

**SOLSYD LODGE No. 603 Zone 4**

**Lethbridge, Alberta**

**KALENDER**

November 15: Dinner at 6:00 with meeting to follow.

December 13: Christmas Dinner & Entertainment

Meals are provided by Smitty's Restaurant.



These are some of the beautiful items that were donated to the Solsyd Lodge Silent Auction. Many thanks to those that made a donation and to the volunteers who helped with the event.



**Gratulerer Med Dagen**

November: Fern Heinen, Bev Justin, Lyle Lambert,

December: Harold Hamre, Myrna Orsten

**LONGEST DAY**

Do not call me hero,  
When you see the medals that I wear,  
Medals maketh not the hero,  
They just prove that I was there.

Do not call me hero,  
Now that I am old and grey,  
I left a lad, returned a man,  
They stole my youth that day.

Do not call me hero  
When we ran the wall of hail,  
The blood, the fears, the cries, the tears  
We left them where they fell.

Do not call me hero,  
Each night I stop and pray  
for all the friends I knew and lost  
I survived my longest day.

Do not call me hero,  
In the years that pass,  
For all the real true heroes,  
Have crosses lined upon the grass.

Rob Atchison



## PRESIDENT'S MESSAGE

As I write today, snow is falling outside so our beautiful fall is over. Our September and October meetings are behind us. At the September meeting we had 6 visitors. To date 3 of them have submitted applications for membership. Welcome to Edith and Barry Olson and Evelyn Krysovaty. We had about 30 people attending each meeting.

October is Foundation month. We sent a donation to Sonfic (Sons of Norway Foundation in Canada) but we decided this year to add to our donation by holding a Silent Auction at our October meeting with the proceeds going to the Foundation. Members were invited to donate new or gently used items. The response was terrific. We listed more than sixty items that sold for a total of \$506.00. A big thank you goes out to Marilyn Christie and her committee of Joyce Odland, Helga Ronningen and Edith Olson who did a superb job organizing, creating bid sheets, soliciting items to sell and then making the event happen. A special shout out to Edith for sharing her enthusiasm and sales skills to help even though she is a brand-new member. It was a resounding success. Everyone who donated and/or bought contributed to the success. It was fun, entertaining and profitable.

We will be ordering Norwegian **Calendars** again this year. Place your orders with **Lyle** if you haven't already done so. Call him at 403-329-1738 or e-mail at [okomo4@telus.net](mailto:okomo4@telus.net). He will order them early enough that you will be able to mail them away as gifts for Christmas.

We are making plans for our December meeting which will be held on **Dec. 13** not the third Wednesday of the month. This will have a Christmas theme and we are hopeful that it will be a Lutefisk supper. We have also booked the Coulee Players as entertainment for the evening.

It is time to think about our slate of officers for next year. If you are currently one of the officers, we are hopeful that you will stay on. In spite of the excellent support I have received as President, I think it is time for me to step down and let someone with fresh ideas to take over. We all need to think about our goals for the coming year.

This will be the last Newsletter for 2023 so I wish you all a very Merry Christmas.

Betty

God jul!



Merry  
Christmas!

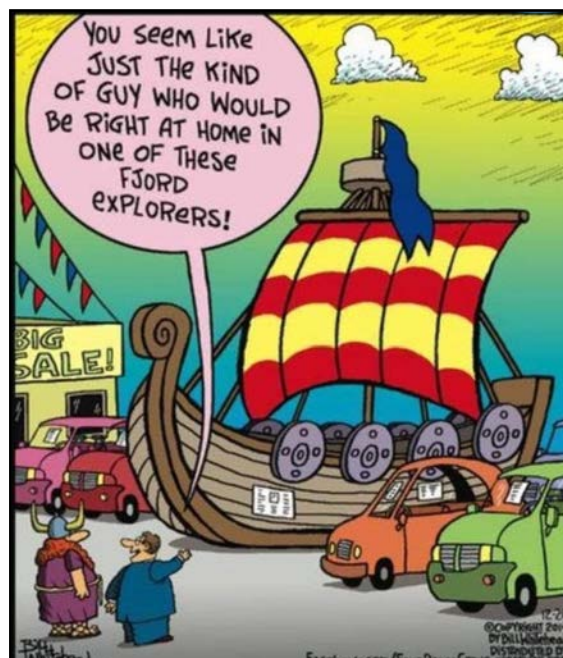
## CHOCOLATE GJETOST CRINKLE COOKIES

Photo and Recipe Source: Stephanie Izard, [stephanieizard.com](http://stephanieizard.com)

3/4 lb. (12 oz) dark chocolate  
2/3 cup cocoa powder  
3 cups all-purpose flour  
1 tbsp. baking powder  
1/2 tsp salt  
3/4 cup butter  
2 cups light brown sugar  
1/2 cup corn syrup  
1 tbsp. vanilla extract  
3 eggs  
1 cup gjetost (brown cheese), grated  
Powdered sugar for rolling dough



- Melt the chocolate in microwave, stirring several times while melting. Set aside.
- Combine flour, cocoa powder, baking powder salt and gjetost. Careful to not let the gjetost clump. Set aside.
- Cream butter with sugar and corn syrup in a stand mixer with a paddle attachment.
- Scrape down the sides of the bowl and add vanilla extract and eggs one at a time. Mix until fully incorporated.
- While mixer is running, stream in melted chocolate.
- Add dry ingredients and mix until just combined.
- Scoop into balls and chill for 3 hours. Roll in powdered sugar before baking.
- Bake at 350°F / 175° C for 123-15 minutes, until cracked-looking and just firm.



## LUCIA

Up to the 1700s, the night of December thirteenth was considered the longest night of the year. This, along with the darkness of the Norwegian winter, made this night a dangerous one in the minds of the superstitious old-time Norwegian society. It was called “Lussi night”, and trolls and netherworld people were said to be out from this night on until Christmas, led by a troll-woman called Lussi. She checked that everybody so far had done their Christmas preparations properly, and that nobody worked on the night of the thirteenth.

If someone did, she tore down the chimney and destroyed what she could. Most people preferred to stay indoors when Lussi was out, fearing that they might be abducted by her sinister followers. Naughty children had to be especially well-guarded; if not, Lussi would take them.

In modern times, December 13th still is special in Norway, but not because of the frightening Lussi. Norwegians have adopted the Swedish custom of celebrating St. Lucy. Lussi and Lucy, their names might sound very much alike, but they stand for something totally different. The Norwegian Lussi represents the evil and dark forces, and the Swedish St. Lucy the good.

St. Lucy was a young Christian woman living in Sicily in the 200s at a time when Christians were persecuted as traitors to the Roman Empire. She chose to give away her dowry to the poor, and her fiancé was so infuriated by this that he informed the Roman officials about her faith. She was sentenced to suffer death at the stake, but at the execution she was not hurt by the flames. In desperation, the executioner cut her throat.

After Lucy’s death, there were several reports of her bringing light and comfort to the poor, so she was made a saint by the Catholic Church in the 500s. Her name, Lucy, is derived from the Latin word lux, which means light, and St. Lucy has become the symbol of light. Her day is December 13th and through the centuries she has been celebrated in various ways throughout the North.

In Norway the St. Lucy celebrations are not common in private homes, but have been adapted to larger ceremonies in schools, institutions and at community events. Light processions are common. Girls dressed in white and with a light crown, along with attendants carrying candles, add lustre to an otherwise dark winter day and to the many pre-Christmas events that are going on all over the country. In many cities and towns, Lucy, the bearer of light, is the one who lights the Christmas tree.

She also lights the spirit of Christmas in people’s hearts and prepares them for the holidays.