

SONS of NORWAY

Solglyt Lodge 4-143



President's Message

God dag.

As we prepare for the arrival of spring and summer, I wish all of you some time for relaxation with family or travel

We have a couple more events prior to the summer break.

There has been a couple people approach me with some ideas they would be willing to do for presentations at our

monthly meetings in the fall. All ideas are welcome since we need a reason to meet other than meetings.

As many of you are aware one of our long-time members Roald Enokson passed away since our last newsletter. I believe I had the opportunity to meet Roald only once in 2018 where we shared lefse flipping duties. He was such a nice and gentle person, and he will be missed by his family and the Lodge.

We will continue to meet at the Greenfield Community Centre and **can always use a helping hand with setup and takedown of tables and chairs and food setup and table decorating.**

The following dates have been booked for events, so keep these dates open:

- **Friday May 17 - Celebration of Syttende Mai.** This is always on of the highlights of our Lodge every year. Details are noted in the Newsletter.
- **Sunday June 9 - Hall setup at 1:00 p.m. BBQ and Social at 2:00 p.m.**



Arvid Pederson and Roald Enokson making lefse.

We look forward to these gatherings.

Look forward to meeting again after the summer break in the fall.

**Takk
Arvid**

Executive Officers:

President **Arvid Pederson**
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Vice President **Sheila Johnson**

Treasurer **Jim Colleton**

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Social **Sharon Bruce**

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SONS OF NORWAY
SOLGLYT LODGE 4-143

17.mai.2024 – Syttende Mai
Norway's Constitution Day

Greenfield Community Hall
3803 – 114 St. Edmonton

5:00 p.m. General socializing & kids' activities
5:30 Welcome by President Arvid Pederson
Valhalla Scandinavian Jr. Folk Dancers
Anthems, Norwegian Consul B. Morisbak
Bunads, flag waving & parade

Followed by a delicious hot dog lunch!
(Donations for food expenses happily accepted)

Everyone Welcome!
Small dragons & trolls may be visiting!

info@sofnedmonton.ca



Bunads Galore!

It's almost that time of year when we all are Norwegian! It's our big opportunity to wear our *sølje* and *bunads*.

Celebrating Norway's *Nasjonaldagen* ("National Day") has been an unwavering celebration for Nordpolen/Solglyt Lodge members. The Constitution of Norway was signed 210 years ago, and although WWI disrupted 'Nordpolen' activities, the charter was not cancelled, and the group reorganized in 1927. In 2023, we celebrated #110.

Some highlights of previous Nordpolen/Solglyt's *Syttende Mai* celebrations include:

- **1913** – 500 Norwegians gathered at the exhibition grounds.
- **1914** – refreshments served by 'Polar Star Lodge of the Daughters of Norway', concert at the Empire Auditorium, sports: running races jumps and a tug-of-war.
- **1921** – the 'Great War Veterans' Orchestra' played at the Memorial Hall.
- **1928** – known as 'Solglyt' as of 1927; dinner and dance at the Royal George Hotel.
- **1942** – Ladies Knitting Club formed, the lodge raised \$400 at *Syttende Mai* in aid of Norwegian sailors by showing film 'Gjest Baardsen' – a film based on that Norwegian's autobiography – a thief who stole from the rich and shared with the poor, and spent 18 years in prison.
- Celebrations continue. You are all invited to our *Syttende Mai* celebration this year at Greenfield Hall - say hello to Honorary Consul Bjørn Morisback, Royal Norwegian Embassy, Northern Alberta.

Credit to translations by Kris Nyhus for Ken Domier's research and booklet 'The First 100 Years'

Submitted by Brenda Carlstad

Syttende Mai

May 17, 2024



Char's Fabric Art

– brought to you by Charlotte Evjen

Char's Fabric Art sells many handmade clothing items such as scarves, scrunchies and headbands. A little something to accessorize all your fashion outfits. An ever-popular vendor at markets, we welcome Charlotte to our *Syttende Mai* event.



SolSparks

Norse mythology – *Jormungandr*, *Nidhogg*, *Fafnir*: all mysterious, powerful, and perplexing. *SolSparks* dragons are much more friendly! Alanna Elias has transitioned from her intricate Viking knit jewellery to 3D printed articulated dragons, in an array of amazing colours and sizes. Alanna will have a table at our *Syttende Mai*. She will also bring her Viking knit jewellery.

