



Sons of Norway

Solglyt Lodge #4-143

January - February 2021

sofnedmonton.ca

Edmonton, AB

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President's Message

Hvorden var julen hjemme hos deg? Det er ikke goy a feire jul alene! I think I read our Solglyt Newsletter over and over again to have the feelings of God Jul. The NOV / DEC 'Julen' Issue was indeed special with recipes, pictures, stories, memories of a 'Norsk-Style God Jul'. Thank you to our Editor Sandy Jamison for a job well done – again! Thank you to our members for all your submissions to the Julen Edition.

Where does one begin to write about the past months of living through the Covid 19 Pandemic? Putting it simply. We are all annoyed with the ongoing virus spread by uncaring people in the population – locally and globally.

I think about 'How Lucky I am to be a Norwegian'. The following is a quote about how Norwegians might be the most prepared for coping with Covid.

DECEMBER 18, 2020 words from Kari Leibowitz of New Jersey, USA who studied at Tromso University for 2 years to enhance her studies in Social psychology. Kari applies a Norwegian mindset about winter to a COVID-19 world. As people of Norway brace themselves for a long winter of cold weather, short days and COVID-19 lockdowns, we might find inspiration from Norwegians about how to handle the dark months ahead.

We are sad for anyone in our family or circle of friends who have had to cope with illness or loss during the Pandemic. At a time when Love and Support is most important, we are faced with coping alone. As president of Solglyt Lodge I am grateful to have executive members who are supportive, strong and positive. You are appreciated for keeping in touch with members who are alone. Secretary Lu-Rene has opened a Zoom account for Solglyt Lodge. We had the most enjoyable Zoom Social for our membership before Christmas. Invited guests, Ron Reine, President of Calgary's Valhalla Lodge and Alison Wiigs, Editor of Flygblad – Calgary joined us, We shared words on how we are doing, Show 'n Tell of treasured Norwegian items, touches of 'Jul Pynte' in our homes. and most of all our happy smiles with seeing one another.

Participation in the District 4 '**Can Hunger Challenge**' has been a great way for Solglyt Lodge members to give to our community. Thanks to Team Solglyt volunteers for collecting food donations in their locations; and especially THANK YOU to Cliff and Sue Norum for delivery of our collections to the Edmonton Food Bank. We are proud of our membership for their generosity to the 'Can Hunger Challenge' that is closing at the end of December 2020.

In the weeks and months ahead, I look forward to being in touch with our members by Zoom, with submissions to our Newsletter and with phone calls. Continue to stay vigilant and safe. Be good to one another.

Onsker deg en Lykkelig og Sunt 2021

Solglyt President Sylvia





Happy Birthday to Olga McBride, who turned 92 on December 3, 2020.

She is doing so well. Olga received her Driver's License for two years!

Stamp Club Needs...Stamps

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.

Elaine is hopeful that the club may be able to meet sometime in the spring.

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**



God Jul Gift Box Winner

Thanks to all members who participated in our God Jul Gift Box draw. The winner is Shari York (pictured with Skyler). And thank you to all who thoroughly read our last newsletter, all the 'fine' print, and emails that keep us updated. We had some wonderful recipes submitted; one could imagine the kumkaker aroma wafting throughout one's home.

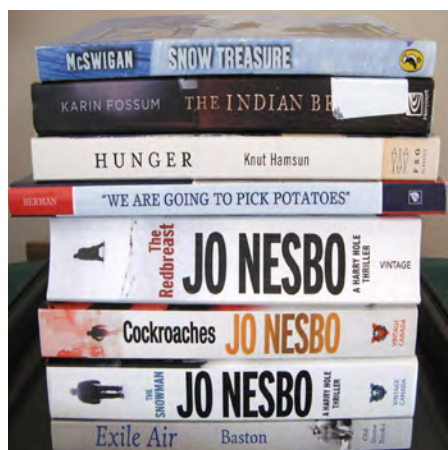
Stay safe, warm and connected in 2021.

Sharon Bruce, Social and Brenda Carlstad, Publicity

Books

We have these books that we would be glad to loan to anyone who wants/needs something to read during the cold winter months or beyond. These books are by Norwegian authors or are stories about Norway.

