

**SONS of NORWAY**

**Solglyt Lodge 4-143**

May - June 2025

sofnedmonton.ca

Edmonton, AB

## President's Message

### God dag Solglyt members.

I trust that you all had a good Easter and now we look forward to the summer.

In February, we gathered for a game's day followed by pizza. There were many laughs and some new attempts at playing games never seen or played before. Thanks, Sharon, for organizing the pizza lunch. It was delicious.

For the April meeting, we were blessed to have our District 4 Director Karen Larson bring us greetings on behalf of District 4. She is from the Aspelund Lodge of Red Deer.

Dreena Davis provided a very informative presentation on the Easter season history and how it was and is celebrated in Norway. After the meeting, I presented a portion of Nancy's and my trip to Norway primarily in the Tonsberg area (which is where Nordahl Flakstad) was born and immigrated from.

At the last few meetings, we have had several new people join and we are happy to have them join us. Welcome to the recent visitors to our Lodge meetings.

We are nearing the **Syttende Mai celebration** on **Saturday May 17** commencing at **2:00 p.m.** with a short ceremony and follow-up with delicious hot dogs. If anyone can help set up for the day, set up will commence that at 1:00 p.m. This is always one of the highlights of the year for our Lodge and of course for Norway itself.

Our Lodge will miss Tom Yohemas leading our parade this year as he passed away recently.

Condolences to his family and may he rest in peace.

A **BBQ** will be held on **Sunday June 8** and more details will be provided closer to the event.



**District 4 Director Karen Larson and Arvid Pederson at the April 13 meeting.**

This will be a nice way for the Lodge to swing into summer break.

There is the **Scandinavian Cultural Weekend** planned for **June 13-15** in Red Deer and of course Trollhaugen Camp as well. These provide opportunities to meet people from other Lodges.

Thanks again to all the volunteers who make our Lodge a great organization celebrating our Norwegian culture. Without volunteers, our organization would not exist.

**Takk.**  
**Arvid.**

### Executive Officers:

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

### Program Directors:

Cultural	<b>Dreena Davis</b>
Social	<b>Sharon Bruce</b>
SON Foundation in Canada	<b>Brenda Carlstad</b>

### Support Directors:

Trustees	<b>Cliff Norum</b> <b>Wayne Nordstrom</b>
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**SONS OF NORWAY**  
**SOLGLYT LODGE 4-143**

**17.mai.2025 – Syttende Mai**  
**Norway's Constitution Day**

Greenfield Community Hall  
3803 – 114 St. NW Edmonton

2:00 p.m. Mix & Mingle  
2:30 Welcome by President Arvid Pederson  
Valhalla Scandinavian Junior Folk Dancers  
Greetings from President Pederson  
Greetings from Kingdom of Norway  
*O Canada*  
Norwegian Flag raising  
*Ja Vi Elsker*  
Parade

Followed by a traditional hot dog lunch!  
*(Donations for food expenses happily accepted)*

Maximum seating: 100 – Outdoors available!



[info@sofnedmonton.ca](mailto:info@sofnedmonton.ca)  
[sofnedmonton.ca](http://sofnedmonton.ca)



