

SONS of NORWAY

Solglyt Lodge 4-143

January - February 2024

sofnedmonton.ca

Edmonton, AB



President's Message

God dag og Godt Nyttår.

Here we are in a New Year, 2024!

Can you believe this will be our 111th year as a Lodge!

I trust you had a festive Holiday Season with family and friends.

My wife Nancy and I made a trip to Saskatchewan to visit our daughter Erica and family in Regina and our son Nels and family in Saskatoon. I also managed to see my three sisters and some of their family as well.

This has been an exceptional winter season with no snow so far which made it feel very different but was very pleasant for travelling.

On Sunday November 5 we held a meeting with a cultural presentation on Norway by Jannicke Ask and her partner Tom Yohemus.

There is an article about this event in the Newsletter.

On Sunday December 3 our Lodge held a Juletre Fest at the Greenfield Community Centre. There is an article about this celebration in the Newsletter.

We look forward to another year of events for our Lodge.

We have decided to rent the Greenfield Community Centre to the end of June, as the Dutch Canadian Club is up for sale.

The following dates have been booked for events in 2024:

- **Sunday, January 28** – meeting and a presentation by Tom Sakaluk on Cambodia trip
- **Sunday, February 11**



Arvid playing crokinole over the Christmas break with his sister and nephews.

- **Sunday, March 10**
- **Sunday, April 14**
- **Friday, May 17**
- **Sunday, June 9**

Please keep these dates open so you can attend.

The Directors are holding a meeting on January 24 so that details of upcoming events can be finalized. Information will be distributed following that meeting.

**Takk
Arvid**

Executive Officers:

President	Arvid Pederson <i>president.solglyt@gmail.com</i>
Vice President	Sheila Johnson
Treasurer	Jim Colleton
Secretary	Laura Blakley
Membership	Peter Myhre

Support Directors:

Lodge Counselor	Sylvia Colleton	Publicity and Historian	Brenda Carlstad
Social	Sharon Bruce	Sunshine	Karin Jackson <i>lesandkarin@hotmail.com</i>
Volunteer Coordinator	Sylvia Colleton	Webmaster	Brenda Carlstad
Culture	Anita Brown <i>norcanweld@eastlink.ca</i>	Trustees and Auditors	Roger Bruce Cliff Norum
SON Foundation in Canada	Brenda Carlstad	Newsletter	Sandy Jamison <i>sjamison@greatwest.ca</i>



Juletre Fest (Christmas Party)



1. (L to R) - Betty Thomson, Emily Moen, Brenda Carlstad, Carole Parker and Shirley Edwards.

2. Lovely table decoration, assembled by decorators Karin Jackson and Shirley Edwards

3. (L to R) - Ryan B., Curtis C. and Ken C..



4. (L to R) - Les Jackson, Nancy Cockcroft, Karin Jackson.

5. (L to R) - Fern Zurawell, guest, Lillian Rogers and Bjarne Myhre.

6. (L to R) - Arvid Pederson, John Fletcher, Janina Carlstad, Anders Carlstad, Marina Biamonte.



A Christmas celebration was held on Sunday, December 3 at the Greenfield Community Centre. There was a Social Hour from 1:00-2:00 p.m. with a Dinner at 2:00 p.m. followed by a Carol sing-a-long.

Prior to this there was a lot of preparation work carried out by the Social Committee to engage a caterer, set up tables and chair, provide table settings and decorations. **Many thanks to the volunteers that helped organize this event.**

The meal was prepared by Rosie and Gordon Ness of HappyNess Catering. The meal consisted of fresh buns, mashed potatoes, salads, turkey, roast pork and all of the trimmings. There were many compliments on the quality of the food.

After dinner, Charlotte Evjen led us in a sing-a-long of familiar carols. She kept us on tune as well as she could. Thanks, Charlotte, for doing this, it added a lot to the celebration.

Overall it was an awesome time and was a perfect way to get everyone in the Festive Season spirit.



For 2023 photos of Solglyt Lodge members and events, please visit: <https://www.flickr.com/photos/sonsofnorway/albums/>



Juletre Fest



7. Cliff Norum - Skål!

8. (L to R) - John and Helen Evjen, Charlotte Evjen and Mike Weir.

9. (L to R) - Chris and Anita Brown.