It would be a great time to start reading for your Literature pin in the Cultural Skills program. I found it an enjoyable and fairly easy unit of the program, you can read or download the criteria, go to www.sofn.com, log in, click on Member Resources, click Cultural Programming, click Cultural Skills, and there you will find the information on the Literature unit. They have quite an extensive list of possible titles you can use or books of your choice. If you want to pursue this, I would be glad to share what I did to get the pin.



Skills, and there you will find the information on the Literature unit. They have quite an extensive list of possible titles you can use or books of your choice. If you want to pursue this, I would be glad to share what I did to get the pin.

I think while we are requested and encouraged to stay at home to help slow the spread of Covid

would be a great time to work on Cultural Skills units, wherever your interest lies.

If you would like to borrow any of our books give me a call 780-417-5157 or email me at helen.evjen@telus.net and we will try to set up a transfer method.

Helen Evjen



Above L to R: Kalli, Thomas (with fur baby Lucy), Evan and Charlotte.

Julenek

Birds are an important part of Christmas in Norway. On Christmas Eve, sheaves of wheat or oats are tied to a post or hung on the door, to feed the birds on Christmas morning. This bundle of grain, the julenek, has become a symbol of Christmas in Norway, and a julenek hangs on nearly every door, decorated with bows and ready for avian visits.



Julenek, (Edmonton style). Charlotte and her family at the Terwillegar Dog Park providing a treat for the birds on Christmas eve. They decorated trees with dehydrated oranges and birdseed filled pinecones. (Charlotte, Kalli, Evan, Thomas and fur baby Lucy).



Solglyt Lodge Christmas Zoom Social:



Screen shot of Sylvia and Jim Colleton with insets of Emily Moen, Alison Wiigs (District 4 Rep), Ingrid Zukiwski, and Fern Zurawell complete with a plate of Christmas goodies on the side.

Photo Courtesy of Emily Moen.



Nancy's Sweater

Oh, my heart!!!! Nancy looks so gorgeous all the time anyway, but I'm biased and think she's extra gorgeous wearing the sweater my Nana gave me on my first trip to Norway in 1970.

The sweater Nancy is wearing is 50 years old! In 1970 when I was 16 years old, I went to Norway with my paternal grandmother. We took a Scandinavian Centre charter flight and were there for 6 weeks. My nana gave me this sweater as a souvenir of my first trip to Norway, meeting her extended family and seeing all the places that were important to her. I gave it to Nancy with love!!!

Karin Jackson





We plan to feature members of Solglyt Lodge in upcoming Newsletters.
Here is the first...a Profile of Treasurer, Jim Colleton.

Member Profile



Left: Jim and Sylvia Colleton.

Far Left (top to bottom): Exploring Norway, A completed furniture restoration project, Working on the acreage.



Jim Colleton Solglyt Lodge Treasurer - Edmonton, Alberta

Jim has been a member of Sons of Norway along with wife Sylvia since 2005. His character has transformed from doing Welsh, Finnish and Irish traditions to one who is accepting and enjoying all the traditions of Norwegians. Married to Sylvia who has full Norwegian Genes has been the drawing card.

Jim accepted a position on the Board of Solglyt Lodge back in 2011. With that duty he has been vigilant about keeping the Treasurer's Books in order. He draws up the Budget annually with the help of a Budget Committee before being accepted by the Membership majority.

He has enjoyed being a member of our Lodge participating in many things that make you a genuine Norwegian. He loves preparing for the annual Lutefisk Dinner that is held in the month of January. God Jul is a favorite time. Being Treasurer he is dedicated with attending most events throughout the year in order to keep the budget on track. He shares his reports at all monthly membership gatherings. Major events that Solglyt Lodge is part of are the annual Heritage Days and the Scandinavian Christmas Market. He is willing to volunteer time before and after Heritage Days with Set up and take down. Volunteering at Meals on Wheels is OK but standing is not agreeable to his feet and ankles. Nice weather outings on a Lodge Bus Trip are always interesting - a time to relax, sit back and enjoy the ride.

