



April 20th meeting

Easter in Norway is time for cross-country skiing and sitting around in your cabin. We can't recreate a hytte, but we will be having an Easter breakfast instead. The lodge will be providing Norwegian Oven Pancakes, and we are asking the lodge members to bring breakfast/brunch/Easter items that are Scandinavian or family traditions. As with any meal where the lodge provides part of it, there will be a free-will donation basket on the table to help defray the cost of the food and to help fatten the scholarship fund. The meal will start at 6:30.

Our program will be a travelogue called "Discover Iceland". Dave Atkinson recently took the most epic road trip in Iceland: the Ring Road – 830 miles of adventure and surprises. It is an iconic landscape complete with breathtaking scenery and ancient stories that spur the imagination. Discover the vast range of Icelandic beauty from waterfalls and glaciers to magnificent volcanoes and geothermal areas. Learn the logistics of planning an unforgettable trip to this gorgeous land. Dave gave his talk to a "sell-out" crowd through the Kennewick Community Schools a few weeks ago. The program will start about 8 pm.

Sol-Land Lodge Scholarship

Sol-Land Lodge #2-086 is offering a scholarship for the 2017/2018 school year. The scholarship will be awarded to a current member, relative of a current member, or descendant of a charter member of Sol-Land Lodge #2-086. Relatives include a son, daughter, niece, nephew, grandchild, adopted child, or a stepchild. The Committee will consider exceptions to the above-named relatives/descendants on an individual basis. The scholarship is awarded based on information detailed on the application forms and is to be used for undergraduate college education or training at a technical school. The award money will be sent to the school registrar and applied to tuition only. Lodge members and their family members may apply for the scholarship by contacting our scholarship chairman and asking for an application packet. The deadline for submittal of the application is April 30, 2017.

For more information or to request an application packet contact Richard Nordness at 509-948-2433 or by email at rnordness@hotmail.com.

Volunteer hours

Please continue to send Karen Aanes your volunteer hours each month. This helps her keep them submitted and relieves her of having to do it all at once at the end of the year. If you are taking part in a group event (baking lefse, meetings, etc.) the organizer should be counting heads and keeping track of total hours. Sam Solem (707) 843-9504, samanthae.solem@gmail.com.

Taste of Scandinavia

We have reserved the church of October 28th for Taste of Scandinavia. We need to get a committee together soon, please contact Gretchen Makinson ((509) 943-1264, glmakinson@aol.com) or Rennae Rosenberg ((509) 539-8948, imrennae@yahoo.com) to be part of the planning. If you have an idea for a display, or for someone to demonstrate, or something for the raffle, please speak up as soon as possible.

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; come and enjoy yourselves! 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.



Officers for 2017

President	Greg Holter
Vice President	Debbie Stavanger
Secretary	Sam Solem
Treasurer	Darlene Roberson
Counselor	Ron Rolla
Social Director	Rennea Rosenburg
Cultural Director	Gretchen Makinson
Sports Director	Sam Solem
Foundation Director	Doris Porter
Publicity Director	Kristie Edwards
Editors	Sara Watson, Nancy Holter
Guard	Brad Horst
Greeter	Donna Smitt
Scholarship Chair	Dick Nordness

Change in officers

We found ourselves in need of a secretary. Karen has been doing a great job, but she has taken on other responsibilities and felt she can no longer do justice to the job. Sam Solem has stepped up to take her place. Please thank her if you get a chance.

Knitting Night

We have a change of venue for April. The Thursday night meeting will be at Barley's BrewHub in Kennewick (3320 W Kennewick Ave – where Jackson's used to be) on April 13th. The Tuesday night will be at the Kennewick Library as usual, on April 18th. Please join us for a fun time. We don't limit ourselves to knitting, bring your current craft. We are looking into the possibility of having a meeting on the weekend occasionally – any takers?

Zone Seminar

The Zone 5 Seminar will be held in Post Falls on May 13th. Zone seminars are a great opportunity to get together with people from other lodges in our area and learn how to make/keep our lodge a living, growing, exciting place to belong to. Seminars are NOT "just for officers", but if you have an interest in being an officer at some point, that is another reason you might wish to attend.

There is no cost for the seminar, and if we have enough interest, we can set up car pools, and/or for those who wish to stay overnight either Friday or Saturday, maybe we can find roommates. Lunch and coffee breaks are provided by the hosting lodge.

