



Sons of Norway

Solglyt Lodge #4-143

March - April 2021

sofnedmonton.ca

Edmonton, AB

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President's Message

Over a year ago we began the experience of coping with life during a World Pandemic. Yes we have made the circle around the Sun. We are nearing the first year Anniversary date since Covid - 19 was announced as a Global Pandemic. Each of us has different but lasting imprints of how the pandemic has made us feel - - fear, hopelessness, and loneliness. The most difficult of all is loss of our freedom to live normal lives with family and friends .We like celebrating together on special holidays, Milestone events, Birthdays, weddings ,new arrivals , loss of love ones - - just a few things.

Dan Rude and Nordy Riley of District 4 joined in on our February 2021 Membership Zoom that was our Valentine's Social. Nordy and Dan enjoyed comments and feelings shared. Members expressed feelings of gratitude for having our local Lodge. We have a gathering place where we can enjoy social times, Norwegian Culture opportunities such as lefse making work bees, cooking class, Husflid projects, Norwegian Language, and the traditional way of celebrating Holidays in Norway. Indeed we are each proud of our Norwegian heritage for different reasons. I look forward to our next Membership Zoom Date that is March 10, 2021 at 7:30 PM. We will have a short business agenda and social time to share treasured items or interesting topics about loving Norway. The survival of Sons of Norway Lodges across Canada and in the USA means all of us doing our best to bring in new members. We are all responsible for making members feel needed and welcome. Invite members to be involved doing the things we enjoy at our local Lodge, at Sports weekends and at Conventions. We welcome refreshing ideas for new ways to have fun together at Solglyt Lodge.

Our Webmaster and Historian, Brenda Carlstad, does an excellent job to keep our



Edmonton Lodge website **sofnedmonton.ca** interesting and updated. Check out our Photos in Albums and Photo stream. Photos are keepsakes of our history. And the **Facebook page** is filled with FUN postings.

- **Our Solglyt brochure** contains handy facts and information about Solglyt Lodge and Sons of Norway.

- **View the Sons of Norway video** celebrating the organization's 125 birthday in 2020.

- **Visit our LINKS page** for access to a variety of organizations, including Sons of Norway Foundation in Canada, District 4 Lodges, and Valhalla Scandinavian Junior Folk Dancers.

Since all 'In- Person' gatherings and SofN events are not possible during restrictions, our members have found ways to keep in touch with one another. It has been my pleasure to visit with some of you through email letters, by telephone visits, and in seeing Facebook postings. Our Solglyt Newsletters are interesting, filled with articles, Recipes, and photos submitted by our members. We share anything Norwegian -Historic or Modern. Most of

Continued on page 3.

Kondolanses:

To Johnson families and with passing of Stanford Johnson on Thursday, February 4, 2021



Stanford Dale Johnson (Stan)

October 3, 1930 - February 4, 2021

With much love and heavy hearts, we announce the passing of Stanford (Stan) Dale Johnson into the arms of his loving Saviour. Stan is remembered by his children, Sheila, Luanne (Curtis), Marla, Dale, and by his grandchildren, Heather (Jon), Cameron (Nora), Kari (Shaun), Mia, Hala, Alanna (Derrick), Grace (Ryan), Browen (Michael), Gareth (Alex), Kai, Noah, and Alexandra, by great-grandson, Theodor, and sister, Maureen Bell. Stan was predeceased by his loving wife, Louise, in 2019. Stan's love for his family was his most important priority and he was thrilled with the announcement of each new grandchild. To his family he was a wise counsellor, mentor, and willing helper. Stan's family would like to express their sincere gratitude to Dr. Ryan O'Malley, Dr. Ingrid de Kock, and to all the caregivers who helped him through his last months. Stan's family is grateful to the Roozen Family Hospice Centre, Pilgrim's Hospice Society for the compassionate care provided during his short stay. A family celebration will be held at a later date. In lieu of flowers, donations can be made to Canadian Lutheran World Relief, Hope Mission, or to the Pilgrim's Hospice Society.

Memories of Stan

Stan was a member of Solglyt Lodge for 58 years, he joined Sons of Norway in April of 1963, he received his Life Membership in 1965 and his 50 Year Membership recognition in 2013. Not many will remain members for such an extended period of time and fewer still will contribute to our Lodge as Stan did during his time as a member.

Stan had already been a member of Solglyt for more than 20 years when I joined the Lodge, so I am not familiar with his early involvement however I know that Stan was enormously proud of his Norwegian heritage and it was evident in the many Nordic organizations he belonged to and supported.

In our Lodge he served in many leadership roles, he was President for four years, and served on many committees, he especially enjoyed the Bylaws and audit committees and was always very encouraging to members when he served on the Nominating Committee, I know he got me started to take an office. His leadership extended beyond holding office, it was his attendance and participation at meetings, serving as a delegate to District Conventions. Heading up the Lutfisk Supper committee, the District Convention in Edmonton, and Sports Week-End committees and more.

Stan was an electrician by trade and had many other skills, including working with wood, he was a skilled carver and taught workshops for the Lodge on carving Fjord horses and in chip carving. And often when Louise was teaching a Rosemaling class, in the Nordic Room, Stan would act as the chauffeur and 'lifting & toting' helper and he would spend the day sitting and whittling a bird or two while we painted.

Stan, the electrician, had everything diagrammed for the big hall and for the Nordic Room at the Dutch Centre as to where we could plug in the griddles for lefse bees and where we could plug in the coffee pots and table warmers for the Lutfisk dinner without kicking off the breakers, it saved us many trials and tribulations when trying to feed 250 people at the dinner.

I called some people who I thought might like to add some memories of Stan and here are their comments:

Bjarne Myhre - Stan and Louise were such lovely, lovely people. when I was teaching the language class, they were the ones who came the most regularly and they were the ones who were always the most prepared. After I stopped teaching the language class, Stan and Louise took it over for a while at their house. Their house was decorated with everything Norwegian. It was a very nice place to have the Norwegian classes.

Peter Myhre - I was not in the Norwegian dance class for very long, but I think that Stan and Louise were in charge of it when I was there and had been in charge of it for a long time. They were so passionate about Norwegian heritage and involved in everything. They were also friendly, supportive, and welcoming to all newcomers.

