

SONS of NORWAY

Solglyt Lodge 4-143

November - December 2024

sofnedmonton.ca

Edmonton, AB

President's Message

God dag Solglyt members.

We have been blessed with a beautiful fall but there is a chill in the air that means we get to soon enjoy the holiday season.

Our kick-off meeting in September was a success with a delicious pea soup supper prepared by Sandy Jamison and Val Vale with donations to the SON Foundation in Canada. Thanks to Sandy and Val for preparation of this delicious pea soup supper.

Dreena Davis presented a very knowledgeable presentation on her family history and I found it inspiring how much she has learned of her Norway roots.

The lefse bee will be held on November 16 which is all a reminder to all us that Christmas suppers with lefse will soon be here. We will also have a short meeting as a follow-up to our October meeting to further discuss and hopefully ratify our Lodge bylaws with the goal in mind to forward to the SON Headquarters.

December will include our Christmas supper and a sing-along similar to last year and most of you will agree it was a great afternoon and a great meal (we the same caterer booked). More details in



Arvid Pederson and wife Nancy.

the newsletter on this event and how to purchase tickets.

Wayne Nordstrom will have a presentation on Owls in January.

The Dutch Canadian Centre has been sold and there will be further news on this.

Please again accept thanks on behalf of the Board to all the amazing volunteers that provide their help and assistance in our Lodge activities.

**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

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
Trustees and Auditors
Newsletter

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

Meeting & Social – Bylaws & Elections

November 16, 2024 - 1:30 p.m.

Following our lefse-making, Solglyt members will be passing our bylaws, nominating and electing our 2025-2026 support directors, program directors and executive officers.

Please consider allowing your name stand for one of these positions which are described, generally, on: <https://sofnedmonton.ca/index.php/about-us/officers-and-directors>.

More information will be emailed to members with the descriptions that best suit Solglyt Lodge.

Please write to sofn2013@gmail.com to indicate any interest you might have in further supporting our Lodge by joining our board.



LEFSEPALOOZA – Greenfield Hall – November 16, 2024

- @ 9:30 a.m. - until we are finished!
 - Bring your lefse tools: rolling pin, pastry board & cover
 - And your grill, lefse stick & apron
 - Wooden table protectors will be provided
 - Coffee and lunch provided for our 'lefse worker bees'
 - Lefse \$7/bag: cash, e-transfer or cheque - Nov.16th meeting
 - Rollers, flippers, grillers – contact Sharon 780-436-7286
- You can run around with a big wooden stick and people are still friendly!*

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!



Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be “cranberry.” But if you’ve recently had lunch at IKEA, you might default to answering “lingonberry.” Are there differences, and if so, what are they?

Let’s start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in

recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.



Sons of Norway Solglyt Lodge 4-143

*julefeiring Sunday, December 15, 2024
catered dinner – HappyNess Catering*

**1:00 pm social / 2:00 pm dinner
'god jul' program**

**Greenfield Community Hall
3803 – 114 St. Edmonton**

**Ticket \$40/adult – 13 yr.
\$20/12 – 6 yr. Free/5 & under
Deadline: December 5, 2024**

**Advance purchase only and send
members' & guests' names to:
Jim Colleton**

solglyt110@gmail.com

780-470-0166

**do not e-transfer to the above email
payment info will be emailed**

**Maximum seating: 100
Donations of mittens & socks gratefully accepted**

Pea Soup Lunch

Our kick-off meeting in September was a success with a delicious pea soup lunch with donations to the SON Foundation in Canada.



- 1. (L to R) June, Karin and Laura.
- 2. (L to R) Earl, John and Fern.
- 3. (L to R) Peter and Linda.
- 4. (L to R) Sandy, Laura and Val.



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



OCTOBER GATHERING - (L to R) Dreena and Sylvia. Dreena Davis presented her family history at the October 13, Solglyt Lodge gathering.

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

Jan. - Feb. - due by Dec. 28, 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.

