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Treasurer	Jim Colleton
Secretary	Laura Blakley
Membership	Peter Myhre

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& Auditors	Roger Bruce Cliff Norum
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Mailing Address:

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



President's Message

God dag til alle.

Our lodge is celebrating it's **110th Anniversary** on **Saturday, June 10** at the Dutch Canadian Centre Club and will include a display of cultural items, junior dancers, social hour, silent auction and dinner followed by entertainment.

Refer to the invitation in the newsletter on how to obtain tickets. Tickets will also be available in-person on May 17th.

Please consider donating new/gently used items for the Silent Auction. Items can be brought to May 17.

I am also happy to announce that we received a grant of \$700 from the SON Foundation of Canada to be used towards the cost of our Lodge 110th celebration.

We are also having a **Syttende Mai (May 17)** party at the Dutch Canadian Centre with some entertainment, greetings from Norwegian Consul, flag raising with food served afterwards as noted further in the newsletter.

We are also planning a **bus trip to Markerville** on **Thursday July 20**. See details in newsletter.

Trollhaugen is also celebrating their **50th Anniversary** this year on **August 13-19**. They are bringing in entertainment from Norway. Refer to newsletter for more details.

Thanks to those who volunteered at Meals on Wheels on March 21. See details in newsletter.

Also, thanks to Solglyt members who have volunteered at Casinos in support of Torkse Klubben, Trollhaugen and Scandinavian Studies organizations. The funds from these Casinos assist in many ways within these groups to provide back to the community.

Our lodge has invited Tristen Hansen (who was assisted by Torkse Klubben to study in Norway) to speak at our October 11 meeting which will hopefull coincide with our annual pea soup supper and fund raising for SON Foundation of Canada.

On a personal item, my wife Nancy and I will be taking a trip to Norway this summer and look forward to a warm supper and back to our regular meetings in the fall.

Another item of note, the Dutch Canadian Centre building will be up for sale so we will be losing our beloved Nordic Room. Further information will be provided when we know more.

Takk

Arvid





SONS OF NORWAY **SOLGLYT LODGE 4-143**

17.mai.2023 – Syttende Mai
Norway's Constitution Day
Norwegian Flag Day

Dutch Canadian Centre
Home of the Scandinavians
13312 – 142 Street, Edmonton

5:30 p.m. Assembly and Welcome
Flag Raising - Solglyt's Legacy Flagpole
Parade around the Windmill

refreshments/light snacks

(Donations for food expenses accepted)

Solglyt's #110 – June 10 – tickets available
(ticket info: newsletter & sofnedmonton.ca)
Everyone Welcome!

info@sofnedmonton.ca



Solglyt Lodge Meals on Wheels volunteers at work.

Meals on Wheels - March 21

Four members of Solglyt volunteered at Meals on Wheels to assist in food preparation which included peeling 15 dozen boiled eggs, dicing onions and peeling potatoes. The staff appreciated the help and they were very nice to work with. I must say that when they plunked down a box of 50 lbs on potatoes for Nancy and I to peel it seemed a bit daunting; I will never complain about peeling potatoes for supper again. Thanks to Sylvia Colleton, Nancy Cockcroft, Emily Moen and Arvid Pederson for volunteering for time.

Nancy and Emily are going to keep volunteering through the next few months and we will revisit setting up additional volunteers in the fall.

March Games and Pizza Afternoon

It was a success. Approximately 25 people attended our first games and pizza afternoon. Several card games were played, there were people just visiting and we even had two young people attend and play board games with one of our Junior members. Jim and Sylvia Colleton's children and grandchildren were there from Ontario and their two grandsons provide some much appreciated piano music.

By the sound of the laughter and chatter it was well received. We ordered pizza for 20 people to finish off the afternoon.

A positive gathering for events like this in the future.

Sharon Bruce, Social Co-Ordinator

Bus Trip - Thursday, July 20, 2023

Once again we are having another field day. Our final destination will be the Danish Museum at Dixon, Alberta and the Stephenson House at Markerville, Alberta. Both have exciting things to see.

