



Sons of Norway Solglyt Lodge #4-143

January - February 2023

sofnedmonton.ca

Edmonton, AB

Executive Officers:

President	Arvid Pederson <i>president.solglyt@gmail.com</i>
Co-President	Sylvia Colleton
Vice President	Sheila Johnson
Treasurer	Jim Colleton
Secretary	Laura Blakley
Co-Secretary & Membership	Peter Myhre

Support Directors:

Social	Valerie Vale
Co-Social	Sharon Bruce
Newsletter	Sandy Jamison <i>sjamison@greatwest.ca</i>
Culture	Anita Brown <i>norcanweld@eastlink.ca</i>
SON Foundation in Canada	Brenda Carlstad
Publicity & Historian	Brenda Carlstad
Sunshine	Karin Jackson <i>lesandkarin@hotmail.com</i>
Trustees & Auditors	Roger Bruce Cliff Norum

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President's Message

Jeg ønsker alle et riktig godt nytt år. Et år går mot slutten og snart begynner vi et nytt år.

My term as President of Solglyt Lodge over the past four years has been a special experience. Thank you to all the executive members for your support while I held the President position. Welcome and all good wishes to Arvid Pederson as Solglyt's next President. Solglyt's Installation evening on January 11, 2023, is the special date when new and continuing Officers and Directors are introduced & installed to start a new term.

During the challenging years of the pandemic, your Solglyt Executive has kept the membership safe but connected by using Zoom platforms for our Director's business sessions and membership evenings (sometimes included cultural presentations). Using Zoom on dark and cold nights of the year will be a welcomed option for our future. Norsk Language classes by Zoom work well and is a bonus to accommodate those living far away!

Our happiness for in-person membership evenings and cultural workshops is loved by many and captured with photo memories seen in albums and photo stream on our Sons of Norway Edmonton website sofnedmonton.ca as well as on our Facebook page. Our Solglyt Newsletter is THE BEST with amazing articles, photos, recipes and posters from start to end.

We leave another year behind. The memories we have are a mix of feelings. Life is real. Be good to one another. We find strength with support from one another to cope with the unpleasant side of life that is loss, difficult health challenges and all the global struggles. Wishing for peace..

HILSEN FRA President Sylvia Colleton



Sylvia Colleton



Arvid Pederson

Torskeklubben Needs Your Help...

**We have a casino on Saturday, February 18
and Sunday, February 19 and need your help.**

Please consider helping by signing up for a shift (link below).

100% of the revenue goes to the community including: bursaries for Scandinavian Studies students at Augustana and UofA, sponsoring the Birkiebeiner, and donations to Ski for Light, Salvation Army, Food Bank, Christmas Bureau, Youth Empowerment Services, Augustana Ski Team, and Sons of Norway Foundation.

As a thank you, we'll buy you a nice dinner in the casino restaurant.

<https://signup.com/client/invitation2/secure/217000705250360076/false#/invitation>



Solglyt Lodge 4-143

Edmonton, AB info@sofnedmonton.ca

SOLGLYT SPECIAL EVENT:
INSTALLATION OF
OFFICERS & DIRECTORS
2023-2024

Wednesday, January 11

Regular time: 7:30 pm

Members' Baking Cheerfully Accepted

A very warm welcome to all Solglyt members
as we continue bringing our heritage to our Lodge.
We look forward to your ideas and support.

And a big thank you to those willing to dedicate their
time and energy to be on our Executive!

info@sofnedmonton.ca



(L to R)
Elnora Hibert,
Elaine Domier,
Norma Boraas.



Solglyt Lodge Julefest 2022

Solglyt Lodge's Annual Christmas Dinner

Once again Solglyt Lodge hosted their annual Julmat feast on December 14th. It was a huge success with about 35 attending. The Nordic room was lit up with Christmas decorations making for a very festive occasion. We had plenty of food, some traditional and some not, and wonderful desserts. Certainly enough desserts to fulfill the Norwegian tradition of having seven different types of cookies on the table..

