



SOLSYD LODGE No. 603 Zone 4
Lethbridge, Alberta

KALENDER

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May 20 Meeting Cancelled
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June 17 Meeting Cancelled
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CANCELLATIONS:

Due to the Corona Virus pandemic, the following events have been cancelled until further notice:

- Lodge Meetings
- Sami Bracelet Workshop
- Rosemaling Workshop
- Syttende Mai - Flag Raising at City Hall
- Sports Weekend in High River
- Norsk Hostfest



Gratulerer Med Dagen

May: Doreen Allen, Carol Cain, Carol Johnsrude, Joyce Lund, Peter Pohn, Joyce Vik

June: Paula Dietrich, Linda Drain, Roelof Heinen, Marilyn Christie, Donna Isele, Vic Lund, William Pozdnekoff, Diane Josephson

July: Joan Ailsby, Sandy Brunelle, Jim Drain

August: Marion Belle, Winona Coburn, Jeffrey Depratu, Darvin Mosser, Harriett Ruggles, Jean Sokvitne, William Thurlow



Syttende Mai, May 2019

PRESIDENT'S MESSAGE

When we last met in February, no one expected that it could be months until we would be able to meet again, but it has now been two months and there is no real sign that our quarantine will end any time soon. The Corona Virus Pandemic has taken over our lives. I hope everyone is well, adhering to the isolation instructions, and keeping in a positive frame of mind as you try to occupy yourselves and wait this out.

Because we have not been meeting or even seeing each other, there is not much news besides cancellations and Marilyn has listed them in this Newsletter. The only unknown is Trollhaugen Camp scheduled for the second week in August. A decision will not be made on that until the first part of June.

We have now had an official announcement from Ron Reine, President of Valhalla Lodge in Calgary. It reads in part:

*The purpose of this note is to **officially announce that the 2020 Sports Weekend for District 4 Zone 4, originally to be hosted by Valhalla Lodge and scheduled for May 29 to May 31 at High River, has been cancelled.** As we do not yet know when we will be able to again safely gather for such an event, we are hoping that this will take place sometime in the spring of 2021, but that time frame has still not been determined. Whenever the time comes for the next Sports Weekend, Valhalla Lodge is offering to host it.*

If any of your lodge members have made reservations with the Heritage Inn Hotel in High River, encourage them to cancel those reservations, especially if a credit card number was given with the reservation. The hotel is temporarily closed so you may need to call 1-888-888-4374 to cancel your reservation.

The Syttende Mai flag-raising ceremony planned for May 15 was cancelled by the City but the Norwegian Flag will fly from May 15-22 so do check it out if you are out for a drive during that week. Sharon is still negotiating the lighting of City Hall in our honour. We will delay the dedication Ceremonies for our trees and bench in Legacy Park and our monument in Henderson Lake Park until a later date. We drove out to Legacy Park last week. The bench is yet to be installed and the trees are standing tall and straight waiting for some warm weather so they can leaf out.

So, we will move forward with uncertainty and start meeting again and scheduling events when it is safe to do so. If you have any questions, concerns, or just want to chat, don't hesitate to give me a call. Continue to call and check on each other and take good care of yourselves.

Betty (403-329-1738)

Inner Viking and the (COVID-19) Uff da Flu

As Norwegian descendants we must channel our inner Viking
 There is really nothing else that we can do.
 In this new time of isolation
 To even distance visit--- there is nothing new.

Meetings, celebrations and workshops too,
 Everything is cancelled,
 Social distancing is now what we must do.

There isn't much to tell you about
 So what are we to do?
 Perhaps find a little humour
 And a recipe or a puzzle or two.



Let's call on our Norwegian Heritage
 Maybe with a beverage or a few
 We'll get through this together
 But apart---- will have to do.

Our Norwegian ancestors
 Sailed the oceans blue,
 We'll see you on the other side
 Of this COVID-19 Uff Da Flu!

by Bev Jestin



In time of crisis, Norwegians call on their inner Viking.

Stå i det literally means 'stand in it', but a more accurate translation would be 'stick with it'.

During this time of uncertainty and fear, remember to call on your inner Viking. Stay home and stay safe.

A Norwegian goes to the psychiatrist.

"What brings you in today?"

"I've just been so depressed. I wish I was never Björn"

STRAWBERRY NUT BREAD

- 1/2 cup butter
- 3/4 cup sugar
- 1/2 tsp. vanilla
- 1/8 tsp. lemon extract
- 2 eggs
- 1 1/2 cups flour

JORDBÆRKAKE MED NETTER

- 1/2 tsp. salt
- 1/4 tsp. baking soda
- 1/3 tsp. cream of tartar
- 1/2 cup strawberry jam
- 1/2 cup sour cream
- 1/4 cup chopped walnuts

Cream butter sugar, vanilla and lemon extract until light. Add eggs, one at a time beating well after each. Combine strawberry jam and sour cream and add alternately with dry ingredients to creamed mixture. Add walnuts. Bake in a greased loaf pan for 50 minutes at 350 degrees. Cool for 10 minutes before removing from pan.

