



# SONS of NORWAY

## SOLSYD LODGE No. 603 Zone 4

Lethbridge, Alberta

### KALENDER

March 18 Business Meeting

6:00 pm Supper

April 15

6:00 pm Supper

### CULTURAL & SOCIAL REPORT

Anyone interested in craft classes? Please contact Helga Ronningen at 403 328-6264 for further information.

### FOUNDATION REPORT

Continue to put loose change into the "piggy bank" on the secretary's desk each month. This money is sent to the Sons of Norway each year.

Stamps from envelopes should have a margin of 1/4 inch or 1 cm around each stamp. There is little value to stamps that have been torn or cropped too closely. Metered stamps are not accepted.



### UPCOMING WORKSHOPS

A Sami Bracelet workshop with Arden Neustaedter will be held on Saturday, April 4th at the home of Bev Jestin. Tentative cost will be \$55.00 for a full class. This will include the cost of a basic kit, instruction time, and mileage. Reserve your spot with payment by February 29th.

A Rosemalling workshop with Sylvia Jones will be held on Wednesday, May 20 and 21 at the home of Marilynn Christie. Tentative cost is \$50.00 for a full class. This includes a plaque/board, paint, two days of instruction time and mileage. Reserve your spot with payment by April 15th.

A sheet was passed around at the January meeting and those who were interested signed for one of the classes or both. There are still a few seats available if anyone is interested in taking part in these. For more information [and](#) a registration form, please contact Bev Jestin at 403 553-4125 or email: [jestin4@telusplanet.net](mailto:jestin4@telusplanet.net).



## PRESIDENT'S MESSAGE

I hope everyone has had a good winter. Some of our members are still lolling in the sun in southern climes. We wish you well and look forward to having you back with us soon.

Spring is almost here and with it, lots of opportunities. In response to requests for more cultural activities, Bev has planned two exciting workshops, detailed elsewhere in this newsletter. There is still opportunity to support the ECO bag community project, particularly if you are willing to sew 'kits' at home. Sharon has the kits and the details.

There will be an opportunity to celebrate in May as we look ahead to Syttende Mai. The 17<sup>th</sup> of May this year falls on a Sunday. Since City Hall is closed on Sundays, we are planning our flag-raising ceremony for May 15. On this day, following the flag-raising we will have a memorial dedication ceremony at Legacy Park where our 18 trees have been planted and our bench has been installed. Then we move on to Henderson Lake to dedicate our rock upon which our bronze plaque has been mounted before we gather at Smitty's for lunch. It is appropriate that these events occur in the year that Sons of Norway turns 125. So, mark your calendars for this important event.

This is the time to start planning to attend the Annual Sports Weekend (May 29-31) being hosted by Valhalla Lodge, Calgary. They have chosen a venue in High River which gives our Lethbridge members a great opportunity to participate. I want to encourage all of you to think seriously about attending. Some of us have already booked our hotel rooms and we hope to have an excellent representation from our Lodge, outnumbering the large group who went to Red Deer three years ago. Sports weekends are a lot of fun and provide opportunities to mingle with our counterparts in other Lodges.

The 2020 District 4 Convention is being held in Watford City North Dakota this year from June 11 – 13. Our Lodge will send two delegates and Jean Sokvitne and I have agreed to be those delegates. We have two alternates, Lyle and Moe (who will also assume the role of chauffeurs). Guests may attend also. You can access the information regarding the convention at [www.watfordcitysofn.com](http://www.watfordcitysofn.com)

I just got word that the New Member Campaign for 2020 has been launched. The goal that has been set for our Lodge by Sons of Norway Head Office is 15 new members (5% higher than the 14 we had last year). Now, that is a challenge! Are we up to it? We added one new member last month so we have begun. Welcome Vern Flexhaug.

Congratulations, Solsyd Lodge for the great job on the Sock it to 'Em Project. It was a pleasure to join Dorothy in delivering the socks to three appreciative community groups.

