



# Sons of Norway Solglyt Lodge #4-143

November - December 2022

[sofnedmonton.ca](http://sofnedmonton.ca)

Edmonton, AB

## Executive Officers:

|                |  |
|----------------|--|
| President      | <b>Sylvia Colleton</b><br><a href="mailto:president.solglyt@gmail.com">president.solglyt@gmail.com</a> |
| Vice President | <b>Emily Moen</b>  |
| Secretary      | <b>Lu-Rene Kennedy</b><br><a href="mailto:secretary.lurene@gmail.com">secretary.lurene@gmail.com</a>   |
| Treasurer      | <b>Jim Colleton</b>  |
| Membership     | <b>Peter Myhre</b>   |
| Counselor      | <b>Peter Myhre</b>   |

## Support Directors:

|                             |  |
|-----------------------------|--|
| Culture                     | <b>Anita Brown</b><br><a href="mailto:norcanweld@eastlink.ca">norcanweld@eastlink.ca</a>     |
| SON Foundation<br>in Canada | <b>Brenda Carlstad</b>   |
| Historian                   | <b>Brenda Carlstad</b>   |
| Husflid                     | <b>Anita Brown</b><br><a href="mailto:norcanweld@eastlink.ca">norcanweld@eastlink.ca</a>     |
| Newsletter                  | <b>Sandy Jamison</b><br><a href="mailto:sjamison@greatwest.ca">sjamison@greatwest.ca</a>     |
| Publicity                   | <b>Brenda Carlstad</b>   |
| Social                      | <b>Sharon Bruce</b>  |
| Sports                      | unfilled   |
| Sunshine                    | <b>Karin Jackson</b><br><a href="mailto:lesandkarin@hotmail.com">lesandkarin@hotmail.com</a> |
| Webmaster                   | <b>Brenda Carlstad</b>   |
| Youth                       | unfilled   |

## Mailing Address:

Dutch Canadian Center,  
13312 -142 Street N.W.  
Edmonton, AB T5L 4T3



## President's Message

Jule tiden is near and God Jul wishes will be shared with one another. Norwegians around the world celebrate with a touch of Norway. Folklore stories of Nisse are told year after year, family and friends gather and pinter Juletre with straw ornaments and paper Norwegian flags, seven kinds of cookies are made- 'just because' it is tradition, a gingerbread cookie, 'pepperkake' is popular for young and old, julemat favorites could be 'Ribbe or Lutefisk served with the right accompaniment dishes. Christmas in Norway Save the date for Solglyt's Julefest 2022 - December 14th at 6 PM in the Nordic Room. See ad on page two for RSVP details.

Members of Solglyt Lodge had much to celebrate at our September 2022 Welcome Back evening. We started the evening enjoying Beer, Iced Tea and 3 Pizza choices from Pizza Hut. **Merit Award Certificates were accepted by President Sylvia from Sons of Norway International** for Solglyt's Dedication to Fraternal Ideals --3 Golds and 1 Silver over the past years. Email Congratulatory messages were read from Russ Wiigs, Zone 4 Director, and from Nurdy Riley, President of District 4, for our long and faithful service to S of N. Remembering, Queen Elizabeth II, we held moments of silence and shared stories in her memory.

Members of our Lodge were treated to a delicious Pea soup supper complete with salads, breads and desserts on October 12th. The delicious meal was prepared by members Valerie Vale and Sandy Jamison. It was a successful evening with member donations to SONFIC totalling \$1450.00. Thankyou for your generosity. Scholarship recipient, Cassidy, shared words of appreciation as she was accepted for a scholarship. She enjoyed spending the evening with us and looks forward to having Norwegian Culture experiences at our Lodge.

November 9, 2022, Solglyt will hold elections for our board. We welcome new members to our board and continued success for Solglyt Lodge.

Most of all we want our Lodge members and guests to feel the welcome atmosphere at our Zoom business sessions and our In person friendship times, Your participation means so much. How can you participate and help us celebrate Solglyt's 110th Anniversary in 2023?

**God Jul og Godt Nytaar fra President Sylvia**





You are warmly invited to Solglyt's  
adults' tradisjonell julemat  
(traditional Christmas meal)

December 14, 2022  
6:30 p.m.

Nordic Room  
Dutch Canadian Centre &  
Home of the Scandinavians

**Sock Donations Welcome!**

**God Jul!**

To help us plan, please respond to  
sofn2013@gmail.com



## Remembrance Day 2022

Legions will continue to hold their services, and all are welcome to attend, as well as City Hall, etc. as done previously. This year the **Dutch Canadian Club** have kindly offered to hold services at the Cenotaph by the Windmill, coffee & cake to follow.

If you would like to say a few words at that time, please advise and I will pass that forward. Arrangements have been made for a Sons of Norway wreath to be delivered to Jasper Place Legion, and then onward to the Ice Palace at WEM.

All are welcome to attend; generally services commence at 10:30.

