

**SONS of NORWAY**

**Solglyt Lodge 7-143**

May - June 2026

[sofnedmonton.ca](http://sofnedmonton.ca)

Edmonton, AB

## President's Message

### God dag Solglyt members.

I trust you all had a nice Easter, and now we look forward to spring and summer, but Old Man Winter keeps hanging on.

On behalf of the Lodge, I would like to thank our new members that recently joined and look forward to working and socializing with them at further events.

A historical presentation on L'Anse Aux Meadows in Newfoundland was presented on March 8 by Marla J. This area was discovered by the Vikings about 500 years before Columbus and the presentation was very informative and interesting and enjoyed by all.

Dreena D. gave a presentation on Sami Culture and religious aspects at our April 12 meeting, and this was also a very interesting presentation. Have you ever seen reindeer racing? This might be a new sport you wish to pursue.

This year our **Syttende Mai celebration will be held on Saturday May 16 since we cannot get janitorial assistance on Sundays.** This is one of the annual highlights of our Lodge that celebrates Norway's independence and the entertainment, and hot dogs are great as well.

We will end our Lodge activities prior to

summer break with a BBQ on Sunday June 14.

A bus trip to the Red Deer area is planned for Wednesday July 29. This has been a blast in the past and Wayne N. has agreed to provide local historical commentary as we travel.

Solglyt will kick-off our fall with a Pea Soup supper on Sunday September 20 that is organized by Val V. and Sandy J. This is an opportunity for a delicious meal, fellowship but also showing our generosity towards the SON Foundation that assists students financially.

Trollhaugen Camp is an excellent opportunity to gain additional Norwegian cultural knowledge, skills and entertainment and is being held on August 9-15.

The Camp ends with a Saturday Wind-Up Performance on August 15 from 1-3 p.m.

**Refer to the Newsletter for specific details on May, June and fall/winter meeting dates and activities.**

Please again accept thanks on behalf of the Solglyt Board to all the amazing and dedicated volunteers that provide their help and assistance in our Lodge activities. They make this organization a lot of fun to be a part of.



Arvid enjoying Easter dinner.

We have had a few members pass away and Solglyt passes on condolences to all their families.

**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>
<b>Support Directors:</b>	
Trustees	<b>Cliff Norum</b> <b>Wayne Nordstrom</b>

Historian	<b>Brenda Carlstad</b> <i>info@sofnedmonton.ca</i>
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**SONS OF NORWAY**  
**SOLGLYT LODGE #7-143**

**Celebrating on May 16**  
**Norway's Constitution Day**  
**Syttende Mai Festivities**

Greenfield Community Hall  
3803 – 114 St. NW Edmonton

**Syttende Mai Ribbons for Sale - \$2.00**

2:00 p.m. Welcome - President Arvid Pederson  
Anthems: *O Canada & Ja Vi Elsker*  
Valhalla Scandinavian Junior Folk Dancers  
Greetings: Kingdom of Norway & History  
Norwegian Flag raising & parade  
Norwegian Table Grace (*Bordbønn*)

Hot dog lunch!  
Donations happily accepted for food costs.



**SONS of**  
**NORWAY**

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



1. Dreena makes her presentation.



## April Presentation - Sami Culture

The theme for April focused on the Spring and Easter traditions of the Sámi people of Sápmi, spanning northern Norway, Sweden, Finland, and Northern Russia. Here, spring is not marked by a quiet thaw, but by the energy of the people—the joik, the laughter, and the steady rhythm of reindeer moving across the snow. The annual migration from inland grazing areas to the Arctic coast is more than survival; it is a return to life, guided by generations of knowledge and care. Sámi beliefs before the 1300s were loosely based on witchcraft, deeply connected to the land and the natural world—this is where the tradition that hanging a witch in the kitchen brings good luck originates. In the 1600s, Christianity was forced upon them through missionary efforts, often suppressing these traditional practices. Despite this, Sámi beliefs and traditions endured—carried forward through story, practice, and community.

Each year, this living culture gathers in Kautokeino during the Easter festival, where tradition and adaptation meet. Colourful gákti, vibrant markets, art and music festivals, snowmobile and reindeer races, and shared celebrations bring the community together, while the church reflects not erasure, but resilience and reclamation. Weddings held during this time are not just ceremonies, but powerful expressions of family, continuity, and belonging.

2. Food and Fellowship.

3. The Sami Goahhti.

4. The People of Eight Seasons.

### 3 The Sámi Goahhti

In a traditional nomadic Sámi camp, the people lived in dwellings called **goahhti** or **beaivgoahhti** or **darfegoahhti** or **lávvegoahhti** (lavve), depending on the region in which they lived. As in the dwellings of all nomadic people, these were made of materials commonly available—poles, skins, woven materials and leather straps. The goahhti were light, portable, and easily assembled. The typical Sámi goahhti is constructed of 20 or more poles, all in a tripod form. They are usually covered with a layer of thin sod, bark, wool blankets, reindeer hide or canvas.

