

SONS of NORWAY

Solglyt Lodge 4-143

March - April 2025

sofnedmonton.ca

Edmonton, AB

President's Message

God dag and God Paske Solglyt members.

We are reaching spring quickly and have events to welcome us to summer.

On January 12, we had a gathering where the new Board of Directors was installed.

Thanks again to all the Board that agreed to let their name stand for another two-year term.

Thanks to Anita who stepped down, as it is difficult for her since she relocated to Cold Lake.

Welcome to Wayne Nordstrom who is a Trustee.

At our January meeting, a presentation was made by Wayne Nordstrom on owls and it was most informative and many compliments were noted. Snacks were enjoyed by all. There is a write-up on this presentation elsewhere in the newsletter.

A rosemaling class conducted by Kari and Colleen and was attended by 12. Sheila has a write-up on this event.

A pacake lunch with ham, sausages and all the trimmings and dessert was enjoyed on February 9 by all.

Bring your favourite games to our March 9 meeting for an afternoon of fun.

In April, I will be giving a presentation on part of our Norway trip in 2023.

Syttende Mai will be held this year on Saturday so we will start at 2 p.m. and planning for this event will begin soon.

A BBQ will be held on Sunday June 8 and more details will be provided closer to the event.

This will be a nice way for the Lodge to swing into summer break.



On a personal note, Nancy and I will be celebrating our 50th wedding anniversary in May.

Thanks again to all the volunteers who make our Lodge a great organization celebrating our Norwegian culture.

**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
----------	--

Historian

Sunshine

Webmaster

Publicity

Newsletter

Brenda Carlstad
info@sofnedmonton.ca

Karin Jackson
lesandkarin@hotmail.com

Brenda Carlstad

Brenda Carlstad
sofn2013@gmail.com

Sandy Jamison
sjamison@greatwest.ca

General Inquiries: info@sofnedmonton.ca

January Gathering

Sunday, January 12



Installation and Wayne Nordstrom owl presentation

The Solglyt Board was installed on January 12 and there is a write-up about this in the newsletter.

After the installation, Wayne presented a most interesting power point on owls, which included a number of historical, cultural and biological facts about this group of birds as well as information about

the owl species found in Alberta. Owls are amazing birds and we were all very appreciative of finding out more about these birds.

Wayne received many compliments on his presentation and we thank him for his work in preparing the presentation and sharing his knowledge about this part of our natural world.

1. (Left to Right): Brenda C. - Historian, Publicity/Media, SoN Fdn in Canada, Sharon B. - Social, Karin J. - Sunshine, Sheila J - Vice-President, Sylvia C. - Counselor, Jim C. - Treasurer, Cliff N - Trustee, Laura B. - Secretary, Arvid P. - President, Wayne N. - Trustee, Dreena D. - Cultural.

On table (Left to Right): Solglyt Lodge vests, Roger B's vest - with many accumulated pins. Reference sheets Nordpolen/Solglyt Charters. Framed Solglyt Charter - Oct. 8, 1927, ref: 'Nordpolen' organized April 21, 1913.

Not pictured: Membership Secretary - Peter M., Sandy J. - Editor.

2. A superb presentation on the fascinating features and lives of owls, by Wayne N.





Rosemaling Workshop

On February 8, 2024, a group of painters gathered at Hosanna Lutheran Church for a Rosemaling workshop, led by Solglyt members, Kari Haddad and Colleen Vogel. After participants transferred patterns onto their heart-shaped ornaments, they learned about using different values of each colour, making strokes and loading brushes. By the end of the workshop, everyone had completed an ornament, just in time for Valentine's Day!

Rosemaling, meaning "rose painting," is a form of decorative painting that developed in Norway around the 1700s. The first rosemalers were inspired by artists from continental Europe, but over time, they developed their own unique styles. Most painters were poor, traveling artisans who would go from farm to farm painting rooms and furniture for comparatively wealthy landowners. Over time, different regions of the country developed their own distinctive

styles and style differences became so obvious that the origin of each rosemaled piece often could be identified on sight.

(Sons of Norway. (2011). Unit 4, Rosemaling. In, Sons of Norway Cultural Skills Program.)

