



SONS of NORWAY

Solglyt Lodge 4-143

November - December 2023

sofnedmonton.ca

Edmonton, AB

President's Message

God dag til alle.

It is good to be back home, however, my wife Nancy and I had a great vacation to Norway from August 15 to September 16. We rented a car and stayed mostly at Airbnb's and we explored the areas of Norway where my relatives came from.

These areas were Magnor, Ulefoss/Lunde, Stjordal and Elverum.

I will present a Power Point on our trip at a future meeting.

Summer is behind us and now we look forward to the Christmas season.

I missed the September meeting which was a potluck followed by a meeting. Thanks to Sheila for handling this meeting while I was away.

As you all know the Dutch Canadian Club is up for sale, so we decided to try a new location at the Greenfield Community Centre for our October meeting.

We had a presentation by Tristen Hansen of Calgary who gave a presentation of his study in Norway at Bo. It was most interesting and enjoyed by all. He and his partner Sylvia stayed with us for sandwiches and dessert after



Nancy and Arvid Pederson with maternal cousin, Guri Ruud (centre) in front of her house in Elverum, Norway. Taken Sept, 2023.

his presentation. Thanks to the Social committee for putting on this meal.

For the foreseeable future we will hold our meetings at the Greenfield Community Hall.

My wife Nancy and I attended the lutefisk supper at Viking on October 21, and it was a great meal. Thanks to Sylvia for organizing this.

December 1 is also the lutefisk supper at Kingman which is always a great event as

well.

I would encourage you to come out to our November and December meetings.

See details in the newsletter of these upcoming events.

Our social committee is working hard organizing these events.

See you soon.

**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
Social	Sharon Bruce
Volunteer Coordinator	Sylvia Colleton
Culture	Anita Brown <i>norcanweld@eastlink.ca</i>
SON Foundation in Canada	Brenda Carlstad

Publicity and Historian	Brenda Carlstad
Sunshine	Karin Jackson <i>lesandkarin@hotmail.com</i>
Webmaster	Brenda Carlstad
Trustees and Auditors	Roger Bruce Cliff Norum
Newsletter	Sandy Jamison <i>sjamison@greatwest.ca</i>

Upcoming Solglyt Lodge Events:

Location: Greenfield Community Hall, 3803 - 114 Street, Edmonton

Sunday, November 5 - 2:00 p.m. Lodge Gathering at Greenfield Hall

Socializing, guest presenter: **Jannicke Ask** - 'short snappers' on Vikings, runes, kingdoms, eternal calendar, bunads, rosemaling, national romance, modern pop history & inventions.

Please bring potluck desserts, cheese, waffles or other finger food as there will not be a meal served.

Sunday, December 3 - Save The Date! Juletrefest at Greenfield Hall

Catered Meal/price to be finalized; 1:00 pm socializing, 2:00 p.m., "jul" program to follow. Ticket purchase & R.S.V.P. information to be posted soon. Solglyt's secretary will be emailing the de-tails to members.

December 3rd's 'juletrefest' will be our special social occasion of the season! We hope to see you there!

Regrettably, Solglyt is not able to host a lutefisk dinner in 2024.



Remembrance Day 2022 (L to R)
Jim and Sylvia Colleton, Brenda
Carlstad.

Remembrance Day 2023

Legions will continue to hold their services, and all are welcome to attend, as well as City Hall, etc. as done previously. Arrangements have been made for a Sons of Norway wreath to be delivered to Jasper Place Legion, and then onward to the Ice Palace at WEM. All are welcome to attend. Participants line level one and two around the ice rink at 10:00 where the service is held. I, along with Syliva & Jim Colleton, are planning to attend to represent our Lodge.

Brenda Carlstad, Publicity
info@sofnedmonton.ca

2024 Newsletter Submissions

January/February - submissions due by December 28, 2023.

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.

September Meeting Tidbit:

Brubyen lodge in Saskatoon is closing. The lodge owns a 100 sq cm Deed to L'Anse aux Meadows UNESCO World Heritage Site in Newfoundland and Labrador.

It has been offered to Solglyt lodge and we have graciously accepted. What an honour to be connected to this 11th century Viking settlement!