A special cover is used at the door and another used over the large **smoke hole** at the top when needed. The floor of the goahhti is covered with a thick layer of fine branches and twigs. Over this is placed layers of woolen blankets and soft haired hides. The **hearth stones** raise the fire well above the insulation level, or heating and cooking. Logs or firewood define a path to the entry.

Tradition defines the **jobs** of the interior spaces in a goahhti. The area at the entry is called **ukski**. The living and sleeping space for the family is called **loaidu**. The **Arran** is the hearth and the **boakku** is the inner space where precious cooking utensils, food, and shared objects are kept. In the goahhti, everyone had an assigned place. Spiritual forces also reside within the goahhti.

If the dwelling was that of a **soccerer** or **roadside**, the sacred drum and other special items were kept in the sacred part of the living area at the rear of the goahhti.

**Visitors to a goahhti enter only to the left (see green arrow). To enter to the right without invitation is to challenge the man.**

**Gieddegeaigálgu** was a spirit that protected the entire encampment. She appeared sometimes as a person. She listened at the doors of dwellings to see if everything was OK.

**Small children** occupied the inner space with parents. The **older children** and the hired help were closer to the door. **Guests** always stayed closest to the door if the length of the visit was short. **Important guests** were always offered a seat next to the man of the household. The **woman**, however, had authority and presided over the goahhti.

**Spiritual forces in the goahhti included:**

- **Máttaráhkká** — woman creator, mother of the clan. She created children in her womb and gave it to her daughter. Sáráhkká, who placed it in the human mother's womb and protected it till birth.
- **Sáráhkká** — protector. Daughter of Máttaráhkká. She lived under the hearth and spun threads of sinews. She assisted in childbirth and the delivery of reindeer calves.
- **Uksáhkká** — door woman. Daughter of Máttaráhkká. She was guardian at the door.
- **Juksáhkká** — bow woman. Daughter of Máttaráhkká. She protected male children. She also had the power to change half of the females to males in the womb and to teach them how to hunt.

On the man's side of the dwelling area, the tools of the hunt are kept, with their preserving powers for success. In ancient times, there was a special "bear door" here for the hunter to exit and then return with game... maybe even the magical powers of the bear! Hunting tools were never to be handled by other members of the household.

### 4 The People of Eight Seasons

The Sami language has names for eight seasons. The names evolved centuries ago, based on the annual cycle of reindeer herding. The reindeer breeding year is divided into eight seasons; each season a separate phase. These seasons start in the late winter (March-April) when the reindeer are moved from the winter grazing grounds in the lowlands to the mountain areas where calving will take place. The year progresses through the various phases that include calving, building of corrals, marking the calves, grazing, mating, slaughtering of the bulls, and ends in December-March when the herds are divided into smaller groups.

**Winter - Dávve (December - March)**  
Immediately after the New Year, the light starts to return. The snow is deep and the air is cold. The pale winter sun gives the sky and the snow-covered trees yellow and pink hues. The so-called **slápláps** (approx. "lag-light") is the time when the sun is seen to shine behind the treetops.

**Early spring - Giddádvve (March - April)**  
There is still snow and ice on the ground and it is warm in the sunlight. Ice-fishing, skiing and other outdoor activities are popular at this time of year, as temperatures are often above zero in the daytime and colder at night. There is an incredible amount of light in the air.

**Spring - Giddá (April - May)**  
There is often still snow and ice in April. But the period between the snow of winter and green summer is often days rather than weeks. The melting snow in the highlands and the lowlands can cause gushing floods in the rivers. Nature starts to awaken. Reindeer does are busy giving birth.

**Early summer - Giessegiddá (June)**  
Trees and lawns are green, bird-cherry and lilac are in blossom, and the abundant flora spreads along the roadsides and on the meadows. There is summer fishing in lakes, streams and rivers. It is light around the clock.

