



**SOLSYD LODGE No. 603 Zone 4
Lethbridge, Alberta**

KALENDER

March 19: Hardangar at 4:30
Dinner at 6:00, Norwegian Whist After Dinner

April 16: Dinner at 6:00, Business Meeting
to follow.

**PLEASE REMEMBER TO BRING YOUR
OWN PLATES, CUPS, & CUTLERY.**

IRISH IN NORWAY

According to Statistics Norway, there are 621 Irish citizens in Norway. We know the real number is much higher, for a couple of reasons: firstly, many children of Irish and Norwegian parents are not included; and secondly, we have a time-honoured practice of counting as Irish those who want to be Irish, or who have an interest in Ireland. And when it comes to Patricks Day, if you are wearing something green, you are in. We are not really very exclusive.

The first formal St Patrick's Day Parade in Norway was held in Oslo in 2000, organized by Irish expatriates living in Norway. The aim ever since has been to provide a focus for celebrating Ireland's national day in a manner which has a long tradition both in Ireland and in all the countries of the world to which the Irish diaspora has migrated.



Gratulerer Med Dagen

March: Vern Flexhaug, Carol Isele, Joyce Odland, John Orsten

April: Edith Olson, Sharon Prenevost



God påske!



PRESIDENT'S MESSAGE

It is invigorating to realize that Spring is right around the corner yet again! I have little green sprouts poking up through the warming soil in my garden as I am sure you have, too. Here's hoping they don't succumb to freezing temperatures before consistently warm weather is here.

At our February meeting, members ordered Sons of Norway name tags. By member choice, our name tags will be made of plastic and are silver in colour. The cost is \$ 9.00 for a pin closure and \$10.50 for magnet backing. Please try to get your order in at this month's meeting so that The Engravers will have them ready for distribution in April.

We are fortunate that Millie Isele has agreed to do a basic **Hardanger** project with interested members. Come early to our meeting at **4:30 on Wednesday, March the 19th** . If you have them, bring a pair of small, sharp, pointy scissors and a dull- pointed tapestry needle. Bev Jestin is graciously providing Hardanger patterns, fabric, and pearl cotton for the project.

After the "surprise" menu for dinner at this month's meeting, we plan to play a few rounds of **Norwegian Whist**. Hoping you will all participate no matter whether you play the game or you are someone just learning.

Register anytime now for the Scandinavian Cultural event in Red Deer from June 13-15. The cost is \$100 which includes all the events plus 4 meals, if you register by March 30. Email your completed registration form to **Karen Larsen** at littlehorski@telus.net while paying by e-transfer to littlehorski@telus.net or mail the completed registration form along with a cheque for payment to **Sons of Norway Aspelund Lodge #4-571** 215 Jenkins Dr. Red Deer AB. T4P 3X1. A block of 30 rooms has been set aside at the Red Deer Resort and Casino at a cost of \$129 plus taxes per night. Call 403 346 2091 to reserve your room. It would be nice to support this fun, activity-filled weekend. We could carpool for the drive to Red Deer! If you have questions call 403 329 4711 or 403 330 3391 or email prenevsh@telusplanet.net

The Southern Alberta Ethnic Association (SAEA) is offering Basic Salsa Classes for couples starting Tuesday from 6:00-7:00 PM March 18 through April 22. Beginner Hula Dance Classes run Mondays from 7:00-8:00 PM starting March 17th through April 28th. The taste of Sri Lanka authentic cuisine and live performance is Saturday, March 15 from 5:30-9:00 PM at a cost of \$30. For more information go to: infosaea.ca or call 403 320 1577 for tickets. Office hours are Mondays from 10:00-2:00, Tuesday, Wednesday, Thursday from 10:00- 6:00 and Fridays from 8:00-4:00.

And we are so glad to know that Shirley Sokvitne is home and doing much better. Keeping you in our prayers, Shirley.

Welcome to Spring 2025.

Sharon.

