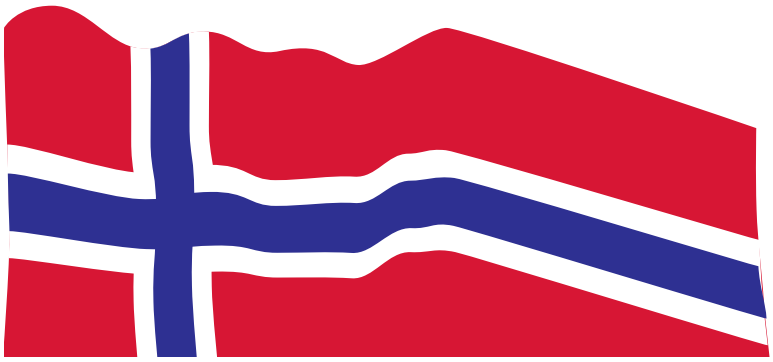


SONS of NORWAY

Solglyt Lodge 7-143

November - December 2026 **sofnedmonton.ca** Edmonton, AB

President's Message

God dag Solglyt members.

We have experienced a great fall with gardens and flowers having a very long frost-free growing season. The fall colours were spectacular this year.

I trust you all had a wonderful Thanksgiving, and we all have a lot to be thankful for living in Canada.

It is a great time to celebrate with family and friends and now preparations begin for the Christmas season.

Our October meeting experienced a potluck of foods that were of tradition with our ancestors; I am always surprised at the great variety food at our potlucks even though it truly is a "potluck".

Thanks to all for this. We also had a nice presentation from Dreena Davis and Nordahl Flakstad providing us with a snapshot of what life was like for the Norwegian settlers in the Camrose area in 1926.

The lefse bee was held on October 24 and was a success and many rounds were indeed created for the Christmas season festivities.

Our annual Christmas party will be held on Saturday November 28, and the food and entertainment will be top notch.

The New Year starts off with a "games" day on January 10, 2027.

The Board decided to explore the possibility of hiring setting up table/chairs and we can announce that we have two Grade 12 boys that were able to provide this at the Lefse Bee and look forward to their assistance at future events. This is of a great help. Thanks to Sharon B. for help in finding this assistance.

Refer to the Newsletter for specific details on Fall/Winter meeting dates and activities.



A wonderful Thanksgiving feast.

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

They make this organization a lot of fun to be a part of.

Takk
Arvid

Executive Officers:

President	**Arvid Pederson** *president.solglyt@gmail.com*
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**
Historian	**Brenda Carlstad** *info@sofnedmonton.ca*
Sunshine	**Karin Jackson** *lesandkarin@hotmail.com*
Webmaster	**Brenda Carlstad**
Publicity	**Brenda Carlstad** *sofn2013@gmail.com*
Newsletter	**Sandy Jamison** *sjamison@greatwest.ca*

Silent Auction



Join the Fun!

Sunny Solglyt is calling for Silent Auction items for our Christmas Party! Please bring your treasures to our Nov. 8th social, or the day of the party, Nov. 28th.

Socks for the Vulnerable

Let's continue to support those in need! Donations of new socks will be very much appreciated. Please bring them to our Christmas Party. *Tusen takk.*

JOIN US FOR THE

2026 SOLGLYT CHRISTMAS PARTY

NOVEMBER 28, 2026

GREENFIELD COMMUNITY LEAGUE FACILITY
3803-114 ST NW

1:00-2:00 PM SOCIAL HOUR
2:00 PM DINNER SERVED (BUFFET STYLE)
4:30 PM CLEAN UP TIME
6:00 PM HALL CLOSED

TICKETS BY ADVANCE PURCHASE ONLY

CUTOFF DATE: NOVEMBER 24, 2026

- ADULTS (14+) — $40.00
- YOUTH (6-13 YRS) — $20.00
- CHILDREN (5 & UNDER) — FREE

Names of all attendees are required.