We were blessed to be entertained by Janina Carlstad and her partner John from Haminga Farms. Once again the musical skills of Janina and John to bring us samples of old Viking instruments and relaying of Viking tales are priceless. A huge thanks goes out to Janina and John for their delightful performance.

A large bouquet goes out to Les and Karin Jackson, Brenda Carlstad and Sue Norum for their artistic touch in making the Nordic Room look festive. To Jim and Sylvia Colleton a huge thank you for peeling all of the potatoes and preparing them together with other foods that you provided. This dinner would not happen without your help.

Thank you to Cliff for making the Glogg and getting the wine. The glogg was delicious. Many, many thanks to all who helped set up and clean up. As the old saying goes many hands makes a task easier.

Until next year.

Sharon Bruce, Social Committee



(L to R) Birthday girl - Ingrid Zukiwski, dinner organizers: Sue and Cliff Norum, Sharon Bruce, Karin Jackson.



Solglyt Lodge Julefest 2022



**Right: Janina Carlstad and
John Fletcher entertain at
the Solglyt God Jul Party.**



Jorunn Morton and Jim Colleton.

**Right: Planners and cooks -
Sylvia Colleton, Sharon Bruce,
Karin Jackson.**





Torskeklubben Christmas Dinner

Joyce and Wayne Nordstrom at Torskeklubben Christmas Dinner.



Finnish Christmas Party

Elaine Domier just prior to heading off to the dance floor at the Finnish Christmas Party December 10.



IKEA Julbord

(Left and above) Janina Carlstad & John Fletcher, IKEA Julbord - Swans of Winter - musical entertainment - December 15.



Griddlers: Laura Blakely, Jim Colleton, Arvid Pederson, Roger Bruce, June Koch.

Husflid Lefse Bee Nov. 26



Anita Brown.



Lefse Rollers: Karin Jackson, Anita Brown, guest Cassidy Wambold, guest, Nancy Cockcroft, Brenda Carlstad, Sylvia Colleton, Carole Parker, Carole's daughter, Cliff Norum



Laura Blakely.

Crown Princess Donates Unique Garment

In June 2022, Crown Princess Mette-Marit attended a dinner for the opening of the new National Museum of Art, Architecture and Design in Oslo. The dazzling pink dress she wore for the event was both symbolic and personal.

When the pandemic hit, the princess borrowed a loom to fulfill a long-standing fascination with weaving. As she practiced, the idea for a dress came together. She enlisted Norwegian luxury designer Peter Dundas to co-design a modern garment that paid homage to traditional crafts.

Previously, Mette-Marit had visited Aurora Verksted, a workshop for people with differing abilities located in Bærum, near Oslo. The community employs around 100 artists with and without disabilities who practice traditional techniques in ceramics, textiles, clothing, graphics and painting in an atmosphere focused on creativity and joyful connection.



Photo Credit: Annika Byrde/NTB

The fabric of the pink woolen dress has a weaving pattern based on a Telemark rug, and ornate embroidery along the arms and hem.

In July, the crown princess and several artists

from Aurora Verksted were present to donate the dress to conservators at the National Museum. Director Karin Hindsbo told NRK that the dress is “a unique piece of fashion history.”



Remembrance Day 2022

(L to R) Jim and Sylvia Colleton, along with Brenda Carlstad, attend Jasper Place Legion Remembrance Day Service at the Ice Palace, WEM.

Salmon Eye Floating Exhibition Opens in Hardangerfjord

There is a new, eye-catching feature in the middle of Norway's Hardangerfjord. The feature is called the “Salmon Eye” and is a floating exhibition created to educate visitors about the seafood industry and aquaculture. The idea was launched in 2019 by brothers Sondre and Erlend Eide, third generation salmon producers and owners of their family business, Eide Fjordbruk. The installation's architecture was based on a fisheye and features 9,500 stainless steel plates to imitate fish scales. The interior, which is 650 square meters, is split into four floors and one is underwater. The structure can only be accessed by ferry and is aimed at discussing sustainable aquaculture.

