



Executive Officers:

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

Support Directors:

Lodge	
Counselor	Sylvia Colleton
Social	Sharon Bruce
Volunteer	
Coordinator	Sylvia Colleton
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>
Webmaster	Brenda Carlstad
Trustees	Roger Bruce
& Auditors	Cliff Norum
Newsletter	Sandy Jamison <i>sjamison@greatwest.ca</i>

Mailing Address:

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



President's Message

God dag til alle.

This is my first submission as your President of Solglyt and I am deeply honoured to serve you in this capacity for the next two years.

A word of thanks to the outgoing members of the Executive for their work in the past in keeping our Lodge moving during difficult times such as the pandemic.

Our Lodge has amazing volunteers and without them Solglyt could not provide many events for members to enjoy.

We have events planned for all months up to the summer break and will be noted in this newsletter.

2023 is the 110th Anniversary of the formation of our Lodge and that is quite an accomplishment.

Just think our Province is only a few years older than our Lodge.

We are planning a celebration of our **110th Anniversary** on **Saturday, June 10** which will include a display of cultural items, entertainment, silent auction and a dinner and we have a committee already organizing this event.

So please support this event with your items that you have of cultural significance that can be shared on that day and also any items that you wish to donate to our Silent Auction would be appreciated.

Last year we had a bus trip to Haminja – Heritage Farm and Nature Preserve and we had so much fun that a bus trip is being contemplated in Mid July.

See you at our next event which is a **games and pizza** occurring on **Sunday, March 12** from **1:00 to 5:00 p.m.**

Let's have fun at all our meetings and social events.

Takk
Arvid



Events

- **Sunday, March 12** - 1 p.m. to 5 p.m., Nordic Room
Games and Pizza.
- **Wednesday, April 12** - 7:30 p.m., Nordic Room
Lodge Meeting and Presentation
by Arvid Pederson of Oslo to Bergen.
- **Wednesday, May 17** - Syttende Mai.
- **Saturday, June 10** - Solglyt Lodge 110th celebration.



SONS of NORWAY

Solglyt Lodge 4-143

Saturday - June 10, 2023

SUPERCENTENARY CELEBRATIONS

SOLGLYT LODGE INVITES YOU TO
ENJOY AND MARK THE OCCASION
OF ITS 110TH ANNIVERSARY

Dutch Canadian Centre
Home of the Scandinavians
13312 – 142 St. NW Edmonton



Afternoon Social & Dinner Event – Tickets - \$40

Order by Email (PREFERRED) solglyt110@gmail.com

Order by Phone: 780-470-0166 - leave message

Jim Colleton

2 - 25519 Twp Rd 512A

Spruce Grove, AB T7Y 1A8

www.sofnedmonton.ca

Lodge Email: info@sofnedmonton.ca



(Above, L to R) Solglyt Executive: Membership – Peter Myhre, Counselor – Sylvia Colleton, President – Arvid Pederson, Vice-President – Sheila Johnson, Secretary – Laura Blakely, Treasurer – Jim Colleton.

Solglyt January Installation



Sylvia Colleton, as past president for four years, receiving flowers from Sharon Bruce on behalf of Solglyt members. Also, an extra-special thank you to Lu-Rene Kennedy our Secretary for the past four years and Zoom guru. (photo not included).



(L to R) Sylvia Colleton, Social Director: Sharon Bruce; Foundation Director, Historian, Publicity & Webmaster: Brenda Carlstad. Anita Brown, Culture Director, was unable to attend.

More Solglyt January Installation



(L to R) Support Officers: Trustees – Roger Bruce, Cliff Norum. Newsletter Editor – Sandy Jamison.



President, Arvid Pederson thanks Elaine Domier, who performed the Installation Officer duties for the evening.

Solglyt Lodge Volunteer Opportunity 2023

Spring & Summer Months at Meals on Wheels Kitchen,
11111 – 103 Avenue, Edmonton, AB.

CAN YOU HELP?