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# April Gathering

Sunday, April 13



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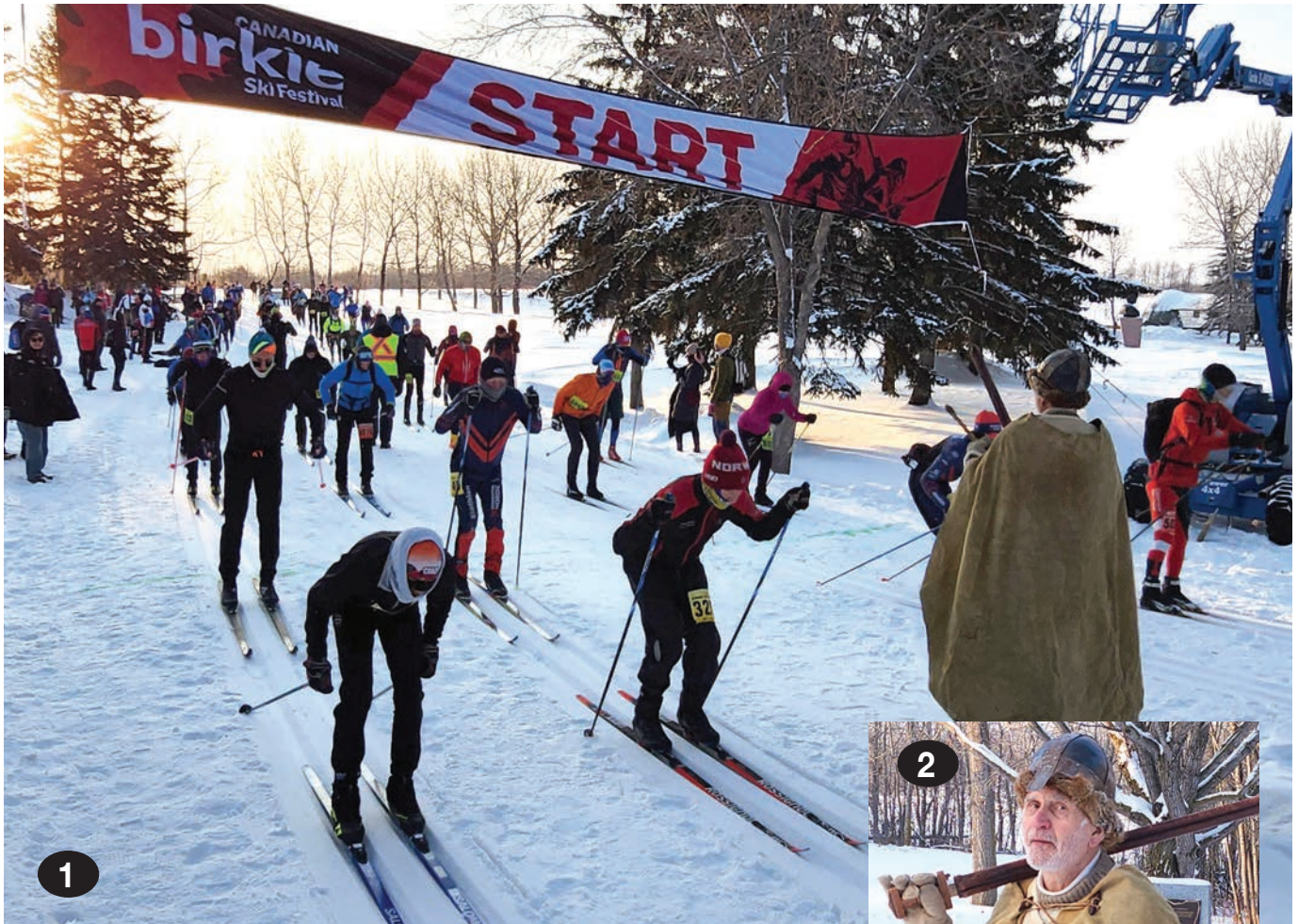
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1. Elaine D. manning the Norwegian book table; reading crime novels at Easter is a Norwegian tradition.

2. Karin J., winner of a lovely rose plant, keeping a Norwegian Easter tradition flourishing.

3. Dreena D., Cultural Director - an excellent presentation of Norwegian Easter traditions, together with a lovely display.

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



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# Canadian Birkebeiner

Feb. 7 – 9, 2025, Cooking Lake-Blackfoot Provincial Recreation Area



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1. Birkie First Wave start.
2. “Verner the Viking” – Verner Steinbru. Has started the race since he quit skiing in it.
3. Torskeklubben Bas, Kaare Boraas, handing out medals to the winners.
4. 2025 Birkie Baby.

TORSKEKLUBBEN  
"EDMONTON" 

# Remembering...

## Gladys Pauline Hansen

It is with great sadness but with endless thanks for sharing a wonderful life that we announce the sudden passing of our beloved Mother Gladys on March 8, 2025 at the age of 95. Gladys will be forever loved and remembered by her children Robert (Darlene), Dale (Ruth), Jim (Loida), and Joan; Grandchildren Michael, Christy, Daniel, Jeremy, Laura, Sherry, Albert (Carolyn), Allen, Chrissy, Jennifer, Marshall, Harisson, and Walker, and Great-Grandchildren Henry and Emma, Leo and Nolan. She is also mourned by numerous nieces and nephews and friends.

Gladys' parents, John and Sophie, immigrated from Norway (via Kansas) and homesteaded on a farm a few miles south of Duchess, Alberta. Gladys was born June 17, 1929, in Brooks, Alberta and grew up at the family farm. She was predeceased by her parents, her brothers John, Harold, Ralph, William, Robert, and Gordon, and her sisters Alice, Marie, and Shirley.

