



SONS of NORWAY

Solglyt Lodge 7-143

November - December 2025

sofnedmonton.ca

Edmonton, AB

President's Message

God dag Solglyt members.

We have been blessed with a beautiful fall but before we know it Christmas will be upon us which is a good time for fun and relaxation and spending time with family and friends.

Nancy and I enjoyed a wonderful vacation to Vancouver and Victoria for 10 days in October and spent time with our granddaughter from Saskatoon who had rehearsals in Vancouver for the Hip Hop dance Canada team that had competitions in Slovenia this past week. I am happy to report that her group won a gold medal. Very proud of her.

Our kick-off fall meeting on September 14th was a success with a delicious pea soup supper prepared by Sandy Jamison and Val Vale with donations to the SON Foundation in Canada. Thanks Sandy and Val.

Wayne Nordstrom provided a presentation on the history of the area that the bus trip on August 14 passed through on our way to Big Valley held on August 14. Wayne is very knowledgeable on Alberta history. Thanks Wayne.

More information in the newsletter elsewhere.

We had a great potluck on October 5th. Dr. Ingrid Urberg from Augustana Campus gave an interesting presentation on Crossings 200 – The Minnesota immigrants from Norway.

Dreena Davis presented a dramatization of a young Norwegian woman preparing for the boat voyage from Norway to North America. Thanks Ingrid and Dreena.

Our November 9th meeting we will acknowledge those who served in either World Wars 1 or 11 or members of the Armed Forces today. If you have any stories and photos, please forward those to Dreena Davis.



Arvid (right), Nancy (centre) and granddaughter Mariah P. (left).

A lefse bee will be held on November 15 which is all a reminder to all of us that Christmas season with suppers including lefse will soon be here.

The Christmas dinner will be held on Saturday November 29th which will include a sing-along similar to what was held last year and most of you will agree that were in attendance it was a wonderful afternoon and a great meal. The same caterer has been booked for the meal.

More details in the newsletter elsewhere.

Solglyt begins a new chapter as we become part of all Canadian District 7. Thanks on behalf of the Board to all the amazing volunteers that provide their help and assistance in our Lodge activities.

**Takk.
Arvid.**

Executive Officers:

President	Arvid Pederson <i>president.solglyt@gmail.com</i>
Vice President	Sheila Johnson
Treasurer	Jim Colleton
Secretary	Laura Blakley
Membership	Peter Myhre
Counselor	Sylvia Colleton

Program Directors:

Cultural	Dreena Davis
Social	Sharon Bruce
SON Foundation in Canada	Brenda Carlstad

Support Directors:

Trustees	Cliff Norum Wayne Nordstrom
----------	--

Historian

Sunshine

Webmaster

Publicity

Newsletter

Brenda Carlstad
info@sofnedmonton.ca

Karin Jackson
lesandkarin@hotmail.com

Brenda Carlstad

Brenda Carlstad
sofn2013@gmail.com

Sandy Jamison
sjamison@greatwest.ca

General Inquiries: info@sofnedmonton.ca



JOIN US
for the
2025
LEFSE BEE



**Saturday,
November 15th**
10:00 AM- 4:00 PM



**Greenfield
Community
League Facility**
3803 - 114 St NW

Get ready to roll, flip, and grill!
Bring your lefse-making tools:

- Lefse grill
- Rolling pin
- Pastry board & cover
- Lefse stick
- Apron

Coffee & lunch provided for our lefse
worker bees

All skill levels welcomed!

**For any questions, please contact:
Sharon Bruce 780-436-7286**

Announcement – District 7: Lodges in AB, BC and SK

The Sons of Norway Home Office email notice -2025-09-30: "In May 2025, a resolution to realign districts according to country was taken up and approved by the Sons of Norway International Board (IBOD). This means that District 4 lodges located in Canada will become part of **District 7** by November 1, 2025. Your lodge name will not change, and your lodge number will remain the same, only a new district prefix will be assigned."

District 7 has sent a warm welcome. (sofn7.com) As we progress with this Canadian realignment to District 7/ Zone 5, we will provide updates, and continue to bring you Nordic and Norwegian culture in our traditional ways since 1913, and in current innovative ways.

A big shout-out to all our friends from District 4. Many from our Lodge have travelled countless miles/kilometres to attend conventions in North Dakota and Montana, served on committees, and forged friendships by their shared interest in Sons of Norway. We will miss you.

