



We will not be holding a meeting in October, the COVID counts are just too high. Please do your part to help us get back to normal meetings: get vaccinated, wear a mask, and keep your social distance when out.

### Lodge officers

Elections will be held in November; we are still collecting names for nominations. Please consider volunteering for a position. We desperately need a vice president, a sunshine chairman, assistant greeters, and marshalls. We would welcome anyone who is interested in serving as an officer. Please contact Nancy Holter (509-375-0919, [sol.land.lodge@gmail.com](mailto:sol.land.lodge@gmail.com)) for information on the jobs, or to let us know you are willing to run for office.

### Heritage Committee

We also need volunteers to revitalize the Heritage Committee. We have a plenty of money, just waiting for us to come up with ideas to grow the lodge: programs to hold, speakers or teachers to bring in, trips to museums, what else can we dream up? But we can't disburse the money until we get a committee to review those ideas. The lodge officers can't serve on the committee, but can advise the committee if there are questions. Unless we suddenly have an influx of proposals, it is not a committee that takes a lot of time, so please consider being one of the six committee members.

### District Convention

It is time to begin thinking about being a delegate to the District convention next spring – maybe even running for a district office!! Many of the district offices are up for grabs at the convention, including Zone 5 director. Zone director is a good way to get to know the other lodges east of the mountains.

### Community

Although we aren't meeting in person, we can still collect items for our populations in need. We collect food, clothing, school supplies, and hygiene items for My Friends Place (teenagers), Amistad Elementary school (grades K – 6) and for the Mission (adult). Rennae Rosenberg ((509) 539-8948, [IMRennae@yahoo.com](mailto:IMRennae@yahoo.com)) and Nancy Holter (509-375-0919, [sol.land.lodge@gmail.com](mailto:sol.land.lodge@gmail.com)) are your contacts, they will collect and deliver items. If you need items picked up from your home, they will do that, too.



### Cooking classes

The District 7 Cultural Director (Susan Strang) has created videos to help members earn the first pin for the Norwegian Cooking Cultural Skills program. The videos are all posted here: <http://www.sofn7.com/Cultural%20Skills.htm> , but as we are coming into the holiday season, I thought these two might be the most appropriate ones: Rømmegrøt and Riskrem. <https://www.youtube.com/watch?v=MZ-3keklR3M> ; <https://www.youtube.com/watch?v=aw6yN9GfncY>

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).



**Slate of Officer for November election – nominations are still open, so this may be expanded next month.**

President	Greg Holter
Vice President	.....
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/ ...
Marshall	...
Assistant Marshall	Dave Payson
Greeter	Donna Smitt
Asst. Greeter	Ginger Fields/ ...
Sunshine Committee	...
Scholarship Chair	Dick Nordness
Tubfrim Chair	Laurie Tyssen

With the holidays coming up, we thought we'd see if there was any interest in a pre-order bake sale; both from the purchasers AND from the necessary bakers. If you have an interest in a pre-order, drive-up bake sale, please let us know ASAP.



**Folk Art Competition and Exhibition**

The District 2 convention is going to be held June 1-4, 2022. You have a bit more than nine (9) months to finish your projects for the Folk Art event. You can submit them for judging or just for show. The rules usually specify that items must have been completed in the last 2 years, but I have not heard if there will be an accommodation for the projects that had been completed for 2020. Let's be prolific!! Rosemaling! Tina boxes! Knitting! Hardanger! Genealogy! Photography! Wood Carving!! Swedish (huck) weaving! I know we have members who participate in all of these arts. Maybe this year we can have some cooking submissions – cookies, kransekake, lefse.... Yum. If you need help with your project(s), contact Nancy Holter (509-948-2684, [sol.land.lodge@gmail.com](mailto:sol.land.lodge@gmail.com)).





## Happy Foundation Month!

Thanks to our generous donors, in 2021, the Sons of Norway Foundation:

- Awarded \$110,000 in 2021 scholarship awards
- Offered over \$20,000 in grants to support Nordic culture and heritage events

Find out more about application deadlines for 2022 awards:

<https://www.sofn.com/foundation/>

Please consider donating to the Sons of Norway Foundation so we can continue to make a positive impact in our communities.

Contact Emily Stark, Foundation Development Manager at [estark@sofn.com](mailto:estark@sofn.com) or 612-821-4655, or Nancy Holter ([sol.land.lodge@gamil.com](mailto:sol.land.lodge@gamil.com), 509-375-0919).

### Interesting “yarns”....

This is an article about “The Norwegian Sweater Detective”. Even if you aren’t a knitter, you might be interested in the story. In a postcard-perfect valley in southern Norway, Annemor Sundbø nurtures her life’s work: old garments, paintings, and other clues to the myths and meaning woven for centuries into Norwegian sweaters. Now she’s trying to bring back the sheep that used to sustain this time-honored craft. In addition there are a few videos about making ‘Norwegian’ Yarn and her study of old sweaters.

