

# Solskinn Nyhetsbrev

February 2026 Newsletter  
from Solskinn Lodge



## Ord fra Presidenten



Happy February

We had a wonderful social this month. We had 41 members that signed up but about 33 that attended. The food was great. Thank you to Nancy, Tone, Joy, Ulf, TJ, Beryl and myself who brought items for the meal. Thank you to TJ for his informative

Genealogy program. I hope you take some of his recommendations and find out about your heritage. Or think about passing on some of that information to your children and grandchildren. Pull out those old photos and write down who the people are in the photo.

February will be a heart theme meal. With heart waffles and sides. And a special Valentine will be waiting for you when you arrive. The program will be on Arctic and Antarctic explorers, Roald Amundsen and Fridtjof Nansen. Both of these explorers were Norwegian and both have Sons of Norway Lodges named after them here in California.

I won't be at the social but will be traveling in South America. I will be on a cruise from Santiago, Chile around the Cape Horn to the Falkland Islands (hopefully). And then to Uruguay and finally a couple of days in Buenos Aires. I will be seeing South America's fjords, glaciers and penguins, lots of penguins. I will also be visiting the south most city in the world, Ushuaia, So, I will be experiencing some cold locations.

Please start thinking about being a delegate to our district convention and lodge meeting.

Fraternally,  
Luella

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## Upcoming Events

### February 28 2026

Waffles

Norwegian explorers  
Roald Amundsen  
and Fridtjof Nansen

### March 28

Fish  
(Salmon or Cod)  
Norwegian Emigrants



## Happy Birthday

### Birthdays February 2026 - April 2026

Terese Olson Hartley	February 11
Donald Lee Lingle	February 16
Ulf Strandjord	February 23
Beryl Waldeland	March 4
Margit Chiriaco Rusche	March 14
Pat Reddick	March 17
Louise Selle	March 26
Sandra K Kennedy	April 3
Svein Olav Stokke	April 5
Colin Brown	April 12
Wyonne M Long	April 27
Edward Maury Tauber	April 29
Carrie Kosvic	April 29



**H** An official holiday.  
Similar to federal holiday.  
**F** Official Flag Day.

### Norwegian Flag Days, Holidays and Days of Observance

February 6	Sami people's day	<b>F</b>
February 21	His Royal Highness King Harald V (1937)	<b>F</b>
April 2	Skjærtorsdag Maundy Thursday	<b>H</b>
April 3	Lang Fredag Good Friday	<b>H</b>
April 5	Første Påskedag Easter Sunday	<b>FH</b>
April 6	Andre Påskedag Easter Monday	<b>H</b>

Holydays for May in next Newsletter

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#### Solskinn Lodge

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Facebook: Solskinn Lodge, Sons of Norway 6-150  
Email: Solskinn150@gmail.com

#### Sons of Norway

Website: sofn.org  
Facebook: Official Sons of Norway Facebook Group

#### Sons of Norway, District Six

Website: sofn6.org  
Facebook: Sons of Norway District Six

## Social Calendar for 2026

**Always a Saturday. Social at 11:00 AM**

General Cost  
Members \$10.00, Guests \$15.00

### SAVE THE DATES

#### 2026 Socials

March 28	Fish (Salmon or Cod) Norwegian Emigrants
April 25	Soup and Salad Viking presentation
May 16	Hot dogs and ice cream Bring your Norwegian flag

# BOOK CLUB

## February 2026 Book

The Little Drummer  
by Kjell Ola Dahl

### ZOOM Meeting

Thursday, February 19, 4 PM

Want to join? Send an email to Luella: morongo2@verizon.net

## March 2026 Book

Muus vs. Muus  
by Bodil Stenseth

### ZOOM Meeting

Thursday, March 19, 4 PM

The book club is open for any member of Sons of Norway, anywhere in the world.

## February 2026

**The Little Drummer.** When a woman is found dead in her car in a Norwegian parking garage, everyone suspects an overdose... until a forensics report indicates that she was murdered. Oslo Detectives Frølich and Gunnarstranda discover that the victim's Kenyan scientist boyfriend has disappeared, and their investigations soon lead them into the shady world of international pharmaceutical deals.

While Gunnarstranda closes in on the killers in Norway, Frølich and Lise, his new journalist ally, travel to Africa, where they make a series of shocking discoveries about exploitation and corruption in the distribution of foreign aid and essential HIV medications.

When tragedy unexpectedly strikes, all three investigators face incalculable danger, spanning two continents. And not everyone will make it out alive...

Exploding the confines of the Nordic Noir genre, *Little Drummer* is a sophisticated, fast-paced, international thriller with a searingly relevant, shocking premise that will keep you glued to the page.