2024/2025 Solglyt Lodge Events

Saturday, November 16, 2024 - 9:30 a.m. – **Lefsepalooza** 1:30 p.m. - **Meeting & Social** – Bylaws & Elections

Sunday, December 15, 2024 - 1:00 p.m. **'God Jul' Social** 2:00 p.m. - **Christmas Party Dinner**

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



Sports Weekend

- Aspelund Lodge #4-571, Red Deer, June 13-15, 2025

Aspelund Lodge #4-571, Red Deer is entertaining the idea of hosting a Sports Weekend, June 13-15, 2025. They have sent a survey to be filled out and sent back so they can ascertain if there is sufficient interest to go forward on this project. You can appreciate that a lot of advance planning is required. You can send your response and comments to me if you like – **Brenda – sofn2013@gmail.com**, if you prefer. We can collate and submit the information.



SONS OF NORWAY Aspelund Lodge 4-571



Red Deer Alberta ♦ 215 Jenkins Drive T4P 3X1 ♦ (403) 358-4036 ♦ littlenorski@telus.net

MEMBER SURVEY Norsk Red Deer Sports Weekend June 13, 14, 15, 2025

Dear Lodge Member

Aspelund Lodge Red Deer plans to host a sports / culture weekend June 13, 14, 15, 2025. You are invited to attend.

The tentative schedule is as follows:

- Friday June 13 – Early Registration and Fellowship
- Saturday June 14 – Registration and Sports Day, Banquet and Entertainment
- Sunday June 15 – Tour the Central Alberta “Scandinavian Trail” which includes The Norwegian Laft Hus Museum, Historic Markerville: Creamery Museum; Lutheran Church; Fensala Hall; Buttermaker’s House; Tindastoll Cemetery, Stephansson House Icelandic Society, Dickson Store Museum, Danish Canadian Museum

Do you plan to participate? YES / NO

We are arranging a block of hotel rooms at Red Deer Resort & Casino, \$139 + taxes.

We value your input on which activities you would like to see. Add your favorites activities if you don’t see them listed. **Please return the survey by email or post by December 31, 2024.**

<input type="checkbox"/> Norwegian Whist	<input type="checkbox"/> Cornhole Toss Tournament
<input type="checkbox"/> Norwegian Railroad Dominos	<input type="checkbox"/> Axe Throwing
<input type="checkbox"/> Golfing	<input type="checkbox"/> Croquet Tournament
<input type="checkbox"/> Kerry Woods Nature / Bird Walk	<input type="checkbox"/> Horseshoes Tournament
<input type="checkbox"/> Kubb Tournament	<input type="checkbox"/> Shuffleboard
<input type="checkbox"/> Lawn Bowling Tournament	<input type="checkbox"/>
<input type="checkbox"/> Bocce Ball Tournament	<input type="checkbox"/>

Have an arts & culture filled day!

Respectfully,

Tami Murdoch
President

Robert Brewer
Sports / Culture / Social

Everything Norway!

World's Best at Geoguessr

Scattered across Norway are folkehøgskoler. There is an online game that has grown in popularity in recent years. The concept of the game is simple, but the execution is quite difficult for most. The game is called Geoguessr and the objection is to guess the location from a Google Street View image you are given. Keep in mind that the images can be from all over the world and often times there are very few clues to go off.

A player in Trondheim, Norway, Håvard Vesterheim, has solidified himself as one of the world's best at the game. He has learned an incredible amount about various parts of the globe, as is evident by the 400-page document he created on Nigeria's Google Street Views or his extensive knowledge of a location in Botswana based on where Venus is in the sky.

It's sleuthing skills like this that have made him so successful at such a challenging game. Vesterheim believes the game intrigues many because of its real-world applications. The more you play, the more you learn about the world around us.

