



Sons of Norway

Solglyt Lodge #4-143

January – February 2018

sofnedmonton.ca

Edmonton, AB

President's Message

Godt Nytt År til Allt!

Welcome back from the Christmas holidays. I hope everyone enjoyed a well-deserved break and had an opportunity to relax and spend time with family and friends.

While the end of one year is a time for reflection, the beginning of a new one presents an opportunity to embark on new goals and to consider new possibilities. Please consider becoming more actively involved in the Sons of Norway Solglyt Lodge if you have not already done so. We do need your help in carrying our organization forward.

Our first members meeting of the new year will be on January 10, 2018 at 7:30 pm. Nordahl Flakstad will be giving a personal presentation on skiing, and there will be a lunch provided. It should be an interesting talk and great opportunity for fellowship. If you haven't attended one of our meetings before or if you haven't attended in a while, please come out and see what we are all about.

Lutefisk, 2018

Our annual Lutefisk Supper will be on Saturday, January 27th. Tickets are still available, but they will go fast. For those who have never gone, the catering is wonderful. There are a variety of delicious foods, besides lutefisk, provided and everything is always delicious. Since the cold spell that has gripped Edmonton is now over, I am anticipating a beautifully warm winter evening. This year we will be collecting new socks for the Youth Empowerment and Support Services (YESS). These socks are always very much appreciated by the young people in need, so please bring a pair or two of new socks with you to the supper. Elaine Domier is once again collecting items for our annual Silent Auction that takes place at the Lutefisk Supper. This is one of our Lodge's major fundraisers, so if you have any items that may be appropriate, please bring them to the January 10 meeting or to a seniors

meeting on a Wednesday afternoon in the Nordic Room of the DCC. However, please contact Elaine or Sylvia Colleton in advance if you plan to do so. Volunteers are still needed to help set up the hall for the supper, place decorations on the tables, and sell 50/50 tickets. If you are willing to assist in making this evening its usual great success, please give Sylvia and Jim Colleton a call at 780-974-2950.

Other Matters

Norwegian Language classes will continue to be held on the 1st and 3rd Wednesday of every month from 7:00 – 9:00 pm in the board room of the DCC. The 1st language class this year will be held on the 17th January. No matter one's level of Norwegian, from absolute beginner to advanced, all are welcome. The Scandinavian Seniors will also continue every Wednesday afternoon in the Nordic Room of the DCC. Please go to our webpage at <http://www.sofnedmonton.ca/> for more information about these or other upcoming events.

Finally, my personal best wishes to everyone. Thank you for all that you do. May 2018 be everything you wish.

vennlig hilsen,

Peter Myhre
President, Solglyt Lodge



Executive Officers:

<i>President</i>	Peter Myhre myhrep@macewan.ca
<i>Vice President</i>	Sylvia Colleton
<i>Secretary</i>	Lu-Rene Kennedy secretary.lurene@gmail.com Betty Thomson
<i>Treasurer</i>	Jim Colleton
<i>Membership</i>	Emily Moen
<i>Counselor</i>	Sharon Bruce

Program Directors:

<i>Youth Director</i>	Kelly Greenwall
<i>Sports & Rec</i>	Sharon Bruce

Support Directors:

<i>SON Foundation</i>	Helen Evjen
<i>Husflid</i>	Anita Brown chrown@shaw.ca
<i>Publicity</i>	Brenda Carlstad
<i>Social/Culture Coordinator</i>	Sylvia Colleton
<i>Historian</i>	Brenda Carlstad
<i>Newsletter</i>	Sandy Jamison sjamison@greatwest.ca
<i>Trustee</i>	Cliff Norum
<i>Trustee</i>	Nordahl Flakstad
<i>Sunshine</i>	Elnora Hibbert

Please remember to bring your **Lutefisk Supper Silent Auction Items** to the regular **Lodge Meeting - January 10** at 7:30 pm – *tusen takk!*



Solglyt Lodge
4-143



**SONS OF NORWAY
SOLGLYT LODGE 4-143
ANNUAL LUTEFISK
SUPPER
JANUARY 27, 2018**

**DUTCH CANADIAN CENTRE
HOME OF THE SCANDINAVIANS
13312 – 142 Street, Edmonton**

Swedish meatballs, roast pork, salads
Lefse, breads, rosettes, krumkaker & more!