**Brenda Carlstad, Publicity -  
Sofn2013@gmail.com**

## Kondolanse:

Solglyt Lodge extends our condolences to **Linda Vanderleest and family** on the passing of long-time member **Andy Vanderleest**.

**Andrew (Andy) Vanderleest**  
**27-Jan-1944 - 15-Oct-2022**

Andy Vanderleest was born on January 27, 1944 to Harriet and Charles Vanderleest in Auduard, Holland. He was the second oldest child to brother Jim Vanderleest (Janet), sister Emma Montague (Robert), and younger brother Ted Vanderleest (Diane).

Andy was 8 years old when the family immigrated to Canada, settling in the Neerlandia area. A few years later, they moved to Edmonton where he met Linda Mitchell. They married on July 12, 1969, soon welcoming Leanne (Fred) and two years later, Scott (Monica).

He worked for Massy Ferguson for several years before he started Rapid Paper Ltd., a successful wholesale restaurant supply company that operated across western Canada and expanded into kitchen, industrial cleaning and party supplies.

Andy was blessed with 5 beautiful grandchildren - Calla Vanderleest, Elsie Vanderleest, Abbie Munn, Magne Vanderleest and Sarah Munn.

Andy loved his hobby of coin collecting, which he enjoyed with his brother, Jim, and shared this love with his grandchildren. His most recent favourite hobby was collecting milk bottle caps.

One of the most special places Andy liked to be was at his cabin in Pigeon Lake.

Andy had a deep and abiding faith and will be so dearly missed. We take comfort in his legacy, which lives on in each of his children and grandchildren. He was the best person - good humour, witty, kind, generous and loving. Heaven's gain is our loss but our countless memories soothe our hearts.

A celebration of life was held on Tuesday, October 25, 2022 at 11:00 a.m. at Beulah Alliance Church, 17504-98A Avenue, Edmonton, AB.



## Solglyt Celebrates 110 Years in 2023!

In 2013 we celebrated Solglyt's centennial - signing of the Sons of Norway charter; Solglyt originally known as Nordpolen. **Fast forward - how will we recognize our lodge turning 110 years old?** We look forward to your planning ideas for this 2023 spring/summer milestone event.

**Brenda Carlstad, Publicity**  
**Sofn2013@gmail.com**



**Juletrefest: Solglyt, regrettably, is not able to offer a kids' Christmas party (juletrefest) this year.**

**- Solglyt Executive, Sofn2013@gmail.com**



# Sons of Norway Foundation in Canada



Flowers for Helen Evjen  
in recognition of her  
faithful service and  
leadership - Brenda  
Carlstad, Sylvia Colleton,  
Helen Evjen.



(L to R) Nordahl Flakstad - Silver Pin recipient, with Brenda Carlstad  
(Foundation Alternate Director) and Helen Evjen - Platinum Plus Pin  
recipient.



Cassidy Wambold - Bjarne & Karel Thorshaug Bursary recipient with  
Brenda Carlstad & Solglyt President Sylvia Colleton



# Foundation Fundraiser Pea Soup Supper

Total donations and soup sales raised \$1450 for the Sons of Norway Foundation in Canada at the October 12 event.



(L to R) Sharon Bruce, Sue Norum.



(L to R) Carole Parker, Arvid Pederson.



(L to R) Charlotte Evjen, Mike Weir, Helen Evjen.

## Finnish Christmas Party - Dec. 10

The Finnish Society of Edmonton is inviting members of all Scandinavian clubs from DCC to attend our annual Christmas party on December 10th. Tickets are available through Eventbrite and our menu is published. Tickets are a very reasonable price at \$30/adult.

We will have some local entertainment after the meal and a short program. Please let your members know they can attend our party as our guests.

<https://www.eventbrite.ca/e/2022-finnish-society-christmas-party-tickets-4377059793>

## Scandinavian Genealogy Research

**Gordon Berdahl** is interested in helping Scandinavians with genealogy research – he is a member of the Edmonton Genealogy Society and attends their meetings every week. He has been a member of Solglyt Lodge since 1969, is one of our Golden Members and has been secretary and newsletter editor – how many remember him? He regularly visits both the City and Provincial Archives. If anyone needs help with genealogy research he can be contacted at 780 466-3252 or [gberdahl@telusplanet.net](mailto:gberdahl@telusplanet.net)

## Stamp Club

We need more stamps, please be sure to save stamps from any mail you might receive. They may be dropped off or mailed to: **Elaine Domier, 11759 – 37 Ave., Edmonton, AB T6J 0J3**, or bring them to a membership evening.



## Scandinavian Seniors

Scandinavian Seniors meets every Wednesday from 1:00 – 4:00 pm.

Some play Norwegian whist, some play dominos and others play ugly sticks. Other games could be played depending on interest. Scandinavian Seniors needs more members. We stop for lunch at 2:30 pm. Lunch is provided by a different group - Danes provide it one week, Finns provide it the following week and so on.