Thank you to all Solglyt's former and current members – we value your support & friendship.

Submitted by Brenda Carlstad, Publicity
Oct. 31. 2025
info@sofnedmonton.ca



November Theme: Remembrance Day - The Norwegian Resistance Movement

On November 9, the theme is **Remembrance Day**, focusing on the **Norwegian resistance movement** from **April 9, 1940, to May 8, 1945**. Members will share family stories from this period. Although **November 11** is not recognized in Norway, **May 8** is observed as **Liberation Day, Veterans Day, and Flag Day**. Liberation Day commemorates the end of World War II in Norway

on May 8, 1945, while Veterans Day honors those who served in World War II, UN peacekeeping missions, and other international operations. As Flag Day, Norwegians are encouraged to fly the national flag, and ceremonies, memorials, and events are held across the country to honor the resistance, sacrifices, and resilience of the Norwegian people.

- Dreena D.

Pea Soup Lunch – September



We are a lucky lodge! Solglyt Lodge had a great pea soup lunch in support of the Sons of Norway Foundation in Canada. Your donations totalling \$1000 donation will be directed toward funding post-secondary students who are awarded bursaries, or via grants to organizations and Sons of Norway lodges that continue to enrich and support educational, recreational and culture-based programs.

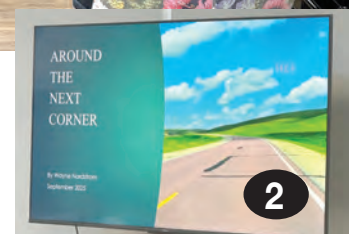
The lunch was meticulously prepared by Val and Sandy, who brought most of their kitchens along, and was enjoyed by all. Naturally, other members rolled up their sleeves (because that's who we are) to ensure we had a 'full-complement' lunch. Thanks to all who brought desserts.

Your Sept/Oct 2025 Viking magazine, p.22 – lists our 2024-2025 Canadian Bursary Winners.

Sons of Norway Foundation in Canada www.sonfic.ca
Solglyt Foundation Director - Brenda C.



1. (L to R) June, Laura, Val and Sandy at Sept. pea soup.



2. Around the Corner - Wayne's presentation.



JOIN US FOR THE



2025 SOLGLYT CHRISTMAS PARTY

NOVEMBER 29, 2025

**GREENFIELD COMMUNITY LEAGUE FACILITY
3803 114 ST NW**

**1:00-2:00 PM SOCIAL HOUR
2:00 PM DINNER SERVED (BUFFET STYLE)
4:30 PM CLEAN UP TIME
6:00 PM HALL CLOSED**

TICKETS BY ADVANCE PURCHASE ONLY

CUTOFF DATE: NOVEMBER 24, 2025

ADULTS (14+) — \$40.00

YOUTH (6-13 YRS) — \$20.00

CHILDREN (5 & UNDER) — FREE

Names of all attendees are required.

CONTACT JIM COLLETON AT: solglyt110@gmail.com

OR CALL 587-454-0598

NO ANSWER, LEAVE A MESSAGE . YOU WILL GET A CALLBACK

**PAYMENTS BY CASH OR CHEQUE
MUST BE MADE TO JIM COLLETON or SHARON BRUCE
BY 6:00 PM ON NOVEMBER 25, 2025**

PREFERRED PAYMENT BY E-TRANSFER

**DO NOT E-TRANSFER TO ABOVE EMAIL, YOU WILL BE ADVISED
THE CORRECT ONE WHEN ORDERING**

Immigration Trunk

Our social director, Dreena D., presented an immigration narrative – she was an immigrant from Norway, travelling with her trunk of treasures and necessities. It is with amazement that we consider the hardships of leaving your own beloved country in search of a better life. The perseverance is astonishing!



Migration from Minnesota to Central Alberta

We were pleased that Professor Ingrid Urberg (professor of Scandinavian Studies, UofA Augustana Campus Camrose) could join us in October. Her informative slideshow featuring migration from Minnesota to central Alberta, one of the many chapters of Norwegian migration to Canada, was well received; many of us can relate to migration from the US to Canada, and amongst us, we have many stories.



October Meeting

1. Dreena presented an immigration narrative.
2. Ingrid Urberg presented a slideshow featuring migration from Minnesota to central Alberta.
3. Brenda presents Arvid with a Foundation pin.
4. June receives a Foundation pin from Brenda.
5. Peter, Bjarne and Elaine at Oct. meeting.
6. Cliff and Wayne unveiling of the tv cover
7. Member June Koch's mini kitchen.
8. Brenda with Kaare Borass from Torskeklubben.

