



SONS of NORWAY

Solglyt Lodge 7-143

January - February 2026

sofnedmonton.ca

Edmonton, AB

President's Message

God dag Solglyt members.

Well, I trust you all had a relaxing Christmas season and yes, we know that winter is here with all the recent snow.

Nancy and I enjoyed a wonderful Christmas with all our family from here, Saskatoon and Regina. We were very fortunate that the highways were like summer driving in our travels.

There were three events in November and none in December.

The first event was a Remembrance Day celebration on November 9, where members brought memorabilia from their ancestors or others. I believe this was perhaps a first for our Lodge and it was a great way to acknowledge those who served for our Country to provide for how we live today.

The annual lefse bee held on November 15 was also a way for our Lodge members to prepare a treat for the holiday and assemble for a day of working together and building friendships.

Our Lodge had a Christmas party on November 29 and were served a great meal by Rosie and Gordon and were entertained by musicians that led us in a



Nancy and Arvid (right) with Arvid's cousin Karen and her husband Carl Stepp (left) at Kingman Lutefisk supper, Dec. 5, 2025.

sing-along. It was a great party and thanks to all for setting up and taking down chairs and tables, decorating and all other work to create a great atmosphere. A silent auction was held which is always fun and provide some additional revenue for our Lodge. Thanks to all that donated items for the auction.

Solglyt is now part of District 7 which is an all-Canadian District.

An explanation of upcoming meetings is noted elsewhere in the Newsletter.

Please again accept thanks on behalf of the Board to all the amazing volunteers that provide their help and assistance in our Lodge activities.

p.s. I won the 50/50 raffle at the Kingman Lutefisk supper on Friday December 5.

**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
Counselor	Sylvia Colleton

Program Directors:

Cultural	Dreena Davis
Social	Sharon Bruce
SON Foundation in Canada	Brenda Carlstad

Support Directors:

Trustees	Cliff Norum Wayne Nordstrom
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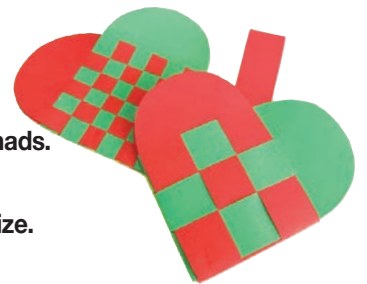


Our 'god jul' festivities included delicious 'julemat' and singing seasonal songs with musicians. Our silent auction and door prizes added to the enjoyment.



'God Jul' Festivities

1. Prize-winning Kransekake baked by Les J.
2. Karin, Elaine, Sylvia and Sandy in their lovely bunads.
3. Embroidered cushion by Sharon B.
4. John and Helen E. - John pulled the first door prize.
5. Arvid P. and Emily M..





More 'God Jul' Festivities

6. Willie, Allan, Connie and Eva.

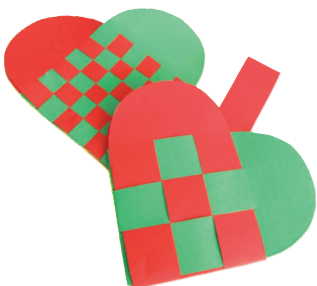
7. Sue and Linda.

8. Nancy, Arvid, Nyima, Ingrid and Beth.

9. Nordahl and Lois.

10. Liam, Lucas and Emerson

11. Sandy and June.



Our November gathering included many contributions from members commemorating WWI, WWII and Canada's present-day armed forces. In further recognition, Solglyt donated to the Veterans' Food Bank in Edmonton. Photographs and summaries were well researched and noteworthy.



November meeting:

1. WWII medals display.
2. Dreena and Nordahl.

Edmonton Solglyt Lodge 7-143 - November Was a Very Active Month

November was an active month for our energetic Edmonton Solglyt Lodge 7-143 members. Our first November gathering included many contributions from members commemorating WWI, WWII and Canada's present-day armed forces. In further recognition, Solglyt donated to the Veterans' Food Bank in Edmonton. Photographs and summaries were well researched and noteworthy.

