



The Desert Viking

February 21st Meeting and Dinner

Skiing in Norway!

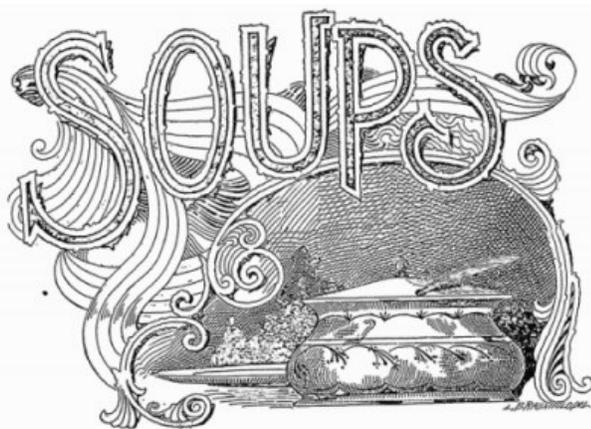
Come travel the cross-country ski trails around Venabu, Norway with Gretchen Makinson as she shows pictures of her trip there last April. But first a stop for 2 nights in Iceland to see the frozen Gulfoss, soak in the Blue Lagoon, watch geysers erupting and walk the trails around the historic site of Pingvellir. Sunny skies and cold snow greeted us each day with excellent views of the Rondane mountain range as we skied with our friends and tour guide. On Norwegian food night, we dined on such specialties as moose stew, whale, reindeer and horsemeat!

Looking ahead: March 21st Meeting and Dinner

Genealogy is an important part of our heritage, and helps us understand "our place" in Norwegian culture. For the March meeting, Greg Holter will provide an overview of some of interesting aspects of Norwegian genealogy, and show examples of the many exceptional resources available to everyone researching Norwegian genealogy, the best in the world. Greg is also planning to conduct another genealogy class/workshop this spring, sometime after the March meeting (yet to be scheduled), and he will describe the class/workshop.

For those who may not be aware, Greg is a Cultural Resource in Genealogy for Sons of Norway District 2 and attends many events throughout the District (including the District Conventions) to further the understanding of Norwegian genealogy and assist people at those events with their genealogy. Greg also participates in international forums on Norwegian genealogy via Rootsweb, and has even assisted people in Norway with their Norwegian genealogy. He has been active in genealogy research for about 15 years.

February 15: Cooking Class, 2:00pm, Kennewick First Lutheran Church. This month we will be warming ourselves up with tasty soups! Do you have a favorite soup to bring? Norway's soups are delicious...Cauliflower soup, leek soup, fish soup, yellow pea soup with ham...so many to choose from!



This month, Nancy Holter has also agreed to teach us how to make **Fårikål**, the popular meat dish from southern Norway. Lamb and cabbage are layered and stewed with peppercorns. Serve with boiled potatoes sprinkled with parsley. It is known as Norway's national dish! Suggest you bring a couple of freezer-safe containers if you would like to take some soup home. Everyone is welcome! Please call Sara Watson at 628-3391 if you have any questions. Or you can send her e-mail at sarawatson@cougarmail.org.





General Information about the Lodge

Sol Land Lodge holds a monthly meeting on the third Friday of the month. We have a potluck beginning at 6:00 PM. Guests are NOT expected to bring food, just to come and enjoy themselves. The general meeting or cultural activity begins about 7:00. We meet at the Kennewick First Lutheran, on 395 and Yelm. We have a **monthly board meeting** on the last Monday of the month at 7 PM also at First Lutheran. The current president is Nancy Carrs-Roach (531-8459). She can supply you with names and phone numbers for other officers if you need them. If you wish to come to a meeting, but do not have transportation, give us a call and we can arrange it for you. If you are interested in 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 check out our lodge website at www.Sol-Land.org.

Cultural program video

In January we were treated to a wonderful presentation about Sigmund Aarseth, a Norwegian artist. We did not, however, get to see the video of him actually painting. It is about 10 minutes long and if you would like to see it, the address is

<https://www.youtube.com/watch?v=aoD6QVMZig8>.



Stamps And Box Tops



Please remember to save stamps for Tubfrim. And continue to collect the box tops and labels for education for our schools- we are still in a competition with the rest of the District 2 lodges. We only have a couple months to get our box top numbers up in to the competitive range. Right now the lead lodges have collected an average of around 25 box tops or labels per member. Right now our totals are Box tops and Labels for Education for an average of per member. If you are not in the immediate area, you can still collect, you just need to let Nancy Holter know what your totals are so she can add them to the list, then you can donate them to your local school yourself.

