



Sons of Norway

# Solglyt Lodge

#4-143

January - February 2022

sofnedmonton.ca

Edmonton, AB

## Executive Officers:

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

## Support Directors:

Culture	Anita Brown norcanweld@eastlink.ca
SON Foundation	Helen Evjen
Historian	Brenda Carlstad
Husflid	Anita Brown norcanweld@eastlink.ca
Newsletter	Sandy Jamison sjamison@greatwest.ca
Publicity	Brenda Carlstad
Social	Sharon Bruce
Sports	unfilled
Sunshine	Karin Jackson lesandkarin@hotmail.com
Webmaster	Brenda Carlstad
Youth	unfilled

## Mailing Address:

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

## President's Message

### "Godt Nytt År, takk for det gamle"

Closing out the year of 2021 leaves us with little hope for creating good times together as we begin 2022. Once again, we must announce no indoor activities for usual Solglyt Lodge activities we look forward to in January and February.

Here in Alberta we are coping with extreme COLD for too many days and weeks. Every time we get in our vehicles we must be aware and prepare for possible consequences of Weather related exposure. Be prepared for before venturing out for any journey short or long. We dream of tolerable weather conditions to enjoy outdoor activities like skiing, skating and walking.

On Facebook, I saw postings of accomplishment by our members. Projects like quilting, baking and preparation of foods with a taste of Norway were extra special. Christmas in your homes had the 'Norsk Pynte touch' with special items of décor – old and new. Norsk Language Klass – 'Are you using your Norsk Language regularly?' I enjoyed sharing God Jul conversation in Norsk with my Cousins who live in Norway - Otta and Heidal districts. To my surprise, we at Solglyt Lodge, keep stronger Julfest traditions than in Norway. My cousins continue to have me use my Norwegian Language skills and complement me on my written & spoken Norsk!

There are many volunteer opportunities we can do individually while AHS restrictions continue. Don't forget to prepare stamps that are accepted at Elaine Domier's home and then donated to the Canadian S of N Foundation!

Volunteer opportunities at such places as



the Food Bank and Meals on Wheels will vary with Covid 19 restrictions. Check with them for the latest volunteer restrictions. Donations are always needed.

With great appreciation for technology, we continue staying safe while still keeping connected with one another. I look forward to seeing you on our Zoom gatherings in January and February. You will receive notice of our Zoom dates from Secretary Lu-Rene. Your participation in sharing family heritage stories, jokes or interesting news from Norway are special!

Our Solglyt Christmas newsletter was delightful. We look forward to members contributing to our future newsletter Issues. Do you have any items like books, puzzles, games, CD's that you wish to share or trade with another member? Need pick up service? Let me know. Also we have a handful of **Norway 2022 Calendars left**. Call Treasurer Jim.

**The Best to all in 2022. Hilsen fra President Sylvia og Jim**

*This issue features one very amazing lady Helen Evjen who has just stepped-down from the Foundation Board of Directors after 25 years.*

# Meet your Foundation Board of Director Helen Evjen

Helen joined Solglyt Lodge 4-143 in Edmonton in 1985. In the 36 years she has belonged to Solglyt Helen has served as President, Vice President, Financial Secretary, Assistant Cultural Director, Social Director and Foundation Director.

Helen's interests were not restricted to Solglyt Lodge she served on the Board of Directors for Trollhaugen Language Arts and Culture Society for 25 years. The Camp is held at Deer Valley Meadows, Alberta, and is generally held in August. Helen has held the positions of President, Treasurer and Camp Director. This camp offers all the cultures of Norway.

Both Solglyt Lodge and Trollhaugen Camp have benefited from Helens' talents in Norwegian Culture Skills which include 3rd. level in Knitting, Music, Cooking, Chip Carving, Stamps, Reading and Rosemaling. 1st level in Language and Hardanger, Masters; 2nd level and a mentor in Cooking. Many of these Cultural talents have been passed on to members through teaching in Knitting, Ethnic Cooking, Swedish Weaving, Klostersøm, Cross Stitch Crafts and Culture.

One of the questions I asked was what inspired you to become involved in the Foundation in Canada? Her answer was she was not really inspired but had been asked by past Foundation Director Thelma Dorin to run for a position on the Board because there should be someone to represent Alberta. That request turned into serving on the Foundation board for 25 years, 2 years as Vice-president and 15 years as Secretary.

Another question requested what words of wisdom did she have to encourage Sons of Norway members to take part in the work the Foundation does for awarding bursaries and grants. Helen answer was "I found the work of the Foundation interesting and the satisfaction of being able to assist students in achieving their postsecondary goals was very rewarding. I enjoyed getting to know Lodge members from other areas and working with them on the board".

Helen has been married to John for 63 years. They moved to Sherwood Park, Ab. in 1970 where they still reside.

