



SONS of NORWAY

Solglyt Lodge 4-143

President's Message

God dag and God Jul Solglyt members.

Our annual lefse bee held on November 16. We had a great turn-out testing our skills at making this treat that many of look forward to near the Christmas season. It was awesome to have a lot of laughs preparing and splitting up of this precious commodity at the end of the Day.

See the article about this event elsewhere in the newsletter.

A meeting was held after the lefse bee to ratify our Lodge bylaws and some other business.

Our Christmas God Jul supper was held on December 15th and was attended by 70 people consisting of members and their families and friends. It was a very festive event with a social hour before a beautiful catered meal and a sing-along with Christmas carols afterwards. Many of you donated socks and underwear for the less fortunate in our community and we thank you for your generosity. See the article about this event elsewhere in the newsletter.

Christmas is a time of year for reflecting, visiting with family and friends and enjoying relaxation. I trust this was the case for most of you, but it is also a time when many have lost a loved one during this time of year, so Christmas can take on

another form. So, we must be thankful for each day.

Nancy and I were blessed this Christmas to visit our children and family in Regina and Saskatoon and our two children who reside here in Edmonton were also able to join us in Saskatoon as well.

We now look forward to 2025 and are well on our way into this century.

The first meeting of 2025 will be held on January 12 and will feature a presentation on owls by our member Wayne Nordstrom who is our "local foundation of knowledge".

Other meetings and activities for upcoming year are noted elsewhere in the newsletter.

The Lodge is always in need of volunteers so if there is anyone that wishes to become more involved there is plenty of room. I know for myself I was a bystander taking in events 5 years before I became a member so don't be shy to get involved.

At this stage, we plan to continue to meet at Greenfield, and I know I mentioned in the last newsletter that the Dutch Canadian Club had been sold; however, the offer has now been extended to the end of January.

I look forward to having another great year for Solglyt.

**Takk
Arvid**



Arvid Pederson at the lefse griddle.

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 |
| Sunshine |
| Webmaster |
| Trustee and Auditor |
| Newsletter |

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|--|
| Brenda Carlstad <i>info@sofnedmonton.ca</i> <i>sofn2013@gmail.com</i> |
| Karin Jackson <i>lesandkarin@hotmail.com</i> |
| Brenda Carlstad |
| Cliff Norum |
| Sandy Jamison <i>sjamison@greatwest.ca</i> |

Lefsepalooza



On November 16, between 25 and 30 Solglyt members and friends gathered at the Greenfield Community Centre for a lefse bee or as Brenda C. likes to refer as the lefsepalooza get together.

There were at least 4 people who were there for the first time who had noticed the event on our website or were new members. It was great to have them join in the flourily mess.

Preparing lefse at a working bee has been a tradition at Solglyt Lodge for many years.

This was our first time preparing lefse at this facility.

Our course, **many thanks to those who worked prior to the event** preparing the potatoes and other ingredients prior to gathering that day.

The lefse is rolled into balls about the size of a tennis ball and then the contest begins to see who can roll the thinnest and the roundest lefse. It is a skill not to be taking lightly.

The lefse are then placed on hot griddle pans and cooked to perfection and cooled between cloths.

There of course is a lot of flour being used, so aprons are a good idea to protect your clothing. There was a lot of bragging about whose lefse turned out best.

All in all, the final products were split up evenly, the hall cleaned up and everyone went home with a fine food ready for the Christmas season.



Above: Wayne. Upper Left: Sheila.

2025 Solglyt Lodge Events

Sunday, January 12, 2025 - (1:00 p.m. set-up) 2:00 to 5:00 p.m. – Goodies and coffee and **Wayne Nordstrom Presentation on Owls**

Sunday, February 9, 2025 - (1:00 p.m. set-up) 2:00 to 5:00 p.m. - **Pancake Lunch**

Sunday, March 9, 2025 - (1:00 p.m. set-up) 2:00 to 5:00 p.m. - To be Determined

Sunday, April 13, 2025 - (1:00 p.m. set-up) 2:00 to 5:00 p.m. – To be Determined

Saturday, May 17, 2025 - 2:00 to 6:00 p.m. - **Syttende Mai** – Details to Follow

Sunday, June 8, 2025 - 2:00 to 5:00 p.m. – **BBQ** – Details to Follow



Juletre Fest

Christmas Party – December 15, 2024



A Christmas celebration was held on Sunday December 15 at the Greenfield Community Centre with approximately 70 members, friends and family in attendance.

