



## Upcoming Meetings

SOL-LAND LODGE invites all its membership, past-due and/or presently paid for, to attend our annual Swearing in the Board! Dinner will be provided by the past and future Directors of Your Board! It will be a happy event as we celebrate this New Year with Positive Energy! Bring your bells and whistles and make some noise! Sol-Land Lodge is back in Town!

The January meeting, Jan 20<sup>th</sup>, will be hosted by the board members. There will be soups and stews and installation of officers. Members are welcome to bring salads and desserts. Darrin Lee, District 2 Foundation Director will be the installing officer, weather permitting. He will give a short presentation on the Sons of Norway Foundation, what it is and how it benefits Sons of Norway members.

...have you not paid your dues in a while? Our Treasurer will accept your \$payment(s) at our meeting!

The February meeting will feature a video "Coming Home", which is a 23 minute documentary of David Ellingson's kayak adventure on the ancestral fjords in Norway. It weaves together breath-taking scenery, stirring music, and a story exploring his family's journey to America and his discovery that home is place, people, and spirit. We hope to see many of you there on Feb 17<sup>th</sup>.

The program for the March meeting will be a presentation on the Cultural Skills program by Ron Rolla. We will probably also talk about the Sports Medal program, so round up all the questions you have on those two topics to be prepared.

Sol-Land is hosting the Zone 5 Seminar this spring. Zone seminars are a great place to meet members of other E. Washington and Idaho lodges, to exchange ideas, and to learn a bit more about how the entire organization works. It will be a Saturday meeting, starting about 9 AM and finishing by around 3 PM. The date is not definite, yet, but will be late April or May. We will need a few members to volunteer their time to host, and we hope to see many of our members attending – after all, it is free AND you will get lunch!



Tiny Viking Selma Brain and her dad, Trevor

Sol-Land Lodge holds a monthly meeting on the third Friday of the month. We have a potluck dinner beginning at 6:30pm. Guests are not expected to bring food just to come and enjoy themselves! The cultural program begins about 7:30. We meet at Kennewick First Lutheran Church on the corner of HWY 395 and Yelm. We have a board meeting on the last Monday of the month, beginning at 7:00pm, also at Kennewick First Lutheran. If you wish to come to a meeting, but do not have transportation, please contact us and we will arrange it for you. If you are interested in a membership, give one of us a call; we can tell you what we are all about and how to go about becoming a member. You can also visit our lodge website at [www.sol-land.org](http://www.sol-land.org).



## Scandinavian Folk Dance Class

Kennewick First Lutheran Church  
Fellowship room  
Feb. 2,9,16,23 at 4-5 p.m.  
Children and Adults welcome

No Partner or experience necessary  
Contact:

Gretchen Makinson  
509-943-1264  
or [glmakinson@aol.com](mailto:glmakinson@aol.com)



## Sol-Land Lodge 2023 Officers:

President	Greg Holter
Vice President	Laura Kostad
Secretary	Nancy Holter
Treasurer	Lucinda Twedt
Counselor	Virginia Fields
Social Director	Rennae Rosenberg
Cultural Director	Gretchen Makinson
Asst. Cultural	Ron Rolla/Joe Molvik
Sport Director	Lisa Bartholomew
Foundation Director	Nancy Holter
Publicity Director	Kristie Edwards
Editors	Sara Watson/ Nancy Holter
Musician	Linnea Hillesland
Librarians	Gretchen Makinson/Maureen Woodward
Marshall	...
Assistant Marshall	Dave Payson
Greeter	Donna Smitt
Asst. Greeter	Ginger Fields/ ...
Sunshine Committee	...
Scholarship Chair	Dick Nordness
Tubfrim Chair	Laurie Tyssen

## Language Camps are back!!

2023 Registration for District 2 Youth Camps begins Feb 14. The camps are:

Camp Trollhaugen - (ages 13-15) Easton, WA June 25 - July 8, 2023

Camp Nidaros – (ages 9-12) Gearhart, OR July 9 - 22, 2023

Camp Normanna- (ages 9-12) Lake Riley, WA July 23 – August 5, 2023

Total all-inclusive tuition for each two-week camp is \$700. Applications must not be postmarked earlier than February 14, 2023 and will be recorded in the order in which they are received. To attend camp, children must have a parent, grandparent or sponsor who is a Sons of Norway member in District 2.

There are two District-wide scholarships available to campers. The Draxten Memorial Fund awards funds to D2 campers who are also receiving funds from their local lodge. The amount varies from year to year, based on the total number of awards handed out. The Sofie/Olson Memorial Scholarship Fund supplies money to the children and grandchildren of district members to attend D2 youth camps.

If you are interested in sending a child to camp, please contact Nancy Holter (509-375-0919, [sol.land.lodge@gmail.com](mailto:sol.land.lodge@gmail.com)) for more information and application forms.

## Online Events to Take Note Of

An interesting looking zoom presentation on Feb 2:

“In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States” presentation by Vesterheim Collection Manager, Jennifer Kovarik; February 2 @ 6:30 pm - 8:00 pm CST. For more information, or to register for the zoom link, email Carolyn at [cjtownsen@comcast.net](mailto:cjtownsen@comcast.net).

A couple of items from the New York Times that might interest you:

The first is about 3 Norwegians who are “excavating” Viking artifacts.

<https://www.nytimes.com/2023/01/04/arts/design/petroglyph-hunters-norway.html>

Another article about Nordic countries taking the lead in education:

<https://www.nytimes.com/2023/01/10/world/europe/finland-misinformation-classes.html>

## Community Outreach

Tis the season of colds and coughs! Let’s bring a box or two of nose Tissues (Kleenex) to our January meeting so we can place a needed item in the classrooms of our little Vikings at Vista Elementary School. \*\*\* By the way, even though the worst weather may have come and gone, they loved our donation box full of gloves and socks gathered at our December meeting!