In preparing for the Zone Seminars, the District board is requesting our help. They will be discussing successful programming and fundraising ideas, so if you have any ideas, please tell Ron Rolla ((509) 619-1510, ronrolla@yahoo.com) or Nancy Holter ((509-948-2684, sol.land.lodge@gmail.com)).

If you have any questions about the seminars, you can talk to Nancy, Greg, Ron, or Karen. We will also talk about them at the April meeting.

Please contact Ron Rolla ASAP to get your name down for a space. zone.5.director@gmail.com, 509-629-1510.

Language

We are taking a survey of interest in Norwegian language classes. Either trying to find a teacher, or a self-study group. If you are interested, please contact Cultural Director Gretchen Makinson (509-943-1264, glmakinson@icloud.com) or Greg Holter (509-375-0919, waxlerfarms@yahoo.com). In the meantime, there are lessons (with audio) on the International website <https://members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html>



Folk Dance Gathering

The Norse Folkedans Stemne will be taking place Aug. 18-20, 2017 at its new location at Fort Worden in Port Townsend. Twelve dancers and musicians from the Bul Ervingen group will be coming from Bergen to give musical performances and dance instruction. For more details about house/camping, dancing/music sessions go to the website: <http://www.seattlestemne.org/> to talk to Gretchen Makinson ((509) 943-1264, glmakinson@aol.com).



Greetings from the President

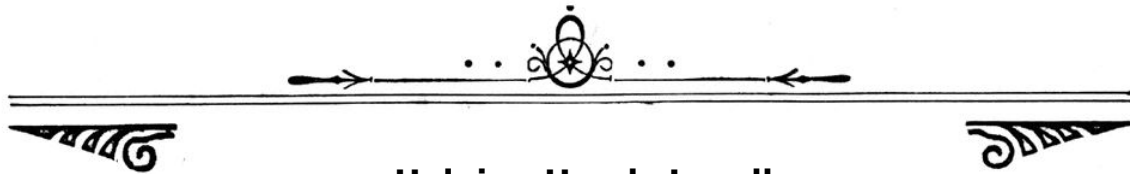
With our improving Spring weather, it is a good time to plan for events coming up. I want to highlight a couple of those.

For our next meeting on April 21, we will be having a special theme dinner (Breakfast for Supper) as well as a presentation featuring a recent tour around the country of Iceland on the Ring Road. We can expect some great photos of Icelandic scenery as well as some tips for travel in Iceland.

On May 13, the Coeur d'Alene lodge will be hosting a Zone 5 Seminar for all interested attendees in our zone. This is a great opportunity to learn more about Sons of Norway and get a chance to meet and exchange ideas with members from other lodges in our zone as well as some of the District 2 officers. Attendance is free, so I hope many of you will get in touch with Ron Rolla and get your name on the list for that seminar before it fills up. (More information on this elsewhere in the Newsletter.)

We also have had some great ideas raised for future meetings and special outings and will be working on scheduling some of those. We can talk more about that at our April meeting. We are interested in your ideas and interests, to help make our programs more interesting and rewarding to all members.

All the best,
Greg Holter



Helping Hands Locally

The lodge will be rotating community groups to help with our donations. In April and May we will be collecting food for the Tri-Cities Food Bank. In April please bring dry pasta, and in May the request is for members to bring tuna/salmon/other canned meats.

Another group we are hoping to lend a hand to is the local foster children. We are going to be sewing pillowcases and quilts to be given to the children. Many foster kids have nothing to call their own, so these would be something not only their own, but that someone cared enough to make for them. Sara Clark, Director of Development & Community Relations at Lutheran Social Services said they currently have 300 children in the local program. The kids range in age from 3 - 18, but she said the huge need is for teen boys. Sara suggested sports themed quilts, sized twin-full, and said the Seahawks and the Green Bay Packers are always popular.

If you are interested in helping us with this effort, please contact Debbie Stavanger ((509) 205-0365, shortnfluffy@msn.com) or Nancy Holter ((509) 948-2684, sol.land.lodge@gmail.com).

If you know of a community group that we could offer our help to, please contact contact Debbie Stavanger ((509) 205-0365, shortnfluffy@msn.com) or Rennae Rosneburg ((509) 539-8948, imrennae@yahoo.com).