Photo Credit: adventurecanada.com



1. (L to R) - Iris Dunham, Agnes Malekoff, Linda Malekoff, three unidentified individuals.

2. (L to R) - Wade Blakley, Laura Blakley, Nancy Pederson, Arvid Pederson.

3. (L to R) - Kaare Boraas, Norma Boraas, Leanne Boraas, Kora Boraas.

4. (L to R) - Peter Myhre, Bjarne Myhre, Elaine Domier.

5. (L to R) - Joyce Nordstrom, Merlin Arntzen, Larry Hiller, Wayne Nordstrom, Roger Bruce, Sharon Bruce.

6. (L to R) - Betty, Jim Colleton, John Zurawell, Sylvia Colleton, Fern Zurawell.



We Love Lutefisk!



October 21, 2023 was a perfect autumn travel day for a country drive.

We traveled to Viking with one thing on our mind and that was to satisfy our palate. Another Lutefisk meal was prepared to perfection - served at Food with Flair Restaurant by owner Donna. Her choice of side dishes complemented the Lutefisk and Roast Pork while dessert treats of Rice pudding, rosettes, krumkaker and lefse made our buffet meal complete.

There were 31 in attendance and we all had a great time.

Donna has invited us back. We will announce a date for the next Lutefisk meal at Viking in the Spring of 2024.

Photos submitted by Arvid.

October Gathering

Our October meeting was held at a new location - the Greenfield Community Centre.

We had a presentation by Tristen Hansen of Calgary who gave highlights of his studies at Bo, in Norway.

The meeting was also a Sons of Norway Foundation in Canada fundraiser.



Arvid Pederson, Solglyt Lodge President.



Special Guest: Tristen Hansen bringing highlights of his study of Norwegian Language and Culture from his semester at the University of South-Eastern Norway.

Sons of Norway Foundation in Canada

- Currently, the Foundation Board consists of Tore Pettersen, Karen Rosvold, Patty Schwartz, Erik Brochmann, Ron Rennie, Gloria Benazic and myself. Three from Alberta and four from B.C.

- In 2023, Solglyt Lodge made donations to the Foundation in memory of Mr. Ingebjorn Anderson, Mr. Stanley Hafso and Mrs. Linda Wilks. We treasure their memories and contributions to Sons of Norway.

- At the 2023 Foundation event, and subsequent to, over \$700 was raised. As Solglyt Lodge is displaced in terms of a 'Home of the Scandinavians', the regular annual Pea Soup Supper could not be offered; we had a lovely lunch, nevertheless. Individual donations exceeded \$1200 in 2022. Thank you!

- Although we did not have a bursary or apprenticeship recipient associated with Solglyt this year, Solglyt was fortunate to host Tristen Hansen (Torskeklubben award recipient) who spoke about his life as a student at the University of South-Eastern Norway.

- Any other pieces of information you are seeking about the Foundation can be accessed at: sonfic.ca or brenda@sonfic.ca

Brenda Carlstad
Solglyt Lodge 4-143, Foundation Director - Sons of Norway Foundation in Canada



Brenda Carlstad, Foundation Director - Sons of Norway Foundation in Canada .

Excerpt from Tristen Hansen's Presentation...

"My name is Tristen Hansen, and as a part of my Scandinavian Studies program with Dr. Ingrid Urberg at the University of Alberta, Augustana Campus, I was given the once-in-a-lifetime opportunity to study abroad in Norway for 6 months in 2021. I studied at the University of South-Eastern Norway in Bø; a city of around 6500 people located in the region of Telemark. Bø is the epitome of koselig, the Norwegian word for cozy, and is surrounded by beautiful mountains, lush forests and rolling farmlands. Having the opportunity to immerse myself within Norwegian culture was inspiring. My confidence in speaking the language and connecting with native Norwegian speakers flourished, and my passion for Scandinavian culture and dialects only continued to grow the more I experienced. I saw first-hand how interwoven Friluftsliv (a Norwegian term used to capture the importance of the connection between Norwegians and nature) really was in the lives of Norwegians. As my journey came to an end, I took many lessons, friendships and memories that will last a lifetime back home with me."