Wayne Nordstrom - When we were busy building the stave church model back in the early 2000s, Stan was always willing to offer his support and encouragement in the project. The model was built in Dennis Douglas's garage and since Stan lived next door to Dennis, we would often see Stan at one of our "building sessions." He just liked to be there and see how things were going and to help where he could. In the early stages of the project, he helped with building the floor of the model. Later, he offered to build the rafters for the church model, and he did an awesome job. His rafters were a work of art and they added much to the final product. He also did some of the shingling. His advice and support were always appreciated.

When we first became members of Solglyt Lodge, some of the first people we met were Stan and Louise. They were always very welcoming people and made us feel at home. They were both heavily involved in various activities associated with the Lodge, including the lutfisk suppers in which they played a major part in making them happen. Stan always liked to talk about the lutfisk suppers and liked to have them run well.

When we were taking Norwegian language lessons from Louise at the Johnson residence, Stan took two or three men who were beginners and taught them himself. He liked to be involved and offered what he could.

Since both Stan and I liked to hunt, we often shared hunting stories. The "big one that got away." Or, more often than not, his successes at bringing home a deer.

Continued on following page.

Memories of Stan *Continued from page 2.*

Karin Jackson – It didn't matter what was happening in the Lodge Stan and Louise were always involved in a positive way.

Roald Enokson – Stan was a good person to ask for advice, he seemed to know most everything about Sons of Norway and the Lodge. Roald was Treasurer during one of Stan's terms as President.

Olga McBride – Stan and I chopped lutefisk for many Lutefisk suppers, he asked Betty Anderson and I to do the fish cooking for the suppers because he liked the way we did it. Stan did a lot of reading and I remember loaning him some books on early explorers. I remember going out to Devon to a Community hall to make lefse for Lutefisk suppers and Heritage Days, to use a licenced kitchen, that was before we were part of the Dutch Centre.

Many of you will have other memories of Stan and I know you will treasure them when you think of him.

Heritage Days – Stan had his finger on the pulse of everything that was part of the Scandinavian Heritage booth those many years when he was the chairperson. He was instrumental in setting up the workshops beforehand where all five Scandinavian groups got together and made their food specialties; lefse, meat balls and red cabbage etc., etc., I remember workshops at Vasa Lodge camp at Pigeon Lake, at the SEESA (South East Edmonton Seniors Association) and at Hosanna Lutheran Church, this was before we had the association with the Dutch Canadian Centre. When it was time for Heritage Days Stan was there from the day before the tents went up to the day after the tents came down. And those were the days when we owned our own tents and they had to be in working order which meant seeing to their repairs, making sure they were dry before putting them into storage and probably a myriad of other things that I don't know about. When those tents were up you could be sure that any tornado like winds or rainstorms would not blow them over because Stan made sure that all the stakes were firmly in the ground, he checked them regularly. In those days we used to be responsible for our own food and beverage sales, there were no tickets it was all cash sales, and we had our own cashiers, Stan used to bring his holiday trailer to the site and that was where the days 'take' was counted and taken to the bank for deposit after the weekend. There are many other stories I could share about Stan and Heritage Days.

Trollhaugen Camp – Stan, along with Louise, taught Folk dancing at Trollhaugen when camps were held at Hastings Lake and then at Deer Valley Meadows. Stan also built the fluorescent lighting systems for the Rosemaling and chip carving tables which have been in use to this day.

Cooking Pancakes – I know Stan, and Louise, have cooked thousands of pancakes for Pancake suppers, for their church, Hosanna Lutheran, as well as for Heritage Society and ESCA (Edmonton Scandinavian Centre Association) annual meeting breakfasts.

Folk Dance – Stan, and Louise, were very active in the Scandinavian folk-dance environment in Edmonton for many, many years, firstly with the adult group where they taught and danced and then with the Scandinavian Junior Folk dance group which they started and taught many of our young people (today's millennials) the joy of dancing and preforming. Stan transformed many of the dance tunes to fit the number of dancers and the length of the routine, they loved to see 'their kids' preform at Heritage Days, our Sons of Norway events and other venues. I remember hearing stories of when Stan and Louise were part of the adult group and one was of dancing "come rain or shine" at the Camrose Jay-Walkers Jamboree on the main street of Camrose. With their Folk-Dance connections Stan, and Louise, were able to bring a Folk dance troupe from Norway to preform at Heritage Days one year.

Stan and Louise volunteered for many fund-raising activities for Scandinavian organizations, they worked many casinos for Scandinavian Studies, Torske Klubben (where Stan was a member) and Trollhaugen. Also, lots of Lefse Bees and other workshops.

Stan and Louise often had their family helping with Lutefisk suppers, Heritage Days, Trollhaugen Camp, working casinos etc. and later their grandchildren in the Junior Folk dance group. Their Norwegian heritage & culture; food, language, art, dance and much more has been passed on to the next generation. Well done Stan and Louise.

In remembering Stan, I have often included Louise, they were a couple and did so many things together, both were enormously proud of their Norwegian/Scandinavian heritage and culture which they lived and shared with us their Sons of Norway family. We will always be grateful to them. Mange takk!

Helen Evjen

Kondolanses:

Muriel Johnstone – Kondolances to Linda Johnstone Care with passing of her mother Muriel Johnstone and to Cliff & Sue Norum families. Muriel was Cliff's Sister.

President's Message

Continued from front page.

all, we love talking and being with groups of people in cohorts or social bubbles. Our Solglyt Lodge Secretary sends out email memos to keep us updated for Zoom Membership dates and happenings at other Lodges. To be informed watch for updates via her emails.

Days are showing more hours of daylight and Nature will soon be announcing new growth with the signs of spring. Norwegians living in Canada embrace the changes of seasons. We love taking auto day trips to explore different landscapes in winter settings. We miss our weekly social times with our friends but instead, we face the outdoor elements and try to walk daily. On February 25th, our daughter & I enjoyed an afternoon walk along the Sturgeon River Walking / Cycling trail. It was mild and birds were chirping and to our surprise we saw Robins, a sure sign of spring. To be a Norwegian you must live like a Norwegian.

Hjertilig Hilsen fra President Sylvia

Westmount Adopt-a-School Update Feb. 5, 2021

We will use the generous gift from Solglyt Lodge towards purchasing Chromebook computers and/or classroom desks.

This year, so many students learn (at least in part) from home and borrow computers from the school to access their online lessons. Also, some classrooms (my own included) used to take advantage of tables, instead of desks, to facilitate group discussions and collaboration. Now during the covid era, this is no longer an option.

