

SONS of NORWAY

Solglyt Lodge 4-143

September - October 2025

sofnedmonton.ca

Edmonton, AB

President's Message

God dag Solglyt members.

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

Nancy and I spent the summer at home with a couple of trips to Saskatchewan for two different life events.

On May 31, Nancy, and I celebrated our 50th wedding anniversary and we had relatives and friends from across Canada from B.C. to Nova Scotia and cousins from Minnesota.

Solglyt had a great bus trip to Big Valley, a very interesting community with lots of past railway connections. Thanks to Sharon Bruce for organizing and to Wayne Nordstrom and Dreena Davis for commentary as we drove along the route. There are more details on this trip in the newsletter.

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.

There are a lot of activities that have been planned for the upcoming year, and the



Arvid and Nancy Pederson celebrated their 50th wedding anniversary in May.

schedule of the various activities are noted elsewhere in the newsletter.

On September 14th 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.

We extend our condolences to Vicki and

the rest of the Juliebø family on the loss of Peter who was a long-time member of our Lodge. More information on this in the newsletter.

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.**

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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Solglyt June BBQ

(L to R) Karin, Les and Arvid; and several members enjoying a casual BBQ with excellent food and conversation!

Remembering...

Peter Norman Armit Juliebø - April 15, 1942 – July 19, 2025

Peter will be remembered by his loving wife, Vicki, children Ruth (Denis) and Martin (Jody), stepchildren, Leah (Jamie) and Steve (Ruth), and his eleven grandchildren whom he was so proud of. His role of Bestefar / Grandad brought Peter immense joy. He also leaves behind his brother, Neil (Barbara) and family.

Peter was born in Giffnock, Glasgow in the middle of WWII to a Scottish mother and decorated Norwegian soldier. After attending Hutchesons School, he went on to qualify as a Quantity Surveyor and worked in Irvine for the early part of his career. Canada came calling in the early 80s and Peter led his young family on a great adventure by accepting a job with the Alberta Government in Edmonton.

He played a significant role in many large capital projects – including the Tyrrell Museum in Drumheller and the Reynold's Museum in Wetaskiwin. He, and his colleagues enjoyed great comradery and



the occasional toast with a fine single malt!

He was an avid photographer and gardener and a faithful soccer fan. Peter shared a love of travel with his wife, Vicki. Oceans and continents from Europe and Turkey to North and South America

were crisscrossed. The Arts such as the symphony, opera and theatre, and others, were loyally supported. Peter had great faith and he and Vicki have called Callingwood Road Presbyterian Church home for several years. Peter had a song for everything – a love for music that grew from his early childhood singing with his mother and aunts while his grandmother played the latest tunes on their upright piano.

Although he lost his father at a very young age, Peter and his Norwegian relatives formed very close relationships. He was so proud of his Norwegian heritage - and was an active member (even becoming the "Bas") at the Torskeklubben Edmonton in 2005-06, and close to a 40-year membership with Solglyt Lodge #4-143, Sons of Norway.

We, at Sons of Norway, cherish Peter; a member with the magical talent of making everyone feel they were his friend.



Two entertaining videos created by the Norwegian Laft Hus Society featuring "Norwegian Culture & Viking Traditions".

<https://www.youtube.com/watch?v=shHF7okaKV0>

<https://www.youtube.com/shorts/fjcyUu4ALog>



Field Trip to Big Valley, Alberta

On August 14th, 2025 once again members and friends of Sons of Norway, Solgylt Lodge boarded a bus for another adventure. After some delay in leaving, we were on our way to explore another part of our Province, the Village of Big Valley. Wayne Nordstrom once again was awesome in his narration of the history and interesting tidbits such as the wooden trestle bridge spanning the Battle River at Duhamel, Alberta. Dreena Davis gave us a history lesson

on the railway around Wetaskiwin which was also very interesting. At our destination, we had lunch at the Big Valley Inn and then explored the Village. Oh, some interesting places, the Railway Station and Museum, St. Edmunds Anglican Church, the blue church on hill, Jimmy Jock's Boardway, the Round House and many more points of interest.

On our way home, thanks to Jim and Sylvia Colleton and Wayne Nordstrom we were able to visit the Asker Lutheran Church east of Ponoka, Alberta. What a beautiful historic church. Some of the current members of the church were there to tell us a bit of the history of the church which was extremely interesting. Visiting this church just finished off a wonderful day. We arrived back in Edmonton tired but very appreciative of all of the work of Wayne to make this journey so enjoyable. Until the next one.