There was a Social Hour from 1:00-2:00 p.m. with a dinner at 2:00 p.m. followed by Christmas season carol sing-along.

Prior to this there was a lot of preparation work carried out by the Social Committee to engage a caterer, set up tables and chairs, purchase and deliver drinks, table settings and provide table settings and decorations and of course clean-up afterwards.

Many thanks to the volunteers that helped organize this event.

The meal was prepared by Rosie and Gordon Ness of HappyNess Catering. The meal consisted of fresh buns, mashed potatoes, salads, turkey, roast pork and all the trimmings and of course dessert. Gordon even had a Norway shirt on.

There were many compliments on the quality of the food.

After dinner, we participated in sing-along of familiar carols led by Ashley, Andrew and John were our friends with Kalli Evjen. Kalli gave us a brief lesson on Norwegian grace pronunciation and then led in singing grace. Kalli organized this last-minute group of musicians and singers since Charlotte came down with laryngitis at the last moment. We appreciate very much that they were able to attend.

We also had a toast with aquavit led by Verner Stenbru for members and family members Roger Bruce and Fred Cockroft who had passed away recently.

Overall, it was an awesome time and was a perfect way to get everyone in the Festive Season spirit.



1. Table decorations.
2. Emily and Shirley.
3. Judy and Sharon.
4. Verner.
5. HappyNess Catering.

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



Roger and Sharon at District 4 Convention 2014 in Fargo, ND.

Remembering Roger Bruce

Roger Kenneth Bruce

October 25, 1941 – November 8, 2024

Roger Kenneth Bruce, was born to John Magnar Bruce and Marie Sophie Haveland. He was raised on the family farm in the Likeness District east of Camrose, Alberta. When Roger left the farm, he went to work for the Toronto Dominion Bank and remained in the banking industry for 35 years until he retired as Bank Manager in 1995.

Roger joined the Sons of Norway's Solglyt Lodge 4-143 almost 30 years ago and during this time, he served on Solglyt's Board of Directors in several capacities, including lodge President. Roger held the position of Zone 4 Director for the Sons of Norway District IV and during his term, he made a point of visiting every lodge

in the Zone 4 area. Roger was actively involved with Torskeklubben, the Scandinavian Businessmen's Club, the Scandinavian Trade and Cultural Society, the Scandinavian Heritage Society and the Scandinavian Studies Association.

Roger had a very good life. His loving wife, Sharon, shared this journey with him and was supportive of every endeavor he undertook. Together, they raised a family, travelled to Norway to connect with family, and pursued several areas of interest. Roger is survived by his wife, Sharon, son Collin and daughter-in-law Janel, son Ryan and daughter-in-law Christina, grandchildren Emerson, Lucas, Liam and Isaac as well as his brother, Marvin. He will be missed.

Roger Bruce

I believe I first met Roger through the Sons of Norway, before he served as President of Solglyt Lodge. I had further opportunity to recognize his dedication and skills when we both were on the Board of the Scandinavian Studies Association. The Association is a community-based organization that raises money for the Scandinavian professorship endowment and Scandinavian Studies scholarships at the University of Alberta.

Roger, who had previously done yearly audits of the Scandinavian Studies Association books, joined the board as Treasurer the same year as I became President -- in 2016. From then until 2020, he was the Association Treasurer. I always felt very confident that our books were in good order in banker Roger's hands. His reports were always timely and easy to understand even by financial lay-people. When Roger stepped down as Treasurer in 2020, we continued to benefit from his suggestions and advice. Roger remained a board director until the Association's most recent annual general meeting in the spring of 2024.

His quiet chuckle will be missed at our meetings.