Ricing, rolling and flipping – a good description of our annual lelse bee, in mid-November. In addition to being productive and social, several curious neighbours visited and a few children wrangled the rolling pins.

Our 'god jul' festivities included delicious 'julemat' and singing seasonal songs with musicians. The silent auction, with many fantastic donations, and door prizes, added to the enjoyment.

Looking Ahead to Our 2026 Gatherings

The attendance of Natalie van Deusen, PhD, from the University of Alberta, is planned for January. Her speciality is Old Norse-Icelandic paleography and philology. She teaches a variety of courses on Scandinavian languages, literature and culture. February will lead us to a delectable Nor-

wegian pancake lunch, and March is planned for a L'Anse aux Meadows presentation. Easter in Norway will be our theme for April.

- Brenda C.

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



1

Ricing, rolling and flipping – a good description of our annual lefse bee, in mid-November. In addition to being productive and social, several curious neighbours visited and a few children wrangled the rolling pins.



2



3



4



5

Lefse Bee:

1. Jim.
2. Sharon, June and Sue.
3. Sandy K.
4. Ingrid.
5. Dreena.

Everything Norway!

Namdal_folkehøgskole.



Folk High School Proposal

The Norwegian government has recently proposed that the share of scholarships for folk high schools (*folkehøgskoler*) be cut to 15% from its current 40% standing. This proposal has many fearing that it will quickly reduce the number of students that can afford to go to these high schools.

A couple students at the Namdals Folkehøgskole in the Grong municipality in Norway explained that they may not have been able to participate had the proposed changes been in effect due to the idea of increasing loans as they navigate their education journey.

CEO of the Norwegian Folk High School Council Anne Tingelstad Woien believes that some students need the environment that a folk high school offers in a time where many young people are struggling with mental health and the feeling of exclusion. These types of schools allow youth a pressure-free environment to learn and explore their passions without receiving grades. The decision from the government on this proposal is being anxiously awaited by those connected to the strong tradition of Norwegian folk high schools.

New Forest Finn Museum in Grue

The Norwegian Forest Finn Museum of south-eastern Norway hosted its opening ceremony in October 2025. The ethnic group is a minority in southeastern Norway, with the name skog-finnene—Forest Finns—referring to the descendants of Finns who first immigrated to Sweden in the 16th century and then migrated to Norway in the 1640s.

The museum has been 25 years in the making and was a joint effort by four institutions of cultural preservation. Opening events featured tours, speeches and the typical Forest Finnish dish motti, roasted oat porridge served with fried pork, pork fat and lingonberries.

Her Majesty Queen Sonja opened the new building that lies in Finnskogen (The Finnish Forest). Along with the leader of Young Forest Finns,



The Norwegian Forest Finn Museum.

Mariikken Bruvold, she cut a rope covered with birch bark.

The Queen called Forest Finn culture part of Norway's history, which needs to be preserved and said that the museum "is like a cathedral,

with pillars that give the impression that you are out in the forest."

The Norwegian Forest Finnish Museum is located in Svullrya in Grue municipality within Innlandet County.



His Majesty King Harald (right), was present to perform the ceremonial opening of the 10th Sámi Parliament in October 2025. Also in attendance was His Royal Highness Crown Prince Haakon (left).

King Harald Opens Sámi Parliament

The 10th Sámi Parliament, held October 15, 2025, in Karasjok, Norway was opened by a special guest. The King of Norway, His Majesty King Harald, was present to perform the ceremonial opening. Also in attendance was His Royal Highness Crown Prince Haakon.

There was an extensive crowd gathered to see the King and Crown Prince enter the Sámi Parliament. Many students from Troms also traveled to the event to see the King and other Sámi institutions.

In his speech, the King spoke of the reconciliation work that is going on with the Sámi

people. He highlighted the importance of feeling proud of one's origins and encouraged all to add to the public conversation.

The Sámi Parliament functions as a central voice for the interests of Sámi people with the Norwegian government and the Storting. It was established to help safeguard the traditions, culture and language of Sámi people. The Parliament's elections event occurs every four years and is where they vote on representatives. Silje Karine Muotka, President of the Sámi Parliament, felt very grateful for the King's presence and knows it means so much to the entire Sámi population.