Gladys had a happy childhood on the farm with her family and her favorite horse Tippy. She learned to cook with her Mother and helped her older sister Alice and cousin Henry Dahl feed hired hands on their farms.

She married Harold Hyrve in 1949 and together they raised four children, Robert,

Dale, Jim, and Joan.

In the early sixties Gladys began working in bakeries and quickly became an expert cake decorator, winning many awards and competitions. At her employer's suggestion she also apprenticed as a Baker and became the second female professional Baker in Alberta and won the award for top apprentice in all of Alberta. Thousands of kids of all ages were thrilled to get a cake that she had decorated.

In 1977 she married Robert Boyden and had an adventurous 22 years of owning a bakery in Sedgewick, Alberta and traveling to Norway and the United Kingdom. In 1998 she married Robert Green, moved to Calgary and enjoyed many years of travel throughout the world, gardening and painting. During this time Gladys took up the Norwegian folk art of Rosemaling and taught many students at the Trolhaugen summer camp for children. Gladys treasured her many trips to Norway keeping in touch with relatives there and her Norwegian culture.

Gladys and Robert moved back to Edmonton in 2015 and lived happily together until Robert's passing in 2023.

In lieu of flowers, we hope you will be kind



to a retired rodeo horse, a nice dog or a bird. Raise a glass of wine or a donut and think of Gladys.

The Hyrve family would like to thank the residents and staff of Devonshire Manor for all the kindness and friendship extended to Gladys over the past two years. She enjoyed all the activities offered: Bingo, exercise, colouring, painting, puzzles, music videos, live musicians and movies in the theatre room.

A Celebration of Life was held at Hainstock's Funeral Home, 9810 34 Ave NW, Edmonton, April 12 at 2:00 p.m.



The Northern Lights.

## Northern Lights Museum Display

The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you've had the chance to see them in person. Fortunately, those of us who haven't been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn't been an easy one.

Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren't sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February.

In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi people and completed his sketches. He became known to some as the "star man." Tromholt is considered a pioneer in this subject and is praised for his research contributions.

# Everything Norway!

## How Oslo Got Its Name

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.



Scenes from Stavanger.

## Stavanger Celebrates 900 Years

Stavanger was founded in 1125, with the completion of its cathedral. Today, this southwest coastal city stands as the country's third-largest city and is central to the country's oil and gas industry.

To mark the occasion, the city is taking the entire year to celebrate with the theme of Stavanger 2025: Past, Present, Future. Over the course of the year, events will occur that include themes of origin, cultural heritage, community, urban life, and natural wonder. The topics of innovation and sustainability will also be evident.

Festivities kicked off in January, with an estimated 17,000 in attendance for light festival events. Spring and summer festivities will be full of music, dance, performances, reenactments, and food celebrations. One of the biggest highlights will happen in July when the replica ship Restauration sets sail from Stavanger harbor to re-enact the start of Norwegian mass migration to America in 1825. The year-long commemoration will conclude in December with an event called Into the Future, that will focus on technology and innovation topics.

**Sources:** *How Norway's Stavanger Will Celebrate Its 900th Year In 2025*

*The celebration of Stavanger's 900th anniversary is now underway – NRK Rogaland – Local news, TV and radio*



The Munch Museum, Oslo.

## Norwegian Ceramics Honored in Brussels

A January art and design event Ceramic Brussels in Belgium recently showcased the work of Norwegian ceramic artists. The multi-day event is the first international modern art fair to focus on ceramics, and included over 60 galleries, museums and ceramic artists.

Oslo nonprofit Norwegian Crafts was on-site to promote contemporary Norwegian ceramic works and innovation brought to the world by Norwegian artists. In tandem with Ceramic Brussels, they curated five Norwegian galleries to highlight: RAM Galleri, QB Gallery, KIOSKEN, Format, and SKOG Art Space.



This year's expo was the first to focus on a single country, offering a look at the Norwegian ceramic scene in a cultural dialog with artists from other countries. Rounding out the exhibition were collections out of art and design galleries from Belgium, Denmark and the US. Norwegian Crafts' presence at Ceramic Brussels portrays a vibrant spectrum of modern and traditional ceramics through "works of prominent and emerging Norwegian artists," as mentioned by the organizers.

