

SONS of NORWAY

Solglyt Lodge 4-143

President's Message

God dag Solglyt members.

I trust you all had a good summer and time to relax and enjoy yourselves.

As we prepare for the arrival of fall and back to our regular meetings, I am excited to meet with everyone again for this year's meetings and activities.

We will continue to meet at the Greenfield Community Centre as the Dutch Canadian Centre is still up for sale.

There are a lot of activities that have been planned for the upcoming year and the schedule of the various activities are noted elsewhere in the newsletter.

On **September 8th** we kick off the year with a **Pea Soup supper** prepared by Sandy Jamison and Valerie Vale. This is always a great meal and is a **fundraiser for the Sons of Norway Foundation in Canada** which assists students through scholarships.

Sheila Johnson attended the Sons of Norway District 4 convention in Bismarck, North Dakota at the end of June and she will provide updates in the newsletter and our first meeting in September.

I will also present a PowerPoint on a portion of our 2023 Norway trip from Oslo to Magnor.

Please accept thanks from myself and the rest of the Directors for all the amazing volunteers that provide their help and assistance for our Lodge.

Takk Arvid



Arvid Pederson and daughter Ingrid.

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>



Trollhaugen Language Arts & Culture Camp 2024, presenters Janina Carlstad and John Fletcher - Theme Vikings.

2024/2025 Solglyt Lodge Events

Sunday, September 8, 2024 - 1:00 to 5:00 p.m. - **Pea Soup and Arvid Pederson presentation on 2023 Norway trip**

Sunday, October 13, 2024 - 1:00 to 5:00 p.m. - Cookies and Coffee and **Dreena Davis presentation on Genealogy**

Saturday, November 16, 2024 - 9:30 a.m. to 5:00 p.m. – **Lefse bee** with a meeting afterwards

Sunday, December 15, 2024 - 12:00 to 6:00 p.m. - **Christmas Party** with the same caterer as last year

Sunday, January 12, 2025 - 1:00 to 5:00 p.m. – Goodies and coffee and **Wayne Nordstrom presentation on owls**

Sunday, February 9, 2025 - 1:00 to 5:00 p.m. - **Pancake lunch**

Sunday, March 9, 2025 - 1:00 to 5:00 p.m. - To be Determined

Sunday, April 13, 2025 - 1:00 to 5:00 p.m. – To be Determined

Saturday, May 17, 2025 - 1:00 to 6:00 p.m. - **Syttende Mai**

Sunday, June 8, 2025 - 1:00 to 5:00 p.m. – **BBQ**



Heritage Festival 2024

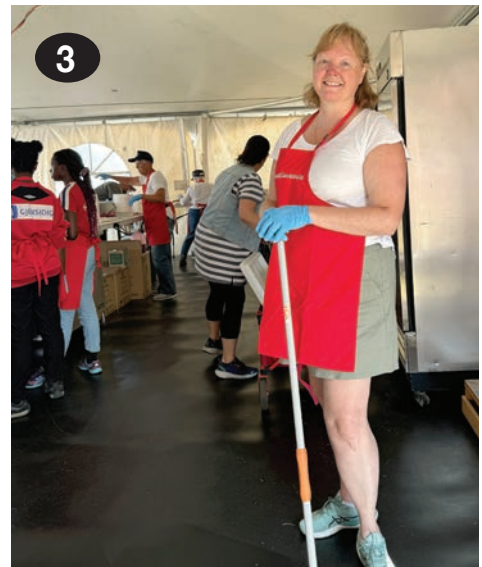
Solglyt thanks all members and volunteers that donate so much of their time and hard work to ensure an annual successful Heritage Days.



1. Scandinavian Heritage Society President Paul Thurlin, Captain of the Viking Ship!

2. Hard-working, dedicated Solglyt volunteer Cliff Norum.

3. Leanne Boraas - a Solglyt Lodge member.



Sons of Norway District IV 2024 Convention

This year's convention was held June 27-29 in Bismarck, North Dakota and hosted by Sverdrup Lodge 4-107. The convention was both informative and enjoyable. Following is a brief summary of convention highlights.

