



Sons of Norway

Solglyt Lodge #4-143

November - December 2020

sofnedmonton.ca

Edmonton, AB

Executive Officers:

<i>President</i>	Sylvia Colleton president.solglyt@gmail.com
<i>Vice President</i>	Emily Moen
<i>Secretary</i>	Lu-Rene Kennedy secretary.lurene@gmail.com
<i>Treasurer</i>	Jim Colleton
<i>Membership</i>	Peter Myhre
<i>Counselor</i>	Peter Myhre

Support Directors:

<i>Culture</i>	Anita Brown chrown@shaw.ca
<i>SON Foundation</i>	Helen Evjen
<i>Historian</i>	Brenda Carlstad
<i>Husflid</i>	Anita Brown chrown@shaw.ca
<i>Newsletter</i>	Sandy Jamison sjamison@greatwest.ca
<i>Publicity</i>	Brenda Carlstad
<i>Social</i>	Sharon Bruce
<i>Sports</i>	unfilled
<i>Sunshine</i>	Karin Jackson lesandkarin@hotmail.com
<i>Webmaster</i>	Brenda Carlstad
<i>Youth</i>	unfilled

Mailing Address:

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

President's Message

Host er snart forbi, og Vinteren er her snart!

The daylight hours are less and we are finding ways to 'koz' indoors. Some of you love the outdoor activities of winter like skiing, snowshoeing, skating and snowmobiling that are Norwegian ways to Embrace Winter and simply cope with it. There is time to do your favorite Husflid projects. In the next weeks you prepare for God Jul with favorite baking and preparing traditional Norwegian Foods in your own homes. A little Glogg and Aquavit will add to God Jul enjoyment.

In September and October some felt the need to meet with their friends. A small number gathered in the Nordic Room as the weather outdoors was not pleasant. We spent an hour or two visiting and shared ways of how we are coping with the ongoing Covid Pandemic. We collected for the Sons of Norway Foundation Canada and our donations are welcome anytime of the year. Contact Helen Evjen... Saving your stamps is another way to support the Foundation. Many food items were received for the District 4 Challenge - 'Cans for Hunger'. Solglyt Lodge is off to a good start. Your generosity to give items suitable for our Food Bank is appreciated and we encourage your participation in this event until the end of December. Invite your friends & family to join in. See poster for details.

Solglyt executive members have had two Zoom meetings to make decisions on what we can and cannot do as long as Pandemic restrictions are in place. Elections due in November 2020 with Installation of new Officers in January, 2021 is postponed. Current Officers and Directors will continue in their positions. Thank you to our Secretary, Lu-Rene, for communications to members after our Zoom meetings. We are missing many activities like the annual Lefse Working Bee, attending special Husflid Workshops, helping at the ESCA Christmas



Market. I know my Christmas Season will not be the same without the annual Children's' and Adult Julfest parties that are hosted by Solglyt Lodge.

Globally we hear the following phrases over and over: **VAER TRYGG – Vask handene, Blie Hjemme Hvis du er Syk og Bruk en Maske!**

By now you have established your social bubbles that you feel good about. In my mind social times with others is a must to be emotionally healthy. I am grateful for the years of good times at Solglyt Lodge. We sure are missing one another. Keeping in touch with a phone call and with emails is therapeutic for me. I want everyone to think positive. Never give up on re-opening of Solglyt Lodge after the pandemic is over. Do your best to invite new members to Sons of Norway. Solglyt Lodge is our special place where we can enjoy our Norwegian Heritage.

Please share links with one another for on-line connections to anything Norwegian that can be enjoyed by virtual means – such as cooking class, interesting films.

I wish everyone healthy activities to stay strong.

**God Jul til Allesammen
fra President Sylvia og Jim**

Sons of Norway Foundation in Canada

A Message from the President

October 15, 2020

Dear Lodge and Affiliate Group Leaders and Members,

By now, many of you will have read International President Ron Stubbing's letter in the October Viking. In this letter Ron reminds us that October is Foundation Month.

This tradition has been with us since our Foundations were established. What this means is: we should make extra efforts in encouraging members to consider making donations to our Foundation at this time. Consider also that due to the Covid crisis, many of our traditional fund raising events needed to be cancelled.

But the need for financial assistance remains. Our commitment to financially support the preservation and promotion of our Nordic heritage and culture, our traditional post-secondary bursary program and our Humanitarian Support fund has not changed. In fact, due to the current crisis, such assistance is likely more important now than ever. On the Nordic heritage and culture side, many feel relief in being able to take time-out to enjoy some pleasant diversions. On the Bursary side, students continue in their struggles to meet their financial needs. And,

on the Humanitarian Support side, we can still encounter unplanned natural events in our communities.

For ideas on how you can help, I encourage one and all to go to our website www.sonfic.ca and click on the Donations/Fundraising box. Here you can find information on making donations

If you would like contact a Board Member about making donations or donation options, please refer to the sidebar of this letter or go to the website for contact information.

Please send your donation cheques directly to our Treasurer, Erik Brochmann, at the address listed in the sidebar. All donations will be acknowledged with a Tax Receipt.

Mange Takk for your consideration.

Hilsen,

Tore Pettersen
President, Sons of Norway Foundation in Canada

Post-Secondary Bursary Recipients 2020 - \$800.00 each

Name	Institution	Studies & goals
Sarah Kedves Victoria, BC	U of Victoria Victoria, BC	BSc in Indigenous Studies & Environmental Studies
Hannah Dokken Edmonton, AB	U of Alberta Edmonton, AB	Bachelor of Science - Chemistry
Dylan Viste Calgary, AB	U of Calgary Calgary, AB	Bachelor of Health Sciences
Markus Bratsberg North Vancouver, BC	UBC Vancouver, BC	Bachelor of Kinesiology
Kaja Bakken Richmond, BC	UBC Vancouver, BC	Bachelor of Science – Psychology
Sean Morris-Reade Port Coquitlam, BC	Douglas College Coquitlam, BC	Bachelor of Health Science – Nursing
Alexa Hangs-Copeland Montreal, QC	McGill University Montreal, QC	Bachelor of Business, Marketing
Tucker Schaff North Saanich, BC	Camosun College Victoria, BC	Interactive Media Developer Technician
Darien Probst Sexsmith, AB	Northern Lakes College Slave Lake, AB	Social Work Diploma
Ashlee Pilon Kingston, ON	Queen's University Kingston, ON	Bachelor of Health Science - Nursing

Apprenticeship Bursary - \$600.00

Griffin Frederickson Dawson Creek, BC	Northern Lakes College Slave Lake, AB	Heavy Duty Mechanical
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Norwegian Class is Going Virtual

Solglyt language classes have been on hold for a year, and now COVID19 has put a stopper to us starting up again. Starting in January some time, if there is an interest, and only once per month for now, I thought we could try Zoom classes (virtual classes are the rage these days). I'll have to cap the participants at 15 I think, send me an e-mail to register Anita@chrownshaw.ca

Anita Brown

Thank You

Thank you to Solglyt Lodge for the flowers and messages of condolences from lodge members that were sent to **John, myself, Charlotte and Kalli** after the passing of our son (brother/uncle) James, your thoughts and prayers were much appreciated. Also thank you to everyone who sent well wishes and encouragement to me following my surgery, your words brightened my day.

I had hoped to express these words of appreciation in person at a Lodge meeting and give each of you a hug of thanks but... COVID-19 has changed many of our plans. My thanks are just as sincere even if it must be through a note in our Lodge newsletter.

Mange tusen takk.

Helen Evjen

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**

A Note to Lodge Members...

Although our activities are limited, we are not alone! Searches revealed that most lodges in District 4 connect with their members via FaceBook, versus a website. Solglyt is able to deliver information three ways: website, FaceBook and newsletters. District 4's Webmaster, Alison Wiigs, updated the District's website to include direct links to other lodges: <http://www.sofn-district4.com/zone-directors/> I will be reaching out to these lodges to give a friendly "Hi!". If you are reading this paragraph, we invite you to enter your name + contact information to win a surprise God Jul gift box by email response to: sofn2013@gmail.com Subject: **God Jul Gift Box**. If you cannot respond by email, for entry, leave your contact details by phone message for **Brenda at 780-628-5005**. Draw date: December 20th.

