



Upcoming Meetings

The Sept meeting has been moved from the 3rd Friday, Sept 15th, to Sept. 22nd. But the wait will be worth it because on the 22nd, we will have a program from Gretchen Makinson about her travels to Iceland this summer. She will be taking us on a tour of Iceland starting in the south around the capital, Reykavik and ending up in the towns of Akureyri and Husavik along the north coast. There will be pictures of lava fields, volcanoes, waterfalls and bubbling thermal pools plus some of the animal life such as Puffins, whales, and Icelandic horses.

The September meeting will have a pot luck supper. With the arrival of fall-ish weather casseroles might be nice, of course vegetables and dessert are good, too....

The Sept. board meeting will be the Monday BEFORE the general meeting (so the 18th), at KFLC as usual. All members are welcome to attend.

A survey will be available at the Sept meeting for members to indicate what programs and events they would like to see happening. If you are not able to attend the meeting and would like to fill out a survey, please contact Nancy (509-375-0919, sol.land.lodge@gmail.com) to get a copy.



Are there any thoughts on the 'Picturing our Heritage' program from August? Was it interesting? Did you get to participate? How can we improve it? We have handouts for some selected websites available for those that are interested.

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.

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.

Both Odin (Yakima) and Tordenskjold (Spokane) will be having their lutefisk dinners the beginning of November. As soon as we get the details, we will send those out so you can plan your dinner(s).





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. We will also be electing 2 alternate delegates who will be ready to attend if one of the delegates cannot go. 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. If you have an interest in running for a District office, you must be an elected delegate attending the convention, AND own a 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.

Scandinavian Bake Sale

We will be holding a bake sale on Nov. 18th at KFLC. We will be selling lefse and other Scandinavia baked goods, and there will be some craft and food demonstrations and displays as well. 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. Please be sure to set aside time for this, as it is our only fund raiser and we need everyone to participate to make it a success.

We need to gather a committee for this event AND create a list of who will be baking and an idea of what they will be providing. Please contact Nancy Holter (509-375-0919, sol.land.lodge@gmail.com) or Ginger Fields (509-734-7876, HhfVls1966@hotmail.com) with your information as soon as possible. We will be setting up lefse baking days, so contact Ginger to let her know your availability, please. If you need recipes or equipment, please contact Nancy.

Norwegian Sweet Soup (Sot Suppe)

Prep Time: 15 min. Cook Time: 10 min. Total Time: 25 min.

Use any combination of mix dried fruit (ingredient #5, below). I used a combination of dried apricots, apples, and prunes.

The starch in the tapioca helps to thicken this soup. I recommend large pearl tapioca, but a smaller tapioca would also work.

Ingredients

- 5 cups water
- 1/4 cup large pearl tapioca
- 1 cup chopped prunes
- 1/2 cup raisins
- 1 cup mixed dried fruit, chopped
- 3/4 cup sugar
- 1 teaspoon cinnamon
- Zest from 1 lemon
- 1 tablespoon lemon juice



Instructions

1. Soak tapioca in water overnight. In the morning, add fruit, sugar, cinnamon, and lemon zest.
2. Cook over medium-high heat in a large, heavy-bottomed saucepan until tapioca is clear and the fruit is tender, about 10 minutes. Remove from heat and add lemon juice. Allow to cool. Store in refrigerator for up to 1 week.



November Elections

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. The board may reach out to you to ask about your willingness to take a position, or to pick your brain for ideas. We need to have nominations in hand **by the October** meeting so we can properly announce them before the election.

In Memoriam

A charter member of the Walla Walla lodge, who transferred to Sol-Land when Blå Fjell disbanded, died this summer. Kathi Goodwin was Ginger Field's sister. She had moved to the west side a short while ago. Kathi was always ready to help with whatever task needed to be done. With her passing, some of her Scandinavian items have come to the lodge – sweaters, bunader, etc. Over time, we will be having silent auctions, not-so-silent auctions, and/or drawings for some of these items.



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? Contact Sara Watson ((509) 628-3391, sarawatson@pobox.com) for information and forms.



Nordic Book Club

Sons of Norway has a nation-wide 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 Sept. selections are **(Main Read) Norwegian American Women: Migration, Communities and Identities** by Betty A. Bergland and **(Mystery Read) The Man Who Went Up in Smoke** by Maj Sjowall and Per Wahloo. For more info – contact Nancy Holter (509-375-0919, sol.land.lodge@gmail.com). The October selections are **(Main Read Attack at Dawn: Reliving the Battle of Narvik in World War II)** by Ron Cope and **(Mystery Read) Copper Heart (Mario Kallio #3)** by Leena Lehtolainen.

Sons of Norway Website news

International has added a frequently asked questions (FAQ) page to the Sons of Norway website. This page helps facilitate self-service for questions after-hours, on weekends, and when call volumes are high.

Sons of Norway's Fraternal and Customer Service teams collaborated to provide answers to our top member questions. The questions and answers are succinct and will link you to the page you need or provide a how-to video.

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

calendar

September 15-17 – Doreen J. Parker
Heritage Retreat

September 18 – Board Meeting – 7pm

September 22 – 6:30pm – General Heritage Meeting -
“Traveling Through Iceland with Gretchen”



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