CONTACT JIM COLLETON AT: solglyt110@gmail.com
OR CALL 587-454-0598
NO ANSWER, LEAVE A MESSAGE . YOU WILL GET A CALL BACK

PAYMENTS BY CASH OR CHEQUE
MUST BE MADE TO JIM COLLETON or SHARON BRUCE
BY 8:00 PM ON NOVEMBER 25, 2026

PREFERRED PAYMENT BY E-TRANSFER

DO NOT E-TRANSFER TO ABOVE EMAIL, YOU WILL BE ADVISED
OF THE CORRECT ONE WHEN ORDERING

Potluck Lunch - Sunday, October 18

October Gathering – the food theme was to bring something that our pioneers may have enjoyed. It was a lovely lunch, such as salami, cabbage, gjetost and chocolate cake.

July 3-6, 1926 – Nordmands Forbundet (League of Norsemen) - Norse Celebration – "Greetings - On behalf of the Norse-Canadian Club of Camrose and the Norwegian Society of Canada, I wish to extend...the first Dominion-wide meeting of Norsemen to be held in Canada". After extensive research, these words are just a sample of printouts on a very informative poster. Nordahl F. and Dreena presented an entertaining skit in which they portrayed a newspaper reporter and an immigrant lady. They were dressed for that time period. Just some of the Items on display included cookbooks, doilies, stitchery and a Norweave pillow.

- Brenda C., Historian

The cultural portion of our meeting featured a skit set in the summer of 1926, one hundred years ago. Nordahl played a journalist interviewing Dreena, a member of the Camrose community, about the Norse Celebration held July 3–6. The gathering brought several thousand people of Norwegian heritage and others to a town of just 2,500 residents. The Dominion government provided tents for approximately 5,000 visitors, while local families opened their homes to others. Highlights included a Sunday church service attended by an estimated 7,000 people, displays of Norwegian paintings, handicrafts and heirlooms, lectures, musical performances, choirs, and a Norwegian-language play. The Bygdelags offered opportunities to reconnect with people from different Norwegian districts, while the Camrose Board of Trade organized a motor tour of the surrounding countryside.

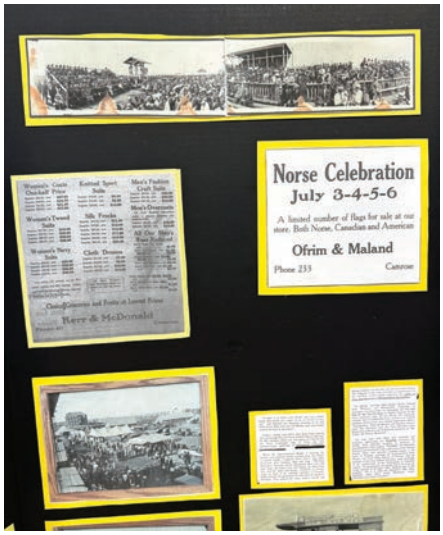
The celebration recognized the contributions of Norwegian settlers to Alberta and Western Canada while promoting the province for immigration and settlement. Premier J.E. Brownlee, representatives from Norway, and dignitaries from neighbouring provinces attended. One hundred years later, the gathering remains an important part of Norwegian-Canadian history.

-Dreena D., Cultural Director



Above: Dreena, Nordahl and Sylvia.

Below: Informative poster board.



Solglyt Elections for 2027-2028

Election of Solglyt's Board of Directors & Officers takes place Nov. 8th, 2026. Members who are in good standing with membership dues paid in full, are eligible to nominate, vote, run for office and sit on the Board of Directors. Please check that your membership is current. Voting takes place in person and no proxies are allowed.



Val and Sandy - pea soup luncheon.

Pea Soup Fundraiser - September 20, 2026

Our September Solglyt pea soup luncheon in support of the Sons of Norway Foundation in Canada generated $1218.00, sufficient to be applied toward post-secondary and certificate or trade apprenticeship bursaries. Additionally, funds raised may be allocated to organizations that support cultural programs and events of the 'common cultural heritage'. Please encourage submission of applications to family members/friends. August 31st is the deadline as per sonfic.ca

Brenda C., Foundation Director Solglyt

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

Solglyt Lefse Bee – October 24th

Just a little lefse will go a long way
Gives you indigestion most all of the day
Put it on your menu; you'll be sure to say:
"Just a little lefse will go a long way."
Made famous by Stan Boreson
and sung by Gary Johnson at Solglyt parties

Peeling and ricing 50 lbs., mixing, shaping, flattening and rolling. And flour, lots of flour – no sticking allowed! Our lefse crew enjoyed our time together and were satisfied with our production on October 24th. Five grills were working full-time and we rollers were racing each other to get to the next hot grill! Thank you to Sharon who arranged set-up and take-down of tables, most appreciated.

submitted by Brenda C.