**Source:** <https://www.stirpad.com/news/stir-news/norwegian-crafts-honours-nordic-ceramic-artistry-at-ceramic-brussels-second-edition>



Photo Credit: University Museum of Bergen

**Archeological dig produces significant finds.**

## Metal Detectorist Discovery

Norway is no stranger to archeological digs. Given its rich Viking history, it is no surprise that there are significant and frequent excavation discoveries. In 2023, some amateur metal detectorists from the Bjørgvin Detector Club stumbled across a site in Fitjar, on the Skumsnes farm in southwestern Norway. The group alerted a local museum who enlisted the assistance of Søren Diinhoff from the University Museum of Bergen.

It was immediately evident that this was a significant find. The archaeologists discovered coins, jewelry and stones from the grave sites. While the items themselves are not unusual, what sets this site apart is that they believe the items belonged to high status Viking Age women. It is theorized that the women specialized in textile production. The jewelry and coins

suggest that the women were involved in trade with others outside of the region. One brooch was repurposed from a book clasp, which experts believed may have been plundered from an English or Irish monastery, while another was forged from Frankish sword belts. One rare coin was likely made in southern Denmark between 823 and 840 A.D.

There are a total of twenty or more graves at the site, of which only two have been fully excavated and a third is being analyzed. Time is of the essence for these digs because the graves are mostly just below the surface, meaning that they are at high risk for exposure and erosion of the contents. It is likely that this isn't the last we have heard about this rich historical site.

## Magnus Carlsen Reviews Queen's Gambit Chess Moves

The Netflix original series *The Queen's Gambit* premiered in late 2020, during the middle of the Covid-19 pandemic. Set between 1958 and 1968, its main character, orphan Beth Harmon learns to play chess in grade school and becomes an elite chess player who crowds flock to watch. The show was such a sensation that it hit #1 in 12 countries, including the U.S.

The stylish drama made it cool to play chess, causing chess boards to fly off shelves and into homes while sparking the highest interest in chess since the 1970s faceoffs between Boris Spassky and Bobby Fischer.

Norway is home to current world champion Magnus Carlsen, who is happy to see his sport portrayed in such a glamorous series. Netflix asked the Norwegian grandmaster to review the final game between Beth and adversary Borgov and it is fascinating to see that Carlsen thinks that the film's chess was "very, very well done."

Watch the video on YouTube: <https://www.youtube.com/watch?v=LnBZs04XQOU>



**Magnus Carlsen.**

# Deliciously Nordic

## Appelsinkake Orange Cake

This refreshing and easy recipe is a Norwegian favorite anytime.

### Ingredients:

- 150 g (2/3 cup) butter
- 2 dl sugar (3/4 cup plus 1.5 Tbsp.)
- 3 eggs
- 1 lemon
- 1 orange
- 3 dl (1 1/4 cup) all-purpose flour
- 2 tsp. baking powder
- 2 dl (3/4 cup plus 1.5 Tbsp.) powdered sugar

### Glaze:

- 2 Tbsp. lemon juice
- 2 Tbsp. orange juice
- 1 Tbsp. softened butter



Photo Credit: norskradisjonmat.no

### Directions:

Preheat the oven to 175° C / 350°F.

Wash the fruit. Zest the peel and squeeze the juice of both the lemon and orange.

Beat the butter and sugar until white and fluffy. Add the eggs, one at a time, and then the zested peel and fruit juices (reserve 2 Tablespoons of lemon and 2 Tablespoons of orange juice for the glaze).

Sift together the flour and baking powder and mix this with the wet ingredients.

Pour the batter into a greased and floured bundt cake pan. Bake the cake for ap-

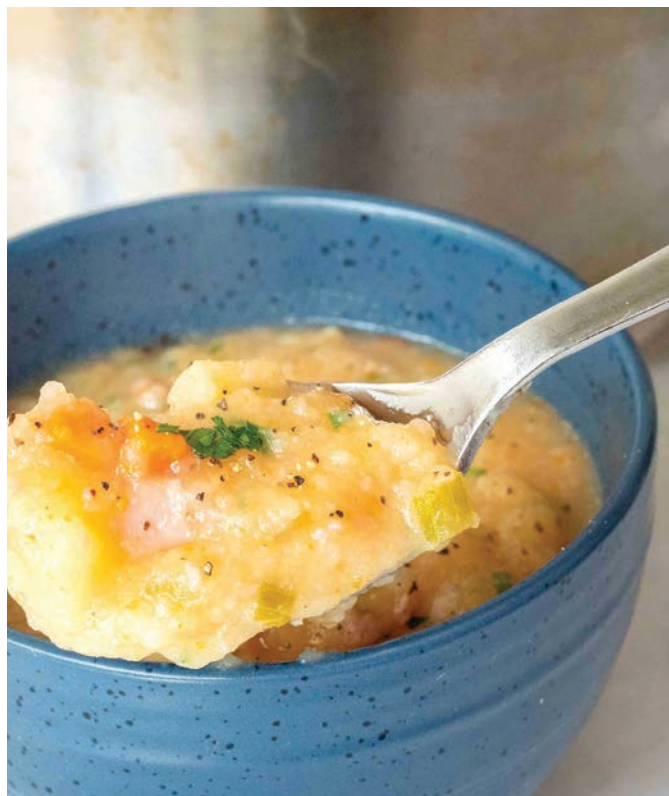
proximately 45 minutes. Use a knitting needle or toothpick to know if the cake is fully baked. No batter should remain on the needle/toothpick. Cool the cake.

