



**SOLSYD LODGE No. 603 Zone 4**  
**Lethbridge, Alberta**

**KALENDER**

May 17: Syttende Mai celebration at 11:00 with lunch at Smitty's to follow.

June 15: Dinner at 6:00 with meeting to follow.



**Gratulerer Med Dagen**

May: Doreen Allen, Faye Cain, Carol Johnsrude, Peter Pohn, Joyce Vik

June: Marilyn Christie, Linda Drain, Roelof Heinen, Diane Josephison, Sharon O'Sullivan Forner

**SYTTENDE MAI**

We will be celebrating Syttende Mai on Tuesday, May 17th at Lethbridge City Hall. The flag raising will be at 11:00 am.

The RCMP Veteran's Honour Guard plans to be in attendance. Members attending are asked to wear their Sons of Norway vests. If you do not have a vest, you can pick one up at Smitty's.

We will be having lunch at Smitty's after the ceremony.

Normally the Sons of Norway meeting would be the next day on May 18. However, we will consider the celebration on May 17 as our May meeting. We still plan to meet in June at Parkbridge Estates.

**HELGA'S RHUBARB CAKE**

2 cups flour  
1/2 cup hard margarine  
1/8 teaspoon salt  
1 teaspoon baking power  
1 beaten egg  
Mix together and set aside. Reserve for the top.

Bottom Filling  
1 3/4 cups sugar  
2/3 cup flour

1/2 cup melted hard margarine  
3 small eggs beaten  
6 1/2 cups rhubarb (cut into 1/2" pieces)  
1 small package of strawberry jello

Mix and put into greased 9 x 12 x 3" pan. Put the reserved topping on top and bake at 350° for 45 minutes.

Can be frozen once it's baked & cooled.

## **PRESIDENT'S MESSAGE**

As I write this, it appears that spring has arrived, but then we thought it had arrived more than a month ago and we have had quite a few wintry days since then. We look forward to May and June.

Since our last Newsletter, we have had two in-person meetings. It is heart-warming to see and visit with our members again and we have focussed on getting caught up socially. We have had fewer members at those first two meetings, but I am hopeful those numbers will grow as we all start to include Sons of Norway meetings in our routines again. If you have let your membership lapse during Covid, please plan to join our next activity. Candis Done or I will help you get your membership active again if you are not sure how to do that.

As noted elsewhere in this Newsletter, our May meeting would fall the day after Syttende Mai (May Seventeenth) so we decided at our April meeting, to cancel the supper meeting scheduled for May 18 and encourage everybody to come out for the Flag-Raising Ceremony at 11 am at City Hall on May 17. Our tradition has been to gather for lunch (at our own expense) at Smitty's after the Ceremony to socialize and further celebrate Norway's National Holiday.

During March and April there have been significant losses among us. Our deepest sympathy to Alvena Unick whose husband passed away in March. In addition, two of our members, Klaus and Donna Isele passed away less than three weeks apart. Our condolences go out to Klaus's siblings: Helga, Hans & Carol, Alfred & Millie as they grieve the death of this brother and his wife. Marilyn Christie also experienced the loss of her brother-in-law and a month later her sister, Barb. Our deepest sympathies go to Marilyn. Barbara had been a member of our group for a year a couple of years ago. It has been a tragic couple of months.

Jean, Sharon and I have continued to attend Zoom meetings with representatives from other Canadian Lodges in Zone 4 to discuss the possibility of realigning Sons of Norway District designation from District 4 (AB, SK, Montana, part of North Dakota) to District 7 (BC), creating an all-Canadian District. The majority of our District 4 lodges supported pursuing this idea and District 7 was agreeable, so a resolution was drafted, and it will be presented at the District 4 convention in June in Fargo, ND. It will need to be approved at this level before it can go to the International Convention for final approval, so stay tuned. These Zoom meetings have allowed us to get to know members from other Lodges and Executive members from our Zone, District 4 and District 7, helping us better understand the structure of our organization and those who have lead roles. Sharon Prenevost is our virtual delegate to the convention in Fargo.

At our March meeting, we made a motion to support the Humanitarian Crisis in Ukraine with a donation of \$500.00 made via the Sons of Norway Foundation in Canada. That has been done and acknowledged. We need to do what we can to support Ukraine and hope for an end to the ongoing war.

Please plan to attend the Flag-Raising ceremony at City Hall at 11 am, May 17

# Norwegian Nature

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N	B	M	O	T	K	F	O	E	S	V	E	T	N
I	J	R	T	L	R	D	F	T	T	R	L	T	R
E	C	A	I	G	T	E	J	S	F	F	L	E	E
T	A	I	K	D	T	E	O	M	U	S	O	L	J
U	M	S	E	T	N	L	R	O	L	M	N	E	T
R	P	A	L	J	I	I	D	L	I	A	S	A	S
N	I	N	G	R	S	D	N	B	R	E	N	T	I
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R	N	O	R	D	L	Y	S	S	K	U	T	E	R

- TUR
- FJORD
- BLOMSTER
- JAKT
- ELV
- RIDNING
- LANGRENN
- REGN
- BEITEMARK
- FJELL
- NORDLYS
- MOLTER
- SKUTER
- HAV
- FRILUFTSLIV
- SAND
- STJERNER
- ELG
- SOL
- TRE
- SKOG
- REINSDYR
- CAMPING
- HYTTE