For more photos of Solglyt Lodge members and events, please visit: <https://www.flickr.com/photos/sonsofnorway/albums/>



Join the Fun! Find your inner Scandinavian and hunt for wonderful treasures to bring to your Christmas Party for the Silent Auction.

You can bring items to our Nov. 9th social, our Lefse Bee on the 15th or the day of the Party on Nov. 29th.

For more information, phone Sharon at 780-436-7286.



God Jul
og Godt
Nyttår



Slidreøyen Prison Butikk

In the middle of Valdres, Norway, there is an island called “Slidreøya” that functions as a low-security prison. The prison can house up to 25 inmates and one of its main focuses is rehabilitation. The prison works towards this goal by giving the residents certain responsibilities, opportunities, and activities to cultivate a daily sense of motivation. One such example is the prison shop (butikk) where they sell wooden goods and vegetables produced by the inmates.

Two inmates who are responsible for the prison shop are Geir Langseth and Arne Søberg. They appreciate the opportunity to serve their sentence in this way and gain new skills while doing so. Geir even says he “looks forward to going to work every day.” Previously, the prison shop had a self-service booth in town that customers could shop at. However, the prison is now inviting customers to the island to purchase goods at the butikk. The shop has become popular, offering mutual benefits to customers who purchase its products and to inmates who gain a sense of pride from their contributions.



Vestoppland Prison.

Norwegian Architect Has One-of-a-kind Greenhouse Home

Norwegian architect Margit-Kristine Solibakke Klev has a one-of-a-kind home. Relocating from Drammen, where she co-founded her own business, Margit-Kristine moved with her husband and two kids back to where she grew up. Aside from still having family in the area, she owned property there and had been considering what to do with it for quite a while. Driven by a

passion for sustainability, she decided to build on the land and create a unique home.

She began by building an extra-large greenhouse from a kit manufactured in Denmark. The result was a 38-foot-tall glass building which sits on top of a concrete pad and has a ventilation system integrated into it. From there, she was able to test that it could withstand

harsh Norwegian winters, including snow that would pile up on the roof. With that established, she began the design and build for the house that would fit inside. Wanting the ability to have windows that opened up to outside of the greenhouse walls for fresh air, she placed the key spaces, such as bedrooms to the north or east in the structure, which also allows the spaces to stay cool in the summer. The hub of the home—the kitchen—is situated to open up directly into the greenhouse. They also have a rooftop deck that provides additional space for hosting and allows them to stargaze through the glass roof at night.

The home is set up to be self-sustaining for the family. They can grow nearly all of their food year-round in the greenhouse garden section of the building. This includes vegetables, herbs, and fruit trees that can be maintained in a climate-controlled space. They also own and maintain a flock of sheep on the land and partner with family members who have horses, so they can use the manure for their gardens.

While the sustainability of the home and farm property were of primary concern to the Solibakke Klev family, they are also committed to passing a sustainable lifestyle onto their kids. Their home is evidence that innovative living can be in harmony with the nature surrounding it.

Sources:

- *Woman Turns Home into Year-Round Greenhouse*
- *Outside in: the extraordinary home inside a giant greenhouse in Norway* | Interiors | The Guardian



Deliciously Nordic

World's Best Chocolate Mousse

Time to make: 60 min

Chill time: 3 hours or overnight

Makes 5 portions

Ingredients for the mousse:

- 130 g dark chocolate, 65% cocoa
- 100 g egg yolks, room temperature
- 120 g sugar (100+20 grams)
- 160 g egg whites, room temperature
- optional: 2 Tbsp. rum, whiskey or cognac

Ingredients for chocolate straws:

- 100 g dark chocolate

Additional garnish:

- 120 g blueberries
- 2,5 dl whipping cream
- 4 Tbsp. cocoa nibs

How to make:

Note: eggs should be brought to room temperature before making this dessert.

Make the mousse:

Chop the chocolate and melt it in a bowl over a water bath with simmering water, not boiling. Turn off the heat and let the chocolate melt slowly.

Beat room-temperature egg yolks and 100 grams of sugar until white and fluffy for about 8–10 minutes until it forms a thick foam.

