

**SONS of NORWAY**

**Solglyt Lodge 4-143**

March - April 2024

[sofnedmonton.ca](http://sofnedmonton.ca)

Edmonton, AB

## President's Message



### God dag.

I hope that this winter season has treated you well and we look forward to the Spring.

There are lots of activities to do during the winter, so go out and have fun doing whatever activities you enjoy best.

There is a wooded area close to our house that has trails and I have enjoyed seeing wildlife there many times over this winter.

With the small amount of snow this winter, the Birkebeiner has been cancelled this year.

The first Director's meeting of 2024 was held at our house on January 24 where we were planning and budget for the upcoming year. Sandy and Laura joined the meeting by Zoom.

After the meeting, a meal was provided by myself and my wife Nancy with social time and many laughs.

The Lodge met on January 28 for a snack potluck and a display of items of cultural

interest brought to the meeting by our members. It was a "show and tell" by the members of what these items meant to their family heritage.

On February 11, Solglyt met for a lunch of Norwegian pancake with sausages and ham and all of the fixings and dessert. It was a great success. Carole P advised that it was Mother's Day in Norway this and Brenda C. read a troll story. Thanks to all who helped put this together for the food and set-up, many hands make a difference.

On that same day, a motion was made, seconded and approved by the membership to purchase a large screen TV on a portable stand which we can store in a locked room at Greenfield Community Centre.

This audio-visual equipment will provide such much more flexibility in terms of presentations, carrying out meetings and national anthems, photos from past events, etc.

Thanks everyone for your support on this.

Several recent members and relatives of past members, Earl, Dreena, Elaine and Duane attended our gathering in February. Welcome!!!

*Continued on following page.*



Some of the wildlife near our home.

### Executive Officers:

President	<b>Arvid Pederson</b> <i>president.solglyt@gmail.com</i>
Vice President	<b>Sheila Johnson</b>
Treasurer	<b>Jim Colleton</b>
Secretary	<b>Laura Blakley</b>
Membership	<b>Peter Myhre</b>

### Support Directors:

Lodge Counselor	<b>Sylvia Colleton</b>
Social	<b>Sharon Bruce</b>
Volunteer Coordinator	<b>Sylvia Colleton</b>
Culture	<b>Anita Brown</b> <i>norcanweld@eastlink.ca</i>
SON Foundation in Canada	<b>Brenda Carlstad</b>

Publicity and Historian	<b>Brenda Carlstad</b>
Sunshine	<b>Karin Jackson</b> <i>lesandkarin@hotmail.com</i>
Webmaster	<b>Brenda Carlstad</b>
Trustees and Auditors	<b>Roger Bruce</b> <b>Cliff Norum</b>
Newsletter	<b>Sandy Jamison</b> <i>sjamison@greatwest.ca</i>

# President's Message

**Continued from page 1.**

We will continue to meet at the Greenfield Community Centre and can always use a helping hand with setup and takedown of tables and chairs and food setup and table decorating.

The following dates have been booked for events, so keep these dates open:

## Sunday March 10

- Hall Setup at 1:00 p.m.  
-Meeting at 2:00 p.m. followed by Potluck lunch and Presentation by Arvid Pederson on the Hurtigruten cruise along the western coastline of Norway in 2022.

## Sunday April 14

-Hall Setup at 1:00 p.m.  
-Meeting at 2:00 p.m. followed by Potluck lunch and Presentation by Tom Sakaluk (an acquaintance of Arvid) on a trip to Cambodia.

## Friday May 17

-Celebration of Syttende Mai. Details to be determined.  
**We are looking for volunteers to assist in food preparation** since Karin and Les Jackson who have done this task for many years will be in Norway celebrating that day. Lucky them.

## Sunday June 9

-Hall setup at 1:00 p.m.  
-BBQ and Social at 2:00 p.m.

## Bus Tour in August

A bus trip is also being contemplated for mid to late August. Details to be provided later.

We look forward to these gatherings.

If anyone has any ideas for future meetings, please bring them forward.

**Takk  
Arvid**

# Solglyt Notes:

## January –

- **The Viking magazine** requests photos of members in action. Photos of our 'show and tell' of our special cultural items were submitted.
- **Competition** – as of 2022, there are 330 Sons of Norway lodges, with approximately 60,000 members. I continue to send photos to our District 4 Cultural Director, who must then assess them and send forward to the magazine.
- **Photos** – what have we been doing? <https://sofnedmonton.ca/index.php/photos>

## February –

- **Valentines** - Some local heroes – firefighters were pleasantly surprised recipients of our signed Valentines. No one is too old to receive a Valentine!