### Glaze:

Mix the icing sugar, softened butter and reserved fruit juice to make a smooth glaze. Pour glaze evenly over the cake. If desired, sprinkle a bit of grated orange peel over top before the icing hardens.

### Source (in Norwegian):

<https://norskradisjonmat.no/oppskrift/appelsinkake>



## Lapskaus Norwegian Potato Stew

Serves 6

15 minutes prep time      30 minutes cook time

### Ingredients:

- 2 turnips, peeled and chopped
- 3 lbs. russet potatoes, peeled and chopped
- 2 carrots, peeled and chopped
- 1 stalk celery, chopped
- 1 onion, diced
- 8 oz. ham steak, cubed
- 2 Tbsp. salted butter
- 1 quart chicken broth
- 2 bay leaves
- 1 Tbsp. fresh parsley, minced
- Kosher salt and freshly cracked black pepper, to taste

### Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.

2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.

Photo Credit: Dom Ruane, 12tomatoes.com



# The Translation

## Testet eksperiment: Brukte samme antrekk på jobb i én uke

Hvert år kastes titusenvis av tonn klær og tekstiler. Forsker Synnøve Rubach ønsket å finne ut om kollegaene egentlig la merke til hva hun hadde på seg.

– Det er mye bruk og kast. Og så tenkte jeg, hvor mye klær trenger vi egentlig?

Det sier Synnøve Rubach som jobber ved Norsk institutt for bærekraftsforskning (NORSUS).

Hun tok på seg samme antrekk i én uke som et eksperiment på jobb.

Spørsmålet var om noen ville legge merke til det?

Hvert år kjøper nordmenn rundt 100.000 tonn med nye klær og sko. Mye går også i restavfallet. Lite av det går til gjenbruk, viser forskning fra NORSUS.

Produksjonen av klær skaper også store utslipps-problemer for miljøet.

Det ønsker Rubach å gjøre noe med. Hun mener det beste for miljøet er at alle har få plagg som repareres og brukes lengst muli

### Vil at flere skal reparere klær

Forskeren var spent på om noen ville legge merke til at hun hadde på samme klær. Men hun fikk ingen reaksjoner fra kollegaene sine.

Derfor spurte hun alle på morgenmøtet om de hadde lagt merke til noe rart.

– Det kan være at noen ikke var helt ærlig, men de sa at de ikke hadde lagt merke til det, sier hun og ler.

Tenker du over det dersom du bruker samme klær i flere dager?

Ja, man skal skifte ut hele antrekket hver dag.

Nei, det er helt greit å bruke samme genser i et par dager!

Det har jeg ingen meninger om.

Rubach sier det beste for miljøet er at alle har få plagg som repareres og brukes lengst mulig.

– Sørg for at du har et så lite klesskap som mulig, bruk de klærne du har og reparer klærne eller få hjelp til det hvis det skjer noe med dem.

## Experiment: She wore the same outfit to work for one week

Tens of thousands of tons of clothing and textiles are thrown away every year. Researcher Synnøve Rubach wanted to find out if her colleagues would actually notice what she was wearing.

“There is a lot of throwaway fashion. So I thought, how many clothes do we really need?”

So says Synnøve Rubach, who works at the Norwegian Institute for Sustainability Research (NORSUS).

As an experiment, she wore the same outfit to work for a week.

Her question was, would anyone notice?

Every year, Norwegians buy around 100,000 tons of new clothes and shoes. Much of it goes into the trash as well. Little of it is reused, research from NORSUS shows.