Scholarships

Sol-Land offers a scholarship every year to a member, or a member's child or grandchild, who is attending an accredited school of further education. It can be a college, university or trade school. There is an application to be filled out and returned by April 15th. For more information, or for an application, please contact Dick Nordness (509-948-2433, rnordness@hotmail.com).

Sports Medals



Congratulations to Gretchen Makinson on earning her GOLD Skimerke pin!
 Congratulations to DJ Watson on earning his ENAMEL Sykkelmerke pin!





Convention Delegate Election

This is a Sons of Norway convention year. We will be electing delegates to the convention at the February meeting. If you wish to be a delegate, please let Nancy Roach or Darlene Roberson know so that your name is put forth for the vote. The convention is in Eugene, OR, this year, and the dates are June 4 – 7. The lodge will pay the registration fee, but additional expense coverage has not been determined yet. We are allowed three delegates, so we should elect three delegates and three alternate delegates. If you have questions about the convention or what a delegate does, please feel free to ask former delegates. The last few years our delegates have been Nancy Roach, Karen Aanes, Ron Rolla, Ginger Fields, Laura Fields, Nancy Holter and Greg Holter. Delegates to the International Convention in Florida will be chosen from the delegates in Eugene that have insurance or another financial product through Sons of Norway.

Pass the Piggy

We have not been actively collecting for the Sons of Norway Foundation at our meetings. The Sons of Norway Foundation was established in 1966 to provide funding for research and promotion of Norwegian heritage and culture. The Foundation's focus and offerings have grown and changed so that in 2011 there were six categories of scholarships and four categories of grants.

The Foundation fulfills their mission by

- Continuing the Norwegian-American value of higher education through college scholarships
- Showcasing Norwegian heritage and culture
- Supporting Sons of Norway lodges and their communities to provide quality Norwegian themed programming through grants
- Promoting cross-cultural exchanges between the US and Norway, strengthening our bonds
- Preserving Norwegian heritage for future generations
- Promoting Norwegian cultural opportunities through the arts.
- Offering Sons of Norway members aid following natural disasters

In order to provide scholarships, grants (which we have benefitted from) and aid, the Foundation needs our members to contribute on a regular basis. We will be "Passing the piggy" at our meetings. If you have questions about the Foundation, or the scholarships and grants available, please ask the Foundation Director for our lodge, Doris Porter (509-586-1872, cdporter@charter.net), or any of the other officers.



Lutefisk Dinner Tusen Takk!

*Tusen
takkk*

Our lutefisk dinner went off without a hitch, thanks to the 30+ volunteers who helped us. There were even four or five who put in 36 hours OR MORE for the event. We fed about 225 people in less than 3 hours – quite an accomplishment. So many members (and non-members!) baked cookies and cooked lefse in preparation for the event and then came to work hard on the day of the event. Some of you stayed more than 8 hours that day! So this is a great big Tusen Takk from Karen and Ron for the fantastic effort.





The Desert Viking

Parades in the region

We have been invited to bring our Nordland's boat and participate in the Coeur d'Alene Fourth of July parade. Harald Haarfager lodge is trying to get a flotilla of Norwegian boats in the parade; they have invited Spokane and Moses Lake to join with their boats, too. We need to gauge the interest in this excursion. If you are truly interested in going to Coeur d'Alene and walking in their parade (it is not a very long route), please let know as soon as possible. If you would be willing to tow the boat trailer to Coeur d'Alene, please include that information.



Sons of Norway is excited to announce a new member benefit, a Virtual Pilgrimage on Norway's historic Kongsveien or Old Kings Way! The program is an addition to the Sons of Norway's Sports Medal Program, which rewards members for living an active lifestyle.

The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. This network is named after King Olav Harraldson (995-1030) who trekked these trails converting pagan Norway to Christianity. The Gudbrandsdalen route, upon which the Sons of Norway Virtual Pilgrimage is based, is the most popular section for pilgrims on the King's Way. The nearly 400 mile journey starts in Oslo and ends at Nidaros Cathedral in Trondheim, the burial ground of St. Olav. Members will keep track of their mileage and track their journey at home while following along with the journey in Norway.

By checking in to this webpage, www.sonsofnorway.com/pilgrimage, members will learn about historic landmarks and tourist destinations along the route in Norway. Simply by getting out to walk at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway. Members will receive recognition for their hard work from the Sons of Norway Headquarters.

How to get started: Print out a Pilgrimage record card found on the Sons of Norway website or ask your lodge sports director for more information.