- **Pannekaken** - “tusen takk” to our Cultural Director, Sharon Bruce, who spent many hours flipping those Norwegian pancakes, plus more cooking and organizing, for a terrific lunch.
- **Norwegian sweaters** were on display as a recognition of the 1994 Lillehammer Olympics.
- **Pizza** – Our quick quiz revealed that Norway is #1 in pizza consumption.

**District 4 Convention will be in Bismarck, ND, June 26-29.**  
Please advise if you are interested.

**Connecting you to Solglyt:** [info@sofnedmonton.ca](mailto:info@sofnedmonton.ca) – it is fun to explore our heritage.

**Brenda Carlstad  
Solglyt Publicity, Historian, SONFIC.ca**



**Olga McBride.**

## Olga's Flatbread

Last Thursday, I needed to begin making some flatbread for an upcoming Norwegian fish dish at our house.

I wondered which recipe to use this time? While going through the flatbread recipes, I came across one of Olga McBride's recipes. She used this recipe on a yearly basis while volunteering at the Trollhaugen Norwegian Camp (for both children and adults). Olga was responsible for teaching the Norwegian baking part of the program.

Once the baking was finished, I decided to call Olga to tell her that some special flatbread would arrive at her house by noon on Friday..

Olga was so surprised and happy to get the flatbread made from her very own recipe!

Olga is a very happy and active 95 year old (December 3, 2023)! She continues to live in her huge home.

Olga just gave up her Driver's License in December.

**- Ingrid Zukowski**

# Pannekaken Lunch Feb. 11, 2024

Our annual pancake supper was held on Sunday, February 11th, 2024 and about 25 people attended. Norwegian pancakes together with strawberries, whipped cream and other toppings were the main menu item and were thoroughly enjoyed by all. We also had pork sausages and ham to accompany our meal. As it was Super Bowl Sunday a very short meeting followed and everyone was able to go home to enjoy the game. Valentine cards were set out for each member to sign and Valentine cookies were set out for everyone to enjoy. The Valentines Box full of Valentines would be delivered by Brenda Carlstad to her local fire station.

A huge thank you goes out to all who help make this a successful event. Thank you to our members who put up and take down the tables and chairs, wash the floors and clean the bathrooms. Thank you to everyone who brought treats to be consumed by us. And thank you Brenda for always having decorating things to bring to make our room look festive. And of course to those who set up our buffet table and help with the clean up afterwards a great big thank you. These are the things that make this event so successful.

And we have a cupboard to store our stuff in. Yipee.

Another successful event for our Lodge.

**Sharon Bruce**  
**Social Coordinator**



1. Sharon Bruce with her delicious Norwegian Pancakes.

2. (L to R) June Koch and Ingrid Zukiwski enjoying their lunch.

3. An inviting array of favourites.



For more photos of Solglyt Lodge members and events, please visit:  
<https://www.flickr.com/photos/sonsofnorway/albums/>

# Show & Tell Jan. 28, 2024

*Items of cultural interest brought by our members, and what these items meant to their family heritage.*



- 1. Ingrid Zukiwski.
- 2. Carole Parker.
- 3. Elaine Domier.
- 4. Karin Jackson.
- 5. Arvid Pederson.



For more photos of Solglyt Lodge members and events, please visit: <https://www.flickr.com/photos/sonsofnorway/albums/>



## Audio Visual Set-up

At the meeting on February 11 a motion was passed to purchase a large TV and stand.

The TV and stand were set-up on Saturday February 24 by Cliff Norum, John Zurawell, John Elias and Arvid Pederson.

We are ready for upcoming meetings, and this will add a lot of flexibility to our ability to present various topics.

The Scandinavian Studies group will be using it at their meeting in April so it will be used by others as well.

Thanks for the support in obtaining this equipment.