Your response is needed before March 12th, 2023. If you wish to join our **Solglyt Volunteer Team at Meals on Wheels**, please contact **Sylvia** by phone **780 470 0166** or email **sylviaanncolleton@gmail.com**

One of many things our Lodge does is to share helping hands in the Community. Members of Solglyt Lodge helped in the Kitchen at Meals on Wheels several years ago and did a super job. Meals on Wheels always need volunteers and hope we can provide a team. New guidelines are in place with more checkmarks to pass before any volunteers are accepted.

For our Sons of Norway team to be accepted, we should have a minimum of 4 - 6 who are willing to work 2 shifts per month for at least 3-4 consecutive months.

The following Qualifications are important for you to know before you consider volunteering at Meals on Wheels Kitchen:

1. Physical ability to perform the job as outlined.
2. Physical ability to lift 15 pounds, using both hands.
3. Physical Ability to stand for extended periods of time without a rest.
4. Recent pandemic is still very present and a critical factor we all must respect.



Solglyt Lodge 110th Birthday Celebration - Helpers Needed, Entertainment?

Planners for our **Solglyt 110th Celebration** are very excited to announce the date that is **Saturday, June 10, 2023**. Mark your Calendars!

This event will be amazing - - how can you HELP??

CONTACT Sylvia Colleton 780 470 0166 or email sylviaanncolleton@gmail.com

1) Helpers are needed

- Set up International Hall – arranging culture displays, tables and decorations.
- 50/50 Ticket Sales during the event.
- We need Silent Auction Items collected in advance and help to manage.

2) Entertainment

- Do you sing, play an instrument – and wish to share your talent.
- Actors to be a part of fun and very simple skits are needed.

Contact Sylvia if you would love to be on stage!!

You could win a Sons of Norway 2023 Global Award!!!

Birkebeiner Ski Festival



Nancy Cockcroft, Emily Moen and Shirley Edwards working the registration desk at the February Birkebeiner Ski Festival.



Brenda Carlstad at Sons of Norway table at the Birkebeiner Ski Festival.



Above: John Fletcher, Janina Carlstad and Brenda Carlstad promoting Sons of Norway at the Birkebeiner Ski Festival.

Left: Members Kaara Boraas and Leanne Boraas promoting both Torskeklubben of Edmonton and Sons of Norway at the Birkebeiner Ski Festival.



(Clockwise from above) Syttende Mai parade, Oslo Opera House, Nancy and Arvid enjoying a harbour tour, more Syttende Mai parade participants, Edvard Munch Museum as seen from the harbour, Arvid and Nancy dine with cousins Geir and Tore Ruud.

My Norwegian Roots

Norway Trip – May 2022

My wife Nancy and I had the privilege of a trip to Norway in May 2022.

We left Edmonton on May 12 and spent 5 days in Oslo.

On May 14 we met my second cousins Geir and Tore Ruud at the Oslo Opera House for lunch. Following lunch, we attended a handball game in which their hometown of Elverum was playing in the championship game.

On May 15 we toured the amazing Edvard Munch Museum. Later that day, Geir took us on a tour of Oslo and he invited us back to his apartment for a delicious home cooked meal of traditional Norwegian food.

We took an interesting and beautiful tour of the Oslo harbour on May 16.

We attended the Syttende Mai (May 17) celebration. This was an amazing experience. The weather was 20C with not a cloud in the sky and no wind or rain. It was the first time Norway had a chance to celebrate since the pandemic and everyone was in a mood for fun. I had a hot dog as all Norwegians seem to do on that day but did miss out on ice cream.

On May 18 we traveled by train from Oslo to Flam, where we boarded a large ferry to Bergen. The route was very scenic and the Village of Flam was awesome.

I will have a presentation of Oslo to Bergen at the April 12 meeting.

Arvid Pederson





L to R: Carole, Sharon, Roger, Sylvia & Donna (Owner Food With Flair).



L to R: Elaine, Betty, Frieda (Norma's friend), Norma, Kora (Norma's Granddaughter).

LUTEFISK DINNER at Viking, Alberta

DATE: **Saturday, April 15, 2023**

LOCATION:

**FOOD WITH FLAIR,
Main Street,
Viking, AB T0B 4N0**

SOCIAL TIME:

2:30 – 3:45 PM

DINNER SERVED: **at 4 PM**

**Lutefisk Dinner including
dessert/ baking approx
\$25/ person.**

LIMITED SEATING

– 30 persons



Contact **Sylvia Colleton** soon to get your name on the list. **Phone: 780 470 0166** (if answer machine please leave clear name & how you want to be contacted), **email: sylviaanncolleton@gmail.com**

You must have your own transportation. If you can give others a ride let us know.