Eide Fjordbruk has made significant strides in improving the environmental impact of salmon farming, being the first fish farming company to produce carbon-neutral salmon. They also will unveil a new technology that “enables farming in the fjord and sea with no negative impact on the environment or climate.” With seafood being a major part of Norway's industry, the hope is that visitors will recognize the ocean as a vital food source.



Photo Credit: Kvorning Design, via lifeinnorway.net

Deliciously Nordic

Bacalao Stew

In a nod to Christian André Pettersen's bronze award at the 2021 Bocuse d'Or competition, where chefs had to create and execute three courses highlighting the tomato (including a dessert!), here is a tomato-based stew recipe.

Ingredients:

- 1 1/2 (1/2 kg) pounds salted and dried cod, bacalao
- 2 pounds (1 kg) potatoes, cut into 1/2-inch slices
- 3 large yellow onions, cut into 1/2-inch slices
- 2 cans tomatoes, chopped, with their juices
- 1 pound (1/2 kg) canned pimientos, drained and cut into 1/2-inch (1 cm) slices
- 4 to 6 garlic cloves, sliced or crushed
- 2 bay leaves
- 1/4 cup (1/2 dl) chopped fresh parsley
- 1 to 2 dried hot red chiles, chopped and seeded
- 10 black peppercorns
- 1 1/2 cups (3 1/2 dl) olive oil

Directions:

Step 1 Soak the salted cod in a large pot of water for 24 – 36 hours, this will vary depending on how dry the cod is, until the fish is softened. Make sure that you change the water at least twice during the softening process to help remove some of the salt.

Step 2 Remove/drain the cod from the pot and cut it into 2-inch chunks.

Step 3 Wash and rinse the pot you used for the cod.

Step 4 In the large pot, layer the potatoes, onions and chunks of cod. Next add in the garlic, bay leaves, pimientos, tomatoes, chiles, olive oil, peppercorns and two-thirds of the chopped parsley. Place this on the stove to simmer for 30 minutes. Reduce the heat to low and cook for another 45 minutes. Shake the pot every



10-15 minutes. DO NOT STIR, this will make the fish fall apart in the soup.

Step 5 Serve the bacalao stew in bowls, garnish with the rest of the parsley and serve with a nice crusty bread.



Norwegian Potato Dumplings (Raspeball)

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.

Ingredients:

- 2 1/4 lb. shredded raw potatoes
- Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
- 1 1/4 cup barley flour
- 2 tsp. salt

Directions:

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.
2. Add the barley flour and 1 teaspoon of the salt and mix.
3. Put on large saucepan of water to boil and add 1 teaspoon salt.
4. Form a round ball by using a tablespoon and your hand.
5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.
6. Serve the dumplings immediately.

Source: <https://www.foodnorway.com/norwegian-potato-dumplings-raspeball/>



The Translation

Også vikingmenn hadde kjøkkenutstyr med seg i graven

Hvordan var kjønnsrollene i vikingtida? En norsk arkeolog mener vi ofte feiltolker fortida.

– Jeg mener vi må bevege oss bort fra en tydelig deling mellom menn og kvinner i vikingtida. Det var ikke så mange forskjeller som vi liker å tro, sier Marianne Moen ved Universitetet i Oslo.

Hun har tatt doktorgraden i arkeologi om kjønn i vikingtida og funnet ut at kvinner og menn i overklassen stort sett er begravd med lignende ting.

Moen har gått gjennom innholdet fra 218 graver i Vestfold og sortert det etter type gjenstander.

Ikke bare husfruer

I gravene i Vestfold er både vanlige verktøy og gjenstander knyttet til hjemmet ganske jevnt fordelt mellom kjønnene.

Menn er begravd med kjøkkenutstyr like ofte som kvinner. Ti graver med kokekar tilhører menn, åtte er kvinners.

Det synes Moen er gøy. For det kan bety at også menn laget mat, tror hun.

