



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

**KALENDER**

March 20: Norwegian Whist at 4:30  
Dinner at 6:00

April 17: Norwegian Whist at 4:30  
Dinner at 6:00



**Gratulerer Med Dagen**

**March:** Vern Flexhaug, Carol Isele,  
Joyce Odland, John Orsten

**April:** Sharon Prenevost



In spite of cold temperatures and lots of snow at the January 17th meeting, several members came out to celebrate Betty Lambert's retirement as President. Cake was enjoyed and everyone gathered together to sing, "For She's A Jolly Good President".

**God Påske!**

**Happy Easter!**

## PRESIDENT'S MESSAGE

Although we have not really had a severe winter season, I am really looking forward to Spring and I expect that you are, too.

Solsyd Lodge members have been active.

On February 8<sup>th</sup>, Marilyn Christie and I met with Andrew Chernevych, archivist at the Galt Museum, to start the process of collecting appropriate lodge materials for our archives. Please look through your photo albums, and scrapbooks for Sons of Norway memorabilia.

In the Jan/Feb 2024 issue of the Viking magazine, Ron Stubbings, International Board Chair, asks the question, *"Have you taken the time to look back and research your own family's history lately?"* Well, a number of Solsyd Lodge members have done just that and more for our Bio Book collection of family histories that Bev Jestin spoke about at our last meeting. Andrew, Galt Museum archivist, thinks our collection of heritage stories is a perfect example of quality archival material. If you have not already done so, please take the time to write your "My Story" for inclusion in the Bio Book.

The map will be available at our March meeting for those who have not had a chance to "pin" where their Norwegian family originated.

On February 13<sup>th</sup> I visited the Southern Alberta Ethnic Association (SAEA) Multicultural Centre on the corner of 6<sup>th</sup> Ave. and 4<sup>th</sup> St. S. and spoke with Jackie, the Events & Membership Coordinator. Unfortunately, no staff member was available to attend our February meeting to answer our questions about SAEA membership. See [www.saea.ca](http://www.saea.ca) for information about programs and opportunities that membership offers. We will decide whether to take out an SAEA membership at our April 17<sup>th</sup> meeting.

Sheila Enevold, Community Services Coordinator, and our liaison with City Hall, emailed to say that there is no room for more trees in the Sons of Norway grove near our bench at Legacy Park but that the City Parks Department is considering opening a plot just to the north. And we have permission to tie Norwegian flag coloured - red, white and blue ribbons on the trees, temporarily. We plan to visit Legacy Park on May 17<sup>th</sup> as part of our celebration of Norwegian Constitution Day.

Your executive has collated Lodge volunteer hours and completed various statistical forms. Thanks to Jean Sokvitne, our 2023 Solsyd #4-603 Lodge Report has been sent to Minneapolis and thanks to you for getting information to us in a timely manner.

Thanks also to those who have taken the time to do lefse. On January 23<sup>rd</sup> there were seventeen helpers and on February 6<sup>th</sup> eleven people came out. It doesn't take long to get the job done with that number of hard-working volunteers.

Norwegian Bingo at our February gathering was a big hit. Many thanks to Marilyn Christie, Bev Jestin and Candis Done for organizing the event and to Betty Lambert for calling the numbers in Norwegian. Next year we hope to have a bingo machine with "bingo balls" for our caller!

Circle March 20<sup>th</sup> on your calendar as the date to play Norwegian Whist starting at 4:30 and plan to try Swedish Weaving at 4:00 with Millie at our April 17<sup>th</sup> meeting.

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A reminder to contact Candis Done at [donnes@telus.net](mailto:donnes@telus.net) if you know of a member who is ill or in need of a little good cheer.

Come the end of June and so very sadly, Hans wants you to know that he and the Isele family have decided to step away from catering our dinners. We certainly understand that after 20 plus years of preparing meals for this Lodge --one gets a little tired. We are so very appreciative of and deeply indebted to you - Hans, Carol, Helga, Alfred and Millie. Your tireless commitment month in and month out has certainly shaped our Lodge. It's the delicious, varied and hot food that brings people out to meetings! Thank you so very much. We are eternally grateful.