1. Sharon.
2. Betty.
3. Jim.
4. Dolores.







1. Norwegian Prime Minister, Jonas Gahr Støre, with University of Ottawa students.

2. Vaffellunsj at the Norwegian embassy

3. Norwegian Prime Minister, Jonas Gahr Støre, shaking hands with Munopashe N.

4. The setting for the fireside chat focused on Arctic security.



University Student, Munopashe N., Shares Her Exciting Story!

Hallo!

My name is Munopashe Nyenya and I am a student at the University of Ottawa. My family and I have been happy to be a part of Solglyt Lodge 7-143 ever since we moved to Edmonton from Oslo ten years ago.

I want to share with you all about an incredible experience I had last week. I had the privilege and honour of meeting Norwegian Prime Minister, Jonas Gahr Støre, at a fireside chat focused on Arctic security at my university.

This was an amazing moment for me! As a student with Norwegian connections, I sat in the front row with fellow Norwegian students. I also got to ask him a question related to Norway's foreign policy adaptations.

After that, all Norsk students were called to take a photo with His Excellency outside. I was able to speak with him and a number of Norwegian ministers, ambassadors and embassy staff!

To make the story even sweeter, I was invited to a vaffellunsj at the Norwegian embassy two days later.

There seems to be a small but mighty Norwegian student community here in Ottawa supported by Sjømannskirken, an organization connecting Norsk students in regions across the world.

I have already been in contact with a few people on campus and I am excited to keep meeting with them.

Takk for at du leste (thanks for reading),

Munopashe N







Veterans Food Bank

Solglyt donated $150.00 to the Veterans Food Bank of Edmonton, via Canadian Veterans Services Society.

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***

BetterLife and Sons of Norway Partnership:

https://www.sofn.com/newpartnership/

'A New Partnership, A Tradition of Adaptation and Press Release' links are available. Questions? Please scroll down to 'New Partnership Q & A'. Brenda attended the virtual September meeting. Chris Campbell, CEO of BetterLife was present. HQ confirmed that lodges are to continue as before as per their registered bylaws. Solglyt will follow its own Policies & Procedures, as they are in compliance with HQ.

Brenda C. Publicity Director. *info@sofnedmonton.ca*



Everything Norway!



Svalbard.

Citizenship in Svalbard

Svalbard is an archipelago in the Arctic that lies about 600 or so miles north of mainland Norway. Norwegian sovereignty over the island began in the 1920's with The Svalbard Treaty. It is unique in that it is part of the Kingdom of Norway yet operates under its own laws when it comes to immigration and citizenship.

Due to its isolated location and limited resources to support its population, Svalbard has stringent guidelines around residency and citizenship. While a visa or work permit is not needed to live there, transplants must prove they can support themselves with employment and housing. For foreign nationals living and working in Svalbard, if they want to move to mainland Norway, they need to obtain the required work permits and visas to do so. If they want citizenship, they need to follow the requirements for that including eight years of residency, but time living in Svalbard may not count towards that requirement. However, the Norwegian government continues to look at this issue to see if adjustments should be made.



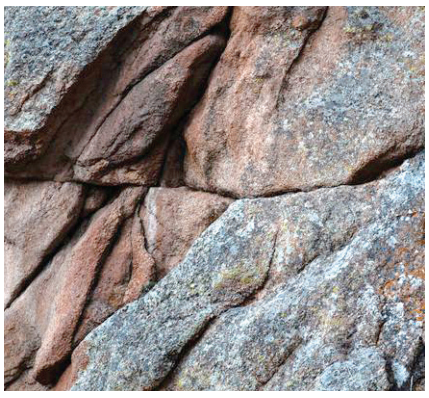
Let Sleeping Polar Bears Lie

We've all heard the saying "let sleeping dogs lie," but in Norway's Svalbard archipelago, the same wisdom applies to polar bears. And trust me, you do not want to be the person to wake one.