Mølje - A Fisher's Feast

Norwegian architect Margit-Kristine Solibakke In the northern part of Norway, during the winter months, a certain and unique meal takes the stage. This meal is known as Mølje. The main ingredient of mølje is cod, but more specifically it is cod, cod roe, and cod liver.

The migration pattern of Arctic cod is the main reason for the dish being a common cuisine in the winter. The cod spawn in the archipelago of Lofoten, Norway, from January to April, which provides an abundant catch for the fishery there.

For many years, the fisherman of Lofoten have enjoyed what the waters have to offer. They would take their one cooking pan and add cod roe, potatoes, and water to cook. Then they would add the liver and cod for a few more minutes and mix it all together.

Today's preparation of mølje is a bit more complex with upwards of four pans used to prepare each ingredient separately. You can enjoy this delicacy in restaurants in Northern Norway in season. In fact, it is a "self-contained meal" and will give you everything you need by adding some carrots and potatoes. What a unique meal to try.



Traditional skrei mølje.

Photo Credit: www.seafoodfromnorway.us



2026 Solglyt Lodge Events

Sunday January 11th, 2026 from 1 to 5

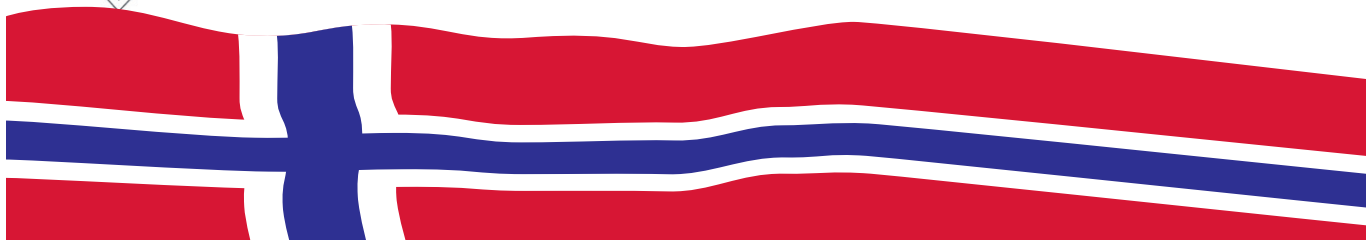
Sunday February 8th, 2026 from 1 to 5

Sunday March 8th, 2026 from 1 to 5

Sunday April 13th, 2026 from 1 to 5

Saturday May 16th, 2026 from 12 to 6

Sunday June 14th, 2026 from 1 to 5



Deliciously Nordic

Homemade Cardamom Granola with Almonds

Easy and delicious homemade granola recipe featuring oats, cardamom and sliced almonds.

Ingredients:

- 4 cups old-fashioned rolled oats
- 1 cup sliced almonds
- 1/2 cup raw pepitas (pumpkin seeds)
- 1 tsp. ground cinnamon
- 1 tsp. ground cardamom
- 1/2 tsp. ground ginger
- 1 tsp. fine salt
- 1/2 cup canola oil
- 1/2 cup real maple syrup
- 1 tsp. vanilla extract
- 1/2 tsp. almond extract

Instructions:

Preheat the oven to 350°F / 175°C. Line a baking sheet with parchment paper and set aside.

Combine oats, almonds, pepitas, cinnamon, cardamom, ginger and salt in a large bowl. Stir well, ensuring that the salt and spices are evenly distributed throughout the mixture.

Add oil, syrup and extracts. Using a rubber spatula, stir well to combine.

Transfer granola to prepared pan. Pat down with a rubber spatula to distribute the mixture in an even layer. Bake for 15 minutes.

Remove granola from the oven and stir with a metal spatula to redistribute on the baking sheet. Firmly press down on the mixture using the back of your spatula, creating an even and tight layer of granola. Bake for an additional 12-15 minutes or until granola is toasty and golden brown.

Remove from the oven and allow to cool completely on the baking sheet.