Have a great day! Thanks for all your support. ...

Publicity Brenda Carlstad & Social Director Sharon Bruce

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 are can't get them to Elaine, please hold onto them. Bring them to a membership evening when we are able to meet again.

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



SCANDINAVIAN themed cloth masks

These reusable masks are handmade with two layers of 100% pre-washed cotton. They are reversible and include ear elastic, ties and nose wire, to prevent glasses from fogging. Sizes medium and large.

\$15 each

Only at the Old Strathcona Farmers Market

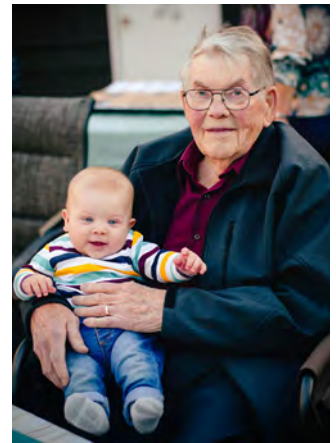
Aisle 4 booth E at CHAR'S FABRIC ART
Market open every Saturday 8am - 3pm, 10310 - 83 Ave. Edmonton.
Free parking located on the east side of the market building.

If you have to wear a mask, show your Scandinavian pride. Shop early for best selection. See you there!



Stan Johnson 90th Birthday celebration

On October 3rd, Lodge member, Stan Johnson, celebrated his 90th birthday. On hand to mark the occasion were his children, several grandchildren and his great-grandson. This year, the family was blessed with weather warm enough for an outdoor barbecue. Gratulerer med dagen far, bestefar og oldefar! Familien din elsker deg!



Stan with great-grandson, Theo.



Lutefisk Dinner 2021 Update

Hi to all you lutefisk loving fans.

As you may have figured out by now, Covid-19 is creating havoc with larger social gatherings.

Because of the lead time involved to organize the Lutefisk Supper, the Sons of Norway Solglyt Lodge have decided on the side of safety that the

2021 LUTEFISK SUPPER AT DCC IN JANUARY IS CANCELLED.



Remembrance Day 2020

Attendances at the Cenotaphs are being restricted this year. Solglyt has ordered a wreath and Kingsway Legion will placing it on our behalf.

Photo above: Verner Steinbru (previous attendance).



Kondolanse:

BRØEN, Elizabeth Mary "Betty" (nee Choate)

It is with heavy hearts that the family announces the peaceful passing of Elizabeth "Betty" Brøen (nee Choate) on Wednesday, September 23, 2020 at the age of 90 years.

A Memorial Service was held at St. Augustine's Anglican Church, 6110 Fulton Road, Edmonton, on Saturday, October 17, 2020 at 11:00 a.m.

To send condolences, please visit www.fostermcgarvey.com.

Solglyt Lodge September "Catch Up"

September 13, Solglyt gathering, started in parking lot, then realized we had enough room v. people for social distancing inside.

Top right (L to R): Carole Parker, Arvid Pederson, Brenda Carlstad, seated Sandy Kachmar, Elaine Domier, Elnora Hibbert.

Bottom right (L to R): Sue Norum, Cliff Norum, Linda Care, Sharon Bruce, Jim Colleton, Sylvia Colleton, seated: Roger Bruce

Below: Cupcakes for all!

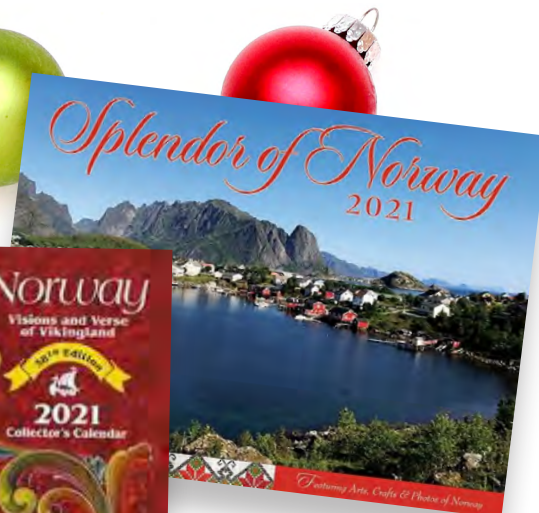


2021 Norway Calendars

These beautiful calendars make
the perfect Christmas gift

- only **\$20** each

Please contact Sharon Bruce
at 780-436-7286 or email at
rsbruc@shaw.ca





The Norwegian Birthday Song

To all Solgylt members celebrating a Birthday in November or December, 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, nå 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?
Gratulaære!

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!



'CAN HUNGER' CHALLENGE

Sept. 1 – Dec. 31. 2020

Solgylt Lodge 4-143 has accepted District 4's challenge – collect 125 pounds, or items, of canned foods or other non-perishable food items.

RECIPIENT: FOOD BANK

DROP OFF WITH THESE MEMBERS:

St. Albert

Sandy Jamison
23 Gladstone Cres, St. Albert
*drop off at front door

Leduc/Calmar

Linda Care
347 – 6201 Grant MacEwan Blvd
Leduc, AB
780-739-0113
*phone in advance

S./Southgate/Duggan/Heritage

Sharon & Roger Bruce
3916 – 116 St NW, EDM
780-436-7286

Bonnie Doon/Whyte Ave/ South Central

Sandy Kachmar
9834 – 91 Ave NW, EDM
780-433-9173

N.E.

Karin & Les Jackson
12436 - 55 Street, EDM
780-257-6806

S.W./Lewis Estates/ Meadowlark/Callingwood Mayfield

Sylvia & Jim Colleton
780-470-0166
*phone for pick-up

North Central

Cliff & Sue Norum
12110 – 126 Street NW, EDM
780-454-5324
Collection Destination & Delivery
to Food Bank

Norsk Christmas Memories



The most precious Santa I have in my all too large collection is a Norsk Julenisse of uncertain age! My dad and his mom went to Norway in 1936 or 37 to stay with family and give my dad an immersion in Norwegian life. They stayed until March of 1939 and left Norway quickly when they knew war in Europe

was imminent. Before they left, one of dad's aunts gave him this handmade julenisse. I don't know if it was new at that time or not but it's been cherished and loved all these years and holds a place of honour in our home.

Karin Jackson



Stan Johnson Family Christmas

In the Johnson household, it has become a tradition for grandchildren to get together to decorate their Grandparents' Christmas tree. Norwegian flags are strung across the tree along with a collection of ornaments that includes mor's rosemåled ornaments. Louise taught many of the grandchildren to Rosemål and many in our extended family have their own Rosemål decorations on their own trees. Stan has shared his knowledge of woodcarving and some have made their own wooden ornaments.

Each year, members of the Johnson family, get together in the fall to make lefse. Four lefse grills were used at our 2019 lefse bee. On Christmas Eve, we serve Norsk mat that includes lutefisk, lefse and a variety of Norwegian desserts. For Christmas 2019, Stan made Smultringer and Fatiggman for the family.

It has also become customary for the Johnson family to hold a Gingerbread House decorating competition with the grandchildren. These are some recent pictures of Johnson family Christmases.





Christmas in the Svalbard Islands of Norway

A Norwegian Christmas

Christmas, or 'jul', is a special time in Norway, characterised by a rich history of traditions and unique cultural customs both ancient and modern. As the temperatures drop and the snow starts to fall, Norwegians start preparing for the Christmas holiday, turning the country into a glorious festive paradise. Below are just a few of our most celebrated traditions – whether you are looking to add a Norwegian touch to your festivities or fancy a full-scale Norwegian jul, this is where to start...

Christmas Workshops

In Norway, Christmas without attending at least one Christmas workshop is no Christmas at all. Held during Advent, these gatherings bring people of all ages

together to work on festive crafts, finish their Christmas preparations and enjoy each other's company. The results? Toilet-roll Santas, beautifully decorated cards, gingerbread houses and all manner of seasonal trinkets – generally made to a soundtrack of Kurt Nilsen or the Oslo Gospel Choir, and accompanied by a cup or two of gløgg.