Contact Don Sjoberg at 780 249-4460 or by email [dtsoberg@shaw.ca](mailto:dtsoberg@shaw.ca) if you would like to join our group.

## 2023 Newsletter Submissions

January/February - submissions due by December 29, 2022.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please e-mail submissions to: [sjamison@greatwest.ca](mailto:sjamison@greatwest.ca) and indicate SON Newsletter in the subject line. Early submission of articles, when possible, is appreciated.



## Help Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

**Karin Jackson**, Sunshine Director, would like to remind members to email her, please include the full name and nature of the request. Karin's email is [lesandkarin@hotmail.com](mailto:lesandkarin@hotmail.com)



# September Member Gathering Pizza Night

At our September "Welcome Back Evening" members enjoyed beer, iced tea and a variety of pizza choices.

Merit Award Certificates were accepted by President Sylvia from Sons of Norway International for Solglyt's Dedication to Fraternal Ideals.



Sylvia Colleton receives a tote bag from Brenda Carlstad.



Recruitment Awards: (L to R) Sylvia Colleton, Brenda Carlstad, Elaine Domier, Cliff Norum, and Peter Myhre.



Lodge Achievement Awards: Sylvia Colleton and Brenda Carlstad.

Left: (L to R) Valerie Vale, Sandy Jamison, Ingrid Zukiwski, and Lillian Rogers enjoying a chat.



## Husflid Hjørnet Culture Corner

### Husflid Workshop November 26th

The Nordic room has been booked for a **husflid workshop** on **November 26th**. My plan is to cook **rømmegrøt** and a **traditional cookie** or two, maybe **Mor Monsen** or **Goro**. Or perhaps you have a favourite cookie we could make, I am open to suggestions

If you are interested in participating, please register before the 15th, as we have limited spots, and I have to shop for supplies.

**Anita Brown,**  
[norcanweld@eastlink.ca](mailto:norcanweld@eastlink.ca)







# Solglyt Lodge Bus Trip to Hamingja Heritage Farm



A visit to Hamingja Heritage Farms & Nature Preserve at Leslieville is a great experience. You can view and hear the story of our unique Soay Sheep breeding flock (one of the world's most primitive feral sheep), Icelandic Chickens, Rouen Ducks, Honeybees of Hamingja and the Trout Pond. Carding, spinning of self-shed Soay sheep fleece plus Soay and natural textiles will be featured. Focussing on sustainability as well as rewilding with native plants, Hamingja – Heritage Farm & Nature Preserve also features an old pioneer log home and some antique farm implements. Visit the Stone Circle, sit by the water or wander the grounds.

August 31 was a gorgeous summer day and members of Solglyt Lodge had a great visit to Hamingja - Heritage Farm and Nature Preserve which is located near Leslieville, Alberta. There were 29 members of the Lodge who made the trip.

**Above: Janina with ancient viking horn.**

**Left: The Langhus.**





We gathered at the Dutch Canadian Club and departed about 9:00 a.m. by bus arranged by Sharon Bruce. We arrived at Hamingja shortly before noon where we were greeted by Janina Carlstad and John Fletcher.

On the way (route map is attached), we were provided an on-going commentary on the geography and other highlights of the scenery by Wayne Nordstrom, Sharon and Roger Bruce. Commentary also included references and information related to Scandinavian sites, history and other features along the route. The commentary was most enjoyable and provided a very entertaining ride and a wide variety of knowledge to all.

At Calmar, we made a short pit stop at Calmar Bakery where Sharon purchased delicious doughnuts for all.

The scenery along the route was indeed very pleasant and took us through farmland and rolling hills with pastureland for cattle grazing and nearby lakes.

We came across a cattle-drive where modern-day quads were being used alongside riders on horseback. It reminded many of us of how we grew up on the farm.

At Hamingja, after introductions and greetings, we were provided an exceptional,

**Top: Soay Sheep.**

**Middle right: Solglyt guests enjoying flatbrod to start the meal.**

**Bottom right: Sounds of historical instruments by Janina and John.**







**Above: Solglyt group photos.**

**Bottom left: Janina and Beulah at Hamingja outdoor food service station.**



delicious traditional Norwegian lunch of flatbread, lamb with cabbage and carrots, cranberries (tyttebaer), cucumber salad and boiled potatoes. For dessert we had carrot cake and a sample of Grey Owl Meadery's mead for any who were interested. Thanks to Beulah who assisted in preparing this delicious meal.

After lunch, we were given a farm tour which included a rare breed of Soay sheep from an island offshore from Scotland and Icelandic chickens and the fishpond. At coffee, we enjoyed Krumkaker with a choice of whipped cream filling. Janina, John and Beulah expressed appreciation for our visit and shared interesting information about Hamingja Heritage Farm

and their goals for the future. To end the afternoon, John and Janina treated us to a short program that featured the sounds of ancient musical instruments. The day was filled with special moments and memories that we will keep until next time!!