Donna will be happy to see us arrive at around 2:30 - 3 PM at her restaurant for a little social time. She does not have a liquor license but tea/coffee & water is available. We can visit, share Lutfisk stories and stories of our travels to Norway or attending Conventions. Lets keep our Norwegian heritage fun and alive.

Kondolanse:

STANLEY HAFSO - July 16, 1926 - December 21, 2022

Stanley Hafso, born in Viking, passed in Edmonton December 21, 2022 at 96 years old. He is survived by his Wife of 71 years, Minnie, son Trevis (Karen) and daughter Laurel (Doug). Stanley led a blessed life and was loved by all.

Stan will be happy to now be with his identical twin Gordon Hafso, ten more brothers & sisters, his parents Sivert & Hanna Hafso and his Lord. He loved his 6 grand children, 2 great grandchildren, nieces, nephews and long term friends & care givers Nelita (Robert), Tony (Rita) and Stacy.

A small closed funeral service was held in Viking along with his commitment on January 9, 2023.

LINDA MARIE WILKS - October 16, 1949 - January 3, 2023

It is with great sadness that we announce the death of Linda Marie Wilks (Edmonton, Alberta), who passed away on January 3, 2023, at the age of 73, leaving to mourn family and friends.

She is survived by: her husband Ernie; her children, Mary (Darrell), David (Rebeca), Christine (Amy), Michael and Carlene (Hugo); and her sisters, Carol and Gladys. She is also survived by many other relatives and friends.

A funeral service was held on Tuesday, January 10th 2023 at the St. Albert United Church.



Two cardboard boxes holding metal artifacts found in the Viking Age burial, including knives, a cloak brooch and remains of a shield.

Viking Grave Discovery

An amazing discovery was made in the backyard of a house located in the Holmen neighborhood of Oslo. A new house was set to be built on the lot, but before that could happen, archaeologists were called to excavate the site. Their labors were fruitful as they determined there lay a burial site dating back to the Viking Age. Among the items found were gravestones, knives, horse equipment, a cloak ring buckle, and an entire wooden shield. All that was left of the rotted wooden shield was its metal centerpiece. There were no human remains found at the burial site as it was Viking tradition to cremate the deceased on a bonfire. The items found were just underneath the topsoil. *Scienconorway.no* reported that about 60 Viking graves have been discovered in Oslo. However, this one is significant in that it was the first excavation by a team of archaeologists, rather than construction workers.

Image credit: Courtesy of the Cultural Heritage Management Office of Oslo



The Valentines Box full of Valentines was delivered by Brenda Carlstad to her local fire station.

Pancake Supper

February 8, 2023

Our annual pancake supper was held on Wednesday February 8th, 2023 and about 25 people attended. Norwegian pancakes together with fresh strawberries and whipped cream were the main menu item and were thoroughly enjoyed by all. We also had pork sausages to accompany our meal. Our monthly meeting followed. Valentine cards were set out for each member to sign and Valentine cookies were set out for everyone to

enjoy. The Valentines Box full of Valentines was delivered by Brenda Carlstad to her local fire station. The firefighters were both surprised and appreciative. Brenda told them that they support us seniors every day and that we were very thankful for their service. Another successful event for our Lodge.

Sharon Bruce
Social Coordinator

SON Membership Card Update

New member membership cards

These cards will no longer be adhered to the letter, but instead be included in the design of the letter, so members can simply cut the card design out of the new member letter.

Renewing member membership cards

Renewing members will continue to receive a new membership card annually. The cards will no longer be adhered to the letter, but instead be included in the design of the letter, so members can simply cut the card design out of the renewing member letter.

As an effort for continuous improvement, we are working toward a print on demand feature so that members can download their membership card, then print when and where they wish. This will offer our members the convenience of retrieving membership information any time it is needed.