Sharon Bruce
Social Director



1. Happy travellers - Ingrid Z., Shirley E. and Jorunn M.

2. Big Valley 1916 Anglican Church

3. Big Valley Vintage Museum

4. CNR baggage car & museum

5. John Z. and Jim C. - ready for the trip to Big Valley

*See more photos
on the following page.*

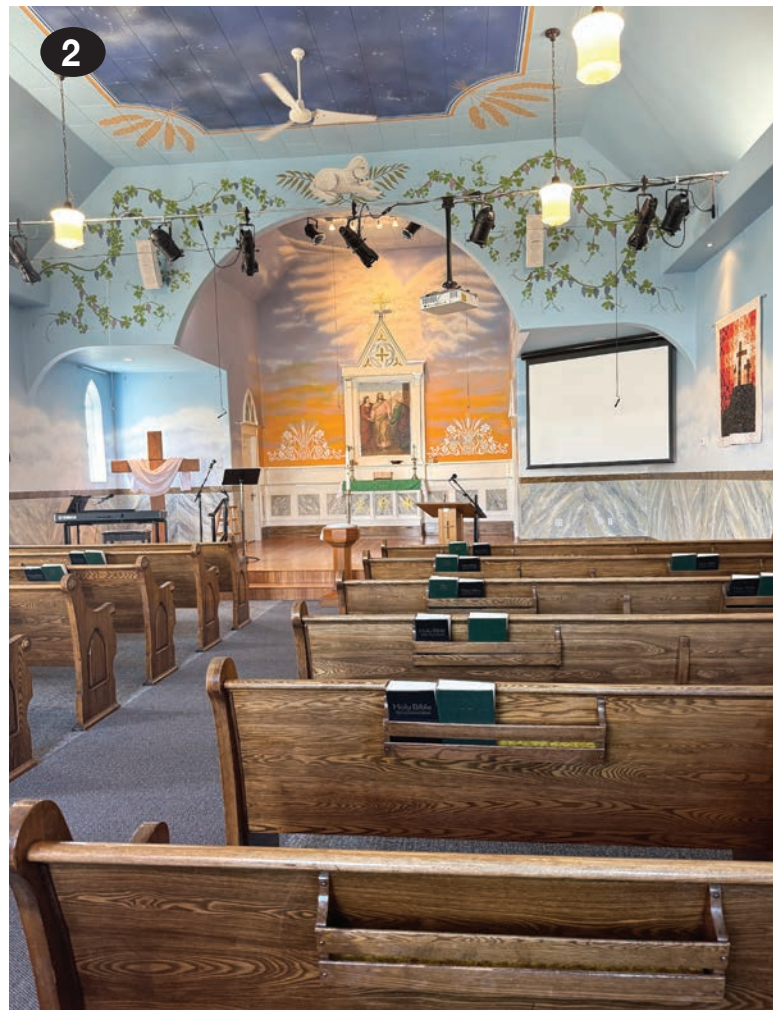




1. Solglyt group photo.

2. Asker Lutheran Church - near Ponoka.

3. "Restrationen" ship display in Asker Church.



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



Syttende Mai Celebration 2025

Solglyt Lodge's annual Syttende Mai event held in recognition of Norway's National Constitution Day, was held on Saturday, May 16, at Greenfield Community Hall. Guests were welcomed at the main entrance by Emerson, along with Heritage members, Liam, Isaac and Lucas. Participants were entertained by the Junior Valhalla Scandinavian Folk Dancers who put on an enjoyable performance. Nice weather allowed for the flag-waving, hurrah-shouting, family parade to weave through the hall and out into the field, this year. A delicious hot dog lunch followed with draws for Viking Knit jewelry and 3D dragons. Even though Solglyt's Syttende Mai celebration fell on a long weekend this year, the event was well attended.

Happy Syttende Mai participants - Karin J., Sandy K., Arvid P., Elaine D., Kari H., Solglyt junior member, Colleen V.



1. Brenda C., Sharon B., Judy F. and June K.

2. June K. - "...so you take your batter..."

Krumkaker Workshop

A phone call was received from Joanne Maynard of the Town of Millet to see if anyone from our Lodge would be interested in doing a krumkake making workshop. On June 18th, 2025 Brenda Carlstad, June Koch, Judy Flewelling and I packed up our krumkake irons and drove to Millet to showcase our teaching skills. It was

a lot of fun. Approximately 18 to 20 people attended all anxious to taste and learn how to make this delicious cookie. We used three different krumkake recipes so those at the workshop could taste the various krumkake. Brenda was the whipped cream filler which was very much appreciated.

