Darcy Kirtzinger, Leduc County, Alberta 780-901-6084

Norway 2021 Calendar Order:

Paulstad Classic Calendars Visions and Verse with Rosemal-bordered photos from Norway and Skandisk Splendor of Norway are ready for orders. We are needing to make a decision of how many to order as both are ordered from Minnesota.

We will not have our usual opportunity for selling the Calendars with the Closure of Events. Can we get your commitment for purchase?

We would like your choice or reply with NUMBERS & TYPE as soon as possible. Cut Off date for Solglyt Treasurer to order is May 10, 2020.

Reply with email to Jim Colleton sjcolleton@tbwifi.ca with SUBJECT LINE CALENDARS





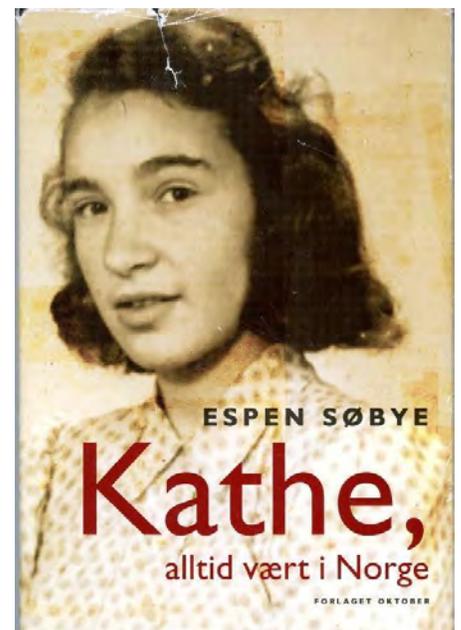
The Story of Kathe Lasnik

Solglyt Lodge President Sylvia Colleton presents a cheque to DCC representative Frank, while maintaining social distancing. As part of the Celebrations to mark the 75th Anniversary of the Liberation of the Netherlands by the Canadian Divisions of the Allied Forces, the Dutch Canadian Club is planning to donate a recast of the Anne Frank statue to the Light Horse Park 2020.

The story of Kathe Lasnik has many parallels to that of Anne Frank. Like Anne, Kathe, died at age 15 in a Nazi concentration camp. Kathe was a Norwegian born and raised Jew. She died two years prior to Anne, shortly after a roundup of Norwegian Jews in 1942. Her story has gained some prominence, at least in Norway, as a result of a book published in 2003. Unlike the one by Anne Frank, the book about Kathe is not rooted in a diary, but in the historical research that resulted in the book *Kathe, Alltid vært i Norge* (Always been in Norway). Written by Espen Søybye, it draws on archival information, as well as interviews with people who knew Kathe, including two older sisters who had survived the war by escaping to Sweden.

The book focuses partly on how her Jewish family fitted into life in Oslo, Norway, during the interwar period, after having emigrated from Lithuania early in the 20th century. As the youngest of four daughters, Kathe grew up in the 1930s as a normal Norwegian schoolgirl. The title of the book owes its origin to Kate's response to a *Questionnaire for Jews in Norway*. Under the line, "When did you come to Norway", Kathe's response was "Always been in Norway". The document is dated November 16, 1942. Ten days later, her father, mother, an older sister and Kathe found themselves onboard the troop-transport ship *Donau*, along with 528 other Norwegian Jews, bound for the Auschwitz-Birkenau concentration camp, where Kathe was killed on December 1, 1942.

It is fitting that our recent donation to the DCC Anne Frank Statue Fund is made with the following thought: Norwegian-born Jewish girl, who suffered a fate much like that of Anne Frank'.



Celebrating The Solstice: Midsummer in the Nordics

-maximum tilt of the earth's poles toward the sun = June 24, 2020

Photo: Norway Tourism



Norwegian, Swedes, Finns, Danes and other residents of other northern Europe countries celebrate midsummer.

Sankt Hans or Jonsok, translated as “John’s wake” is actually a Christian celebration with pagan origins held during Midsummer. In the 19th century Roman Catholics went on pilgrimages on the Midsummer Eve. Nowadays, the festival is more secular than religious. Following old traditions, Norwegians, light large bonfires which were believed to increase the lands’ fertility as well as scare off witches who went out to gather herbs for poison.

What most of them have in common, though – not least in the north – is joy and gratitude for the warmer, brighter and longer days we get to enjoy around summer solstice. To most modern Norwegians, this is the part of the summer most closely connected to the end of school season and the smell of bonfires accompanying it.

a little in English...

Archaeological Findings from Medieval Oslo: Ordinary People Also Built Stone Houses

Archaeologists have found five medieval stone buildings that are not part of any known constructions for kings or clergy. A researcher believes this will upend accepted truths such as stone buildings from this time being solely for the elite.

The excavation in connection with the construction of the Follo [high-speed railway] Line has provided archaeologists with new knowledge about settlements in medieval Oslo. They believe that a prevailing theory that stone buildings were reserved for king and clergy must give way, and that the discovery gives reason to consider whether the Cultural Heritage Act is ripe for an update. Ever since 1905, the Cultural Heritage Act has used the [Protestant] Reformation as a protection limit. This means that cultural monuments from before 1537 are automatically protected, while cultural monuments younger than this are dependent on different types of exceptions or specific decisions to obtain protected status.

Stone buildings have often been considered to be from “recent times,” which in this case means from the 16th and 17th centuries. Thus several stone buildings have been removed after only superficial examination and documentation.

