



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

**KALENDER**

January 20 Meeting Cancelled

February 17 Meeting Cancelled



**Gratulerer Med Dagen**

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

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

**Godt nytt år!**



Food was donated for Can Hunger Challenge and taken to the Interfaith Food Bank.



Happy Valentine's Day, February 14th.

## **PRESIDENT'S MESSAGE**

Seasons Greetings to you all. I hope everyone is staying healthy and coping with our Pandemic situation. We have just come through the most unusual Christmas season we have ever experienced but we did get through and perhaps we are even starting to enjoy the peace and quiet of our homes.

We continue to be unable to meet as a group but I hope you are keeping in touch with others from our Lodge via phone calls. Your Executive has made a couple of attempts at getting together on Zoom and we will pursue this option in the New Year.

In spite of our isolation, Lyle contacted those who usually order Norwegian Calendars and we sent out e-mails so we did order Norwegian Calendars. Distributing them gave us a chance to see some of you in person. We do have 3 or 4 extra calendars so if anyone still wants one, please give us a call.

Thank you all for participating in the Can Hunger Challenge. We reached our goal of 125 pounds or 125 food items by collecting 132 food items, weighing 168 pounds! In addition some cash was donated. Thank you also to Hans for providing a drop-off place at Smitty's and to Moe Larson and Marilynn Christie for helping to transport the heavy goods to the Interfaith Food Bank. We chose the Interfaith Food Bank because they were joining forces this Christmas season with The Salvation Army, Lethbridge Family Services, Angel Tree and My City Care, and Shop of Wonders to ensure every family in our community that requested assistance for Christmas got the help they needed.

Another big thank you goes out to Candis Done and Bev Jestin for making all the Christmas cards that were sent out to our members before Christmas and to Candis for mailing them. It was one way we could reach out to you over Christmas. Speaking of making cards, the main source of materials to decorate the cards comes from our old Norwegian calendars so as we say good bye to 2020, don't discard your calendar, save it to give to Candis or Bev. That's just another way of getting rid of 2020!

We were sorry to say goodbye to Doreen Allen who moved to California in early December so she could be closer to her family. I have talked to her and she is happy to be there and settling in well. I have her contact information if you would like to get in touch with her. We will miss her and wish her well in her new home with one of her two sons who live there.

Although it won't happen soon, we hope we will be able to meet again sometime in 2021. Continue to check our website and Facebook page as a way to stay connected.

Happy New Year to all. We look forward to meeting again soon. Get in touch with me if you have some ideas for what we CAN do during a pandemic.

Betty

**'There is no bad weather': How the Norwegian idea of 'friluftsliv' could help Canadians this winter.** (Continued from the November/December 2020 Newsletter)

Friluftsliv is so important that it is actually protected by the “*Allemannsretten*” or “right to roam” law that is in effect in a number of Nordic countries. Under the law, people are allowed to walk or camp nearly everywhere, even on other people’s properties, as long as they’re respectful of the environment.

Vincent added that education on friluftsliv starts early for Norwegians who are taught at a young age about the importance of respecting the environment and how to stay healthy outdoors. There are even full courses and degrees dedicated to learning about the lifestyle, as Vincent knows when she studied the subject in Oslo.

**MENTAL HEALTH BENEFITS**

Beyond the obvious physical health advantages that come with any form of exercise, Heimdal said friluftsliv also offers some significant mental health benefits that are particularly important this year during the pandemic as increased financial stress, social isolation, and health concerns take a toll on people’s well-being.

“Fresh air, activity, and also being with your friends or family improves your mood, reduces depression, and has many positive effects on your health,” Heimdal said. “It’s so good to have a kind of escape room or a place to forget all the problems with the coronavirus disease and be outside, get fresh air, sunlight and be together in a good and healthy way.”

Heimdal said Canadians can adopt friluftsliv in a safe way during the pandemic because the coronavirus doesn’t spread as easily outside and people can physically distance from each other.

“It’s ‘corona-safe’ because in Norway, at least, we haven’t found, as far as I know, any infection history from friluftsliv,” he said.

Vincent agrees that friluftsliv would be beneficial for Canadians at any time, but especially during the pandemic.

“I believe that the outdoors and spending time outdoors is our key to having more positive thoughts and feeling better about our bodies and staying active,” Vincent said. “You feel nourished when you spend time in nature.”

Canadians can start embracing it by simply going outside and appreciating their surroundings.

“Canadians, you have so many enormous areas, beautiful nature,” he said. “Dress up and get outside.”

**2021 OFFICER UPDATE FOR SOLSYD LODGE 4-603**

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Lodge Publicity Director	Hans Isele
Lodge Sports/Rec Director	Hans Isele
Lodge Membership Director	Sharon Prenevost
Lodge Counselor	Marion Belle
Webmaster	Bev Jestin Marilynn Christie

**OLE & LENA**

Lena died. Ole called 911, the dispatchers asks "Where do you live?" Ole answers, "On Eucalyptus Street". The dispatcher says, "Can you spell that Ole?" There is a long pause then Ole says, "How bout I drag her over to Oak Street n you can pick her up dar."