



Upcoming Meetings

We will not hold a July meeting, but we hope to see many of our members at the D2 Steak Fry on July 15th. If you have not been to Trollhaugen, you have been missing out!

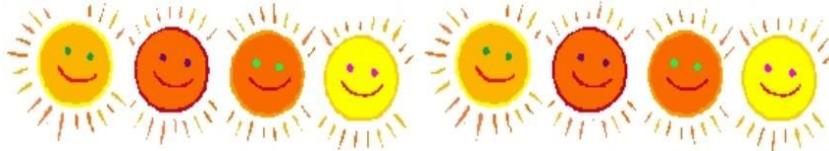
The third Friday in August is the 18th. The theme will be "Picturing our Heritage." Members are encouraged to bring a few pictures to share relating to their personal heritage, and we will be showing some pictorial resources available over the internet. The meal will be a regular potluck.

The day after that is the D2 golf tourney in Leavenworth – registration deadline for either the tournament OR the buffet is **August 1st**.

The board is considering moving the Sept meeting from the 3rd Friday because most of the board will be out of town at the D2 the Doreen J Parker Heritage retreat that weekend. Read the August newsletter for information.

Election of officers for 2024 will be held in Nov. The current officers have mostly been in their positions for at least four years. It is time for some new bodies in some of these positions. Please contact a current board member if you are interested in finding out more about what a particular office involves. We need to have nominations in hand by the October meeting so we can properly announce them before the election.

The board has noticed lately that it always seems to be the same few people who arrive early to help set up or that stay after the meeting to help clean up. This is not only unfair to the few who work so hard, but often leads to a delay in the proceedings. Please consider extending your evening a few minutes longer so everyone can enjoy the social hour that starts at 6PM, so the tables and food are ready to go at 6:30, and so we can get everything cleaned up in short order afterwards so no one ends up staying for an hour or more after the meeting to return the space to its 'ready' state.



lite

2023 Taste of Scandinavia

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 Monday after the regular membership meeting, 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.

We have determined that a full-scale Taste of Scandinavia this year is not feasible, so rather than stopping it altogether, we have come up with an alternative. Planning is underway now to have a "Taste of Scandinavia Lite" on Nov. 18th, centering on a large early-holiday bake sale to raise funds for the lodge treasury, with other displays and activities yet to be determined. Members interested in displaying items or demonstrating cultural activities should contact the Cultural Director (Gretchen Makinson, (509) 943-1264, glmakinson@aol.com) or one of the other officers soon to assist with our planning.





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	Brad Horst
Assistant Marshall	Dave Payson
Greeter	Donna Smitt
Asst. Greeter	Ginger Fields
Sunshine Committee	Laurie Tyssen
Scholarship Chair	Dick Nordness
Tubfrim Chair	Laurie Tyssen

2024 District Convention

The next District 2 convention will be held May 29 – June 1, 2024 in Coeur d’Alene. Now is the time to think about attending. You can go as a delegate elected by the lodge – with our drop in membership, we will most likely be allocated 2 delegates instead of the three we have had the past few conventions. Members who are not delegates can also attend the convention to observe and to interact with other members from around the District (Washington, Oregon, Idaho, and Alaska).

There are several District offices that will be vacated in 2024, and if you have an interest in running for a District office, you must be an elected delegate AND own a Sons of Norway financial product – insurance, an annuity, etc. The District nominating committee will begin looking for candidates this fall. If you would like more information about attending a convention, what goes on at a convention, or the various District offices, you can ask members of the lodge board who in the lodge might be able to answer your questions.

Online resources

We missed seeing this before midsummer, but it is still an interesting article about celebrating midsummer in the Scandinavian countries.

<https://sciencenorway.no/history-medieval-history/why-do-scandinavians-celebrate-midsummer/2217410>

In Norway they have a day called sweater airing day or **Kofteluftedagen**. It’s where they hang out and air out their knitted sweaters and cardigans. There is no official day, but mid-October seems to be when many ‘celebrate’ it.

<https://twitter.com/Haugmoen/status/1449489088499830787>

District Two Golf Tournament

August 19, 2023; Leavenworth Golf Course, all ages are welcome. If you don’t play golf, you can still attend the banquet to enjoy the company of other members.

DEADLINE TO REGISTER is August 1, 2023. No exceptions.

ADVANCE TICKETS

\$125 per player, including golf, cart, lunch and banquet.

\$30 per additional banquet plate for Guest.

CONTACT Laurie Berg:
Laurieberg.lb@gmail.com

IN LOVING MEMORY

1929-2003

Felicia LaVaughn Helt passed in Spokane Washington on Sunday April 30, 2023. After graduating from Central Washington University, she taught physical education in Prosser Washington until she retired June 20, 1971, to marry the love of her life Bob Helt. After Bob’s retirement they moved to Spokane, Washington, where they lived the rest of their days.

Felicia will be laid to rest next to her husband Bob, at Veterans Memorial Cemetery in Medical Lake, Washington.





