



**SOLSYD LODGE No. 603, Zone 5,
District #7, Lethbridge, Alberta**

KALENDER

March 18: 12:30 Lunch &
Norwegian Whist

April 15: 12:30 Lunch
Meeting to Follow

CULTURAL CONNECTIONS

Cultural links between Ireland and Norway are very strong and span literature, traditional and contemporary music and dance, art, film, and sports. James Joyce admired Henrik Ibsen so much that he studied Norwegian to be able to read Ibsen's original work rather than in translation.

Norway is now home to 2,000 Irish citizens who are making their mark in business and culture throughout the country. The Bergen Irish Society and the Norwegian Irish Society host vibrant St Patrick's Day parades each year in Bergen and Oslo respectively.

Groups like the Mná na hÉireann san Iorua choir, Féile Oslo and An Iorua Cultural Centre proudly promote Irish music and culture in Norway, supported by the Government of Ireland's Emigrant Support Programme.

Each year 55,000 Norwegians visit Ireland. With direct links between Dublin and Oslo as well as between Dublin and Bergen, Ireland and Norway are closer now than ever.

Taken from <https://www.ireland.ie>



PRESIDENT'S MESSAGE

We met at the Lethbridge Senior Citizens Organization Centre (LSCO) for the first time on Wednesday, February 18th with lunch at 12:30 followed by a short meeting and Norwegian bingo. Kudos to the twenty members who braved cold, stormy weather to attend. Edith and Barry Olson set up the new Solsyd banner at the entrance to our space. Thanks to Arnold Pederson for calling bingo numbers in Norwegian and to Marilynn Christie for lending us her bingo kit. Members were on their way home by 2:30.

Thank you so very much to Fern and Roelof Heinen for donating the cost of our Solsyd retractable roll-up banner and to Edith for taking the initiative to get the banner made. It will be rolled out at all lodge events. It is bright, big, simple to set up and easy to transport.

Our next meeting is the same time and place on **Wednesday, March 18th** when we will play Norwegian whist after lunch. There are enough experienced whist players in our lodge to help those of us who do not play cards often so plan to stay for fun and prizes.

The staff at the LSCO would like us to check in at the computer terminals near the front door when we arrive. (The centre is funded, in part, according to the numbers of people using the facility.) Touch the **guest** prompt at the bottom of the screen and scroll to find **dining room** before logging out.

Unfortunately, we will not have a delegate at the District #7 Biennial Convention in Port Alberni this May 29-31. Consider attending in 2028.

We still need help with hosting responsibilities at this year's Trollhaugen Language Arts and Cultural Camp the week of Sunday, August 9 through Saturday, August 15th. Attending is a wonderful chance to experience the Norwegian culture in crafts, culinary skills, story, song, dance and language. Sports in Norway is the theme in this Olympic Games year (BTW did you notice the country at the top of the Olympic medal count with 41-- a record number?) Trollhaugen is a great place to expose grandchildren to their Norwegian heritage; however, you certainly do not need to be Norwegian to attend. Registration application forms are open now through May 15th for this year's camp at: <http://www.trollhaugenalberta.com/admissions/>

Our next 40th Anniversary planning meeting is Wednesday, March 11th starting at 1:00 at 2402 23rd Ave. S. We can always use more ideas and help with tasks. Our visit to the Galt Museum to look through Solsyd archives was fruitful but there are large gaps in the history of this lodge. If you have knowledge of stories or events from 1986/87 through the 1990's in particular, please share your memories. If you are in touch with or know of former members/alumni, share that contact information with any committee member to help create a guest list. Welcome to Spring!

Name: _____ Date: _____



Easter

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

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|------------------|-------------|------------|-----------|----------|
| Peter Cottontail | marshmallow | Jellybeans | Celebrate | decorate |
| flowers | pastels | Holiday | easter | parade |
| rabbit | search | bonnet | Family | Spring |
| Basket | grass | paint | color | treat |
| candy | sweet | bunny | Chick | April |
| eggs | hunt | dye | hop | |

Hjortetakk - Deer Antlers



3 eggs
3/4 cup sugar
2/3 cup whipping cream
2/3 cup 35 percent fat sour cream
3 cups flour
2 Tbsp. baking powder
1 tsp. cardamom
2 Tbsp. melted butter
shortening or oil

Beat eggs and sugar until light and lemon-colored. In a separate bowl, whip cream and sour cream lightly.

Sift the dry ingredients. Add alternately with melted butter and both creams to the egg mixture. Mix lightly together. Refrigerate overnight.

Roll the dough into 8 mm (1/3") sausages. Cut into 12 cm (5") lengths. Form into a wreath. Make two notches along the edges.

Heat the shortening or oil to 180°C (350°F). Deep fry, a few at a time, until golden, three to four minutes.

This recipe is taken from "The Norwegian Kitchen".