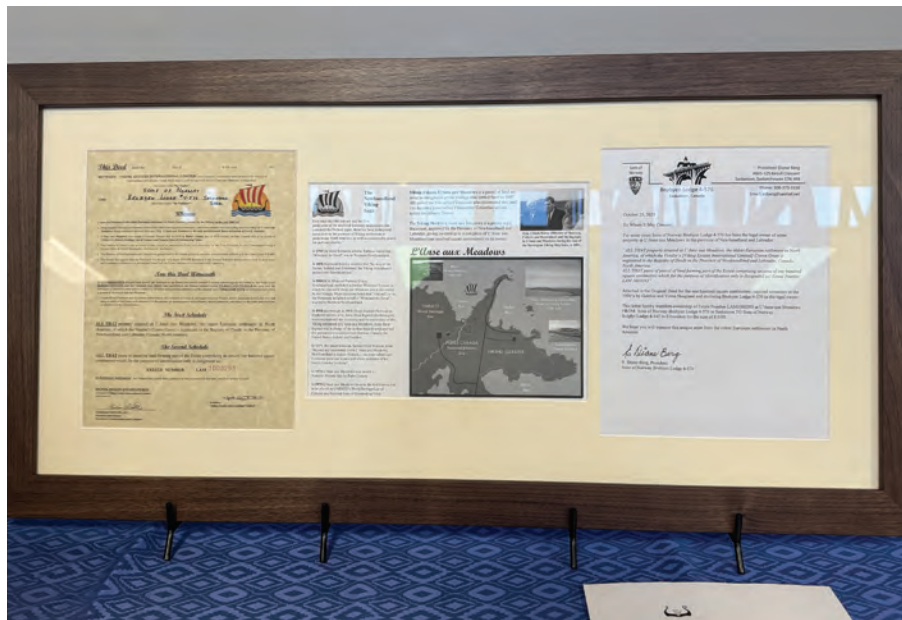
**Summer - Giesse (June - July)**  
Summer heat has arrived. Refreshing dips in lakes and watercourses. At midsummer, the day "turns", but it is still light around the clock. At the end of June the reindeer herds begin to gather their reindeer to mark the calves. This is done in large corrals, at night, when the insects are least troublesome to the animals. In July, the cloudberries ripen.

**Early autumn - Tjaktjagiesse (August)**  
The dark nights return. Cloudberries, lingonberries and bilberries lend their colours to the forests and marshes.

**Autumn - Tjaktja (September - October)**  
The air is often pure and clear. The trees take on warm autumn colours - orange, red and yellow. Frosty nights make the landscape crisp and glittery. In October, the first snowflakes may fall. The rutting season is on among the reindeer.

**Early winter - Tjaktjadávve (November - December)**  
Now the snow is here to stay and the white blanket illuminates the dark of winter. The snow reflects the moonlight, making the night paler. In clear weather the sky is tinged with pastel colours during the short days. The northern lights offer a breath-taking spectacle across the sky.

Source: [http://www.twol.lu/8-tiderna/eng/8\\_index\\_e.htm](http://www.twol.lu/8-tiderna/eng/8_index_e.htm)



Above: Marla making her presentation. Right: A framed deed to a 100 sq cm parcel of land at L'Anse aux Meadows.

## March Presentation - Newfoundland and L'Anse aux Meadows

Marla J from Calgary, gave a presentation on Newfoundland and L'Anse aux Meadows at our March get-together. She shared some beautiful photographs of a recent trip and detailed her travels from St. John's as she headed west 903 km to Deer Lake, and then north 433 km on the Great Northern Peninsula's "Viking Trail." Situated on the northernmost tip is the UNESCO World Heritage site of L'Anse aux Meadows, the only authenticated old Norse settlement in North America.

Did you know that moose were introduced to the

island in 1905 and the population has grown so large that there is now one moose for every four people? There is a massive pile of road salt that is stored on the harbourfront in St. John's, much to the chagrin of the locals. Although it is used on roads in winter, that pile is over two stories high, and it is longer than a ship.

Other highlights of Marla's presentation included scenic photographs of the diverse landscape and architecture, the old Norse exploration route which included Leif Erikson's route to Vinland, the Vinland Sagas, and the exploration and

subsequent discovery of a Viking settlement by Norwegian explorer, Helge Ingstad. Using clues from the Vinland Sagas and guidance from locals, Helge, along with his wife, Anne Stine Ingstad, an archaeologist, found remnants of the Viking settlement proving that the Vinland Sagas were based on facts.

In 2023, Solglyt lodge was gifted a deed to a 100 sq cm parcel of land at L'Anse aux Meadows by Brubyen lodge in Saskatoon, shortly before that lodge closed.

## WWII Molasses Cookies

*This is a recipe from the 1940s when baking supplies, especially brown sugar and butter, were rationed and scarce. The original recipe called for shortening but butter is much better! I also add more spices for more flavour.*

### Ingredients:

- ½ cup butter, softened
- 1 ¼ cups white sugar
- 2 eggs
- 6 tablespoons molasses (if using a darker molasses, try part corn syrup so cookies aren't too dark)
- 2 teaspoons vanilla
- 1 ¾ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda

- 2 teaspoons cinnamon (3 tsp if you like more spice)
- ½ teaspoons cloves (up to 1 tsp if you like more spice)
- ½ teaspoons allspice (1 tsp if you like more spice)
- 2 ½ cups rolled oats (not quick)
- 1 cup raisins (or cranberries, chopped dates, or a mixture)
- optional ½ cup nuts (I've used pepitas and sunflower seeds instead of nuts)

### Instructions:

Cream butter and sugar. Add eggs and molasses. Whisk dry ingredients together and mix into wet. These are drop cookies so the dough will be sticky. Do not press down as they will spread in the oven.



Bake at 350 degrees for 12-15 minutes. Let the cookies set up on cookie sheet 5 minutes before removing.