The cost will be \$40.00 per person which includes the bus fare plus entrance to the Museum and Stephenson House. You will be responsible for your lunch and any snacks that you may wish to bring along. A light lunch can be purchased at The Danish Museum. There is also an ice cream shop at Markerville Creamery which is a must stop. Yummy.

Come join us on this adventure. Wayne Nordstrom is already working on many interesting tidbits to share with you along the way. It should be a fun time.

Please contact me at rsbruce@shaw.ca or by phone at **780 436 7286** to put your name on the list to have another fun filled day.

Sharon Bruce, Social Co-Ordinator



Solglyt Lodge Meals on Wheels volunteers (L to R); Nancy Cockcroft, Arvid Pederson, Sylvia Colleton, and Emily Moen.



**Fraternal Greetings and
Best Wishes to
Solglyt Lodge for your
110th Year Celebration**

Sons of Norway Foundation in Canada
sonfic.ca



SONS of NORWAY

Solglyt Lodge 4-143

SOLGLYT LODGE MEMBERS INVITE YOU TO
CELEBRATE OUR 110TH ANNIVERSARY WITH US!

Saturday, June 10, 2023

Dutch Canadian Centre/Home of the Scandinavians
13312 – 142 St. NW Edmonton, AB T5L 4T3



3:30–5:00 pm - Cultural Exhibits and
Valhalla Junior Scandinavian Folk Dancers
5:00 pm - Social Hour 6:00 pm - Dinner
Susan Gobbs, District Four Vice President, Sons of Norway
Swans of Winter Project – Historical Norse Music

Tickets: \$40/Adult 15+; \$15/5-14 yrs; Free/Under 5

Ticket Order: (PREFERRED) solglyt110@gmail.com

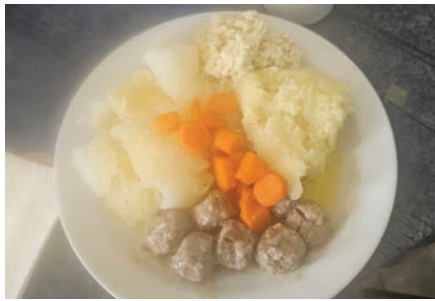
Jim or Sylvia: 780-470-0166 No answer: leave message

All cheques payable to: **Sons of Norway, Solglyt Lodge**

Mail to: Jim Colleton
2 - 25519 Twp Rd 512A
Spruce Grove, AB T7Y 1A8

50-50 Draw & Silent Auction

Anniversary Email: sofn2013@gmail.com
Lodge Email: info@sofnedmonton.ca
www.sofnedmonton.ca
{1913 Nordpolen Solglyt 2023}



Lutfisk dinner at Viking - April 15

On Saturday April 15 a group of 30 members/ friends travelled to Viking on a beautiful sunny day to have a feast of Lutfisk, meatballs, potatoes, flatbread, lefse and all the fixings and dessert. Comments made were that it was the best lutfisk they had ever tasted.

Everyone had a good time and appreciated the fantastic meal.

Thanks to Sylvia for arranging this feast and to Donna and Jack of Food with Flair for catering the meal.

We need to do this again.



**Above (L to R):
Darrell Roste,
Rite Roste, Nancy
Pederson, Cliff
Holm, Arvid
Pederson.**



Above (L to R): Robert , Leanne Borass, Kaare Boraas, Calvin Borass, Eric Borass, Randy Borass.



Above (L to R): Linda Malekoff, Agnes Malekoff, John Zurawell, Verner Steinbru, Jim and Sylvia Colleton.



Above (L to R): Carole Parker, Roger and Sharon Bruce.



Above (L to R): Lillian Rogers, Peter Myhre, Bjarne Myhre, Birgitta Fishwick.



Above (L to R): Betty Sandahl, Elaine Domier, Mia, Sheila Johnson.