Remembering Roald Warren Enokson



**February 16, 1927
- March 8, 2024**

Roald Enokson was born in Harris, Saskatchewan, February 16, 1927, the son of Rasmus and Irene Enokson. Left to celebrate his 97 years and mourn his passing are his children, Carolin (Doug), Calvin (Lorraine), Martin (Tricia) and Eric (Rosemarie). Roald leaves 6 grandchildren, 7 great grandchildren and 7 great great grandchildren. He is also mourned by his sister

and brother in law; Shirley and Tom Beck and their family as well as many nieces, nephews and friends. Roald was predeceased by his beloved wife of 65 years, Anne (Callas) and his cherished grandchild, Angela.

Roald moved to Alberta in 1945 and came to Edmonton in 1950. He worked for the Bank of Montreal in various Alberta locations before moving to Edmonton to work for the University of Alberta, and to court his wife. Roald also worked for the Department of National Revenue and was a part-time instructor at NAIT. He was a registered Industrial and Cost Accountant as well as a Certified Management Accountant.

Roald became interested in the Sons of Norway after a family visit to Norway during which his son, Martin, pressed him to explore his heritage. Roald's father hailed from Syvde, Sunnmøre in the More og Romsdal region of Norway.

Roald served as a volunteer at a number of charitable



Roald at the 2017 Solglyt Lodge lefse bee.

organizations. In 1990, he chaired the committee that set up and incorporated the Scandinavian Studies Association; an organization that focuses on supporting Scandinavian Studies at the University of Alberta. For a number of years, Roald served on the Board of the Scandinavian Centre Co-op Association Limited, he was a past 'Bås' of Torskeklubben and he served on the Board of Directors with Solglyt Sons of Norway Lodge. Roald was a Golden Member of Solglyt Lodge, a Life Member of the Sons of Norway Foundation in Canada, and he served on the Alberta Cultural Heritage Council.

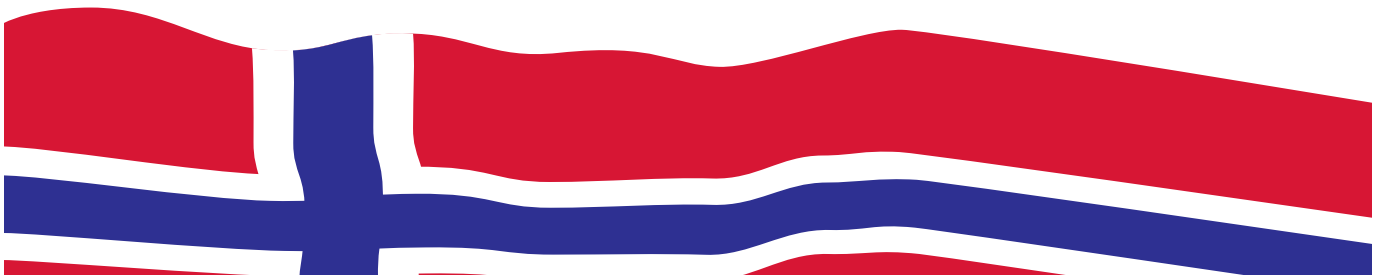
Roald had fond memories of Norway, and seemed very happy holding his lefse stick and manning his grill at Solglyt's lefse bees, always with a smile on his face. He shall be missed.

Fall 2024 Events (Tentative)

September - Arvid Pederson presentation on 2023 Norway trip

October - Drenna Davis on her Norwegian heritage

November - Wayne Nordstrom on Owls



Members' Meeting

April 14, 2024

Cambodia Presentation

Tom Sakaluk gave a video presentation of a trip that he and his son, Tim, took to Cambodia. Tom showed many slides of Angkor Wat and other temples in the area around Siem Reap, Cambodia. He also showed photos of the 1000 Linga River with its many carvings and beautiful waterfalls. Another section of his video showed Tonlé Sap, the largest lake in Southeast Asia with its abundant wildlife and floating villages. Tom said that he really appreciated the many conversations that he had with our members after the presentation.



Right - Tom Sakaluk presents his Cambodia video to Solglyt Lodge members.



TROLLHAUGEN LANGUAGE, ARTS & CULTURE CAMP Camp Theme 2024 – Vikings

August 11 – 17, 2024 at Deer Valley Meadows, Alix, AB.

Trollhaugen summer camp was formed to promote and preserve Norwegian heritage through history, crafts, traditional skills, and culture classes.

Registration deadline - May 15, 2024. Registrations will still be accepted at Solglyt's *Syttende Mai* event on May 17, 2024.