Doors open: 4:30 pm
Social Hour: 5:00 pm, cash bar
Buffet Dinner: 6:00 pm

**Tickets \$45.00: 16-adult; \$22.50: 8-15 yrs.
Ticket sales limited to 200 – 114 LEFT**

Tables reserved only upon request

SILENT AUCTION and 50/50

Ticket Order:

Email: (PREFERRED) lutefisktickets@gmail.com

Phone: Jim or Sylvia @ 780 470 0166 No answer leave MSG.

All Cheques payable: **Sons of Norway, Solglyt lodge**

Send to: Jim Colleton
2, 25519 Township Rd 512A
Parkland County, AB T7Y 1A8

www.sofnedmonton.ca



Solglyt Adult Julefest

Hosts Sharon & Roger Bruce, Sylvia & Jim Colleton set up a warm and welcoming atmosphere in the Nordic Room for our Adult Julefest - dinner and social. The tables were set and decorated while the Pork Loin baked in the oven. The Christmas tree was lit and the room was beautiful with hints of Norsk decor placed here and there. Potatoes were boiled and Ham and Pork sliced. Guests arrived with the most wonderful vegetable dishes, salads and an array of Norsk baking & other delights for the desert table. The desert table was complete with Jorunn's Rommegrot & we counted 7 kinds of cookies. This year, we entertained a Norsk Julefest tradition of having Mead. Jim and Roger served Mead - offered to all, and the Norsk Skol toast was heartily chanted & led by a few hearty vocals! After dinner Sharon and Sylvia shared readings of some Norwegian Julefest traditions. With thanks to Charlotte, her voice & guitar, accompanied by Kalli our Christmas caroling was special. This beautiful evening was well attended and all loved the opportunity to share the Norwegian meal and stories and time to visit. *Writing and photos by Sylvia.*

December 13, 2017





Solglyt Children's Julefest

December 9, 2017

A fun party was held with around 24 children and 20 adults in attendance. With great craft ideas shared by a team of organizers the children were kept busy. Thank you to Sharon Bruce for providing and leading the Cookie Decorating Craft, colouring pages & Snowman Bowling game provided by Tammy and Bradyn Buan, Santa hand print craft by Lois Flakstad hand-held jingle bell/ pipe cleaner & streamer crafts led by Brenda Carlstad and the variety Christmas craft kits led by Unni Hildebrand. Coffee was on for the adults and a variety of home baking enjoyed. Panago Pizza, Veggie & Fruit trays were served to all. Pizza was a hit. Sylvia provided the Musevisa Song, a u-tube version was played on the overhead and we all danced around the room; then the Christmas songs and dancing around the juletre for Norsk tradition. Story time was perfect with Tom reading the Nisse & Musevisa stories to the children. We sang the Musevisa song and the chorus was led by Anita Brown – well done. Santa played by Verner Steinbru and the delighted youngsters each received a Santa treat bag. *Writing and photos by Sylvia.*



Christmas Market Lefse Bee

October 28, 2017



Norsk class - tree decorating

Back row: Chell Seppola, Peter Myhre, Brian Voxland, Anita Brown, Val Vale. *Front row:* Betty Thomson, Elaine Domier, Brenda Carlstad & Sylvia Colleton



Verner Steinbru



Remembrance Day 2017



Foundation Bronze Pin

Brenda Carlstad presents Karin Jackson (right) with a Sons of Norway Foundation in Canada Bronze Pin.

a little in English...

Ylvis creates a new TV series

Ylvis tells strange stories from Norway. Accompanied by music. It will be something new and unusual.

Brothers Bård and Vegard Ylvisåker are making a whole new type of television program. "Stories from Norway" will appear on the channel TV Norge next year.

The program is about weird Norwegian stories. Ylvis jokes about how we exaggerate little things. Then they create dramatic musicals out of these events. One example is when artist Justin Bieber came to visit.

"The idea with this series is to describe various stories around Norway. Some of these stories are very famous. For example, the Bieber visit and the theft of the painting 'The Scream'," says Bård Ylvisåker.

Other odd stories are less well-known. This applies, for example, to the diving platform in Hamar in Hedmark. The platform became much more expensive than planned.