Beat room-temperature egg whites stiff in



Photo Credit: DR via nrk.no

another bowl with 20 grams of sugar to create a chewy meringue.

First fold 1/3 of the egg yolk mixture into the chocolate and distribute well with a whisk. Then add the rest of the egg yolk mixture and fold together with a spatula.

Then fold the stiffly beaten egg whites into the mousse and make sure everything is distributed well. Flavor with rum, whiskey or cognac if desired.

Carefully pour the chocolate mousse into a piping bag and pipe the mousse into small bowls, glasses or similar that hold approximately 2 – 2.5 dl. The mousse can also be spooned or poured directly into the bowls.

Refrigerate the chocolate mousse for at least three hours or overnight until the mousse has set.

Garnishes:

Make the chocolate straws

Chop the chocolate and melt it in a bowl over a bain-marie with simmering, not boiling, water. Turn off the heat and let the chocolate melt slowly.

Spread the melted chocolate in a very thin layer with a metal spatula on the back of a baking sheet or a cold marble slab. Let the chocolate set, approximately 25 minutes, without it becoming hard.

Scrape or pull the spatula in a 45-degree angle towards you, so that small tubes or shavings automatically roll up. Place them on baking paper on a plate and store them in the refrigerator until ready to use.

Serving:

Cut the blueberries in half and spread over the chocolate mousse. Garnish with lightly whipped cream, cocoa nibs and chocolate shavings.

Source: <https://www.nrk.no/mat/verdens-beste-sjokolade-mousse-1.15749659>

Salmon Loaf

Makes 2 servings

Ingredients:

- 1 - 6 oz. can skinless boneless pink salmon
- 1/2 cup crushed multi-grain Club crackers
- 1/2 cup milk
- 1 egg
- 1 Tbsp. lemon juice

- 1/4 tsp. parsley and thyme
- Lemon pepper to taste

Directions:

Mix together all ingredients. Put in greased small Pyrex or ovenproof bakeware dish.

Bake about 45 minutes at 350 degrees.

Source: Marylee Hagen





The Translation

Leiv Eiriksson

Leiv Eiriksson var en norrøn oppdager, kjent for oppdagelsen av Vinland omkring år 1000. Leiv og hans følge kan dermed ha vært de første europeerne til å «oppdage» Amerika.

Leiv var sønn av den norskfødte Eirik Raude og hans islandske hustru Tjodhild. Han vokste opp på Grønland.

Ifølge Eirik Raudes saga seilte Leiv Eiriksson til Norge i 999. Her ble han døpt og fikk i oppdrag å innføre kristendommen på Grønland. Faren skal ha nektet å ta den nye troen, mens moren ble døpt og bygget den første grønlandske kirken.

Vi vet ikke sikkert når Leiv døde. Han er nevnt i live siste gang i 1019, og var antakelig død før 1025, for ifølge Fostbrødrenes saga var sønnen Torkell da blitt høvding i Eiriksfiord og bodde på Brattalid.

Vinlandsferden

Ifølge Eirik Raudes saga kom Leiv ut av kurs på vei hjem til Grønland fra Norge i 999, og oppdaget et land med selvsådde hveteåkrer og vintrær (Vinland). I Grønlendingenes saga sies det derimot at Leivs oppdagelse av Vinland var et resultatet av en planmessig ekspedisjon.

En norrøn bosetning ble i 1960-årene funnet på L'Anse aux Meadows, på nordspissen av Newfoundland i Canada. Dette har blitt tolket som sagaenes Vinland. Om Vinland viser til et land der det vokser vindruer, er det sistnevnte alternativet mest sannsynlig.

Minnet om Leivs ferd til Vinland

Minnet om Leiv Eiriksson og betydningen av hans oppdagelse ble for alvor løftet fram på slutten av 1800-tallet. Ved verdensutstillingen i Chicago i 1893, som var viet til 400-årsmarkeringen av Kristoffer Columbus' første reise til Amerika, ble Christian Krohgs maleri av Leiv Eiriksson sendt fra Norge, og skipet Viking, en kopi av Gokstadskipet, ble ført at Magnus Andersen over Atlanteren til Chicago og ble gjenstand for stor oppmerksomhet.

I 1964 proklamerte USAs president Lyndon B. Johnson 9. oktober som offisiell minnedag over hele landet til erindring om Leiv Eirikssons oppdagelse. Datoen for Leivs ankomst til Vinland er ikke presisert i sagaene, men det sies at det var om høsten. 9. oktober ble valgt, siden det norske emigrantskipet Restaurationen ankom New York denne datoen i 1825.