FEES: Includes a \$30 registration fee as well as basic course instruction and materials, meals, dormitory accommodation, or an RV site.

Non-member Adult \$470

Member, Adult \$420

Senior: 70+ attending 15+ years: \$235; +\$20-\$50/class

Ages:

12 – 17 \$413

5 – 11 \$355

3 – 4 \$175

0 – 2 \$ 30

Staff – Volunteers with skills in language, needlework, rosemaling, dance, wood working, etc., are always welcomed. Please reach out to Trollhaugen, if interested.

Although Trollhaugen's focus is Norwegian, all things Scandinavian are embraced. Applicants are not required to be of Norwegian or Scandinavian descent, or a member of any affiliated Scandinavian groups.

Email: trollhaugencamp@gmail.com

Website: trollhaugenalberta.com.

Registration links/forms: troll.registrar@gmail.com.

Members' Meeting March 10, 2024



1. President Arvid Pederson



2. (L to R) June Koch, Fern Zurawell, Norma Boraas, John Zurawell, Ingrid Zukiwski.

3. Members enjoying Norway slideshow.



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



Arvid Pederson Presentation of 2022 Hurtigruten Cruise

- March 10, 2024 meeting

Arvid carried out a PowerPoint presentation on the portion of their trip to Norway in 2022.

This presentation was of the cruise along the
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west coast of Norway on the Hurtigruten ship which is a “working ship” that has a maximum of 325 passengers and delivers goods and passengers to the coastal ports.

Hurtigruten in Norwegian means “express route” and the route that Arvid and his wife Nancy took was from Bergen in the south to Kirkenes in the north.

There were 36 ports that the ship docks to unload freight and off and on-boarding of passengers. If you are one of the passengers on the full cruise you are not allowed to leave the ship in most ports but we did have some half-day tours in Alesund, Trondheim, Tromso, Bodo, Havoysund and Kirkenes.

The scenery was amazing, and we also had good weather.

Crew members were fantastic, and the food was amazing.

The highlights:

- Alesund is situated on a peninsula and we took a bus to the top of the hill for a birds eye of the City
- Trondheim Nidaros Cathedral church and part of the old town
- Tromso where we visited a famous Lutheran church
- Bodo-had a walking tour along the coastline
- Havoysund where we saw Nord Capp (most northerly point in continental Europe), reindeer and also visited a Sami family
- Kirkenes which is most northerly town on continental Norway and is very close to the Russian border. From there we took a bus to Finland.

It was an amazing trip and highly recommended.

Submitted by Arvid Pederson



1. Nancy and Arvid near Trondheim.
2. Alesund.
3. Nord Capp.
4. Trondheim Nidaros Cathedral.
5. Bergen.
6. Lutheran church in Tromso.
7. Sami culture.
8. Sami artwork.



Norwegian Laft Hus Festival 2024 June 22 10am - 4pm

Goats on the Roof - Fjord Horses - Vikings -
Scandinavian Dancing - Axe-throwing - Museum -
Folk Art Demos - Norwegian Gifts - Games -
Frozen bouncer - Balloon twister - Baking

FREE ADMISSION



Norwegian Laft Hus Society
Heritage Square, 4402 - 47 Avenue , Red Deer
(behind Recreation Centre or south of Red Deer Museum)

Everything Norway!

Sewing Start-up Makes Folk Costumes Accessible and Green

Norwegian bunads are famously a major investment that can run from \$3,000-\$5,000, depending on the region and what extent of silver jewelry is involved.

Thanks to a sewing start-up called Fæbrik, showing your fashion sense and cultural pride just got a lot more accessible. According to flokk.com, the group was born out of necessity—four friends, Jenny Skavlan, Ingrid Bergtun, Mari Norden, and Ingrid Vik Lysne needed a studio space, and once they were in the same room, the ideas started to flow.

The foursome got to work making accessible patterns to help people sew their own festdrakt (or unofficial folk costume) out of recycled fabrics. The beauty of the fæstdrakt is that it is based on re-use, and there are no rules, unlike the stricter requirements of an official bunad. Do you prefer to wear fuchsia? Tassels and pompoms? Your fæstdrakt can be made in any hue, pattern or texture to suit your personal style and shape.

Fæbrik (a wordplay on the English “fabric” and the Norwegian word for “factory”) also makes downloadable patterns, step-by-step videos and offer user-friendly tailoring tips so that each person can create their ideal fit.

