



## SOLSYD LODGE No. 603 Zone 4 Lethbridge, Alberta

### KALENDER

January 18: Pre-Meeting Activity - Map of Norway at 5:00.  
Dinner at 6:00 with meeting to follow.

February 15: Pre-Meeting Activity - TBA  
Dinner at 6:00 with meeting to follow.

### MAP OF NORWAY ACTIVITY

Where did your ancestors come from in Norway? What if we find that someone in our lodge has ancestors from the same area and .... what if we were related? We will have a map of Norway at our January 18th meeting to see where we originated. Bring a list of where your parents, grandparents, or great grandparents came from in Norway.

### Gratulerer Med Dagen

**January:** Arnold Follinglo, Dorothy Follinglo, Alfred Isele, Millie Isele, Laurie Megyes, Cecil Nesmo, Herman Gom, Marilyn Richards

**February:** Lillian Anderson, Betty Lambert, Marlene Thurlow



Ladies enjoyed making Christmas cards while the men enjoyed a game of cards.

A special thanks to Bev Jestin and Candis Done for supplying all the materials for making the cards.

### LENDING LIBRARY

Don't forget that we have some very interesting books in our library. Take a look at them at <https://lethbridgesonsofnorway.ca/lending-library/> Click on the down arrow to see the selection of books.

Read the story of Jan Baalsrud who endured severe hardships to liberate his beloved Norway in the book, The 12th Man.

*Godt nytt år! Happy New Year!*

## **PRESIDENT'S MESSAGE**

Well, the frenzied activity that accompanies the Christmas season is behind us and now we can look forward to a brand-new year.

First, we look back at 2022. We were finally able to begin meeting in person again. It was great to see each other and do things together after not meeting for two years. Our numbers have shrunk a little, but we have also added some new members. Since our last newsletter, we have welcomed Enid and Herman Gom so that is five new members in 2022. We are still hopeful that some members who have let their membership lapse will come back if they are able.

There was opportunity to participate in several craft activities which we enjoyed prior to our meetings in the fall. I want to thank Bev for organizing these and for organizing the Sami bracelet workshop.

We had several lefse-making sessions prior to Christmas so people in Lethbridge could have access to a touch of Scandinavia if they visited Smitty's where it was for sale.

Our Christmas meeting/party (attended by 46 members and guests) was very enjoyable. Thanks to Jean Sokvitne's persistence, the efforts of Seafood manager from Safeway and Hans' s cooking skills, we were able to enjoy lutefisk. Our meal included meat balls for those who have not developed a taste for lutefisk and dessert was rice pudding and baked goods provided by our members. There was an almond in the rice pudding. Ally, Herman and Enid's granddaughter discovered it in her pudding so she will have good luck for all of 2023 and beyond. She also got the opportunity to select the first door prize. After the meal we were entertained by Mick and Dona, musician and singers from Fort Macleod. Our members had brought gifts for door prizes so there were many give-a-ways.

Christmas is a time for giving and our project for this year was to donate gifts for Wood's Homes. Their specific needs were for toiletries, gift cards or money and you were generous in your response. I needed help from Moe and Lyle to carry and present many tubes of toothpaste, toothbrushes, and a wide variety of other toiletries in addition to several gift cards and gifts of money. The staff there was very appreciative. Thank you all for contributing to this cause.

I have agreed to stay on as president for one more year because of the support I get from members of the executive and from all of you. Thank you to our whole slate of officers who have agreed to continue in their role as well as those continuing their duties relating to meetings.

Now we look forward to 2023. What meaningful project or activity can we carry out or support? We need your ideas as we seek to promote and to preserve the heritage and culture of Norway and to celebrate our relationship with other Nordic countries. Bring your ideas to the next meeting on January 18.

Betty

## VALENTINE'S DAY

Every February Americans set aside one day, Valentine's Day, to excel in hearts, roses, and sentiment. But few have given our Valentine a more unusual token of our love than the city of Omaha gave to its own special sweetheart: Norwegian figure-skater, Sonja Henie. When she opened her ice show in Omaha on Valentine's Day in 1941, she was presented with an 80-pound heart sculpted of blue-green ice. The local press agent who took the initiative to the city's unusual Valentine gift, promised that Omaha would keep Sonja Henie's heart until she returned.

She never came back—but her Valentine heart remains, somewhat shrunken, in the Omaha Cold Storage Terminal, where visitors may view the city's tribute to a fine athlete and artist. Come to think of it, Omaha probably is the American city with the biggest Norwegian heart!

Otherwise, you will not find many Valentine traditions related to Norway. The Norwegian temperament is not very well suited for a typical romantic Valentine's Day celebration. The embarrassment of displaying endearing feelings on an otherwise ordinary day in February would be too much for most stoic, stone-faced Norwegians.

This is especially true when it comes to displaying one's romantic feelings towards that very special person of the opposite sex. Ola Norwayson can go on for hours praising his country, his dog, and his grandma. With tears in his eyes and a voice shaking with emotion, he can tell you about his first pair of skis or the first dime he earned. But showing his feelings for his sweetheart—in public? NO WAY!

Less informed individuals say that Norwegians are completely heartless, but this is far from true. The fact is that behind their well-composed facade beats a big, warm heart. However, this heart is not for undue display—so if you have a Norwegian sweetheart, look for the small, subtle signs of love rather than an open demonstration of feelings.

By now it should be evident that all this repressed emotion needs an outlet. Once a year, the Norwegians wallow in sentiment and hearts on display. This great outburst of emotion is cleverly and inconspicuously concealed in the Christmas celebrations. Then hearts made of every imaginable material sit, lie, stand, hang, or swing all over Norway. It is a grand display and everybody loves it. But to do such a thing on an ordinary February day? Are you kidding?

(Taken from Sons of Norway Heritage Programs)

**Godt Valentinsdag**



**Happy Valentine's Day**

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Mo Larson, Arnold Follinglo & Carol Isele are kept busy making Lefse.