Celebrate Trollhaugen Camp's 50th Year August 13 – 19, 2023

Submitted by Sylvia Colleton

I attended Trollhaugen's 49th year camp last year -2022. I loved being there. Solglyt Lodge opened the first Trollhaugen Camp 50 years ago. Our Membership should be proud!. Why don't you take time this summer and visit the camp one day one at Deer Meadows site East of Red Deer. Celebrate this year's Fabulous Milestone Year – Congratulations to Trollhaugen on your 50th year.

Saturday Wind-up Performance August 19, 2023 - 1 pm - 3 pm

Everyone is invited to enjoy the wind-up performance and exhibit display by the campers of their activities of the past week. There will be folk dancing, choir, special presentations and closing ceremonies. Hope Solglyt members will visit Trollhaugen's 50th Year Camp. See the schedule following and take a drive to Deer Meadows one day!

The Butikk & Scandinavian Market will also be open at 9 am for Norwegian items, t-shirts, souvenirs and crafts available for sale.

If you want to set up a Scandinavian Market consignment table to sell your items for the day or all week, email us at trollhaugencamp@gmail.com.

Visitors

Please report to the Camp Director. Visitors may not stay over night without Camp Director approval, take part in classes and must pay for dining hall meals. (There is a nominal fee for all meals, cash or cheque only.)

If Solglyt visitors are coming for Saturday Wind-up lunch, please let us know how many by Thursday noon. There is a nominal fee for lunch (cash or cheque only).

The week at Camp this year will be spectacular,

MONDAY - we will open the week with the Sydentte Mai celebration,

TUESDAY - Janina Carlstad and her partner John will come and present the viking instruments and speak to the origins,

WEDNESDAY - we have the fjord horses coming and the bbq with a sing-a-long by the camp fire.

THURSDAY - we will have a visit from some vikings.

FRIDAY - Friday is the Family dance

SATURDAY - we will have the wrap up program starting at 1 PM. If you wish to attend Lunch before the Wrap up Program, then notify Sylvia or Charlotte before Thursday, August 17th to purchase Lunch Meal ticket,

There will be a banquet on Saturday night with the performance and celebration of the 50th for campers and guests. Checkout the website to purchase Saturday Banquet tickets

Kondolanse:

INGEBJORN HERMANN "INGE" ANDERSON - September 27, 1933 - March 30, 2023

Peacefully, holding his wife's hand and surrounded by his family, Inge Anderson passed into the arms of his saviour Jesus, on March 30, 2023, at the age of 89.

Inge is lovingly remembered by his wife of nearly 67 years, Betty; sons Paul (Millicent), Sidney (Tanya) and Allen (Caroline); daughter Carol (John Vidalin); grandchildren Niel, Jane, Ellis, Joshua (Bailey), Blake, Brock, Amy (Josh Donath) and Allison (Ryan Sheehan); great-grandchildren Kerrigan, Caroline, Carter, and a new baby boy on the way. Inge is also survived by his brother Njaal of Toronto.

He was predeceased by his parents; grandson Taylor; and brother Anders.

Inge was born on September 27, 1933, in Lloydminster Saskatchewan, the youngest of three sons born to Art Anderson (Estenstad) and Tora (née Berg), who had immigrated to Canada from Norway in the 1920s. In 1934, the family moved back to Norway for a few years before returning to Canada purchasing and settling on a farm near Rich Valley, Alberta.

As a young man, Inge worked as a surveyor for the Alberta Government Department of Highways. While on one project in Drumheller, he spotted the girl of his dreams walking down the street. He pulled his car over and wasted no time asking her out for coffee. After a three-year courtship, Inge married his dream girl Betty Armstrong on April 23, 1956. The couple were blessed with three sons— Paul, Sidney and

Allen—and finally a long-awaited daughter, Carol.