Baking

Food is an essential component of the Norwegian Christmas and, luckily for those with a sweet tooth, this means a lot of baking. According



to tradition, one should bake 'seven sorts' of pastry. The types in question vary from place to place, but often include gingerbread cookies (pepperkaker), 'good advice' waffles (goro), ginger nuts (ingefærnøtter), 'Berlin wreath' butter cookies (berlinerkranser), sugary sand cakes (sandkake), doughnut-esque lard rings (smultringer) and syrup snaps (sirupsnipper). The best part of all this baking is that, not only do you end up with a wealth of delicious treats; you also fill the house with the heavenly scent of Christmas spice.



Lille Julaften

'Little Christmas Eve' takes place on 23 December – traditionally the day when the whole family get together to make the final preparations before Christmas Eve. One of the most popular customs is to serve rice porridge with an almond hidden in one portion – the lucky finder wins a prize. It has also become a ritual for Norwegians to gather in front of the TV to watch the annual broadcast of Dinner for One (aka The 90th Birthday), an English comedy sketch originally written in the 1920s that remains relatively unknown in the UK. Last year, more than 1.7 million Norwegians tuned in. Try saying "Same procedure as every year, James!" to a Norwegian, and you are sure to get a smile of recognition from any Christmas aficionado...

<https://youtu.be/Pn9vPG8s4ss>



Fjøsnisse

In the days of folklore, the Norwegian people believed that the family farm would also be shared with a gnome-like creature known as a fjøsnisse. Not unlike Santa, with their full beards and red hats, the tiny beings could

bring good fortune to the farm and the family – as long as they were kept happy. Offend a fjøsnisse, and you risked bringing misfortune to the homestead. Although beliefs have changed, the tradition continues, and many Norwegians put out a bowl of porridge and Christmas dinner leftovers to keep the fjøsnisse happy. You'll never see one, however, as, by reversing his hat, the little sprite can become invisible. The only way to find out if there's a nisse on your farm is to see if the porridge is gone in the morning...



Julaften

Christmas Eve is the day every Norwegian counts down to! In contrast to Britain, the main celebration in Norway takes place on 24 December. For many, the morning is spent in pyjamas in front of the TV, watching the films *Reisen til Julestjernen* and *Three Gifts for Cinderella*.

<https://youtu.be/MiTh0dQjICA>

Christmas Eve is also one of the church's busiest days. Dinner, however, is the main event, with the most common dishes being ribbe (pork ribs – see the traditional Norwegian Christmas dinner recipe here) or pinnekjøtt (steamed cured lamb). After dinner, the family plays games, sings carols while walking around the Christmas tree, enjoys each other's company, opens presents, and hopes for a lucky glimpse of Santa Claus...

Julebukk

During romjul, the period between Christmas and New Year, costumed julebukkers go from door to door, singing carols for their neighbours in exchange for candy or mandarins. Unlike the related Halloween tradition of trick-or-treating, participations isn't limited to children, although the adults tend to be rewarded with schnapps rather than sweets. The julebukk (or Christmas goat) itself is also a common Christmas tree decoration, fashioned from straw and tied with ribbon.

God jul!

Article by Julie Minsaas, for Norwegian Arts

Norwegian Arts is run by the Royal Norwegian Embassy in London.

On the Web

Nordic related sites and streaming services to inspire and entertain...

Arne & Carlos Blogs

<https://arnecarlos.com/blog/> - weekly episodes chock-full of Norwegian culture, a sampling of listed below:



- **Knitted Christmas Balls** - since 2015 an annual Christmas episode sometime between October and Christmas; original and miniature sizes. *Warning: Addictive!*

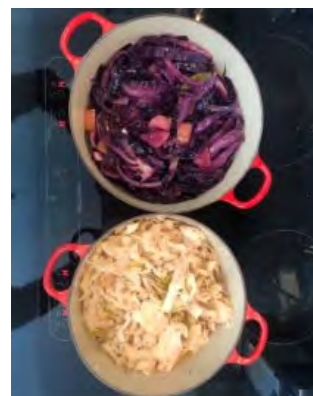
- **Knitted Christmas Stockings** - a new design annually.



- **How to Knit A Christmas Tree** - decorated with silver knitting markers; I use hook pierced earrings. - December 17, 2017

- **Cooking and Baking** - Norwegian Christmas and other foods; often during Advent each year.

Christmas Cookies (Rosettes) - Dec. 11, 2016
Lutefisk - Dec. 9, 2018
Norwegian Side Dishes - Dec. 15, 2019
Norwegian Waffles - April 5, 2020



- **Crocheted Flower Throw** - Too much work to make a throw, so I made a colour co-ordinated table centerpiece. It's lovely and would be just as nice in the Scandinavian Christmas colours of greys, white, and red. Individual flowers make great coasters. - April 19, 2020

- **Iconic Norwegian Stranded Knitting Patterns** and the **Stories** behind them:

- Jan. 19, 2020 - Dovre
- Feb. 16, 2020 - The XO



Fun to watch Advent Activity - Knitting of 2020 Christmas Balls and Storytelling: From Dec.1st through Christmas Eve, **Arne & Carlos** are doing a **daily** podcast featuring the **knitting** of a new Christmas Ball accompanied with **Norwegian Christmas stories**.

Netflix

'Home For Christmas' - A Christmas series in Norwegian with English subtitles.



Toft

From an UK alpaca and wool specialty company that features crocheted kits/ patterns for a variety of fun things: Toft Christmas Kits. Their version of Julbocken is among the new items this year...Elden the Yule Goat. <http://www.toftuk.com/>

Grimfrost Academy

Grimfrost Academy is a documentary series with the purpose of education and maintaining a historical record. The episodes feature world-leading Viking Age experts sharing knowledge that could otherwise be difficult, or even impossible to come by. <https://youtu.be/mhMHTZ2jfXM>

Viking.TV

Viking.TV provides free to watch livestreams and on-demand programming. Our library of programs includes short documentaries and interviews, lectures, classical music concerts, reading lists, filmographies and much more. <https://viking.tv>

Deliciously Nordic

Julekake

Recipe from former Los Angeles Times food writer Russ Parsons.

This classic Norwegian Christmas bread makes a terrific addition to breakfast, and it can also be served as a snack or as an accompaniment to almost any meal. The recipe makes 2 loaves and serves about 8, depending on how thickly you slice the bread.

For the Bread:

- 1 1/2 cups milk
- 1/2 cup sugar
- 1/4 cup shortening
- 2 packages active dry yeast
(2 1/2 tsp. each)
- 5 1/2 cups (23 1/2 ounces) flour,
plus more for kneading
- 1 1/2 tsp. salt
- 2 eggs
- 10 ounces candied cherries and
candied orange peel, combined
- 3/4 cup golden raisins
- 1/2 cup currants



Step 1 In a saucepan over medium-high heat, scald the milk. Remove from heat and add the sugar and shortening. Cool to lukewarm. Add yeast and set aside for 5 minutes to activate the yeast. Stir in 3 cups flour, beat, then add the salt and eggs and beat again. Add cherries and orange peel, raisins and currants. Stir in the remaining flour.

Step 2 On a lightly floured board, knead well until smooth and elastic, about 5 minutes. Place the dough in an oiled bowl and cover loosely with plastic wrap; set aside in a warm place until the dough is doubled. Punch the dough down and let double again.

Step 3 Heat the oven to 375 degrees F. Divide the dough in half and place each half in a greased 9-inch by 5-inch loaf pan. Bake until browned on top, 25 to 30 minutes. Cool on a rack before icing.

For the Icing:

- 3 Tbsp. milk
- 2 1/2 cups powdered sugar
- 1 Tbsp. softened butter

In a small bowl, beat the milk with the powdered sugar until the frosting is thick enough to spread. Add the butter and continue to beat several minutes until very creamy. Spoon over top of cooled loaves and let dribble down the sides.



Riskrem

Sharon Bruce shared this recipe for Riskrem. It's the recipe used by Sol-glyt Lodge for the Scandinavian Food Pavillion at the annual Edmonton Heritage Festival.