**On Behalf of Westmount School
Staff - Kalli Lirette
Tusen tusen takk til alle dere.**



Left to Right: Verner Steinbru, Oak, Lu-Rene Kenendy, Brenda Carlstad, Jan Stemo, rear: Irvin Servold and Colin Anderson.



Left to Right: Verner Steinbru, Nordahl Flakstad, Sandy Kachmar with Birkie Baby and Pasi Karsen (Finnish Society).



Above: Brenda Carlstad, registration desk

Below: Volunteer Emily Moen



Fond Birkie Memories

Birkebeiner Festival

I think I had the most important job at the Birkie....I stood on stage at the Opening Ceremonies in costume with the warriors a few times....an honour indeed...to hold the Birkie Baby, a baby that would be King!!! (with the press recording our every move.)

Other volunteer jobs included congratulating tired sweaty skiers at the Finish Line and placing medals around their necks for a race well skied.

I gave out Year Pins....a prized possession for many skiers indicating how many times they had participated in the annual race.

Astrid Hope and I together, in costume, greeted visitors at the door at the Friday night socials.

Astrid and I together, in costume, spent the whole day sitting at a vast Birkebeiner display she regularly set up. Laughing and having a lot of fun all day. Astrid taught me how to 'play the role'!! The warriors were often hanging around with us in their costumes. Astrid and I became soul mates during those long

hours.... she was an inspiration to me, a great teacher. I think of her every year at Birkie time. The Birkie office still has her collection of historical documents she collected over a lifetime of volunteering at this event.

I began volunteering at the Birkie because my next-door neighbour (Cathy Schreiner) happened to run the Birkie office in Edmonton and told me that I since I was Norwegian, I should volunteer and if I did, she would make certain I had an interesting job!! So, I volunteered a few years in a row and loved being a part of the excitement. Cathy was also in costume as Inga. We had so much fun....it was a memorable experience, and yes, it was often quite cold out there!

In terms of time...it didn't involve a lot of time. A few hours here and there!! Well worth it.

In return for volunteering at the Birkie...I got the stamps from all the registration envelopes to donate to Sons of Norway.

Submitted by Sandy Kachmar

More Thoughts on the Birkebeiner Festival...

Lu-Rene Kennedy: I did medal presentations and registrations...nothing exciting...got cold feet standing in the kitchen tent to give out medals the year medals were given from a tent...all good when by the stove in the little hut to present medals.

Nancy Cockcroft: I have worked at the finish line collecting bands, registration, product sales both at the site and at the Sherwood Park location. The best part of the Birkie is

the hype at the site, the wonderful people that take part, watching the people come in at the finish line from the long haulers to the little kids. It's just a really fun place to volunteer and is something to break up the winter blahs! Emily was the one that originally got us into volunteering there, just needed something to do in February. Would work the whole weekend there.

Emily Moen: Finish line- recording times,

removing tracking devices, cheering.

Registration -registering competitors

Medals- handing out medals for various categories

Kitchen -well, what always happens in kitchens!

Brenda Carlstad: greeting skiers at the registration desk, registering them & handing out packets with bibs and so forth.

The Canadian Birkebeiner - A Norwegian Legend in Alberta

Cross Country Skiing is embedded in the culture of Norway. Skiing is the national sport and favourite winter pastime. Great pride is taken from their dominance in the sport and Olympic winners enjoy fame and fortune - Theresa Johaug, the most recent skiing superstar has her own television show and a brand of ski clothing. Every child "walks on skis" (gå på ski) as a natural course of development. The Norwegian government ensures that thousands of cross-country ski trails are maintained throughout the country. Sjusjøen Ski Centre outside of Lillehammer has 2500 kilometres of groomed trails and the Norwegian Birkie passes through this region. Easter vacation is most frequently enjoyed at their winter huts or in ski lodges.

The Norwegian Birkebeiner is based on the 13th century story of the young Prince Håkon being rescued by his Viking supporters and carried over two mountain passes to safety. His rescuers wore birch leggings and therefore called "Birkie (birch) Beiner (legs). This legend developed into a race from Rena to Lillehammer and has been held annually since 1932.

Thirty years ago, a small cadre of Edmonton Nordic enthusiasts made the trip to Lillehammer, participated in the Norwegian Festival and brought it home to Edmonton. Our first race was from the Devon Ski Club to Fort Edmonton and the route was a haphazard system of trails



which went over public and private land and occasionally on the ice of the North Saskatchewan. This route had logistic challenges and was changed to the Blackfoot Cooking Lake Park the following year where it is still held. Volunteers are critical to the success of such a big undertaking and the Festival has benefitted from both Torskeklubben and Sons of Norway involvement.

This pandemic year had been a banner year for cross country skiing as it is a naturally physically distanced sport and people were eager to be outdoors in the early winter. Membership in the Edmonton Nordic Ski Club tripled and ski shops sold out of equipment before Christmas.

Unhappily, the Birkebeiner Festival had to be cancelled due to public health restrictions. To keep the Festival alive, a Virtual Birkebeiner has been substituted; people all over the globe have been invited to participate while remaining in their own local communities.

The Canadian Birkebeiner is a natural link to our Nordic heritage and Solglyt Lodge has been involved with the Festival for many years. Hopefully this link between the Sons of Norway strengthens in the future as Solglyt Lodge continues to support The Canadian Birkebeiner Festival and promotes cultural knowledge of the event.

Submitted by Karen VanderMeer

2004 FLHTC Harley Davidson - \$12,000.00

Custom paint in a Viking theme - Norse gods, rune stones, Vikings
Less than 30,000 km with lots of extras.



Contact Les Jackson 780-257-6308 or lesjackson51@hotmail.com for more info and more pictures

My Norwegian Roots

You May Stumble and You May Feel Disheartened, But Keep the Faith, and Keep Digging For Your 'Roots'

One can try to explain the exhilaration of discovering your roots but no one can do justice to the feeling of earth-shattering elation you feel at that moment when you know your family's root beginnings.

The exhilaration is something beyond what words can explain but let me try to give you a glimpse of what it meant to me.

Let me start at the beginning; my initial query back in 2002 or so. My question was 'did my Grandpa Hagen have any relatives still living in Norway'?