**Arvid**

**1. (L to R) Arvid Pederson and John Zurawell.**

**2. (L to R) Cliff Norum, John Zurawell and John Elias.**

**3. The set-up.**

# Membership Milestones

## 5 Years

Damian Kachmar (04/11/2018)

Bonnie Lewis (12/13/2018)

## 10 Years

Alice Garstad (05/14/2013)

Constance Garstad (05/14/2013)

Gail Helgason (06/25/2013)

Andrew Kachmar (04/18/2013)

Luke Kachmar (04/18/2013)

Lu-Rene Kennedy (09/11/2013)

Linda Malekoff (04/21/2013)

Cliff Norum (04/21/2013)

## 20 Years

Eleanor Ball (10/14/2003)

Brenda Carlstad (11/24/2003)

Iris Dunham (10/01/2003)

Valerie Vale (12/10/2003)

## 25 Years

Roger Bruce (01/13/1998)

## 30 Years

Anna Elford (06/08/1993)

## 55 Years

Kristian Nyhus (09/27/1968)

# SCANDINAVIAN STUDIES ASSOCIATION

The Scandinavian Studies Association will hold its

# AGM

on Sunday April 21 - 2 to 4 p.m.

at the Greenfield Community Hall located at 3803 114 St. in Edmonton. Everyone welcome.

Come Hear Presentations on **“Looking Into Alberta’s Scandinavian Past”**

By Edward van Vliet and Connie Swarbrick on Stephansson House and the Danish Canadian National Museum

# Thanks Solglyt Lodge!

*Kudos from those who  
received support from  
Solglyt Lodge in 2024.*



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January 15, 2024

Sylvia Colleton  
c/o Sons of Norway Solglyt Lodge  
2, 25519 TWP Rd 512A  
Spruce Grove AB T7Y 1A8

Dear Sylvia,

On behalf of Edmonton Meals on Wheels, our volunteers and our clients, I'd like to extend our heartfelt thanks for your support of our 12 Days of Christmas this year. With the help of Sons of Norway Solglyt Lodge, we were able to deliver 10,356 meals throughout the holiday season, including Christmas Eve and Christmas Day!

In December we also held our Christmas with Friends event which brought together our community and agency partners as well as local politicians to celebrate the season, wrap gifts, and prepare and deliver meals. The morning was filled with connection and conversation around issues impacting many of our clients.

We were fortunate to have an amazing videographer record many great moments in a video that's posted on our YouTube channel. If you'd like to watch it, please go to Youtube.com and enter this code MsbrOIK4E6E in the search field. Or you can scan the QR code below with your smartphone. The video beautifully captures the care and effort that so many people, from sponsors to volunteers, contribute to making the holidays extra special for our clients.

We wish everyone at Sons of Norway Solglyt Lodge all the very best in 2024!

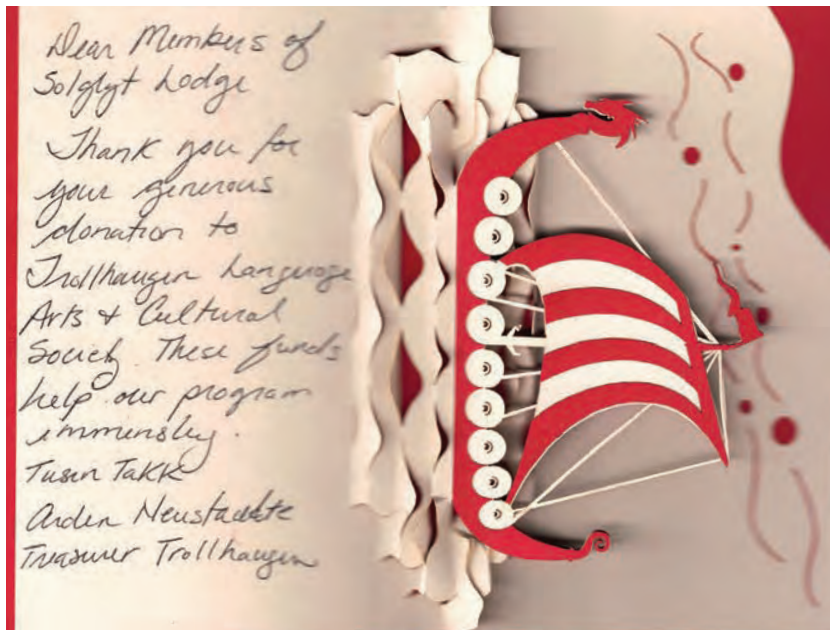
With gratitude,

A handwritten signature in blue ink that reads "Janine Sutherland".

Janine Sutherland  
Fund Development & Community Engagement Manager



Scan this code to  
watch our holiday video!