Cooking classes

We would like to start a new round of cooking classes - through the lodge and/or through the Kennewick Community Schools. Debbie Stavanger has volunteered to coordinate ideas and volunteers. She suggested "seasonal" dishes for the classes. Does anyone have any ideas for spring or summer dishes that might be a good place to start? Anyone inclined to volunteer to help Debbie? Please contact her directly ((509) 205-0365, shortnfluffy@msn.com). This is a good opportunity to get a start on your Norwegian Cooking Cultural Skills pin. Check it out here

https://www.sofn.com/asset/4p6q5y/CS1_Cooking_2012.pdf

50th Anniversary

Sol-Land Lodge's 50th anniversary will be March 2, 2018. If you have any ideas about this, please contact one of the committee members: Sam Solem ((707) 843-9504, samanthae.solem@gmail.com), Ron Rolla ((509) 619-1510, ronrolla@yahoo.com) and Rennae Rosenberg ((509) 539-8948, imrennae@yahoo.com).





Syttende Mai Parade and Luncheon in Seattle

Since 1974 the Ballard Community (Seattle, Washington) hosts one of the largest Syttende Mai parades in the world. Held at the Leif Erikson Lodge, the 17th of May luncheon has been a staple of this historic celebration. Guests will enjoy a delicious Nordic inspired meal complete with stuffed crab pollock, green beans, potatoes, coleslaw, dinner roll and of course, almond cake for dessert! A cash bar offering beer, wine and aquavit will be available.

The cost of the luncheon is \$35.00 per person. The tickets will go on sale Monday, March 13th through Friday, May 12th.

There are 3 options for purchasing luncheon tickets:

- 1. By Telephone: Paying with a credit card/debit card:** call Leif Erickson Lodge at (206) 783-1274 on Monday, Wednesday or Friday from 10 am to 3 pm. Or by calling Vicki Nelson at (425) 218-4447 Monday through Friday from 10 am to 8 pm.
- 2. In person: Paying with cash, check or credit card/debit card:** stop by the Leif Erickson Lodge on Monday, Wednesday or Friday from 10 am to 3 pm. Their address is: 2245 NW 57th Street, Seattle, WA 98107-3135.
- 3. On the internet go to: www.eventbrite.com.** Fill out the online form to include your mailing address and your credit card information.

I look forward to seeing you at the 2017 Syttende Mai luncheon!



Facts about Norway's Constitution

Most of us know that the Constitution was signed on May 17, 1814, a day that Norway celebrates today with massive parades and parties annually. But there are plenty more interesting facts surrounding this event, arguably Norway's greatest event in history.

- Did you know

...that the Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today? At the time it was also considered to be the most forward thinking and radically democratic Constitution ever written.

- Did you know

...that the Constitution underwent a linguistic revision in 1903? The overall language of the Constitution has basically remained unaltered, and the 1903 language is still used when proposed changes are made to the Constitution.

- Did you know

...that the document was inspired by the United States and French constitutions? The main difference was the text that referred to Norway as a Constitutional Monarchy.

- Did you know

...that within the famous portrait of the Constituent Assembly at Eidsvoll, about 70 of the 112 delegates present were painted well enough to be identified?

- Did you know

...that the representatives who put the Constitution together were under great pressure to finish the document? The Constitution was written and signed in 5 weeks. The January 14, 1814 Kiel Treaty said that Denmark would relinquish control over Norway to Sweden. During that transition of power Norway was considered an independent kingdom. In taking full advantage of that control a Constituent Assembly was put together, a King was appointed and a Constitution was written



A lovely egg dish that belongs on the breakfast table is the special curdled eggs called “eggerøre”. You will see this on most buffet tables-smorgasbord in Norway in hotels, or when being invited to someone’s home for special occasions or parties. Mild flavored with a nice texture, they are the perfect companion to salty meats or fish. Here’s a quick, standard recipe for these delicious eggs:

EGGERØRE

adapted from dinmat.no

Serves 2

4 eggs

4 tbsp water

1 tsp salt

2 tbsp fresh chives, chopped finely

1 tbsp butter

Whisk the eggs, water, salt and chives together (for a more luxurious version, substitute water for heavy cream). Heat the butter in a saute pan over medium-low heat, add the eggs. Stir lightly, lift up the sides and let the liquid run under as the eggs start to curdle/cook. The eggs shouldn’t be completely dry, but still be somewhat soft. Garnish with extra chives and salt if necessary. Let it cool a bit before serving (many eat it cold as well).