I knew of Grandpa's one sister, Oleane, and his three brothers in Canada, Martin, Ole and Taale, and I knew he had a brother, Nils, in the USA but is that all there is? I knew there had been an older sister, Petra, who had died young and while her husband had remarried I knew that Petra's daughter-in-law, Arne Rolijordet's wife Hjordis conversed with my Mother via letters exchanged in Norwegian for many years. In later years when Hjordis' health was failing my Mom encouraged me to converse with her son Arne Herman. We enjoyed a good exchange and I learned more about the Rolijordet family however Petra was the oldest of the Granshagen children and having died at a young age her grandchildren didn't know much about the Granshagen side of the family so Arne Herman wasn't able to assist me on that front.

When I put the call out on Roots Web in 2002 I had learned that my great grandparents names were Johan and Antonet Granshagen and that they lived in the Toten area, near Lena, in Norway. I gave a little background on my grandfather, August Hagen. And that was about it; I sat and waited for a response.

After several years of no progress on Roots Web I gave up on ever finding out anything more about the relatives of August (Granshagen) Hagen in Norway and I stopped checking my Roots Web account.

Then, one day, in January 2005 Oleane's granddaughter, Lisa, contacted me from Vancouver Island, BC where she was living. Someone had contacted her hoping to get in touch with me in answer to my query on Roots Web!



Iris Hagen Dunham and her brother with their Grandpa and Grandma Hagen, about 1954.



Iris Hagen Dunham in her Toten bunad.

That's when my elation began! I had simply put a post out in cyber space and someone from Norway had found it and found a way to get in touch with me! His name was Bjørn Thune and he said he was a great grandson of Johan and Antonet Granshagen. In contrast to all my Norway research Bjørn had excellent English and explained to me that Johan and Antonet had a total of 12 children; 7 boys and 5 girls of which 5 boys and one girl had left Norway but there were 2 boys that stayed in Norway and one was Bjørn's Grandfather.

OMG, I have living cousins in Norway! OMG! Maybe I can one day visit the home where my Grandpa Hagen grew up? OMG! That would be amazing!

It turns out that Johan and Antonet were not ready to retire from the farm when their boys were old enough to be looking to start farming on their own and so the two boys that stayed in Norway each bought a neighboring farm; Johan Granshagen, Jr purchased the Bakkelund farm and so his name became Johan Bakkelund; his brother, Peder Granshagen, purchased the Thune farm and so his name became Peder Thune.

This was the crucial piece of the puzzle I needed! I didn't expect I could trace the roots if there were only daughters but I had expected if there



Left: Iris Hagen Dunham and husband Rob Dunham on the front steps of Iris's Great Grandparents home. Above: The Granshagen farm.

were sons I would be able to find Granshagens; I would never have looked for Thune and Bakkelund without this outstretched hand from across the ocean.

Imagine my amazement when all of a sudden the yellowed postcards found in my Great Uncle Martin's trunk (with greetings from 'Granshagen, Thune and Bakkelund') made sense, and a photo of the 'Bakkelund' family was no longer a mystery; they were family.

There were four sisters that had remained in Norway and I learned that Oleane had returned to visit her parents and her sister Marie, a couple times. I learned that Johan Granshagen lived to be 96 while Antonet was 89 when she passed away. Bjørn facilitated connections with other relatives, most notably our cousin, Torstein Thune, who still maintained the Granshagen homestead.

Then in 2015 my older brother and I, along with our spouses, made a trip to Norway. First we took an 11-night Cruise along the Norway coastline and then we rented a car and spent 2 weeks driving the countryside.

We spent several days as guests of Torstein and Else Thune, and visited Aud and Martinius Buflaten. Torstein and Aud, also being great grandchildren of Johan and Antonet, hosted a celebration where 26 direct descendants of Johan and Antonet were gathered and even though we were complete strangers to one another, and there was a language barrier, the love and acceptance was undeniable.

Torstein escorted us to a museum he had assembled containing various artifacts that had belonged to Johan and Antonet; it was amazing. Then, he led us to 'the Rock'!

'The Rock'! OMG! This was 'the rock' where every night, for as long as Johan lived there, he would sit each evening after supper to ponder! What did he ponder? I have no idea but my guesses are:

- The successes of the day
- The plans for tomorrow
- The welfare of his wife and family in Norway
- The health and happiness of his 6 children overseas
- Whether he would, ever again, see his 6 children who had left Norway

I was overcome with emotion as I contemplated the secrets this rock could reveal if only it could talk!

A day or so later Torstein toured us to visit his sister and brother-in-law; Aud and Martinius Buflaten. We enjoyed a delightful afternoon coffee and dainties outside on their lovely deck. During the course of our visit Aud invited me inside; I was overwhelmed with emotion when I saw her Totendrakt! OMG! I had conducted a lot of research to find out what Bunad was appropriate for me based on my father's roots.

There are regional bunads and then sometimes there are un-approved

costumes, called drakts, specific to a local community and such is the case with Lena in the Toten fylke. I knew that Lena was the name of the nearest town to where my Grandpa Hagen had grown up and I found that the Totendrakt was the 'unofficial' costume for the area. Since the costume was not yet accepted as the official costume of the area I didn't know whether I should pursue the Totendrakt or the bunad belonging to the larger, more general area; I had lucked-out guessing the costume matching my cousin's. I was soooo happy.

In Summary

The events that led me to Norway, and the events in Norway that confirmed the deep connections with my Grandfather's home created a deeper sense of love and belonging than I had ever known before in my life.

My Mom says that, in my Grandpa Hagen's eyes, I could do no wrong. I was only eight years old when he passed away at the age of 73, Whether the depth of his love for me had a bearing on the love and sense of belonging I found when I visited the home of his early years, I don't know. I do know that I feel a greater depth of happiness and contentment than what I had ever known prior to this experience. I wouldn't say that I had any sense of feeling 'unfulfilled' prior to visiting my ancestral roots in Norway, but I recognize I feel a deeper sense of grounded-ness now.

Conclusion

There is always more to learn when it comes to family history, and as more newspapers are being digitized and translated I look forward to reading articles in the Norwegian newspapers of old, to more fully understand the situation that would make leaving your homeland, knowing you would never see your parents nor siblings ever again in your lifetime, seem like a good idea. I recall hearing my folks say that Grandpa Hagen never wanted to go back to Norway because things were so bad when he left. Since he didn't wish to return, my Dad and Mother never considered the idea of going to Norway as being a good idea either.

Knowing my 'roots' makes my soul happy. When you experience it, you will know beyond a shadow of a doubt what I'm talking about; until then, like me, you may have no idea that you are "missing" anything!

It is only after finding your 'roots' that you will know the truly profound version of 'happy' your soul seeks.

There are many avenues to commence your journey; don't delay, start today.