For those who are interested in learning more, check out online:

- **Art of Lise on YouTube:** Lise Lorentzen offers dozens of free how-to videos on Rosemaling.
- **Rosemaling by PBS Crafts From the Past,** Season 2, Episode 201 with Ruth Green.
- **Vesterheim Folk Art School at Vesterheim Museum:** Rosemaling classes are offered. There is a fee.
- **Sons of Norway Cultural Skills Program, Unit 4, Rosemaling.**

1. Emily, Nancy, Sylvia, Corola
2. Dreena, Linda, Cam, Ingrid
3. Brenda, Alanna, Fern, Kristin
4. Kari and Colleen



2025 marks the 200th anniversary of the first wave of Norwegian immigration to Canada

This year marks the 200th anniversary of the first wave of Norwegian immigration to Canada, and many other Scandinavian communities will be coming upon similar milestones within the next few years. In the spirit of sharing and celebrating this milestone, SHSE will be highlighting cultural locations, museums, and other heritage sites around Alberta during Heritage Days this year.

We are looking to our communities to share stories of locations and connections they would like to feature, including family farms, important cultural locations to Albertan Scandinavian communities, camps (such as Trollhaugen, for example), and festivals centered around Scandinavian heritage. Community members are also encouraged to come out during Heritage Days and share their stories in the culture tent if they have the capacity to do so.

Avery Young, AYoung@primaryeng.com



1. Solglyt Folk Arts Submissions, to District IV Convention.
 2. Sheila J. accepts Gold Merit Awards presented to Solglyt Lodge from Jerry Saude, District IV President.

Solglyt at District IV Convention 2024

Sheila J presented highlights of the 2024 District IV Convention on February 9. There was a silent auction to raise money for the Sons of Norway Foundation and a hand-crafted semi-precious necklace made by Marla J from Calgary, was donated on behalf of Solglyt 4-143 lodge.

At each Convention, a variety of awards are presented including *Lodge of the Year Awards*, *Merit Awards* and *Folk Arts Awards*.

In the Merit Award category, Solglyt lodge received **Gold Merit Awards** for both 2022 and 2023. Lodges qualify for Gold, Silver or Bronze Merit awards for each calendar year, based

on lodge achievement. In addition to filing statements and reports, each lodge is required to fill out and submit a comprehensive *Lodge Achievement* form. Based on that information, a points system determines whether or not a lodge will receive an award for that year and the level of award to be presented. Lodge promotion, events, membership growth and experience, promotion of insurance (only in the U.S.), administration, and Sons of Norway Foundation support, are areas of consideration.

In the **Folk Arts** competition, first and second place ribbons were handed out in several areas. Solglyt lodge submitted the most items and each member's

contribution placed first and/or second in its category. Thank you to those who were able to submit entries for this competition on short notice: Alanna E for the Viking Knit jewelry, Nancy P for the Norwegian weaving, Luanne C for the Nordic knitting and Colleen V for the rosemaled pieces. Only one of Colleen's items travelled to North Dakota as the other was far too large and had to be submitted in picture format. Despite this, the picture received a ribbon as well!

The next District IV Convention will be in June of 2026. Members can anticipate Solglyt's active involvement in the next Convention!



In Loving Memory of
Kenneth Walter Domier
August 30, 1933 – March 7, 2020

1. Family group June 2019 – Ria, Vinita, Arvin and Calvin Domier, Ken and Elaine, Victoria, Robert Blezard.

2. Royal Norwegian Consul Bjorn Moresbak presents Ken with the Sankt (Saint) Olav's Medal

3. The Sankt (Saint) Olav's Medal awarded by His Majesty King Harald V of Norway in June 2019.

Royal Norwegian Consul Bjorn Moresbak presents Ken with the Sankt (Saint) Olav's Medal awarded by His Majesty King Harald V of Norway in June 2019 for Ken's important contribution in serving Norway's interests and growing the relations between Canada and Norway in the province of Alberta. We had a trip to Norway planned for June 2020 for Ken's appointment with King Harald to thank him for the medal. Unfortunately he never made that trip. Ken died just a week before the covid pandemic was declared so his celebration of life was postponed until August 30, 2020 and was held outside the Dutch Canadian Centre. A number of speakers spoke to represent various groups – Linda Domier Lowry for Family, Don Sjoberg for Scandinavian Seniors, David Rutledge for Swedish Lunch Group, Kaare Boraas for Torskeklubben, Reg Wood for Retired Engineers, Sylvia Collettin for Sons of Norway, Brenda Carlstad for ESCA,

Roger Bruce for SHSE, Frank Stolk for Dutch Canadian Centre, Pieter Puttars for Windmills Seniors, Roar Tunglund for Vikingen Translations, Nordahl Flakstad for Scandinavian Studies and Wayne Nordstrom for Sons of Norway Curling.

