



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

### KALENDER

May 19, Meeting Cancelled

June 23, Meeting Cancelled



### Gratulerer Med Dagen

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

**June:** Marilyn Christy, Linda Drain, Roelof Heinen, Donna Isele, Diane Josephson, William Pozdnekoff

### TROLLHAUGEN CAMP August 8th to 14th, 2021

Organizers are going ahead with planning this year's camp with their fingers crossed.

Solsyd Lodge is this year's host and if you are willing to help, please contact Bev Jestin at 403 553-4125. You will have time to attend classes if they do not conflict with assigned duties.

### SYTTENDE MAI

Preparations are being made with Lethbridge City Hall for the celebration of Norway's Constitution Day on May 17th. Only 10 people are allowed to attend to be in accordance with AHS Covid 19 restrictions.

Seattle Sons of Norway have a website where you can watch their Syttende Mai celebrations. Click on [www.17thofMay.org](http://www.17thofMay.org) to watch their virtual program on May 17th.



Gratulerer med morsdagen to all the Sons of Norway mothers, mother figures and grandmothers.

### A Mother's Love

Of all the special joys in life,  
The big ones and the small,  
A mother's love and tenderness  
Is the greatest of them all.

~ Anon.

## PRESIDENT'S MESSAGE

I hope all our members and their families are staying well and that by now, most of you will have had both your vaccine shots and the others have had at least one shot. With the current restrictions, we cannot meet in person.

I have ironed out the problems I had trying to host our first general meeting on Zoom in March. To keep in touch, we have had a couple of successful zoom meetings in April. Our meeting on April 21 to which everyone was invited, went well. There were only 11 of our group who participated. We discussed how soon we could plan to start meeting in person again and agreed that the earliest we could meet would be in September. We will hold Zoom sessions at 7pm on our regular meeting nights, May 19 and June 16. If you need a practice session for Zoom, let me know and I'll arrange that.

We are planning a small flag raising ceremony at City Hall at 11 a.m. on May 17 (*Syttende Mai*). Because we are restricted to 10 people, we will draw from those who attended the Zoom meeting, mostly members of the Executive. I thank Sharon for making the arrangements. Note that City Hall will be lit in red, white and blue on the evening of May 17 in honour of Norway's Independence Day. Drive by, admire the lights and salute the flag!

We are anxious to have a Dedication ceremony for the trees, bench and monument that we have donated but we will wait until number restrictions are lifted so all of our members can attend.

There is a series of eight episodes being shown on PBS on Sundays at 9 p.m. Four have already aired but you may want to check that out. The series is called "Atlantic Crossing" and it will enrich our knowledge of our Norwegian heritage.

Betty



Solsyd Lodge donated this bench and trees to Legacy Park in Lethbridge.

The inscription on the bench reads:  
"Dedicated To All Members  
Solsyd Lodge 4 - 603  
Sons of Norway  
JA, VI ELSKER DETTE LANDET"

## Whipped Cream Cake

From The Norwegian Kitchen

- 4 eggs
- 1 cup sugar
- 1/2 cup flour
- 1/3 cup cornstarch
- 1 teaspoon baking powder
- fresh fruit juice
- 3 cups whipping cream • fruit or berries

Preheat the oven to 175° C (350° F).

Beat eggs and sugar until light and fluffy. Sift the dry ingredients and fold into egg mixture. Pour into a greased 22 cm (9") springform cake pan and bake on the lowest oven shelf about 30 minutes. Cool the cake completely before removing from the pan.

Divide the cake horizontally into 2 or 3 layers. Sprinkle fruit juice over the layers. Whip the cream. Use the top layer as the base with the baked side down. Spread with a layer of cream and fruit. Repeat, then top with the bottom layer of the cake, baked side up.

Spread whipped cream over the top and sides of cake. Use a pastry tube to pipe stars around the edges.

Decorate with fruit or berries, or even chocolate figures.



*"It's come to my attention that some of you are cows."*