Skagenröra på Skivet Agurk

Creamy Shrimp and Dill on Cucumber Slices with Ikura

Daytona Strong, www.outside-oslo.com

Ingredients

- 1/2 pound large (cooked) shrimp
- 1 1/2 tablespoons mayonnaise
- 1 1/2 tablespoons sour cream
- 1 teaspoon lemon juice
- 1/8 teaspoon salt
- 2 tablespoons chopped fresh dill
- 1 tablespoon finely chopped red onion
- 1 tablespoon sliced scallion white and light green parts only
- 1 cucumber sliced 1/4-thick on the bias
- 2 ounces ikura or other fish roe
- Lemon wedges for serving

Instructions

Rinse and drain the shrimp. In a small mixing bowl, whisk together the mayonnaise, sour cream, lemon juice, and salt until smooth. Add the shrimp, dill, onion, and scallion and stir to combine.

To serve, spoon *Skagenrøre* onto cucumber slices and top with a little ikura. Offer lemon wedges on the side.

Speaking of camp...



They need a few more campers to make it a go, BUT it looks like the Doreen J Parker Heritage retreat 2023 is going to happen this year, so get your applications and checks in as soon as possible and let them know you are coming.

The dates are Sept 15th – 17th.

Heritage Retreat is an opportunity to learn more about Scandinavian culture – Rosemaling, hardanger, genealogy, cooking, maybe even some singing and dancing! It is an opportunity to enjoy The Jewel of D2 (Trollhaugen) without 3 feet of snow, and to make or renew friendships with other members from D2.

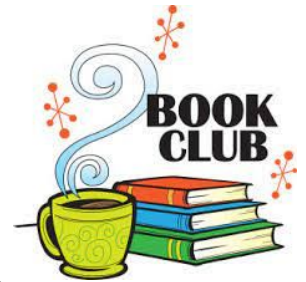
Your registration fee covers everything – room, board, teachers, even all supplies you might need. Registrations paid before August 15th are \$150, after that the cost rises to \$160 per person. For more information and registration forms, you can talk to Nancy Holter (509-375-0919, sol.land.lodge@gmail.com) or check out the “new and improved” D2 website (<https://www.sonsofnorway2.com/>) under “events”.

Nordic Book Club

Sons of Norway has a nationwide Book Club that ‘Zooms’ the last Thursday of the month.

To join the Sons of Norway Book Club, send an email with your name, lodge name and contact information (phone number and email address) to SonsofNorwayBookClub@gmail.com.

The July selections are (**Main Read**) *Children of Ash and Elm* by Neil Price and (**Mystery Read**) *Silence of the Grave* by Arnaldur Indridason. The August selections are (**Main Read**) *The Unseen* by Roy Jacobsen and (**Mystery Read**) *American by Day* by Derek B. Miller. For more info – contact Nancy Holter (509-375-0919, sol.land.lodge@gmail.com).



Heritage Committee

The Sol-Land Lodge Heritage Committee is ready to accept proposals for uses of the Heritage Fund monies. Do you have a idea that will benefit our membership? Please contact Sara Watson, (509-591-5813, sarawatson@pobox.com) if you have an idea or proposal. We will send you the paperwork to get your idea off the ground!

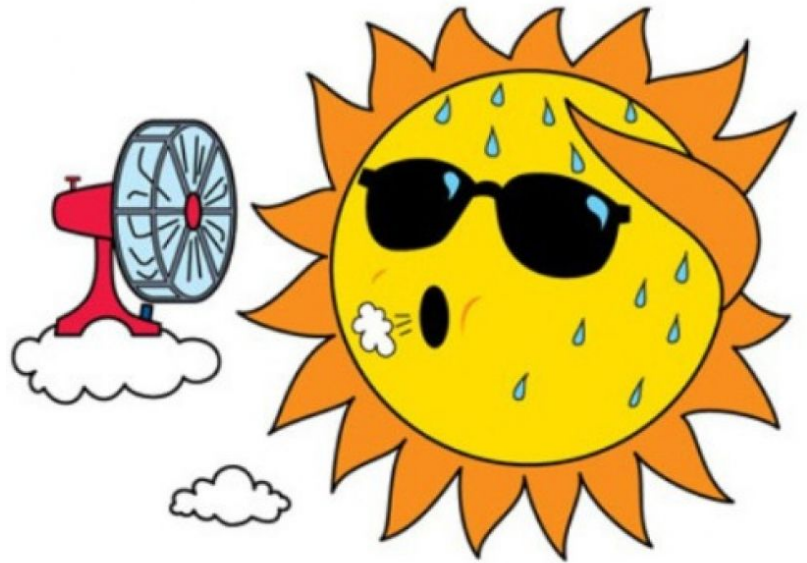
calendar

July 15 – Trollhaugen Steak Fry, Horseshoe and Kubb Tournament

August 18 - 6:30pm – General Heritage Meeting - “Picturing our Heritage”

August 19 – District 2 Golf Tournament - Registration Deadline, August 1

September 15-17 – Doreen J. Parker Heritage Retreat



July

Sons of Norway Sol-Land Lodge 2-86
P.O. Box 6235
Kennewick, WA 99336