"The budget broke 2,000 percent," says Bård Ylvisåker. He adds: "We have always enjoyed finding humor in real-life things. So we also interview people who have experienced whatever we are investigating. Then we look at what they say, and what kind of fun things come up," he explains.

TV Norway announced this new series on its 2018 line-up. The channel will also show new episodes of older shows in 2018. Both the series Neste sommer (Next Summer) and Helt perfekt (Absolutely Perfect) will have new episodes. The entertainment programs Mandagsklubben (Monday Club) and Brille (Lens) continue as well.

Additionally, returning to reality TV are 71 grader nord – Norges tøffeste kjendis (71 Degrees North – Norway's Toughest Celebrity), 4-stjerners middag (4-Star Dinner), Gift ved første blikk (Married at First Sight), Sinnasnekker'n (The Mad Carpenter), and Jegertvillingene (The Hunting Twins).

Danskebåten (The Danish Boat) and Vintereventyret (The Winter Adventure) are two new reality series. They are about life on the boat Stena Saga and about tourism in northern Norway.



www.norwegianlaftthussociety.ca

Norwegian Museum
Norwegian cultural classes
Butikk with Norwegian crafts, gift items and baking equipment

NORWEGIAN LAFT HUS, 4402 - 47 Ave., Red Deer
403-347-2055, norwegianlaftthus@gmail.com

litt på norsk...

Ylvis lager ny TV-serie

Ylvis forteller rare historier fra Norge. Med musikk til. Det blir noe helt nytt og rart.

Brødrene Bård og Vegard Ylvisåker lager en helt ny type TV-program. «Stories from Norway» vises på kanalen TV Norge neste år.

Programmet handler om rare, norske historier. Ylvis spøker med hvordan vi overdriver små ting. Så skaper de dramatiske musikaler av hendelsene. Et eksempel er da artisten Justin Bieber kom på besøk.

– Tanken med denne serien er å beskrive ulike historier rundt om i Norge. Noen av disse fortellingene er veldig kjente. For eksempel Bieber-besøket og tyveriet av maleriet «Skrik», forteller Bård Ylvisåker.

Andre rare historier er mindre kjente. Det gjelder for eksempel stupetårnet i Hamar i Hedmark. Tårnet ble mye dyrere enn planlagt.

– Budsjettet sprakk med 2,000 prosent, sier Bård Ylvisåker. Han legger til:

– Vi har alltid likt å lage humor som kommer fra virkelige ting. Derfor har vi også intervjuer med folk som opplevde det vi undersøker. Så ser vi på det de sier og hva slags gøy ting som oppstår, forklarer han.

TV Norge fortalte om den nye serien på sin lansering av TV i 2018. Kanalen viser også nye episoder av gamle serier i 2018. Både humorserien «Neste sommer» og «Helt perfekt» får nye episoder. Underholdnings-programmene «Mandagsklubben» og «Brille» fortsetter også.

I tillegg blir det gjensyn med reality-TV som «71 grader nord – Norges tøffeste kjendis», «4-stjerners middag», «Gift ved første blikk», «Sinnasnekker'n», og «Jegertvillingene».

«Danskebåten» og «Vintereventyret» er to nye reality-serier. De handler om livet på båten Stena Saga og om turismen i Nord-Norge.

Kondolanse:

Condolances to Brenda Carlstad, husband John Elias, and family on the passing of Brenda's mother, Mildred Carlstad.

Mildred Carlstad, a long time resident of Beaverlodge, Alberta passed away peacefully with family by her side on Wednesday, December 13, 2017 in Beaverlodge at the age of 90 years.

Deliciously Nordic

Sour Cream

Porridge (Rømmegrøt)

- 4 dl (1 2/3 cups) 35% fat sour cream
- About 3 dl (1 1/4 cups) flour
- About 1 1/4 litres (5 cups) full fat milk
- 3/4 tsp salt

Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream. Heat 2 1/2 dl (1 cup) whipping cream to 35° C (95° F), almost body temperature, then whisk in 2 tablespoons buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Simmer sour cream, covered, about 15 minutes.

Sift over 1/3 of the flour. Simmer until the butterfat begins to separate out. Skim off the fat.