**Source:** Marla J

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



## Syttende Mai Ribbons

Keeping Norwegian traditions in mind, and a nod to past Sewing Club members, Lodge members recently assembled to fashion Syttende Mai ribbons. From concept to fruition – dedicated members measured twice, cut once, sewed by hand and braved the glue gun. Various ribbons were produced, and the coffee and visiting cannot be matched! Talk about an ‘interactive hands-on approach’! Thank you hostess Sharon B.



Left: Nancy and Lillian. Above: Fern, Sylvia and Sandy K.

## Memorial...



## Kris Nyhus

Kris Nyhus, born in Geilo, Norway, was a Life member of Solgylt Sons of Norway lodge. He passed away March 23, 2026 at the age of 95. Kris joined Solgylt in 1968 and together with his wife, Bernice, became actively involved in lodge activities. Kris also belonged to Torskeklubben and the Scandinavian Businessmen’s Club. He is survived by his wife, Bernice, daughter Linda, sons Gregg and Anders as well as several grandchildren and great-grandchildren.

# ANNUAL NORWEGIAN LAFT HUS FESTIVAL

Heritage Square (behind the Recreation Centre)  
4402 - 47 Avenue, Red Deer, Alberta

Vikings  
Folk Dancers  
Lundehund Dogs  
Goats on the Roof  
Fight the Knight  
Balloon Artist  
Fjord Horses  
Face Painting

## JUNE 13 2026

10:00 AM - 3:00 PM

Demonstrations in:  
wood, bark, chainsaw  
and chip carving,  
Norse instruments,  
lefse & krumkake  
making, rosemaling,  
and hardanger

FREE  
Admission

Calgary

Our Sponsors:

Edmonton

# SCANDINAVIAN STUDIES ASSOCIATION

## AGM 2026 Reminder

We're looking forward to seeing you!

**Sunday May 3rd - 2:00 - 4:00**

**Greenfield Community Hall - 3803-114 Street NW.**

**GUEST SPEAKER: Dr. John Eason III, Lecturer of Scandinavian Studies at the University of Alberta,** will make a presentation on Norwegian Cinema: **A Cultural History on Screen.**

If you can't make it in person, you'll miss the goodies but can join on zoom.

Join Zoom Meeting

<https://us02web.zoom>.

[us/j/87024064313?pwd=u1u26b6p3DEANo1DASd5wPNDNQ8cau.1](https://us02web.zoom/j/87024064313?pwd=u1u26b6p3DEANo1DASd5wPNDNQ8cau.1)

Meeting ID: 870 2406 4313 Passcode: 788215

Check out our site <https://www.scandinavianstudies.ca>



## Solglyt BBQ – June 14

**June 14 @ Greenfield Hall:**

- 1:00 pm setup
- 2:00 social

Please bring your own meat/fish, etc., and a dish to share – we know it will be tasty.

**WE NEED VOLUNTEERS**

Scandinavian Heritage Society of Edmonton

**WE NEED VOLUNTEERS**

WELCOME WIGGARD

**HERITAGE DAYS 2026**

**1-3 AUGUST**

We're looking for enthusiastic volunteers to join us and help us make real impact at Heritage Days!

**VOLUNTEER OPPORTUNITIES**

- Tent Set Up/Take Down
- Culture Tent
- Food Tent
- Event Planning

Email Jordan to register at [jhmcgeough17@gmail.com](mailto:jhmcgeough17@gmail.com)



## Edmonton Heritage Festival

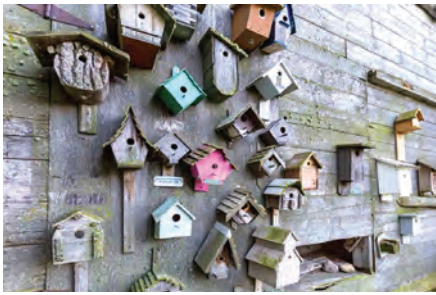
The Scandinavian Heritage Society of Edmonton is gearing up for another amazing Heritage Days festival. This year, we are back in **Hawrelak Park from August 1-3** and looking forward to rediscovering our renovated stomping ground. We are reaching out to all of our local Scandinavian organizations to solicit volunteers, and we'd love to see some members of Sons of Norway there! We have shifts available for set up and take down, the culture tent, and the food tent. We are also always looking for more members to come help plan Heritage Days — SHSE meets on the last Tuesday of every month from January to June. Potential volunteers are welcome to reach out to [jhmcgeough17@gmail.com](mailto:jhmcgeough17@gmail.com) for more information! Takki! We'll see you there!

## 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)



# Bus Trip - Red Deer and Area

Wednesday, July 29, 2026 - 8:30am until early evening

Come join us for an enjoyable day out as we travel southward in a nice motor coach to Red Deer and area. We plan to visit two interesting sites in Red Deer — the **Cronquist House** and the **Norwegian Lafthus**. At the Cronquist House we will stop for a break and a delicious lunch. We will then make our way to the Lafthus where we will be greeted by one of their staff members who will give us some informative details about the building, its contents and what the Lafthus is all about. From there we will head toward the **Ellis Nature Centre** located NE of Red Deer. We will spend an enjoyable time there experiencing the environs and what they have to offer. From here we will make our way back to Edmonton.