Ken had held a variety of offices in the Solglyt Lodge of the Sons of Norway. He had been a supporter and active member of the Scandinavian Studies Association since its founding in 1990, having served on the Board as Vice President and President. He also served as president and officer of the Scandinavian Heritage Society of Edmonton, the Scandinavian Businessmen's Club, the Scandinavian Centre Co-operative Association, the Scandinavian Studies Association, the Edmonton Scandinavian Centre Association, and the "Bas" of the Edmonton Torskeklubben (Cod Fish Club). He arranged with the Dutch Canadian Centre for the Scandinavian

groups to meet there. He held leadership roles with the Sons of Norway Foundation in Canada as well as the Scandinavian Trade and Culture Association (sponsor of the Scandinavian Showcase at Edmonton's 2003 Klondike Days). His pan-Scandinavian involvement included the Swedish Lunch Group and the Scandinavian Seniors Group.

Ken was born on August 30, 1933 on his parents' farm near Norquay, Saskatchewan to Helmer and Ida Domier. He earned his B.Sc and M.Sc degrees in Agricultural Engineering from the University of Saskatchewan in 1955 and 1957, and his Ph.D from Michigan State University in 1967. After some years teaching at the University of Manitoba, Ken moved his family in 1969 to Edmonton, Alberta to take a position as the Chair of the Department of Agricultural Engineering at the University of Alberta. He was a fellow of Engineers Canada, the American Society of Agricultural Engineers, and an Honorary Fellow of Geoscientists Canada. Ken retired at age 60, becoming a Professor Emeritus in the Faculty of Agriculture, Life and Environmental Sciences.

Ken is deeply missed his wife Elaine, brother Duane (Darlene), son Calvin (Vinita), his daughters Sharon (Shane) and Linda (Greg), grandchildren Ria (Nathan) and Arvin, great grandchildren Lillian and Violet; step-children Victoria and Robert Blezard, step-grandchildren Amanda and Kimberly (Chris), step-great grandchildren Ethan and Ben as well as many other family and friends. He was predeceased by his first wife Selma, parents Helmer and Ida, brother Robert, sister Violet and step-son Dale.

Elaine Diane Domier



Everything Norway!

The Digitization of Norway

Norway has its sights set on becoming the world's most digitized country by 2030. While that date seems far away, the work has already begun. This initiative is part of a new national digitization strategy that was created to set clear goals to achieve the digital Norway of the future. Prime Minister Jonas Gahr Støre points to three main benefits that will result from this strategy: a simpler and safer everyday life, a more competitive business sector, and a more modern public sector.

The digitization initiative is a response in part to other factors, including a growing elderly population with a shrinking work force. Despite this, work tasks will continue to grow and the need to remain competitive in the global market will continue.

The strategy contains five core measures that planners say are vital to its success. Included in these measures are offering high-speed broadband services, education and training, building infrastructure around AI, faster processing, and safeguards in digital marketing and use.

The collaboration of Norwegian government leaders, private sector business, social, and research communities all know that this is an ambitious endeavor but are confident that the foundation that is now laid will result in success.

Source: <https://www.regjeringen.no/no/aktuelt/norge-skal-bli-verdens-mest-digitaliserte-land/id3055039/>



Photo by Tara Winstead



Viking Swords in Oslo Airport

In early September, a new exhibition was installed at Oslo's Gardermoen Airport. This display consists of seven Viking Age swords that have been unearthed in various places in Norway. The project was a joint effort between the Historical Museum and Gardermoen. Each sword has additional information with it and there is a QR code that travelers can scan to visit the museum's homepage.

The hope is that the exhibition will promote cultural experiences in Norway since nearly four million people will likely pass by the display within the year. The director of the airport, Stine Ramstad Westby, is very pleased that they now have an Edvard Munch and Viking Age exhibition as those are two things that Norway is well-known for. A couple of the first passengers to see the display were asked their opinion on it and they shared the same sentiment; they immediately felt the culture of Norway when they saw it.

Catching Up with New Scandinavian Cooking

Chef Andreas Viestad is known for New Scandinavian Cooking, which revolutionized the cooking show by placing the food and its origins in the foreground of breathtaking Norwegian nature.

A unique aspect of the show is that it is actually filmed twice—first in Norwegian for domestic tv—named *En Bit Av Norge—A Piece of Norway*. Then the entire show is re-shot in English for its worldwide viewers.

Since its inception in 2003, New Scandinavian Cooking has been shown in over 130 countries. Viestad has toggled as host with chefs from Sweden, Denmark and Finland. In 2020, Norwegian Christer Rødseth became the

host of Season 16.

Hailing from Aurskog outside of Oslo and called “a young star in the cooking stratosphere” by culinary team Nortura Proff, Rødseth started cooking at age 9, inspired his grandmother. Now there is seemingly no end to the irons that Chef Rødseth has in the fire— he is a restaurateur in Oslo, appears regularly on Norwegian tv, wins international culinary competitions and has written several cookbooks.