Sift over the remaining flour and bring to a boil. Bring the milk to a boil and thin the porridge to desired consistency. Whisk until smooth. Simmer about 10 minutes, and season with salt. Serve with the skimmed butterfat, sugar and cinnamon.



Cherry Cream Cake (Kirsebærkremkake)

Recipe for the Cake

- 2 Cups almonds or other nuts
- 2 Cups confectioners' sugar
- 8 Egg whites

Grind almonds twice, the second time with the confectioners' sugar.

The almonds should have the consis-

tency of flour.

Whip the egg whites until stiff but not dry, and blend with the nuts.

Divide and spread batter in two greased 9-inch (23 cm) springform pans, and bake at 320 degrees F 25 to 30 minutes.

Cool slightly in pan before removing to rack to cool completely. Makes two 9-inch layers.

Recipe for the Cherry Cream

- 1/3 cup whipping cream
- 2 egg yolks
- 2 Tbsp confectioners' sugar
- 3 1/2 Tbsp chocolate sauce or syrup
- 3 1/2 Tbsp cherry juice

Beat the cream until firm and glossy. Add eggs and confectioners' sugar which have been whipped together until light and fluffy.

Stir in the chocolate sauce or syrup, and add cherry juice to taste.

Place one cake layer on platter, baked side down, and cover with half of the cream mixture.

Add second layer, baked side up, and top with remaining cream. Keep refrigerated until serving time.

Please help, I'm searching for the brother of my grandmother

I am looking for descendants of **Einar Sofus Westad**, born 14 Feb. 1880 at Sekken, Norway, died 6 Dec. 1970 in Langley, BC.

He was married on 21 July 1920, in Moose Jaw, Sask., to **Gertrude Parker**, born 16 Sept. 1883 in North Devon, England, died 31 Jan. 1969 in Langley, BC.

Einar is my grandmother's brother, uncle of my father.

I am Norwegian and grew up at the island of Sekken, near town of Molde. This is also where Einar Westad was born and grew up. Einar had a farm in Langley. I have an old mailing address - Box 36, Langley

Prairie, BC, Canada.

I have an address to one I believe is a daughter of his. Her name is **Maria Einara Westad**, 799 Gerrard, Toronto, Canada M4M 1Y5. I found this address written on piece of paper. I have never seen letters from her, but I believe I once saw a photo of her with her father Einar.

Hoping to hear from you.

Sofie Oddveig Eik,
sofieoddveigeik@gmail.com



2018 EVENTS

January & February

Date	Weekday	Time	Location	Description
Jan. 10, 17, 24, 31	Wed.	1:00 pm	Nordic Room	Scandinavian Seniors - every week
Jan. 10	Wed.	7:30 pm	Nordic Room	Lodge Meeting
Jan. 16	Tues.	2:00 pm - 4:00 pm	Elaine Domier's 11759 - 37 Ave. 780 434-6532	Stamp Club
Jan. 17	Wed.	7:00 pm	Board Room	Norwegian class - snakker du norsk
Jan. 27	Sat.	5:00 pm	International Hall - DCC	Lutefisk Supper - please bring donations of new socks for the Youth Empowerment and Support Services (YESS).
Feb. 6	Tues.	6:00 pm	Nova Hotel	Torskeklubben
Feb. 7	Wed.	7:00 pm	Board Room	Norwegian class - snakker du norsk
Feb. 7, 14, 21, 28	Wed.	1:00 pm	Nordic Room	Scandinavian Seniors - every week
Feb. 14	Wed.	7:30 pm	Nordic Room	Lodge Meeting
Feb. 20	Tues.	2:00 pm - 4:00 pm	Elaine Domier's 11759 - 37 Ave. 780 434-6532	Stamp Club
Feb. 21	Wed.	7:00 pm	Board Room	Norwegian class - snakker du norsk
Feb. 24	Sat.	1:00 pm	Nordic Room	Husflid - TBA

2018 Newsletter Deadlines:

• **March/April** - March 5 • **May/June** - April 30 • **Sept./Oct.** - Sept. 3 • **Nov./Dec.** - Oct. 29

Please e-mail submissions to: sjamison@greatwest.ca and indicate SON Newsletter in the subject line.

Early submission of articles, when possible, is appreciated.

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