Wishing everyone a blessed Easter,

Sharon

### **NORWEGIAN EASTER BREAD**

- 2 packages (1/4 ounce each) active dry yeast
- 1/2 cup warm water (110° to 115°)
- 1-1/2 cups warm whole milk (110° to 115°)
- 1-1/2 cups sugar
- 1/2 cup butter, softened
- 3 large eggs, room temperature
- 2 teaspoons ground cardamom
- 1/2 teaspoon salt
- 9 to 10 cups all-purpose flour
- Additional sugar



In a bowl, dissolve yeast in warm water. Add warm milk, sugar, butter, 2 eggs, cardamom, salt and 6 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1-1/4 hours.

Punch dough down; cover and let rest for 10 minutes. Divide into fourths. Divide each portion into thirds; shape each into a 12-in. rope. Place three ropes on a greased baking sheet and braid; pinch ends to seal and tuck under. Repeat with remaining dough. Cover and let rise in a warm place until nearly doubled, about 45 minutes.

Preheat oven to 375°. Beat remaining egg; brush over loaves. Sprinkle with sugar. Bake until golden brown, 20-25 minutes. Remove from pans to wire racks.

Taken from <https://www.tasteofhome.com>

## VIKINGS IN IRELAND

They came from the North to explore along the coasts of the North Atlantic. They sailed in longships crafted to withstand the ocean waves and versatile enough to navigate narrow river ways; eager to raid, trade and establish new settlements. Ireland was just one of the many lands the Vikings encountered and settled.

There were two significant eras of Viking expansion that reached Ireland; the first lasted from c. AD 795-850 and the second from AD 914-980. Upon first contact with these visitors from the north, the Irish called them Gaill, 'Foreigners', or Locklannaigh, 'Northerners' and their presence in Ireland had a lasting effect. Even though the Vikings stole from and committed acts of violence on the Irish, they eventually built permanent settlements and brought about positive change for coastal ports through trade and urbanization. This era was well documented in Irish Annals, which were texts written by monks that mark the Norse visitors' yearly feast days, obituaries and attacks on the church. The annals reveal that while the Norse were responsible for 140 plunderings, the Irish were the plunderers on 139 occasions, and maybe even more surprising, on 19 occasions the Irish and the Norse carried out the plundering together. It should be noted that the motive for these attacks was not due to religious reasons, but because the monasteries were the location where fine metal works and jewels were typically stored. In the Middle Ages, churches served as sanctuaries, not only for persons, but also for goods, and the priests were often safe-keepers of people's valuables. This tempted looters of all kinds, not just Vikings, and it explains why the cooperation between the two ethnic clans developed.

The two peoples were alike in more ways than one. Both the Irish and the Norse had an extraordinary fine poetry tradition and we know that they admired and enjoyed one another's works. Another quality common to both groups was a fierce demand for independence.

Towards the end of the first era, the Vikings began to create port settlements and longphorts or protective ship harbors for themselves in Dublin and other areas along the coast. The Irish responded by strengthening their defenses against the Vikings. Within the next 10 years the Vikings were pushed out of Ireland and the Irish regained their land. But all was not over in Ireland, the second Viking Era in Ireland arrived about 64 years later in A.D. 914 and this time their settlements would endure and become known as Ireland's Viking towns, which were located primarily on the coast. They served as vital links to the Scandinavian homelands and Western Europe. The Irish political system at that time was based on small areas, ruled by kings of local clans. The Irish leaders might have been slain, but their domains could not be consolidated. Every man, woman, and child of the inland clans formed a quiet, but invincible resistance force. The Norse had to be content with sitting on the Irish coast, where they found comfort in crossing the Irish Sea to raid the English, who were less difficult to deal with.

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Early historical sources note that political, military, economic and personal alliances formed between the Irish and Scandinavians during this time. The Viking longphorts gradually integrated with Irish ways and trade began to develop. Archeologists have found caches of Viking style silver pieces in early Irish settlements near the coast substantiating that trade did in fact occur. The most significant settlement for the Vikings was Dublin, which later served as a key player in the politics surrounding the Irish Sea and the Isle of Man. In fact, a Viking ruler of Dublin provoked rivalries that eventually led to the politics of early medieval Ireland.

Over time a gradual shift towards urbanization and trade was introduced that was unmatched at that time by any other Viking settlement in the North Atlantic region. The presence of the Scandinavians in Ireland from AD 915 and on was significant in the growth and development of Ireland's port cities. When celebrating all things Irish on St. Patrick's Day, don't forget the role that Vikings played in Ireland's history as fearless explorers, groundbreakers, and catalysts for growth.

Taken from Sons of Norway Mini Presentations