Helen and John were blessed with three children and have four adult grandchildren and two great granddaughters. One daughter and granddaughter are involved in Solglyt Lodge and Trollhaugen Camp. Helen was a 'stay at home' mom when their children were young, later she worked for Family and Community Services as a Community Development worker.



**John and Helen Evjen.**

Helen has not only devoted her time and talent to Sons of Norway and the Foundation in Canada but to her community and being involved with many charitable organizations.

John and Helen have travelled to Norway three times.

I am truly amazed and grateful to Helen for all the time and effort she has devoted to both her Lodge and the Foundation in Canada.

**Thelma Lysne, Editor**

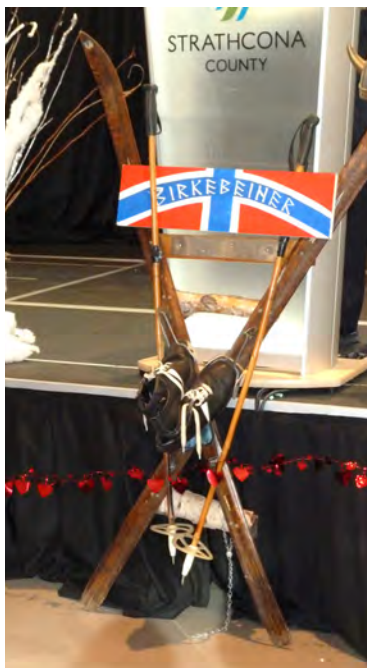
## Canadian Birkie Ski Events February 11-13, 2022

<https://www.canadianbirkie.com/>

Enjoy a three-day celebration of cross country skiing and Nordic Legends. The Birkie is Western Canada's Premier Nordic Ski Event and one of only three Birkebeiner Loppets in the world – Norway and the USA host the other two. Formed in 1985, the Birkie continues the tradition of honouring perseverance, courage and fortitude...as well as lots of Nordic Fun for the whole family!

**Birkie Online February 14-28 ski events:** Virtual Canadian Birkie: Plan to join us between February 14-28, 2022 at your own pace, at your own place! You will join thousands of people from around the world completing the Canadian Birkie virtually. You can classic ski, skate ski, and skijor. You can pick which your day and your distance: 2, 4, 8, 13, 31 or 55 kilometre event. You also get to pick your pace and your place!!

<https://www.canadianbirkie.com/birkie-sunday/> - February 13, 2022 - The Canadian Birkebeiner Society is excited to partner with Silver Skate Festival in Hawrelak Park to host the Barnebirkie classic-style cross country ski events. These winter fun activities are where Birkie dreams begin!



Here's an  
image to  
describe  
2021!



Above: Arvid Pederson makes his 106th whole blood donation on Dec. 17, 2021.



Left: May 9, 2019, Arvid is presented with a certificate in recognition of making 100 blood donations.

## Lodge Member, Arvid Pederson, Marks 106<sup>th</sup> Blood Donation

I had my 106th whole blood donation on Dec. 17, 2021.

It has taken me over 25 years to reach this goal. You can donate every 56 days so I was going that often to reach the 100 donation.

I have reduced the frequency since my iron levels had dropped at 100 donations but they are now back to normal levels.

I have been blessed that donating blood has not affected me in any adverse way.

**Arvid Pederson**

## The Norwegian Birthday Song

To all Solglyt members celebrating a birthday in Jan. or Feb., 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!

Right: Arvid Pederson and his wife drove to Camrose for a day out on Dec.10, 2021. Stopping for lunch at the Lefse House they were pleasantly surprised that lutefisk was the special that day.



**Member Profile:** John and Helen Evjen, long-time members and super supporters of Solglyt Lodge 4-143. Helen has dedicated many years as Solglyt's Foundation Director and Secretary of the Sons of Norway Foundation in Canada.



**Looking Back:** Ten years ago we were diligently and anxiously planning our 2012 Convention! Gladys Hansen in the foreground. Thank you to Gladys who taught rosemaling to many Solglyt members.

## “Godt Nytt År, takk for det gamle”

On New Year's Eve, Norwegians usually meet for dinner at the home or cabin (hytte) of a friend or family member, or invite guests over to theirs. Norwegians love to bring in the New Year in high spirits of joy and happiness.



Wine is considered to be a compulsory part with which celebrations truly boast of. There are dishes of pork, lamb, and turkey served. There is the tradition called Nyttarsbukke in which small children went to all the houses in the neighborhood, while singing special New Year songs. In turn, people give them candies. As a part of it, people dress up fancily, and make a visit to friends and family members who in turn treat them with drinks. As a part of New Year traditions, people also prepare the symbolic dish of rice pudding with an almond in between it. It is sweet in taste, and eating it is believed to confer one with a sweet year ahead. Also, one who gets the hidden almond out of the rice pudding is considered to have a lucky year ahead, with lots of wealth and fortune in favor.