Inge graduated in 1957, along with his brothers, with a degree in Civil Engineering with Distinction. Having three brothers graduate from the same faculty in the same year was highly unusual and the event was covered by the Edmonton Journal at the time. Inge worked for the Alberta Government, first in the Department of Water Resources and eventually in senior management positions, including as the Head of the Dam Safety Branch. Inge's work in dam safety standardization and regulation were instrumental in forming legislation, brought him international attention in the field, and ultimately led to the formation of the Canadian Dam Association (CDA). In 1993, the CDA created and awarded him the first Inge Anderson Award of Merit, its highest award, in honour of his life's work and the impact it had on the engineering practice for the safe management of dams.

After retiring from government, Inge was the Manager of Mine Development for Suncor—overseeing their massive tailing dams — and then brought his experience to consulting, specializing in dam design and safety. Inge also presented numerous technical papers, conducted workshops in India, Malaysia and Central America, and guest lectured at universities across Canada. In 2008, the Engineering Institute of Canada inducted Inge as a Fellow, in recognition of his exceptional contribution to the engineering profession in Canada.

For all his accomplishments and his high intellect, Inge was a humble man. He enjoyed a variety of pursuits often catered around the interests of his wife, children, or his brother Anders— including land development and construction, traveling, gardening, collecting antiques, wood carving, baking and playing the guitar. For many years he was an active member of the Sons of Norway. He was passionately devoted to Betty and she to him.

In 1980, after several years of careful investigation, Inge made a life changing decision to commit his life to Jesus Christ and became a Christian. Betty made this decision too and they were both baptized. His faith became an essential part of his life and he spent long hours reading and studying the Bible, and took an interest in Biblical archeology.

Over the past years, Inge's health had been declining, but the hope and faith he had in Jesus, to Betty and to his family were unwavering. The family wishes to express their heartfelt thanks to Dr. Robert Flook, who went above and beyond to care for Inge in his final years. Our sincerest thanks also to the many aides, nurses, and support staff at Rosedale Villa and the Canterbury Foundation as well as Inge's AHS case manager, and Palliative team: Pod H, for their exceptional support through these last weeks.

A funeral service was held on Tuesday, April 11, 2023, at Park Memorial.

20th Anniversary of K-Days Scandinavian Showcase

This summer at K-Days, it will be 20 years since the Scandinavian Showcase. I found a VHS tape of the last few days – it has a number of our members shown on it. John Elias put it on youtube so I could send it to the Toomerdaalen Norwegian band. Ken had to fill in as MC the last day so when the Finnish Tango Dancers were taking their bow and receiving flowers, one of the girls grabbed Ken to dance with her. The different bands were playing together. The address to bring it up on youtube is "Scandinavian Showcase K-Days 2003" for anyone who has not seen it. Enjoy.

Elaine Domier

June 30, 2023... Last Call for Postage Stamps!

Forward stamps by June 30, 2023 – after that time Sons of Norway Foundation in Canada will not be taking them and giving funds to the Lodge. They may be dropped off or mailed to: **Elaine Domier, 11759 – 37 Ave., Edmonton, AB T6J 0J3**, or bring them to a membership event.



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 **dtsoberg@shaw.ca** if you would like to join our group.

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**

Syttende Mai – Festival of Music

When we think of Norway's national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem, "Ja, Vi Elsker" will be belted out at some point, but there is much more depth to the day's soundtrack.

Starting bright and early on grunnlovsdagen, choirs and glee clubs will assemble to perform patriotic anthems, including "Sønner av Norge" (Sons of Norway), "Norges Skaal" (To Norway),

both previously in use as national anthems. "Kongesangen" (The Royal Anthem) may also make an appearance, which shares the same melody as "My Country 'Tis of Thee."

In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.

Modern favorites with warm sentiments for



Norway include the sedate "Mitt Lille Land," (My Little Country) by Maria Mena and "Fedrelandet" (The Fatherland) by Robin og Bugge- both available on YouTube.

Photo Credit: therealmroyals.com



Crown Prince Haakon and Crown Princess Mette-Marit.

Five Trips En Route to 50

This summer both Crown Prince Haakon and Crown Princess Mette-Marit will turn 50. They will mark their special year with five trips to various parts of Norway, each excursion highlighting a different theme.