We then headed back to Edmonton and arrived back at the Lodge about 7:00 p.m.

It was a great day all around. Thanks to Jim and Sylvia, Wayne, Sharon and Roger and of course Janina and John for their great hospitality.

Pictures for the trip are posted on a link on Solglyt Lodge website: <https://www.flickr.com/photos/sonsofnorway/albums/72177720301894210>



# *Celebration Event in Recognition of the Donation of the Gol Stave Church Model to Augustana Campus in Camrose*

*Article by Wayne Nordstrom*

During the afternoon of September 23, 2022, in the library at the University of Alberta's Augustana Campus in Camrose, a very meaningful and special event took place. This event formally recognized the donation of the Gol Stave Church model to Augustana. Bree Urkow, the Development Officer at Augustana, organized the event and was one of the key staff members on campus who enthusiastically supported our suggestion to have the model on permanent display at Augustana. It was primarily through Bree's efforts that the model now has a permanent home on campus, that being the attractive campus library. The library is a very fitting location for the model because the site is safe and secure, and it allows the model to be used in a variety of Augustana's educational and cultural programs.



Two of the model's builders – Dennis Douglas (left) and Wayne Nordstrom – standing beside the church model that is in the library at Augustana Campus in Camrose.



L-R: Bree Urkow, Wayne Nordstrom, Dr. Demetres Tryphonopoulos, Dennis Douglas. Bree is speaking about the model and is recognizing its builders and their donation of the model to Augustana.

The celebration event was MC'd by one of Augustana's students – Logan Driedger. He did a great job and is one of Dr. Ingrid Urberg's students. Ingrid is the Associate Professor of Scandinavian Studies at Augustana and has been a staff member there since 1994. She has taught a wide variety of Norwegian language and Scandinavian literature and

culture courses at Augustana. Ingrid is a wonderful supporter of all things Scandinavian, including our suggestion to have the stave church model at Augustana. At the celebration event Ingrid spoke about Augustana's Norwegian history as well as some of the history surrounding stave churches.



Logan Driedger, the celebration event's MC.



Left to right: Dr. Ingrid Urberg, Wayne Nordstrom, Dennis Douglas, Dr. Demetres Tryphonopoulos.



The Dean of Augustana – Dr. Demetres Tryphonopoulos – gave a very meaningful speech on how the stave church model fits into various campus goals. His support and assistance in approving the donation of the model to Augustana is much appreciated. Dennis Douglas and I were asked to come forward to the podium and we were presented with some thoughtful and fitting gifts by the Dean, one being a letter signed by him and Bree and which acknowledged our donation of the model to Augustana Campus. The text of that letter is shown the box below.

*September 23, 2022*

*Dear Mr. Nordstrom and Mr. Douglas:*

***Thank you.***

*The Augustana community is humbled and touched by your generous gift. The Stave Church, with its exquisite craftsmanship and detailing, is a beautiful and important addition to the campus. Furthermore, the Norwegian history and culture it represents is a fitting tribute to Augustana's roots when it was established by a group of visionary Norwegian settlers to this area over 100 years ago.*

*We would like to formally acknowledge that the Stave Church was donated to the University of Alberta, Augustana Campus in August 2021. It is being proudly displayed within the security of the campus library, where students, staff, faculty, and visitors of all ages may admire and enjoy its beauty now and for years to come.*

*Your support of Augustana through this generous donation fills us with gratitude. Again, thank you.*

*With deepest appreciation.*



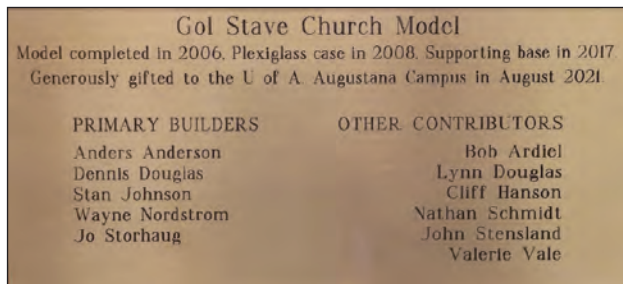
Gift packages being presented to Wayne Nordstrom and Dennis Douglas by the Dean of Augustana, Dr. Demetres Tryphonopoulos. Included in the gift package was an acknowledgement letter, the text of which is shown above.

Following the presentation by Dr. Tryphonopoulos, I was asked to come to the podium and say a few words in response to the thoughtful and caring words spoken by Bree, Ingrid and the Dean. I expressed my sincere thanks to the Dean and to staff members, Bree in particular, who had made it possible for the church model to be at Augustana. It was also an honour for me to speak to those in attendance about how the stave church model came into being some 20 years ago, and who were involved in building and contributing to the model. The model would not have been built without the help and support of some key people, two of these being Dennis and his wife Lynn. Their unwavering commitment from the beginning of the project has been hugely important and significant.