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

****If you have enjoyed this 'read' and would like to see more of the same, and/or if you would like to see the photos that are included with this article online then visit <https://www.JourneyThruTheAgesAcademy.com>*

Member Recognition for 2020 and 2021

Solglyt Lodge recognizes its members for their years of support to our organization's mission, values and goals. We celebrate their commitment and dedication to Solglyt Lodge and the Sons of Norway organization.

The following are a list of members who have reached significant milestones in their years of support for our organization:

5 years with the Sons of Norway

Laura Blakley ('15)
Arvin Domier ('16)
Lois Flakstad ('15)
Kelly Greenwall ('15)
Brown Lawton ('15)

10 years with the Sons of Norway

Jordan Anderson ('10)
Norma Boraas ('11)
Grace Currie ('11)
Charlotte Evjen ('10)
Hala Haddad ('11)
Christopher Head ('11)
Johanna Ibsen ('10)
Ingrid Passamare ('11)
Dianne Storheim-Hill ('11)
Betty Thomson ('11)
Shari York ('10)

15 years with the Sons of Norway

Nancy Cockcroft ('06)
James Colleton ('05)
Sylvia Colleton ('05)
Luanne Currie ('05)

Lynn Douglas ('05)
Rose Hopland ('06)
Sandy Jamison ('05)
Sheila Johnson ('05)
June Koch ('05)
Cecil Lee ('05)
John Love ('06)
Wylde Magneson ('05)
Joanne Maynard ('05)
Emily Moen ('06)
Lorence Myggland ('06)
Carol Titosky ('05)
Margaret Toppe ('05)
Colleen Vogel ('05)
Fern Zurawell ('06)
John Zurawell ('06)

25 years with the Sons of Norway

Elaine Domier ('96)
Wayne Nordstrom ('95)

30 years with the Sons of Norway

Janina Carlistad ('90)

35 years with the Sons of Norway

Heather Beinert ('85)
Else Dethlefsen ('86)
Helen Evjen ('85)
John Evjen ('85)
Peter Juliebo ('85)
Marilyn Tungland ('86)
Roar Tungland ('86)
Judith Woyewitka ('86)

40 years with the Sons of Norway

Brian Levang ('81)

45 years with the Sons of Norway

Karin Jackson ('75)

50 years with the Sons of Norway

Glen Finstad ('71)
Bjarne Myhre ('71)

55 years with the Sons of Norway

Eleanor Anderson ('65)
Allan Berg ('65)
Stanley Hafso ('66)
Frances Haugen ('65)

Thank you all for your continued support.

If anyone listed above would like to receive a small pin to commemorate his/her milestone as a member of the Sons of Norway, please email **Peter Myhre** (the membership secretary) at **myhrep@macewan.ca**

If you notice any errors or omissions with the above list, please email Peter Myhre (the membership secretary) at myhrep@macewan.ca

Solglyt Lodge
4 - 143



Fastelavn - The night before Lent

The word *fastelavn* comes from the German word Fasten-Abend, and means the night before the fast. This was originally a three-day festive season, which consisted of Sunday night, blue Monday and Ash Wednesday. The fast is counted from Ash Wednesday to Easter Saturday, and Easter Sunday is added to the first Sunday after the first full moon after the spring equinox. Spring equinox is March 21st, but because the time of full moon varies, Easter falls at different times each year.

Lent Sunday was also called pork Sunday, and was the day of revelation. Here it is said that the custom was that one should eat 9 times in every corner of the living room, for this would provide food throughout the rest of the year. Pork belly and fatty soup with dumplings was the meal.

"Fastelavnsboller"

The fact that we eat these delicious buns today is remnants of this old custom, they are extra good buns to be filled with something good, such as jam and / or a lot of cream, or almond filling. Baking yeast buns was first a wealth phenomenon in the cities. In the countryside in Norway, we first hear about this in the beginning of this century.

See *Fastelavnsboller* recipe page 13.



"Fastelavnsris"

Perhaps the most well-known of this old custom that have survived to our time is the *fastelavnsris*. Even before Norway became Christian, superstition was associated with the *bjerkeris* – birch branches. It was then believed that birch branches, without leaves, had the power of fertility within it. Fields, cows and humans were "spanked" to ensure a fruitful year.

It was especially young girls and childless who got to taste the branches. When a young man met a young girl on the road, he spanked her. There was also a widespread custom among couples "spanking" each other, and it was the children's special right to be allowed to whip the adults awake in the morning. The reward of getting out of bed before the parents was always a bun - hence the tradition of *fastelavnsboller*.

Submitted by Anita Brown



Modern Scandinavian style jewellery artist

Joraan Overland is a professional artist residing in Edmonton, Alberta, who specializes in modern Scandinavian style jewellery, and is also a member of the Solglyt lodge since 2007. Before becoming a Goldsmith, Joraan worked in computers as a business analyst, but she wanted to make something with her hands. So, she decided to leave her corporate job and began taking goldsmithing courses.

I started perfecting my skills by working the metal with a variety of tools, including, files, rolling mill, hammers, saws and torches. However, it was the lost wax method that the Vikings used that intrigued me the most. There is something about sculpting a design in wax then see it come to life, almost like the piece itself is being born.

My Grandparents both emigrated from the Telemark area to Canada in the 1920's. It was their simple approach to life that I always admired, which was reinforced whilst in Norway. What struck me the most was how minimalistic Norwegians are, so, I decided to recreate this in metal. My creations are comprised of simple curves, circles, or squares, or even nature, like water, or the tall fjords. Some work is more traditional, but with a twist, like my Thor's hammer ring or my modern take on Solje.

I work mostly in silver, but also dabble in gold, copper and brass. For over ten years I have been a vendor at the Scandinavian Christmas market, this event has brought be a great deal of encouragement. But what I love the most about the market is being able to connect with other Scandinavian people and hearing their family histories.

Joraan participated in the folk arts competition in 2012 and won three ribbons. She has been featured in local magazines and recently landed a coveted spot as a jewellery artist at the Alberta Craft gallery. Joraan's Grandfather's farm is now a National Museum in Rjukan, Norway.

Email: joraan@joraan.com

Website: www.joraanoverland.com

Storefront: Alberta Craft Gallery 10186 - 106 Street

Tinn Museum: <https://nia.no/tinn-museum/>



Above: Joraan Overland.

Below: Overland Modern Logo Thors hammer.