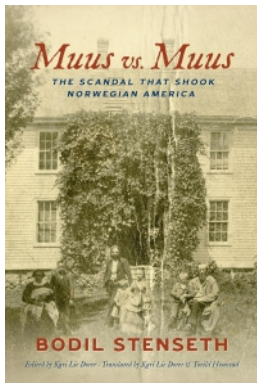
**Kjell Ola Dahl** (born Feb 4, 1958) is a Norwegian writer.

His writing career began with the publishing of *Dødens Investeringer* (*Lethal Investments*) in 1993 and he has subsequently authored more than a dozen novels, many short stories, several non-fiction books.

He is best known for his eleven Nordic noir crime novels which feature his Oslo detectives Frølich and Gunnarstranda. Six of these have been published in English, translated by Don Bartlett.

Speaking of his own work in Nordic Noir Dahl says 'I'm never entirely satisfied with my work – I'm pleased, of course, that readers find things to enjoy in them, but I can always see their weaknesses all too clearly'.

## March 2026

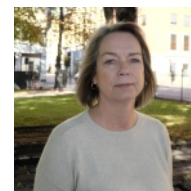


In 1880s Minnesota a remarkable lawsuit posed questions about cultural practices in an immigrant community and the rights of its members as Americans -- inspiring a wide-reaching debate

about faith and family. Copublished with the Norwegian-American Historical Association on the occasion of St. Olaf College's sesquicentennial, *Muus v. Muus* is the American edition of a volume originally published in Norway. Newly translated, this gripping narrative details a prominent nineteenth-century Lutheran couple's separation, which signaled a cultural shift. Oline Muus was many things: a

Norwegian immigrant, a pastor's wife, a mother, and a valued member of her rural Minnesota congregation. But when she sued her husband to recoup her inheritance, she gained notoriety throughout Norwegian America and beyond. In the eyes of the Norwegian Synod she had erred by not bringing her complaint to the congregation first, and by refusing to defer completely to her husband. In her new home of America, the law regarding inheritance was on her side and the campaign of rights for women was gaining ground. Yet in her own congregation Oline Muus was literally not allowed to speak.

The other half of the story, Pastor Bernt Muus, was acclaimed for his fiery sermons and his tireless recruitment efforts among the faithful, yet also known for his abrasiveness and overweening confidence.



**Bodil Stenseth** (born 10 February 1955 in Fredrikstad ) is a Norwegian historian and author

Stenseth has written several books on Norwegian social history, as well as biographies of Edvard Munch and Sonja Henie.

In 2019, she published a book about a "marital scandal" that received wide media coverage in both the United States and Norway; it involved the emigrant Norwegian couple Bernt Julius Muus and Oline née Pind; Pastor Muus had founded St. Olaf College in Minnesota in 1874, and was a very well-known man both among Norwegians in the United States and back home in Norway. It therefore caused a great stir that his wife– the priestess – "took her husband to court."

# Norwegian Viking History



Tanngrisnir (Old Norse: [ˈtanːɡrisneɪ], literal meaning "teeth barer" or "one that snarls") and Tanngnjóstr ([ˈtanːɡnjoːstɹ], "teeth-grinder", or "one that grinds or gnashes teeth") are the goats who pull the chariot of the god Thor in Norse mythology. They are attested in the Poetic Edda, compiled in the 13th century from earlier traditional sources, and the Prose Edda, written by Snorri Sturluson in the 13th century.

The Prose Edda relates that when Thor cooks the goats, their flesh provides sustenance for the god, and, after Thor resurrects them with his hammer, Mjöllnir, they are brought back to life the next day. According to the same source, Thor once stayed a night at the home of peasant farmers and shared with them his goat meal, yet one of their children, Þjálfi, broke one of the bones to suck out the marrow, resulting in the lameness of one of the goats upon resurrection. As a result, Thor maintains Þjálfi and his sister Röskva as his servants. Scholars have linked the ever-replenishing goats to the nightly-consumed beast Sæhrímnir in Norse mythology and Scandinavian folk beliefs involving herring bones and witchcraft.

After the first shock raids, something changed. By the 830s–840s, once Scandinavian footholds dotted England's coasts, many expeditions arrived not as bachelor raiders but as migrating war communities. Women—and likely children—traveled with the fleets. They weren't camp followers; their presence helped organize supply, trade, and winter quarters. These were families in arms, able to seize ground, hold it, and grow fast.