- Walk around your neighborhood, park, shopping mall or gym.
- Track your mileage on your record card.
- Learn about historical locations along the Pilgrimage route in Norway by clicking on the Legs on the website.
- Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- You must start the pilgrimage in 2014 and you must finish your 387 miles by the end of 2015.
- Turn in your record card to your lodge sports director and receive recognition of completion from the Sons of Norway Headquarters.





Registration for District 2 Youth Camps

Applications to attend the District 2 Youth Camps can be submitted starting February 14, 2014, and will be recorded in the order in which they are received. To attend camp, children must have a parent or sponsor who is a Sons of Norway member in District 2. Please enclose a \$50 non-refundable deposit for each applicant. Total tuition for each two-week camp is \$525. Balance is due by June 10, 2014.

Camp Trollhaugen (ages 13-15), Easton, WA, June 29-July 12, 2014

Mail application to Dan Andrews, 13131 NE Failing, Portland, OR 97230

Camp Nidaros (ages 9-12), Gearhart, OR, July 13-26, 2014

Mail application to Bradley Brown, 2445 SW 87th Ave, Portland, OR 97225

Camp Normanna (ages 9-12) Lake Riley, WA, July 27–August 9, 2014

Mail application to Chris Hicks, 816 214th St. SW. Lynnwood, WA 98036

The Sofie/Olson Scholarship is available for children who attend our District Two Youth camps. The deadline for scholarship application is April 15, 2014.

The Draxten Memorial Scholarship is awarded to many of our children attending the District Two youth camps. To be eligible, campers must have applied and been accepted to the camp of their choice AND they must have been awarded a camp scholarship from their local lodge. The lodge awarding the initial scholarship *must notify the camp committee of the recipient's name and the amount given by April 30th.*

The Carl M. Saltveit Scholarship awards assistance to an applicant to attend the International Summer School (ISS) at the University of Oslo next summer. The completed application must be returned to me and postmarked no later than March 1, 2014. So time is approaching fast.

Please contact Nancy Holter (375-0919) or Ron Rolla (619-1510) for camp applications and more information on the scholarships.

We had a lot of people ask for the brunekake recipe after tasting it on the dessert table at our Lutfisk dinner. Here is Karen Aanes's recipe, also found on our lodge website, here: <http://www.solland.org/culture/dessert.htm>

Brunekake

From Karen Aanes

2 cups margarine	2 tsp baking soda
2 cups sugar	4 tsp vanilla sukkar (or vanilla powder)
6 cups flour (approx)	4 Tbs Karo white syrup

Cream first two ingredients. Add the baking soda, vanilla and Karo syrup. Add flour. Blend until like pie dough. Form into "snakes" on cookie sheet – they will spread during baking. Bake at 350 degrees for approximately 15 minutes. Cut diagonally while still warm.



Upcoming Calendar of Events:

February 15: *Cooking Class*, 2:00pm, Kennewick First Lutheran Church. This month we will be warming ourselves up with tasty soups! Do you have a favorite soup to bring? Norway's soups are delicious...Cauliflower soup, leek soup, fish soup, yellow pea soup with ham...so many to choose from! This month, Nancy Holter has also agreed to teach us how to make **Fårikål**, the popular meat dish from southern Norway. Lamb and cabbage are layered and stewed with peppercorns. Serve with boiled potatoes sprinkled with parsley. It is known as Norway's national dish! Suggest you bring a couple of freezer-safe containers if you would like to take some soup home. Everyone is welcome! Please call Sara Watson at 628-3391 if you have any questions. Or you can send her e-mail at sarawatson@cougarmail.org.

February 21: *General Heritage Meeting*, 6:00pm, Kennewick First Lutheran Church, HWY 395 and Yelm, Kennewick. Come travel the cross-country ski trails around Venabu, Norway with Gretchen Makinson as she shows pictures of her trip there last April.

February 24: *Board Meeting*, 7:00pm, Kennewick First Lutheran Church, Room 5.

March 15: *Cooking Class*, 2:00pm, Kennewick First Lutheran Church. Fancy Cakes...just in time to WOW your family at Easter!

March 21: *General Heritage Meeting*, 6:00pm, Kennewick First Lutheran Church, HWY 395 and Yelm, Kennewick. For the March meeting, Greg Holter will provide an overview of some of interesting aspects of Norwegian genealogy, and show examples of the many exceptional resources available to everyone researching Norwegian genealogy, the best in the world.

March 31: *Board Meeting*, 7:00pm, Kennewick First Lutheran Church, Room 5.



Sons of Norway Sol-Land Lodge 2-086
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