



The Desert Viking

“Soups and Sweaters” General Heritage Meeting, Friday, January 16, 2015

The January meeting will be a busy one. We will start with a **soup buffet**. The 2014 officers will be providing the soups, so if the rest of the members could **bring salads, desserts and breads/crackers/rolls** to go with the soups, that will make it a wondrous meal. Then after supper we will install the 2015 board of officers, officially welcome and initiate new members, recognize longtime members and award recognition pins to members who have 5, 10, 15, 25 and 40 years in the organization. So – if you fall into one of those groups (getting a pin, un-initiated member or 2015 board member) please be sure to attend. We will also be filling out the year’s social committee list, so be prepared to know which month you can assist.

Please try to wear your ‘bestest’ Norwegian sweater to this meeting!

Greetings - Hilsen!

It's 2015! Happy New Year to you and yours!

I would like to look back for a moment and thank everyone who helped in the planning, presenting and 'putting away' of our Christmas Julebord celebration last month. The meeting room was festive, the food was delicious, the Norwegian Jesus story very entertaining, we sang and danced around the Christmas tree like real Norwegians (ya sure you betcha!) and how about that movie... PRICELESS!!

This month our 2015 Board of Directors will be installed. Asbjorn Rostad, President of Harald Haarfager Lodge in Coeur d'Alene, Idaho will be the installing officer. I am very pleased that he and his wife, Barbara, are making the drive for us. As some of you may recall, the Rostads were en route to us last year for the installation but a snowstorm made HWY 395 impassable. Let's hope the weather is less 'Scandinavian' this time! After the 'Installation' it will be my pleasure to officially welcome our newest members to Sol-Land Lodge with a nice 'Welcome Ceremony.'

Please, mark your calendars now for our annual Lutefisk & Meatball Dinner. The date is Saturday, March 7, 2015. This is our premier fundraiser for the lodge and it is a great vehicle to introduce Sons of Norway to the public. I am depending on each and every member to contribute to the success of this event in some way. Call me to ask how you might help 531-8459!

Beste, Nancy Carrs Roach

Happy New Year!

May Light always surround you;
 Hope kindle and rebound you.
 May your Hurts turn to Healing;
 Your Heart embrace Feeling.
 May Wounds become Wisdom;
 Every Kindness a Prism.
 May Laughter infect you;
 Your Passion resurrect you.
 May Goodness inspire
 your Deepest Desires.
 Through all that you Reach For,
 May your arms Never Tire.
 — D. Simone





Volunteer hour reports

It's that time of the year again. Darlene needs your volunteer hours ASAP. She has the total hours spent at meetings, but volunteer hours spent on lodge-organized activities outside of an event setting can now be included. For example, if you spent 3 hours a month working at home on the newsletter, that would be 36 'Fraternal Individual Support Hours' for the year. If a lodge member cut Tubfrim stamps for an hour each month, she would have 12 'Community Support Hours' for the year. Remember, we have had a number of bake sales, and members baked for lutefisk dinner and Taste of Scandinavia. There was the trip to the stabbur in Moses Lake, genealogy and cooking classes, and parades as well as lutefisk dinners at other lodges. Those hours add up. Don't forget to add in your travel time for those events. For those of you who have participated in District events (convention, heritage retreat, language camps, steak fry, etc.), please send the tally for those events to Ron Rolla also, as he is the Zone Director and needs to include those hours in his report. It would be great if you can bring you hour totals to Darlene at the January meeting, but if you can't, please e-mail, snail mail or phone her with your information BEFORE January 26th. (509) 582-9609; darleneroberson1961@hotmail.com .

Baking beginning again!

In preparation for the lutefisk dinner in March, we will be baking lefse every other Tuesday (Jan 13, 27, Feb 10 & 24). Baking begins at 9 Am at the church. No experience needed.

The bake sales for Jan – March have been set. The dates are Jan 23 at the HAPO on Rd 68, Feb 13 at the HAPO on Gage, and Mar 13 at the HAPO on Rd 68. These are a major fundraiser for our lodge, so please bring some of your excellent baked goods packaged to sell. If you need someone to pick up your baked goods, please call Ginger (734-7876) or Nancy (375-0919) and we will get it arranged.

Lodge Facebook Page

If you are on Facebook, please "Like" and share our new page! We'll have all sorts of interesting articles, recipes and information about upcoming meetings and events on there. Spread the word!

Lodge Website

Take a look at our lodge web page! It's been updated, renovated and has lots of pictures, recipes, links to cultural skills and sports programs and forms for all these programs available for download. It's a great place to direct someone who is interested in the lodge and to see what we have to offer. There is also a "contact" page if they have any questions. The address is <http://www.sol-land.org>.

Tubfrim

Did you save all those stamps from your holiday cards? If so, please bring them to the meeting this month and we'll prepare them to ship to International. Keep saving them!





