



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

**KALENDER**

March 15: Dinner at 6:00  
Business Meeting

April 19: Club History at 5:00  
Dinner at 6:00

**Gratulerer Med Dagen**

**March:** Vern Flexhaug, Carol Isele,  
Joyce Odland, John Orsten

**April:** Sharon Prenevost

**LENDING LIBRARY**

A few books from our Lending Library will be at the March meeting. You are welcome to take one of them home for the next month to read.

If you would like to have a specific book, go to our website at:  
<https://lethbridgesonsofnorway.ca/lending-library/>

Place your cursor on the downward arrow next to "Lending Library" to view the books in the different categories.

Contact Bev Jestin at (403) 553-4125 to request a book.

**TROLLHAUGEN NEWS**

Trollhaugen is celebrating their 50th Anniversary this year and could use some help.

They are asking for volunteers to work at a casino on April 5th & 6th, 2023.

Please contact the Casino Coordinator Jen Whalen if you would like to volunteer on either or both of these dates.  
[jen\\_whalen@shaw.ca](mailto:jen_whalen@shaw.ca)

Compensation for anyone traveling more than 100km is available. This includes mileage and accommodation.

Donations are needed for the Silent Auction. This is one of the annual fundraisers that is done at camp and these funds help immensely to the operations of camp.

Please contact Arden Neustaedterat [arden.n@shaw.ca](mailto:arden.n@shaw.ca) if you have anything you can donate or for more information.

Be sure to get your registrations in early, this camp may fill up fast.

<https://www.trollhaugenalberta.com/>

## **PRESIDENT'S MESSAGE**

Spring is just around the corner but there is no sign of that as I write this. Snow is piled up on our streets and the temperature dips to the -30s with the wind-chill factored in.

We welcomed Mayor Blaine Hyggen as a guest to our January meeting. He brought us greetings and shared that he is of Norwegian descent and expressed an interest in becoming a member of our Lodge. He has always been very supportive of our Flag Raising Ceremony at City Hall on Syttende Mai.

At our February meeting we focussed on a social time. Our meal was pancakes and sausage as we celebrated Shrove Tuesday a little early. Oh yes, and we had delicious strawberries and cream too! We did not have a formal meeting, but Sharon shared that she had visited Harbour House with her sample drawstring bag for personal care items to see if it was something they could use. They loved the idea and said they could use 50 bags for adults and 10 smaller bags for children. This will be our community project. Sharon handed out patterns and instructions to those willing and able to do the sewing. If you can support this project, contact Sharon.

Following our meal, 12 members participated in whist (see pictures). Laughter abounded and I believe Hans had the overall high score. Others discussed their Norwegian roots and studied the map of Norway to find them.

Solglyt Lodge in Edmonton is celebrating their 110<sup>th</sup> Anniversary this year and would like to have other Lodges help them celebrate this event. We have received notice that the Celebration will take place on June 10, so we are encouraged to 'Save the Date'. Sharon is our contact person so she will keep us posted on their plans as they develop.

Occasionally we receive requests to translate Norwegian into English, some of which are channeled to us because of individuals visiting our website. I have contacted a person, raised in Norway, who has consented to help us with translations if needed every now and then.

There is a continued need to hold **lefse making** events to keep up with the demand for lefse in our community. The next session is **Tuesday, February 28 at 2 pm at Smitty's**.

**Our next meeting is March 15.**

**Betty Lambert**



## MAP OF NORWAY

The map of Norway will continue to be available at the meetings so members that have not already done so can identify their Norwegian ancestors place of birth on our map.

Find out about your Norwegian lineage and bring that information to the meeting. Then locate it on the map and put your pin in.



Candis Done and Helga Ronningen search the map for a town in Norway.

## CLUB HISTORY

We are hoping to put together the history of Solsyd Lodge. In order to do this we need assistance from all members.

We would appreciate information such as memorabilia of past events, identifying people in pictures, newspaper articles, memories. etc.

We would like to start gathering particulars at the April 19th meeting so would appreciate receiving any information by then.



Members enjoyed a game of Norwegian Whist.

## HOMEMADE KVIKK LUNSJ BARS

This recipe from [meny.no](http://meny.no) shows you how to make crispy-sweet Kvikklunnsj-like cookies in your waffle iron.

Makes about 15      Prep time 40 - 60 min

### Ingredients:

100 grams butter softened (7 Tbsp.)  
125 grams powdered sugar (1 cup)  
1 tsp. vanilla sugar (or substitute 1/4 cup powdered sugar plus 1 tsp. vanilla extract)  
2 eggs  
350 grams all-purpose flour (2 3/4 cups)  
1 tsp. baking powder  
400 grams chocolate (14 oz)

### Directions:

- Mix butter, powdered sugar and vanilla sugar until smooth. Add eggs one at a time and beat on high.
- In a separate bowl, mix dry ingredients (flour and baking powder), then add to the butter mixture. Stir with mixer until dough forms.
- Pre-heat waffle iron to high. Form the dough into a square and bake each square on the iron for 1 - 2 minutes.
- Immediately after removing from iron cut the cookie into rectangle-shaped bars while it is still soft.
- Melt the chocolate and dip bars in the chocolate. Let cool on waxed paper or cooling racks.
- When the chocolate has solidified, they are ready to eat.



## EASTER VACATION

Happy Easter! Or god påske (goo POH-skeh) as they say in Scandinavia. In Norway, Easter is a major holiday, on the same level of excitement and anticipation as Christmas. From Palm Sunday through at least Easter Sunday, and a little beyond, most businesses and many shops close down while the country celebrates the holiday with parties at home, or trips to the countryside.

A couple of weeks before Easter, Norwegian schoolchildren start preparing for the holiday. The religious content of the holidays is stressed—Norway has a state church and instruction in religion is a natural part of the general education. But the children also decorate eggs and make little chickens and other Easter-time decorations.

When the Easter holiday arrives, Norwegians embrace the opportunity to get outdoors. Most people have at least a week off and nearly half a million Norwegians travel. The Norwegian idea of having a god påske is to be up in the mountains enjoying the early spring weather with sunshine flooding the wide, snow-white expanses where cross-country skiers can glide on and on forever. Others head to the coast, opening their vacation homes for the summer. Most travellers are city-dwellers, eager to get out of the city and into the countryside. Those living in rural areas are less likely to leave home, but do still enjoy nature and the outdoors in their own backyard during the Easter holiday.

Hotels, chalets and cabins are packed with people intent on having a good time, whatever the weather might be. So many people go on vacation at the same time that all of Norway is shut down, so to speak. Even the Norwegians who stay at home have no intention of doing business.

Most people do all their Easter shopping well in advance. It is wise to stock up on food, for the stores close early on the Saturday before Easter and don't open again until the Tuesday after. All offices are closed. Radio and TV operate as usual, but that is about it. Except for the phone service and a few other public services there is not much going on. There are no newspapers, no mail, little public transportation and no shopping. Even the churches are fairly empty.

But up in the many mountain areas and on the coast there is hustle and bustle and commotion with frolicking vacationers everywhere. The church moves along with the rest of the nation and people can go to Easter services in mountain chapels, hotels and trailer parks.

Regardless of whether they stay at home or head out of town, after a cold, dark winter, Norwegians relish their Easter vacation time.

- Taken from Sons of Norway Mini Presentations