- CEO Dan Seyfried presented a detailed report on the financial status of the organization, discussed measures put in place to strengthen it and stressed that it is insurance sales that drive the business.
- A committee is looking into the realignment of zones within districts as a result of lodge closures. Lodges in Norway have also expressed interest in becoming a zone within a larger international district.
- Merit and Lodge awards were presented and I'm pleased to report that Solglyt lodge received Gold Merit Awards for both 2022 and 2023!
- The Sons of Norway Foundation and Sons of Norway Foundation in Canada reports provided an overview of the foundations' history, goals and assets as well as a breakdown of allocated received funds 2022 - 2023.

- District IV has provided financial support and camperships to three Language Arts and Cultural camps: Bjornetann in Montana which disbanded in 2023, Trollfjorden in North Dakota, and Trollhaugen in Alberta which has been in operation for over 50 years.

- Zone meetings were held and delegates elected for vacant positions. Karen from Aspelund lodge in Red Deer will take over as Zone 4 Director as Russ from Valhalla lodge in Calgary steps down. Jerry Saude was elected by acclamation for another term as District IV President.

- Folk Arts competition ribbons were handed out. Thank you to those who were able to submit entries for the Folk Arts competition on short notice: Alanna for the Viking Knit jewelry, Nancy for the Norwegian weaving, Colleen for the rosemaled pieces and Luanne for the Nordic knitting. Most items in this year's competition came from Solglyt lodge and all received a ribbon. We have two years to gather submissions for the next convention!

Sheila J



1. Scandinavian Heritage Society of Edmonton's Riskrem workshop volunteers: Munopashe, Lucas Bruce, Emerson Bruce, Sharon Bruce, Elise, Munashe.

2. Dedicated volunteers Sue Norum and Munashe.

Riskrem Workshops

Scandinavian Heritage Society 2024

Once again our Riskrem was a very popular item at Heritage Days. We heard comments from various people about not cancelling this wonderful dessert and they look forward to having it each year.

Many thanks to everyone who came out to stir and stir and stir some more to create this masterpiece.

We were fortunate this year to have five young people join our group which was a tremendous help. Our young people, our future.

So to everyone who took the time to cook and stir and mix and whip the cream a heartfelt thanks. This dessert could not be made without each and every one of you.

Until next year

Sharon Bruce
Riskrem Coordinator

Syttende Mai

May 17, 2024

Nordic craft vendors provided extra interest at Syttende Mai.



Syttende Mai Celebration 2024

On May 17, Solglyt Lodge's annual Syttende Mai celebration was held at Greenfield Community Hall in celebration of Norway's National Constitution Day. The event was supported by a generous donation from the Sons of Norway Foundation in Canada along with the efforts of many volunteers.

Heritage members, Liam and Emerson, greeted guests at the main entrance and the main display at the front of the hall was flanked by Nordic craft vendors, Alanna and Charlotte. The Junior Valhalla Scandinavian Folk Dancers opened the celebration with a wonderful performance followed by greetings from the Honorary Norwegian Consul for Northern Alberta, Bjorn Morisbak. The main event, a flag-waving, hurrah-shouting, family parade ensued through the hall, and concluded with a delicious hot dog lunch. Despite the inclement weather, over one hundred people were in attendance. A good time was had by all!



1. Raising the Norwegian Flag at Syttende Mai with Arvid Pederson, Norwegian Consul Bjørn Morisback and Tom Yohemas.

2. Alanna Elias/SolSparks.

3. Charlotte Evjen & Mike Weir/Char's Fabric Art.

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

Everything Norway!

Folk High Schools

Scattered across Norway are folkehøgskoler, or folk high schools. Despite the name, these schools are usually for students 18 and older and function much like a college or university, where students live on-site and with each other from August to May. While most students are around 18-25 years old, these schools don't have an upper age limit, making them an option for lifelong learners of any age. The 85 folk high schools vary in size, worldview, and study focus with a wide variety of subjects to focus on.