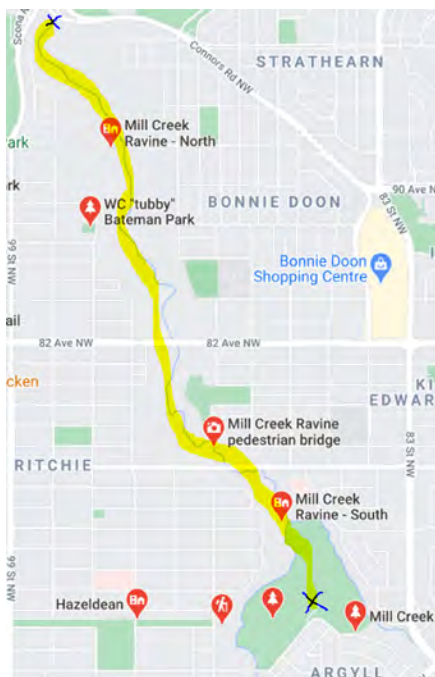
Bottom right: Modernist circle.



Above: Norsk line.

Left: Tinn Museum Overland farm in Rjukan, Norway.





Above: Gold Bar / Rundle Park.
Below: Fort Edmonton Trail.
Left: Millcreek Ravine.



119 St. From here there's a well-used loop that most people take and is about 3kms or less. If you are in for more of an adventure, there are a lot of "bush trails" too!



Fort Edmonton Trail.

Walking Trails in Edmonton and Area

Commentary guidelines apply to using trails in winter and snow conditions.

Most of these trails are very well used but are also snow packed. Depending on conditions they can be extremely slick and icy in spots. Recommend using ice-cramps on your boots/shoes for grip up and down the hills (even small inclines). And, many are multi-use walk/bike - watch for mountain bikers.



Rundle Park.

1. GOLD BAR / RUNDLE PARK

Gold Bar Park PL - 10955 50 St NW
 Rundle Park PL - 2909 113 Ave NW

Easy paved walking trails along the river. One can start out from either side of the river, either at Gold Bar or at Rundle and they connect by Foot Bridge. Lots of different directions and distances to walk. Side-note: there are very specific cross-country ski trails so make sure you stick to the walking paths as the skiers don't like skiing over foot prints.



MacTaggart Sanctuary.

2. MACTAGGART SANCTUARY

- Main parking lot on 23 Ave NW at the bottom of the hill west of 119 St.

A lovely network of nature trails. In the winter it is even better as you can cross back & forth over the Whitemud Creek, and even walk on the creek for a lot of the way (be careful though, as there are some wet/thawed sections) where you might need to circumvent through the bushes. For the most basic hike in this area, park at the main parking lot on 23 Ave NW, just at the bottom of the hill west of

3. FORT EDMONTON TRAIL

- Day-use parking lot at Alfred H Savage/Whitemud Equine just off Fox Dr.

Start from the day-use parking lot at Alfred H Savage/Whitemud Equine just off Fox Drive. Walk across a small footbridge and towards Fort Edmonton Park, under the Whitemud Drive Bridge. Look up to your left here, and you'll see our "famous" Talus Dome (silver balls)! At the base on the bridge, turn right off paved trail and head on to the unpaved trail runs which parallel to the river. It is an easy no-hill walk amongst large growth trees. When you get to the south end of Ft Edm Park, you will come to a steep incline (which is currently quite icy as of 23Feb21), and it takes you to the Fort Edmonton Footbridge where you can cross the river and continue on as long as you like! But, if you turn back and return from that small hill, it's a nice 5km round-trip.



Whitmud Creek to Snow Valley.

4. WHITEMUD CREEK TO SNOW VALLEY

- Parking lot as mentioned above off Fox Drive

From the same parking lot as mentioned above - pop under the Fox Drive Bridge and head south on the trail. This is a beautiful area

with very old growth trees – amazing! An overall peaceful and leisurely walk, with a few small up & downs, approximately 5kms total to the Snow Valley parking lot (once you hit the bridge that crosses the creek) and back to the parking lot at Fox Drive.



Millcreek Ravine.

5. MILLCREEK RAVINE

- 6850 88 St NW

A great variety of easy-moderate/paved walking or even some bush trails if you prefer "off the beaten track". A good starting point is at the "top" of the ravine by the Argyll Park/ Velodrome parking lot. There are many other entries in to Millcreek Ravine trails but for parking purposes the Velodrome is great. If you start there and walk all the way south to Connors Road and back, it's about 8-9 kms total... but remember you're heading downhill on the way out and uphill on the way back.



6. ST ALBERT

- Parking lots along Sturgeon Rd.

- at the St Albert Minor Baseball diamonds.

St Albert has an amazing network of trails and you can go for as short or long walk as you like! In the winter the Sturgeon River is frozen over and many people use it to walk, ski or snowshoe on. The best part of walking on the St Albert trail system – they are paved and CLEAR of all snow. You can wear regular runners/hikers or whatever you like and don't need to worry about slip-sliding around. One

St Albert Pathway.

great place to start a walk from is from the parking lots along Sturgeon Road – at the St Albert Minor Baseball diamonds. From here you can get right on the paved trails and walk either direction along the river, with a few foot bridges along the way to get back & forth from either side. Check out the St Albert Botanic Park on your way (it's just east of the ball diamonds along Sturgeon Rd)!

Submitted by Sue Colleton

Can Hunger Thank YOU

Donations to Edmonton, Alberta Food Bank

February 25, 2021

'Hi there' to Solglyt Lodge 4-143

Laura here from Edmonton's Food Bank. It was lovely chatting with your Solglyt Lodge Edmonton group today and over the months when Cliff delivered your donations here! We appreciate the generous donations you made throughout your Sons of Norway District 4 Can Hunger Campaign which ran from September to end of December 2020.

Here is information if your group should choose to volunteer at the Edmonton Food Bank. You can have a team of between 4 and 6 persons from Solglyt Lodge volunteer on a given date.

Laura Baker

Right: The Solglyt Lodge representatives present the Laura Baker with a final donation.



Left: (l to r) Sue Norum, Roger Bruce, Sharon Bruce, Cliff Norum, Sylvia Colleton, and Jim Colleton.



Let's Beat the Covid Blues

The next few months of winter, and beyond, may become boring, lonely, and tedious for many of us and especially for those at home and perhaps shut in. We don't know what the Covid restrictions are going to be so we need to find ways to fill our days with amusement of the simplest and may I say 'old fashioned' kind - books and jigsaw puzzles. I am suggesting that we share these items with each other.