Just like that, a pair of lace curtains gain new life as an apron, and a hand-stitched pillowcase is reimagined as a vest. The group has hosted

fæstdrakt parades in Oslo’s Frogner Park— see the photos in Aftenposten in the pattern for the myriad ways to express one’s creativity in this

modern take on a folk costume. Find examples of patterns here: <https://faebrik.no/products/faestdrakt>



Teenage girls proudly wear their traditional Norwegian bunads.



Norwegian high school students ready for their month-long party.

Delayed Russ Party Proposed

In Norway, high-school students have a unique tradition in the weeks leading up to graduation. The tradition is known as russefeiring and it is essentially a month-long party with costumes, cultural events, pranks, and music. Following the celebration, students sit for their exams. It is said to be rite of passage for Norwegian youth.

Typically, the celebration leads up to May 17th and ends with participation in the Syttende Mai parade. However, there have been recent talks by the Norwegian Board of Education in Oslo to move the russ celebration. City Councilor Julie Remen Midtgarden, would like the celebration to be moved after exams and also wants to ban russ party buses in some places.

Youth proponents of russ would rather see exams move earlier instead of moving russ, so as not to conflict with summer holidays and students getting ready for the next step of their education. No changes have been made yet; it will likely take a year or more. However, there are steps being taken to elect a russ government that can be a voice in the negotiations.



Next Superman film shot on Svalbard

As the cinema award season wraps up, movie buffs can anticipate upcoming film releases. For those that love the superhero genre, the newest iteration of Superman is planning to come out in July 2025. The film, directed by James Gunn, will feature scenes that have been filmed in Svalbard, Norway. The location was chosen to feature the Fortress of Solitude, a base for Superman featured in other films. For this version of it, film crews chose Adventdalen (Advent Valley), on the island of Spitsbergen. The valley, which runs for a length of nearly 19 miles, was chosen for its natural Arctic beauty and varied landscape that set it apart from other scouted locations.

The director said that locals were curious about the filming that took place from 8 am to 4 pm most days and was fine with having onlookers. Perhaps situations like this will become more commonplace as Norway continues to incentivize filming throughout the country. These incentives include up to 25% return on costs spent in Norway and are supported in cooperation with Arts & Culture Norway, Norwegian Film Institute, and Oslo Filmfond.

A Bright Midsummer's Eve

The height of summer, June 24, marks the longest, brightest day of the year for the Land of the Midnight Sun, Norway. After long dark winters, this time is a joyous celebration of a much-awaited summer.

Different versions of this day are celebrated throughout the Northern Hemisphere with rituals dating back to Pagan times. Norway celebrates *Sankthansaften*, St. John's Eve, each June 23, the eve before the longest day of the year. It is also called *Jonsok*, which translates to John's wake, referring to St. John the Baptist's birth.

Celebrations have and will continue to evolve over time. In Norway, festivities typically occur on June 23 and give thanks to the bright sun and the sweet-smelling flowers in bloom. Family and friends grill sausages and light bonfires bigger than on any other day of the year. Bonfires are historically assumed to protect from evil spirits and trolls lurking in the forests. *Rommegrøt* is a favorite meal on this day steeped with melted butter, sugar and cinnamon.

Once the bonfires die down and the sun begins to set, people understand that the cycle must go round. Norwegians live with polar opposite seasons every year and, therefore take full advantage of every summer, enjoying the extended company of the sun on *Sankthansaften*.

Viking Marketplace Unearthed

Another exciting Viking discovery has been made in Norway. On a small island in Rogaland county, known as Klosterøy, archaeologists from the University of Stavanger believe they have found traces of a Viking marketplace. The marketplace location coincides with the location of the Utstein monastery, one of the best-preserved medieval monasteries.

The discovery was made using ground penetrating radar and includes man-made pit houses, cooking pits, and boathouse foundations. Pit houses were structures that were covered with an angled roof and had a floor below ground level. This helped to keep the houses warm in the winter and cool in the summer. They believe the area was inhabited by Nordic farmers, merchants, craftspeople, warriors, and seafarers in the ninth century. This theory is supported by the fact that Norway's first king, Harold Fairhair, built a royal farm on Klosterøy around that time. It wasn't until the 13th century that the monastery was established. Researchers will conduct additional analysis of the marketplace to confirm their findings.

New Krone Design Revealed

Norway's 20 krone coin has gotten a new look! To commemorate the 750 years since King Magnus VI proclaimed the third nationwide legal code in 1274, a call went out for design submissions.