After dinner, some parents will let their younger children play with sparklers or set off small fireworks before they head off to bed. Some lucky older children get to stay up til midnight to watch the fireworks. When midnight is close, everyone spills onto the streets. There will be sparklers and small fireworks. Then at midnight you will see the town light up with bigger fireworks! At midnight everyone starts to wish their friends, family, loved ones, and neighbors **“Godt Nytt År, takk for det gamle”** (Happy New Year, thank you for the past year).

### The King's New Year speech

Generations of Norwegians have settled in front of the television at 7:30pm on New Year's Eve to see King Harald and hear his New Year speech that is broadcast from the Royal Palace. Viewing figures for the speech are generally between 700,000 and 800,000.

“In a time when the world is increasingly changeable and demanding with regards to war and politics, Quote from \_\_\_ The King's speech is such a symbol,” NRK head analyst Kristian Tolonen told Aftenposten! Norwegian king's amazing speech known for love and diversity

### Wiener Musikverein

The Vienna concert hall and home to the Vienna Philharmonic orchestra is a staple of Norwegian New Year. The Viennese New Year's Day concert is watched in many countries, and hits viewing figures of up to 600,000 on NRK, according to the broadcaster's figures.

## Norwegian Love Phrases

I love you.  
**Jeg elsker deg.**

I've got a crush on you.  
**Jeg er forelsket i deg.**

We were meant to be together.  
**Vi var ment til å være sammen.**

You mean so much to me.  
**Du betyr så mye for meg.**

You're so beautiful.  
**Du er så vakker.**

NorwegianClass101.com



**Above: My cousin's Totendrakt.**

**Right: My Totendrakt complete with Bunad Shoes, ring, ear rings, and bracelet.**



# My Norwegian Roots

## The Joyous Reward of Discovery & Building a Heritage Bunad

### If your question is "How do I get Started?" then Read On

It was 2006 when I decided I wanted to own a Norwegian Bunad from the Region of my paternal roots.

I had joined the Sons of Norway Club ([www.sonsofnorway.com](http://www.sonsofnorway.com)) in 2003 after seeing the marvelous "Scandinavian Showcase" that summer at Klondike Days. Solglyt Lodge had a wonderful display, Ken and Elaine Domier did a fantastic job of selling me on the idea of joining the Lodge, and the timing was ideal; I wanted to know more about my heritage.

As the years passed I was constantly admiring all the ladies dressed in their beautiful bunads for the Lutfisk and Lefse Dinner (held the 4th Saturday in January each year at the Scandinavian Centre in Edmonton, AB) and had often thought about how awesome it

would be to have my own to wear.

It was in 2006 that one of the Husflid leaders, Helen, suggested that those who didn't have their Norwegian bunad might want to embark upon a Bunad project and she would be willing to lead the group; well, needless to say I was one that jumped at that opportunity immediately.

In reality, there were three of us that would be starting from scratch; others joined the group to complete a blouse, or a skirt but three of us were starting from zilch, nada, nothing.

For the two, who were sisters, they knew the region of their heritage (Telemark) and so they already knew the bunad they were going forward with, I, on the other hand was on the extreme opposite end of the spectrum; I had heard Tøten, Lena, and Gjøvik mentioned by my parents many times but I didn't know

which were towns, and which were 'areas'; I had a general idea of the location where my paternal grandfather's home was but that was about it; I was going to have to get busy and do a lot of research to get on with my project.

Once I learned that Lena was a town within the Tøten fylke I felt a little more grounded but all I could find was the bunad for the larger region of Oppdal and that was a large region; I didn't want the bunad for the larger region that encompassed Tøten, instead I wanted the bunad that was specific to the Tøten region; surely there was such a thing! It is interesting to note that there can be as many as "400 regional variations" (quote, unquote from [www.theolocal.no](http://www.theolocal.no)). I encourage you to Google "Norway lags in America" and then by identifying the region of your Ancestral roots in the map below write an email to connect with the Lag of interest to you.



**Norsk Høstfest in 2011.**

I knew my Grandfather, on my Father's side had come from Lena and that there were lots of references to Toten but since my Grandfather had stated, in no uncertain terms, that he never wanted to return to Norway, the topic of his homeland was an extremely rare topic of conversation.

For me, the only way I'd feel confident that I was pursuing the correct "Bunad" would be if there was a direct association between the bunad name and the names of Lena, Toten, or Gjøvik.

I was discouraged. I felt like the idea of owning a bunad of my paternal heritage was a "pie in the sky" dream but I decided I would take on the challenge anyway; just in case I got incredibly lucky!

#### **It happened! I got incredibly "lucky"**

In the fall of 2006, the Sons of Norway, Solgylt Lodge decided to join an organized bus tour travelling to Norsk Høstfest; the world-renowned Scandinavian celebration that is pure Scandimonium! Vendors and entertainers from all over the world attend this huge festival held every year at the end of September on the fairgrounds in Minot, North Dakota. USA.