Use a spatula to transfer the granola to glass containers for storage (or freezer bags, if freezing). Granola keeps for about two weeks at room temperature or several months in the freezer

Notes:

Let the granola cool completely before removing from the pan. If the granola is



Photo Credit: True North Kitchen

still warm when you package it, you run the risk of soggy granola.

Freeze for long-term storage. For longer storage, freeze in Ziploc freezer bags.

Source: <https://true-north-kitchen.com/nordic-morning-granola/>

Roasted Beet Hummus

A delicious, creamy and visually stunning homemade hummus with just a hint of earthy sweetness thanks to the addition of a roasted beet. Perfect for dipping!

Ingredients:

- 1 medium beet, scrubbed and trimmed
- 2-3 cloves of garlic, unpeeled
- 4 Tbsp. extra-virgin olive oil divided, plus more for roasting the beet and garlic
- 1 tsp. hot water
- 1 can chickpeas, rinsed and drained
- 1/2 tsp. ground cumin
- 2 Tbsp. tahini paste
- 2 Tbsp. fresh lemon juice
- 1 tsp. coarse salt plus more to taste

To garnish:

- Extra-virgin olive oil for drizzling
- Chopped fresh parsley or chives

Instructions:

Preheat oven to 400°F / 200°C. Drizzle

beet and garlic cloves with olive oil and rub to coat evenly. Wrap tightly in aluminum foil and roast until tender, about an hour. Unwrap and allow to cool slightly.

Once the beet is cool enough to handle, use a paper towel to rub the skin off of the beet. Slice into quarters and place in the bowl of a food processor. Peel the roasted garlic and add it to the bowl along with the beet.

Add one tablespoon of olive oil and the hot water. Process until smooth, scraping down the sides of the bowl as necessary.

Add remaining ingredients except olive oil. Process again until smooth. While the machine is running, slowly add remaining 3 tablespoons of olive oil through the feed tube. Continue to process until fully combined, scraping down the sides of the bowl occasionally.

Transfer hummus to bowl. Season to



Photo Credit: True North Kitchen

taste with salt. Chill until ready to serve.

To serve, drizzle with olive oil and sprinkle with chopped fresh parsley or chives, if desired.

Source: True North Kitchen
<https://true-north-kitchen.com/roasted-beet-hummus/>



The Translation

Forskere: Derfor er strikketøy nøkkelen til indre ro

En svensk studie viser at strikking er bra for mer enn bare garderoben. Det gir mentale fordeler som er av stor verdi.

Tradisjonelt sett har det vært en hyggelig og rolig aktivitet som leder tankene mot bestemødre og gamle tanter. Men moderne og internasjonalt anerkjente strikketoryfeer som Lærke Bagger har gitt strikking en funky vri, noe som har gjort det til en superpopulær hobby for alle aldre.

Lettere å håndtere livet

En studie fra Göteborgs universitet viser at personer med psykiske problemer kan bruke strikking som en form for medisin.

Forskerne undersøkte hva personer med psykiske problemer selv har å si om hvordan strikking påvirker deres situasjon. Til sammen ble det samlet inn 600 uttalelser fra Ravelry, et gratis, engelskspråklig sosialt nettverk dedikert til strikking, hekling, veving, toving og garnproduksjon.

De innsamlede utsagnene ble deretter analysert ved hjelp av anerkjente kvalitative analysemetoder.

Tre positive effekter

Resultatene av analysen avdekket tre måter strikking er helsebringende på. Det hjelper folk til å roe ned og slappe av. Som hobby gir det også folk en identitet som strikker i en uformell setting. Til slutt bidrar strikking til å strukturere tilværelsen og har en gunstig innvirkning på den psykiske helsen.

Alt i alt opplevde strikkerne som deltok i studien at hobbyen deres var en høyt verdsatt aktivitet som hadde en gunstig effekt på helsen, både på kort og lang sikt. Noen av strikkerne hadde også observert en endring i sin mentale prosess, og forklarte at det var lettere for dem å tenke klart og styre tankene når de strikket.