# Ancient Rock Paintings Discovered in Norway

Out for a hike with his family on the outskirts of Oslo, in the municipality of Moss, Tormod Fjeld unexpectedly discovered history. The family had stopped for a snack break when something caught his attention. While many others likely would not have noticed, Tormod had a well-trained eye, since he likes to look for rock carvings in his free time. While not a carving, he noticed colors on a boulder near to where they were resting. He used an app on his phone to analyze the picture he took of the rock. It was immediately clear that there was something special about this rock and so he reached out to a friend that works in archeology. Experts from the Norwegian Institute for Cultural Heritage Research (NIKU) were soon called in and it was determined that this faint pattern on rock was in fact something that likely dates to the Bronze Age (3300 to 1200 BC). It depicts a boat with oarsmen and human and animal figures.

This is a significant discovery for many reasons. It's remarkable that they survived all this time, although a rock protrusion protected them from the brunt of the elements. Also, given the faintness of the images, the majority of people hiking in the area would likely not have given it a second glance. It's a fortunate happenstance



Photo Credit: Jan Magne Gjerde, NIKU

that Fjeld was there with eagle eyes to spot this stunning discovery. This adds to an already impressive list of finds that he and two friends have made over the years and will hopefully continue making for years to come.

Sources: *Norwegian Family Discovers Bronze Age Rock Paintings on a Hike* (mymodernmet.com)

*Eagle-Eyed Hiker Spots Bronze Age Rock Paintings in Norway* | Smart News | Smithsonian Magazine

## Brain Discovery

Neuroscientists and Nobel Prize Winners May-Britt Moser and Edvard Moser, have made yet another exciting discovery about the human brain. Along with their team of researchers at the Norwegian University of Science and Technology (NTNU), they studied lattice cells in mice and have found an interesting phenomenon. The cells follow a pattern that repeat over and over again. The neuroscientists' main focus was on the medial entorhinal cortex, which is the part of the brain that supports episodic memory. They set up an experimental environment for the mice to study neuron activity over a given period of time. The results excited them. Edvard Moser stated, "I believe we have found one of the brain's prototypes for building sequences." The hope is that this discovery will give them a look into how the brain places memories and experiences in time order. Interpreting the findings could help them understand Alzheimer's disease, as well as inspire further research into brain functions.

## A Color-Coded City

On the southern tip of the island of Karmøy in Norway, lies a charming village known as Skudeneshavn. Skudeneshavn is a coastal town that features narrow streets, seafront wharves, and a unique cohesiveness. In 2018, the King adopted the cultural environment protection in Skudeneshavn that is protected by the Cultural Heritage Act. This act recognizes the value of historic areas and seeks to maintain their cultural significance. It is the reason Skudeneshavn is so well preserved. The conservation means that there are regulations in place for the maintenance and upkeep of building exteriors and outdoor areas. Skudeneshavn has had a rich color history in respect to their building exteriors and those same colors are now portrayed in the city's color code as a result of its status as a culturally protected environment. Any maintenance or painting to one's house must be in line with the city's guidelines in a specific color palette and with the right technique/tools. The colors include white, shades of green, red, and blue. There is no doubt that the protection creates an authentic experience and draws forward the rich history of the town.



## Viking Discovery on Jomfruland

While looking for a lost gold earring in their garden, a family in Norway uncovered 1,000-year-old Viking artifacts. The Aasvik family, from a small island called Jomfruland, became the first to find a Viking-era discovery on the island. They had stumbled across it by using a metal detector to search for the earring in their yard.

The metal detector alerted them underneath a large tree, so they began digging. Among the findings was a brooch and an additional item that was likely part of a Viking-era burial. Both were believed to have once been covered in gold and were engraved with depictions of animals. The brooch is believed to date back between 780 and 850. These artifacts help prove the Vikings' existence on the island. Experts knew of settlements on the island dating back only to the Middle Ages, making this Viking discovery rather significant.



## Suksessterte med Sjokolade og Appelsin

### Success Cake with Chocolate and Orange

Serves 12

#### Ingredients:

For the base:

- 4 egg whites
- 150 g / 5.3 oz. icing sugar or powdered sugar
- 150 g / 5.3 oz. chopped almonds, but not ground. Leave the skins on because it gives the tart its characteristic color and texture

## Nordic Winter Vegetable Soup

#### Ingredients:

- 2 Tablespoons extra virgin olive oil
- 1 large onion, thinly sliced
- 2 leeks, white and tender green parts only, thinly sliced
- 2 garlic cloves, minced
- 1 cup pearl barley
- 8 cups low-sodium vegetable broth
- 4 cups water
- 10 thyme sprigs
- 2 bay leaves
- 1 1/2 lbs. celery root, peeled and cut into 1/2-inch cubes
- 1 lb. parsnips, peeled and cut into 1/2-inch pieces
- Salt and freshly ground pepper
- 1 lb. baby spinach
- 1 teaspoon freshly grated nutmeg