Kjønnsløse graver

Mer enn 40 prosent av mannsgravene inneholder personlig pynt som brosjer eller perler.

Forskerne i Norge får problemer med å kjønnsbestemme gravene som mangler et tydelig skille i våpen, smykker og tekstilredskaper. Hver fjerde grav i Vestfold er kjønnsløs.

Arkeologene bør løfte blikket og unngå å fokusere på spenner og sverd som om det var de aller viktigste gjenstandene, skriver Moen i doktoravhandlingen sin.

– Generelt innenfor vikingtidsstudier blir gravgods tolket som tilknyttet den avdøde. Da bør ikke dette endres i de tilfellene hvor gravgodset ikke passer med moderne forventninger til hva en mann eller kvinne burde ha med seg i graven.

Viking men also had kitchen equipment in their graves

What were the gender roles like in the Viking Age? A Norwegian archaeologist believes that we often misinterpret the past.

"I think we must move away from a clear division between men and women in the Viking Age. There were not as many differences as we like to believe," says Marianne Moen of the University of Oslo. She has earned a doctorate in Archeology on gender in the Viking Age and found that women and men in the upper class were largely buried with similar things. Moen has reviewed the contents of 218 graves in Vestfold and sorted them by type of objects.

Not just housewives

In the tombs in Vestfold, both common tools and objects related to the home are fairly evenly distributed between the sexes. Men are buried with kitchen equipment as often as women. Ten graves with cookware belong to men, eight are women. Moen thinks this is fun. Because that could mean that

men also cooked, she believes.

Genderless graves

More than 40 percent of men's tombs contain personal ornamentation such as brooches or beads. Researchers in Norway are having trouble determining the gender of tombs that lack a clear distinction in weapons, jewelry and textile tools. Every fourth grave in Vestfold is genderless. "Archaeologists should lift their gaze and avoid focusing on buckles and swords as if they were the most important objects," Moen writes in her dissertation. "Generally within Viking Age studies, grave goods are interpreted as associated with the deceased. So this should not change in those cases where the grave goods do not fit with modern expectations of what a man or woman should have in the grave."

Excerpted from: <https://forskning.no/arkeologi-historie-kjonn-og-samfunn/ogsa-vikingmenn-hadde-kjokkenutstyr-med-seg-i-graven/1338668>

Scandinavian Genealogy Research

Gordon Berdahl is interested in helping Scandinavians with genealogy research – he is a member of the Edmonton Genealogy Society and attends their meetings every week. He has been a **member of Solglyt Lodge since 1969**, is one of our Golden Members and has been secretary and newsletter editor – how many remember him? He regularly visits both the City and Provincial Archives. **If anyone needs help with genealogy research** he can be contacted at **780 466-3252** or gberdahl@telusplanet.net

Solglyt Celebrates 110 Years in 2023!

In 2013 we celebrated Solglyt's centennial - signing of the Sons of Norway charter; Solglyt originally known as Nordpolen. **Fast forward – how will we recognize our lodge turning 110 years old?** We look forward to your planning ideas for this 2023 spring/summer milestone event.

Brenda Carlstad, Publicity - Sofn2013@gmail.com

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**, or bring them to a membership evening.



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**

2023 Newsletter Submissions

March/April - submissions due by February 24, 2023.

May/June - submissions due by April 27, 2023.

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



Scandinavian Seniors

Scandinavian Seniors meets every **Wednesday** from **1:00 – 4:00 pm**. Some play Norwegian whist, some play dominos and others play ugly sticks. Other games could be played depending on interest. Scandinavian Seniors needs more members. We stop for lunch at 2:30 pm. Lunch is provided by a different group - Danes provide it one week, Finns provide it the following week and so on.

Contact Don Sjoberg at **780 249-4460** or by email dtsoborg@shaw.ca if you would like to join our group.

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/>



HALL RENTALS

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

International Hall

Nordic Room

Board Room

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



The Norwegian Birthday Song

To Solglyt members celebrating a birthday from January to February 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!