Sons of Norway Headquarters

The Lefse House - Camrose

Grand Re-Opening - Friday, March 10, 11:00 am

Recently the Lefse House in Camrose, Alberta was sold to new Owners. Bernell and Linda Odegard have retired and their daughter Jane Beck has moved on to her new enterprise.

Holly Bruce and Robert Cormier of Wetaskiwin Alberta took over the ownership of this well established business in January of this year.

With barely a month under our belt we have been encouraged to have a grand re-opening of our business. The Mayor of Camrose as well as other dignitaries from around the province will be in attendance at the Ribbon cutting on **March 10th at 11:00 am.**

We are extending an invitation to anyone who would like to come help us celebrate and be in on the festivities. There will be a couple new items to our menu to sample as well as large sizes to purchase.

Friday is also our Cinnamon bun day and they will be freshly made, so plan on staying for a coffee and a bun or preorder them to go.

Holly Bruce & Robert Cormier

The Lefse House, 5210 - 51 Avenue, Camrose, AB T4V 4N5



World's First Fully Electric Public Transit System

By the end of 2023, Norway hopes to have the world's-first fully electric public transit system. The city has invested in 450 electric buses to replace the remaining diesel-fueled buses. While the upfront costs of US \$51.3 million are higher than the price of diesel buses, they believe there will be great long-term savings as electric buses have lower maintenance and operation costs. The public transport authority for Oslo is also confident that the new buses will be more comfortable and quieter for passengers. This move is expected to not only reduce emissions but also improve public health by reducing air pollution.

It is part of Norway's grand plan to be emissions-free by 2030. Many would say Norway is on the right track as electric vehicles in Norway now outnumber gas cars on Oslo's roads. They have become a "global pioneer for the green transportation revolution," hoping that other cities will follow suit to shift away from fossil fuel use.

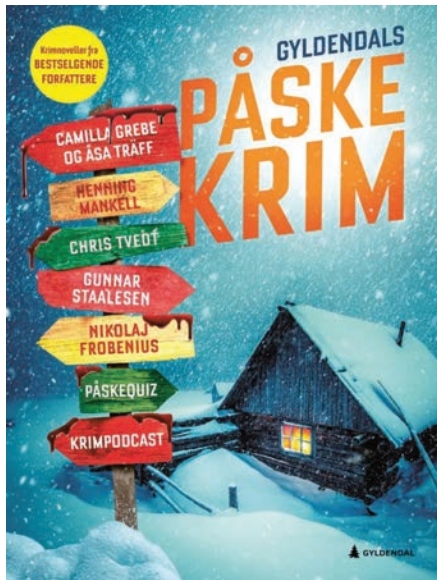


Photo Credit: Ole Martin Buene / Tine via nationen.no

Påskekrim and the Milk Carton Mysteries - Easter in Norway

God Påske!

Easter is one of Norway's biggest holidays, just as big as Christmas. The entire country seems to shut down during the week of Easter to enjoy the holiday with family, friends and nature. The Norwegians' idea of having a *god påske* consists of hiding away up in the mountains, skiing the last available snow or basking in a wall of early spring sunshine known as *solveggen*.

Påskeaften, Easter Eve on Holy Saturday is the big day of celebration. Children get to open large colorful Easter eggs filled with candy, families organize ski races and hikes in the mountains and the biggest meal of the week concludes the day with an Easter lamb or chicken.

Easter Sunday gets underway with a special breakfast at the family hytte or at home, sometimes followed by church. It is common to enjoy homemade Easter bread on Sunday. Pastel-colored Easter bunnies, chickens, daffodils and eggs cover the table to set the mood. No Easter break is complete without the popular *påskekrim* (Easter crime) novel.

Påskekrim

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.