FASTELAVNSBOLLER Shrovetide Buns



Fastelavn, originally a feast before fasting, is now a fun celebration where children dress up and enjoy sweet fastelavnsboller – buns filled with cream and jam.

For Norwegians (and everyone else!) who love their buns, it's the perfect excuse to indulge!

Ingredients:

100 g butter
 1 l wheat flour (529 g)
 100 ml sugar
 0.5 tsp salt
 1 tsp ground cardamom
 350 ml milk
 1 tsp baking powder
 50 g fresh yeast
 1 egg (for brushing)

Cream filling:

300 ml whipped cream
 12 tbsp strawberry jam
 2 tbsp powdered sugar

Source: Matprat.no

Method:

- Slice butter into cubes and leave them to soften at room temperature.
- Add flour, sugar, salt, cardamom, milk and baking powder into a large bowl and crumble the fresh yeast into the mixture.
- Knead the dough well by hand, or with a food processor for about 15 minutes.
- Add the butter cubes and knead the dough for about 10 minutes, until it becomes soft and elastic. Feel free to take a 'gluten test' towards the end of the kneading: stretch the dough - if it feels short, it should be kneaded a little more. If it's elastic and supple, it's ready to be left to rise.
- Cover the dough and leave it to rise for about 45 minutes until it's doubled in size.
- Transfer the dough to a floured surface, divide it into 12 equal pieces and roll the pieces into buns. Leave the buns to rise in a warm place.
- Brush the buns with the beaten egg and bake them in the middle of the oven at 200°C for 10-15 minutes. Cool the buns on a wire rack.
- Whisk the cream into whipped cream. It should be slightly firm but not clotted.
- Slice off the tops of the buns and add the cream and jam to the bottom half. Put the other half on as a lid and sprinkle a thin layer of powdered sugar on top.

CHEESE SLICER CENTENNIAL

A hundred years ago in Lillehammer, Norway, cabinetmaker Thor Bjørklund was using a planer to smooth out some wood, when the idea of a more efficient cheese slicer came to him - one that would be more precise and easier than cutting with a knife. In the years after World War I, a thinner slice meant that resources could be stretched further.

With the patent for his ostehøvel (cheese slicer) secured, Bjørklund launched his company Thor Bjørkelund & Sønner in 1927. A century later, every Norwegian household has an ostehøvel, if not six. According to melk.no, 42% of Norwegians chose cheese as their favorite pålegg (topping) on their breakfast smørbrød (open-face sandwiches). There are different slicer shapes for soft and hard cheese, and other practical uses.

Verdens Største Ostehøvel

Less than an hour north of Lillehammer, the town of Ringeby is the proud home of the World's Largest Cheese Slicer. Since the [Bjørklund](#) cheese slicer factory was moved to Ringeby in 2010, it was only fitting that this massive kitchen utensil popped up in 2015. Standing 25 feet tall, this outsized utensil is in the official Guinness-book records

This roadside attraction is not only good for a selfie, but the landmark is a short walk from the Bjorklund1925 store, where all of their cheese slicers are available. The company sells around 200,000 cheese slicers worldwide per year. Aside from sales within Norway, their slicers are also popular in the US, Sweden and the Netherlands.

These days, Norwegians eat record amounts of cheese and are as serious as ever about their slicing preferences. The consensus seems to be that you should always use the right slicer for the right cheese, whether its gulost/hvitost (yellow or white cheese) or brunost (brown cheese).

Getting The Best Slice

Hold the cheese with one hand while pulling the slicer in a straight line and applying even pressure to avoid the dreaded "hoppbakke" or ski jump effect. Another helpful tip is to turn the cheese 180 degrees and alternate the direction that you cut from. It may sound like a taboo, but some Norwegians even use cheese slicers for cucumbers, carrots, or other foods.

Practice your cheese slicing technique and find delicious ways to top your bread, by checking out [Hva spiser du til frokost?](#) on the Sons of Norway blog.