In February, Haakon went on a business trip to Stord in Vestland. At the end of March, the pair visited the towns of Vinje, Telemark and Bykle in Setesdal.

First they spent time at the Raulandsakademiet in Vinje, an institution of Norwegian folk tradition and artisanship. Crown Princess Mette-Marit was thrilled to receive a pair of hand-embroidered monogrammed mittens while Crown Prince Haakon was gifted a harmonica.

Hovden Ski High School was next to play host. The crown prince pair love to be active in nature and took in a mountaintop view with students

and teachers. After a chat at 1209 m/3966 ft over vafler and a bonfire, the crown prince returned on back-country skis.

That evening, the royals were treated to a concert in the old Bykle church, a parish dating back to the 13th Century. The unique music and dance traditions from Setesdal were recently added to the UNESCO list of intangible cultural heritage.

Other destinations include Finnmark in April to connect with Sámi culture, and Træna, Nordland in May, to embrace maritime life. In August they'll throw a joint birthday bash at the Palace gardens.

When asked how it feels to be turning 50 soon, the crown prince replied: "Det er fint, det." — "It's nice."

Barnebunader

The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!





Midtsommer Magic

On June 23, or the Saturday closest to it, Norway celebrates Midsummer's Eve with boating, picnics, bonfires and the beauty of summer.

The ancient sun festival is celebrated throughout Europe with traditions that vary from country to country. Common to most of these traditions is happiness and gratitude for the warmer and brighter days. There's a Norwegian saying that "a beloved child has many nicknames," and this major holiday is referred to as midtsommerfest, Jonsok or Sankthansaften (St. John's wake/eve).

In folk belief, good forces were believed to be particularly strong at midsummer. Herbs and hay harvested on the solstice were said to have potent magical properties. Putting a red Jonsok flower under your pillow would make you dream of the one you'd marry. A bonfire was to strengthen people going into the darker part of the year, and protect against trolls and evil spirits.

Today midtsommer is a secular festival that signals that summer vacation is imminent! Beachfront bonfires, music, dance, friends and good food are typical. Grilled meats and seafood are popular, along with potato salad, pancakes, strawberries, homemade juice, as well as beer and aquavit.

Festivals Abound in The Month of May

As summer approaches and weather warms, calendars fill up and plans are hatched. Norway rounds out spring by hosting a plethora of festivals in May.

In the first part of May, Stavanger hosts its annual MaiJazz festival. This year, MaiJazz is celebrating for its 35th year. The festival goes from May 9



Stavanger MaiJazz festival.



Fabio Biondi & Europa Galante at the Bergen International Festival.

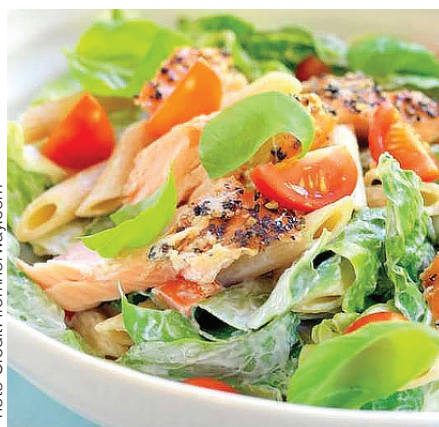
Photo: Anne-Isabelle de Labra/ Bergen International Festival

-14 and is intended to draw up interest in jazz music in the Stavanger region.

Perhaps one of the cleverer festival names is the Karmøygeddon Metal Festival. This festival began in 2004 and is aimed at showcasing both well-known and up and coming bands to introduce the audience to the metal scene. About 4,000 people attend from Norway and internationally.

The Bergen International Festival is the "flagship of music and theatre festivals in the Nordic countries." It runs from May 24 through June 7 this year and features programs for all ages. King Harald and Queen Sonja will both be in attendance for the opening of the festival.