Nordahl Flakstad
President, Scandinavian Studies Association

Roger Bruce... My Good Friend and Fellow Member

It is with a sad heart that I write these words about my good friend Roger. It has been nearly 30 years since I first met Roger. That happened at one of our Sons of Norway lodge meetings in Edmonton. He was a person who enjoyed meeting people and getting to know them. We shook hands, shared some of our backgrounds and found that we had much in common. We

had both grown up on farms located to the east of Camrose, had attended a Lutheran church in our youth, had played on various sports teams, had attended Camrose Lutheran College (now Augustana University), had Norwegian and Swedish ancestry, and were familiar with lutefisk and lefse.

Continued on following page.

*Thank
You*

Sons of Norway Solglyt Lodge

A huge thank you to our Lodge for supplying our family with lefse for Roger's Celebration of Life. I had many comments from Roger's family about how it felt very appropriate knowing Roger's love for Scandinavian food and that it was really good.

Thank you for the many phone calls and the support our family has received from each and every one of you during this trying time.

**Sharon, Collin and Ryan
and families**

Roger Bruce...

Continued from previous page.

Over the years, Roger and I have worked together and served in various capacities within several of Edmonton's Scandinavian organizations. These included our Sons of Norway Solglyt Lodge, the Scandinavian Trade and Cultural Society, the Scandinavian Heritage Society, and Torskeklubben of Edmonton. Roger always put his heart into serving in these and other organizations. With his banking experience and expertise, he was often asked to serve as Treasurer, a role that he much enjoyed. He appreciated being asked to help in this regard. Roger's ability with numbers was quite impressive. He could easily calculate sums and differences in his head. He could also remember and regurgitate facts and figures relating to finances and budgets. His role as Treasurer was invaluable.

As one example, Roger served as Treasurer of the Scandinavian Trade and Cultural Society (STCS) from its inception in 2002 until its dissolution in 2012. He was a vital and important member of the Society's Board of Directors, and he strongly supported the projects and events that the Society undertook. One of the projects that Roger supported was the production of the book that came to be titled *Scandinavian Connections – A Guide to Sites in Alberta*. That book had its inception in January of 2004 when I presented the idea to the STCS Board of Directors. My idea was to prepare a book that could function somewhat like a 'guidebook' that would feature sites in Alberta having strong Scandinavian connections and that the public could see and visit. Featured sites would be those in which people of Scandinavian heritage were heavily involved – as founders, organizers, builders, attendees, workers, or participants – and would include sites such as churches, cemeteries, schools, museums, historic buildings, interpretive road signs, cairns, etc. There would be sites



Above: Sharon and Roger Bruce.

Right: Roger mans the griddle at Lefsepalooza 2016.

from all five Scandinavian countries in the book. The STCS liked the idea, and they endorsed the book project. Roger was a strong supporter of the project, not only as a valued Treasurer on the Board but also as a source of moral support. When the book was printed in the summer of 2007 and ready for sale, Roger was very enthusiastic in selling copies of the book to one and all. Many people beat a path to Roger and Sharon's home to obtain their copy or copies of the book. As things turned out, the book project was a huge success, and Roger's contribution was crucial and a big part of that success.

Roger will be missed, not only as a friend to many of us, but as a valued member who served with care and insight as Treasurer or in other roles in which he took on responsibility.

Wayne Nordstrom



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!*



SAVE THE DATE

SPORTS WEEKEND 2025

Aspelund Red Deer Lodge #4-571

June 13, 14, 15th, 2025

Friday Evening: Reception/Registration & Presentation on 200 Crossings.

Saturday:

Culture activities in conjunction with the Norwegian Laft Hus Festival & Banquet in the evening

Sunday -

A tour along the Central Alberta Scandinavian Trail.

More details to follow in the spring and when registration forms are distributed.



Sons of Norway, Aspelund Lodge #4-571, Red Deer Sports Weekend - Aspelund Lodge Red Deer is looking to host a sports/culture weekend June 13-15, 2025. All lodge members and friends of Sons of Norway are invited to attend.

- Friday – June 13 - Early Registration & Fellowship; Golden Circle Senior Resource Centre
- Saturday – June 14 – Registration & Sports Day, Lunch, Banquet & Entertainment; Golden Circle
- Sunday – June 15 – Bus Tour (potentially) – Central Alberta ‘Scandinavian Trail’

Activities take place at the Golden Circle which shares the same parking lot as Heritage Square where the Laft Hus festival takes place.