A number of our Sons of Norway Lodge members (including our Bunad group) were off on an Anderson Bus tour; it was a fabulous experience and besides the fun and food, it was incredibly valuable as I was able to converse with Vendors from all over Norway, and the USA, that had specific Nordic niches. (The Lodge took another bus tour to the Norsk Høstfest in September, 2011).

Of particular interest was a group from the USA that had a laget for every area of Norway. I quickly signed up with the Totenlag (a group of counterparts in the USA whose families had roots in the Toten region of Norway). I also signed up with *Trondelag of America* since my Mother's father was originally from the Nord Trondelag region of Norway.

#### **Ordering the Bunad Kit - the Totendrakt**

Following our return from the Norsk Høstfest I contacted the Research person of Totenlag, Millie Andorfer, as soon as possible. I had seen her wearing her Totendrakt and that confirmed to me that the Totendrakt was the



**Gjøvik Husfliden.**

accepted costume of the area my ancestors were from. I was thrilled to arrive at this encouraging milestone in my quest.

The Totendrakt is being considered for the Official status of "Bunad" but that is a process that can take many years and as at December, 2021, it has not yet been declared as anything more than a 'drakt' (a traditional dress) specific to the Toten region, to the best of my knowledge.

The Totendrakt has been made for women since 1970 and for men since 1984. "Toten has strong traditions in weaving fabric.."; the "checked wool in colours of green, brown, black and yellow". "The national costume shirt is cotton..", "with"black stitch embroidery", "the apron is made of black or green wool fabric, and has borders in a weaving technique called board trick". (Excerpts from lokalhistoriewiki.no/wiki/totendrakta.)

Gullsmed Westby creates the Totennåla for the Totendrakt. This bronze jewelry is a reproduction of a pin found on the Evang farm by Lena in Østre Toten municipality in 1870 but is thought to date from 1300 - 1100 BC. (To read more about the jewelry please consult: lokalhistoriewiki.no/wiki/totennåla)

Millie informed me of where she had ordered her Totendrakt kit; Gjøvik Husfliden (the craft store in Gjøvik). I immediately contacted Gjøvik Husfliden however that's when I was confronted with my next big hurdle!

It became immediately obvious to me that I would need an Interpreter to take the specific measurements, convey them to Gjøvik Husfliden, and pay for the order to commence the preparation of my Totendrakt kit.

Thanks to my Sons of Norway Lodge I had a ready-made resource for my "Interpreter" needs, a fellow member, Jorun, who was also an avid sewer, she took the required measurements and placed my order in fluent Norwegian on my behalf. I am forever grateful for her help; Tusen Takk, Jorun.

After my Bunad kit was ordered and paid for, Gjøvik Husfliden could begin cutting and assembling the material(s) for my Totendrakt.

#### **Arrival of the Totendrakt Kit**

It was about 3 months before I received my



**My material and Totennåla that would arrive with my Totendrakt kit.**

Totendrakt kit. It arrived with the Totendrakt green/black/yellow plaid for the jumper, apron, and the Norwegian Bunad purse, there was also the plaid shawl, the white cotton material for the blouse, and the linen material for the cross stitch, as well as the Totennåla (jewelry) consisting of cuff links, and 2 pins; one for the neck of the blouse and a larger one for the top of the jumper.

I was ecstatic when the parcel arrived; I gathered my entire bunad group together for the 'reveal'. I was so excited; my kit had finally arrived, now I could get started sewing!

Working on a project with like minded individuals was awesome! We were all on the same mission and we shared genuine support as we waited on our orders, solutions were offered to each other when we faced hurdles along the way, there was always the sense of love and a 'cheering section' in your back pocket. It was an environment of support that I feel is unique to those working in heritage projects; a deep, heart-felt, well-wishing type of genuine caring.

Getting back to my Totendrakt; when the kit arrived I realized the next big hurdle had arrived.

My thought had been that I would sew the drakt myself; I had sewn clothes for my daughters and I wanted to sew this precious garment for myself however to my dismay, all the instructions were in Norwegian! That was going to be a problem for me; that's when I came to the decision that this project was too precious to mess up and I needed to resort to a dressmaker with sewing expertise. I contracted a dressmaker who came highly recommended (and had even sewn bridal gowns) to construct my Totendrakt.

Between myself, my dress maker and my 'bunad group leader' we were able to interpret and understand the instructions to accomplish the construction of the Totendrakt (the jumper, the blouse, the apron, and the purse).

The fact that our group leader had sewn other bunads was of great benefit because there are special 'tricks' in the construction of a bunad that are unique to bunad assembly so I was very grateful to have Helen Evjen to interpret and explain these details to the seamstress.