The production of clothing also creates major emission problems for the environment.

Rubach wants to do something about that. She believes that the best thing for the environment is for everyone to have a few garments that are mended and in use for as long as possible.

### Wants more people to reuse clothing

The researcher was curious if anyone would notice that she was wearing the same clothes. But she got no reactions from her colleagues.

Therefore, she asked everyone at the morning meeting if they had noticed anything strange.

“It could be that someone wasn’t completely honest, but they said they hadn’t noticed,” she says, laughing.

Do you think about it if you wear the same clothes for several days?

“Yes, you have to change the entire outfit every day.”

“No, it’s perfectly fine to wear the same sweater for a couple of days!”

“I have no opinion on that.”

Rubach says the best thing for the environment is for everyone to have a few garments that can be mended and worn for as long as possible.

“Make sure you have as small a wardrobe as possible, use the clothes you have and mend the clothes or get help, if something happens to them.”

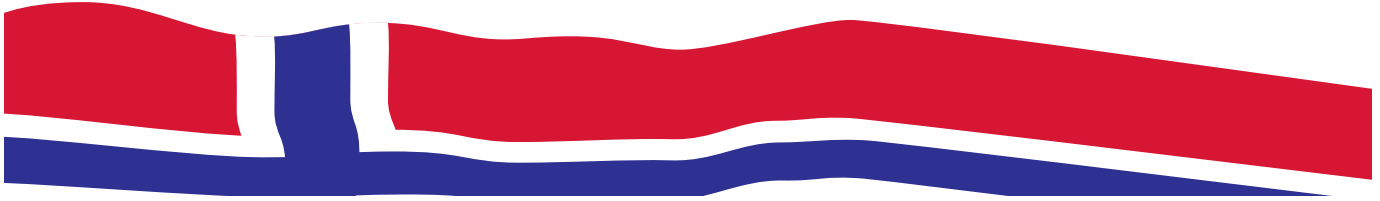
[https://www.nrk.no/ostfold/nordmenn-kjoper-titusenvis-av-tonn-klær\\_-synnove-rubach-brukte-samme-antrekk-i-en-uke-1.17209183](https://www.nrk.no/ostfold/nordmenn-kjoper-titusenvis-av-tonn-klær_-synnove-rubach-brukte-samme-antrekk-i-en-uke-1.17209183)



# 2025 Solglyt Lodge Events

**Saturday, May 17, 2025** - 2:00 to 6:00 p.m. - **Syttende Mai** – More details page two.

**Sunday, June 8, 2025** - 2:00 to 5:00 p.m. – **BBQ** – Details to follow.



- **Sons of Norway Solglyt Lodge #4-143 - Edmonton** - [sofnedmonton.ca](http://sofnedmonton.ca)
- **Solglyt Lodge on FaceBook** - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **Sons of Norway Solglyt Lodge #4-143 Photos** - <https://www.flickr.com/photos/sonsofnorway/albums/>
- **Sons of Norway Valhalla Lodge #4-341 - Calgary** - <http://www.sofncalgary.ca>
- **Sons of Norway District 4 (Alberta, Montana, North Dakota and Saskatchewan)**  
- <https://www.sofn-district4.com>
- **Sons of Norway District 7 (British Columbia)** - <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.norwegianlafthussociety.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](mailto:lesandkarin@hotmail.com)

## 2025 Newsletter Submissions

**Sep. - Oct.** - due by Aug, 29, 2025.

**Nov. - Dec.** - due by Oct, 31, 2025.

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

Early submission of articles, when possible, is appreciated.

**PHOTOS: Implied/Verbal Consent for Photos:** Photos are taken at our Lodge events to document activities for lodge promotion and archival purposes. This has been previously discussed at meetings and approved.

### TO RECAP:

- Our Solglyt newsletter is shared with Sons of Norway lodges and affiliated Scandinavian organizations. Often members share with their family and friends. The newsletter is also available to the public via [sofnedmonton.ca](http://sofnedmonton.ca)
- *Viking Magazine* - We are encouraged to submit photos to the *Viking*.
- Events – while attending an event, if you object to your photograph being taken, please identify yourself and advise the photographer at your earliest opportunity
- Notice & Consent – verbal and/or email consent is sufficient.
- We contact you prior to sending a photo in for publication
- Email for more information: [sofn2013@gmail.com](mailto:sofn2013@gmail.com) – Brenda Carlstad, Publicity – *Takk!*