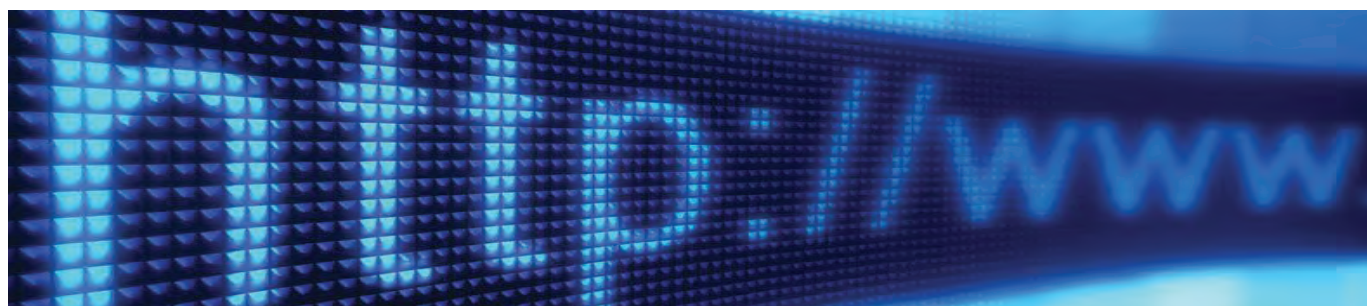
Tristen Hansen



Solglyt Storage Room Clear Out

(Left) - Hard-working member, Cliff Norum, tackling the storage room contents.

(Above) - Sue Norum with Karin Jackson.



Useful Links:

- **Sons of Norway Solglyt Lodge #4-143 - Edmonton** - sofnedmonton.ca
- **Solglyt Lodge on FaceBook** - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **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>



(size is 80" x 60")

Quilt Fundraiser for the Sons of Norway Foundation in Canada

Ron Reine has donated a quilt from his sister's estate as a fundraiser for the Sons of Norway Foundation in Canada. Laverne Cooper made hundreds of quilts in her lifetime, and her skill shines in this one named "Jacobean Chocolate".

Tickets are \$2 each and available **until sold out or noon Dec. 2**, when the draw will be made. Tickets can be purchased by Alberta residents age 18 or older. Any shipping costs are the responsibility of the winner.

As raffle organizer I'll gladly accept e-transfers to awiigs@telus.net and send each buyer an e-mail with their ticket number(s) and a photo of their stub(s) -- buyers are to indicate their name and phone number so I can fill in their stubs.

Lic. # 656526, maximum 500 tickets.

It's a great cause, a lovely quilt, and \$2 gets you a chance to make it yours. Spread the word!

Thank you,

Alison Wiigs, Secretary, Valhalla lodge

Calgary European Film Festival - Norwegian film available to stream

The Festival has a blended format again this year, with nine films available all across Canada from **Nov. 3-12**. Our lodge's Norwegian entry, Thomas vs. Thomas, is one of them.

The films available for streaming follow the in-theatre-only listings in the first link below. The second link takes you straight to the Norwegian film trailer and ticket information.

<https://calgaryeuropeanfilmfestival.ca/2023-films/>

<https://calgaryeuropeanfilmfestival.ca/thomas-vs-thomas-ceff-2023/>

Enjoy!

Alison Wiigs, Secretary, Valhalla lodge



Rosemaling

Are there members with unfinished projects who are interested in getting together to work on their pieces? Some guidance will be provided.

If interested, please **e-mail Sheila** at sheila.joh@outlook.com



(L to R) - Nancy Cockcroft Arvid Pederson, Sylvia Colleton, Emily Moen.

Meals on Wheels Volunteering Update

A group of four from the Sons of Norway gathered in March 2023 with Helping Hands in the Meals on Wheels Kitchen. Since then, only 2 or 3 members have continued Hands-on food prep in the kitchen. Others have volunteered prior to this as well and we thank them for that.

Our Solglyt Lodge membership, at the October 15, 2023, meeting agreed to donate \$500 to the Meals on Wheels organization in lieu of volunteers giving of Hands-on Kitchen Help. Our donation was very well received and will be used towards purchasing foods that will enhance the daily menus for the '12 Days of Christmas' extra special this year. On that note, volunteers are needed in November to help prepare tray decorations for the 12 Days of Christmas. This is a volunteer option for those of us who do not have the physical strength to do the 'Hands-on Food Prep.