Earlier in August, a boat was sailing through a fjord in northern Svalbard when the person driving the boat spotted a polar bear sleeping on land. They decided to use the ship's foghorn to get the bear's attention, ultimately waking the bear and causing it to move to another location.

The incident was reported to the governor of Svalbard by other passengers of the ship, as the region has an environmental protection law that prohibits "unnecessarily disturbing, luring, or pursuing polar bears." The governor ultimately deemed that the act was intentional and issued a fine of 50,000 kroner, roughly $5,300, to the driver of the boat. Fortunately, the boat driver learned their lesson and agreed to pay the fine.

This story is good reminder though that the world's breathtaking wilderness can certainly be enjoyed but should be done so respectfully. And sometimes, that means taking the "let sleeping dogs lie" phrase literally and enjoying from afar.



Norwegian granite.

Norway's Landscape Across the Sea

An English seaside town may soon rely on a piece of Norway to hold back the tides.

Officials in King's Lynn and West Norfolk have proposed shipping 10,000 tons of Norwegian granite roughly 600 miles across the North Sea to protect the sea wall in Hunstanton, England. Inspections found cracks in the wall, and shifting tides have washed away sand, which is putting the wall at risk of collapse.

If the plan is approved, massive boulders weighing about three tons each, or roughly the size of a family car, would be placed along 200 meters of the sea wall. Norway was chosen because it is a major source of this sturdy material.

The rocks would arrive by ship at King's Lynn and then travel by land to Hunstanton. The hope is that construction could begin by 2028, but it is worth noting that it would serve as a temporary fix ahead of a larger repair project.

In any case, it seems Norway's rugged landscape is lending a helping hand across the sea!

Deliciously Nordic

Creamy Baked Barley Risotto with Mushrooms

A vegetarian comfort food perfect for a winter's day. It's both healthy and easy, since most of it is made in the oven. While risotto is often associated with Italian cuisine, swapping rice for barley—a Nordic staple — gives the recipe a fresh twist.

Ingredients:

For the Risotto:

- 4 cups chicken or vegetable broth
- 1 cup water
- 1 Tbsp. extra-virgin olive oil
- 1 onion finely chopped
- 2 garlic cloves minced
- 2 tsp. chopped fresh thyme
- 1 1/2 cups pearl barley
- 1/2 cup dry white wine
- 3/4 cup shredded parmesan cheese
- 2 Tbsp. unsalted butter
- Chopped fresh parsley or chives for serving
- Coarse salt and freshly ground pepper

For the Mushrooms:

- 2 Tbsp. extra-virgin olive oil
- 2 10-ounce packages cremini mushrooms (about 4 cups) cleaned and sliced
- 2 garlic cloves, minced
- 1 Tbsp. soy sauce
- Coarse salt and freshly ground pepper

Instructions:

Preheat the oven to 375 degrees. Heat the olive oil over medium heat in a large saucepan or Dutch oven with a tight-fitting lid. Add onion and sauté until soft and translucent, about 3-5 minutes. Add garlic and thyme and cook for one more minute.

Add barley, 3 cups of the broth and 1 cup of water. Bring to a simmer and then cover the pot and remove from the heat. Transfer the pot to the oven and bake until the barley is tender, about an hour.

Meanwhile, cook the mushrooms: Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the sliced mushrooms. Cook, stirring frequently, until the mushrooms are tender and browned, about 10 minutes. Remove from the heat and add the soy sauce, scraping up any brown bits that have accumulated on the bottom of the skillet. Season to taste with salt and pepper and set aside.

Remove the pot from the oven and transfer to the stove top. Turn the heat to medium-low. Add the wine and remaining cup of broth. Stir constantly until the ingredients are incorporated and the mixture is creamy, about 3 minutes. Remove from the heat and stir in the butter and parmesan. Season to taste with salt and pepper. Gently fold in mushroom mixture, including any accumulated juices. Top with chopped fresh parsley or chives if desired and serve immediately.