«Ergoterapeuters jobb er å få folks liv til å fungere. Det ligger åpenbart et potensial i strikkepinner og garn som helsevesenet absolutt ikke bør undervurdere», skriver de.

Den svenske studien er ikke alene. En studie fra Harvard Medical School fra 2007 viste for eksempel at strikking stimulerer kroppens naturlige avspenning og senker hjerterefrekvensen med gjennomsnittlig 11 slag i minuttet – noe som senker blodtrykket.

Scientists: Why knitting is the key to inner peace

A Swedish study shows that knitting is good for more than just your wardrobe. It offers mental benefits that are of great value.

Traditionally, knitting has been a pleasant and calming activity that makes us think of grandmothers and older aunties. But modern and internationally renowned knitting luminaries like Lærke Bagger have given knitting a funky twist, making it a super popular hobby for all ages.

Easier to handle life

A study from the University of Gothenburg shows that people with mental health problems can use knitting as a form of medicine.

The researchers investigated what people with mental health problems themselves have to say about how knitting affects their situation. A total of 600 statements were collected from Ravelry, a free, English-language social network dedicated to knitting, crocheting, weaving, felting and yarn production.

The collected statements were then analyzed using recognized qualitative analysis methods.

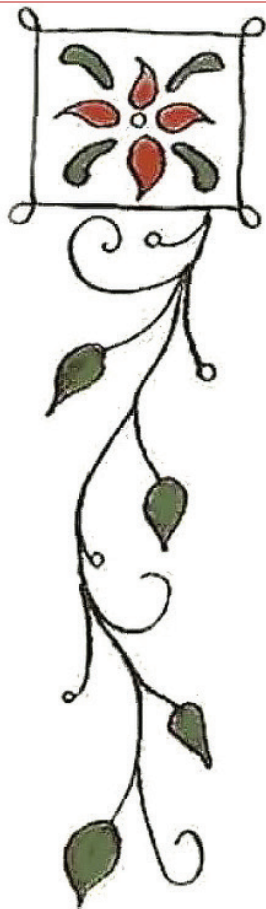
Three positive effects

The results of the analysis revealed three ways in which knitting is beneficial to health. It helps people to calm down and relax. As a hobby, it also gives people an identity as knitters in an informal setting. Finally, knitting helps to structure life and has a beneficial impact on mental health.

Overall, the knitters who participated in the study experienced their hobby as a highly valued activity that had a beneficial effect on their health, both in the short and long term. Some of the knitters had also observed a change in their mental processes, explaining that it was easier for them to think clearly and control their thoughts when they were knitting.

“Occupational therapists’ job is to make people’s lives work. There is clearly a potential in knitting needles and yarn that healthcare should absolutely not underestimate,” they write.

The Swedish study is not alone. A 2007 Harvard Medical School study, for example, showed that knitting stimulates the body’s natural relaxation and lowers the heart rate by an average of 11 beats per minute—which lowers overall blood pressure.



NORWEGIAN BLESSING

May da ruts always fit da wheels
in your pickup.
May yur ear muffs always keep out
da nort wind.
May da sun shine varm on yur lefse.
May da rain fall soft on yur lutefisk.
And until ve meet again,
May da Good Lord protect ya from
any and all unnecessary Uff Das.

Jan Holte R.



- Sons of Norway Solglyt Lodge #7-143 - Edmonton - sofnedmonton.ca
- Solglyt Lodge on FaceBook - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- Sons of Norway Solglyt Lodge #7-143 Photos - <https://www.flickr.com/photos/sonsofnorway/albums/>
- Sons of Norway Valhalla Lodge #7-341 - Calgary - <http://www.sofncalgary.ca>
- Sons of Norway District 7 (British Columbia, Alberta, Saskatchewan) - <http://www.sofn7.com>
- Sons of Norway Foundation in Canada - <https://www.sofn.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>

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

2026 Newsletter Submissions

Mar. - Apr. - due by Feb. 27, 2026.

May - Jun. - due by Apr. 30, 2026.

Sep. - Oct. - due by Aug. 28, 2026.

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.