The lodge is considering partnering with the Kennewick Community schools again next year to offer classes; baking, cooking, hand crafts... what classes are you interested in taking? What classes are you willing to help with?

It is that time of the year when the secretary needs your volunteer hours for the year. Look back at what you have done this year and count up the hours you have spent. Please indicate what the hours were for, delivering donations, baking for a special event, etc.



## District 2 events

The District 2 Ski Race is the 1<sup>st</sup> Saturday in February and all are welcome. This year is February 4<sup>th</sup>, 2023. Registration is from 8:30 - 10am, and the race begins at 10:30. Lunch is provided and the cost is \$10.00. There is a cost for the Snow-Park, contact Laurie Berg for more information.

**If you cannot make it to Trollhaugen on Feb 4 there is another way to participate!** For the whole month of February, please record how many miles you cross-country ski. This event is open to all ages and experience levels. Send your miles to District Two Sports Director: Laurie Berg. Be sure to include your full name, age, and the lodge that you are a member of. **The cut-off date for submitting miles is March 15th.** Once all miles have been submitted, they will be tallied, and Laurie Berg will disperse participation awards. Results will be printed in the Dynamic 2. Miles can be tracked for all skiing, not just miles done at Trollhaugen.

Laurie Berg, (206) 235-5558,  
laurieberg.lb@gmail.com

Trollhaugen is open for use, but you need to check in advance, to be sure someone is there to open the lodge. It is open most weekends for day use because someone has arranged for overnight use. To make reservations or to check availability, send your request to [trollhau@outlook.com](mailto:trollhau@outlook.com). For general information about Trollhaugen Lodge, visit <https://www.trollhaugensofn.com/>.

### This month's "humor"

Olaf the Viking is shopping at a supermarket when he comes across an old lady in a wheelchair, almost in tears.

"What's the matter?" asks Olaf.

"Oh," sobs the old lady. "I want to have a look at

the frozen puddings but, as you can see, there are three steps down into the chiller cabinets."

"No problem," says Olaf, lifting her onto his back. "I'll take you."

Olaf strolls through the chiller cabinets with the old lady on his back. She selects several puddings and puts them in the basket he is carrying for her.

At the other end the old lady's husband is waiting with her wheelchair.

"I'd really like to thank you," says the old lady as Olaf sets her back down in the chair, "but I don't even know who you are!"

Olaf just waves and walks off.

"I was really worried about you," comments the old lady's husband. "What have you been doing?"

"I've been through the desserts on a Norse with no name."

## Request for Community Service Volunteers

Greetings!

I would like to invite your lodge members to join our community in equipping the next generation with the necessary skills to communicate truth with integrity and grace. I am the speech coach for a speech and debate club of 12-18 yr. old students, and our students compete in speech and debate tournaments against other students around the region.

We are pleased to announce that we will be hosting a tournament locally here in Richland, WA on Feb 16th, 17th, and 18th! Please consider volunteering a few hours to judge. No experience in either speech or debate is necessary. The only requirement is that you are at least 18 and a high school graduate. Each volunteer community judge brings their unique and valuable perspective, which is why we want your club members in front of our competitors.

Judges may judge as little as one round on the day of their choice or several rounds over multiple days. Judging each round is only about a three-hour commitment which will include a round of competition, and time to complete your ballot. If needed, validation of community service hours is available upon request.

Please visit our judge information and registration page for more details and to sign up. <https://ncfca.org/judge-a-tournament/richland-wa-district-2-qualifier/> Whether you have judged at one of our past events or this will be your first time, we are confident that you will be blessed by what you experience! Should you or your members need any further information, please do not hesitate to contact me.

Sincerely, Mike Stordahl,

**Email:** [dadstord@gmail.com](mailto:dadstord@gmail.com),

**Phone Number:** 5096194307

# Calendar

January 20, 6:30PM – Monthly Heritage Meeting –  
Installation of Officers

February 17, 6:30pm – Monthly Heritage Meeting -  
Potluck Dinner and Video “Coming Home”.

Feb. 2,9,16,23, 4-5 p.m. - Scandinavian Folk Dance  
Class, KFLC Fellowship Hall

March 17, 6:30pm – Monthly Heritage Meeting -  
Cultural and Sports Medal Program



## Margrethe Staal's Cake

Many people asked for the recipe for the wonderful cake that Margrethe Staal brought to the December meeting, so here it is:

### CAKE

250 g (1/2 lb is 225 g) ground almonds  
250 g powdered sugar  
5 egg whites

Mix together and pour into a 9” spring form pan. Bake at 350° F for 40 minutes. Cool.

### FROSTING

5 egg yolks  
100 ml (1/2 C is 118 ml) heavy whipping cream  
125 g (2/3 c) sugar  
1 tsp vanilla

Mix in a saucepan over medium-low heat. Bring to a boil while stirring constantly. It will thicken. Take off the burner and add 150 g (1 1/3 stick) butter while stirring until it is well mixed. Cool in refrigerator.

Remove cake from spring form pan. Put on a serving plate. Top with frosting. Cover frosting with chopped pistachios (100g)



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Rennae Rosenberg and  
Ginger Fields



Margrethe Staal, Lisa  
Bartholomew, and Marlys  
McDermott



Beautiful Door Prize!



Trevor and Selma  
Brain



Joe and Marianne Molvik