Many Norwegians head to the *hytte* (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called *Påskekrim* along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

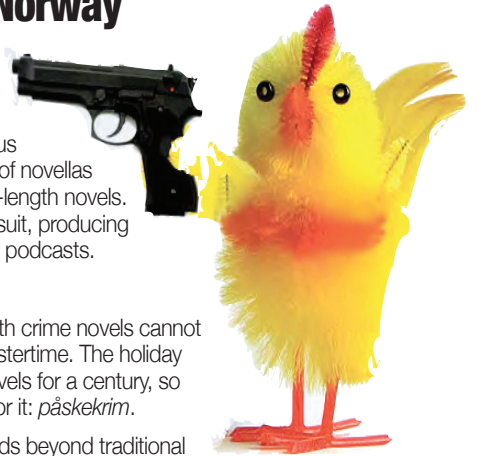
Milk Carton Mysteries Return

The Norwegian national obsession with crime novels cannot be understated, especially around Eastertime. The holiday has been associated with mystery novels for a century, so much so, that there is a single word for it: *påskekrim*.

This fascination with whodunits extends beyond traditional books. For 25 years, dairy company TINE printed Easter detective series on the back of milk cartons, so the whole family could put their heads together to solve a mealtime mystery. This tradition also led to a unique compound word: *melkekartongkrim*, milk carton mystery.

In 2021, TINE announced that they would no longer be printing crime stories on their cartons but switching to scannable QR codes leading to interactive web games. After widespread backlash and petitioning, TINE decided there was no shame in reversing course and brought back the carton crime series in 2022, introducing a new crime-fighting chicken on skis. TINE doubled down, adding a full nynorsk version for the first time on their cultured milk cartons.

Whether you are visiting a hytte, reading mysteries, or enjoying milk, God Påske! Happy Easter!



Deliciously Nordic

Surstek Av Lam – Norwegian Marinated Leg of Lamb

Popular dishes served in Norway to celebrate Easter include a main course of lamb. Here's a savory recipe from well-known Scandinavian cookbook author Beatrice Ojakangas.

Serves 10

Ingredients:

6 - 6 1/2 lbs. leg of lamb
2 quarts fat-free buttermilk
2 tsp. salt
2 Tbsp. flour
1 cup water
1/2 cup sour cream
salt and pepper



Directions:

Preheat oven to 325°F. Trim the leg of lamb.

Place in a non-aluminum pan or in a large, heavy-duty plastic bag. Pour the buttermilk over the lamb and refrigerate for 3 to 4 days. Turn the lamb often if the milk does not cover it completely. Remove the lamb from the milk and discard the milk.

Dry the meat and rub it with the salt. Place it on a rack in a roasting pan. Pour the water into the bottom of the pan.

Insert a meat thermometer into the thick-

est part of the roast, being careful not to let the thermometer touch the bone. Roast for approximately 1 hour and 15 minutes, or until the meat reaches 160°F.

Deglaze the roasting pan by adding a little water to it and stirring up the drippings from the bottom of the pan. Strain the drippings and blend in the flour. Cook, stirring, until the gravy is thickened. Add the sour cream, salt, and pepper.

Slice the roast and serve with the gravy.

Recipe from Scandinavian Feasts by Beatrice Ojakangas.



Hazelnut Toscakake

A twist on the classic Norwegian almond cake. Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients:

For the Cake:

4 extra large eggs
1 1/4 cups granulated sugar
1 1/4 cups all-purpose flour
2/3 cup butter

For the Topping:

2/3 cup hazelnuts (roughly chopped)
1/2 cup granulated sugar
3 Tbsp. milk
1 Tbsp. all-purpose flour

Directions:

Preheat the oven to 350°F (175°C). For the cake, melt butter and set aside to cool. Whisk the eggs and sugar together until light yellow and fluffy. Add the flour and melted butter until just combined. Pour the batter into a springform pan lined with parchment paper and bake for about 45 minutes. Check to see if it's

done by inserting a toothpick or wooden skewer into the cake. If it comes out clean, the cake is done. If batter sticks, bake for an additional 5 minutes and test again.

When done, remove the cake from the oven but leave it in the springform pan. For the topping, place all topping ingredients into a saucepan and bring to a boil. Once a boil is achieved, immediately pour the mixture onto the cake and spread evenly across the top. Return the cake to the oven and continue baking; only using the top heat (broiler) if possible until it looks golden brown, about 5-10 minutes.

Remove from the oven and allow it to cool before removing from the springform pan. Enjoy!

This recipe and more may be found on Christopher's blog Pumpnickel & Rye.