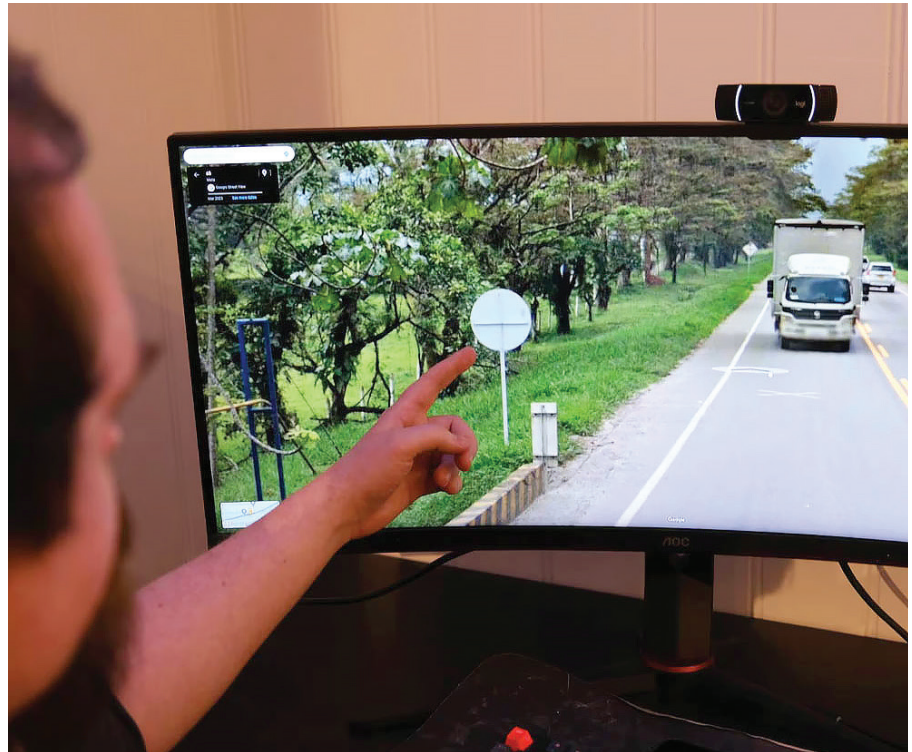


Photo Oddvin Aune / NRK

Sing A New Julesang

What is your favorite Norwegian Christmas carol? Chances are, if you live in the US or Canada, it's Jeg Er Så Glad Hver Julekveld, a song written by Marie Wexelsen, published in her 1860 collection of children's songs. This carol gained popularity just as Amerika fever broke out, and was carried cross the Atlantic on the lips of Norwegian immigrants.



A much newer carol with similar staying power is En Stjerne Skinner i Natt—A Star Shines Tonight. With a melody by composer and music professor Tore W. Aas and words by pastor and prolific lyricist Eyvind Skeie, the text to both carols mention an angelic chorus, the newborn child in the manger and bring stars shining above. While Jeg Er Så Glad remembers the prayers of the little ones, En Stjerne underscores peace on earth.

Both of these carols became the most famous work by their respective authors.

In 1992, the Oslo Gospel Kor (choir)—founded by Aas—was in the studio, and the song was written in time, to be added to their Christmas album. Three decades later, En Stjerne Skinner i Natt has been incorporated into several songbooks and recorded by a score of other artists.

Listen to this new classic on YouTube:

<https://www.youtube.com/watch?v=BhwKEv51dIM>

Want to get fitter? Take the stairs

A new report shows that in general, Norwegians have gotten fitter. At the same time, many people could be more active in their everyday life.

The Norwegian Sports Academy (NHI) has examined Norwegians' physical fitness. They say Norwegians as a rule are in slightly better shape than previously. Their research shows that the Norwegian people's oxygen uptake is good.

At the same time, the fittest have become even fitter. The fittest in 2024 are in slightly better physical shape than in 2008.

But some are also in bad shape. Between 30 and 40 per cent of the participants in the survey had poor absorption of oxygen.

The upside is that not much is needed to improve their physical condition. They can take the stairs in everyday life or walk to the store. Even simple activities can promote physical fitness, according to NHI.