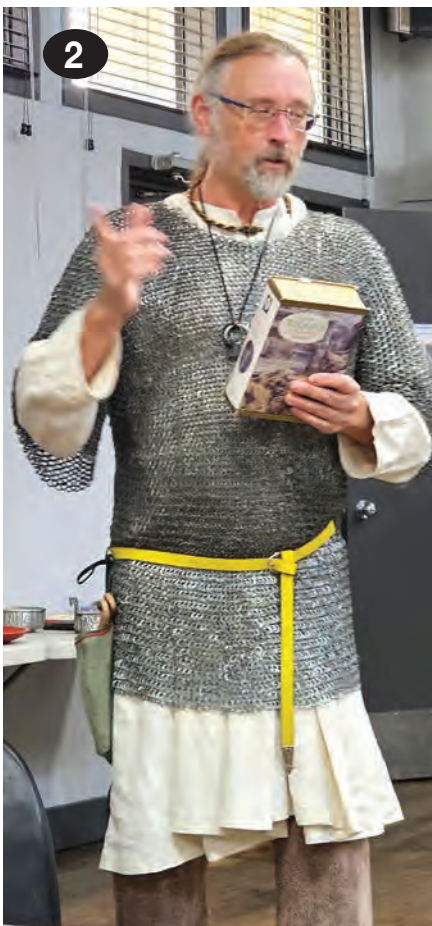
10. (L to R) - Peter Myhre and Jim Colleton.

11. (L to R) - Shirley Edwards and Emily Moen.

12. (L to R) - Elnora Hibbert, Joanne Maynard, Heather Malekoff.



Norwegian Cultural Presentation



*Given by Jannicke Ask
and Tom Yohemus
– November 5, 2023*

Our Lodge gathered on Sunday November 5 and were blessed to have a Norwegian Cultural presentation with many displays carried out Jannicke Ask and her partner Tom Yohemus.

Jannicke was born in Norway so to have roots to her homeland is very meaningful to her.

Talks about the Vikings, books, food, clothing and weapons and many other items were discussed so provide an overview of how they shaped Norway's culture.

We all learned alot and appreciate their effort in providing our members with this education on Norway.

1. Solglyt Lodge members enjoying the cultural presentation.

2. Tom Yohemus.

3. Jannicke Ask.



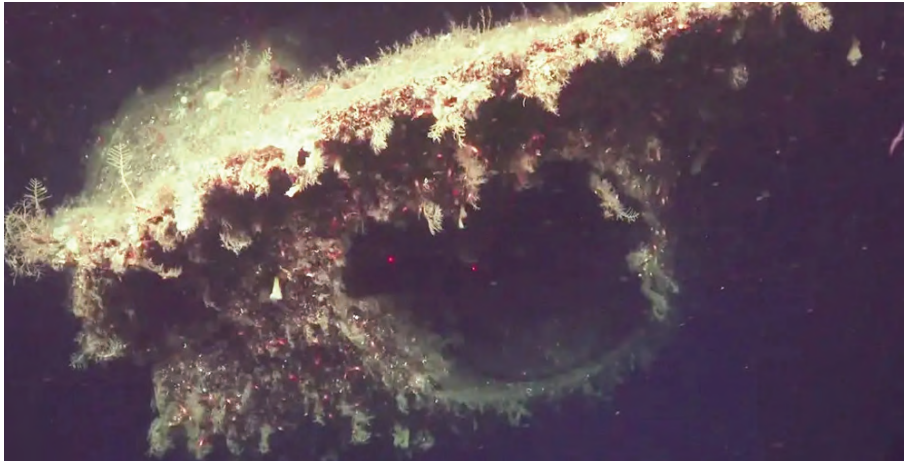


Solglyt Lodge Members Make a Difference at Meals on Wheels

Nancy Cockcroft (pictured above), Shirley Edwards and Emily Moen volunteered a total of 32 hours representing the Solglyt Lodge during the month of December at Meals on Wheels. We had an enjoyable time preparing meals and had numerous questions about Sons of Norway. Meals on Wheels also appreciates your financial support. Ardythe, Volunteer coordinator for Meals on Wheels said Solglyt's generous donation was designated to Day One of this 12 Days of Christmas idea. She said Solglyt members are so happy and fun to work with !

Congratulations Solglyt!!





Researchers discovered the remains of the HMS Thistle off the coast of Norway earlier this year.

WWII Submarine Discovered

During a scientific trip, an 83-year-old British submarine wreck was spotted off the coast of Rogaland county in southern Norway. Mareano, a research group, was mapping the seabed and discovered the submarine along with six other objects.

The craft is thought to be the remains of the HMS Thistle, which now sits 525 below the surface. Research cruise leader Kyrre Heldal Kartveit said, "We knew what characteristics we should look for; thus, we were able to identify the wreck as 'Thistle,' but with a small caveat that it is the Royal Navy who is responsible for the final

identification."