Favourite activities being suggested, dependent upon participation level:

- Norwegian whist/railroad dominos/cribbage
- Golfing/Kerry Woods Nature/Bird Walk
- Kubb/lawn bowling/bocce ball/cornhole toss tournaments
- Croquet Tournament/Horseshoes Tournament/ Axe Throwing

Saturday, June 14th, Aspelund will partner with the Norwegian Laft Hus Museum’s annual festival. In addition to the museum and giftshop, there will be Scandinavian Folk Dancers, Viking combat, craft demonstrations and food samples. Also planned: goats on the roof, Fjord horses and Norwegian Lundhunds all in attendance on the Saturday.

A tour of the Scandinavian Trail, by way of a bus tour, (depending upon registration numbers) is being planned for the first half of Sunday.

Accommodations/example: The Red Deer Resort & Casino is a former hotel which has been revamped into a very popular casino. Room rates: \$139 + taxes.

If interested, please reply to sofn2013@gmail.com – Brenda C.

Everything Norway!

Saving Prehistoric Rock Art

Vingen in Norway's Vestland county is the site of one of the largest prehistoric rock carving sites in Northern Europe. Approximately 2,000 carvings and prints depicting animals, geometric patterns, and human figures estimated to date back 6,000-7,000 years. This site was discovered in 1910 by Bergen lawyer Kristian Bing, while looking for land to build on. He bought the land soon after, but ultimately sold the historic site to the Bergen Museum in 1923, who continues to own and manage it.

Now after many years of the site being undisturbed and protected, archeologists warn of a potentially catastrophic threat to the carvings. The nearby area of Frøysjøen was approved to plan for the building of a sandstone quarry near the top of Aksla mountain, as well as a crushing plant and shipping port which would assist the mining operation.

Proponents of the build state that it will provide



Photo: Visitnorway.com

jobs and would not impact the historic site because of its proximity and distance from the site. However, archeologists and critics of this proposed development state that the noise, light, vibrations and dust could have a devastating impact on the prehistoric cultural heritage site. They point to a quarry that currently exists

further away, yet whose blast vibrations can be felt at Vingen. They emphasize that once a site like this disappears, it is gone forever. They also warn that this new quarry and facilities could destroy the region's best opportunities which are its tourism, education and cultural knowledge.

A Tower for Peace and Reflection

Imagine buying a water tower for just 1 Norwegian krone, or roughly 10 cents USD. That is just what cinematographer, Martin Otterbeck, did in Røst, Norway. The purchase was inspired by the life of Per Fugelli, a respected doctor and social justice advocate, who many say was one of Norway's wisest men. While making a documentary about Per Fugelli, Otterbeck learned of his and his wife's idea to restore the town's water tower and make it a place for thought and reflection.

Otterbeck brought this idea to life and began refurbishing the water tower, which was no easy task. Because there is no road or bridge to the tower, they had to use a helicopter to transport material. Nonetheless, the project came to fruition on August 10 this year when the water tower, now known as Ettetanken (The Afterthought), opened its doors. And on top of the tower is a quote by Per Fugelli: "The best prescription for a good life is to give less of a damn."



Photo: Finn-Erik Rognan / Visitnorway.com

Anne Kristen Møller ice bathing in Bjørvika.

Ice Bathing

This winter, how would you like to start every Saturday morning with a refreshing ice bath? That is what Norwegian Anne Kristin Møller has done every Saturday since 2015. She became infatuated with the activity after participating in an event to set a new ice bathing record in Oslo. She stated, "The rush you feel in your body and the contrast of going from cold to warm is an absolutely fantastic experience."

Additionally, Møller enjoys seeing nature from a new angle at each location she has ice bathed which includes Oslo, Tromsø, Karmøy, and Svalbard to name a few. Ice bathing has become quite popular in Norway, with over 100 ice bathing clubs around the country. It is a great social activity that also has many health benefits, such as aiding with fatigue and stress. In a survey conducted, 1 in 5 Norwegians said they were planning on ice bathing in the winter. If you'd like to take a page from their book, here are some tips: bring something hot to drink right afterwards and always swim with others for safety.

