



# SOLSYD LODGE No. 603 Zone 4



## KALENDER

January 17: Dinner at 6:00 with meeting to follow.

February 21: Dinner at 6:00 with Norwegian Bingo to follow.

## Gratulerer Med Dagen

**January:** Arnold Follinglo, Dorothy Follinglo, Alfred Isele, Millie Isele, Laurie Megyes, Cecil Nesmo, Barry Olson, Marilyn Richards

**February:** Lillian Anderson, Herman Gom, Betty Lambert, Marlene Thurlow

Thank you to Betty Lambert for your 8 years of serving as President of Solsyd Lodge.



## **PRESIDENT'S MESSAGE**

Greetings Solsyd Lodge Members.

I am excited about the upcoming Sons of Norway year and so very grateful for the past 8 years under the capable leadership of Betty Lambert. We really accomplished a lot in bringing community attention and honouring our Norwegian heritage with the installation of the Henderson Lake boulder and the trees planted in memory of family members at Legacy Park near the Solsyd park bench overlooking the lake. Innovative work, well done, Betty!

In reflecting over this past year, we made endearing little fridge gnomes, reindeer hide Saami bracelets, unique Christmas cards, and pinned our home area on a map of Norway. We also played Norwegian Whist one month and ate delicious heart-shaped waffles with brown cheese. The silent auction was a huge success with \$200.00 of the proceeds going to the Canadian Sons of Norway Foundation. Looking to 2024, we may repeat or extend some of these projects and hopefully add new ones. If you have some ideas, let us know.

We did well with the blessing bag project in 2023 (filling about 120 bags we had sewn with personal care products for unhoused people in Lethbridge and Fort Macleod). Thank you for your generous donations of \$210.00 in cash and many products/supplies. We took 20 bags full for men and women and a couple for families to My City Care.

Thank you to all who continue to make Solsyd Lodge a success: Helga for ensuring we have a space to meet; Hans and Peter for the yummy, hot varied meals; Nancy, Carol and Helga for setting up the food and cleaning of tables afterwards; Candis and Millie for greeting members at the door; Alfred with help of early arrivers for setting up; Carolyn for faithfully selling 50/50 tickets; Bev and Candis for cards, favours, craft ideas and spreading sunshine; Bev for being in charge of the Solsyd Lodge library books; Lyle for selling calendars; Marilynn for putting together our interesting newsletters and website; Jean for keeping the record of what we do; Arnold for looking after our money; the Isele family and other members for making lefse four times this year. What a team! Your efforts are much valued and appreciated.

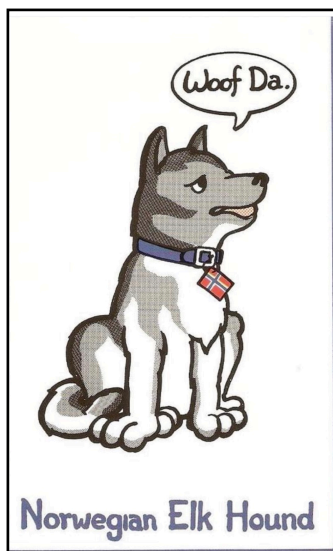
We have 47 Solsyd members. In 2023 we welcomed new members: Edith and Barry Olson, and Evelyn Kryswaty. We are saddened to have lost Doreen Allen, Bill Pozdnekoff, and Ardis Dahl.

Wishing everyone a healthy, safe and fulfilling 2024.

Sharon Prenevost  
President

**2024 OFFICERS FOR SOLSYD LODGE 4-603**

Lodge President	Sharon Prenevost <a href="mailto:prenevsh@telusplanet.net">prenevsh@telusplanet.net</a>
Lodge Vice President	Betty Lambert <a href="mailto:okomo4@telus.net">okomo4@telus.net</a>
Lodge Secretary	Jean Sokvitne <a href="mailto:jean.sokvitne@sim.org">jean.sokvitne@sim.org</a>
Lodge Treasurer	Arnold Follinglo <a href="mailto:arnoldfollinglo@gmail.com">arnoldfollinglo@gmail.com</a>
Lodge Editor, Webmaster Type to enter text	Marilynn Christie <a href="mailto:marilynn.christie@gmail.com">marilynn.christie@gmail.com</a>
Lodge Cultural Director	Bev Jestin <a href="mailto:jestin4@telusplanet.net">jestin4@telusplanet.net</a>
Lodge Membership Director	Candis Done <a href="mailto:donnes@telus.net">donnes@telus.net</a>



Members are reminded to notify Candis Done when someone needs to receive a card for whatever reason - birthday, sympathy, etc.

## Sveler med Smørkrem – Norwegian Griddle Cakes with Buttercream

According to godt.no, *sveler* were first made on board the ferry company Fjord1's routes in Møre and Romsdal in 1971. Originally, the sweet griddle cakes were made on a voluntary basis by the employees, but over the years the tradition developed into an expected service offered to the passengers. Sveler became associated with ferry rides so much, they are also referred to as *fergesveler*, ferry pancakes.

Food blogger and cookbook author Nevada Berg posted an English version of the recipe on her website, [northwildkitchen.com](http://northwildkitchen.com).

### For the griddle cakes:

3 large eggs, at room temperature

- ¾ cup (150 g) granulated sugar
- ½ cup (112 g) butter, melted
- 3 cups (720 ml) buttermilk/kefir
- 3 cups (360 g) all-purpose flour
- 1 teaspoon baking soda

For the buttercream:

- ½ cup (112 g) butter, softened
- 2/3 cup (80 g) confectioners' sugar
- 5 tablespoons granulated sugar

In a large bowl, combine the eggs and sugar and whisk until fluffy. Whisk in the melted butter, followed by the buttermilk. Combine the flour and baking soda, add to the batter, and stir gently until combined. Let stand for about 20 minutes—the dough will swell.

Heat a takke to medium heat or place a large frying pan directly on the stove over medium heat, and lightly butter.

Ladle some batter onto the hot takke or pan to make several 6-inch (15 cm) round griddle cakes. Cook for 2 minutes or until bubbles appear on top and the bottoms turn golden brown. Flip the griddle cakes and cook for 2 minutes more or until the other side is golden brown. Transfer to a plate and keep warm. Continue making griddle cakes, using the remaining batter and adding butter to the takke or pan as needed.

While the griddle cakes are cooling, make the buttercream by combining the softened butter, confectioners' sugar, and granulated sugar in a bowl. Serve with the griddle cakes.

Store leftovers in an airtight container or cover with foil and refrigerate for up to 3 days.