### Further details:

We will depart from and return to the Greenfield Community League Facility, located at 3803-114 St., Edmonton.

The motor coach will be arriving at the Greenfield Facility about 8:30 am. Return time: early evening.

### Cost per person will be \$40

There will be opportunities for a little walking, if you desire to do so, so bring appropriate shoes.

**Please contact either Sharon Bruce (rsbruce@shaw.ca) or Wayne Nordstrom (wnordstrom@shaw.ca) if you have any questions about the trip.**



## 2026 Solglyt Lodge Events

**Saturday May 16th, 2026** from 2 to 5  
**Syttende Mai** - see details on page 2.

**Sunday June 14th, 2026** 1:00 pm setup, 2:00 social  
**Solglyt BBQ** - bring your own meat/fish, etc., and a dish to share – we know it'll be tasty.

**Wednesday, July 29, 2026** from 8:30am until early evening  
**Bus Trip - Red Deer and Area** - see details above..

**Sunday September 20th, 2026** from 1 to 5  
**Norwegian Pea Soup Lunch** - Sons of Norway Foundation in Canada Fund Raiser



# Everything Norway!

## Norwegian Film Award

After breaking its own record for the most gold medals at a winter Olympics, Norway got to add one more feat- this time in the form of an Oscar. For the first time, a Norwegian film was awarded the honor in the category of International Feature Film at the Academy Awards. It had a total of 11 nominations including in the categories of Best Original Screenplay, Best Actress, Best Actor, and Best Director. This was also the first time a Norwegian film had been included for nomination in the Best Picture category.

*Sentimental Value (Affeksjonsverdi)* tells the story of a dysfunctional and estranged family. The father, played by Swedish actor Stellan Skarsgård, is a film director who has fallen out with his two adult daughters because of always putting career before family.

The family drama has received much critical acclaim and attention, including from Norway's Prime Minister, stating "This is a big day for Norwegian film," when the nominations were announced. Upon accepting the honor, director Joachim Trier said in part, "This film is about a very dysfunctional family, and it's the opposite of what I felt with this beautiful group behind me. I think I've made films to feel at home with people, and I've really felt at home with the crew. There's 1,072 people in these credits and I love them all, and I share this with them. The cast behind me, I've never been so proud. Thanks for wanting to work with me."



By Claude Monet.

## Monet in Norway

Most people might immediately answer "water lilies" if asked to name a subject Monet painted about. However, the French Impressionistic artist painted other nature scenes, too. Monet employed an en plein air, or "in the open air" method of painting, which helped him capture his natural surroundings, including the light, in the best way possible. While he had long desired to capture a winter and snow scene in his portfolio, living in France denied him of an ideal opportunity.

Then in early 1895, Monet decided to take a trip to Norway both to visit his oldest stepson and make his vision a reality. He arrived in Oslo, known at the time as Kristiania, and settled at a farmhouse in Sandvika, just west of the city. During his time in the Bærum area, he created a total of twenty-eight winter scenes, including a series of thirteen paintings capturing the local mountain, Kolsåstoppen, in different lights. He remained devoted to his open-air painting method, battling temperatures below zero at times. Monet shared with a friend in a letter that, "I painted part of the day today, while it was snowing continually; you would have laughed to see me entirely white, my beard covered in icy stalactites." While many paintings in the series are in private collections, or part of exhibits, one of the renditions was purchased and brought back to Norway through generous donations to be enjoyed for years to come.

## Eurovision Bound

In February, Norway held its national singing contest Melodi Grand Prix in Lillehammer. 1500 songs were initially submitted, which were whittled down to nine for the live tv competition.

Winner Jonas Low not only brought strong vocals, high energy and charismatic stage presence; his song "Ya Ya Ya" has a catchy drum and bass-driven beat and a sing-along portion that had the crowd grooving along. Like many Eurovision tunes, the lyrics are poppy and superficial, but Low's soaring vocal lines are undeniable.

The judges from around Europe gave him a clean sweep of perfect scores, and home audiences agreed. On Syttende Mai, Low will represent his country in Austria.

This win is not just luck for Low, who hails from Bergen- he has sung in a trio called Shuffle Baby, releasing over a dozen singles in Norwegian and English since 2020 and advancing to the semi-finals on The Voice – Norges beste stemme [Norway's best voice]

**EUROVISION**  
**SONG CONTEST**

## Best Beaches in Norway

Many people start dreaming about beach vacations as the cold of winter sets in. Travel agents might point people towards Florida, Spain, or the Caribbean for sun and sand, but Norway provides some stiff competition when it comes to beautiful beaches. It does claim one of the longest coastlines in the world after all!