Photo: Matin Bremnes / Visitnorway.com



Deliciously Nordic

Lingonberry Cardamom Tart

This tart is as beautiful as it is rich, tart, sweet, spicy, savory and delicious, which will soon make it a family favorite.

Prep time: 1 day, 1 hour 30 minutes

Cook time: 1 hour 25 minutes

Ingredients:

- 1 1/2 cups or about 5 oz. fresh cranberries
- 1/2 cup plus 1/3 cup granulated sugar, plus more for sprinkling
- 1 Tbsp. water
- 1 egg white
- 8 oz. lingonberry jam
- 10 Tbsp. unsalted butter room temperature
- 3 large eggs
- 1/2 tsp. pure vanilla extract
- 6 oz. or about 1 1/4 cups slivered almonds
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 1/4 tsp. salt

Pâte Sucrée (Sweet Crust)

Ingredients:

- 1 1/4 cups all-purpose flour
- 4 1/2 tsp. granulated sugar
- 1/4 tsp. salt
- 1 stick cold unsalted butter, cut into small pieces
- 1 large egg yolk
- 2 Tbsp. ice water

Instructions:

1. To start, make the pâte sucrée crust.
2. Pulse flour, sugar, and salt in a food processor until combined.
3. Add butter, and process until mixture resembles coarse meal, about 10 seconds, or use a pastry blender or two knives to combine.
4. Lightly beat egg yolk with ice water.
5. With processor running, add yolk mixture in a slow, steady stream through the feed tube and process until dough



Photo Credit: Dirtylaundrykitchen.com

just holds together (no longer than 30 seconds).

6. Turn out onto a work surface and shape into a disc.

7. Wrap in plastic and refrigerate for at least 1 hour (or up to 2 days).

8. Put fresh cranberries, 1/3 cup sugar, and the water into a saucepan over medium heat and cook.

9. Stir to dissolve sugar, until cranberries have just softened. 3-5 minutes.

10. Remove from heat and cool completely.

11. On a lightly floured work surface, roll out pâte sucrée dough to a 12-inch circle, 1/8 to 1/4 inch thick.

12. Transfer to an 8-by-2-inch springform pan, pressing crust into bottom and up sides. Trim excess flush with rim. Refrigerate 30 minutes.

13. Preheat oven to 350° F. Prick tart crust all over with a fork.

14. Line dough with a round of parchment paper and fill with pie weights (or dried beans).

15. Bake 10 minutes.

16. Beat egg white.

17. Remove weights and parchment and brush crust lightly with egg. Return to oven and bake until pale golden (25 minutes). Reserve remaining egg white.

18. Let crust cool in pan on a wire rack for 10 minutes.

19. Raise oven temperature to 375° F.

20. Spread jam over bottom of tart crust.

21. Beat butter and remaining 1/2 cup sugar with a mixer on medium-high speed until pale and fluffy (3 minutes).

22. Add eggs, 1 at a time, beating well in between. Beat in vanilla.

23. Reduce speed to medium. Slowly add ground almonds, cinnamon, and salt and beat until just combined.

24. Spread mixture over jam-covered crust.

25. Bake tart until filling is set and has darkened slightly (45+ minutes. If top darkens too quickly, cover loosely with foil).

26. Remove tart from oven, brush top with remaining egg white and sprinkle with sugar. Return to oven and bake for 5 minutes more.

27. Let cool on a wire rack for 15 minutes.

28. To serve, remove from pan and top with candied cranberries. Slice. Add a dollop of crème fraîche to bring it to the next level. And who wouldn't want to do that?

Notes: It's easy to spread this recipe out over a couple of days. Make a day ahead if you like. Store on the counter, wrapped. Serve warm or at room temperature.

Source: Barrett Bridenhagen of Dirty Laundry Kitchen

The Translation

Før gikk rebellene i bunad

For hundre år siden kunne du bli spyttet på om du gikk med bunad i byen. Den gang betydde bunad opprør mot eliten og svenskemakten.

Det forteller Anne Kristin Moe, kulturhistoriker og konservator ved Norsk Folkemuseum.