Rice Pudding:

1 ½ cups rice (shortgrain or pearl)
2 litres milk (8 cups)

Using a heavy pot heat the milk to lukewarm. Add the rice and stir.

Turn down the heat to medium. Continually stir as this can burn easily. Continue to cook until the rice is very well done (This can take an hour or more). Taste to make sure the rice is soft. Add ¾ to 1 cup of sugar and a ½ tsp. of salt.

Leave the pudding to cool completely or overnight. Break up the rice grout with a fork and carefully fold in whipped cream. (For an ice cream pail, add 1 litre of whipped cream). Add 4 to 5 Tbsp. of sugar and vanilla flavouring to taste).

Raspberry Sauce:

To 1 lb. raspberries and 1 cup sugar add almost the same volume of water. You can also use frozen juice or berries diluted with water. (I would use about 1 cup of water to make a juice). Heat and mash the berries so that you do not have lumps.

Use 1 Tbsp. of potato flour for each 2 cups of juice.

Bring the juice to a boil. Mix the potato flour with a bit of cool juice or water.

Stir it well before adding it to the boiling juice. Stir in the potato flour mixture with a whisk to avoid lumps.



TAKE OFF THE HEAT IMMEDIATELY

Don't over stir the sauce since that can make it gooeey. The sauce should be smooth, translucent, and free from lumps.

Notes:

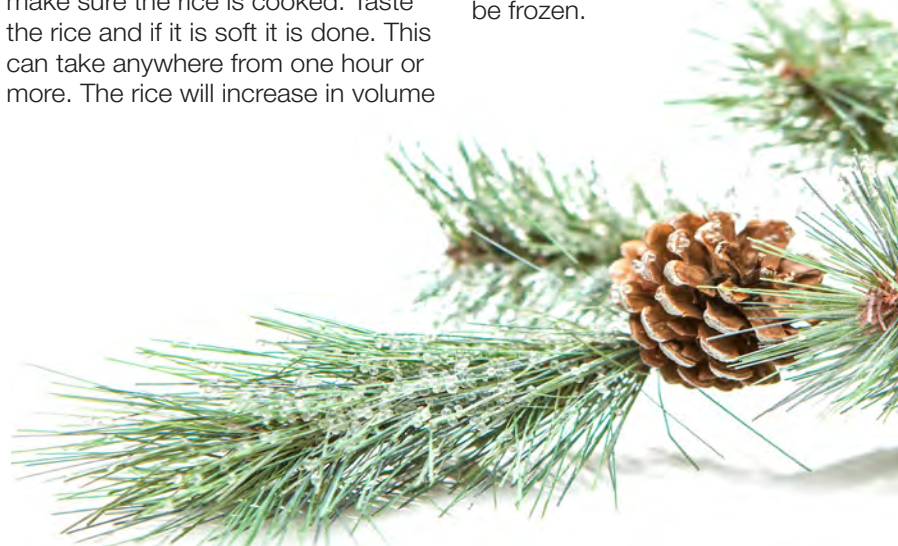
1. We use Calrose Rice when we are making it. It is a good short grain rice. Comes in a yellow bag and can be found at most stores. If you use long grain the texture will be grainy and hard as the rice will not melt down.

2. The secret to making the grout is to make sure the rice is cooked. Taste the rice and if it is soft it is done. This can take anywhere from one hour or more. The rice will increase in volume

so make sure you have a large enough pot to cook it in.

3. The amount of cream when whipped should be about equal to the volume of pudding. The time this takes is worth the result.

4. When whipping the cream use Whiplt in it. It is a stabilizer and can be found at a grocery store in the flour, baking section. It is a blue envelope and is by Dr. Oetker. This will help keep the cream stiff hence the final product can be kept for up to one week in the fridge. The grout cannot be frozen.



Classic Gløgg

Ken Domier shared this recipe with many lodge members.

A classic Norwegian Christmas beverage. This recipe provides measurements for multiple quantities...Gløgg for a crowd.

Put cardamom seeds, cloves, cinnamon stick, orange peel, and ginger in a double layer of cheesecloth and tie. Figs and raisins should also be put in a double layer of cheesecloth.

Add red wine, port wine, brandy, spices, figs and raisins to a pot. Add sugar to pot when mixture is warm but **add only enough sugar to take the bitterness out** of the gløgg.

Simmer for 1-1.5 hours (do not boil). Take out cheese cloth(with spices). Allow gløgg to cool unless it is going to be served. Otherwise put raisins and figs in a dish to be served later.

Gløgg should be served hot (but don't boil off the strong stuff) with raisins, figs, filberts (hazel nuts) and whole blanched almonds.

Refrigerate what is left over. Enjoy gløgg all year long!

Tip: Make a pie from the left-over raisins.



Ingredients	1.64 L	5.75 L	9.625 L	17.25 L	23 L
Dry Red Wine (L)	1.0	3.5	6.25	10.5	14
Port Wine or Sherry (L)	0.425	1.5	2.25	4.5	6
Brandy (L)	0.215	0.75	1.125	2.25	3
Cardamom Seeds	28	105	160	315	420
Cloves	12	40	70	120	160
Cinnamon Sticks (7.5 cm)	1	4	6	12	16
Orange Peel (#oranges)	0.75	3	4	8	10
Crystalized Ginger (cubes)	1/4	1	1.5	3	4
Figs	5	16	24	48	64
Raisins (grams)	150	450	625	1250	1500
Sugar (grams)	300	500	850	1700	2000
Whole Bleached Almonds (g)	100	200	300	600	800
Filberts (Hazel Nuts) (g)	100	250	450	800	1000
Cheesecloth (package)	1	1	1	1	1

Note: Rather than count large numbers of cardamom seeds, 315 cardamom seeds is approx. 1.1 tsp and 420 cardamom seeds is approx. 1.6 tsp.





Sugar Cookies

This recipe from Sharon Bruce is always a big hit at the annual Solglyt Lodge Childrens' Christmas Party.

- 1 ½ cups powdered sugar
- 1 cup butter
- 1 egg
- 1 tsp. vanilla
- ½ tsp. almond extract
- 2 ½ cups flour
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- granulated sugar

Mix powdered sugar, butter, egg, vanilla and almond extract. Stir in flour, baking soda and cream of tartar. Cover and refrigerate at least 3 hours.

Heat over to 375 degrees. Divide dough into halves. roll each half 3/16 inches thick on lightly floured cloth covered board. Cut into desired shapes with 2 to 2 ½ inch cookie cutters, sprinkle with granulated sugar. Place in lightly greased cookie sheet. Bake until edges are light brown 7 to 8 minutes.

Makes about 5 dozen.

Potet Lefse - Potato Lefse

This is the recipe used by Solglyt Lodge members to make the lefse sold at the Scandinavian Christmas Market.

5 lbs potatoes	10 lbs potatoes
Butter - 1 1/3 sticks Added to hot riced potatoes	3 1/2 sticks (1 stick = 1/2 cup) Added to hot riced potatoes
Add to cooled potato mixture: 3 eggs beaten 1 1/2 tbsp white corn syrup 3 1/2 - 3 3/4 cup flour 2 1/4 tsp. salt 1 1/2 tsp. baking powder	Add to cooled potato mixture: 6 eggs beaten 3 tbsp white corn syrup 7 1/2 cups flour 4 1/2 tsp. salt 3 tsp. baking powder

Method:

Potatoes need to be peeled and boiled the day or two days before using. Drain really well, if damp set back on stove to dry (element off). While they are still hot, they should be "riced" and the melted margarine blended into the mixture. It is important that the mixture then be well cooled and kept covered with a tea towel until using. DO NOT COOL IN A SEALED CONTAINER as the mixture gets stick and very hard to work with.

On the day of making:

Add syrup to beaten eggs, stir. Mix into the potatoes. Mix dry ingredients with the flour and add and mix into the potatoes.

1/2 cup of the dough makes a large round of lefse that almost fills a lefse grill.