Combat still sat at the center of the enterprise, especially to secure what became the Danelaw, but plunder wasn't the only aim. Portable households turned river camps into markets, workshops, and fortified towns. Compared with the hit-and-run crews of forty years before, these Vikings were different: men and women who shook Western Europe's political order without yet representing a single "Scandinavian state." From shingle beaches to palisaded winter camps, the longship carried more than axes and shields—it carried a society ready to stay



In the Eyrbyggja saga, **Gudleif Gudlaugson** with his crew had attempted to sail from Dublin to Iceland, but was instead driven out to sea, "first west and then south-west, well out of sight of land". They finally arrived in a land; they did not know where, but it seemed great. Later, the inhabitants of the land came to meet them, and the Norse thought they seemed to speak Irish. Soon, hundreds of these people came to attack and capture the Norsemen, and marched them inland to a court to be tried and sentenced. The Norse then understood that these people wanted either to kill or to enslave them, but were soon saved by the intervention of an Icelandic-speaking leader-figure who lived among the people. He started asking detailed questions about people in Borgarfjord and Breidafjord in Iceland,

and gave the Norse some items to pass on to specific people there. He also claimed that Gudleif had been lucky to arrive at the place, because "this is a big country and the harbours are few and far between". Although the man did not want to reveal his own identity (reportedly to keep his "kinsmen and blood-brothers" from getting in trouble by trying to visit him), the Norse later took him to have been Bjorn the Breidavik-Champion, who had been exiled from Iceland some thirty years earlier.

The described circumstances in this report have led some to connect it with Great Ireland, although the Eyrbyggja saga does not make this explicit identification. The voyage is thought to have taken place in 1029.



Old Irish Viking

## Little bit of everything

### Book Club Books for 2026

February	The Little Drummer by Kjell Ola Dahl
March	Muus vs Muus by Bodil Stenseth
April	The Memoirs of Stockholm Sven by Nathaniel Miller
May	Blind Goddess by Hanne Wilhelmsen, Book 1



Average gasoline prices in Norway  
\$7.50 per Gallon



Symbolism of the Norwegian Flag

Red: Courage and strength.  
White: Peace and honesty.  
Blue: Loyalty and truth.



100 US dollars is equal to 972 NOK



Sander Eitrem went below 6 minutes  
on 5000 m skating

New world record: 5.58.52

Best skater for 2024-2026

Jordan Stolz from West Bend, Wisconsin



### Norwegian inventions

Cheese Slicer (Ostehøvel):  
Invented by Thor Bjørklund in 1925.

Aerosol Spray Can:  
Patented by Eric Rotheim in 1926.

Trip Trap Chair (Stokke):  
An adjustable high chair for children.

# GENEALOGY

Presentation from January 24 has been converted to a PDF file and uploaded to our website.

The website also includes the following:

Newsletters back to 2020

Social activities for 2026

Genealogy will be updated constantly.

# Fridtjof Nansen

## Skiing across Greenland (1888)

Nansen wanted to explore the interior of Greenland. Previous expeditions, such as Adolf Erik Nordenskiöld's expedition, had tried to go from the inhabited west coast to the uninhabited east coast. Nansen decided instead to go from east to west. Several authorities expressed their skepticism, but he defied the warnings. As traveling companions, the 26-year-old Nansen chose Otto Sverdrup (33), Samuel Balto (27), Oluf Dietrichson (32), Ole Nilsen Ravna (46) and Kristian Kristiansen (23).

Ice conditions made it impossible for Nansen and his people to land when the expedition arrived on the east coast of Greenland on the seal-catching ship "Jason". They drifted for several days on an ice floe south along the coast. When they managed to reach land, the expedition team rowed and sailed in two small boats north along the east coast for 12 days. They left Umivik on skis on 15 August 1888 and arrived at Ameralikfjorden on the west coast on 29 September 1888. The expedition was a success, and they were the first to cross Greenland.

On October 3, they arrived in Godthåb (Nuuk), where they had to spend the winter because the last boat before winter had sailed. During this period, Nansen studied the Inuit and learned about kayaks, rowing and survival in extreme conditions. After the trip, he wrote two books – "On Skis Across Greenland" (1890) and "Eskimo Life" (1891).

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## The Unknown Nansen

The Nansen Mission is the colloquial term used by inhabitants of former Soviet Socialist Republics to describe the series of humanitarian initiatives undertaken by the International Committee of the Red Cross and headed by Fridtjof Nansen. This international effort included the involvement of the Swiss, Swedish, Dutch, Danish, Norwegian and German branches of the Red Cross, the Swiss and Italian Children's Aids, the Seventh-day Adventist Society, as well as many other

organisations. The mobilisation effort began in August 1921 and the first programmes in Russia began soon after, with the signing of an agreement of assistance between Nansen and Georgy Chicherin, which provided aid to mitigate starvation in Russia and Ukraine.

### Russian famine

Even before this work was complete, Nansen was involved in a further humanitarian effort. On 1 September 1921, prompted by the British delegate Philip Noel-Baker, he accepted the post of the League's High Commissioner for Refugees. His main brief was the resettlement of around two million Russian refugees displaced by the upheavals of the Russian Revolution.