# Deliciously Nordic

- 1/2 tsp. baking powder
- 90 g / 3 oz. chopped chocolate or chocolate chips

For the topping:

- 100 ml / 3.5 fl. oz. double or heavy cream
- 125 g / 4 oz. sugar
- 4 egg yolks
- 150 g / 5.3 oz. butter, at room temp.
- Grated rind of 1 orange

To decorate:

- A little melted chocolate
- Thin strips of orange peel

Or go crazy with some chocolate mini eggs, sprinkles or whatever takes your fancy!

#### Method:

Preheat the oven to 160°C / 320°F.

Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.

Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white, taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the

oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."

To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it.

Decorate with melted chocolate and orange peel or however you like!

Source: *Living a Nordic Life*





# The Translation

## Det er sunt å la tankene fly

Å la tankene vandre i hverdagen har ufortjent dårlig rykte, mener forsker.

Tenk deg at du må jobbe på spreng med en rapport sjefen har bestilt, men gløtter ut av vinduet på solen som smelter den skitne snøen. For ditt indre blikk ser du de gule krokusene hjemme i hagen. Har det kommet flere siden i går, og kanskje noen tulipaner?

### Slike dagdrømmer bør du ikke ha dårlig samvittighet for.

- Du bør gi deg selv rikelig med luker i arbeidsdagen til å la tanker komme og gå fullstendig fritt, mener professor Halvor Eifring ved Humanistisk fakultet ved Universitetet i Oslo.

### Halvparten av våken tilstand

Vi bruker nesten halvparten av vår våkne tid til å tenke på alt annet enn det vi «skal» og «bør». Spontane tanker utgjør hele 47 prosent av vår våkne tankevirksomhet.

Dette har forskere målt ved å sende meldinger på smarttelefon til en rekke mennesker på tilfeldige tidspunkt, med spørsmål om hva de tenker på.

Når vi lar tankene vandre fritt blir hjernens default mode network, eller hvilenettverk, mer aktivt, viser forskning fra 2007. Senere har forskning vist at denne delen av hjernen som også er involvert i drømmer.

### Skifte av fokus sikret overlevelse

Vi er genetisk disponert til av og til å gløtte opp på fuglene i luften, antilopene ved vannet, vinden i trærne og den varme luften på bakken i horisonten.

Mennesker stammer fra savannen i Afrika, hvor vi var avhengige av å se, høre og lukte rundt oss for å overleve.

- Det ville være farlig om vi ikke jevnlig skiftet fokus fra det nære til mulige fjerne farer, som å registrere et rovdyr som nærmet seg, illustrerer han.

### Spontan tenking fyller åtte funksjoner

Eifring har samlet forskning på temaet innen flere fagfelt, og funnet ut at spontane tanker kan fylle minst åtte ulike funksjoner:

- De kan fungere som trøstetenking
- De kan bearbeide vonde følelser
- De fremmer kreativitet
- De kan gjøre at du skifter perspektiv om du står fast
- De kan bearbeide og tolke minner fra fortiden
- De bidrar til økt selvforståelse
- De stimulerer empati, og
- De kan forberede deg på mulige nye utfordringer i fremtiden

## It's Healthy to Let Your Mind Wander

Letting your mind wander in everyday life has an undeservedly bad reputation, a researcher has found.

Imagine that you have to work on a report the boss has ordered, but are gazing out of the window at the sun melting the dirty snow. In your mind's eye, you see the yellow crocuses at home in the garden. Have more arrived since yesterday, and maybe some tulips?

### You should not feel guilty about daydreaming.

"You should give yourself plenty of gaps in the workday to let thoughts come and go completely freely," says Professor Halvor Eifring at the Faculty of Humanities at the University of Oslo.

### Half of our waking state

We spend almost half of our waking hours thinking about everything other than what we "must" and "should."

Spontaneous thoughts make up a whopping 47 percent of our waking thought activity.

Researchers measured this by sending messages on smartphones to a number of people at random times, asking them what they are thinking about.

When we let our thoughts wander freely, the brain's default mode network, or resting network, becomes more active, research from 2007 shows. Later research has shown that this part of the brain is also involved in dreams.

### Shifting focus ensured survival

We are genetically predisposed to occasionally stare at the birds in the air, the antelopes by the water, the wind in the trees and the warm air on the ground on the horizon.