Hint: Each 3 pound box of margarine has 12 - half cup. Use a hand held mixture to get all the lumps out of the riced potatoes and to loosen up the potatoes. The potato mixture will be quite stiff and solid once the butter has been added and the mixture cooled. Use the same beater to briefly beat the eggs and syrup and then mix the egg/syrup mixture and potatoes with the beater. Mix the salt and baking powder together and then stir into the flour. Once this has been blended, pour the flour into the mixture and mix by hand until thoroughly mixed. Roll into balls using a 1/2 cup for each ball. Flour your working surface and roll out. Each should be as large as a large dinner plate. Roll from the centre out. Cook on Lefse Grill until lightly brown, you do not want dark brown spots on the lefse. Enjoy.



Throwback..

Missing our Lefse Workshop! Anita Brown and Elaine Domier - Lefse Workshop 2013.



Fundraiser Size ingredients:	Family Size Ingredients:
For the Broth: 1 Small Bone-in Ham or Smoked Picnic Shoulder 4 Large or 6 Small Smoked Pork Hocks 6 Packages Salt Pork <i>Divide into two - 15 litre stock pots</i>	For the Broth: 1 Ham Bone, plus ham in reserve to add to soup 1 Smoked Pork Hock 1` Package Salt Pork <i>7 litre stock pot</i>
For the Soup: 8 lbs Yellow Peas, whole 8 cups Ham/Hock /Salt Pork (meat only), cubed 14 - 16 (10 cups) Potatoes, peeled, diced 6 Medium/Large Onions, diced 5 cups Carrots, chopped <i>Divide into three - 15 litre stock pots</i>	For the Soup: 1 lb Yellow Peas, whole 1 cup Ham/Hock/Salt Pork (meat only), cubed 2-3 (2 cups) Potatoes, peeled, diced 1 Medium Onion, diced 3/4 cup Carrots, chopped <i>7 litre stock pot</i>

“The Original” Norwegian Yellow Pea Soup

This recipe is from Solglyt Lodge member Bert Ingebretsen and is served at the annual Pea Soup Supper fundraiser, supporting the Sons of Norway Foundation in Canada.

Method:

Peas should be rinsed, then soaked for at least 10 hours. Rinse again before adding to soup.

Cut each piece of salt pork into two pieces. Soak overnight in fridge, in cold water. Drain, trim off most of fat and discard.

Trim the ham, removing most of the meat. Place ham bone, pork hock, and salt pork in large pot. Fill with water and bring to a fast boil. Turn heat down and simmer for 3 to 3.5 hours taking care not to let too much steam escape. Add boiling water as needed, to maintain consistent level in pot.

Remove all meat and set aside to cool. Remove bones, skin and fat. cut meat into bite sized pieces. Use the reserved ham to makeup the required amount of meat.

Let the broth cool in fridge overnight or long enough to allow fat to solidify. Remove and discard any apparent fat from the broth.

To Assemble the Soup:

If preparing the fundraiser size recipe divide the stock into three large (15 litre) pots.

Gradually add the soaked and rinsed

peas to the broth, while gradually bringing it to a boil. Stir from time-to-time to prevent burning, the peas will settle to the bottom. The peas are cooked when they start to shell out.

Add the potatoes and when they are cooked, add the meat. Add salt and pepper to taste.

Cook the carrots separately, drain and add to soup. Taste and adjust seasoning as required.

Hints:

Whole yellow peas are readily available at the Italian Centre. Always use whole peas - split peas will break down too quickly and change the texture of the soup.

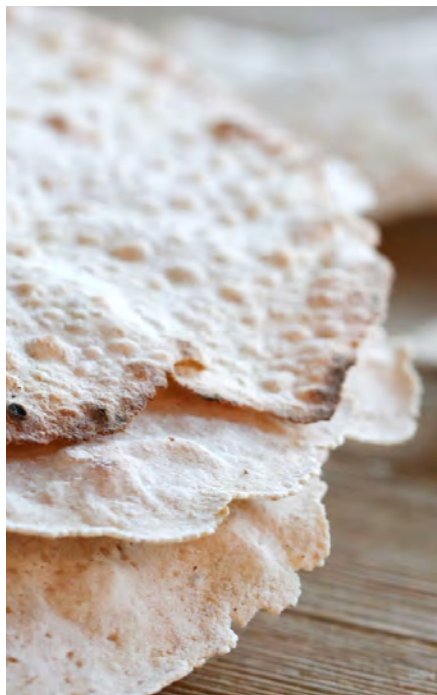
If reheating soup, always add a little boiling water in the pot before adding



the soup. It helps eliminate the soup sticking to the bottom of the pan.

The carrots are cooked separately and added at the end of cooking. They impart too much sweetness in the soup if cooked in the broth.





Flat Brød

This recipe from Betty Anderson, originated from the kitchen of Olga McBrides' mother. It's thought to have come directly from Norway.

Yields enough to serve 10 guests.

Ingredients:

½ cup butter
1 tsp. sugar
½ - 1 tsp. salt
2 cups whole wheat flour
½ tsp. baking soda
1 cup buttermilk

Method:

Mix dry ingredients together and cut in buttermilk. Roll into very thin large circles. Fry on a lefse grill set at 350 to 375 degrees until lightly browned. Then, place on cookie sheet in oven heated at 200 to 250 degrees for 5 to 10 minutes to dry sufficiently.

Storage:

Store in covered containers, tightly sealed, in a dry place until ready to serve.

Serving:

Break into rectangular or pie shaped pieces approx. 3" x 5". Stand or lay the pieces in a decorative dish. Serve with butter for spreading.

Kringla

Yield: 40 cookies

Ingredients:

3 cups all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground nutmeg or cardamom (optional)
1/2 cup (1 stick) butter, softened
1 cup sugar
1 egg
1 teaspoon vanilla
1 cup buttermilk or sour milk (see note)

Directions: In a medium bowl, stir together flour, baking powder, baking soda, salt and, if desired, nutmeg or cardamom; set aside.

In a large mixing bowl, beat butter with an electric mixer on medium

to high speed for 30 seconds. Add sugar and beat until fluffy. Add egg and vanilla and beat well. Alternately add flour mixture and buttermilk, beating until well mixed. (Dough will be soft and sticky.) Cover and chill at least 5 hours or overnight or freeze for 3 to 4 hours.

Divide dough in half; return half to the refrigerator. On a well-floured surface, roll into a 10x5-inch rectangle. With a sharp knife, cut rectangle into twenty 5x1/2-inch strips. Place half of the strips on a baking sheet or tray and place in the refrigerator while shaping and baking the first 10 strips. Roll each strip into a 10-inch-long rope. Shape each rope into a loop, crossing 1-1/2 inches from ends. Twist rope at crossing point. Lift loop over to touch ends and seal, forming a pretzel shape. (Or fold each 10-inch-long rope in half and twist 3 times; seal ends.) Place cookies 2 inches apart on ungreased cookie sheets.

Bake in a 425 degree F oven 5 to 7 minutes or until cookie bottoms are light brown (tops will be pale). Remove from cookie sheets and cool slightly on wire racks. Repeat with remaining dough strips and dough. Serve warm with softened butter, if desired or serve cool. Makes 40 cookies.

Note: To make 1 cup sour milk, place 1 tablespoon lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1 cup total liquid; stir. Let stand for 5 minutes before using.



Juleminner fra Norge

Anita Brown shares Christmas memories from Norway and a favorite recipe.

We have a very small family, just my parents, two siblings and my grandparents, so Christmas celebrations were very quiet. Like all kids I looked forward to *juleaften*.

The scent of the meal wafting from the kitchen, *ribbe* (pork belly) roasting away in the oven, someone frying *medisterkaker* (pork patties) and *medisterpølse* (pork sausage) - I'm sure you see a pattern here. *Surkål* was simmering on the stove, but not for my plate, that's for sure.

Bestemor had made *karamellpudding* (egg custard) the day before, and if I remember correctly *risengrynsgrøt* had been served the day before to those who wanted some, so that we could make *riskrem*.

Gifts were not opened until after supper, the adults seemed to take forever to eat and *skål, skål, skål*.