Some members of our lodge have indicated that they would continue with 'Hands on' Kitchen help in the future. There is a need for drivers to.

If you can help under the Sons of Norway 'umbrella' it is preferred that you contact Sylvia Colleton at (780) 470-0166. She will connect us with a Meals on Wheels Volunteer Coordinator. Be proud and thankful if you can Volunteer for Meals on Wheels.

Submitted by Sylvia Colleton



13-Year-Old Running Phenomenon

Norway has become known for producing fantastic athletes such as Karsten Warholm and the Ingebrigtsen brothers. Another such athlete might just be on the rise; 13-year-old Per August Halle Haugen of Stavem, Norway, has caught the attention of many with the success he's seen at such a young age. His natural talent was showcased when he became the second fastest 12-year-old boy to run a road 10K in 33 minutes, 17 seconds.

Halle Haugen is building upon his talents by participating in the "Norwegian endurance training method." The method consists of interval sessions and pricking one's finger to ensure that the body's lactate levels are in optimal range – at "threshold." It is believed that operating at threshold levels makes for a more effective workout and recovery. The method also teaches restraint and not to overexert before the runner is ready. Following this model that other great Norwegian athletes have used, Halle Haugen could very well be on track to participating in the 2032 Brisbane Olympics.



Norwegian Sweaters

It is well known that Norwegian sweaters have unmistakable characteristics and have stood the test of time. So how did they come to be?

It is believed that Norwegian sweaters have been knitted since the fifteenth century. They were knitted using local wool and plant-based dyes. The original hand-knit sweater known as the lusekofte is named after the "lice" stitch used in the sweater. Some of the other first patterns used in the sweaters were the Selburose motif and the Fana pattern. Over time, patterns, colors, and styles have evolved with new knitting techniques, tools, and dyes.

Today, Dale of Norway is one of the most well-known Norwegian sweater manufacturers. They have made the sweaters for the Norwegian Ski Team in the Olympics since 1956. The Marius-sweater is the other most common Norwegian sweater. In fact, it is the most hand-knitted pattern in Norway, making it a Norwegian icon. Not only are the sweaters loved within Norway, they have spread to other countries and have been adored by many others.

Kebabnorsk Explained

In Norway, there are a variety of different dialects that have mainly resulted due to geographical location. The dialects differ by vocabulary, accent, grammar, etc. One way of speaking in Norway that has become debated as to whether it should be considered a dialect is Kebabnorsk. This form of spoken Norwegian has been used often by young people in East Oslo. It is known as a multiethnolect, meaning the majority language (Norwegian) is mixed with other minority languages (in this case, Turkish, Arabic, and Kurdish to name a few).

A notable feature of a multiethnolect is that vocabulary words are "stolen" from the minority languages and accepted into the new form of the majority language. Kebabnorsk started gaining traction in 2005 when Andreas E. Østby released his "Kebabnorsk Dictionary." Since then, people have wondered if it should be given a new name as it could be considered offensive. Today, the language is quite popular and can be heard on the streets of Oslo, in Norwegian music and on TV.

Bergen Walk of Fame

You may have heard of the Hollywood Walk of Fame, but did you know that the city of Bergen has its own Walk of Fame?

Along the sidewalks of Nøstegate, not far from the famous colorful wharf, Bryggen, there are 40 inlaid sidewalk tiles that celebrate the famous sons and daughters of Norway's second city.

Among those heralded are internationally-acclaimed musicians such as AURORA and Sondre Lerche, athletes like world-champion boxer Cecilia Brækhus and a gold-winning Olympic speed skating team, hard-boiled crime novelist Gunnar Staalesen and former Prime Minister Erna Solberg. Comedic brothers Bård and Vegard Ylvisåker (aka Ylvis of What Does the Fox Say? Fame) each have their own plaque, but composer couple Edvard and Nina Grieg share one. Other inclusions are bands, actors, journalists, artists and more. Citizens of Bergen choose who gets to be inducted next. Notably, there is one person in the mix without a direct connection to Bergen- Sir Paul McCartney.

