



**SOLSYD LODGE No. 603 Zone 4**  
**Lethbridge, Alberta**

**KALENDER**

- .....
- Sept. 16 Meeting Cancelled
- .....
- Oct. 21 Meeting Cancelled
- .....
- .....

**SOCK IT TO ‘EM PROJECT**

The following information came from The Fabulous Fourth Footnotes Sons of Norway Newsletter by Culture/Publicity Director, Flo Kallenbach.

I want to say a huge “THANK YOU” to the lodges who participated in the “Sock It to ‘Em” challenge. There were 5,444 socks that were collected and given to the lodge communities in the name of Sons of Norway. Many children to adults feet were warmer because of this effort. The lodges that participated had a lot of momentum and enthusiasm doing this. The lodge that gathered the most socks was Vidda Lodge 4-663, Crosby North Dakota. They gathered 1,064 socks to be given to people.



**Gratulerer Med Dagen**

**September:** Ardis Dahl, Hans Isele, Klaus Isele, Patti Johnsen, Maurice Larson, Erling Odland, Marilyn Perl, Helga Ronningen, Shirley Sokvitne

**October:** Clarence Collier, Carolyn Coverdale, Candis Done, Lila Mosser, David Tysseland

I want to say thank you to Sharon Bruce from the Solglyt Lodge in Edmonton, who helped get the project started. She was a lot of help and encouragement. I also, want to give a huge thank you to District Secretary, Dan Rude, who created a PowerPoint with all the participating lodges and number of socks gathered. We had planned to show it at the District Convention in June, but as you know that did not happen. I am sure if you contact Dan he would be willing to share the PowerPoint with you. So again Tusen Takk to the lodges who participated. You are “AWESOME.”

Fraternally,  
Nordy Riley, President  
District IV Sons of Norway

## PRESIDENT'S MESSAGE

Greetings to all of you. It's a very long time now since we have been together. I hope everyone is doing well in spite of the lack of socialization and that no one has been or will be ill. I hope you are keeping in touch with each other. If anyone is feeling alone, give me a call and we will arrange for someone to check in with you from time to time.

I have no idea what to communicate to you. We are here in the seventh month of a pandemic and have no way of knowing how to plan for the future. I am not ready to attempt having a meeting yet and I don't know when it can happen. When will that vaccine make an entrance?

Having said that, there are things we can do even though we can't meet. The Can Hunger project described elsewhere in the Newsletter is an example of how we can be active, help our Community and celebrate Sons of Norway's 125 Anniversary. I think we should participate in this but we need one or two people to volunteer to be in charge. Your duties would be to designate a drop-off place and to deliver the collected items to the Food Bank.

I am wondering:

- Should we be trying to have an executive meeting, perhaps via Zoom?
- Is there some way we could get together in small groups and make lefse?
- When might the hall be available to rent again?
- Are there some crafts we could get small numbers together for?
- Would we be interested in just getting together for a meeting without a meal or food?
- Do we wait until this is all over to have a ceremony to celebrate our trees, park bench and monument?
- Do we just wait until there is a vaccine available for us before we do anything?

If you have an e-mail address, get videos from David Crabb at Sons of Norway Headquarters. I encourage you to watch these and let me know if any spark an idea that might work for us.

I have visited Legacy Park and our bench is now installed and 16 of the 18 trees planted have survived. The large oak in the middle of the area and one other tree did not make it through the winter so the City will replace those. Arnold has been communicating with them.

While we have been surviving a pandemic, Marilyn Christie has been working very hard. She has our website up and running and she has done a great job. Look elsewhere in this newsletter for details. Make sure you check the website out and give Marilyn some feedback. She says she has enjoyed it and learned a lot, but I know she has spent many, many hours on it. We are fortunate to have you as a member, Marilyn.

Stay healthy and share your ideas about my wonderings. Get in touch with me if you can volunteer for the Can Hunger challenge.

Betty

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CELEBRATE 125TH ANNIVERSARY OF SONS OF  
NORWAY

# CAN HUNGER

September 1 — December 31, 2020

**District IV Lodges are challenged to collect can foods or other food items  
The Goal is to collect 125 items or 125 pounds of food.**



**Food banks and food pantries can  
use all the help they can receive to  
meet the needs of their clients,  
because of Covid-19**

**Remember to let the Food banks or food pantries know  
that the food is from their local Sons of Norway group.**



Please record the number of cans or pounds of  
food and send results to District IV Secretary Dan Rude,  
[dbjrude@msn.com](mailto:dbjrude@msn.com)

Be sure to take pictures if you can and send them also.  
Secretary Dan Rude will forward them to the Publicity Director  
for the Viking Magazine



Solsyd Lodge now has a website. You can access it by going to:  
<https://lethbridgesonsofnorway.com>

If you have any ideas or photos relating to Solsyd Lodge that you would like to add to the website, send me an email at:  
[marilynn.christie@gmail.com](mailto:marilynn.christie@gmail.com).

## HOMEMADE STRAWBERRY JAM (Hjemmelaget Jordbærsyltetøy)

### *Ingredients*

1 kg [2 lb] strawberries  
400 g [0.8 lb] sugar



- Rinse the strawberries lightly and clean them.
- Cut them into pieces.
- Blend the strawberry pieces with sugar in a saucepan. Feel free to use jam sugar containing thickener.
- Boil the jam, stirring and cook on low heat for 5-10 minutes.
- Foam the jam and spoon it over into perfectly clean, hot glasses. Close tightly with a lid.
- Cool and store in refrigerator.

Taken from <https://reciperemiscing.wordpress.com>