I cook this meal for our family, it took a few years to find a butcher that sold the pork belly with the rind on, now you find it everywhere. Also, the pork sausages were troublesome, now I get "weisswurst" at the grocery store. But *medisterkaker* are fried up every year, and then frozen for the big day. Last year we hosted a *Julemiddag* husband-and-wife session in the Nordic Room, the only thing missing was the akevitt



Above: Chris and Anita Brown.



(L to R): Sylvia Colleton, Sandy Kachmar, Chris Brown.



Medisterkaker

Ingredients:

- 500 gr lean ground pork
- 1 ½ tsp salt
- 1 ¼ tbsp. potato starch (not cornstarch)
- ¼ tsp pepper
- 1/5 tsp ground ginger
- 200 - 250 ml milk

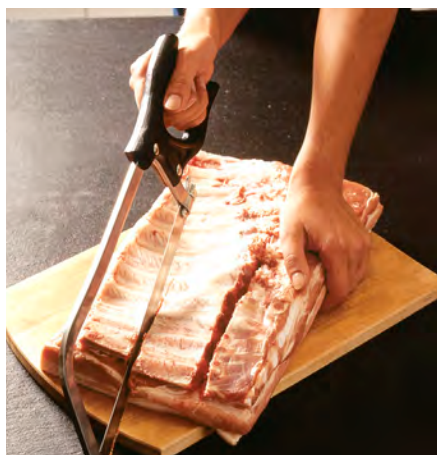
Directions:

Mix all ingredients together to a loose "dough", shape them in your palm with a spoon, or just scoop.

Fry in a well-greased pan until cooked through.

I like to finish them in the oven, to make sure they're done.





Photos: Ragge Strand and Per Alfsen/
Matprat.no



Ribbe

Traditionally served with boiled potatoes, sausages, meat cakes, prunes, lingonberries and pickled cabbage, 'Ribbe' and its heavenly aroma is sure to bring a bit of Norwegian Christmas into your kitchen.

Follow this recipe from matprat.no for success. Time: 60 mins Serves 4

Ingredients:

2 kg pork rib
3 teaspoons salt
2 teaspoons pepper
Approximately 200 ml water

This is what you do:

Saw through the bone to make it easier to pull the ribs apart for serving. Cut the rind in a criss-cross pattern – cutting the squares parallel to the ribs makes it easier to slice up nice pieces after cooking (see images (left) for help).

Rub with salt and pepper two or three days before roasting, cover with foil, and leave in the fridge. When the ribs have been in the fridge for a couple of days, you are ready for action!

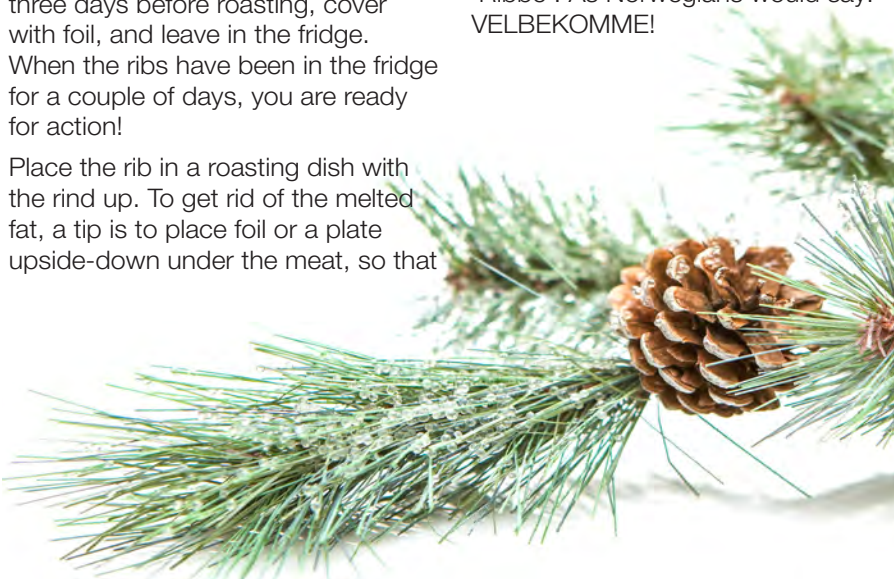
Place the rib in a roasting dish with the rind up. To get rid of the melted fat, a tip is to place foil or a plate upside-down under the meat, so that

it is slightly raised in the middle.

Then, pour 200 ml (3/4 cup) water into the roasting dish, and cover the rib with foil. It is important that the foil is completely airtight, so that evaporation will be successful.

Roast in the middle of the oven at 230°C. After 30 – 40 minutes, remove the foil and lower to 200°. Roast spare ribs for a further 1 1/2 hours and midribs for a further 2 – 2 1/2 hours. Leave for 20 minutes before carving.

That's it – you are ready to serve a juicy and yummy Christmas 'Ribbe'. As Norwegians would say: VELBEKOMME!



Make a paper ornament!



MEDALLION



1. Accordion fold a piece of typing paper, every 1/2 inch



2. Cut folded strip in half



3. Flatten out one of the folded halves and color stripes in the opposite direction of the fold



4. Refold and staple in the center



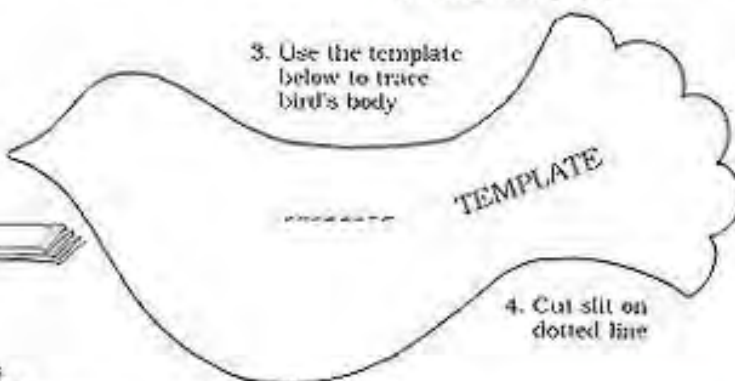
5. Gently fan out and join the two sides with clear tape.

DOVE

1. Follow steps one and two for the Medallion
2. Round off corners of folded strip



3. Use the template below to trace bird's body



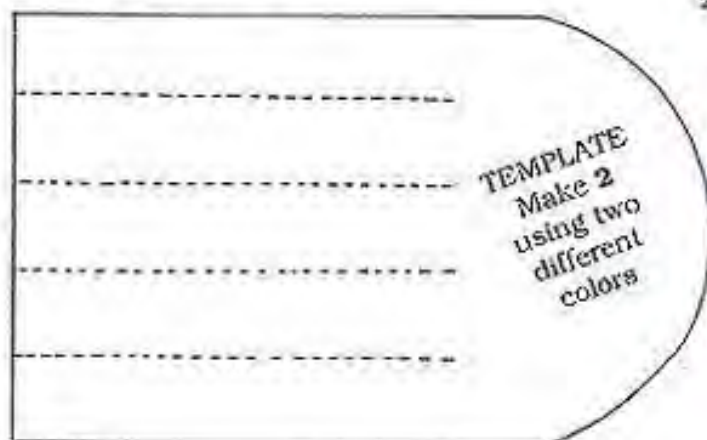
4. Cut slit on dotted line



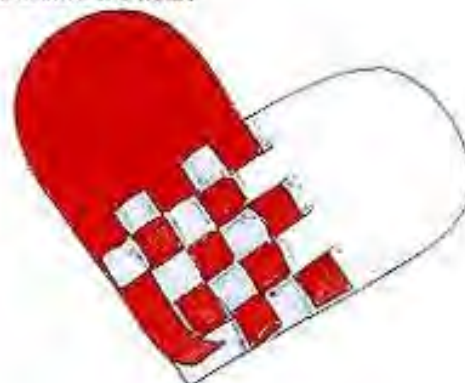
5. Insert folded strip through slit in bird's body. Fan out each side attaching the two sides with tape at top to form wings.