One thing all the schools have in common is their teaching philosophy. Unlike traditional schools, folk high schools don't have grades and exams in the structure. Instead, the approach they take to learning is immersive. Teaching is conversation-based, experience-based, and participant-driven. Because the students are 18 or older, they are viewed as adults and treated as responsible individuals who will learn the most based on their desire to do so, not because they have to.

Folkehøgskoler attract students from both nearby Nordic countries and international students from afar. Many of the schools offer



Sagatun folkehøgskoler in Hamar.

Norwegian courses for those who are new to the language and the immersive nature of the program reinforces those language skills over time. These schools are a great option to experience

the culture of Norway.

Source: <https://www.folkehogskole.no/en/about>



Crown Prince Haakon Magnus of Norway.

Crown Prince Follows Refugees Guides for a Day to mark World Refugee Day

On June 20, to mark World Refugee Day, Crown Prince Haakon Magnus went for a walk with refugees and volunteer refugee guides from the Red Cross. Oslo Mayor Anne Lindboe, Secretary General of the Red Cross Anne Bergh and head of the Oslo Red Cross Astrid Solberg also took part in the trip.

Red Cross refugee guides are assigned to newly arrived refugees in Norway and help them adjust to life in their new society. The participants practice Norwegian together and get to know their local environment by going for informal walks, cooking, and having coffee along with other activities.

Norway accepts refugees from, among other countries, Ukraine, Syria, Afghanistan, Eritrea and Turkey. The vast majority of people the Red Cross assists say that they want to learn Norwegian and become an equal part of Norwegian society.

"Refugee guides and other activities for newly arrived refugees are important because they are a supplement to the public introduction program. Here you get the opportunity to practice Norwegian in an informal setting. It gives increased self-confidence to use the language in other arenas as well, such as work," says Anne Bergh, secretary general of the Red Cross.



Nora and a dog named Alma.

Alma The Healing Dog

There is no question that a bond between a person and a dog can be something remarkable. This is evident in the story of a young girl from Norway named Nora and a dog named Alma.

Nora was unable to walk and was having a difficult time after a serious illness that lasted almost two years. To lift her spirits and aid with her healing, she was assigned a therapy dog named Alma. Alma was trained by an organization called Dyrebar Omsorg [an animal-related wordplay meaning Precious Care] that uses interaction with animals to promote health. A study conducted in South Korea proves that spending quality time with dogs can help with relaxation, concentration and the reduction of stress.

Through their time together, Nora was slowly coaxed out of her hospital bed. She and Alma enjoyed walks together in her wheelchair, shopping, and Alma even kept Nora company when she started back at school after two long years away. Nora attributes her healing to Alma and continues to meet with her, even though she is out of her wheelchair and doing much better.

New Sámi Sport Spreads Awareness

Odin Alexander Krokmo Iversen (13) is trying out a new sport – it's not just new to him, but to the whole world. Earlier this year, Sámi Valaštallan Lihttu (SVL), the Sámi Sports Federation, showcased the new activity in Bodø.

"The easiest thing is to compare it to the biathlon. The principles are the same," said Ole Henrik Somby, who was in Bodø promoting the



The Sami flag.

Ovttas Project.

Through their demo during the National Championships in road cycling, the Ovttas Project was able to call attention to more serious topics. Project reps talked with teams, coaches and parents about Sámi discrimination, and plan to travel around the northern counties Nordland, Troms and Finnmark to make Sámi culture visible through sports.

This demo sport combines two skills: cycling and lasso throwing. Odin demonstrates the basics: first you cycle a lap, then dismount and throw a lasso five times at reindeer antlers, mounted on stands. Any mistakes result in a penalty lap.

Odin's verdict: "It's a lot of fun. I like to do both—cycling and throwing the lasso," he exclaims after his first round.

Source: <https://www.nrk.no/sapmi/svl-skal-lansere-ny-samisk-idrett-1.16936877>

Viking Sword Unearthed in Rogaland

A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Lovra, was clearing his farm, he came across a 1,000-year-old Viking sword. The discovery was particularly surprising, as the field he and his son were preparing to sow new grass on hadn't been ploughed for many years. Mr. Lovra says that they were picking stones and explains: "I spotted an iron object that I was about to throw, but just as I was about to throw it, I discovered that it was a sword."