One of the things I mentioned in my presentation were some words to the effect that *"I never would have*

*believed that I would be standing here today speaking to you about this stave church model and the things that have happened to have it on permanent display in the library here at Augustana."* When we first started on the project, Dennis and I and others who wanted to help were just interested in having some fun building a unique structure. We knew that it would be an interesting cultural item, but never would we have guessed that it would lead to this celebration event. We are extremely grateful to everyone involved in making this project a huge success!





An engraved bronze plaque, shown at left, is now on the model's base. The plaque gives details of when the model and its components were completed, the date it was gifted to Augustana, as well as the names of those who were involved in building or contributing to the model.

Several of our Sons of Norway members from Solglyt Lodge in Edmonton attended the celebration event, including our current President, Sylvia Colleton. It was great to have them there. Their support at the event and for having the church model at Augustana was very positive and encouraging. Sylvia later commented, *"The location in the library at Augustana Campus at Camrose is the BEST."* Also attending were a number of interested staff members from Augustana as well as several of Ingrid's students. There were also several guests from the general public who gave of their time and attended the event as well. Everyone's attendance was much appreciated.

Numerous photos were taken of the event and of the stave church model itself. Thanks to Sylvia Colleton and Lynn Douglas for being our informal photographers that day. The photos used in this article were taken by either Sylvia or Lynn. Several Augustana staff also took photos, and one person recorded the entire proceedings on her cell phone. It is great to have a good record of what happened that day.

An enjoyable reception took place after the formal part of the occasion where everyone could mingle, ask questions, take photos, meet the staff and students, and just appreciate the day. Coffee, tea, and some tasty snacks and goodies (e.g., krumkake) were enjoyed by all, courtesy of the Lefse House in Camrose.

If you are in the Camrose area, you are most welcome to stop by the library on Augustana Campus and visit the stave church model, perhaps take some photos and just enjoy the surrounding environment of a very attractive library. This location is the permanent home of the Gol Stave Church model. THANK YOU AUGUSTANA!





## Rakfisk: Fermented Trout Draws a Crowd

One would think a fermented fish would not draw too much attention as it sounds like something of an acquired taste. Right? Wrong! Norway is yet again testing our assumptions as fermented trout, known as rakfisk, entices quite the crowd to the city of Fagernes.

For the past 30 years, Fagernes has held the "Norsk Rakfisk Festival," drawing more than 25,000 people each year. The festival celebrates food traditions and features local products/handmade items. Of course, one of the main events at the festival is the rakfisk competition where a panel of judges assess the taste, smell, and texture of rakfisk brought by several rakfisk producers.

This year will surely be an exciting one as it is the 30th anniversary of the festival; the celebration goes from November 3rd to 5th. To feel like part of the festival from afar, pair some fermented fish with lefse, sour cream, and onion. You may not draw quite the crowd as does Fagernes, but you will have experienced yet another Norwegian food tradition.



Photo Credit: Cathrine Dokken - Norsk Rakfisk Festival



## Top 5 Places to Go in Norway

When you are on a road trip, rest stops are of vital importance. Many of the public toilets dotted along Norway's stunning 18 Scenic Routes are designed to reflect the natural beauty around them. Here are just a few, as ranked by the website [upnorway.com](http://upnorway.com):

**#5: Selvika** This concrete wonder sweeps near the Selvika beach on the Havøysund route up north in Finnmark. Visitors climb a ramp which snakes around in sharp turns, providing views in all directions of its stunning setting.

**#4: Bukkekjerka** It is easy to miss this mirror-covered rest stop, located on the Andøya Route, which explores the rugged beaches of northwestern Finnmark.

**#3 Allmannajuvet** The toilets here are part of the Zinc Mine museum and resemble a short fire tower perched precariously

on the side of a cliff. You can visit them as you drive the Scenic Route Ryfylke, which can be found in Rogaland county.

**#2. Eggum** The exterior of this rest stop on the Lofoten Scenic Route resembles a neolithic amphitheater and was fashioned from a disused quarry.

**#1. Ureddplassen** Praised as the world's most beautiful toilet, Ureddplassen is on Scenic Route Helgelandskysten, which crosses the Arctic Circle.

Learn more about these stunning rest stops and others at Norway's Top 10 Most Unusual Toilets on [upnorway.com](http://upnorway.com)

## Photos Please!

The Viking magazine – if you have any photos you believe could be shared with Sons of Norway members, please send them to [brenda@clrmmedia.com](mailto:brenda@clrmmedia.com) for submission to the District 4 Publicity Director. Solglyt has a selection of photos via our own website via <https://www.flickr.com/photos/sonsofnorway/sets/>



### HALL RENTALS

For weddings, Anniversaries,  
Company parties, Reunions,  
Dances, Business Meetings etc.