It was a huge success and the four of us had a great time demonstrating our skills at this workshop. Thank you to Joanne Maynard and the Town of Millet for inviting us.

Sharon Bruce

Everything Norway!

Norwegian Princess in Australia

It has recently been revealed that Norway's Princess Ingrid Alexandra will be doing her university studies at St. Andrew's College in Sydney, Australia starting in August. The news was first leaked when an email went out to students from the college's principal and was soon confirmed in a press release from the palace.

Her schooling plans include a three-year Bachelor of Arts degree for international relations and political economy studies. The 21-year-old plans to live on campus, to best integrate into university life.

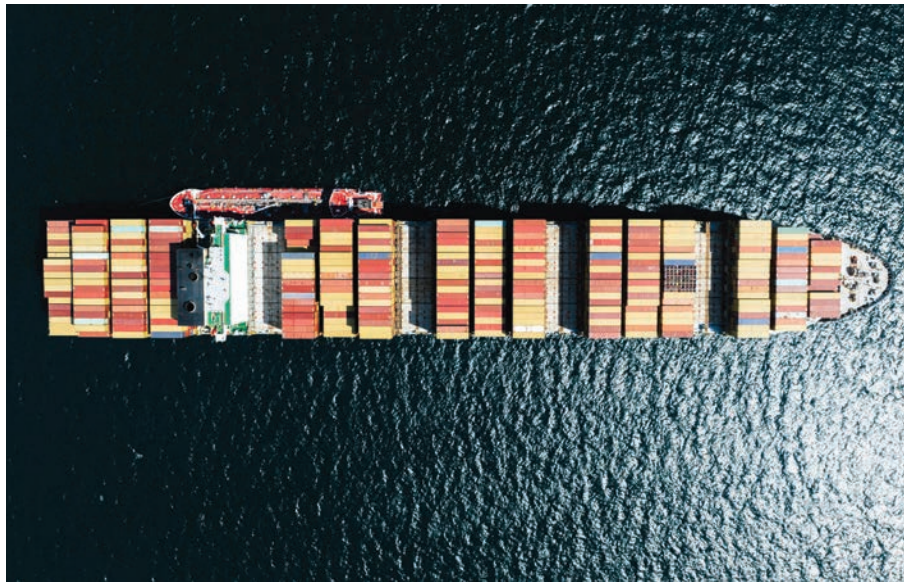
Due to her royal background, the school expects that there will be media interest and inquiries into the princess' time there, but the school will have ongoing reminders to students and others that the princess' privacy should be respected. The school is already well-versed in handling high profile students on their campus.

The princess follows in the footsteps of her mother, Crown Princess Mette-Marit, who also spent time studying abroad in Australia when she was a high school student.



Photo Credit: Ida Bjorvik, the Royal Court

Princess Ingrid Alexandra.



Ship runs aground while neighbor sleeps soundly

Johan Helberg woke up to quite the lawn decoration outside of his home, which lies at the edge of a fjord outside of Trondheim, Norway. The retired museum director was alerted by a panicked neighbor to the presence of a 443-foot container ship just yards from his front door. The neighbor heard the approach of the ship at around 5 am, quickly ran next door, and started ringing Johan's doorbell. Not accustomed to visitors at such an hour, Helberg ignored it. Only after a phone call did Johan step outside to see the ruckus that he had slept through. While the ship did cause damage to a cabin heating pipe, miraculously, no other harm was done to property or life.

Initial efforts to dislodge the vessel from the spot failed. However, five days later they were successful in towing the ship to a nearby harbor.

Reflecting on the whole ordeal, Helberg stated, "I doubt I'll ever experience anything quite like this again." But also, "I wouldn't have traded this experience for anything."

Norway bans marketing of unhealthy foods to children

As of April 25, 2025, a new regulation went into effect in Norway. This regulation implemented by the Norwegian government prohibits the marketing of food and drink considered unhealthy directly aimed at children.

The goal of the regulation is to protect children up to the age of 18 and while it will still be legal for children to purchase such products, the marketing of those products will be illegal.

Unhealthier products such as energy drinks, ice cream, and candy are part of the ban, but there are other products where the nutritional content will dictate if it's banned for marketing or not, for example, different kinds of cereal.