Photo Credit: True North Kitchen

Notes:

- You must use PEARL BARLEY for making risotto (also sometimes called medium barley). Hulled barley or a quick barley will not work in this recipe.
- You can use either chicken broth or vegetable broth.
- Any variety of mushroom will work in this recipe. The recipe calls for cremini mushrooms as they are easy to find and have good flavor.
- Just a splash of soy sauce added to the mushrooms at the end of cooking time brings a big umami boost to this dish.

Source: *Creamy Baked Barley Risotto with Mushrooms - True North Kitchen*



Photo Credit: True North Kitchen

Spiced Pear Cake with Cardamom

A quick, easy and *koselig* dessert! Grab your 10-cup capacity bundt cake pan and get started.

Ingredients:

- 3 cups all-purpose flour
- 2 tsp. baking soda
- 1 tsp. salt
- 1 tsp. ground cardamom
- 1 ½ tsp. ground cinnamon
- 1/3 tsp. ground ginger
- 1/2 cup unsalted butter
- 1/3 cup canola or vegetable oil
- 1 cup packed light brown sugar
- 1 cup granulated sugar
- 2 large eggs
- 1/2 cup sour cream
- 2 tsp. vanilla extract
- 3 cups peeled and chopped ripe pears about 4 medium pears
- Powdered sugar for dusting (optional)

Instructions:

- Preheat oven to 350 degrees. Grease and flour a 10-cup capacity bundt pan. Set aside.

Continued on next page.

Spiced Pear Cake with Cardamom

Continued from previous page.

• Place the butter in a medium skillet (preferably not nonstick or cast iron, so that you can more easily see the color change) and heat over medium, swirling the pan frequently. Once the butter has melted, continue to cook, swirling frequently, until the butter has a nutty aroma and is golden brown in color. Immediately transfer to a bowl to cool briefly.

• In a large bowl, whisk together flour, baking soda, salt, cinnamon, cardamom, and ginger. Set aside.

• Combine brown butter, oil, sugar and brown sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed until thoroughly combined, about 2 minutes. Add the eggs one at a time, fully incorporating one before adding the next. Add the sour cream and vanilla and mix until fully incorporated and smooth. Add flour mixture and mix on low until just combined. Fold in the pears with a rubber spatula.

• Transfer the cake batter into the prepared pan and smooth the top. Bake until a skewer inserted into the middle comes out clean, about 55-60 minutes.

• Cool on a wire rack for 15 minutes. Run a knife around the edges of the pan to loosen it from the cake and invert onto a serving plate. Allow to cool completely. Dust with powdered sugar if desired, and serve!

Notes:

• While you could simply use melted butter rather than brown butter in this recipe, I would encourage you not to skip this step! Brown butter adds so much delicious flavor to this cake.

• Don't overmix the cake batter once you've added the dry ingredients. This can cause your cake to be tough in texture rather than tender and soft.

• Use ripe pears (preferably the Bartlett variety) if possible.

• Serve simply with a dust of powdered sugar. You can also add a dollop of whipped cream, a drizzle of caramel sauce or vanilla sauce, or even a scoop of ice cream alongside!

Source: *Spiced Pear Cake with Cardamom - True North Kitchen*

Ny bok: Kvinner i bunadshistoria

The Translation



Photo Credit: Norwegian Institute of Bunad and Folk Costume

Boken "Kvinner i bunadshistoria" er utgitt på Forlaget Press, designet av Snøhetta og forfattet av Camilla Rossing, Ragni Engstrøm Nilsen og Solveig Strand, som er ansatt ved Norsk institutt for bunad og folkedrakt (NBF). Boken tar utgangspunkt i NBFs faste utstilling "Fyrstedamer i bunad", som åpnet i april 2021.