Jim has enjoyed attending District 4 Conventions. Being on the Convention Committee in 2012 when Solglyt hosted in

Edmonton was special. He helped set up and manage the Silent Auction. Jim & Sylvia attended Conventions 2014 at Fargo, North Dakota and 2016 at Helena Montana. Attending this many Norwegian events since 2005 has made him a Wanna - Be Norwegian.

But Jim is a Canadian who grew up and lives in Alberta. The Covid Pandemic times are not great for any of us. Being healthy and retired Jim has found ways to keep busy. Living in a comfortable home on an acreage has been a blessing. There are handy man jobs to be done indoors and out. He loves restoring old furniture. The formal dining table and chairs set was rescued from the farm where Sylvia grew up and needed lots of work. This was the year to do it. In between seasonal yard work he had intermissions from the tedious job of stripping off the old finish, sanding several times and staining and finally finishing. After Jim prepared the set of six chairs, the chair cushions were recovered by an amazing man, Eduardo Luis who owns Oliver Troock, Upholstery LTD. Improvements to the kitchen were made with Handyman Jim doing the Installations. Keeping the Snow blower and Lawn Tractor tuned up are a must. Over the summer when Alberta weather was nice he hooks up the Truck and Trailer and off we go to see the new & interesting places never visited before. Besides enjoying TV News and Weather he reads books and is an amazing photographer year around and wherever the Journey takes him.

Photos by Jim and Story by Sylvia



Solglyt Lodge Rises to the District 4 'Can Hunger Challenge'

An excerpt from a message of thanks from Edmonton Food Bank to Solglyt Lodge...

Please share our words of Thanks with your Solglyt Lodge members. Because of donors like you we are able to serve people facing food insecurity. Edmonton Food Bank has been able to reopen the BEYOND FOOD program that helps those needing personal supports, practical resources and job search assistance. We have been able to help Samer, a father of three who lost his job due to Covid- 19. He was shaken to find himself unemployed and our program has helped to get him a job and he is now able to support his family.'



Roald Enokson and Liv Dahl 2014.



Stan Johnson with Wayne Nordstrom and Marla Johnson 2020.



Lutefisk lovers 2020.

Remembering Lutefisk

Memories of Lutefisk – Family Farm Ponoka

Attending the annual Solglyt Lutefisk dinner in Edmonton brings back my memory of having Lutefisk dinner every Christmas eve. The frozen Lutefisk arrived from Norway to the Ponoka Creamery. Here there was a trade-off of frozen Lutefisk for the Turkeys mom raised. My folks were not the only Norwegians enjoying the annual delivery of Lutefisk to Ponoka. East of Ponoka, many Norwegians were settled in the Asker District.

Getting the turkeys ready for Christmas was a family affair from the time the turkey eggs were collected in early spring until the Market day in December. Mom's turkey hens usually chose nesting spots hidden in dry grasses under willow trees and near sloughs in forested land at least a ½ mile from home. The FREE RANGE life activity of turkeys starts once the spring weather showed signs of new growth. My brother & I were the detectives and secretly followed the hens to their nests. Sometimes the hens were upset when we stole their eggs and took them home.

Mom visited the neighbor farm to buy clucking hens. My brother & I went along when the clucking hens were purchased. We were fascinated with the idea & held the clucking hens in apple boxes in the back seat of the family car. The clucking hens were great nesters and after poults hatched, they were dedicated to looking after the new poults until poults got too big. When big enough they were trained to take cover at night in a lean-to shelter built onto the outside wall of barn. If a sudden rainstorm came up during the day we had to shoo them inside



their enclosure. They were stupid and could trample & suffocate the smallest ones in the pile up! If the turkey hens were left to hatch the eggs in the wild the coyotes usually enjoyed the feast before they were rescued and kept in an enclosure for feeding. Letting them out of the enclosure was tricky. The turkey has an instinct to wander and find pickings in the wild. The family garden was often a favorite place for easy pickings. This was a curse for it meant our fresh garden treats were raided and destroyed by the turkeys. The family dog was usually good at keeping the turkeys out of garden but whenever the family left home the dog was off duty.