The Translation

Badstue er like sunt som trening

Umotivert for å trene? Nå kommer finske forskere med et hett tips til oss på nyåret: En halvtime i en dampende badstue er like bra for hjertet som en treningsøkt, mener de.

De siste årene har forskere ved Universitetet i Øst-Finland jaktet på helsefordeler ved å gå i sauna.

Og de har funnet mange. Tidligere har forskere kommet fram til at regelmessige turer i badstua både gir lavere risiko for hjerte- og karsykdommer, plutselig hjertestans, Alzheimer og demens.

Nå har den samme forskergruppen fra Finland gjort et eksperiment. De har sendt 102 frivillige deltakere inn i en 73 graders varm badstue. De hadde en gjennomsnittsalder på 52 år og alle hadde minst én risikofaktor for hjerte- og karsykdom.

Som en moderat treningsøkt

I den nye studien finner forskerne mer ut om hva som egentlig skjer med kroppen når vi har svettet i en badstue i en halvtimes tid.

De testet deltakerne før de gikk inn i det dampende fellesskapet. Deretter målte de kroppstemperatur, hjerterytme og blodtrykk rett etter at de kom ut igjen.

Resultatet viste at kroppstemperaturen til badstubaderne økte med to grader etter en halvtime inne i varmen. Blodtrykket deres ble redusert og blodårene deres ble mer elastisk.

Hjertefrekvensen deres steg tilsvarende det man vanligvis oppnår ved moderat trening.

Bedre helse av å gå to–tre ganger i uka

På 1980-tallet ble 2315 finske menn spurt om badstuevanene deres. Deretter så de hvem som levde 21 år seinere.

Det viste seg at det var høyere dødelighet blant dem som tok badstue én gang i uka enn blant dem som varmet seg to-tre ganger per uke.

De som var i innom fire til sju ganger i uka, hadde enda lavere risiko for å dø.

Og det gjaldt ikke bare dem som døde av hjertestans eller hjerteinfarkt. Det gjaldt også dem som døde av andre årsaker.

Forskerne antydte i 2015 at funnet kunne tyde på at temperaturen gir høyere hjertefrekvens og dermed bedringer i blodtrykket.

Redaktøren av tidsskriftet JAMA Internal Medicine, som publiserte artikkelen i 2015, antydte også at badstue kan være bra fordi du slapper så godt av der inne i varmen, og at du ofte er i et godt lag.

Sauna as healthy as exercise

Unmotivated to exercise? Now Finnish researchers have a hot tip for us in the New Year: Half an hour in a steamy sauna is as good for the heart as a workout, they believe.

In recent years, researchers at the University of Eastern Finland have been looking for the health benefits of sitting in a sauna.

And they have found many. In the past, researchers have concluded that regular trips to the sauna both result in a lower risk of cardiovascular disease, sudden cardiac arrest, Alzheimer's and dementia.

Now the same research group from Finland has carried out an experiment. They sent 102 volunteer participants into a 73°C, or 163°F hot sauna. They had an average age of 52 and all had at least one risk factor for cardiovascular disease.

Like a moderate workout

In the new study, the researchers find out more about what actually happens to the body when we have sweated in a sauna for half an hour.

They tested the participants before entering the steamy hangout. They then measured their body temperature, heart rate and blood pressure immediately after they got back out.

The result showed that the body temperature of the sauna bathers increased by two degrees after half an hour in the heat. Their blood pressure was reduced and their blood vessels became more elastic.

Their heart rate rose to what is normally achieved with moderate exercise.

Healthier to go two to three times a week

In the 1980s, 2,315 Finnish men were asked about their sauna habits. Then they looked at who was living 21 years later.

It turned out that there was a higher mortality among those who took a sauna once a week than among those who warmed up two or three times a week.

Those who visited four to seven times a week had an even lower risk of dying.

And this didn't just apply to those who died of cardiac arrest or heart attack. This also applied to those who died of other causes.

The researchers suggested in 2015 that the finding could indicate that the temperature causes an increased heart rate and thus improvements in blood pressure.

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

2023/24 Newsletter Submissions

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

September/October - submissions due by August 30, 2023.

November/December - submissions due by October 27, 2023.

January/February - submissions due by December 28, 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.

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**

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@clrmedia.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 March to April 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!