The sword was examined by archeologists who were able to take x-rays which revealed inscriptions on the blade. The inscriptions led them to believe the sword could be a Ulfberht sword, which were made between 900 and 1050 AD. The sword was covered in clay, which helped preserve it from rusting away.

Around three to four thousand swords from the Viking Age have been uncovered in Europe. Of these, only 45 with inscriptions have been unearthed in Norway making this an exciting, rare find.

Source: <https://www.independent.co.uk/news/science/archaeology/viking-sword-discovered-norway-farmer-b2556863.html>



Viking swords.

Deliciously Nordic



Easy Rutabaga Soup

Kålraði or *kålrot* (rutabaga, in English) is a root vegetable with a somewhat confusing name. It is a hybrid between a turnip and a wild cabbage, with a purple exterior and a yellow inside. Since rutabagas are hardy in cold climates, they thrive in Norwegian growing conditions and have been a staple of the Norwegian diet for centuries. Note: there is also a green root

vegetable named kohlrabi in English- this is **not** the same vegetable.

4 servings

Ingredients:

- olive oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 17.6 oz. (500 g) rutabaga, cubed
- 14 oz. (400 g) potatoes peeled, cubed
- 2 medium carrots, sliced
- 33.8 fl. oz. (1 l) vegetable stock (hot)
- 1/2 bunch of parsley, chopped
- 1 Tbsp. chopped dill
- salt, pepper
- chili flakes (optional)
- plain yogurt (for serving)
- some more chopped dill (for serving)

How to make:

1. Peel the onion and garlic and chop it finely. Peel the rutabaga and cut it into cubes. If your rutabaga has leaves, you can use them as well (without the stems) and chop them finely. Peel the potatoes and cut them into cubes. Peel the carrots and cut them into thin slices. Wash, dry, and chop the parsley. Set everything

aside.

2. Add some oil to a large pot (or Dutch oven) and heat up. Add the onions and sauté until soft and glossy. Add the garlic, rutabaga, potatoes, and carrots to the pot and **continue cooking for 2-3 minutes while stirring often.** Add the hot veggie stock, chopped parsley, and chopped rutabaga leaves (if you have some), season with salt and pepper and bring everything to a boil. When the soup starts boiling, cover the pot, reduce the heat and **let everything simmer for about 25-30 minutes** or until the veggies are done.

3. Add the chopped dill and **continue cooking for 2-3 minutes.** Use an immersion blender or a potato masher and puree/mash a small part of the veggies in order to get a soup with a thicker consistency – this is optional. Season with more salt and pepper. If you like it hot, add some chili flakes as well. Serve with some yogurt and more chopped dill sprinkled on top.

Source: <https://baketotheroots.de/easy-kohlrabi-veggie-soup>

Mushroom Lamb Stroganoff

The last Thursday in September is a celebration of Fårikål, the beloved national dish made with lamb (or mutton) and cabbage. Other seasonal flavors in the fall include root vegetables and mushrooms. This recipe is a combination of both delicious things.

Serves 2-3

Ingredients:

- Leftover roast lamb – about 2 cups, cubed (or 400 grams raw lamb, cubed)
- 12 (approximately) chestnut mushrooms
- 1 medium onion
- 1 clove garlic
- 100 ml cream
- 25 g butter
- 2 Tbsp. flour
- a splash of sherry (optional)
- 1/4 tsp. paprika
- 1/2 tsp. dried rosemary
- 1 cup lamb stock
- salt & pepper to taste

Directions:

Cube the lamb, crush the

garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb. If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through. Add the mushrooms at the very end, as they need minimal cooking.

Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm. Stir the flour into the pan juices, stirring to pick up



any bits sticking to the bottom of the pan. Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock. Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps. Return to heat and stir to get a smooth sauce. (If the sauce is too

thick, add a little milk to thin it.) Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.

Source: <https://www.cooksister.com/2007/11/if-life-gives-y.html>

The Translation

Slik var det å gå til skolen for over 100 år siden

I snart 150 år har det stått i Norges lover at foreldrene må sende barna sine til skolen. Før det foregikk undervisningen ofte hjemme hos folk.