**Totendrakt ear rings gifted to me by Torstein's wife, Else.**

### **What's the "Big Deal" About a Bunad? Why is it so highly regarded?**

The fact is that the "bunad" really IS a big deal. It may very well be the most expensive article of clothing a young woman will ever own.

To those fortunate enough own a bunad; it will be presented to the young Norwegian when she is confirmed; that is usually in her early teenage years; it is akin to the passage into womanhood and is met with much celebration. Men also own and wear bunads but that is a story for another time.

The expense alone causes a Bunad to be placed in high regard; add to this, the fact that this garment is a part of one's heritage and while a person may be given a "new" bunad, in many cases the bunad will be inherited thereby adding another element of emotional connection.

Furthermore, this is an item that a woman will wear for special occasions throughout her entire lifetime. Many times the mother will have sewn the garment for her daughter and did all of the handiwork which make the garment precious indeed; on rare occasions the garment will be purchased in it's totality.

There are Husfliden shops in most major towns in Norway and all the bunads displayed are lovely indeed. Some women will choose to be married in their bunad; it is truly that special of a garment.

### **Construction of the Bunad**

Since her bunad will follow a woman throughout her lifetime there is a unique feature that is built into this garment; I am referring to the side seams of the jumper/gown; they are constructed in such a way that they can be 'taken in' or 'let out' fairly easily whenever the need should arise! Brilliant, I say, just brilliant! As a matter of fact, in the few years I have owned mine, I have already made use of this wonderful feature.

Having opted to have a dressmaker sew my bunad I decided I would do all of the handiwork on the blouse; the black cross-stitch at the shoulders, neck, placket, and cuffs were a big job and while I enjoyed doing the cross stitch I must say it was a bit nerve wrecking because the perfection of such an

important piece of clothing would most certainly be scrutinized by the 'bunad police' when our bunad group was 'on parade' at our local Sons of Norway club's Lutefisk and Lefse dinner.

In spite of the the fact that this task was stressful I feel a deep pride in owning and having worked on my own Totendrakt, and that makes all of the trials and tribulations pale in comparison to the pride I feel in the end result. It is such an honor to feel the heritage upon one's shoulders; it is a feeling that can't be put into words; you'll know it when you feel it!

### **Coming Out Party for me and my Totendrakt**

I was so looking forward to wearing my Totendrakt for the Lutefisk and Lefse Dinner in January, 2011; this would be a momentous occasion for Valerie, Sandy, and myself; the culmination of our dreams that had been years in the making.

I had sent my cross-stitch pieces to my dressmaker at Spruce Grove and my husband and I had travelled from Strathmore to Edmonton on the Friday night before the Lutefisk and Lefse Dinner so I could go to Spruce Grove and do a 'try on' before the big event.

Little did I know I was about to experience an insurmountable hurdle that would deny me a spot in the Bunad Parade of 2011.

When I tried on my Totendrakt I found, to my horror, that the cross-stitch at the neckline opening didn't match up; it hadn't been matched-up when it was sewn into place and, in fact, my cross-stitch material had been cut so as to "lay flat" and in doing so there was no way to do a "quick fix". The only way to address this issue was for me to re-create my cross-stitch for the entire neck area.

I picked up the garment and left; the dressmaker thought I should wear it in the Bunad parade but I knew I couldn't do that; I would feel much too self-conscious! I was devastated! No bunad for me to wear when the rest of my group, and all the other ladies in our club (who had bunads) did the Bunad Parade in January, 2011. There was nothing that could be done about this disappointment at this moment in time.

My husband and I carried on; we attended the Lutefisk and Lefse event and cheered on my fellow bunad participants. We also enjoyed



**Cuff with Totennåla cuff links.**



**Cross stitch on front placket, neckline, cuffs and shoulders of Totendrakt.**

the lutefisk, lefse, flat bread, and reskrem (okay, perhaps my husband didn't enjoy the lutefisk; he had swedish meatballs instead, but I love Lutefisk!)

It took me a couple of months before I could motivate myself to look at my Totendrakt again and set to work on a replacement piece of cross stitch (after all, there was no rush now, there are only 2 times a year when we wear our Bunads in Canada; one is for the Lutefisk Dinner in January and the other is for Syttende Mai on May 17).

My dressmaker felt terrible for not paying closer attention to the fine details; she re-did the neck with my newly re-constructed piece of cross stitch, this time being very careful to match the cross stitch before cutting or sewing so as to have the cross stitch exactly match when it came together at the throat (front opening) and she didn't charge me anything for the extra work she had to do. In her defence she had never sewn a bunad before and aesthetically the front corners of the blouse laid flat; the cross-stitch matchup was not a detail she had experience with.

My 'remodelled' Totendrakt was ready for me to wear for Syttende Maifest on May 17th, 2011 but that was a warm day and wearing wool just wasn't that appealing to me at 20 C.