<https://craftsmanship.net/the-norwegian-sweater-detective/>

If your interest is more on post-war, this is an excerpt from Annemor Sundbø’s book “*Reflections on the Ancient Nordic*

*Sheep: Mythology & Magic, Folk Beliefs & Traditions*” about Norwegian tapestry in the post-war years.

<https://norwegiantextileletter.com/article/tapestry-post-war-years/>

The Norwegian Textile Letter is almost always full of fascinating articles, and it is free. The archives go back to 1994, and is accessible from the site.

### Lamb and Cabbage (Fårikål) Norway’s national dish

Adapted from "Authentic Norwegian Cooking" by Astrid Karlsen Scott

- 6 lbs (2¾ kg) lamb breast or shoulder
- 2 large heads cabbage
- 1 tbs black pepper corns
- 1 tbs salt
- 4 tbs flour

*Fårikål is Norway's national dish and a favorite of renowned Norwegian author and explorer, Thor Heyerdahl. The recipe above is Heyerdahl's favorite version of the dish and was originally shared in "Authentic Norwegian Cooking." – shared in the sons of Norway Newsletter Service for Sept-Oct 2016.*

Wash the lamb in lukewarm water and cut into small pieces. Blot dry, dip in flour and layer in pot with a little more than half the cabbage which has been washed and coarsely cut. Add boiling water until it reaches half the level of the meat. Add salt and pepper. Simmer for 1 hour; then add remainder of cabbage. Simmer while covered for about 1 hour longer, or until meat and cabbage are tender. Serve with steamed/ boiled potatoes, carrots and flatbread. Serves 10-12.

### Trollhaugen

Sol-Land Lodge has a long and close relationship with Trollhaugen – the lodge’s donation to the building fund was one of the largest of the donations from District 2 lodges. We have members who enjoy the winter sports, and members who enjoy the summer and fall events – including the Heritage Retreat and Steak Fry. Trollhaugen depends on user fees to stay alive. 2020 and 2021 have been disastrous for their business, and some expenses don’t go away just because the building and equipment aren’t being used. Since Trollhaugen IS such an important part of District 2, and to encourage donations to keep it alive and shining, Sol-Land Lodge will match lodge members’ donations dollar-for-dollar up to a lodge donation of \$1000. Please contact Nancy Holter (509-948-2684, [sol.land.lodge@gmail.com](mailto:sol.land.lodge@gmail.com)) or Lucinda Twedt (5090308-0481, [twedt\\_cindy@yahoo.com](mailto:twedt_cindy@yahoo.com)) for details on how to be sure your donation is matched.

## Spice-Crusted Salmon with Aquavit Sour Cream

The spices that are used in this salmon dish may lead you to think that this is a Middle Eastern recipe. All the spices, however, are also ingredients in the traditional Scandinavian aquavit - the potato-based liquor. Serves 2.

### Ingredients:

1 pound (½ kg) salmon fillet, skin on, any pinbones removed	
2 tsp. coriander seeds, crushed	¼ cup (½ dl) fresh lemon juice
2 tsp. cumin seeds	¼ cup (½ dl) sour cream
2 tsp. dill seeds	1 Tbsp. aquavit
2 tsp. fennel seeds	1 tsp. caraway seeds
1 tsp. salt	1 Tbsp. finely chopped fresh chervil
2 tsp. white wine vinegar, or to taste	



### Directions:

Preheat the oven to 350°F / 175°C

Rinse the fish under cold running water. Pat dry with paper towels. In a small skillet, toast the coriander, cumin, dill, and fennel seeds over medium heat for about 2 minutes, until they start to release their fragrance. Transfer to a small bowl, add the salt, and mix well. Rub the fish with the spice mixture and place in a baking dish. Sprinkle with 1 tablespoon of the lemon juice. Cover and let marinate in the refrigerator for 1 to 2 hours. To prepare the aquavit sour cream, in a small bowl, mix together the sour cream, aquavit, caraway seeds, and chervil. Add vinegar to taste. Cover and refrigerate.

Place the baking dish with the fish on the middle oven rack and bake for 12 to 15 minutes, until the fish flakes nicely with a fork. Serve the fish topped with the sour cream and accompanied by the fennel.

Note: If you cannot find aquavit, season the sour cream with ¼ teaspoon ground fennel seeds, ¼ teaspoon ground dill seeds, ¼ teaspoon ground cumin seeds, 1 teaspoon sugar, and 1 tablespoon brandy.

Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING  
<https://www.newscancook.com/seafood/spice-crusted-salmon-with-aquavit-sour-cream>  
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