When the turkeys were full grown and fed to perfection, they were prepared for Market and were hauled into town. In exchange these strange slabs of fish called Lutefisk were brought home. I remember Mom soaking the fish in 4-5 changes of fresh water before preparing our Lutefisk dinner. Home grown vegetables & flatbrod with the fish was what we learned to like. Never changed that menu for Christmas Eve as long as I can recall. After Lutefisk we enjoyed the fireplace, munching on Christmas Candies and Mandarin oranges. It was just fine and we will certainly miss our annual Solglyt Lutefisk Dinner in January 2021! I am sure the North American Norwegians eat more Lutefisk than the people living in Norway.

Sylvia Colleton



Gubben and Hodda 2011.



Elaine Domier & Torstein Tidemann 2020.



Bjarne Myhre 2018.



Kelly Greenwall 2016.



Rut and Dag Wiull 2020.



Kondolanse:

Betty Broen –The family announces the peaceful passing of Elizabeth “Betty” Broen (nee Choate) on Wednesday, September 23, 2020 at the age of 90 years

Betty was a Charter Member of Solglyt Lodge 4-143 Sons of Norway keeping in good standing with an active membership since 1968. Over the years we appreciate Betty for hours of volunteering time on executive and sharing the workload in preparing for special events hosted by our lodge. Betty loved to help and her smile set the mood for our ‘koz time’ doing things Norwegian together, such as working on Husflid handicrafts or preparing Norwegian foods. Her lovely smile was always welcoming. Happiness to Betty meant sharing helping hands with her friends at Solglyt Lodge c making lefse, preparing the vegetables and amazing desserts that Norwegians enjoyed at the annual Lutefisk Dinners in the days before catering. Helen Evjen, says Betty was her excellent Secretary when they were on executive together. For many years. Helen and Betty enjoyed many summers at Trollhaugen Camp along with Bea Huser and Astrid Hope. All loved leading or helping with the Camp Activities and most of all the Friendship time and being out in the country at Deer Meadows. On behalf of our lodge membership we share these memories of Betty Broen as a very special member of Solglyt Lodge. Sylvia Colleton and Emily Moen attended Betty's Memorial Service held at St Augustine's Anglican Church on Saturday, October 17, 2020 with Covid-19 precautions.

Message submitted by Sylvia Colleton

Alice Nikolina Sandahl – Kondolances to Betty Sandahl sharing memories of her sister Alice Nikolina Sandahl. My sister, passed away on Wednesday, December 9, 2020, at the age of 104 years. She lived at Deer Meadows in Camrose for her last years. One friend states 'I tried to stop in once a month. Her memory was phenomenal - plus her quilting, baking, etc. I had promised to take her to The Lefse House to celebrate her 104th birthday in March, however, due to Covid that never occurred. Alice did many things in her life from Housekeeping, Telephone Operator, Baby Sitting and Store Clerk. She spent many years on our family farm at Amisk where she raised chickens and enjoyed gardening. Her long life was contributed to hard work, determination, and a strong spiritual faith. Family and friends visiting Alice have fond memories of her homemade bread and other baked delights. She enjoyed making quilts up until a year before her passing.

Christmases growing up on the farm with my sister Alice and siblings. On the 24th we decorated the Tree. For Christmas Eve supper we had Lutefisk, potatoes, and vegetables, then we opened presents. On Christmas Day we had turkey and all the trimmings. We enjoyed the treats of apples, Christmas oranges, nuts and candies. Between Christmas and New Year's we played games and did Jigsaw Puzzles.

The Translation



How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the “wrong hand.”

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

4. Get on and off the bike from the “wrong” side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

Slik trener jeg for å holde hjernen i form

Hjernen er et av organene som får aller mest ut av trening, forteller forskerne oss. Men hvordan trener lege, hjerneforsker og forfatter Kaja Nordengen selv for å holde hjernen sunn og rask?

– Mitt mantra er det ikke spiller så stor rolle hva slags utfordringer du finner for hjernen din, så lenge du utfordrer den, sier hun til forskning.no.