Archaeologist and researcher Egil Lindhart Bauer from NIKU [The Norwegian Institute for Cultural Heritage Research] has been the project manager for the Follo Rail excavations. He believes that the results of the new discoveries from the medieval city of Oslo prove that this truth about the age of the stone buildings must be reassessed.

“In the excavations from the Follo Line project, we have found five stone buildings dating from between 1260 and 1440. None of these buildings are part of the known facilities of medieval-Oslo kings or clergy, so these are probably buildings of the bourgeoisie,” Bauer says.

litt på norsk...

Arkeologisk funn fra middelalder-Oslo: Vanlige folk bygde også hus i stein

Arkeologer har funnet fem steinbygninger fra middelalderen som ikke er del av de kjente anleggene til konger eller geistlige. En forsker mener dette vil snu opp-ned på vedtatte sannheter som at bygninger i stein på denne tiden kun var for eliten.

Utgravingen i forbindelse med bygging av Follobanen har gitt arkeologer ny kunnskap om bebyggelse i middelalder-Oslo. De mener at en rådende teori om at steinbygg var forbeholdt konge og geistlige må vike, og at oppdagelsen gir grunn til å vurdere om Kulturminneloven er moden for en oppdatering.

Helt siden 1905 har Kulturminneloven brukt reformasjonen som vernegrense. Det vil si at kulturminner fra før 1537 automatisk er vernet, mens kulturminner yngre enn dette er avhengig av ulike typer unntak eller spesifikt vedtak for å få vernestatus.

Steinbygninger har ofte blitt vurdert til å være fra «nyere tid», som i dette tilfellet vil si fra 1500- og 1600-tallet. Dermed har flere steinbygninger blitt fjernet etter kun overfladisk undersøkelse og dokumentasjon.

Arkeolog og forsker Egil Lindhart Bauer fra NIKU [Norsk institutt for kulturminneforskning] har vært prosjektleder for Follobaneutgravingene. Han mener at resultatene fra de nye funnene fra middelalderbyen Oslo beviser at denne sannheten om steinbygningenes alder må revurderes.

– I utgravingene fra Follobaneprojektet har vi funnet fem steinbygninger med datering fra mellom 1260 og 1440. Ingen av disse bygningene er del av de kjente anleggene til middelalder-Oslos konger eller geistlighet, så dette er i stedet trolig borgerskapets bygninger, sier Bauer.

Deliciously Nordic



Pan-Fried Whitefish with New-Potato Cauliflower Salad

Ingredients:

For the whitefish

- White pepper
- Sugar
- Salt
- 1/2 cup bread crumbs
- Salt to taste for the breading mixture
- 5-6 Tbsp. butter

For the dressing

- 1 tsp. horseradish
- 1 Tbsp. chopped chives
- 1/2 tsp. lemon zest
- 5 Tbsp. sour cream
- 2 Tbsp. mayonnaise

For the potato salad

- 1-2 Tbsp. salmon roe (optional)
- 1 egg, lightly whisked
- 8 radishes, cut into halves
- 1 head of cauliflower, pre-boiled and cut into bite-sized florets
- 8 oz trimmed sugar snap peas
- 1 lb. new potatoes, pre-boiled and cut into quarters

Directions:

For the potato salad

1. In a large bowl, mix together all of the ingredients for the dressing.
2. Add the potatoes, cauliflower, radishes and snap peas.

3. Toss the vegetables and dressing together and then place in the refrigerator to marinate for 15 minutes, tossing once more at about 10 minutes.

For the whitefish

1. Place the whitefish fillets on a cutting board. Run your fingers along the fillets to locate any pin bones. Removing them is quite a bit easier if you pull them out with a tweezers. (Be sure to wash the tweezers well before and after using.)
2. Season the de-boned fillets with the salt and white pepper.
3. Lightly whisk the egg in a shallow bowl. In a separate bowl, combine the bread crumbs and salt.
4. Dip the fillets in the egg and then dredge in the bread crumb mixture.
5. In a large frying pan at medium-high heat, add the butter and fry the fillets until they are golden brown.
6. Drain the extra fat by placing the fillets on a paper towel. This will also keep them crispy.
7. Serve the fried fillets on top of a decent portion of the potato salad.



Walnut and Cheese (Valnøtter og ost)

Ingredients:

- Walnut halves
- Normanna cheese (Norwegian Roquefort)
- Butter or light cream
- Green grapes

Directions:

- Step 1** Rub cheese through a sieve, or mash with a fork and blend with a little butter (room temperature) or cream.
- Step 2** Place a small amount of cheese on whole walnut halves, press a grape into the cheese on one half and top with the other half.
- Step 3** Place a toothpick into the grape. Arrange the appetizers on a platter with curly endive.

Solglyt Lodge
4-143



2020 EVENTS

All Solglyt Lodge events/gatherings/meetings are cancelled until further notice. Thanks for your understanding. We hope to see you in September.

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Til alle Solglyt Venner fra Executive



Lik og Del for å ønske venner, familie, bekjente og alle innbyggere av Norge en riktig god 17. mai feiring!



www.norwegianlafthussociety.ca

NORWEGIAN LAFT HUS, 4402 - 47 Ave, Red Deer
403-347-2055, norwegianlafthus@gmail.com

Norwegian Museum
Norwegian cultural classes
Butikk with Norwegian crafts, gift items and baking equipment

2020 Newsletter Deadlines:

• **Sep./Oct.** - Aug. 28 • **Nov./Dec.** - Oct. 30

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