I will keep a record of books and puzzles available for sharing. And we have several members who have volunteered to do courier service. If you have books or puzzles to share email me with the information, if you want a book or a puzzle let me know (via telephone) and I will have a courier deliver it to your door (with a smile behind their mask).

When you provide me with the information on items you have to share, I will keep an inventory of what is available and get Lu-Rene to circulate emails, to the membership, when new items are added. I hope you think this is a good idea and will participate in both putting items on the 'available' list as well as borrowing items offered.

Puzzles to share

Picture	Number of Pieces
Horses & birds in a field	300
Ocean life	300
Woodworking planes	513
Wooden spheres	513
Steam train	750
Early settlers, sod busting	1000
Balloons	1000
Bookstore window	1000
Tin robots	1000
A canal, Venice?	1000
Old time gas station	1000
Fall landscape	1000
Quilt on the veranda	1000

If you have books or puzzles to put into the exchange, I suggest that you put a return address label on the item and perhaps your phone number, so that we know the owner of the item, and then to get it back to you after it has provided entertainment for someone.

Helen Evjen helen.evjen@telus.net
780-417-5157



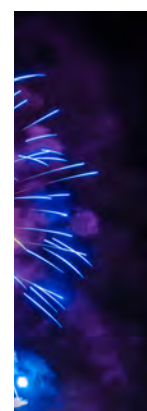
Books to share

Title	Author	Category		Description
The Snowman	Jo Nesbo	Murder Mystery	fiction	Norwegian author.
Cockroaches	Jo Nesbo	Murder Mystery	fiction	Norwegian author.
The Redbreast	Jo Nesbo	Murder Mystery	fiction	Norwegian author.
The Indian Bride	Karin Fossum	Murder Mystery	fiction	Norwegian author.
We Are Going to Pick Potatoes	Irene Levin Berman	Norway & the Holocaust	True story	Norwegian born author.
Hunger	Knut Hamsun		fiction	Nobel winner in Literature 1920.
Snow Treasure	Marie McSwigan	Adventure	fiction	Based on truth during Nazi occupied Norway.
Exile Air	Andrea Baston	WW II's Little Norway in Can.	True	Canadian author.
Syrup Pails and Gopher Tails	John C. Charyk, Alberta born.		True	Memories of One room schoolteacher.
Golf & Life	Jack Nicklaus	Sports	True	Golf
Mike Weir	Lorne Rubenstein	Sports	True	Golf
Gretzky	Walter Gretzky and Jim Taylor	Sports	True	Hockey
Gretzky, An Autobiography	Wayne Gretzky with Rick Reilly	Sports	True	Hockey
99	Wayne Gretzky & Kristie McLellan Day	Sports	True	Hockey
Walter Gretzky	Walter Gretzky		True	On Family, Hockey & Healing
Hockey Greats & More	Don Cherry	Sports	True	Hockey, baseball & more
The Game	Ken Dryden	Sports	True	Hockey
Final Call	Kerry Fraser	Sports	True	Hockey



Congratulations
Inge and Betty Anderson
 on their
 65th Wedding Anniversary
April 23, 2021

Best wishes from all of your friends at Solglyt Lodge.



Deliciously Nordic



Fastelavnsboller

*Recipe: Ingrid Opstad,
That Scandinavian Feeling*

Ingredients:

For the buns:

2 1/2 dl milk
100 g butter
50 g fresh yeast
500 g flour
90 g sugar
1 tsp ground cardamom
1 egg

For the whipped cream:

300 ml whipping cream
1 tbsp sugar
0.5 tsp vanilla sugar or extract
*or use a ready-spray if you do not
have time...*

For decoration:

1 egg
Icing sugar

Directions:

1. Measure up all ingredients so you have it all ready.
2. Melt the butter, add in the milk and heat it up to about 37°C in a pan (which is body temperature so I usually test it by adding a drop on my wrist) before you stir the yeast into the mixture.
3. Add all the dry ingredients into the bowl with your milk, butter and yeast mixture and stir it all together.

4. Lastly, add the egg.
 5. Knead the dough for approximately 10 minutes on medium speed (or by hand if you do not have a mixer).
 6. Let the dough rise for about 1 hour under a kitchen towel until it has doubled in size.
 7. Divide the dough up into about 20 evenly sized pieces, roll them into buns and spread them on two trays with baking paper on.
 8. Leave to rise for another 30 minutes under a kitchen towel.
 9. Preheat the oven to 200°C.
 10. Once finished risen, brush each bun lightly with a beaten egg.
 11. Bake for 10–12 minutes until they are golden (make sure you check as this depends on your oven, for me it was 10 min).
 12. Take them out of the oven and let cool down.
 13. When they have cooled completely, cut the buns in half and spread the whipped cream on the bottom half before placing the other half on top. If you want, you can also add a berry jam of your choice inside under the cream.
 14. Finish the presentation off by lightly dusting icing sugar on top.
- Best served and enjoyed immediately!*

Lomper

Anita Brown held a workshop for Solglyt Lodge members and demonstrated this favourite recipe.

Ingredients:

1 kg potatoes
1 salt

300-350 ml all-purpose flour

Directions:

Step 1 Peel and boil potatoes the night before grilling. Cover potatoes with a cloth and let cool at room temperature overnight.

Step 2 Add salt and grind (using grinder attachment on stand mixer), or rice, or mash potatoes.

Step 3 Using hands, knead in the flour, starting with the lesser amount. Add a little at a time until the dough is easy to work with. Cover and cool in fridge until ready to use.

Step 4 *Lomper* can be patted smooth with your hands on a lightly dusted surface, or, using a rolling pin, rolled to approx. 2-3 millimeters thick and about 15 cm in diameter.

Step 5 Brush off any loose flour before grilling.

Step 6 *Lomper* are grilled in a dry frying pan or on a griddle.

Step 7 Using medium heat, grill until medium brown without burning... similar to making lefse.

Step 8 *Lomper* tend to puff up during baking, if so puncture the bubble with a fork.

Step 9 Cover grilled lomper with a cloth, this will keep them soft.



At the February Zoom social, **Arvid Pederson** commented on how good these medisterkaker are. Here, he shares the recipe from the Facebook page 'Norwegian Holidays, Traditions, Cultures, & Histories'..enjoy!

Medisterkaker

Makes 16-20. I always double the recipe for 32-40. They freeze great. From frozen, it takes 3 minutes in the microwave.