Find mouth-watering recipes on the NSC website and gaze at photos on the show's Instagram.

Deliciously Nordic

Grov Rengakake Whole Grain Spiral Rolls

From Rana, Nordland

The origin of this dish, translated from norsktradisjonsmat.no:

Despite the name, *rengakake* is not a cake, but rather a type of bread which is eaten with butter and toppings. Savory cold cuts, cheese and jam are often enjoyed on these spiral-shaped rolls. Scholars debate whether it should be brown cheese or aged cheese.

No one knows how long *rengakake* has existed as a baked good, but it has probably been several hundred years. The farmers in Rana grew barley, and thus barley flour could be used to bake *rengakake*.

In the past, *rengakaka* was an everyday staple, but today it is most often baked for holidays such as Christmas and Easter. It is a traditional bake in many homes. *Rengakake* is baked in both whole grain and white flour variants. But in the eyes of many, it is the whole grain *rengakake* that



Photo Credit: norsktradisjonsmat.no

is the authentic one. *Rengakake* keeps well and can be stored for longer than yeasted breads.

This recipe was submitted by *Nord-Rana Bygdekvinnelag*, the Nord-Rana Rural Women's Association to the *Tradisjonsmatjakten*, the Traditional Food Hunt under the auspices of the *Norges Bygdekvinnelag* (Norwegian Rural Women's Association) in 2017.

Ingredients:

- 4 cups (400 g) barley flour
- 3/4 cup (100 g) wheat flour
- 1/2 cup or 1 stick (100 g) margarine
- 2 Tablespoons horn salt*
- 13.5 oz or 1 cup plus 2 Tablespoons (4 dl) milk
- 2 Tablespoons sour cream

Directions:

Mix together dry ingredients. Crumble in the margarine, sour cream and sprinkle with milk. Mix into a dough that should be

easy to roll into long thin ropes. Knead the dough well and divide into small pieces, rolling into smooth ropes about the width of a pencil and between 25-30 inches (65-75 cm long).

Coil the dough into a spiral on a baking sheet- each *rengakake* should have 5-6 rings and be roughly palm-sized. Leave a small opening in the middle. Taper the outer end of the end of the rope and tuck it under the edge, so the rounds are completely flat.

Optional: once all of the dough is ready to bake, brush roll tops with milk, to give it a shiny finish.

Bake at 400° to 425°F / 200°C to 225°C degrees for approximately 25 minutes or until golden brown.

*In lieu of horn salt, substitute with baking powder or baking soda. Please note that these alternatives will slightly change the texture and flavor of your rolls.



Serinakaker Norwegian Butter Cookies

Makes about 12 dozen

Ingredients:

- 2 large eggs
- 1 cup sugar
- 4 cups all-purpose flour
- 1 tsp. baking powder
- 3 sticks salted butter, softened
- 1/2 cup pearl sugar, or coarsely crushed sugar cubes

Directions:

Beat together 1 egg and sugar with an electric mixer until thick and pale. Sift in flour and baking powder and add butter.

Beat on low speed until mixture forms a dough. Wrap in plastic wrap and chill until firm, at least 1 hour.

Preheat oven to 350°F.

Lightly beat remaining egg. Roll level teaspoons of dough into balls and arrange 1 inch apart on ungreased baking sheets. Press thumb into center of each ball to flatten, leaving a depression, and brush lightly with egg. Sprinkle crushed sugar in centers and bake in batches in middle of oven until golden, 12 to 18 minutes. Transfer to racks to cool completely.

The Translation

Det er sunt å la tankene fly

Å la tankene vandre i hverdagen har ufortjent dårlig rykte, mener forsker.

Tenk deg at du må jobbe på spreng med en rapport sjefen har bestilt, men gløtter ut av vinduet på solen som smelter den skitne snøen. For ditt indre blikk ser du de gule krokusene hjemme i hagen. Har det kommet flere siden i går, og kanskje noen tulipaner? ■

Slike dagdrømmer bør du ikke ha dårlig samvittighet for.

- Du bør gi deg selv rikelig med luker i arbeidsdagen til å la tanker komme og gå fullstendig fritt, mener professor Halvor Eifring ved Humanistisk fakultet ved Universitetet i Oslo.

Halvparten av våken tilstand

Vi bruker nesten halvparten av vår våkne tid til å tenke på alt annet enn det vi «skal» og «bør». Spontane tanker utgjør hele 47 prosent av vår våkne tankevirksomhet.