International Hall  
Nordic Room  
Board Room

Frank Stolk—780-984-4569  
Club members and ESCA members  
receive a discount on the rental fee





# Christmas in Norway

Jul or jol is the term used for the Christmas holiday season in Scandinavia and parts of Scotland. Originally, “jul” was the name of a month in the old Germanic calendar. The concept of “jul” as a period of time rather than a specific event prevailed in Scandinavia; in modern times, “Jul” is a period of time stretching from the fourth Sunday before

Christmas Eve, December 24, to (traditionally) mid-January at the date of Epiphany with the month of December and Christmas, and the week up to the New Year, as its highlight. The modern English yule and yuletide are cognates with this term.

The term “Jul” is common throughout Norway, Sweden, Denmark, Iceland, Greenland, Scotland and the Faroe Islands.

Whereas the start of “jul” proper is announced by the chiming of church bells throughout the country in the afternoon of 24 December, it is more accurate to describe the season as an eight-week event. It consists of five phases: Advent, Julaften, Romjul, Nyttår, and The End of Christmas, very often with Epiphany, the thirteenth day of Christmas, as the final day of the season. From the original beginning on Christmas Day, the custom of Julebord has spread to the entire season and beyond, often beginning well in advance of December.

The modern day celebration is largely based on the Church year and has retained several pre-Reformation and pre-Christian elements.

The central event in Scandinavia is Christmas Eve (julaften), when the main Christmas meal is served and gifts are exchanged. This might be due to the old Germanic custom of counting time in nights, not days (e.g. “fortnight”), as it holds for other holidays like Midsummer Eve (Jonsok, lit. “Wake of St. John”) and St. Olavs



Mass (Olsok, lit. “Wake of St. Olav”), with the main celebration on the eve of the official Church day.

## Norse Roots

“Jul” or “Jol” are cognates of Norse “Jólnir” or “Ylir”, which are alternate names of Odin, although the root itself is debated. Jul was celebrated during the second moon (from new moon to new moon) of the winter half of the year – roughly from the new moon of November to the new moon of December. At this time, the animals for slaughter were the fattest, flour had been processed, all the work of autumn was completed, and it was time to celebrate.

The time of celebration has varied. According to written sources such as the legislation of Gulaping, it was mandatory for farmers to have







spruce or fir, e.g. on the doormat, and a sheaf of wheat hung outside.



## Food

Culinary traditions vary regionally. In Northern and Western Norway, pinnekjøtt (ribs of mutton which are salted and dried, and some places also smoked, and then steamed) is a common dish, whereas Lutefisk and cod are popular in Southern Norway. In Eastern Norway and Central Norway, pork rib roast is common, usually served with medisterkaker and medisterpølser (dumplings and sausages made of minced pork meat). Turkey has recently made its way into the variety of cuisines enjoyed during Jul.

Other traditional foods are eaten at Første Juledags Frokost, a Christmas Day luncheon where the household serves all available delicacies in a grand buffet. Families might serve several kinds of meat such as ham, fenalaar (ham of lamb), cooked cured leg of lamb, pickled pigs' trotters, head cheese, mutton roll, pork roll, or ox tongue; and several kinds of fish such as smoked salmon, gravlax, rakfisk, and pickled herring. There will also be a range of cheeses and various types of jam. After the meal, tradition prescribes serving seven kinds of julebakst, pastries and coffee breads associated with the holiday. Gingerbread and gingerbread houses are commonly decorated with sugar frosting. In some instances, gingerbread cookies are used for decorating windows as well as the Christmas tree.

On Christmas Eve, many families eat risengrynsgrøt, a type of rice porridge that includes a single almond, scalded of its skin to leave it white. Whoever gets the almond wins a prize, usually a marzipan pig.

Brewing is closely associated with the preparations for jul, and most Norwegian

a beer drinking party with at least three farmers attending. If a farmer was so far away from his neighbours that this was difficult, he still had to brew as much beer as if he had been taking part of such a party. The beer should be ready by November 1.

The tradition of Yule Ale and "drinking Jul" is symbolized by a drinking horn on December 25 on the Runic calendar, with an upside-down drinking horn depicted on January 13, symbolizing that the ale should be finished by then.

By the wording of the legislation, there are two celebrations where beer drinking was mandatory. The first was a form of thanksgiving (where at least three farmers attended), while the second was a smaller party for the family.

The old tradition of brewing Yule ale and drinking in honor of the Æsir, friends, and kinfolk also remained in the time following the

Christianization, with the law demanding people to brew enough as well as strong enough. However, people were now to drink in honor of Christ and the virgin Mary instead.

The figure of the mischievous but gift-bearing Norse nisse, a mythological creature associated with the Winter solstice in Scandinavian folklore, is a white-bearded, red-wearing ancestral spirit also known as Julenissen (Jul spirit), which has been integrated with the figure of Sinterklaas to comprise the modern-day figure of Santa Claus. Like the cookies traditionally left for "Santa Claus" today, it was customary to leave a bowl of rice porridge with butter for the Jul spirit in gratitude. The food represented a sacramental meal. Sacramental meals were formally called blót—in this particular instance, juleblót or winterblót.