Excerpted from: snl.no

Leif Erikson

Leif Erikson [Leiv Eiriksson] was a Norse explorer, known for the discovery of Vinland around the year 1000. Leif and his companions may thus have been the first Europeans to "discover" America.

Leif was the son of the Norwegian-born Eirik Raude [Erik the Red] and his Icelandic wife Tjodhild. He grew up in Greenland.

According to Erik the Red's saga, Leif Erikson sailed to Norway in 999. Here he was baptized and commissioned to introduce Christianity to Greenland. His father is said to have refused to accept the new faith, while his mother was baptized and built the first Greenlandic church.

We do not know for sure when Leif died. He is last mentioned alive in 1019, and was probably dead before 1025, because according to the Fostbrødrenes saga, his son Torkell had by then become chieftain in Eiriksfiord and lived on Brattalid.

The Vinland Expedition

According to Erik the Red's saga, Leif went off course on his way home to Greenland from Norway in 999 and discovered a land with self-sown wheat fields and vines (Vinland). In Grønlendingenes saga, however, it is said that Leif's discovery of Vinland was the result of a planned expedition.

A Norse settlement was found in the 1960s at L'Anse aux Meadows, on the northern tip of Newfoundland in Canada. This has been interpreted as the Vinland of the sagas. If Vinland refers to a land where wine grapes grow, the latter option is most likely.

The memory of Leif's voyage to Vinland

The memory of Leif Erikson and the significance of his discovery were seriously raised at the end of the 19th century. At the World's Fair in Chicago in 1893, which was dedicated to the 400th anniversary of Christopher Columbus' first voyage to America, Christian Krohg's painting of Leif Erikson was sent from Norway, and the ship Viking, a copy of the Gokstad ship, was taken by Magnus Andersen across the Atlantic to Chicago and became the subject of great attention.

In 1964, US President Lyndon B. Johnson proclaimed October 9 as an official national day of remembrance in memory of Leif Erikson's discovery. The date of Leif's arrival in Vinland is not specified in the sagas, but it is said to have been in the autumn. October 9 was chosen because the Norwegian emigrant ship Restaurationen arrived in New York on this date in 1825.



2025/26 Solglyt Lodge Events

Sunday November 9th, 2025 from 1 to 5

'God Jul' Dinner - Saturday Nov. 29th, 2025 from 12 to 6

Sunday January 11th, 2026 from 1 to 5

Sunday February 8th, 2026 from 1 to 5

Sunday March 8th, 2026 from 1 to 5

Sunday April 13th, 2026 from 1 to 5

Saturday May 16th, 2026 from 12 to 6

Sunday June 14th, 2026 from 1 to 5



- **Sons of Norway Solglyt Lodge #7-143 - Edmonton** - sofnedmonton.ca
- **Solglyt Lodge on FaceBook** - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **Sons of Norway Solglyt Lodge #7-143 Photos** - <https://www.flickr.com/photos/sonsofnorway/albums/>
- **Sons of Norway Valhalla Lodge #7-341 - Calgary** - <http://www.sofncalgary.ca>
- **Sons of Norway District 7 (British Columbia, Alberta, Saskatchewan)** - <http://www.sofn7.com>
- **Sons of Norway Foundation in Canada** - <https://www.sonfic.ca>
- **Sons of Norway International** - <https://www.sofn.com>
- **Scandinavian Studies Association - Edmonton** - <https://www.scandinavianstudies.ca>
- **Trollhaugen Language, Arts & Culture Camp** - <https://www.trollhaugenalberta.com>
- **Torskeklubben of Edmonton** - <https://www.torskeklubben.ca/>
- **Norwegian Laft Hus - Red Deer** - <https://www.norwegianlaftussociety.ca>
- **Norsk Høstfest** - <https://hostfest.com>
- **Welcome to Norway** - <https://www.visitnorway.com>

Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, Sunshine Director, would like to remind members to email her, please include the full name and nature of the request.

Karin's email: lesandkarin@hotmail.com

2026 Newsletter Submissions

Jan. - Feb. - due by Dec. 30, 2025.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please email submissions to: sjamison@greatwest.ca and indicate SON Newsletter in the subject line.

Early submission of articles, when possible, is appreciated.