I samarbeid med forfatter og forlegger Laila Durán har hun nylig utgitt boka *Broderte bunader: hundre år med norsk bunadshistorie*.

Spyttet på

På slutten av 1880-tallet begynte jenter på norske folkehøgskoler å bruke bygdeklær som symbol på norsk identitet. Det var en måte å gjøre opprør på.

Reaksjonene var sterke. I byene ble jentene spyttet på, forteller Moe.

Hulda Garborg var en radikal og ivrig forkjemper for det norske. Hun reiste land og strand rundt for å lære bort norsk folkedans. På reisene fikk hun mye kunnskap om norske folkedrakter. Dette var både hverdagsklær og høytidsklær, som var særegne for folk i et bestemt geografisk område.

Garborg var datidens trendsetter. Nå begynte til og med byfolket å interessere seg for hvordan man kunne lage drakter inspirert av bygdeklærne, forteller Moe.

Kortreiste kjoler

Hulda Garborg var opptatt av at bunadene skulle være et norsk alternativ til motekjolene fra Paris og Roma, som nå var blitt vanlige i Norge.

Stoffene skulle være ull, og de skulle være vevd her i Norge. Fargene skulle være lagd av norske planter.

For Garborg var det viktig at folk flest kunne lage bunadene selv.

De vevde stoffene selv, farget garnet selv og sydde vanligvis drakten selv. Det tok lang tid, men det var overkommelig økonomisk.

Etter krigen vokste det fram en ny bunadsideologi. Nå ble det svært viktig at bunaden var historisk korrekt og knyttet til lokale tradisjoner.

\Som oftest var den gamle folkedrakten i området den viktigste inspirasjonen for nye bunader. Der folkedrakten ikke kunne brukes, samlet man inn andre ting, som skjær, øser og skap med rosemalinger, eller broderier fra sledeputer.

Excerpted from: <https://www.forskning.no/historie-kulturhistorie-kulturpolitikk/for-gikk-rebellene-i-bunad/561690>

Back When the Rebels Wore Bunads

A hundred years ago, you could be spat on for walking around town wearing a bunad. Back then, a bunad meant rebellion against the elite and Swedish power.

This is according to Anne Kristin Moe, cultural historian and conservator at the Norwegian Folk Museum.

In collaboration with author and publisher Laila Durán, she recently published the book *Embroidered Bunads: One Hundred Years of Norwegian Bunad History*.

Spat On

At the end of the 1880s, girls at Norwegian folk high schools began wearing village clothing as a symbol of Norwegian identity. It was a way to rebel.

The reactions were strong. In the cities, the girls were spat on, says Moe.

Hulda Garborg was a radical and ardent champion of all things Norwegian. She traveled around the country, teaching Norwegian folk dance. During her travels, she gained a lot of knowledge about Norwegian folk costumes. These were both everyday clothes and special occasion clothes, which were unique to people in a certain geographical area.

Garborg was the trendsetter of her day. Now even the city folk began to take an interest in how to make costumes inspired by the village clothes, says Moe.

Locally Crafted Clothing

Hulda Garborg thought that bunads should be a Norwegian alternative to the fashionable dresses from Paris and Rome, which had now become common in Norway.

The fabrics were to be wool, and they were to be woven in Norway. The colors were to be made from Norwegian plants.

For Garborg, it was important that most people could make the bunads themselves.

They wove the fabrics themselves, dyed the yarn and usually sewed the costume themselves. It took a long time, but it was manageable financially.

After the war, a new bunad ideology emerged. Then it became very important that the bunad be historically correct and linked to local traditions.

Most often, the old folk costume in the area was the most important piece of inspiration for new bunads. Where the folk costume could not be used, other things were collected, such as spoons, ladles, and cupboards with rosemaling, or embroideries from sleigh cushions.



Charter 1927

Charter 1938

Pictured above are Charters for Sons of Norway Solglyt Lodge 4-143. As we look toward the installation of officers at our January 2025 gathering, we thought, it appropriate include these in our newsletter.

Help 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

March - April - due by February 27, 2025.

May - June - due by April 25, 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.

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://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>
- **Norsk Høstfest** - <https://hostfest.com>
- **Welcome to Norway** - <https://www.visitnorway.com>