Mark your calendars if you'll be in Norway in May. If not, these will be lively festivals to read about after the fact.



Hot Smoked Spiced Norwegian Salmon with Pasta Salad

This delicious recipe will quickly become a fresh, light favorite.

4 Servings

Ingredients:

2/3 lbs. warm-smoked Norwegian salmon
5 oz. pasta
12 cherry tomatoes
1/2 red bell pepper
1/4 of a cucumber
1/2 head of lettuce

Sour Cream Dressing:

1/2 lemon
Salt and pepper
1 clove garlic
1/2 cup light sour cream
1/4 tsp. sugar
8 fresh basil leaves

Directions for Pasta Prep:

1. Cut the salmon into small pieces
2. Cook pasta as instructed on package
3. Cut the cherry tomatoes in half, and

dice bell pepper and cucumber

4. Slice the lettuce
5. Combine the ingredients in a bowl and place the salmon on top

Salad Dressing Prep:

1. Juice lemon and finely chop garlic
2. Combine sour cream and lemon juice, and mix with garlic and sugar
3. Add pepper and salt to taste
4. Finely chop basil leaves and mix into the dressing
5. Fold the dressing into the salad and garnish with a couple basil leaves

Serve the salad with bread on the side.

As provided by: <https://fromnorway.com/recipes/smoked-salmon/hot-smoked-spiced-norwegian-salmon-with-pasta-salad/>

Pancakes with strawberries and mascarpone cream

Warm days are even better with these delightful pancakes, topped with fresh strawberries and homemade mascarpone cream. The cream can even be enhanced by a couple of tablespoons of lime, lemon or passion fruit juice.

Pancakes:

3 large eggs
5 dl milk (17 oz.)
225 g all-purpose flour (8 oz. / 1 cup)
2 Tbsp. sugar
1/2 tsp. cardamom
pinch of salt
butter for frying

Filling:

1/2 lemon
200 g mascarpone (7 oz.)
100 g powdered sugar (3.5 oz)
1 vanilla bean, seeds
4 dl whipping cream (13.5 oz)
500 g strawberries, washed (16 oz.)

Lime-mint sprinkle:

2 Tbsp. sugar
2 Tbsp. mint leaves, chopped
1 Tbsp. lime peel

Directions:

Whisk together all the ingredients for the pancakes into a smooth and lump-free batter. Feel free to use a stand mixer. Let



the batter rest a half hour before cooking.

Heat a medium-sized frying pan (about 8-9 inches / 20-22 cm in diameter) over medium-high heat. Melt a little butter between each pancake you make.

Put a good scoop of batter in the pan, wait a few seconds and pour excess mixture back into the bowl again. Use a spatula and cut away the edge that remains when you pour back the batter.

Cook the pancake until it is nicely golden on the underside, turn and bake for 20 seconds on the other side. Continue like this until the batter is used up.

Whisk the mascarpone smoothly with the powdered sugar and vanilla.

Stir in the cream and whisk everything into a thick, soft cream. Be careful not to overwhip, as the cream can easily separate.

Cut the strawberries into slices.

Using a mortar and pestle, crush the sugar, mint and lime peel.

Top each pancake with a dollop of mascarpone cream, sprinkle berries on top and fold or roll the pancakes loosely together. Top with any remaining mascarpone cream and sprinkle with lime and mint sugar. Calculate 2-3 pancakes per serving.

Source: <https://www.godt.no/oppskrift/9215/tynne-pannekaker-med-jordbaer-og-mascarponekrem>



The Translation

Slik gjør du bunad skjorten klar til 17. Mai

Slik stryker du bunadskjorten, fjerner flekker og blir klar til 17. mai!

Slik stryker du bunadskjorten

De fleste bunadskjorter er av lin, og må derfor alltid strykes, men det er noen ting som er viktig å huske på når det kommer til stryking av linskjorter.

