



## Meetings

Normally we would be having a meeting this Friday. Maybe we will be able to celebrate Mai 17 next month. If you have business you need to have the board deal with, please contact our secretary Nancy Holter ([sol.land.lodge@gmail.com](mailto:sol.land.lodge@gmail.com), 509-375-0919). We will keep in touch with you, and when we know more about how the future looks, we will be sure to share it with you. Please keep safe and follow the guidance of the health professionals.

### SoNs E-Post

Do you get the Sons of Norway E-Post? This month they have articles about the reform of fylker in Norway and any effects it might have on regional bunader; using yoga to deal with stress in these uncertain times - including links to YouTube yoga sessions and to 3 Scandinavian yoga retreats you could maybe plan a trip around; cool new buildings to check out in Oslo; a throwback to a winner of "Alt for Norge"; and a few other items. If you aren't getting it, you can sign up here [https://www.sofn.com/e-post\\_sign\\_up/](https://www.sofn.com/e-post_sign_up/) you can see the current issue here <https://us17.campaign-archive.com/?u=acc843e6627f1536c5a7088bf&id=d4dad3f576&e=5cb2b7dc6d>

### Unable to take a trip?

#### Enjoy some Norwegian coastal scenery!

Years ago there was a "Slow TV" production that was 24 hour coverage of a trip on the Hurtigruten from Bergen to Kirkenes. It has been available on Tv.NRK.NO for a while, but now...NOW you can just choose the section you want to watch, jump right to Båtsfjord if you want to. Check it out at <https://tv.nrk.no/serie/hurtigruten-minutt-for-minutt/2011/DVFJ67000111/avspiller>

### Are you looking for something to keep you busy now?

If you are looking for a way to improve (or begin learning) Norwegian, you can turn to the Sons of Norway website. They have a list of podcasts for kids. The pace tends to be more learner-friendly, and the speaking is clearer than in podcasts geared toward adults.

<https://www.sofn.com/blog/laer-deg-litt-norsk/>

### Interested in History?

#### Have 20 minutes to watch a video?

How the Norse became Christians. An historical animated documentary, that describes the Christianization of Scandinavia and how the Norse abandoned their pantheon in Sweden, Denmark, Norway, and Iceland.

[https://www.youtube.com/watch?v=10IUYwfpG\\_k&](https://www.youtube.com/watch?v=10IUYwfpG_k&)

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).

**Sad news for our Lodge**

Larry Rockne, a member since Nov 1995, died at the end of March. He had been in poor health for a while. But he still was an active member of the lodge, helping with things like Taste of Scandinavia. There will be a memorial service eventually and we will keep you informed about it.

Thinking ahead....

We have been talking about having another fika once we can get together again. A fika is a Swedish concept, making a time for friends and colleagues to share a cup of coffee (or tea) and a little something to eat. If you want to know more about them, there are a number of websites to learn from. But one thing we need to have a successful fika is something to eat with the coffee. Traditionally things like cinnamon buns, cardamom bread, and chocolate balls are a part. You might start now, checking out recipes for fika-worthy goodies so you are ready when we can gather. One place to look for recipes is the Recipe Box on the International website:

[https://www.sofn.com/norwegian\\_culture/recipe\\_box/baked\\_goods\\_breads\\_and\\_desserts/](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/)

Appropriate for this time:



### Fun Fact #5

In 1917, 728 Sons of Norway members enlisted in the U.S. Army. Sons of Norway donated three ambulances to the American Red Cross for the war effort.



[www.sonsofnorway.com](http://www.sonsofnorway.com)



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