The winner of that competition was Michael Guilfoyle, an already established coin designer who runs his own coin and metal trade business in Wales. The 60-year-old Welshman was tipped off by a Norwegian friend about the contest and made his submission despite some stiff competition from Norwegian competitors.

Guilfoyle's design for the krone ultimately won out because of the way it linked the Middle Ages to the present and symbolizes the "legislation's significance for the country." The coin features an image of King Magnus on horseback, carrying the scales of justice and a shield, to represent the Law of the Land, or *landsloven*.

The new coin was revealed at the museum of Cultural History in Oslo, with Michael and his wife in attendance. It went into circulation February 1 of this year.



Deliciously Nordic



Over-natten-grøt Overnight Porridge

While you are sleeping, breakfast is being made in the fridge. Oatmeal, milk and yogurt can be topped with fruit or seeds to suit your taste.

Makes 1 serving

Ingredients:

- 2/3 cup oatmeal (1,5 dl)
- 3/4 cup + 1.5 Tbsp milk (2 dl)
- 1/4 cup plain Greek yogurt, vanilla Greek yogurt or lowfat cottage cheese (0,5 dl)
- 1 Tbsp. chia seeds, flax seed, sunflower seeds or other seed mix (optional)
- 1 pinch salt

How to make:

Mix all the ingredients together and put into a glass or small bowl. Feel free to use a small mason jar. Cover the jar or bowl and leave the mixture in the fridge overnight or for at least six hours. Stir well

before serving.

Variations:

- Chopped fruit or mashed berries can be stirred in along with the other ingredients.
- Mix cocoa powder or chopped dark chocolate into the porridge.
- Sweeten porridge with liquid honey, brown sugar or another sweetener.
- Oatmeal can be replaced with a mixture of lightly cooked barley and oatmeal (golden barley).
- Sprinkle in spices such as vanilla, cinnamon, ground ginger and cardamom.
- Milk can be substituted with almond, soy or coconut milk.
- Add fresh berries, fresh fruit and roasted nuts or similar right before serving so that it stays crunchy and looks tempting.

Source: <https://www.nrk.no/mat/over-natten-grot-1.13189408>

Kvikk Lunsj with Apples and Mascarpone Cream

Why not add another excuse to the list to eat a delicious Kvikk Lunsj?

Kvikklunsj is just about as Norwegian as you can get, and very popular after skiing trips and hikes in the mountains.

There are many national versions of Kvikk Lunsj all over the world. Not exactly the same, but the American version is called KitKat.

Serves 4

Ingredients:

- 3 apples, peeled and coarsely chopped
- 2 lemons
- 4 Tbsp. powdered sugar
- 1 tsp. ground cardamom
- 3/4 cup or 2 dl mascarpone
- 4 KitKats (4 Kvikk Lunsj), coarsely chopped

Method:

- Put the apples in a saucepan with 2 Tbsp. powdered sugar, cardamom and the juice from the two lemons. Bring to the boil with the lid on and allow it to simmer for 2-3 minutes. Mash the compote using a whisk and cool.
- Whisk the mascarpone and 2 Tbsp. powdered sugar together.
- Serve the apple compote and mascarpone cream topped with the coarsely chopped KitKat (Kvikk Lunsj).

by Tina Nordström. Recipe source: <https://www.newscancook.com/dessert/qz5vde1bu0zfp7s3x82ds5kcwd0bhc>



The Translation

Musikken som gir Hallgrim Berg fartsbøter

Kenneth de Gala fra Kongsberg har til nå kostet politikere, forfatter, musiker og humorist Hallgrim Berg hele 6.500 kroner.

Det innrømmer han gjerne, i en litt annerledes plateanmeldelse han har sendt til *Laagendalsposten*.

Grunnen er: Kvar gong eg set på CD-plata hans i bilen på veg til Oslo blir eg tatt i bilkontroll. Eg gløymer meg bort, blir oppøst av den fine musikken, trør for hardt på gasspedalen – og der, brått, står politiet og vinkar meg inn til sides.

Fyrste gongen var det springaren Hølje Tresk som ljoma gjennom høgtalarane då eg passerte gjennom Sokna sentrum i lusefart.

Det er ikkje så lett å styre seg når denne drivande slåtten går for fullt!