The last voyage of the HMS Thistle set out on April 10, 1940 and was sunk by a German U-Boot. None of the Thistle's crew survived. Since the sub's last position was only approximate, it is possible that the craft has drifted over time. Photos of the plant-riddled wreckage reveal a possible torpedo tube wedged in the hull.

Along with the submarine, the expedition also located several shipping containers, and what turned out to be a WWII aircraft engine.

Metal Detector Jackpot

After his doctor prescribed increased exercise, Erlend Bore [AIR-len BOO-reh] of Sola near Stavanger chose a metal detector as motivation to get more activity. He'd dreamt of becoming an archaeologist as a child, and within two months, he'd made a 1,500 year-old find, Norway's gold discovery of the century.

In late August 2023, Bore went to the island Rennesøy to hike and search. Having had no luck after hours, he looked around and thought, "Where would I have been, if this was a long time ago?" Near a rocky crag, the detector signal led him to uncover something he thought was a candy wrapper.

It turned out to be a huge cache of gold from the 5th century migration period. Bore's highly unusual discovery consists of nine gold pendants engraved with a horse from Norse mythology, along with ten gold beads and three gold rings.

The Cultural Heritage Act specifies that finds older than the year 1537 are considered state property, however, according to tv2.no, a finder's fee is commonly given, based on 10 percent of the current value of the metal, to be divided between the finder and the landowner.

The gold pieces are now on display at the Archaeological Museum in Stavanger.

Brunost Craze Hits South Korea

Norwegians are deeply into their brunost- the sweet and salty cheese made of cow's and goat's milk that tops sandwiches, waffles and even meatballs.

Jeonmi Eom liked the sweet and savory flavor so much, she decided to import and license brunost products for distribution in South Korea. In doing so, she set off a massive flavor trend.

Eom partnered with Norwegian brunost brand Synnøve, opening five brunost-themed cafés in

her hometown of Busan, Korea's second-largest city with a population of 3.4 million. Now Eom imports and sells around 52,000 units of brown cheese annually.

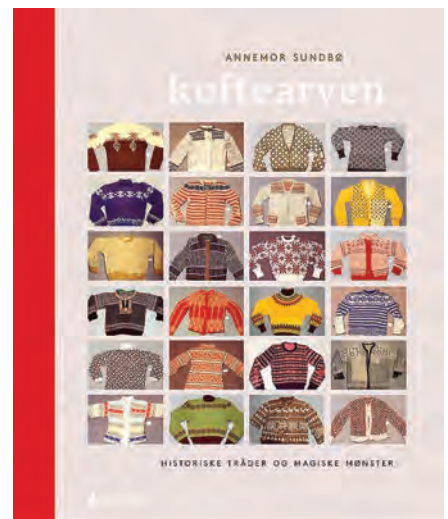
The founder of the cheese brand, Synnøve Finden, was also a trailblazer, becoming the first Norwegian woman—with Pernille Holmen—to own a factory in 1928. Today Synnøve Finden AS [LLC] produces over 1200 tons of brunost each year, along with other products.

Sweater Legacy

Annemor Sundbø enjoys rolling up her sleeves and bringing things back to the start. In 1983, she inadvertently set her life's course when she bought the last shoddy mill in Norway, a piece of equipment that breaks down old woolen textiles, allowing them to be re-spun and knitted into new garments. Since then, she has done her utmost to re-use wool fibers, preserve and recreate lost knitting patterns and has also taken on the role of knitting historian. Sundbø has written several books on knitting and the history of Norwegian sweater patterns, among other topics.

In 2020, her latest book "Koftearven, Historiske Tråder og Magiske Mønstre" [translation: Sweater Legacy - Historical Threads and Magical Patterns, sold in English as "Norway's Knitted Heritage – The History, Surprises and Legacy of Traditional Nordic Sweater Patterns"] was awarded Southern Norway's Literature Prize. This book places Norwegian kofte (sweater/cardigan) traditions into a global context, showing how the motifs that are considered native to Norway fit into the bigger picture, with ties to all kinds of far-flung cultures.

Ever the textile educator, Sundbø's book would not be complete without several knitting patterns and hundreds of images of sweaters with richly-colored multi-strand patterns.