I finally got to wear my completed Totendrakt to the Lutefisk and Lefse Dinner in January, 2012; no parade, but I was proud to be wearing my "bunad"; it was fun to be 'like everyone else' and I made sure we took a lot of pictures Lol.

### **Visit to Norway and Completion of my Totendrakt accessories**

In 2015 I contacted Elaine, a fellow member of the Sons of Norway, Solglyt Lodge who is also a professional Travel Consultant, and together with my husband, my brother, and my sister-in-law we had Elaine plan our air travel from Calgary, through Frankfurt, Germany, and on to Copenhagen, Denmark to embark on an 11-day Ocean Cruise from Copenhagen along the coastline of Norway to the North Cape, returning to Copenhagen where she had arranged the pick up of our rental car so we could drive through Sweden and on to Norway. Our trip would commence June 1 of that year and we would return home from Oslo on July 7th. Ken kept our glasses filled with Gløgg as we planned our route with Elaine;

Mmmm, good!

It was June 26, 2015 when I met my relatives on my paternal side at the Granshagen 'homeplace' for the first time ever. None of the descendants from Canada had visited the homeplace before the four of us. It was a heart-stopping moment for the four of us to meet 26 direct descendants of our Granshagen family at the Granshagen homestead in Norway; I was so wishing my father had still been alive and could have accompanied us but I know he was smiling from above and watching with pride.

The four of us stayed with my cousin Torstein, and his wife, Else, for a few days; Torstein took us on many tours in the area, and that's when I saw my Totendrakt material on display at the Toten Museum, I was 'over the moon' with delight!

Later Torstein took us to visit his sister, my cousin, Aud; I was overcome with emotion when I saw her Totendrakt hanging in her house; seeing that she had, and wore, the same Norwegian Bunad as I; the Totendrakt, this was a major highlight of my visit to my roots in Norway.

The drakt that I had worked so hard to research, to order, and finally to construct was an exact copy of hers! If only I had known her back in 2006 what a lot of frustration I could have avoided but alas, it all worked out and I was so thankful I hadn't settled for the bunad of the greater region of Oppland but rather had persisted in finding the specific 'dress' of my grandfather's roots!

While staying with my cousin, Torstein; his wife gifted me a Totennåla ring and set of ear rings for my Totendrakt; I was totally ecstatic with this fantastic gift from Else, Tusen takk Else. Else wears the white Lundebry bunad; this is the bunad that her daughters wear as well and



**Our Bunad Group visiting at Lutefisk Dinner in 2012, including my Translator.**

is very, very lovely.

To complete my Totendrakt, another relative took me to Gullsmed Westby in Lena where I was able to purchase a Totennåla bracelet and order the Totendrakt shoe buckles for my bunad shoes (I hadn't even known there was such a thing as buckles specific to my Totendrakt); unfortunately the buckles were sold out at the time I was visiting the Jeweler but my relative picked them up and sent them to me via the postal service, Mange Takk Randi!

By September, 2015 my Norwegian Bunad was totally complete with all the accessories and I feel so blessed to own such a rich connection to my ancestral roots.

I must admit that it took an army of 'connections' to 'git r done' but every time I have occasion to wear my lovely Totendrakt I am filled with love and pride in my heritage - and I feel warm all over (that may be partially due to the fact it is wool after all!).

**I am forever grateful to the 'army' it took to get my Totendrakt researched, ordered, constructed, and complete with all the**

#### **accessories.**

Despite numerous bumps along the road and the number of years it took me to go from idea to fruition, I can assure you it is well worth the effort.

I implore you to find and join a heritage organization, such as the Sons of Norway; you will find invaluable support and acceptance as well as camaraderie and resources to acquire the bunad of your heritage. There's power in your blood; use your heritage to give your offspring a leg up in this world of chaos and loneliness that is apparent right now.

Studies have proven the benefit that knowledge of our heritage plays in our mental well-being and success throughout our lifetime; it is huge; we owe it to our descendants to share this priceless gift with them.

When it comes to our Norwegian connections not only can we share camaraderie with our Lodge friends, we can also give our descendants the opportunity to apply for scholarship funds from the Sons of Norway Foundation so you will want to make a concerted effort to spread the word and involve family in heritage conversations and activities at every turn in their lives.



*An interest in Heritage will ultimately shower immense benefits on your descendants throughout their lifetime. Get them involved today. It is truly a win! win!*

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

## *2022 Norway Calendars*

2022 Norway calendars are in and available now.

**Please contact Roger or Sharon Bruce at (780) 436-7286 or at [rsbruce@shaw.ca](mailto:rsbruce@shaw.ca) to make arrangements to pick up one of these beautiful calendars.**

**Still a bargain at only**  
**\$20 each**

All proceeds go to  
Solglyt Lodge, Sons of Norway





## Nordic Myth Turns Pop Culture Icon

Described in the Icelandic Sagas as lurking off the coasts of Norway and Greenland, the giant, ship-devouring Kraken has recently re-emerged as a darling of popular culture. Sightings of the mythical tentacled beast are everywhere!