Historia om bunad- og folkedrakttradisjonen i Noreg forteljast i denne boka gjennom 10 sterke kvinneskikkelser frå 1800-tallet og fram til i dag. Gjennom sitt virke har desse kvinnene, på kvart sitt vis, bidratt til at vi i dag har ein mangfaldig bunadsbruk, med om lag 450 ulike slag bunader. Kvar kvinne har fått sitt eige kapittel, der ein kan lese meir om hennar historie, men og om plassen hennar i kultur- og samfunnsliv i samtida. Kvinnene dere møter er dronning Maud, Hulda Garborg, karoline Grude, Klara Semb, Gunvor Ingstad Trætteberg, Anna Grostøl, Marta Hoffmann, Aagot Noss, Magny Karlberg og dronning Sonja.

Dei har vore føregangskvinner, formidlarar, lærarar og handverkarar, og ikkje minst forskarar som har produsert kunnskap om folkedrakttradisjonar og bunadbruk. Felles for alle er at dei har vore viktige førebilde for ein brei og folkeleg bunadbruk landet rundt. Gjennom eit rikt biletmateriale ønskjer Kvinner i bunadshistoria på same vis å inspirera til økt forståing for og glede over vår felles tradisjon.

New book: Women in the History of the National Costume

The book "Women in the history of the national costume" is published by Forlaget Press, designed by Snøhetta and written by Camilla Rossing, Ragni Engstrøm Nilsen and Solveig Strand, who are employees of the Norsk institutt for bunad og folkedrakt (NBF) [Norwegian Institute for National Costumes and Folk Costumes]. The book is based on NBF's permanent exhibition "Princesses in the Bunads," which opened in April 2021.

This book tells the story of the *bunad* and folk costume tradition in Norway through the lives of ten remarkable women, spanning the 19th century to the present day. Through their work, each of these women has contributed in her own way to the diverse *bunad* culture we enjoy today, comprising approximately 450 different types of *bunads*. Each woman is the subject of a dedicated chapter, offering insight into her personal history as well as her role in the cultural and social life of her time. The women you meet are Queen Maud, Hulda Garborg, Karoline Grude, Klara Semb, Gunvor Ingstad Trætteberg, Anna Grostøl, Marta Hoffmann, Aagot Noss, Magny Karlberg and Queen Sonja.

They have been pioneers, communicators, teachers, and craftspeople—and, not least, researchers who have generated knowledge about folk costume traditions and *bunad* usage. What they all share is their role as important role models for the widespread, popular use of *bunads* across the country. Through a rich collection of images, *Kvinner i bunadshistoria* (Women in *Bunad* History) likewise seeks to inspire a deeper understanding of—and appreciation for—our shared tradition.

Source: *https://bunadogfolkedrakt.no/ny-bok-kvinner-i-bunadshistoria*

2026/27 Solglyt Lodge Events

Sunday November 28th, 2026 1pm to 5pm
Solglyt Christmas Party - *Please bring Silent Auction items and new sock donations for the vulnerable - see details on page 2.*

No December Events

Sunday January 10th, 2027 from 1pm to 5pm
Games Day



Useful Web Links:

- **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.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
- **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***

2027 Newsletter Submissions

Jan. - Feb. - due by December 29, 2026.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please email them to: ***sjamison@greatwest.ca*** and indicate SON Newsletter in the subject line. Early submission of articles, when possible, is appreciated.

District 7 Lodges: SK, AB and BC

Sleipner 7-008 – Vancouver
Varden 7-019 – Burnaby/New Westminster
Nordlys 7-020 – Port Alberni
Eidsvold 7-053 – Victoria
North Star 7-063 – Nanaimo
Rondane 7-071 – Prince George
Nordic 7-076 – Castlegar
Dawson Creek 7-079 – Dawson Creek
Viking 7-081 – North Surrey
Hardanger 7-109 – Kelowna
Heimdal 7-141 – Kamloops
Skjønne Dal 7-142 – Bella Coola
Trollheimen 7-157 – North Vancouver
Solglyt 7-143 – Edmonton
Valhalla 7-341 – Calgary
Northern Lights 7-493 – Grande Prairie
Ronning 7-504 – Camrose
Nisse 7-567 – North Battleford
Aspelund 7-571 – Red Deer
Solsyd 7-603 - Lethbridge