The star-studded walk was launched in 2015 and now includes 40 tiles.



Deliciously Nordic

Classic Gingercake with Brunost (Norwegian Brown Cheese)

By Fiona McKinna, livinganordiclif.com

Ingredients:

For the cake:

175 g / 6 oz. plain, all-purpose flour
1 1/2 tsp. baking powder
110 g / 4 oz. brown cheese
100 g / 3 1/2 oz. butter
100 g / 3 1/2 oz. sugar
2 medium eggs
2 Tbsp. milk
1 1/2 tsp. ground ginger

For the icing:

Powdered sugar / Icing sugar
Brown cheese (Norwegian brunost,
or you can substitute caramel chips)
Milk

Method:

Preheat the oven to 165°C/330° F.
Grease and line a 2 lb loaf pan.



Photo Credit: livinganordiclif.com

Sift together the flour, ground ginger and baking powder. Cut the brunost into small cubes and toss in the flour. Cream together the butter and sugar until pale and slightly fluffy. Add the eggs one at a time beating well between each. If you find that your mixture is curdling add a spoonful of the flour mix. Fold in the flour and brunost mix and gradually add the milk. Pour the batter into the loaf tin and bake in the center of the oven for about 45 minutes until it rebounds to a light touch or a skewer inserted comes out clean.

Cool for a few minutes in the tin before

running a palette knife around the inside and turning out to cool on a wire rack.

While you wait for the cake to cool, you can make the icing. In a small pan, melt some cubes of brunost with a little splash of milk. Once melted, add enough icing sugar to make a nice smooth, shiny icing. Drizzle over the cake and let it set for a couple of hours. Enjoy in thick slices with a glass of milk or a cup of coffee. Vær så god!

<https://www.livinganordiclif.com/post/gingercake-with-brunost>

Trøndersodd - Trøndelag Sodd Soup

If there was ever a separate national dish for Trøndelag, then it's probably sodd! In Trøndelag, sodd is celebration food, and is served at all of life's big events, and has even got its own law. Sodd made from scratch is easy but time-consuming, so make a large batch when you go about making it. The delicious flatbread *skjenning* should be served along with it. These are important things for a true trønder.

Ingredients:

2.5 kg (5.5 lbs) of boneless lamb
or mutton from thigh or leg
4 liters of water (4.25 quarts or 135 oz.)
3 Tbsp. of salt

Sodd Balls:

1 kg (2.2 lb) boneless lamb
100 g (2/3 cup or 4 oz.) lard
1 Tbsp. salt
1.5 Tbsp. potato flour
[can substitute with corn starch]

1 tsp. ground ginger
1 tsp. ground nutmeg
1 tsp. pepper

Continued on back page.



Photo Credit: matprat.no



The Translation

Vil flytte russetiden til etter eksamen

Flertallet av elevene i Oslo vil flytte russetiden, viser en undersøkelse.

Oslo kommune har gjort en undersøkelse om russefeiring. 1.900 elever og rektorer har svart. De fleste vil flytte russetiden til etter eksamen.

Marte Gerhardsen er direktør i Utdannings-etaten. Elevene fortjener en feiring etter 13 år på skolen, sier hun.

– Men feiringen trenger ikke foregå midt i eksamens-perioden, sier Gerhardsen.

Embla Kristoffersen Sjøvoll er elevråds-leder på Elvebakken videregående skole. Russestyret og elevene må få bestemme selv, mener hun.

– Men det er jo mer praktisk å ta feiringen etter eksamen, sier hun til avisa VG

– Jeg håper russetiden flyttes. Det er gøy å avslutte på 17. mai. Men det er bedre for oss å ta feiringen etter eksamen og få en god markering på slutten.

Mange elever og foreldre melder om ekskludering og kjøpepress i russetiden.

– Vi i Osloskolen ønsker å ta mer regi på russefeiringen. Og jobber for å skape en inkluderende feiring som alle kan ta del i, sier Gerhardsen.

Sunniva Holmås Eidsvoll er byråd for utdanning i Oslo kommune. Undersøkelsen er viktig, sier hun til nyhetsbyrået NTB. Den kan hjelpe til å skape en mer inkluderende russefeiring.