## Common Customs

As usual in the western world, Christmas features Christmas Dinner, decorated Christmas trees and the exchange of gifts. Gifts are brought by "Julenissen" ("Christmas Hob" or "The Christmas Wight", who today appears identical to Santa Claus). Remnants of customs from the older agrarian society include decoration with boughs of green from







breweries release a traditional Christmas beer, which is darker, stronger and more flavorful than the common Norwegian lagers. Breweries also produce a special soda, known as julebrus. Aquavit is also commonly served as a digestif to accompany the heavy, often fatty meals.

## Phases of Jul

**Julebord** - Julebord is a holiday banquet, often in the form of a buffet, at which is served traditional Christmas foods and alcoholic beverages. The period during which Julebord is hosted begins in November and overlaps the beginning of Advent. The tradition has its roots in the communal parties held in medieval Norway as part of the Gulåping.

As times have changed since 1000 CE, the labor-intensive tradition of serving Julebord at home is vanishing; the custom is moving out of private life to become an end-of-the year corporate social gathering, usually at a restaurant or a rented facility with ordered catering.[citation needed] In most cases employers only invite employees, not their families. There is typically one party for every employer and other organizations that one might be a member of, as well as large corporations inviting important clients, and non-alcoholic parties at schools and kindergartens.



**Advent** - Advent starts with the fourth Sunday before Christmas. See also the separate article on Advent

December 1 to 24, it is common for children to have their own Advent calendar which contain one small gift for each day leading up to Christmas. Typically it contains sweets like

chocolate, small toys or in later years Legos encouraging building of a small piece of a larger Lego-construction throughout the calendar.

**Little Christmas** - December 23 also has special status as "Little Christmas Eve". Many use this day to decorate the Christmas Tree if they have not already done so. Some allow children to open one small present as a teaser for the day to come.



**Julaften** - Christmas Eve. On Julaften, many families gather around the TV in the morning to watch the Czech movie "Three Wishes for Cinderella" (narrated by a voiceover in Norwegian by Knut Risan), followed by "Reisen til Julestjernen" (1976) and a Disney Christmas special. Some children get a Christmas stocking with candy when they wake up. Often, the parents use this time to prepare the Christmas dinner. Many families go to church before dinner, even many who never go to church otherwise. It is common to eat rice porridge for lunch, and dinner is usually at 5 pm, when the church bells ring to symbolize the beginning of the main holiday. It's called "ringe julen inn", ringing in Christmas". After dinner and dessert (often leftover rice porridge mixed with whipped cream, called riskrem, served with a red berry sauce), the gifts are opened.



**Romjul** - Romjul is the week between Christmas Eve and New Year's Eve, known in English as the 'Interscotia'. All hunting, but not fishing, is prohibited on these days; during "Julefred" ("Christmas Peace") there is a closed season on all wild animals.

First and Second Day of Christmas (December 25 and 26) are holidays, and all businesses are closed.

December 25 is usually considered a very private holiday, when one sees only family. December 26, it is fairly common to invite close friends over to help eat up what is left of the food from Christmas Eve.

**Julebukk** - "Julebukk," a Norwegian noun, translates to "Yule Goat". Today it is commonly known as a goat figurine made out of straw, created in the beginning of December often used as a Christmas ornament. The Yule Goat's oldest representation is that of Thor's magical Goats, which would lead him through the night sky. The Yule Goat was also a spirit that would protect the house during Yuletide and it was tradition to sacrifice a goat to the Gods and accompanying spirits during the time span between the Winter Solstice "Winter Night" and the New Year called "Romjul". It was during Romjul that a goat or Julebukk was sacrificed, adults then donned guises to personify the Julebukk. Animal masks and skins, commonly goats and horses were donned in an activity called "hoodening". Participants would parade from house to house, disguising their voices, singing, offering spiritual protection and warnings. The group would receive small amounts of money, food and drink in exchange for the blessing they offered.



**New Year's Eve** - December 31 is commonly a half day at work. In the evening, families tend to have a dinner party similar to the Christmas Eve dinner, though it is common to invite friends and/or neighbours. As midnight approaches, it is common to leave the house and light up fireworks together with neighbours, as they congratulate each other.

**End of Christmas** - The exact date that ends Jul varies. One common date is the thirteenth day of Christmas, Epiphany, of the Mass of St. Knut, on January 7. Another is the old "gisladag" or "Tjuendedag", the twentieth day, on January 13, also called Epiphany Day. By Candlemas on February 2, the Christmas tree and all decorations have usually been removed.