2015 Sol-Land Lodge Officers

President:	Nancy Carrs Roach
VP:	Ron Rolla
Secretary:	Darlene Roberson
Treasurer:	Ed Lund
Sports:	D.J. Watson
Publicity:	Kristie Edwards
Foundation:	Doris Porter
Editor:	Sara Watson/ Nancy Holter
Counselor:	Ginger Fields
Marshall:	Brad Horst
Greeter:	Donna Smit/Karen Aanes
Librarian:	Nancy Holter
Musician:	Linnea Hillesland
Sunshine:	Doris Olson

Remember your Labels and Box Tops for Education!

Be sure to ask your relatives and friends if they have any labels to donate! As a lodge, we donate these to local schools to help fund their programs and supplies. It's great community outreach for us and greatly appreciated by our schools!



an easy way to
earn cash for
your school!

Chicken Soup with Root Vegetables

Ingredients:

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|---|---|
| 1 Whole chicken | ½ Piece Fennel |
| 8 Cups of Water | 2 Bay Leaves |
| 2-3 Onions Chopped | 1 Parsnip with the leafy top saved and coarsely chopped |
| 2 Tbs. Cooking Oil (Olive Oil, Vegetable Oil, or Butter) | 1 Sm. Bunch of Broccoli - trimmed into small stalks |
| 1 Lg. Leek (scrubbed well to remove any soil) | 7 oz Spelt Grains |
| 3-4 Carrots | Salt and pepper to taste |
| 1 Rutabaga | Fresh chopped herbs to taste
(e.g. Winter Savory, Oregano, Parsley, Thyme) |

For the Soup:

Place your spelt in a medium bowl, add cold water to cover, let soak for 1 hour and drain.

In a large stock pot bring to water to a boil and add the chicken. Let the chicken simmer for 1 ½ - 2 hours, covered. Remove the chicken and allow to cool, and tear into bite-sized pieces. Save the stock you have created, we will use this later in the recipe.

Peel and chop the onion, leek, carrots, parsnip and fennel. Set aside the leafy top of the parsnip.

In a large stock pot heat the oil and add your chopped root vegetables, sauté for 3 - 4 minutes, until slightly tender.

Add your chicken stock, pulled chicken, spelt grains and chopped herbs to the to the root vegetables in the stockpot. Season with salt and pepper to taste. Continue to simmer for about 30-minutes or until the spelt is tender.

During the last 5 minutes of cooking add the chopped parsnip top and broccoli to the soup.





Cultural Skills and Sports Pins

For the benefit of the new members, and to remind the old members, Sons of Norway has two programs that may interest you.

Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition of your accomplishments. The Units include: Traditional Norwegian Cooking, Reading Norwegian and Norwegian-American Authors, Collecting Norwegian and North American Stamps, Rosemaling, Genealogy--Family History, Hand Knitting, Norwegian Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Woodcarving, Chip Carving, Folk Dancing, and Music and Musicians of Norway. Many of these units now utilize online resources that allow more independence in completing the requirements. More specific information is found on the Sons of Norway Website at <http://www.sofn.com/members/showPage.jsp?document=CulturalSkillsProgram.html>

Sons of Norway recognizes the importance of healthful activities not just to prolong your life, but to improve the very quality of your life. This Sports Medal Program, which originated in Norway, will improve your attitude as well as your physical well-being.

No matter how young or old you are, and no matter what your present physical condition, the Sports Medal Program offers a fitness plan for you. With doctor's advice, you can determine the appropriate level. Then you are assigned point or mileage requirements for medal qualifications that are within your reach. The program is great because you don't need to be a natural athlete--the only one you are really competing with is yourself. More specific information can be found on the sons of Norway website at <http://www.sofn.com/members/showPage.jsp?document=SportsMedalProgram.html>

The third program the Sons of Norway has for their members is the Virtual Pilgrimage. If you haven't started yet, it is too late to participate in the medal running, but that doesn't mean you can't take advantage of the website to further your knowledge of the area along the route.

The Virtual Pilgrimage is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways. 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. By checking in to this webpage, www.sonsofnorway.com/pilgrimage, members will learn about historic landmarks and tourist destinations along the route in Norway

Lodge library

Thanks to a kind donation, we have two locking cabinets to hold our lodge library. Now we need things to go in the library! Books, of course, but also videos, DVDs, CDs, sheet music, bunad patterns, anything you might want to have access to as a Sons of Norway members would be nice to have. If you happen across something at a yard sale, or spy a great deal at a used bookstore, please consider getting it for us. If there is a specific item you would like to see in the library, let Nancy Holter know (naholter52co@yahoo.com, 375-0919). We have a very limited budget for the library, and the only way to create the library we all want is to ask for donations. If you have items that you are finished with, please consider us for their resting place. We will be creating a wish list, if you would like to choose something to provide.





Imagine nights that last 20 hours, and weeks without seeing the sun. That is real life in large areas of Northern Norway. And just imagine, many people who live in the north think that this is the finest time of the year, with fantastic skies and magical lights. A visit during the dark months is a warming experience!