Eidsvoll ber Utdannings-etaten prate med skolene om russetiden.

– Jeg vil be Utdannings-etaten gå i dialog med russerne, skolene og de ansatte om hvordan vi kan sørge for at russerne både får arbeidsro til eksamen. Og festen de fortjener, sier Eidsvoll.

Hun mener feiringen bør starte etter eksamen. I Tromsø har russerne selv valgt å flytte russetiden, sier hun

Motion to Move Russ Celebrations Before Exams

The majority of students in Oslo want to change the russ period [of pre-graduation festivities], a survey shows.

The City of Oslo has carried out a survey on russ pre-graduation celebrations. 1,900 pupils and principals responded. Most want to move the russ period to after the exam.

Marte Gerhardsen is director of Utdanningsetaten [the Oslo Board of Education]. The pupils deserve a celebration after 13 years in school, she says.

“But the celebration does not have to take place in the middle of the exam period,” says Gerhardsen.

Embla Kristoffersen Sjøvoll is student council leader at Elvebakken Upper Secondary School. The russ board and the students must be allowed to decide for themselves, she believes.

“But it is more practical to hold the celebration after exams,” she says to newspaper VG.

“I hope the russ period will be moved. It’s fun to finish on Syttende Mai. But it is better for us to celebrate after the exam and get a good grade in the end.”

Many students and parents report exclusion and pressure of consumerism during the russ period.

“We in Oslo Public Schools want to take more responsibility for the russ celebration. And work to create an inclusive celebration that everyone can take part in,” says Gerhardsen.

Sunniva Holmås Eidsvoll is the city councilor of education for the city of Oslo. The study is important, she says to news agency NTB. It can help create a more inclusive russ celebration.

Eidsvoll asks the Board of Education to talk to the schools about the russ period.

“I would like to ask the Board of Education to enter into a dialogue with the graduates-to-be, the schools and the employees about how we can ensure that the russ both get a chance to concentrate on the exam, and the party they deserve, says Eidsvoll.

She believes the celebration should start after the exam. In Tromsø, the russ themselves have chosen to move the russ period, she says.



God Jul
og Godt
Nyttår

Trøndersodd

Continued from page 8.

1 liter cream or half and half (4 ¼ cups or 1 quart)

5 whole carrots sliced or chopped
800 g (1 ¾ lb) potatoes

Time: Over 60 min

Degree of difficulty: Medium

Method:

Allow plenty of time and preferably cook the meat at least a day before the sodd is to be served.

Place meat and any bones in a spacious pot, pour in cold water and bring to a boil. Add salt. Lower the heat and let the meat soak for approx. 2 hours, or until completely tender. Remove foam and impurities that form on the surface over time.

Lift out the pieces of meat and put them in a bowl. Cool and cut into pieces of approx. 1x1 cm. Keep cold until serving.

Strain the stock and cool it completely. If necessary, remove some of the fat layer that has settled on top.

Make the meatballs: Cut the meat and fat/lard into cubes. Make sure the meat, lard and liquid are really cold. Grind the meat (traditionally it should be ground 14 times, with salt from the 2nd grinding).

Mix in potato flour (or corn starch) and nutmeg, ginger and pepper. Add cream or half and half.

You can use ground lamb or mix ground lamb and hamburger to make the meatballs. If you have the opportunity, grind the meat a few extra times, or run it in a food processor so that the ground meat is extra fine. When you shape the meatballs, you can use a piping bag or your hand

against a teaspoon.

Heat the finished broth. Shape the ground meat into small, even balls with a teaspoon and add them to the hot stock as you go. Leave the meatballs to soak for 10-12 minutes.

Add the meat and let it all heat through. Taste the sodd and, if necessary, adjust the taste with more salt.

Serve the stew steaming hot in deep plates with boiled potatoes and carrots, and scones or good flat bread.

Sodd was first described in Håkon the Good's saga from the 13th century. The word sodd means to seethe- the dish should therefore not boil, but simmer below the boiling point. In 2012, "Fest-sodd fra Trøndelag" received a protected geographical designation for sodd from Trøndelag, with its own sodd law.

Source: <https://www.matprat.no/>