Dette har forskere målt ved å sende meldinger på smarttelefon til en rekke mennesker på tilfeldig tidspunkt, med spørsmål om hva de tenker på.

Når vi lar tankene vandre fritt blir hjernens default mode network, eller hvilenettverk, mer aktivt, viser forskning fra 2007. Senere har forskning vist at denne delen av hjernen som også er involvert i drømmer.

Skifte av fokus sikret overlevelse

Vi er genetisk disponert til av og til å gløtte opp på fuglene i luften, antilopene ved vannet, vinden i trærne og den varme luften på bakken i horisonten.

Mennesker stammer fra savannen i Afrika, hvor vi var avhengige av å se, høre og lukte rundt oss for å overleve.

- Det ville være farlig om vi ikke jevnlig skiftet fokus fra det nære til mulige fjerne farer, som å registrere et rovdyr som nærmet seg, illustrerer han.

Spontan tenking fyller åtte funksjoner

Eifring har samlet forskning på temaet innen flere fagfelt, og funnet ut at spontane tanker kan fylle minst åtte ulike funksjoner:

- De kan fungere som trøstetenking
- De kan bearbeide vonde følelser
- De fremmer kreativitet
- De kan gjøre at du skifter perspektiv om du står fast
- De kan bearbeide og tolke minner fra fortiden
- De bidrar til økt selvforståelse
- De stimulerer empati, og
- De kan forberede deg på mulige nye utfordringer i fremtiden

It's Healthy to Let Your Mind Wander

Letting your mind wander in everyday life has an undeservedly bad reputation, a researcher has found.

Imagine that you have to work on a report the boss has ordered, but are gazing out of the window at the sun melting the dirty snow. In your mind's eye, you see the yellow crocuses at home in the garden. Have more arrived since yesterday, and maybe some tulips?

You should not feel guilty about daydreaming.

"You should give yourself plenty of gaps in the workday to let thoughts come and go completely freely," says Professor Halvor Eifring at the Faculty of Humanities at the University of Oslo.

Half of our waking state

We spend almost half of our waking hours thinking about everything other than what we "must" and "should." Spontaneous thoughts make up a whopping 47 percent of our waking thought activity.

Researchers measured this by sending messages on smartphones to a number of people at random times, asking them what they are thinking about.

When we let our thoughts wander freely, the brain's default mode network, or resting network, becomes more active, research from 2007 shows. Later research has shown that this part of the brain is also involved in dreams.

Shifting focus ensured survival

We are genetically predisposed to occasionally stare at the birds in the air, the antelopes by the water, the wind in the trees and the warm air on the ground on the horizon.

Humans originated from the savannah of Africa, where we depended on seeing, hearing and smelling our surroundings to survive.

"It would be dangerous if we did not regularly shift the focus from the near to possible distant dangers, such as registering a predator that was approaching," he illustrates.

Spontaneous thinking fulfills eight functions

Eifring has collected research on the topic in several fields, and found that spontaneous thoughts can fulfill at least eight different functions:

- they act as comforting thoughts
- process bad feelings
- promote creativity
- help change your perspective if you are stuck
- process and interpret memories from the past
- contribute to increased self-understanding
- stimulate empathy
- prepare you for potential new challenges in the future



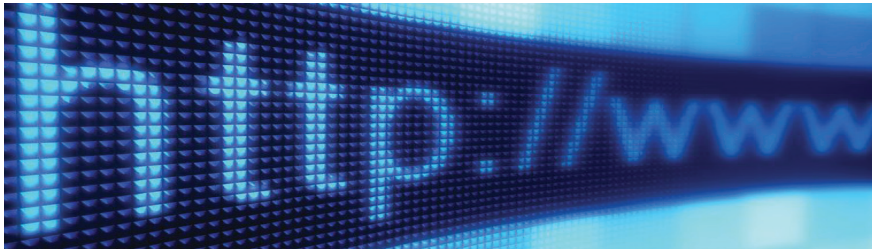
2025 Solglyt Lodge Events

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



- 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>

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.

NOTICE

The Scandinavian Studies Association will hold its

AGM on Sunday March 30 - 2 to 4 p.m.

at the Greenfield Community Hall located at 3803 114 St. NW in Edmonton

Guest Speaker -- Dr. Ingrid Urberg, Professor of Scandinavian Studies, University of Alberta, Augustana Campus, will make a presentation on the Norwegian Laft Hus Museum (Red Deer).

ALL ARE WELCOME

The Scandinavian Studies Association's by-laws define Association membership on being 18 years of age or older and having completed volunteer service (such as being a casino volunteer) or having made other contributions to the Association.