Eg trudde eg var på kappleik, sat og huska meg i setet i bølger av 3/4 takt. Men der! Like bortafor brua, på veg ut av sentrum, sto karen med bremlue og påsto høfleg at eg hadde køyrt i 61 kilometers fart. 1.600 kroner rett ut.

Verre var det eit par veker etterpå. Tidleg ein morgon var eg på veg til bokforlaget mitt i Oslo, i friskt driv nedover dalen. Eg hadde sett på plata til Kenneth like etter Nesbyen, spelte høgt, gira meg opp med Gjestebodsgubben. Og då denne medrivande slåtten kom i bilen, læt eg springaren overdøve alt anna. Eg nikkar, i hallingtakt, intenst tema, briljant spel, og med umerkeleg aukande trykk på pedalen...

Og der! Nei pinadausen! På ein skogsstrekning langs Krødern, utan eit hus eller eit kristna menneske å sjå på nokon kant, og likevel 70-sone, sprett det fram ein svær kar i uniform, og dirigerer meg inn. – Berg, du hadde 102 i sta'n for 70, det blir 4900 kroner.

For å vera sikker har eg no køyrt plata til fjells og plassert henne på hytta.

Eg tykkjer det er flott at det finst vitale folkemusikkmiljø som dyrkar solospel utan altfor mykje arrangert pling-plang. Slåttespel på hardingfele er ein sjølvstendig kunststart.

Kongsberg spel- og dansarlag, som alar fram slike talent i dans og spel fortener ein stor takk.

Source: <https://www.laagendalsposten.no/kultur/kultur/musikken-som-gir-hallgrim-berg-fartsboter/s/2-2.1601-1.7799186>

Music That Gives Hallgrim Berg Speeding Tickets

Kenneth de Gala from Kongsberg has so far cost politician, author, musician and humorist Hallgrim Berg a whopping 6,500 kroner [roughly 600 US dollars].

Berg readily admits this, in a record review he sent to the newspaper *Laagendalsposten*:

“The reason is: Every time I've put on his CD in the car on the way to Oslo, I've been ushered into a traffic control stop. I forget myself, get carried away by the nice music, press too hard on the gas pedal - and then, suddenly, the police are motioning to me to pull over.

The first time it was the *springar* Hølje Tresk that shone through the loudspeakers as I passed through the center of Sokna at lightning speed.

It's not so easy to control yourself when this driving slått [folk tune] is going full blast!

I imagined I was at a folk music competition, sitting and reminiscing in my seat in waves of 3/4 time. But then! Just beyond the bridge, on the way out of the city center, stood a guy with a brimmed hat who politely claimed that I had driven at 61 kilometers per hour. 1,600 kroner outright. [\$150]

It was worse, a couple of weeks later. Early one morning I was on my way to my book publisher in Oslo, in a brisk drive down the valley. I put on at Kenneth's album just after Nesbyen, playing it loudly, getting pumped up by Gjestebodsgubben. When this rousing sound entered the car, I let the *springar* drown out everything else. I nodded to the beat of a *halling*, an intense theme, with brilliant playing, applying imperceptibly increasing pressure on the pedal...

And then! Nooo, darn it! In a stretch of forest along Lake Krødern, without a house or a human to be seen—and yet a 70 kph [43 mph] zone—a large man in uniform sprang out and directed me to the side. “Berg, you were doing 102 in town in a 70 zone, that's a fine of 4,900 kroner. [63 in a 43 mph zone, a \$450 fine]

To be safe, I have now taken the album up to the mountains and left it at the cabin.

I think it's great that there is a vital folk music environment that cultivates solo playing without too much arranged fiddle-faddle. Hardanger fiddling is an art form in itself.

Kongsberg folk music and dance group, which develops such talent in dance and music deserves a big thank you.

Music Links: https://www.youtube.com/playlist?list=OLAK5uy_nzZSuRPHLwCeakU0XldLOXGXoejK8jbls
<https://open.spotify.com/album/6kZiDwJwdmMc699UwikFp7>
<https://music.apple.com/us/artist/kenneth-de-gala/299859296>

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

2024 Newsletter Submissions

Sep./Oct. - due by Aug. 29, 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.

Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question! For those outside of the region, the terms often get used interchangeably. However, if you look a little closer, you will discover that they are not one and the same.

- Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sit on
- The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history
- In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities
- Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had
- The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over - the Faroe Islands, Greenland, and the Åland Islands
- Nordic countries are linked by cultural, historical, financial, and political influence on each other
- Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries
- You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity



Photo by Anne Nygård on Unsplash

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>