Ingredients:

2.2 lbs. ground pork (20% fat)
3 teaspoons salt (level)
5 tablespoons potato starch (level)
3/4 teaspoon fresh ground black pepper
1 teaspoon freshly grated nutmeg
1/2 teaspoon ground ginger
1/2 cup whole milk or coconut milk
2 eggs *(If you don't want to use eggs, then increase your milk to 2 Cups). I have always done 1/2 Cup milk and 2 eggs.)*

Doubling the recipe - Double all ingredients, but keep number of eggs at 3.

Directions:

Measure up all ingredients so you
Your ground pork and milk should be at the same temperature...cold from refrigerator.

Add Salt, Potato starch, Pepper, Nutmeg, Ginger, Milk and Eggs.

Look at consistency of your meat mixture after mixing with your hands.



If needed, add a little milk to get texture where you want it. Your eggs will help to bind your patties.

Smell your meat... do you smell aroma of nutmeg and ginger? If not, add just a little more.

These are formed in the palm of your hand by first dipping a large spoon into a cup of water. Then grab some meat mixture with spoon and slap meat into the palm of your hand about 2 or 3 times. This gets rid of any voids in your patty. When you place in frying pan flatten out the top a little with back of spoon. (These should not be egg shaped like Kjøttkaker = meatballs.).

Fry in a non-stick pan to get some color on both sides.

(With each batch I fry in 1/2 stick butter.)

Once I have fried a pan full (don't

overcrowd), then I pour out any grease into grease container and wipe out pan with paper towel carefully. This prevents the grease that's already fried a batch of patties from imparting a possible burned taste to the next batch.

After all are fried, put them in a heavy bottomed pot and fill with water to almost cover all of them. Now boil this water.

Once boiling, "immediately" lower heat and let the Medisterkaker simmer for 1 hour.

They will swell and glisten when they are done.

The simmering process is so much gentler on the meat. Makes for a tender morsel.

If baked in the oven.... they will be crisp and dry.... which you don't want.



The Translation



6 Things You Didn't Know About Ice

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

1. Two types of ice on Earth

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of salt water.

"In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain.

"Old sea ice contains less than one percent salt," says Lien.

2. The world's oldest ice

"The southernmost continent of the globe has an extra layer of 'insulation' that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old," says Lien.

Other facts about ice:

3. Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].

4. About 10 percent of the world's land area and about seven percent of the seas are covered by ice.

5. Ice reflects away 90 percent of the sunlight.

6. The ice caps in Greenland and Antarctica are so large that they affect the earth's gravity.

Seks ting du ikke visste om is

Is er vann i fast form. Den spiller en viktig rolle for kloden vår. Klimaforskerne Anne Britt Sandø og Vidar Lien forklarer noen av isens hemmeligheter.

1. To typer is på jorden

På jorden finnes det to typer is: Det som forskerne kaller landis, består av ferskvann, mens sjøis består av saltvann.

– I sjøisen blir saltet etter hvert skilt ut. Så ny sjøis har mye salt i seg, mens gammel sjøis vil være ganske fersk, sier Lien.

Det som skjer inni isen, er at saltet blir klemt sammen i lommer som får veldig høy saltholdighet. Etter hvert begynner disse lommene å smelte, og saltlaken lager små irrigasjoner i isen før den til slutt renner ut. Dermed blir sjøisen ferskere og ferskere. Fersk sjøis kan ha mer enn to prosent salt, mens sjøvann typisk ligger på mellom tre og 3,5 prosent salt, forklarer forskerne.

– Gammel sjøis inneholder under én prosent salt, sier Lien.

2. Klodens eldste is

Klodens sørligste kontinent har et ekstra lag med «isolasjon» som gjør at det holder på kulden.

– Isen du finner på bunnen av isdekket i Antarktis er rundt en million år gammel. Den eldste iskjernen hentet derfra er 800 000 år gammel, mens den eldste isen på Grønland er omtrent 100 000 år, sier Lien.

Andre fakta om is:

3. Saltvann fryser stort sett på 1,8 minusgrader. Ferskvann fryser på null grader.

4. Omtrent 10 prosent av verdens landareal og cirka syv prosent av havene er dekket av is.

5. Is reflekterer bort 90 prosent av sollyset.

6. Iskappene på Grønland og i Antarktis er så store at de påvirker jordens tyngdekraft.

Alle Hjerters Dag: Valentine's Day in Norway

The word *fastelavn* comes from the German word Fasten-Abend, and in Norway, Valentine's Day is not celebrated with as much fanfare and grandeur style compared with many other parts of the world. However, the expression of emotions and ardent love is still important and Norwegians enjoy spending time together to discover more about each other's lives.

People do take time to be romantic in Norway and often celebrate the expression of love with cards, flowers and chocolate. Many Norwegians now send postcards to the ones they love on Valentinsdagen. Celebrate Valentine's Day In Norway By Traveling.

These lovely hearts work equally well for Valentinsdagen as well.

Valentine's Day can be a memorable time for embracing the beautiful locations Norway abounds; take a trip to one of Norway's fjords where you can celebrate love in gorgeous



surroundings. Just imagine watching the sunset with your loved one from a koselig hytte, surrounded by breathtaking mountains and overlooking Norway's world-famous fjords. Plan a trip to any of the country's historic cities

for a different experience. Norwegian Air has special offers for Valentine's Day such as flights to Lofoten for a unique adventure or Tromsø for the magical experience of watching the northern lights. Is there really anything more romantic than that?

Birdwatching has been a practice in Norway on Valentine's Day as it is believed that birds mating means spring is around the corner. Why birdwatching you ask? Because Valentine's Day, also known as Alle Hjerters Dag in Norway, is often associated with the coming of spring, observed through birds mating. Such a sight is a sure sign that spring is on its way, as well as a sign of kjærlighet, or love. That's why spring celebrations in Norway have often been interlinked with the observance of Valentine's Day. Nowadays, Norwegians see this day as an occasion to express their love in all kinds of ways. Plus, the chance to explore Norway's beautiful nature in addition to spotting some rare avian species is a great way to spend Valentine's Day.

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.

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**



The Norwegian Birthday Song

To all Solglyt members celebrating a birthday in March or April, here is your song!

Hurra for deg som fyller ditt år!
Ja, deg vil vi gratulære!
Alle i ring omkring deg vi står,
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!



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

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

2021 Newsletter Deadlines:

• **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.