Many of us are not very active in everyday life, a survey from the university showed last year. The Norwegian Directorate of Health recommends that all adults and the elderly exercise for at least 2.5 to 5 hours during the week. This means 20 to 40 minutes every day. That's what Helsenorge (the National Online Health Services in Norway) writes. They also say that a sedentary lifestyle is bad for health.

Deliciously Nordic

Smoked Salmon Spread

Ingredients:

1 (8 ounce) package cream cheese, softened
6 ounces smoked salmon, chopped
1/4 cup capers, or to taste
2 Tbsp. chopped green onion (optional)
1 1/2 tsp. chopped fresh dill
1/4 cup heavy whipping cream
3 dashes Worcestershire sauce
3 drops hot sauce (Tabasco or similar)
1 tsp. fresh lemon juice



Directions:

Gather all ingredients. Process cream cheese in a food processor to soften completely.

Add smoked salmon, capers, green onion, dill, cream, Worcestershire sauce, hot sauce, and lemon juice. Pulse the mixture

again until mixed but slightly chunky. Garnish with chopped dill and serve with your favorite crackers, pita bread wedges or slices of baguette.

Source: <https://www.allrecipes.com/recipe/233564/the-best-smoked-salmon-spread/>

Arme Riddere (Norwegian Poor Knights)

A Norwegian version of French toast, Arme Riddere is a wonderful way to warm yourself up on a chilly, wintry morning.

Prep Time: 5 mins Cook Time: 15 mins

Total Time: 20 mins Serves: 4

Ingredients:

2 eggs, lightly beaten
2 tsp. vanilla sugar (alternative substitute:
1 teaspoon vanilla extract and
1 tsp. ground cinnamon
a pinch of salt
125 ml (1/2 cup) milk
8 slices of brioche or challah bread, sliced thick (stale works well)
butter for frying

Directions:

In a shallow baking dish, combine the eggs, vanilla extract, cinnamon, salt and milk. Set aside.

Bring a skillet to medium high heat and while it is warming up, lay a slice of bread into the egg mixture. Evenly coat the bread slice, then turn it over and coat the other side.

Once the skillet has been brought to temperature, add a pat of butter to the pan allow it to melt, then cook the bread slice



until browned on both sides. You will need to turn the bread over halfway through cooking, or after 3-4 minutes. Repeat until all bread slices have been cooked, adding more butter to the skillet as necessary to keep the bread from sticking.

Top your arme riddere with butter, maple

syrup, fresh fruit, powdered sugar or your favorite topping.

Notes: This recipe serves four and can be doubled.

Source: Whitney Love at <http://thanks-forthefood.com/>

The Translation

Hvorfor er nordmenn så glade i kaffe?

Nordmenn drikker nest mest kaffe i verden.

Du ser det overalt i Norge. Folk rusler gatelangs med en kaffe i hånden. Kaffe blir servert i møter. Mange er avhengig av en kopp for å starte dagen.

Kaffe er en del av det sosiale og kulturfelle i Norge. Hvordan ble det sånn? Det er sammensatt, sier Marit Lynes. Hun er daglig leder i Norsk kaffeinformasjon.

– Historisk sett har vi tatt inn kaffe til Norge som har høy kvalitet. Det har gjort at folk orker å drikke mer. Da sier vi ja til kopp nummer to, sier Lynes.

Opplysningskontoret lager en undersøkelse hvert år. Tallene fra 2024 viser at 85 prosent drikker kaffe. 74 prosent drikker kaffe hver dag.

Kaffe startet som en drikk for hjemmet i Norge. Andre steder var det noe du fikk offentlig. Så har det blitt tatt inn i hjemmet. I Norge var det altså omvendt. Det er i nyere tid at vi begynte å dra på kaféer.

Visste du dette?