Why the Polar Night?

Just like the midnight sun, the Polar Night is attributable to the inclination of the planet. In the same way that globes are often mounted at an angle on their stands, Earth itself is angled to one side. Winter comes around when the northern hemisphere is farthest from the sun, and the Polar regions in the north are that part of the planet that are angled farthest away. In other words, the rest of the planet blocks off the sun!

How long?

On the North Cape, the sun remains under the horizon for more than two months, while in Tromsø the phenomenon lasts for six weeks or so. In Lofoten, the dark period is short, just under four weeks. From Bodø and farther south, the sun does actually appear even in the deepest mid-winter, lighting up the winter landscape briefly around midday. At the other end of the scale is Svalbard, where the sun disappears completely for almost four months!

The blue hour

Around 1–2 o'clock in the afternoon, the residual light is reflected off the blue sea and the white snow, and the landscape is bathed in a glassy deep blue color. This wonderful blue stays with us as long as the snow covers the ground and there is twilight. However, the blue hour occurs a few minutes later every day during winter, as the sun gains strength.

Living in the Polar Night

The people of Northern Norway have lived with the dark months for the past 10,000 years or so. They go to work and to school as usual, and the range of leisure activities available in the evenings is broad and varied. Cafés, restaurants and nightspots fill up night after night with talkative, good-humored people, and many entertaining festivals are held during this period.

Outdoor activities are far from impossible. There are illuminated ski runs in even small Resorts in Northern Norway, and some operators organize dog-sledding and scooter trips where participants wear head-lights.

Can you visit Northern Norway in the dark months?

To visit Northern Norway during the dark months is to meet us Northerners at home. It is a great time for cultural events, festivals, good food, Christmas shopping and outdoor activities. Bring your sweetheart for a romantic long weekend in the far north – it is the perfect setting for spending quality time together by the light of flickering candles. The spawning cod swim in close to the shore, and your taste buds rejoice. Snow scooter trips, dog-sledding and sleigh rides are organized in many places in Northern Norway and on Svalbard, and this is a great time of year to see the Northern Lights.

<http://www.nordnorge.com/en/more-northern-norway/?News=132>

Events during the dark months

Northerners are active and energetic even when the sun is gone. The following events are “well-kept secrets” where you can meet Northerners on their home turf!

Pre-Christmas fairy-tale in Henningsvær: Christmas shopping far from the madding crowds.
www.forjulseventyret.no

The picturesque Sjøgata Street in Mosjøen offers some genuine Christmas atmosphere.

Rundhaug Market: A wonderful market in Inner Troms. Christmas shopping and plenty of great food!
www.rundhaugmartnan.no

Nisse weekend at Berg: Everyone who believes in Santa (and above all, his little helpers) helps prepare Christmas at the farm cluster of Berg near Tromsø. www.nissehelg.no

Polar Night Half Marathon: Street race on ice in Tromsø. Don't forget your spikes! www.msm.no

Tromsø International Film Festival: An unbroken period of cinema darkness and a great atmosphere! www.tiff.no

Ilios Music Festival in Harstad: A discerning selection of music as the sun returns. www.ilios.no



Upcoming Calendar of Events:

January 13, 27: *Lefse Baking*, 9am, Kennewick First Lutheran Church Kitchen. Please call Ginger Fields if you have any questions: 734-7876.

January 16: *General Heritage Meeting*, 6:00pm, Kennewick First Lutheran Church. We will be holding Installation of officers and initiation of new members at the Jan meeting. In addition there will recognition of members who have 5, 10, 15, 25, 35, and 40 years of membership.

January 23: *Bake Sale*, 9am, HAPO Credit Union, Road 68, Pasco. Please contact Ginger Fields at 734-7876 with any questions.

January 26: *Board meeting*, 7:30pm, Room 5, Kennewick First Lutheran Church.

February 10, 24: *Lefse Baking*, 9am, Kennewick First Lutheran Church Kitchen. Please call Ginger Fields if you have any questions: 734-7876.

February 13: *Bake Sale*, 9am, HAPO Credit Union, Gage Blvd., Richland. Please contact Ginger Fields at 734-7876 with any questions.

Sol-Land Lodge will hold its **Lutefisk and Meatball Dinner** on Saturday, March 7, 2015, at Kennewick First Lutheran Church, located at Yelm & Hwy 395. Tickets will be sold in advance for seatings at 12 noon and 2 PM. Cost is \$20 for adults and \$10 for children under 11 years of age. To order tickets, send a stamped, self-addressed envelope to Lutefisk Dinner, 703 Coast, Richland, WA 99354. Include your name, number of tickets requested (adult and/or child), seating preferred (noon or 2), and a check made out to Sol-Land Lodge for the correct amount. For more information, call 509-375-0919 or e-mail sol.land.lutefisk@gmail.com.



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