**On ice:** The Seattle Kraken are a new NHL hockey team for the 2021 – 2022 season. Their logo is a sea blue 'S' with a menacing red eye.

**At the pub:** Kraken Rum was launched in the UK in 2010. Contrary to urban legend, giant squid ink is not among its rich, spicy ingredients.

**At the (virtual) bank:** Do you have some bitcoin to trade or exchange? Kraken.com is a cryptocurrency exchange based out of San Francisco.

**On screen:** Starring as Davy Jones' deadly pet in *Pirates of the Caribbean: Dead Man's Chest*, the Kraken continues its reign of watery terror with appearances in several Disney video games and theme park attractions.

As you can see, the Kraken is making quite a stir in popular culture today! Where will it pop up next?

Learn more Nordic myths and legends here: <https://www.sofn.com/blog/mythical-creatures-of-scandinavia/>

## Crown Prince Haakon visits Norwegian National Archives

In September, Crown Prince Haakon paid a visit to the National Archives at Sognavann, north of Oslo.

As part of the tour, Archivist Inga Bolstad demonstrated how they use artificial intelligence to convert hand-written documents into typed text. The technology can even translate archaic language into current-day Norwegian. The Crown Prince was able to digitize a nearly 800-year-old document himself, one sent by King Håkon Håkonsson in the year 1233.

Between 2017 and 2019, the National Archives digitized many of their medieval source documents which can be viewed at [digitalarkivet.no/en](https://digitalarkivet.no/en). Their goal is to completely scan the collection of medieval documents by 2024, which will mark 750 years after the first



Photo credit: Sven Gj. Gjeruldsen, The Royal Court

written document that refers to Norway.

During the visit, the National Archives also presented Haakon with a special gift- copies of

documents from the seven kings who bore the name Håkon over the last thousand years- ranging from Håkon I in the 10th century, to the crown prince's great-grandfather, Haakon 7.

# Deliciously Nordic

Photo by Whitney Love



## Arme Riddere Norwegian French Toast

A Norwegian version of French toast, Arme Riddere is a wonderful way to warm yourself up on a chilly, wintry morning.

### Ingredients:

2 eggs, lightly beaten  
2 tsp. vanilla sugar (alternative substitute: 1 teaspoon vanilla extract and  
1 tsp. ground cinnamon  
a pinch of salt  
125 ml (1/2 cup) milk  
8 slices of brioche or challah bread, sliced thick (stale works well)  
butter for frying

**Directions:** In a shallow baking dish, combine the eggs, vanilla extract, cinnamon, salt and milk. Set aside. Bring a skillet to medium high heat

and while it is warming up, lay a slice of bread into the egg mixture. Evenly coat the bread slice, then turn it over and coat the other side.

Once the skillet has been brought to temperature, add a pat of butter to the pan allow it to melt, then cook the bread slice until browned on both sides. You will need to turn the bread over halfway through cooking, or after 3-4 minutes. Repeat until all bread slices have been cooked, adding more butter to the skillet as necessary to keep the bread from sticking.

Top your arme riddere with butter, maple syrup, fresh fruit, powdered sugar or your favorite topping.

This recipe serves four and can be doubled.

Whitney Love  
at <http://thankstothefood.com/>

## Trollkrem Troll Cream

Inspired by a classic Scandinavian recipe, this unusual-sounding dessert is actually very simple to make, and much more delicious than it sounds! Using tart lingonberries, Karen's creamy dessert is worth a try.

### Ingredients:

3 egg whites  
6 Tbsp. of lingonberry jam, or an 8 oz / 225 g jar of preserved lingonberries in syrup, drained  
\*50 grams / 1/4 cup granulated sugar (\*use only if using unsweetened lingonberries)

**Directions:** Whisk the egg whites in a mixer with half of the lingonberries (that have been drained) or half of the jam. Whisk until the egg whites are light and fluffy.

Add the sugar, if using, and whisk until the egg white mixture holds soft peaks.

Swirl the remaining lingonberries or preserve through the dessert and serve in small bowls or spoon into a large serving bowl. Eat within 24 hours, as the egg whites start to collapse if no sugar is used.

By Karen Burns-Booth  
of [greatbritishchefs.com/](http://greatbritishchefs.com/)



Photo by Karen Burns-Booth



# The Translation

## Historisk samedokument flytter hjem

Et dokument fra 1751 sikrer fortsatt at samer kan flytte reinsdyr over landegrensene. Nå kommer samenes «Magna Carta» hjem til Kautokeino.

Kong Harald er til stede når «Lappekodisillen» overleveres til Samisk Arkiv i Kautokeino. Det 270 år gamle dokumentet har vært avgjørende for å fastsette samers rettigheter, og er fortsatt virksomt i dag.