You can put *eggerøre* on pieces of toast with some smoked salmon and sliced cucumber, or have it with cured meats like our *fenalår* (cured leg of mutton) or even prosciutto, salami or other charcuterie.

<https://arcticgrub.wordpress.com/2013/03/26/traditional-norwegian-easter-foods/>



NORWEGIAN PANCAKES

Adapted from: <https://arcticgrub.wordpress.com/>

2 cups (300 grams) all purpose flour

1/3 cup (75 grams) granulated sugar

1 tbsp baking powder

1/4 tsp salt

4 tbsp butter, melted

1 tbsp ground flax seeds mixed with 3 tbsp water

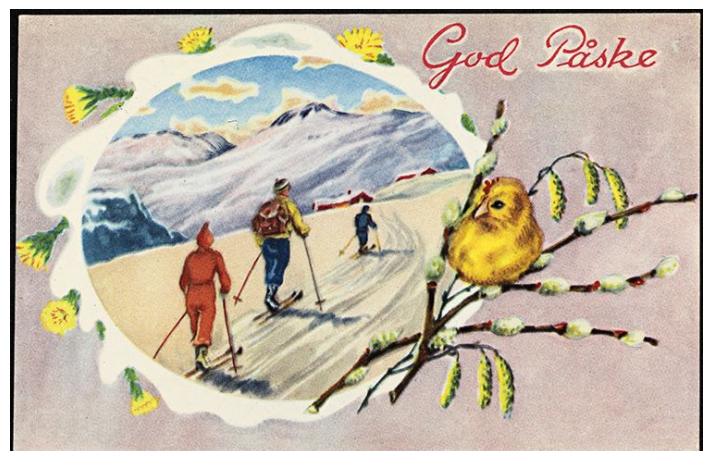
3 cups (700ml) milk

Combine the flour, sugar, baking powder and salt in a medium bowl.

Add the flax seed mixture in with the milk and pour over the dry ingredients, combine until no more streaks of flour are visible, then add in the butter.

Don’t over mix. Let the batter sit for 10-15 minutes before pouring a small amount in a lightly oiled or buttered frying pan over medium heat. Cook until lightly brown on both sides.

Top with fresh blueberries or blueberry jam or any topping you wish!



Here are a few links that talk about Norwegian Easter customs:

<https://arcticgrub.wordpress.com/2013/03/26/traditional-norwegian-easter-foods/>

<http://mylittlenorway.com/2010/04/norwegian-easter-traditions/>

<http://www.tnp.no/norway/exclusive/2836-introduction-to-paske-traditions-in-norway>

<http://thanksforthefood.com/easter-norway/>

<http://www.lifeinnorway.net/living/easter-traditions/>

Calendar

April 13: *Knitting Group*, 7:00pm, Barley's BrewHub in Kennewick (3320 W Kennewick Ave – where Jackson's used to be)

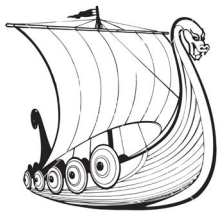
April 18: *Knitting Group*, 7:00pm, Kennewick Union St. Library

April 21: *General Heritage Meeting*, 6:00pm. Breakfast for Dinner. The lodge will provide Norwegian Oven Pancakes, and we ask the lodge members to bring breakfast/brunch/Easter items that are Scandinavian or family traditions. As will any meal where the lodge provides part of it, there will be a free-will donation basket on the table to help defray the cost of the food and to help fatten the scholarship fund. The meal will start at 6:30. Our program will be a travelogue called "Discover Iceland" by Dave Atkinson. The program will start about 8 pm.

April 24: *Board Meeting*, 7:00pm. Fireside Room, Kennewick First Lutheran.

May 19: *General Heritage Meeting*, 6:00pm. Our May meeting will be a Syttende Mai celebration. We will have more information as time draws near, but start ironing your bunader and de-mothballing those Norwegian sweaters.

Newsletter Deadline: 1st
Friday of the Month



Sons of Norway Sol-Land Lodge 2-086
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