[https://en.wikipedia.org/wiki/Christmas\\_in\\_Norway](https://en.wikipedia.org/wiki/Christmas_in_Norway)





## The hungry elf in the barn

The chubby, generous and kind Santa Claus has become a central part of the modern Norwegian Christmas celebration. **“Fjøsningen”** (the barn elf) is a **more mischievous and slightly sinister** character that was important when Norway was still a farming community.

You’d be well advised to stay friends with this short, bearded guy. If treated well, he would help make sure that the farm prospered. If unhappy with the swing of things, however, he could exercise the most brutal forms of revenge, such as striking the dairy cattle dead.

This is why **farmers used to bring rice porridge and home-brewed beer to the barn** every Christmas, a tradition that continues on Norwegian farms to this day.



# Deliciously Nordic

## Norwegian Risgrøt Rice Porridge

*Risgrøt—a festive Norwegian rice pudding—is a heart-warming, soul-satisfying treat that is humble, almost too easy, and impossible not to love.*

Serves: 4    Prep Time: 5 min  
Cook Time: 1 hr    Calories: 432

### Ingredients:

1 cup long grain white rice  
2 cups water  
4 tbsp sugar  
1 tsp vanilla extract  
1/2 tsp cardamom, ground  
6 cups whole milk  
2-4 tbsp butter  
2 tsp ground cinnamon  
berries (optional)

### Directions:

Simmer the rice in water for about ten minutes to partially cook it.

Spice and sweeten it with cardamom, vanilla and sugar.

Stir, and begin adding milk very slowly as

you continue to stir, just as you would with a risotto. The rice will absorb the milk as you stir it over the heat.

Keep stirring. You’re going to stir pretty constantly for about 40 minutes, so you’ll probably want to put on your favorite Christmas album and make it a party. Stirring is a job even the littlest elf can help out with, so don’t hesitate to enlist some helpers!

Done! When the rice porridge looks creamy, but like all of the milk has been absorbed, you’re done! Ladle it into big bowls, and serve with cinnamon, a pad of butter and (if you’d like to) some fresh or frozen berries.

<https://themodernproper.com/norwegian-breakfast-rice-porridge>

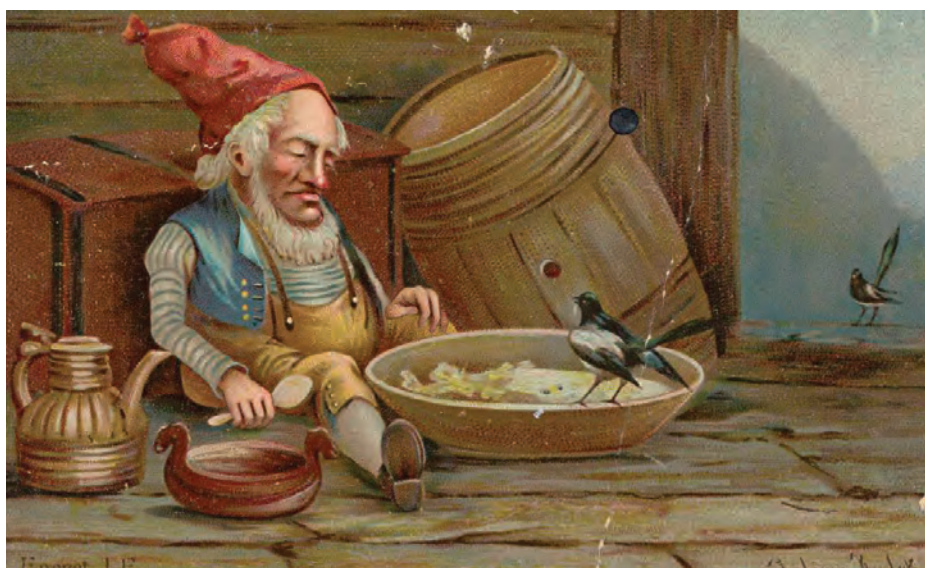


PHOTO: JULIUS HOLCK / NATIONAL LIBRARY OF NORWAY





# The Translation



## Lutefisksesongen starter: Her er lutefiskens historie

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsett, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i

frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøye, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.



## Lutefisk Season Begins: The History of Lutefisk

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating tørrfisk (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a

temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.





# God Jul og Godt Nyttår



## The Norwegian Birthday Song

To Solglyt members celebrating a birthday from November to December, here is your song!

Hurra for deg som fyller ditt år!  
Ja, deg vil vi gratulære!  
Alle i ring omkring deg vi står,  
og se, na vil vi marsjere,  
bukke, nikke, neie, snu oss omkring,  
danse for deg med hopp og sprett og spring  
onske deg av hjertet alle gode ting!  
Og si meg sa, hva vil du mere?  
Gratulaere!

Hurray for you celebrating your Birthday!  
Yes we congratulate you!  
We all stand around you in a ring,  
And look, now we'll march,  
Bow, nod, curtsy, we turn around,  
Dance for you and hop and skip and jump!  
Wishing you from the heart all good things!  
And tell me, what more could you want?  
Congratulations!