



## SOLSYD LODGE No. 603 Zone 4

Lethbridge, Alberta

### KALENDER

January 15 Business Meeting

6:00 pm Supper

February 19

6:00 pm Supper

### CULTURAL & SOCIAL REPORT

Anyone interested in craft classes? Please contact Helga Ronningen at 403 328-6264 for further information.

### FOUNDATION REPORT

Continue to put loose change into the "piggy bank" on the secretary's desk each month. This money is sent to the Sons of Norway each year.

Stamps from envelopes should have a margin of 1/4 inch or 1 cm around each stamp. There is little value to stamps that have been torn or cropped too closely. Metered stamps are not accepted.



### SUPERHEROES

Congratulations to Sharon Prenevost for receiving the Green SuperHero Award from Environment Lethbridge.

Another SuperHero Award went to 3R Eco Bags so we congratulate all our Sons of Norway members who worked on this project (before meetings, at work bees and at home) in cooperation with several other local organizations.

## PRESIDENT'S MESSAGE

### Happy New Year!

It is time again to reflect on the year gone by and to plan for the year ahead. I believe we had a good 2019. We gained 13 new members, more than doubling the goal of 6 set for us. In 2018 we had 9 new members so in the past two years we have grown by 22. That is quite an accomplishment! Kudos to all who have extended the invitation and a huge welcome to all who have joined us.

Another achievement was the project we call our Legacy Project. The initial planning was done in 2018 but the work happened in 2019. Now the tree we planted when we hosted the Sports Weekend in 2018 has a beautiful rock monument guarding it at Henderson Lake. This rock bears an elaborate bronze plaque with the inscription, "Remembering people of Norwegian heritage for their contribution to the settlement, development and culture of Southern Alberta". It also recognizes Sons of Norway and our Solsyd Lodge. In addition, we have had 18 trees planted in Legacy Regional Park in North Lethbridge.

There are 5 Norwegian Crimson King Maples, an Oak tree, Norwegian Maples, and Lindens all planted behind our park bench with an inscription crediting our Lodge. Most of these trees were financed with donations from our members who wanted to see trees planted in memory of loved ones who have passed away. The work on these projects happened late in the fall so we plan to hold a dedication ceremony in 2020.

Thank you to all who have supported this project: Sharon Prenevost and her committee; Jim Drain for the donation of the rock and the work of installing it with his assistant, Austin Millions; and all those who made memorial donations. This was an ambitious project and we can be proud that we have been able to see it through to completion.

We also supported the Eco Bag project with several other groups in Lethbridge, sewing re-purposed fabric bags to give away in an attempt to encourage people to avoid single-use plastic bags. It was a relatively small number of members who spent time on this but they deserve a big thank you.

We can't forget to mention the many times we got together to make lefse so the citizens of Lethbridge and surrounding area could have access to lefse, one of the finest aspects of our heritage that we are able to share with our community.

Thanks to Marilyn Christie, we will have a website up and running in the very near future and we will have a Facebook page as well. This will give us more exposure locally and in the Sons of Norway Community.

I want to thank two of our members whom we are allowing to retire from their duties as officers after serving for more than thirty years. Our secretary, Lillian Anderson will be replaced by Jean Sokvitne and Shirley Sokvitne, our Editor, will be replaced by Marilyn Christie. Thank you, Lillian and Shirley, for your service and jobs well done. Thank you also to Jean and Marilyn for taking over these roles.

Now we must look forward to 2020 and make plans for another good year. I encourage you to fill out your Member Satisfaction Survey if you haven't done so already and come forward with your ideas for things we can do to broaden our horizons. If you have skills you can share or skills you would like to learn, let us know. Sons of Norway turns 125 years in 2020. Let's make it a year to remember.

Betty Lambert

## Gratulerer Med Dagen



Birthday wishes to:

January: Marilyn Aanestad, Arnold Follinglo, Dorothy Follinglo, Alfred Isele, Millie Isele, Laurie Megyes, Cecil Nesmo, Marilyn Richards

February: Lillian Anderson, Nancy Anderson, Betty Lambert, Marlene Thurlow



Helga Ronningen, Millie Isele, and Dorothy Follinglo are being kept busy rolling out the dough for lefsa.



Sharon Prenevost, Millie Isele, Candis Done, Helga Ronningen, Betty Lambert, and Bev Jestin display the 3R Eco Bags that they are sewing.

## Zone 4 Sock It To 'Em Project

Members are reminded to bring socks of any size and color for those who need them whether they be men, women or children. The project ends February 1st, 2020 and the lodge that collects the most socks will be recognized at the District Convention in Watford City, SD in June.



Ole's neighbor Sven had a boy, Sven Junior, who came home one day and asked, "Papa, I have da biggest feet in da third grade. Is dat becoss I'm Norwegian?" "No," said Sven, "It's because you're NINETEEN."

## NORWEGIAN MEATBALLS

5 lbs ground meat (beef, veal, pork; ground three times)  
 2 medium onions, finely ground (save juice)  
 1/2 tsp. nutmeg  
 1/2 tsp. allspice  
 1 Tbsp. salt  
 1/2 tsp. pepper  
 2 eggs, beaten  
 1/2 cup half & half  
 1/2 cup cracker meal or matzo meal  
 4-5 beef bouillon cubes or 4-5 tsp. instant beef bouillon  
 2 tsp. Kitchen Bouquet sauce  
 flour

Heat oven to 350° F. Combine all meatball ingredients and knead by hand 5 minutes or more to blend spices into meat. Lightly grease or coat shallow baking pans with nonstick cooking spray. Form small, round meatballs, dipping hands into cold water to shape smooth. Bake 10 to 15 minutes. Place meatballs in large kettle; add bouillon cubes, meat drippings from baking pan and water to cover. Stir in Kitchen Bouquet. Heat to boiling; reduce heat and simmer one hour. Remove meatballs. Thicken gravy with flour until desired consistency.

### MISSION STATEMENT

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, as well as to celebrate our relationship with other Nordic countries.

# NORWAY WORD SEARCH

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

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|----------------|---------------------|------------------|--------------------|
| PENINSULA      | FLAM                | ALESUND SUNNMORE | SCENIC RAIL ROUTES |
| HURTIGRUTEN    | BERGEN              | GALDHOPIGGEN     | SKAGERAK           |
| WINTER SPORTS  | BUSKERUD            | HEDMARK          | BRYGGEN            |
| GEIRANGERFJORD | TRONDHEIM           | VIKINGS          | LOFOTEN ISLANDS    |
| OSLO           | STAVANGER<br>REGION | GRAVLAS          | TROMSO             |
| OPPLAND        | ROKT LAKS           | AKERSHUS         | OSLOFJORD          |