Minister of Health and Care Services Jan Christian Vestre said, "We are committed to ensure good health for children and youth and that it should be easy to make good choices in everyday life. The government is implementing this measure because we are committed to protect our children and their health."

Although the regulation went into effect in April, the industry will receive six months to adapt to it.

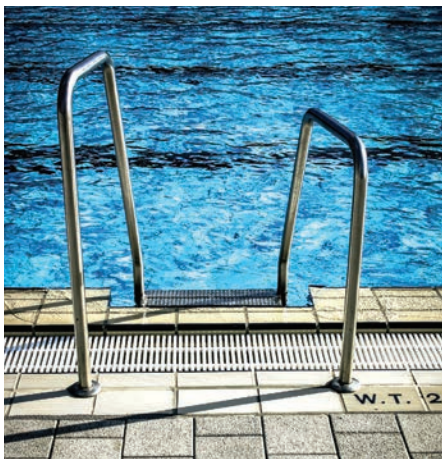


A Color-Coded City

On the southern tip of the island of Karmøy in Norway, lies a charming village known as Skudeneshavn. Skudeneshavn is a coastal town that features narrow streets, seafront wharves, and a unique cohesiveness. In 2018, the King adopted the cultural environment protection in Skudeneshavn that is protected by the Cultural Heritage Act. This act recognizes the value of historic areas and seeks to maintain their cultural significance. It is the reason Skudeneshavn is so well preserved. The conservation means that there are regulations in place for the maintenance and upkeep of building exteriors and outdoor areas. Skudeneshavn has had a rich color history in respect to their building exteriors and those same colors are now portrayed in the city's color code as a result of its status as a culturally protected environment. Any maintenance or painting to one's house must be in line with the city's guidelines in a specific color palette and with the right technique/tools. The colors include white, shades of green, red, and blue. There is no doubt that the protection creates an authentic experience and draws forward the rich history of the town.



Photo Credit: Ørjan B. Iverson, www.visitnorway.com



Youngest hero to receive rescue diploma

In April, the Norwegian Rescue Service Diploma was awarded to the youngest-ever person to receive the honor. The recipient was seven-year-old Freya Nikolaisen of Tromsø, Norway.

Earlier this year, Freya's family, which includes a one-and-a-half-year-old brother, were relaxing near a pool in Zambia when Freya heard their nanny shouting. Freya's brother, Logan, had jumped into the pool in search of a toy and he couldn't swim.

Without any hesitation, Freya jumped in to rescue her brother, who had probably been in the pool for minutes.

Freya's mother came running and as soon as Logan was pulled out, her mother performed lifesaving first aid and he was quickly transported to a local hospital.

Because of Freya's quick actions, her brother's life was saved. When the Rescue Service heard about the courageous act, they were extremely impressed by Freya's resourcefulness and drive.

They honored Freya with the diploma shortly afterwards, in conjunction with the Mayor of Tromsø, Gunnar Wilhelmsen. Thankfully, Logan is doing well today and always has his sister's protecting eyes on him.



2025/26 Solglyt Lodge Events

Sunday September 14th, 2025 from 1 to 5 - Pea soup lunch

Sunday October 5th, 2025 from 1 to 5

Sunday November 9th, 2025 from 1 to 5

'God Jul' Dinner - Saturday Nov. 29th, 2025
from 12 to 6

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

Blueberry squares with vanilla cream and crispy topping

This sweet treat is a perfect dessert for summer and easy to make!

Ingredients for the Crumble Base:

- 1 1/4 cup flour
- 1/2 cup granulated sugar
- 1/2 tsp. baking powder
- 1 stick of butter
- 1 egg yolk
- 1 Tbsp. brown sugar
- 1 Tbsp. Sugar

Ingredients for the Filling:

- A heaping cup of blueberries (or 200g)
- 1 Tbsp. lemon zest
- 1 Tbsp. freshly squeezed lemon juice
- 1/4 cup sugar
- A little less than a 1/2 cup pastry cream (homemade or store-bought)

Norwegian French Toast

Try this hearty, delicious version of French toast or breakfast or lunch. You can't go wrong!