Humans originated from the savannah of Africa, where we depended on seeing, hearing and smelling our surroundings to survive.

"It would be dangerous if we did not regularly shift the focus from the near to possible distant dangers, such as registering a predator that was approaching," he illustrates.

### Spontaneous thinking fulfills eight functions

Eifring has collected research on the topic in several fields, and found that spontaneous thoughts can fulfill at least eight different functions:

- they act as comforting thoughts
- process bad feelings
- promote creativity
- help change your perspective if you are stuck
- process and interpret memories from the past
- contribute to increased self-understanding
- stimulate empathy
- prepare you for potential new challenges in the future

## 15 Fun Facts About Norway

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.

Source: 25 Fascinating Facts About Norway ([lifeinnorway.net](http://lifeinnorway.net))

## Help Spread Some Sunshine

Is there a Solglyt Lodge member who needs to be remembered? It could be a Milestone Birthday or Anniversary Greeting, a Get Well Card or support for a loss.

Karin Jackson, Sunshine Director, would like to remind members to email her, please include the full name and nature of the request.

Karin's email: [lesandkarin@hotmail.com](mailto:lesandkarin@hotmail.com)

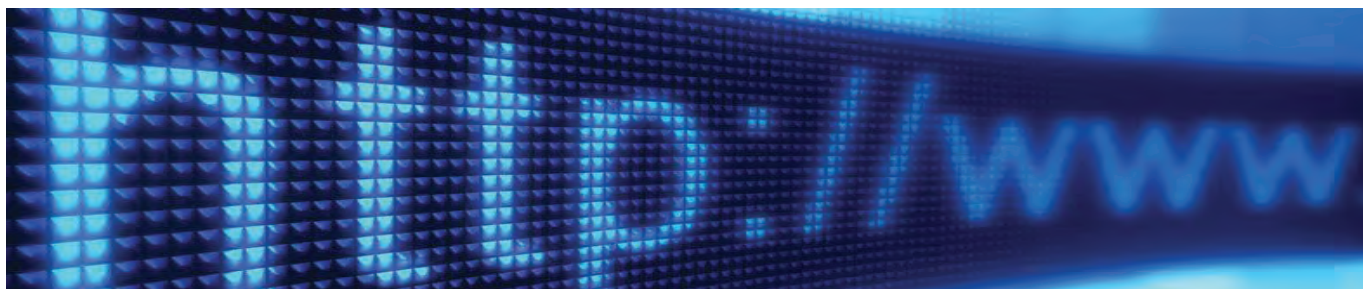
## 2024 Newsletter Submissions

**May/June** - due by April 25, 2024.

**Sep./Oct.** - due by Aug. 29, 2024.

We welcome and encourage your newsletter submissions, including personal stories and photos. Please email submissions to: [sjamison@greatwest.ca](mailto:sjamison@greatwest.ca) and indicate SON Newsletter in the subject line.

Early submission of articles, when possible, is appreciated.



## Useful Links:

- **Sons of Norway Solglyt Lodge #4-143 - Edmonton** - [sofnedmonton.ca](http://sofnedmonton.ca)
- **Solglyt Lodge on Facebook** - <https://www.facebook.com/SonsofNorwayEdmontonSolglytLodge>
- **Sons of Norway Solglyt Lodge #4-143 Photos** - <https://www.flickr.com/photos/sonsofnorway/albums/>
- **Sons of Norway Valhalla Lodge #4-341 - Calgary** - <http://www.sofncalgary.ca>
- **Sons of Norway District 4 (Alberta, Montana, North Dakota and Saskatchewan)** - <https://www.sofn-district4.com>
- **Sons of Norway District 7 (British Columbia)** - <http://eidsvoldsofn.com/index.htm>
- **Sons of Norway Foundation in Canada** - <https://www.sonfic.ca>
- **Sons of Norway International** - <https://www.sofn.com>
- **Scandinavian Studies Association - Edmonton** - <https://www.scandinavianstudies.ca>
- **Trollhaugen Language, Arts & Culture Camp** - <https://www.trollhaugenalberta.com>
- **Torskeklubben of Edmonton** - <https://www.torskeklubben.ca/>
- **Norwegian Laft Hus - Red Deer** - <https://www.norwegianlafthussociety.ca>
- **Norsk Høstfest** - <https://hostfest.com>
- **Welcome to Norway** - <https://www.visitnorway.com>