Deliciously Nordic

Brunost Caramel Rice Krispie Bars

This recipe makes 9 large squares or 36 individual bites

Ingredients:

For the treats::

- 112 g butter
- 200 g crispy rice cereal, such as Rice Krispies
- 100 g TINE Gudbrandsdalen, sliced or grated
- 454 g marshmallows

For the Brunost caramel:

- 50 g TINE Gudbrandsdalen, sliced or grated
- 60 ml heavy cream
- 50 g granulated sugar

Method:

Line a 23 x 23 cm baking pan with parchment paper and lightly grease with butter or non-stick spray. *For thinner squares, use a 23 x 33 cm baking pan.

In a large, heavy-bottomed pan, over medium heat, melt the butter, marshmallows and TINE Gudbrandsdalen brown cheese, stirring often, for 10 minutes or until the mixture has melted and come together. Remove from the heat, fold in the cereal, and stir to combine with a wooden spoon or spatula. Pour the mixture into the prepared pan. Wet your fingers and gently press down on the mixture to evenly spread it across the pan. It's important not to press down too hard, otherwise they will become very dense. Let the treats set at room temperature for about 1 hour.

While the treats are setting, prepare the Brunost caramel. In a small saucepan, bring the Brunost, heavy cream and sugar to a simmer over medium-high heat. Cook until the mixture is thoroughly combined, whisking frequently, and has thickened to a caramel consistency (somewhat thick, but pourable), about 8



Photo Credit: northwilkitchen.com Nevada Berg

minutes. Drizzle the caramel on top of the treats.

To serve, lift the parchment out of the pan, and cut into even squares.

To store the treats, cover and leave at room temperature for a couple of days. You can also freeze them by wrapping them individually in wax paper and storing in the freezer for up to 2 months, letting them thaw before serving.



Sandkaker (Sandbakkels)

Ingredients:

- 3/4 cup + 2 Tbsp. butter
- 1 cup + 1 1/2 Tbsp. flour
- 7 Tbsp. or about 1/2 cup almonds, blanched and ground
- 1 egg
- 7 Tbsp. sugar

Method:

Mix butter and flour until crumbly. Add ground almonds, egg, and sugar. Work ingredients together with your hands. Let dough rest for an hour in the refrigerator.

Press into greased sandkake/sandbak-

kel forms. Bake at 350°F /175°C for 10-15 minutes.

Let cookies cool slightly before you remove them from the forms.

Excerpted from December 1999 Viking Magazine "Velkommen til Bords." Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/sandkaker/



The Translation

Hvor lang tid tar det å lære norsk?

Noen trenger mer tid på å lære norsk enn andre. Flyktningen Paul var rask og lærte språket på ett år. Han forteller oss hvordan.

– Jeg bestemte meg for å lære språket med én gang.

Paul snakker ivrig og raskt. Han kan flere språk enn norsk og morsmålet, forteller han.

For mange er det vanskelig å lære et nytt språk raskt nok.

Samtidig er det nødvendig for å bli med i samfunnet og arbeidslivet. Folk blir stående utenfor på grunn av språk.

Paul kom hit som flyktning – på flukt fra et afrikansk land. I dag snakker og skriver han norsk flytende.

På ett år lærte han norsk på nivå B1-B2, sier han (Nivå B1: Personen forstår mye av klar tekst og tale. Han klarer seg i de fleste situasjoner. Nivå B2: Personen forstår det meste av akademiske tekster. Han deltar i samtaler med et flytende språk.). Etter 1,5 år hadde han lært norsk på et mer avansert nivå.

– Jeg er en veldig nysgjerrig person, sier mannen. Han har brukt mye tid på biblioteket der han bor. Han liker godt å lese bøker av forfatteren Knut Hamsun.

– Innvandrere lærer norsk i ulikt tempo. Noen trenger mer tid enn andre, forklarer Espen Brynsrud til Klar Tale. Han jobber i direktoratet Kompetanse Norge. De har ansvar for norskprøven som innvandrere tar.

De fleste har et mål de vil nå, sier han. Kanskje vil de bli norsk statsborger. Andre ønsker seg en bestemt jobb, eller en utdanning.

Kommunene er blant dem som lærer innvandrere og flyktninger norsk. Paul sier han tok imot all den opplæringen han hadde krav på som flyktning. I tillegg studerte han norsk ved et universitet. Hjemme snakker han bare norsk. Han har ofte valgt bort morsmålet etter at han kom til Norge.

Paul er nå fornøyd med norsken han har lært. Det har sikret ham en fast jobb. Nå ser han for seg et langt og godt liv i Norge.

– Jeg føler meg hjemme her. Derfor elsker jeg dette landet, sier han.

How long does it take to learn Norwegian?

Some people need more time to learn Norwegian than others. A refugee, Paul, was quick and learned the language in a year. He tells us how.