- 80 prosent av daglige kaffedrikkere drikker vanligvis svart kaffe.
- 23 prosent liker best kaffe med melk.
- Hvem drikker cappuccino? Det er flest kvinner, de under 30 år og de som bor i Oslo.
- Iskaffe blir stadig mer populært. 49 prosent hadde drukket det i løpet av det siste året.
- 70 prosent har kaffetrakter. 36 prosent har presskanne. 31 prosent bruker kapsler.
- 73 prosent synes kaffe er viktig tilbud på jobb eller skole.
- De fleste drikker kaffen sin svart. Da orker vi mer enn hvis du drikker med melk, sier Lynes.
- Traktekaffe og filtrert kaffe legger grunnlaget for hvor mye kaffe vi drikker.

Kilde: Norsk kaffeinformasjon sin undersøkelse fra 2024.

Why are Norwegians so fond of coffee?

Norwegians drink the second most coffee in the world.

You see it everywhere in Norway. People stroll along the street with coffee in hand. Coffee is served in meetings. Many people depend on a cup to start the day.

Coffee is part of the social and cultural life in Norway. How did that happen? It is complex, says Marit Lynes. She is the general manager of Norsk kaffeinformasjon—Norwegian Coffee Information.

“Historically speaking, we have imported high-quality coffee into Norway. This has made people want to drink more. Then we say yes to cup number two,” says Lynes.

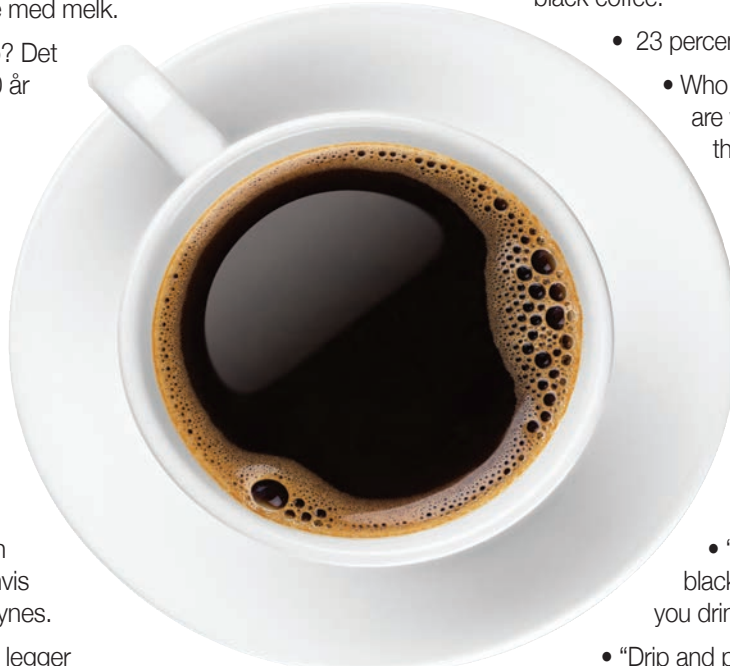
The Information Office conducts a survey every year. The figures from 2024 show that 85 percent [of Norwegians] drink coffee. 74 percent drink coffee every day.

Coffee started as a drink for the home in Norway. Elsewhere, it was something you got in public. Then it was taken into the home. In Norway, it was the other way around. It is in recent times that we started going to cafes.

Did you know?

- 80 percent of daily coffee drinkers [in Norway] usually drink black coffee.
- 23 percent like coffee with milk best.
- Who drinks cappuccino? The majority are women, those under 30 and those who live in Oslo.
- Iced coffee is becoming increasingly popular. 49 percent drank it in the past year.
- 70 percent have a coffee maker. 36 percent have an espresso maker. 31 percent use pods.
- 73 percent think coffee is an important offering at work or school.
- “Most people drink their coffee black. Then we can drink more than if you drink it with milk,” says Lynes.
- “Drip and pour-over coffee lay the foundation for how much coffee we drink.”

Source: Norwegian Coffee Information's survey from 2024.





God Jul og Godt Nyttår

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>