HEART

1. Cut out two shapes following the template below. Cut on the dotted lines



2. Join the two sides at right angles, and weave the five strips, to secure the heart





The “Nisse”

The nisse is frequently depicted with a bowl of Christmas porridge - in this image portrayed by the Norwegian illustrator Svein Solem.

The Nisse are friendly mythological creatures of Nordic folklore. There are different types of Nisse, they can live in the woods, gardens, barns or houses, but are mostly associated with farms. They are regarded as guardians and helpers and are self sufficient in the ways of the old country crafts. Nisse are close to their families and may move house with them, though some are more connected to the place and do not move. They are generally honorable, amicable and accommodating, and love to play practical jokes. Inordinately strong for their size, they are by nature willing workers, but must be treated with kindness and respect and shown appreciation by way of good food and drink, especially during Christmas. If offended, they are known to be vindictive and cause havoc by stealing things, playing tricks, and harming the farm animals. Well to do farms are often attributed to the Nisse of the farm.

Nisse can make themselves invisible, so can be difficult to get a glimpse of, but they are generally agreed to be wizened looking and no taller than 3 feet with long white beards. They are usually dressed in everyday grey wadmál (a woven coarse, felted, usually undyed wool fabric of the Middle

Ages) farmer clothes and a distinctive brightly coloured knit conical cap, usually red in colour.

Today Nisse are mostly associated with the Winter Solstice and Christmas. In Norway, Christmas Eve is when Christmas gifts are exchanged. Gifts can also be brought by Julenissen (somewhat like Santa Claus) and/or the Nisse. The Nisse may be accompanied by Julbocken (the Christmas Goat), appearing on Christmas Eve bringing Christmas gifts from home to home. Traditionally, a rice porridge is left for the Nisse; an extra topping of butter is appreciated and is often expected.

Youtube Information on Nisse Links:

- Time Travel Iowa; Iowa PBS: The Nisse
<http://www.iowapbs.org/video/story/31776/nisse>
- Alv the Skald: Mythical Creatures – Nisse and Tomte – posted December 7, 2018.
- Anna Brigland: Tales from the North, a Nordic folklore series – Episode Five – posted March 25, 2017.

Sources: Camilla Christensen; Nordic Charm – History of the Nisse; Legends of the North: the Nisse; Wikipedia – Nisse (folklore); National Geographic.





*Song

“På låven sitter nissen” (The nisse in the barn) is a Christmas song with lyrics by Margrethe Munthe. It was first printed in 1911, and still remains as one of the most well-known and beloved Christmas carols, especially among the youngest. It is truly a cheerful and sweet little tune, and tells about nissens fight to keep his Christmas porridge - a bunch of mice are namely trying to steal it. But nissen is an old grump and refuses to share. The first verse goes something like this (a presentment of the melody follows below):

*The nisse in the barn has got his Christmas treat, so good and sweet, so good and sweet!
He nods his head and smiles, oh so happily, cause Christmas porridge, he just loves to eat!
And around him stand the rats that think he's sharing, and they're staring, and they're staring.
They are also very fond of Christmas porridge, and they're dancing, dancing in a ring!*

Eventually, nissen threatens to retrieve the cat if the mice do not disappear. As by a stroke of magic the conflict is terminated, and the little rodents flee the scene.

*Stories

At Christmas Eve, nissen was presented with the very best of the local cuisine; normally this included a decent portion of Christmas porridge, lefse and beer or gløgg. If nissen was not satisfied, he would not hesitate to revenge himself by making life unpleasant for the people around him. Well-known is the story about the girl who was so hungry that she ate the porridge herself, instead of giving it to nissen. He later on retaliated by dancing with the girl, till she died.

Other stories may however be of a more humorous form. A legend from

Østfold in southeastern Norway tells for instance about a milkmaid who got help from nissen to look after the cows. In addition to rightfully supply him with milk and treats, the maid one day also decided to sow him some new clothes. This gesture however, turned out to backfire on the poor girl. One evening, nissen came to the house, wearing his new ensemble. Rather baffled, the maid received a resignation from the little geezer, who proclaimed he was too pretty now to struggle and strive in the barn!



***Photo, *Song and *Stories quotes from the blog 'Legends of the North: The Nisse' by Camilla Christensen.**



There are several **You-tube** postings of **DIY Christmas Gnomes**, including postings for doing **ornaments**, door stops, and the like as well as specialty postings dedicated to doing hats, boots and even an outdoor **Christmas greens version**. Check them out...have some fun!



AN INVITATION to Support Scandinavian Studies at the University of Alberta, Augustana Campus

Augustana, founded as Camrose Lutheran College in 1910 by Norwegian settlers, was built on the convictions that cooperation, educating the whole person, and leadership as service to others are of the utmost importance. This legacy lives on today through Augustana's liberal arts and sciences education that honours and preserves our heritage through Scandinavian course content and education, including Norwegian language classes. This year, despite the pandemic, enrolments remain strong, and the *Viking Age Mythology* course, taught by associate professor Ingrid Urberg, continues to be one of our most popular offerings!

Monetary gifts help to preserve this legacy and support the students who value Augustana's heritage and work to increase their knowledge of Scandinavian culture. Your contribution to the following initiatives will enhance the student experience and provide support to students studying Scandinavian culture and ways of knowing at the U of A, Augustana Campus!

Torskeklubben of Edmonton Award - Awarded to students with satisfactory academic standing enrolled in one or more Scandinavian Studies courses at Augustana Faculty. Selection based on participation in Scandinavian Studies, academic standing, and financial need.

Scandinavian Studies Award - Awarded to students with satisfactory academic standing entering the second, third or fourth year of study in an undergraduate degree program with a major in Modern Languages - Scandinavian Studies stream or a minor in Scandinavian Studies at Augustana Faculty. Preference given to a student accepted in an approved study abroad program.

Sons of Norway (Canada) Award in Scandinavian Studies - Awarded to a student with satisfactory academic standing enrolled in an undergraduate degree program at Augustana Faculty. Preference will be given to a student with a minor in Scandinavian Studies.

Scandinavian Trade & Cultural Society Endowment - This fund will encourage research on Scandinavian culture and heritage and promote that culture both at Augustana and in the larger community. It may also fund student research assistantships, travel grants, lectures, or conferences.

For more information or to make a gift, please contact:

Bree Urkow, CFRE – Assistant Director of Development, Augustana Campus
4901 46 Avenue Camrose AB T4V 2R3

P: 780-679-1131 E: bree.urkow@ualberta.ca

To make an online gift, please visit aug.ualberta.ca/scanstudies

The Translation



Composer who wrote Ja, Vi Elsker only lived to 23

This month's translation is written in *nynorsk* to challenge your language skills. *Nynorsk* is one of two official standards of **written** Norwegian, the other being *bokmål*. About 13% of Norwegians write in *nynorsk*, primarily in Western Norway, while *bokmål* dominates in the rest of the country. *Bokmål* is a heavily Danish-influenced version of written Norwegian, and *nynorsk* is a conglomerate of dialects, representing Norwegian, as if it had remained uninfluenced by Danish rule.

The Young Flame

Rikard Nordraak, together with the poet Bjørnstjerne Bjørnson, is responsible for all of us clearing our throats and belting out "and the saga night that lays, lays dreams upon our earth."

Nordraak was born on June 12, 1842 in Christiania. His family has a piano in the living room, and Rikard starts playing early. In 1850, his cousin Bjørnstjerne Bjørnson, who is in town to study, moves in with his family. Bjørnson observes that the young boy has musical talent.

Yes, We Love "Ja, Vi Elsker"

"Ja, Vi Elsker" extends over an abnormally wide tonal range to be a sing-along. It is overambitious. Many have probably experienced starting as deeply as they can, and still ending up with a squeaky voice at the end of the song. The lyrics are written by Bjørnstjerne Bjørnson. When the poem is to be set to music for the Constitutional Jubilee in 1864, Bjørnson of course gives the assignment to his dear cousin.

The first official performance takes place at the constitutional jubilee, May 17, 1864. The men's choir conductor recounted about the first rehearsal that the song "was immediately beloved and that everyone felt: 'Now, this is our national anthem!'"