Lang skolevei

Omtrent sånn var det også i Sverige. Tre svenske forskere har derfor sett på hvordan det var for barn å gå fram og tilbake fra skolene for mellom 150 og 100 år siden.

Ofte var skoleveien lang.

Mange barn måtte gå gjennom skogen. Om vinteren var det både mørkt og kaldt.

Foreldrene var engstelige

Mange foreldre var engstelige for at noe skulle skje med barna på skoleveien, finner forskerne ut.

Aviser skrev om lange skoleveier som et problem. Foreldre kjempet ofte for å få en skole nærmere der barna bodde.

Spesielt barn fra fattige familier på bygda hadde ofte lang skolevei. Det var nemlig de fattigste som ofte bodde lengst unna sentrum i bygda, med kirken, butikken – og skolen.

Dårlige sko

Særlig dårlige sko hos barn fra fattige familier, er noe de tre svenske historikerne finner ut at mange forteller om.

Noen ganger skrev lærere innlegg i avisen hvor de ba folk om å gi klær og sko til de fattigste barn.

Andre skoler lånte ut sko til barna.

Særlig for de minste barna, ble det ofte brukt som en slags løsning å ha skole bare annenhver dag.

En annen løsning var å holde skolen stengt på de kaldeste dagene om vinteren.

Morro på hjemveien

Når forskerne leser nedskrevne minner fra skoleveien, så ser de at det var på hjemveien at barn også fant tid til litt lek og moro.

På vei til skolen var det ofte mer travelt.

Noen lærere pekte ut en ordensmann som skulle holde oppsyn med de andre barna på skoleveien. Ordensmannen måtte rapportere til læreren om de andre barna ikke gikk ordentlig hjem. Eller om de glemte å hilse på en voksen de møtte langs veien.

Source: <https://ung.forskning.no/barn-historie-skole/slik-var-det-a-ga-til-skolen-for-over-100-ar-siden/2359474>

What it Was Like to Walk to School Over 100 years Ago

For almost 150 years, there has been a Norwegian law that requires parents to send their children to school. Before that, teaching often took place in people's homes.

A Long Journey to School

The situation was roughly the same in Sweden. Three Swedish researchers have therefore looked at what it was like for children to walk to and from school between 100 and 150 years ago.

The journey to school was often long.

Many children had to walk through the forest. In winter it was both dark and cold.

Parents were anxious

Many parents were anxious that something would happen to their children on the way to school, the researchers found.

Newspapers wrote about long journeys to school as a problem. Parents often fought to get a school closer to where their children lived.

Especially children from poor countryside families tended to have a long path to school. It was the poorest who often lived furthest from the center of the village, with the church, the store - and the school.

Bad Shoes

Bad shoes in children from poor families is something the three Swedish historians found many people mentioning.

Sometimes teachers wrote articles in the newspaper asking people to donate clothes and shoes to the poorest children. Other schools lent shoes to the children.

Particularly for the youngest children, a solution was to hold school only every other day.

Another solution was keeping the school closed on the coldest days in winter.

Fun on the way home

When the researchers read written memories of the school journey, they see that it was on the way home that children also found time for some play and fun.

On the way to school, it was often busier.

Some teachers appointed an orderly to keep an eye on the other children on the walk. The orderly had to report to the teacher if the children did not walk home properly, or if they forgot to greet an adult they met along the way.



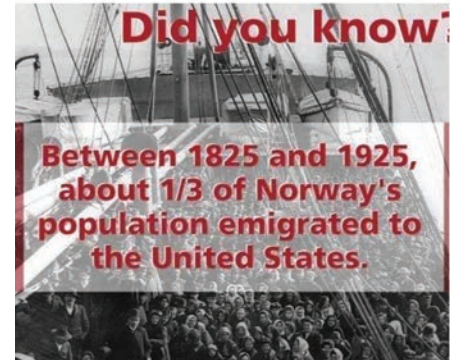
Janina Carlstad presenting at the Laft Hus Festival, June 22, 2024, Red Deer.

Newsletter Submissions

Nov./Dec. - due by Nov. 1, 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>