Norwegian beaches are unique in that they typically serve a purpose. Some are ideal for swimming, others for their stunning photogenic beauty, and others for sports like surfing. They aren't fancy, and you most likely won't find cabanas, vendors, or even toilets nearby.

Starting in the south is Bystranda or "the city beach" of Kristiansand. Because of its location, there's great space for swimming and volleyball and it's close to shops and places to eat.

Another southern town with beaches worth visiting is Lista. Because of strong winds, it's ideal for surfing-related activities. As you head up the coast towards Stavanger, Borestranden is another popular beach spot that attracts surfers from all over Europe.

If you are looking for a slightly more spa-like experience to go with your sunbathing, head to Solastranden, outside of Stavanger. The coast is ideal for walks along the beach, and you can unwind at the nearby Sola Strand Hotel.

Hopping over to Oslo, you can visit Huk beach which is located on the Bygdøy peninsula and provides a break from bustling city life.

If you visit the lake beach of Hornindalsvatnet, you will be pleasantly surprised to find it's one of only four green sand beaches in the world.



### Borestranden Beach.

Birdwatchers will be delighted visiting Refviksanden beach of white sands in western Norway. The nearby cliffs are home to many birds such as oystercatchers, lapwings and terns. Human visitors can even stay a while, with space to park a camper van or pop up a tent.

Norway also boasts a beach with red and white sand, Mjelle Beach, near Bodø, which results from garnet mineral particles.

The Lofoten Islands have beaches that are perfect for those willing to brave the cold. Otherwise, they have some of the most picturesque beaches in the country.

Finally, if you want to check visiting one of the northernmost beaches in Norway, head to Bleikstranda on Andøya Island. Just don't forget the camera!

## Trends in Nordic Knits

Winter is a natural time for doing indoor crafts, especially in colder climates. You can enjoy cozy knitting sessions with a cup of tea or coffee and appreciate the warmth of your knitwear once a garment is finished.

Norwegian knitting has been especially on-trend lately, with fiber fans casting on viral patterns and showing them off on the world stage:

A great place to see what's new in knitwear is at the Winter Olympics. This year, Team Norway wore the stunning Cortina 2026 Olympic sweaters by Dale of Norway which also inspired stitchers to make the beautiful throwback sweaters, mittens, cowls, socks and hats in the design of the 1956 Winter Games, also held in Milano/Cortina. There is also an unofficial 2026 Olympics hat, so knitters have plenty of patterns to choose from. In Norway, you can buy full kits of OL (Olympic Games) and VM (World Championship) sweater designs.

1940s Norwegian stocking cap also known as a nisselue / Christmas elf hat.

The popularity of the hat pattern remake of a symbolic red hat from WW II has knitting stores struggling to keep red yarn in stock. It has also created a world-wide shortage of circular needles. Find photos from 8,400 Ravelry members who have knitted the hat.

Ralph Lauren clothed Olympic Team USA, coming up with a sweater inspired by some classic Norwegian motifs. Elements of the MariuStack of knitwear and cardigans pattern top a row of Selburoser displayed prominently on the sweaters of the American athletes. Free patterns are available on Ravelry for the Team USA sweater, ear flap hat, and beanie.

Knitwear is not only on Olympic athletes themselves but on the needles of the athletes competing in different events. Instagram account Biathlon World recently posted an adorable reel highlighting the "exclusive club" that no one talks about: the knitting club at the Olympics, with athletes from different countries showing off the projects they are stitching.



Some of the knitting athletes include American Breezy Johnson, Alpine Skiing, who knits a new piece before each event; Canadian Pascale Paradis, Biathlon, who makes cozy hoods in all kinds of colors; American Jessie Diggins, Cross Country, who completed her first sweater just before the 2026 Games; American Ben Ogden, Cross Country, who credits his silver medal win to the calm that knitting brings; and Canadian Adam Runnalls, Biathlon, who started and finished a sweater during the 2026 Olympics.

# Deliciously Nordic

## Classic Kvæfjordkake

*Kvæfjordkake is a festive favourite that is often served at weddings, on Norway's national day, and on anniversaries.*

### Ingredients:

#### Vanilla cream:

- 600 ml milk
- 8 egg yolks
- 100 ml sugar
- 2 tbsp corn starch
- 1 vanilla pod
- 5 gelatin sheets

#### Sponge base:

- 100 g butter
- 120 g sugar
- 4 egg yolks
- 3 tbsp milk
- 150 g flour
- 1 ts baking soda
- 1 ts vanilla sugar

#### For the meringue:

- 4 egg whites
- 200 g sugar
- 50 g almond flakes
- 200 ml double cream

### Instructions:

**1.** Start by making the vanilla cream. Add milk, egg yolks, sugar and corn starch to a pot. Extract the seeds from the vanilla pod and add both in the pot. Cut the gelatin sheets into smaller pieces and add them to the pot too.

**2.** Heat the vanilla cream while stirring until it thickens. When the consistency of the vanilla cream is like a thick custard,

remove from heat and pour into a bowl. Leave to cool. Once cooled, whip the vanilla cream lightly until smooth and lump-free.