Makes 2 servings

Ingredients:

- 3 slices of bread
- 2 eggs
- 2 Tbsp. sugar
- 1.5 dl milk
- 1 tsp. ground cardamom
- 1 tsp. ground cinnamon
- 2 Tbsp. butter for frying
- 1 orange
- 4 Tbsp. sour cream
- 4 Tbsp. blueberry jam
- 1 Tbsp. liquid honey



Photo Credit: Marit Hegle, nrk.com

Directions:

Mix the flour, granulated sugar and baking powder in a bowl. Cut the butter into small cubes and crumble it into the flour mixture together with the egg yolk. Crumble until the consistency resembles sand. Cover the dough with plastic wrap and place in the refrigerator for at least an hour.

Stir together blueberries, lemon zest, lemon juice and sugar.

Line an 8 x 8 inch square pan, or alternatively a 9 inch round pan, with baking paper on the bottom and sides.

Press 2/3 of the crumble base evenly over the pan. Set aside 1/3 of the crumble base.

Spread the blueberries evenly over the bottom of the pan. Do not include the

juice; only the berries.

Make and spread small dollops of pastry cream evenly over the blueberries.

Stir in one tablespoon of brown sugar and one tablespoon of granulated sugar into the remaining portion of the crumb dough. Crumble the dough evenly over the cake.

Bake in the middle of the oven at 375 degrees Fahrenheit / 190 degrees Celsius for 45 minutes. Cool the cake to room temperature on the kitchen counter and then place it in the refrigerator for at least an hour before removing it from the pan and cutting it into fine pieces.

Source: <https://www.nrk.no/mat/blabaerruter-med-vaniljekrem-og-spro-topping-1.14187638>



Photo Credit: Rolf T. Øygarden, nrk.com

Directions:

Beat together eggs, milk and sugar. Add cinnamon, cardamom and the zest of an orange. Stir well.

Dip the bread slices in the mixture and fry in butter over medium heat until golden brown.

Cut the orange segments out of the orange and cut into smaller cubes.

Serve warm with diced apples, liquid honey, a good dollop of sour cream and freshly made blueberry jam.

Source: <https://www.nrk.no/mat/armeriddere-1.14976958>

The Translation

Har spart kakestykke fra kong Harald og dronning Sonjas bryllup i 1968

Kakestykket ble nemlig aldri spist, og det finnes fortsatt.

Kjell Karlsens orkester hadde det ærefulle oppdraget med å spille i bryllupet til daerende kronprins Harald og hans kronprinsesse Sonja 29. august 1968. Bandet hadde også underholdt på forlovelsesfesten.

Karlsen, en legende i norsk musikk, var nemlig ikke så opptatt med slotts festen at han glemte kona som spent ventet hjemme.

Han valgte rett og slett å ta med et stykke bryllupskake med hjem.

– Det var jo såpass sent, så jeg hadde ikke lyst til å spise kake da, sier 89 år gamle Lill-Louise Karlsen i NRKs nye dokumentarserie «Folkets konge».

Dagen etterpå var hun heller ikke ivrig på å spise kake, så hun satte den i fryseren. Der ble den værende.

I NRK-serien viser Lill-Louise Karlsen og datteren Tone-Lill Karlsen (60) frem kakestykket.

Lukter vanilje

Datteren graver frem en plastboks fra morens frysenskap hjemme på Ullern. En hvit lapp er festet på.

– Her står det med pappas sirlige skrift: Bryllupskakebit fra kronprins Harald og Sonjas bryllup.

Tone-Lill konkluderer med at det fortsatt lukter vanilje.

– Jeg lurer på om kongen og dronningen husker kaken? Hvis ikke kan de få dette, sier moren – før hun leende legger til:

– Nei, det får de ikke.

Døde før TV-premierer

Da innslaget til «Folkets konge» ble filmet på nyåret i fjor, visste ikke Lill-Louise at hun hadde kort tid igjen.

Når VG drar på besøk til datteren på Frogner i Oslo onsdag denne uken, forteller hun at moren likevel ikke tok for gitt at hun skulle få med seg TV-premierer.

– Jeg husker hun sa at «det er ikke sikkert jeg får med meg den».

Det gjorde hun heller ikke. 5. april i år døde Lill-Louise Karlsen, fem uker etter at hun hadde fått diagnosen bukspyttkjertelkreft.

Men 89-åringen fikk likevel se det ferdige opptaket av seg selv og datteren.

– NRK ordnet det sånn at vi fikk tilsendt en link. Det likte mamma.

Da lå hun på Ullern helsehus. Hun smilte veldig, forteller Tone-Lill.

Lill-Louise Karlsen ble enke i mai

2020, da Kjell Karlsen gikk bort, 88 år gammel.