I wish you all a Happy and Blessed Easter,

*Betty*

## NORWEGIAN RYE BREAD

2 pkgs. dry yeast  
2 cups lukewarm water  
4 1/2 cups white flour  
1 tsp. sugar  
1 1/2 cups rye flour  
2/3 cups firmly packed brown sugar  
3 1/2 tbs. dark, unsulphured molasses  
3 tbs. butter, melted  
1 tbs. finely grated orange peel  
1 tsp. salt  
1 tsp. vinegar  
pinch aniseed  
vegetable shortening

## RUGBRØD



Soften yeast in 1 cup warm water. Combine 1 cup white flour and 1 tsp. sugar in a large bowl. Add yeast mixture and let stand 5 minutes. Stir in remaining water. Add remaining white flour and all other ingredients except shortening. Stir until combined. Turn onto floured surface and knead until dough is smooth and satiny, add additional white flour, if necessary. Place dough in large bowl greased with shortening; turn dough to grease all surfaces. Cover with cloth and let rise until double, about 1 hour. Punch down and return to floured surface and knead until no longer sticky. Return to bowl and coat top lightly with shortening. Cover and let rise until double, about 30 minutes. Divide dough in half and form into two 8-inch round loaves. Place on greased baking sheets; cover and let rise until double, about 30 minutes. Bake in preheated 350 degree oven until light browned, about 25 - 30 minutes.

## MISSION STATEMENT

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, as well as to celebrate our relationship with other Nordic countries.

## Gratulerer Med Dagen

Birthday wishes to:

March: Carol Isele,  
Marilyn McKinley,  
Joyce Odland, Vern  
Flexhaug



April: Sharon Prenevost



## ORIGIN OF LUTEFISK

Centuries ago, many Norwegians came to Ireland to escape the bitter Norwegian winters. A famine gripped Ireland at the time and food was scarce, fish and potatoes being just about all there was. To make matters worse, the Norwegians were eating all the fish, leaving the Irish with nothing to eat but potatoes. Then the Norwegians started taking over the potato crop and making lefse. This was too much for the Irish and they decided the Norwegians had to go. They organized a secret organization called IRATION (Irish Republican Army to Rid Ireland of Norwegians). The army members sabotaged all power plants so the fish in the Norwegian refrigerators would spoil and force them to move some place else. The fish spoiled alright, but as everyone knows, the Norwegians thrive on spoiled fish.

The Irishmen then tried a new tactic - they sneaked into the fish storage houses in the dead of the night and sprinkled the rotten fish with lye, hoping to poison the intruders. This didn't work either, because what resulted was the Norwegian delicacy, LUTEFISK, and the Norwegians thrived on that too. The poor, poor Irish! They were desperate! But Saint Patrick came to the rescue. On March 17th, he blew his top and told all the Norwegians where to go - so they all went to Minnesota and South Dakota, and to this day they eat lutefisk and lefse at church dinners.

## Zone 4 Sock It To 'Em Project

Thank you to all those who donated socks during the Sock It To 'Em campaign. Our lodge donated 422 pairs of socks which have gone to Woods Home, Streets Alive and YWCA programs.



Dorothy Follinglo and Betty Lambert present socks to Wood's Home.

## SPORTS WEEKEND

### Accommodation

(Headquarters hotel) Heritage Inn, \$105.09/night, taxes included. Book early if you want a main floor room. Second floor access is stairs (no elevator). WiFi, pool, fitness room, pub, restaurant.  
Phone: 403-652-3834

Super 8 High River, \$129/night plus taxes for Standard 2 Queen or 1 King room. Free breakfast, pool, fitness centre, WiFi. Rooms have microwave and fridge.  
Phone: 403-652-4448

Ramada, \$134 – \$154/night plus taxes depending on type of room. Free hot breakfast, fitness & business centre, pool. Rooms have microwave, fridge, Keurig machine, iron & ironing board, small kitchen sink.  
Phone: 403-603-3183.

**When booking, tell the hotel you are with Sons of Norway.**

Camping: [camping@georgelanecampground.ca](mailto:camping@georgelanecampground.ca)  
Phone registration opens April 15th, 10 a.m. – 2 p.m.  
Ph: 403-652-2529. A popular campground, centrally located.

### Activities

Sports activity choices included in the registration fee are whist, horseshoes, lawn bowling, and walking. Golf fees will be about \$80 for 18 holes and \$35 for 6 holes.

**Donations for the Silent Auction are much appreciated!**

### Registration

Your \$80 registration fee covers a light meal Friday evening, Saturday banquet and dance (live music), and Sunday brunch. Registration forms will soon be available at [www.sofncalgary.ca](http://www.sofncalgary.ca)

## ERIKA THE RED?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, “simply because the occupant was a woman,” according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated “There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors].”



**Happy Easter,  
April 12th.**

**God påske!**