Lin tørker ikke like fort som bomull og andre stoffkvaliteter, så om du skal vaske den først burde du gjøre det i god tid før nasjonaldagen slik at den rekker å bli tørt. Når du stryker lin, må du bruke middels varme, eller lin-funksjonen på strykejernet. Hvis du ikke er vant til å stryke, kan det være lurt å legge et tørkle eller en tynn håndduk mellom jernet og skjorten, slik at du ikke får brennmerker. Pass også på at strykejernet er helt rent før du setter i stikkontakten. Du kan også forsiktig spraye på litt vann for å fukte stoffet. Legg mye press på når du stryker denne typen stoff.

Når det kommer til å stryke ermene, så gjelder det å ikke få en presskant. Da kan du enkelt tre armen over den tynneste delen av strykebrettet, og stryke i vei. Da vil du få en rund og fin arm.

Flekker på bunadskjorten eller bunaden

Enten det er is etter toget, kake på fest, pølse i brød eller en skikkelig festmiddag kan du være uheldig og søle på bunaden. Da er trikset å være superrask med å stryke over med en klut dyppet i kaldt vann. Ull absorberer ikke ting like fort som annet stoff, så om du er rask nok kan det gå fint. Om flekken ikke går bort kan du prøve en flekkfjerner, men her anbefales det å være veldig forsiktig.

Hvis du søler på bunadskjorten, er det verre. Fruktflekker som saft, vin og ketchup bør fjernes med kokende vann. Kok opp vannet, og slå det gjennom flekken. Flekker av melk, fløte eller kaffe bør fjernes med kaldt vann. Les mer om fjerning av flekker på bunadskjorten, og hvordan du skal vaske den etter bruk hos Norges linforening.

Preparing your bunad blouse for Syttende Mai

This is how you iron your bunad blouse, remove stains and get ready for Syttende Mai!

Ironing your bunad blouse

Most bunad blouses are made of linen, and therefore always need to be ironed, but there are some things that are important to remember when it comes to ironing linen shirts.

Linen does not dry as quickly as cotton and other types of fabric, so if you are going to wash it first, you should do it well before Syttende Mai so that it has time to dry. When ironing linen, you must use medium heat, or the linen function on the iron. If you are not used to ironing, you may want to place a scarf or a thin towel between the iron and the shirt, so that you don't get scorch marks. Also make sure that the iron is completely clean before plugging it in. You can also gently spray the fabric with a little water, to moisten the fabric. Apply a lot of pressure when ironing this type of fabric.

When it comes to ironing the sleeves, it is important not to get a pressed edge. Then you can easily put your sleeve over the narrowest part of the ironing board and begin ironing. Then you will achieve a round and nice arm.

Stains on your bunad blouse or bunad

Whether it's ice cream after the parade, cake at the festivities, a hot dog or a proper dinner party, you can have the misfortune of spilling on your bunad. The trick is to be super quick to dab it with a cloth dipped in cold water. Wool does not absorb things as quickly as other fabrics, so if you are quick enough it may be fine. If the stain does not come out, you can try a stain remover, but you need to be very careful.

If you spill on your bunad blouse, it's worse. Fruit stains such as juice, wine and ketchup should be removed with boiling water. Boil the water and pour it through the stain. Stains from milk, cream or coffee should be removed with cold water. Read more about removing stains on the bunad shirt and how to wash it after use at the Norwegian Linen Association.



Discovering Our Norwegian History...

Garmo Stave Church (above) is one of the main attractions at Maihaugen open-air museum. It was built circa 1150 on the site of a previous church believed to have been built in 1021 by a Viking chieftain. In 1882, the church was disassembled and brought to Lillehammer, where it was re-erected at Maihaugen in 1920–1921. Maihaugen, with close to 200 buildings, is one of Northern Europe's largest open-air museums and is one of the largest cultural facilities in Norway

Help Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, Sunshine Director, would like to remind members to [email her](#), please include the full name and nature of the request.

Karin's email is lesandkarin@hotmail.com

2023/24 Newsletter Submissions

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.



The Norwegian Birthday Song

To Solglyt members celebrating a birthday from May to August 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!