“I decided to learn the language right away.”

Paul speaks eagerly and quickly. He knows other languages than Norwegian and his mother tongue, he says.

For many, it is difficult to learn a new language quickly enough. At the same time, it is necessary to join society and working life. People are excluded because of language.

Paul came here [to Norway] as a refugee – after fleeing an African country. Today he speaks and writes Norwegian fluently.

In one year, he learned Norwegian at level B1-B2, he says. After 1.5 years, Paul had learned Norwegian at a more advanced level.

“I am a very curious person,” he says. He has spent a lot of time at the library where he lives. He likes to read books by the author Knut Hamsun.

“Immigrants learn Norwegian at different paces. Some need more time than others,” Espen Brynsrud explains to Klar Tale. He works in the Norwegian Competence Directorate. They are responsible for the Norwegian test that immigrants take.

“Most people have a goal they want to reach,” he says. “Perhaps they will become Norwegian citizens. Others want a specific job, or an education.”

Municipalities are among the entities that teach immigrants and refugees Norwegian. Paul says he received all the training he was entitled to as a refugee. In addition, he studied Norwegian at university. At home, he only speaks Norwegian. He has often opted out of his mother tongue after he came to Norway.

Paul is now satisfied with the Norwegian he has learned. It has secured him a permanent job. Now he envisions a long and happy life in Norway.

“I feel at home here. That’s why I love this country,” he says.



Elaine Domier's Big Move!

(Left) - Sylvia Colleton and Valerie Vale hang pictures.

(Above) - Elnora Hibbert and new neighbour Elaine Domier catch up.

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: lesandkarin@hotmail.com

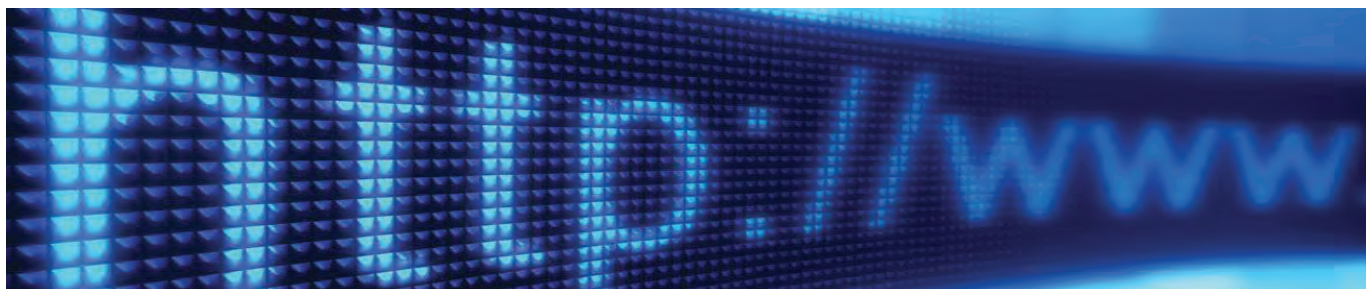
2024 Newsletter Submissions

March/April - due by Feb. 29, 2024.

May/June - due by April 25, 2024.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please email submissions to: sjamison@greatwest.ca and indicate SON Newsletter in the subject line.

Early submission of articles, when possible, is appreciated.



Useful Links:

- **Sons of Norway Solglyt Lodge #4-143 - Edmonton** - sofnedmonton.ca
- **Solglyt Lodge on FaceBook** - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **Sons of Norway Solglyt Lodge #4-143 Photos** - <https://www.flickr.com/photos/sonsofnorway/albums/>
- **Sons of Norway Valhalla Lodge #4-341 - Calgary** - <http://www.sofncalgary.ca>
- **Sons of Norway District 4 (Alberta, Montana, North Dakota and Saskatchewan)**
- <https://www.sofn-district4.com>
- **Sons of Norway District 7 (British Columbia)** - <http://eidsvoldsofn.com/index.htm>
- **Sons of Norway Foundation in Canada** - <https://www.sonfic.ca>
- **Sons of Norway International** - <https://www.sofn.com>
- **Scandinavian Studies Association - Edmonton** - <https://www.scandinavianstudies.ca>
- **Trollhaugen Language, Arts & Culture Camp** - <https://www.trollhaugenalberta.com>
- **Torskeklubben of Edmonton** - <https://www.torskeklubben.ca/>
- **Norwegian Laft Hus - Red Deer** - <https://www.norwegianlafthussociety.ca>
- **Norsk Høstfest** - <https://hostfest.com>
- **Welcome to Norway** - <https://www.visitnorway.com>