– De var så tette og hadde så mye kjærlighet for hverandre. Det at begge forlot oss med så kort mellomrom, har vært heftig. Det er et stort savn, forteller datteren.

Da musikerlegenden Kjell Karlsen spilte i kronprinsbryllupet for 55 år siden, tok han med et stykke kake hjem til kona. Nå har datteren arvet klenodiet.

Hedret med medalje

Kjell Karlsen ble i 1999 hedret med Kongens fortjenstmedalje i gull for sin innsats innen norsk musikk.

– Det var stort. Mor var med far på Slottet den gangen, forteller Tone-Lill.

Saved a piece of cake from King Harald and Queen Sonja's 1968 wedding

The piece of cake was never eaten, and it is still there.

Kjell Karlsen's orchestra had the honor of playing at the wedding of the then Crown Prince Harald and his Crown Princess Sonja on August 29, 1968. The band had also entertained at their engagement party.

Karlsen, a legend in Norwegian music, was not so distracted at the palace reception that he forgot about his wife who was eagerly waiting at home.

He simply chose to take a piece of wedding cake home with him.

"It was so late, that I didn't feel like eating cake," says 89-year-old Lill-Louise Karlsen in NRK's new documentary series "The People's King."

The next day she wasn't keen on eating cake either, so she put it in the freezer. There it stayed.

In the NRK series, Lill-Louise Karlsen and her daughter Tone-Lill Karlsen (60) show off the piece of cake.

Smells like vanilla

The daughter digs out a plastic box from her mother's freezer at home in Ullern [a borough on Oslo's west side]. A white note is attached to it.

"Here it says in her father's neat handwriting: Wedding cake piece from Crown Prince Harald and Sonja's wedding."

Tone-Lill concludes that it still smells of vanilla.

Continued on page 10.

Saved a piece of cake from King Harald and Queen Sonja's 1968 wedding

Continued from page 9.

"I wonder if the king and queen remember the cake? If not, they can have this," says the mother – before she adds with a laugh: "No, they can't."

Died before the TV premiere

When the segment for "The People's King" was filmed on New Year's Eve last year, Lill-Louise Karlsen didn't know that she had little time left.

When VG [newspaper Verdens Gang] visited her daughter in Frogner [a westside borough] in Oslo on Wednesday this week, she said that her mother still didn't take it for granted that she would be able to see the TV premiere.

"I remember her saying that 'I'm not sure I'll be able to see it.'"

She didn't either. On April 5 this year, Lill-Louise Karlsen died, five weeks after she was diagnosed with pancreatic cancer.

But the 89-year-old was still able to see the finished recording of herself and her daughter.

"NRK arranged for us to be sent a link." Mom liked it.

She was in Ullern Health Center at the time. She smiled a lot, says Tone-Lill.

Lill-Louise Karlsen became a widow in May 2020, when Kjell Karlsen passed away, aged 88.

"They were so close and had so much love for each other. The fact that they both left us in such a short space of time has been intense. It is a great loss," says her daughter.

When music legend Kjell Karlsen played at the crown prince's wedding 55 years ago, he brought a piece of cake home to his wife. Now his daughter has inherited the treasure.

Honored with a medal

In 1999, Kjell Karlsen was honored with the King's Medal of Merit in gold for his contributions to Norwegian music.

"It was a big deal. Mother was with father at the Palace that time," says Tone-Lill.



- 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://www.sofn7.com>
- Sons of Norway Foundation in Canada - <https://www.sofnc.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.norwegianlaftussociety.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

2025 Newsletter Submissions

Nov. - Dec. - due by Oct, 31, 2025.

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.

PHOTOS: Implied/Verbal Consent for Photos: Photos are taken at our Lodge events to document activities for lodge promotion and archival purposes. This has been previously discussed at meetings and approved.

TO RECAP:

- Our Solglyt newsletter is shared with Sons of Norway lodges and affiliated Scandinavian organizations. Often members share with their family and friends. The newsletter is also available to the public via sofnedmonton.ca
- *Viking Magazine* - We are encouraged to submit photos to the *Viking*.
- Events – while attending an event, if you object to your photograph being taken, please identify yourself and advise the photographer at your earliest opportunity
- Notice & Consent – verbal and/or email consent is sufficient.
- We contact you prior to sending a photo in for publication
- Email for more information: sofn2013@gmail.com – Brenda Carlstad, Publicity – Takk!