The timing is perfect. As Bjørnson says, "Ja, Vi Elsker" inhales the breath of an entire people, a few decades prior to Norway becoming independent.

"Ja, Vi Elsker" quickly becomes the national anthem by virtue of its popularity. At 21 years old, Rikard Nordraak has managed something incredible.

On his deathbed

In November 1865 Nordraak contracts pneumonia. After five months of illness, surrounded by doctors and his landlord, Rikard Nordraak dies on March 20, 1866.

Den unge flammen

Rikard Nordraak er saman med diktaren Bjørnstjerne Bjørnson ansvarleg for at vi alle reinskar halsen og tar sats ved «og den saganatt som senker, senker drømme på vår jord».

Nordraak blir fødd 12. juni 1842 i Christiania. Familien hans har piano i stova, og Rikard byrjar å spele tidleg. I 1850 flyttar søskenbarnet Bjørnstjerne Bjørnson, som er i byen for å studere, inn hos familien. Bjørnson observerer at den unge guten har musikalsk talent.

Ja, vi elsker «Ja, vi elsker»

«Ja, vi elsker» strekk seg over eit unormalt langt tonesprang til å vere allsong. Han er overambisjos. Mange har nok opplevd å starte så mørkt dei kan, men likevel ende opp med pipestemme ved slutten av songen. Teksten er skriven av Bjørnstjerne Bjørnson.

Då diktet skal bli tonesett til Grunnlovsjubileet i 1864, gir Bjørnson sjølv sagt oppdraget til sin kjære fetter. Første offisielle framføring blir under Grunnlovsjubileet 17. mai 1864.

Dirigenten til mannskor har fortalt om den første øvinga at songen «elskedes straks og alle følte: her er vår nasjonalsang kommet!»

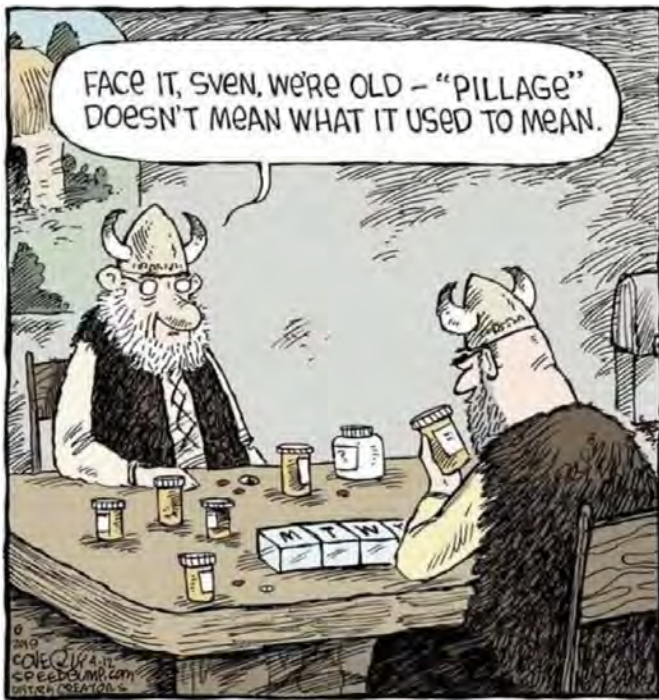
Tidspunktet er perfekt. Som Bjørnson seier, tar «Ja, vi elsker» opp i seg pusten til eit heilt folk, nokre tiår før Noreg blir sjølvstendig.

«Ja, vi elsker» blir ganske raskt nasjonalsongen i kraft av sin popularitet. 21 år gammal har Rikard Nordraak klart det utrulege.

Dødsleiet

I november 1865 får han lungebetennelse. Etter fem månader med sjukdom, omgitt av legar og husverten, døyr Rikard Nordraak 20. mars 1866.

Both versions continued on back page.



Ole and Sven...

Ole, Sven and their friend Edgar from Manitoba, were sitting around bragging about their wives. Sven, who had married a girl from Sweden, said: "When I got married I told my wife that when I get home I want to see the dishes washed and the counters clean. The first day I didn't see anything and on the second day I didn't see anything but on the third day when I got home, the dishes were washed and the counters were clean."

Edgar, who married a Danish girl from Saskatchewan said, "Well, when I got married I told my wife she had to wash the dishes, clean the counters and have all the laundry washed, dried and folded when I got home. The first day I didn't see anything and on the second day I didn't see anything but on the third day the dishes were done, the counters were clean and the laundry was washed, dried and folded."

Ole who married a Norwegian girl, said, "When I got married, I told my wife that she had to wash the dishes, clean the counters, do the laundry and have a hot meal ready on the table when I got home. On the first day I didn't see anything and on the second day I didn't see anything, but on the third day the swelling had gone down and I could see a little out of the left eye."

Uff da!

ORIGIN OF LUTEFISK

"Centuries ago, many Norwegians came to Ireland to escape the bitter Norwegian winters. A famine gripped Ireland at the time and food was scarce, fish and potatoes being just about all there was. To make matters worse, the Norwegians were eating all the fish, leaving the Irish with nothing to eat but potatoes. Then the Norwegians started taking over the potato crop and making lefse. This was too much for the Irish and they decided the Norwegians had to go. They organized a secret organization called IRATION (Irish Republican Army to Rid Ireland of Norwegians). The army members sabotaged all power plants so the fish in the Norwegian refrigerators would spoil and force them to move some place else. The fish spoiled, alright, but as everyone knows, the Norwegians thrive on spoiled fish.

The Irishmen then tried a new tactic—they sneaked into the fish storage houses in the dead of the night and sprinkled the rotten fish with lye, hoping to poison the intruders. This didn't work either, because what resulted was the Norwegian delicacy, LUTEFISK, and the Norwegians thrived on that too. The poor, poor Irish! They were desperate! But Saint Patrick came to the rescue. On March 17th, he blew his top and told all the Norwegians where to go—so they all went to Minnesota and South Dakota, and to this day they eat Lutefisk and lefse at church dinners."



Ole and Lena...

Ole wasn't feeling well so he went to the doctor. After examining him the doctor took his wife, Lena, aside, and said, "your husband has a very sensitive heart. I'm afraid he's not going to make it, unless you treat him like a king, and are at his every beck and call, 24 hours a day and that he doesn't have to do anything himself."

On the way home Ole asked with a note of concern "Vhat did he say? "Vell," Lena responded, "he said it looks like you probably von't make it."

*God Jul
og Godt
Nyttår*



Solglyt Lodge



2020/21 EVENTS

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



The Young Flame/ Den unge flammen *Continued from page 23.*

Although we can later read all the praise about Nordraak, his funeral goes unnoticed, and is a testament to a lonely young man. Two people show up at the funeral procession: his landlord and a friend.

New relevance

Beyond the 20th century, Nordraak's ideas gained new relevance when Norway became independent. He is honored with memorials in Berlin, Copenhagen and Oslo, before his urn is moved to The Cemetery of Our Saviour in Oslo in 1925.

In December 2019, "Ja, Vi Elsker" was officially voted Norway's national anthem by the Storting, after having been in use for over 150 years.

Sjølvs om vi i ettertid kan lese alle godorda om Nordraak, blir gravferda hans umerka hen, og vitnar om ein einsam ung mann. To menneske møter opp i gravferda: Husverten og ein ven.

Ny Aktualitet

Utover 1900-talet får Nordraaks idear ny aktualitet når Noreg blir sjølvstendig. Han blir heidra med minnesmerke i Berlin, København og Oslo, før urna hans blir flytta til Vår Frelzers Gravlund i 1925.

I desember 2019 blir «Ja, vi elsker» offisielt stemt fram som Noregs nasjonalsong av Stortinget, etter å ha vore i bruk i over 150 år.



Norwegian
Museum

Norwegian
cultural
classes

Butikk with
Norwegian
crafts, gift
items and
baking
equipment

2021 Newsletter Deadlines:

• Jan./Feb. - Dec. 30/20

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

Please e-mail submissions to: sjamison@greatwest.ca
and indicate SON Newsletter in the subject line.

Early submission of articles, when possible, is appreciated.