Kajas hjernetreningsprogram

1. Puss tennene eller barber deg med «feil hånd».

Finmotorikken din kan trenes opp i din ikke-dominante hånd, og du kan lære deg til å bruke begge hender når du skal løse en oppgave.

2. Finn frem brettet og spill et parti sjakk.

Sjakk trener deg både i konsentrasjon, problemløsning, mønstergjenkjenning og strategisk planlegging.

3. Gå av bussen et stopp før eller etter din holdeplass.

Ved å bryte ut av mønsteret og lære deg nye ruter og steder du kan legge til ditt mentale kart, trener du orienteringsevnen din.

4. Gå av og på sykkel fra «feil» side.

Hvis du bryter med rutinen, utfordrer du hjernen og styrker nervecellekontakter du sjelden bruker.

5. Gjør nye arbeidsoppgaver i hjemmet eller bytt med partneren din.

Bytt om på oppgaver slik at den som for eksempel skifter dekk heller må lære seg å bruke symaskinen, og motsatt. Bor du alene, skift dekk selv, sy i den knappen du vet mangler eller følg en komplisert oppskrift når du lager middag. Det er slik vi får dannet nye nervecellekontakter.

Both versions continued on back page.

Deliciously Nordic

Potato Klubb Norwegian Potato Dumplings

Prep: 30 mins Cook: 1 hr

Total: 1 hr 30 mins Yield: 8 servings

This is a traditional Norwegian main dish. My grandmother always served it with fresh peas. As good as the potato klubb are the first day, they're even better the second day sliced and fried in butter until golden brown. We like to have them for breakfast with fried eggs.

Ingredients:

2 cups all-purpose flour

½ teaspoon salt

¼ teaspoon baking powder

¼ teaspoon ground black pepper

4 cups potatoes, peeled and grated

2 tablespoons grated onion

8 ounces cooked ham,
cut into 1 inch cubes

2 teaspoons salt

1 cup melted butter

Directions:

Step 1 Mix the flour, 1/2 teaspoon salt, baking powder, and pepper together in a bowl. Place the potatoes and onion in a large bowl, and stir in the flour mixture until thoroughly blended. Use floured hands to knead the potato mixture in the bowl until it takes on the quality of stiff bread dough. Add additional flour if the dough is too sticky.

Step 2 Pinch off a tennis ball-sized piece of dough and shape it around a cube of ham, completely covering the ham, to form a ball. Repeat with remaining dough and ham cubes. Set aside any extra ham.

Step 3 Fill a large pot with water, add 2 teaspoons salt and any extra ham, and bring to a boil over medium-high heat. Carefully slide the balls



into the boiling water, a few at a time. Loosen any sticking to the bottom of the pot. Simmer for 45 minutes to 1 hour. Remove with a slotted spoon, and drain on a plate. Serve hot with melted butter.

Vickie Spencer, Allrecipes

Lefse for One

Recipe shared by Iris Dunham.

2 medium potatoes boiled and mashed with the back of a spoon to remove all lumps.

Add:

3 Tbsp cream

1 Tbsp margarine

1/2 tsp sugar

Dash of salt

Mix and roll in plastic, place in fridge to cool for 1 hour.

Remove from fridge, add ½ cup flour.

Divide the dough into 7 balls.

Place one ball onto a lightly floured cloth (i.e., a tea towel) and roll out using a regular rolling pin (small enough to fit into your frying pan).

Fry and enjoy!





Solglyt Lodge



2021 EVENTS

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

The Translation *Continued from page 8.*

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.

6. Bruk datamusen med «feil» hånd i en dag.

Hjernen har godt av å bli brukt litt utenfor de faste rutine. Når du trener opp motorikken i motsatt hånd, trener du hjernen og danner nye nervecelle- kontakter og helt nye nervecellebaner.

7. Lær fem nye ord på et språk du ikke kan.

Å lære nye ord setter i gang de samme belønningssystemene som aktiveres av god mat. Hele hjernen samarbeider alltid, men for språkfunksjonen vår er det først og fremst hjernebarken som er viktig.



www.norwegianlafthussociety.ca

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

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2021 Newsletter Deadlines:

• Mar./Apr. - Feb. 26/21 • May/Jun. - Apr. 30/21

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