**Tip:** Move the pot aside if the mixture thickens too quickly in order to make sure that it doesn't separate. You can always put it back on the heat if it needs to thicken more.

**3.** Preheat the oven to 160 °C.

**4.** Beat the butter and sugar into a fluffy and creamy mixture. Add the egg yolks one by one, beating the batter thoroughly between each yolk. Sift the flour, baking powder, and vanilla sugar through a sieve. Fold a little of the flour mixture into the batter and add milk a little at a time. Mix the batter well. Spread the batter onto a baking pan lined with baking paper.

**5.** Add egg whites to a steel or glass bowl. Whisk them slowly with a pinch of salt until they start to foam. Then carry on whisking at a higher speed until the egg whites become stiff peaks. Gradually add sugar until all the sugar is dissolved and the mixture looks like shiny shaving foam. Don't over-whisk the mixture, as it will become grainy. Spread the meringue on top of the batter in a baking tin lined with baking paper. Sprinkle almond flakes on top and bake the cake at the bottom of the oven for 30-35 minutes, until the meringue is golden brown.

**6.** Carefully slide the baking paper with



Photo Credit: visitnorway.com

the cake onto a wire rack to cool.

**7.** Whip the cream until stiff and fold it lightly into the egg cream.

**Tip:** You can also flavour the cream with rum (optional).

**8.** Slice the cake in half down the middle. Place one half on a serving plate. Spread the cream filling over the base of the cake, and place the other half on top. Refrigerate until serving.

**Tip:** The cake keeps well in the fridge and tastes just as good several days afterwards (if there is any left, that is!).

**Source:** Matprat.no



Photo Credit: visitnorway.com

## Smoked Salmon Roll-ups

(makes 2 portions)

### Ingredients:

- 4 tbsp plain cream cheese
- 2 lefse
- 4 slices of smoked salmon
- 2 tbsp fresh dill
- 1/4 red onion
- 20 g rocket

### Instructions:

**1.** Spread a thin, even layer of cream cheese across the lefse. Add the slices of

smoked salmon.

**2.** Finely chop dill and red onion.

**3.** Put some rocket on the salmon and sprinkle finely chopped dill and red onion on top. Roll the lefse up and slice it into 3-4 cm long pieces. Serve and enjoy!

### Other delicious varieties:

Plain cream cheese, cucumber, peppers, pine nuts, or choose your own favourite ingredients!

**Source:** Matprat.no

## Norsk er fremdeles hovedspråk i næringslivet

Selv om engelsk er utbredt i bedrifter i Norge, er det fremdeles norsk som brukes mest. Det viser en ny undersøkelse Språkrådet har gjennomført.

### Økt bruk av engelsk, men ikke på bekostning av norsk

Bruken av engelsk øker, men det skjer i liten grad på bekostning av norsk. Snarere er det slik at norsk og engelsk brukes parallelt i mange virksomheter. Det viser at norsk fremdeles er fellesspråket i norsk næringsliv.

– Bruken av engelsk er ikke et problem i seg selv. Det er først når engelsk tar over som arbeidsspråk, at norsk språk står i fare for å miste fotfestet i norsk næringsliv. Vi er helt avhengige av at bedriftene bruker norsk for å få utviklet og opprettholdt et godt norsk fagspråk i ulike bransjer og på ulike fagområder, sier direktør i Språkrådet Åse Wetås.

Så godt som alle bedriftene (99 prosent) oppgir at de bruker norsk. Det gjelder

## The Translation

også virksomheter der bruk av engelsk er vanlig.

### Engelsk brukes mest i bedrifter med internasjonal tilknytning

79 prosent av bedriftene oppgir at ansatte bruker engelsk skriftlig eller muntlig i arbeidshverdagen. I 2015 var det 67 prosent som oppga dette.

Undersøkelsen viser at bruk av engelsk er særlig utbredt i bedrifter med utenlandske eiere eller internasjonale kunder og leverandører og i virksomheter som har ansatte fra andre land enn Norge. Engelsk brukes oftest i ekstern kommunikasjon, i skriftlig og muntlig kontakt med kunder og leverandører.

– Det viser at norsk næringsliv har et pragmatisk forhold til språk. Hovedspråket er norsk, og bedriftene bruker engelsk der de mener det er hensiktsmessig, sier Wetås.

### Få bedrifter tilbyr språkopplæring

De aller fleste bedriftene (81 prosent) mener at godt språk er en viktig del av virksomhetens arbeid. Et klart flertall (68 prosent) oppgir dessuten at de stiller krav om språkkunnskaper i stillingsutlysninger.

Samtidig er det relativt få bedrifter (21 prosent) som tilbyr språkopplæring til de ansatte. I utredningen Norskopplæring og norskferdigheter blant ulike innvandrergupper peker Språkrådet på at manglende norskferdigheter kan være en hindring for tilgang til arbeids- og samfunnsniv.