GREETING FROM AMBASSADOR OVIND TO NORWEGIAN COMMUNITIES ACROSS CANADA

Dear fellow Norwegians and friends of Norway,

Our daily lives have changed drastically over the last months. Empty streets, closed schools and physical distance has become a reality. We are in the middle of an extraordinary situation. We are all joining forces to fight the corona virus. No country can solve this crisis on its own. This is why we need more international collaboration, not less. Building on our strong ties, Norway continues to work closely with Canada and other likeminded countries to mobilize international efforts to fight this pandemic.

Global solutions

One example is our support for the development of a vaccine through the Coalition for Epidemic Preparedness innovations (CEPI). Finding a vaccine against the corona virus and making it accessible to all is key in order to get back to our every-day lives. Next week Norway will play a leading role in a major international conference to mobilize support for the development of vaccines, diagnostics and treatments for COVID-19. Norway considers it vital to ensure that any vaccine that is developed is distributed fairly, including to developing countries. As long as the virus is active somewhere, we are at risk everywhere.

Unprecedented measures

At a national level, Canada and Norway are both taking unprecedented measures to contain the virus. We have closed our borders, halted non-essential businesses and implemented rules of quarantine and self-isolation. By sacrificing some parts of our normal lives, we are all contributing to a global effort or “dugnad” as we say in Norway. Individual actions are making a big difference in fighting the virus. At the same time, our governments are implementing substantial financial measures to help people, businesses as well as cultural and sporting communities to get through this crisis.

Cautious optimism

In Norway, there is cautious optimism as the spread of the virus is under control and the transmission ratio is down to 0.7. This means that for each affected person, the virus spreads to less than one person. Step by step, and very cautiously Norway is lifting some restrictions. Last week kids were back in kindergarten and this week children at primary level are back to school. Some shops and services will also open applying special restrictions. This gives us hope, but we cannot be complacent. We need to continue to keep social distance and in Norway, large cultural and sporting events have been cancelled until September.

May celebrations

As the month of May is right around the corner, we approach what is usually a month of festivities for Norwegians – also in Canada. This year we were looking forward to celebrate our national day on 17 May, and the 75th Anniversary marking the end of WWII and the liberation of Norway on 8 May .

8 May

Over the course of the war, more than 3000 Norwegian pilots and ground crew were trained at Norway’s training facility Little Norway in Toronto and later in Muskoka. At the same time in Nova Scotia, more than 2000 Norwegian sailors were trained at Camp Norway in Lunenburg to become gunners to protect the

convoys across the Atlantic. Norway made a substantial contribution to the Allied efforts, and played an important role in protecting the convoys, participating at Dieppe and D Day. The losses were heavy.

Due to the strong ties that were forged between Norway and Canada during the war, the Embassy had hoped to properly mark the anniversary on 8 May, but under the current situation, we had to downscale our plans. I can assure you, however, that this important day will not pass unnoticed.

We are laying wreaths at the “Little Norway Park monument” in Toronto as well as at Little Norway Memorial in Muskoka. On the East Coast, a wreath will be laid at the Norwegian monuments of Halifax harbour and at “Camp Norway” in Lunenburg. There will be no social gatherings due to the current circumstances, but by placing these wreaths and sharing the events virtually via the Embassy’s online platforms, we wish to honour the thousands of brave military personnel and merchant marines who lived and trained in Canada before sacrificing so much for the freedom of Norway and the world.

17 May

As for the celebration of Norway’s national day, we have all been looking forward to celebrating 17 May the traditional way, with children’s parade, brass band music and lots of food and ice cream. However, with the current situation, the celebrations in Norway and here in Canada cannot take place as planned. We must celebrate our democracy, our freedom and our future, together but apart. In Norway every town and city are looking for ways to make this national day as special and memorable as any, by finding new ways to celebrate that are safe and responsible. We will be sharing some of these creative ideas on our social media in the week leading up to 17 May, and we look forward to seeing how the many Norwegians in Canada will safely celebrate as well. I will encourage you to follow the Embassy on our Facebook and Instagram.

The Norwegian Embassy remains open although our reception is closed to the public until further notice. We will continue to serve Norwegians in Canada and you will always be able to reach us by e-mail and by phone. Please also check the Embassy’s web site for regular updates.

On behalf of the Embassy staff in Ottawa, I would like to wish you all a happy and healthy spring and summer as we look ahead to brighter days. Remember to follow the advice given by the local authorities and stay safe.

Anne Kari H. Ovind
Ambassador

Kind regards,

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