– Det er en symboltung dag, og det føyer seg inn i en tradisjon med å tilbakeføre både dokumenter og også kulturgjenstander som betyr noe for urfolk, tilbake til dem, sier jussprofessor Øyvind Ravna til NTB.

### Reduserer ulemper

Dokumentet ble til som et tillegg til grensetraktaten som ble forhandlet fram mellom Danmark-Norge og Sverige i 1751.

Dokumentet er den første folkerettslige og bilaterale traktaten som er gitt for å beskytte samene som minoritet og urfolk i Norge, forteller professoren.

– Kodisillen er et barn av opplysningstiden hvor man betraktet samene som et eget folk som hadde rett til «fremtidig eksistens», altså at de ikke skulle assimileres inn i den norske og svenske staten, slik politikken skulle bli senere, sier Ravna.

### Kongen er til stede i salen

Når dokumentet offisielt skal overføres til samene under en seremoni i Kautokeino på tirsdag, er det avtroppende sametingspresident Aili Keskitalo som tar imot det.

– Det blir jo en veldig spesiell hendelse når hans majestet kongen selv kommer for å bidra til dette arrangementet. Det synes jeg setter det inn i en veldig symbolsk kontekst, for på den tiden Lappekodisillen kom til, da var det eneveldige herskere i Norden, sier Keskitalo.

## Historical Sámi Document Goes Home

A document from 1751 ensures that Sámi can move reindeer across national borders. Now the Sámi «Magna Carta» has come home to Kautokeino.

King Harald will be present when the «Lappekodisillen» is handed over to the Sámi Archive in Kautokeino. The 270-year-old document has been crucial in determining Sámi rights and is still in effect today.

“It is a symbolic day, and it fits into a tradition of returning both documents and also cultural objects that mean something to indigenous peoples, back to them,” law professor Øyvind Ravna said to NTB.

### Reduces Disadvantages

The document was created as an addition to the border treaty that was negotiated between Denmark-Norway and Sweden in 1751.

The document is the first international law and bilateral treaty given to protect the Sami as a minority and indigenous peoples in Norway, the professor says.

“The Codisil is a product of the Enlightenment where the Sámi were considered a separate people who had the right to ‘future existence,’ i.e. that they should not be assimilated into the Norwegian and Swedish state, as the policy would be later,” says Ravna.

### The King is In The Hall

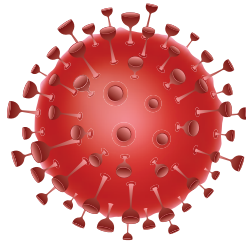
When the document is officially transferred to the Sámi during a ceremony in Kautokeino on Tuesday, outgoing Sámi Parliament President Aili Keskitalo will receive it.

“It will be a very special event when His Majesty the King himself comes to contribute to this event. I think I put it in a very symbolic context, because at the time the Lapp codicil came into being, there were autocratic rulers in the Nordic countries,” says Keskitalo.

## Due to COVID 19, Solglyt Lodge In-Person Events Remain Cancelled

Please watch your email and this newsletter regarding Solglyt Lodge Membership Zoom Meetings and updates on Lodge activities.

Until we are able to meet in-person again, please continue to stay vigilant and safe.



## 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**



## 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/>



## 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.



# Colorful Norwegian Phrases

*Vivid idioms make language-learning fun and memorable. Try working these into everyday conversation.*

### Food-related

#### Ta for god fisk

Take for a good fish

**Meaning:** Accepting someone's words at face value

#### Å være født bak en brunost

Born behind a brown cheese

**Meaning:** To be a fool

#### Å være på bærtur

Be out picking berries

**Meaning:** To have no clue about something / To be way off base

### Animal expressions

#### Bjørnetjeneste

bear service

**Meaning:** well-intended but awkward help; doing someone a favor with negative consequences; disservice

#### å kjøpe katta i sekken

Buy a cat in a bag

**Meaning:** being taken for a ride; you meant to buy one thing but it turned out to be something else

#### Du store alpakka!

You big alpaca!

**Meaning:** an expression of considerable surprise

### Body parts

#### å stå med skjegget i postkassen

Standing with your beard in the mailbox

**Meaning:** to be in a compromising situation after doing something foolish or cheating

#### Å snakke rett fra leveren

Speaking directly from your liver

**Meaning:** speaking plainly without sugar-coating anything

#### Å ta beina på nakken

To put your legs on your neck

**Meaning:** To run away quickly



[www.norwegianlaftthussociety.ca](http://www.norwegianlaftthussociety.ca)

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403-347-2055, [norwegianlaftthus@gmail.com](mailto:norwegianlaftthus@gmail.com)

## 2022 Newsletter Deadlines:

- **March/April** - Feb. 25/22
- **May/June** - Apr. 29/22

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