– En av tingene vi foreslår i utredningen, er at virksomheter i større grad må legge til rette for at innvandrere kan lære norsk på jobb, sier Wetås.

## Norwegian still main language in business

Although English is widespread in companies in Norway, Norwegian is still the most widely used language. This was revealed by a new survey conducted by the Language Council.

### Increased use of English, but not at the expense of Norwegian

The use of English is increasing, but to a small extent at the expense of Norwegian. Rather, Norwegian and English are used in parallel in many companies. This shows that Norwegian is still the common language in Norwegian business.

“The use of English is not a problem in itself. It is only when English takes over as the working language that the Norwegian language is in danger of losing its foothold in Norwegian business. We are completely dependent on companies using Norwegian in order to develop and maintain a good Norwegian professional language in various industries and in various fields,” says Director of the Språkrådet [Language Council] Åse

Wetås.

Almost all companies (99 percent) state that they use Norwegian. This also applies to companies where the use of English is common.

### English is most widely used in companies with international connections

79 percent of companies state that employees use English in writing or orally in their daily work. In 2015, 67 percent stated this.

The survey shows that the use of English is particularly widespread in companies with foreign owners or international customers and suppliers and in companies that have employees from countries other than Norway. English is most often used in external communication, in written and oral contact with customers and suppliers.

“This shows that Norwegian business has a pragmatic relationship with language. The main language is Norwegian, and

companies use English where they believe it is appropriate,” says Wetås.

### Few companies offer language training

The vast majority of companies (81 percent) believe that good language is an important part of the company's work. A clear majority (68 percent) also state that they require language skills in job postings.

At the same time, relatively few companies (21 percent) offer language training for their employees. In the report, Norwegian language learning and Norwegian skills among different immigrant groups, the Language Council points out that lack of Norwegian skills can be an obstacle to access to employment and community life.

“One of the things we suggest in the report is that businesses must make greater provision for immigrants to learn Norwegian at work,” says Wetås.

## Experience Norway in June

Summer months in Norway with their longer days and extended sunshine are meant to be lived to their fullest. Here are some ways to kick off summer in Norway.

### Fjord fun

The verdant mountains surrounding the fjords are in full bloom- it's time to get out and explore. Hike the hills, launch a boat, or jump in for a brisk swim!

### Sørlandet

Plan a getaway to southern coastal towns like Mandal and Spangereid. Quaint small towns and coastal life are a popular summer destination among Norwegians.

### Beach life

Norway has an epic coastline with both sand and rock beaches. Hit the waterfront with a paddleboard, picnic or kayak. Or just go for a swim!

### Hit the highway

Roadtrip, anyone? Choose one of Norway's 18 national tourist routes and explore some of the most beautiful views of the Norwegian countryside.

### Happiness on two wheels

Norway is teeming with interesting cycling routes- plan a trek on the Rallarvegen in Hardanger, a 92 kilometer cycling route that winds between Haugastøl and Flåm.

### Arctic train ride

Take the Nordlandsbanen from Trondheim to Bodø. The stretch is not only beautiful, but an architectural feat: en route to your Arctic Circle destination, you'll pass 293 bridges and 154 tunnels!

### Telemark canal

Take a historic boat ride through the Telemark Canal, a waterway named "the eighth wonder of the world" when it was built in 1892. The canal stretches 105 kilometers from Dalen at the foot of the Hardanger Plateau, to Skien, passing through 18 lock chambers.

### Day trip on the Oslofjord

Learn about the dramatic sinking of the German war ship Blücher and meander through the tunnel tour. Oscarsborg Fortress is a jaunt away from Oslo by boat or car.

## 2026 Newsletter Submissions

Sep. - Oct. - due by Aug. 28, 2026.

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.

## Useful Web Links:

- **Sons of Norway Solglyt Lodge #7-143 - Edmonton**  
- [sofnedmonton.ca](http://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.norwegianlafthussociety.ca>
- **Welcome to Norway** - <https://www.visitnorway.com>



## District 7 Lodges: SK, AB and BC

**Sleipner 7-008** – Vancouver

**Varden 7-019** – Burnaby/New Westminster

**Nordlys 7-020** – Port Alberni

**Eidsvold 7-053** – Victoria

**North Star 7-063** – Nanaimo

**Rondane 7-071** – Prince George

**Nordic 7-076** – Castlegar

**Dawson Creek 7-079** – Dawson Creek

**Viking 7-081** – North Surrey

**Hardanger 7-109** – Kelowna

**Heimdal 7-141** – Kamloops

**Skjønne Dal 7-142** – Bella Coola

**Trollheimen 7-157** – North Vancouver

**Solglyt 7-143** – Edmonton

**Valhalla 7-341** – Calgary

**Northern Lights 7-493** – Grande Prairie

**Ronning 7-504** – Camrose

**Nisse 7-567** – North Battleford

**Aspelund 7-571** – Red Deer

**Solsyd 7-603** - Lethbridge