At the same time he tried to tackle the urgent problem of famine in Russia; following a widespread failure of crops around 30 million people were threatened with starvation and death. Despite Nansen's pleas on behalf of the starving, Russia's revolutionary government was feared and distrusted internationally, and the League was reluctant to come to its peoples' aid. Nansen had to rely largely on fundraising from private organisations, and his efforts met with limited success. Later he was to express himself bitterly on the matter:

"There was in various transatlantic countries such an abundance of maize, that the farmers had to burn it as fuel in their railway engines. At the same time, the ships in Europe were idle, for there were no cargoes. Simultaneously there were thousands, nay millions of unemployed. All this, while thirty million people in the Volga region—not far away and easily reached by our ships—were allowed to starve and die. The politicians of the world at large, except in the United States, were trying to find an excuse for doing nothing on the pretext that it was the Russians' own fault – a result of the Bolshevik system."

A major problem impeding Nansen's work on behalf of refugees was that most of them lacked documentary proof of identity or nationality. Without legal status in their country of refuge, their lack of papers meant they were unable to go anywhere else. To overcome this, Nansen devised a document that became known as the "Nansen passport", a form of identity for stateless persons that was in time recognised by more than 50 governments, and which allowed refugees to cross borders legally.

Although the passport was created initially for refugees from Russia, it was extended to cover other groups.

While attending the Conference of Lausanne in November 1922, Nansen learned that he had been awarded the Nobel Peace Prize for 1922. The citation referred to "his work for the repatriation of the prisoners of war, his work for the Russian refugees, his work to bring succour to the millions of Russians afflicted by famine, and finally his present work for the refugees in Asia Minor and Thrace". Nansen donated the prize money to international relief efforts.

### Greco-Turkish resettlement

After the Greco-Turkish War of 1919–1922, Nansen travelled to Constantinople to negotiate the resettlement of hundreds of thousands of refugees, mainly ethnic Greeks who had fled from Turkey after the defeat of the Greek Army. The impoverished Greek state was unable to take them in, and so Nansen devised a scheme for a population exchange whereby half a million Turks in Greece were returned to Turkey, with full financial compensation, while further loans facilitated the absorption of the refugee Greeks into their homeland. Despite some controversy over the principle of a population exchange, the plan was implemented successfully over a period of several years.

### Armenian genocide

From 1925 onwards, Nansen devoted much time trying to help Armenian refugees, victims of Armenian genocide at the hands of the Ottoman Empire during the First World War and further ill-treatment thereafter. His goal was the establishment of a national home for these refugees, within the borders of Soviet Armenia. His main assistant in this endeavour was Vidkun Quisling, the future Nazi collaborator and head of a Norwegian puppet government during the Second World War.

After visiting the region, Nansen presented the Assembly with a modest plan for the irrigation of 360 square kilometres (140 sq mi) on which 15,000 refugees could be settled. The plan ultimately failed, because even with Nansen's unremitting advocacy the money to finance the scheme was not forthcoming. Despite this failure, his reputation among the Armenian people remains high.

# Norwegian Food

## KNEKKEBRØD (Crisp Bread)

Simple homemade crackers, Swedish crispbread or rye knäckebröd are made with just 5 ingredients. These crispy crackers will keep for months.

Yield: 10 crackers  
Prep time: 20 minutes minutes  
Total time: 40 minutes minutes

### Ingredients

1 cup water room temperature  
2 teaspoons dried yeast  
25 grams fresh (½ a cube)  
1 ½ cups rye flour  
1 ½ cups spelt flour  
1 teaspoon sea salt

**Rye flour:** this can be any type of rye flour, even sifted. I always use whole-grain that I mill at home so I'm not sure of the exact protein content, but it doesn't really matter.

**Spelt flour:** pictured is whole-grain, but you can use light spelt, plain white flour, or whole wheat flour.

**Yeast:** fresh or dried, traditional or instant, it doesn't matter for this recipe.

Step 1: mix the water and yeast in a large bowl.

Step 2: add the dry ingredients and mix into a stiff dough.

Step 3: cover and set aside to rise for an hour. The dough will be a bit puffy but not doubled in size.

Step 4: roll out the dough to about 1-2mm (1/32 in.) and cut into desired shapes.

Step 5: place the shaped crackers onto lined baking sheets.

Step 6: bake for 8-10 minutes, until lightly browned and crisp.

### Recipe Notes

There are special wooden crisp bread containers you can buy, especially secondhand, that are specifically made to store the crackers, but we don't have one (and don't have the space for it, either). If you really like crisp bread it may be worth investing in one as they are both lovely and practical.

Note that the crackers are very dry, and meant to be. They're not excellent eaten plain and should be topped with something – that is often cheese, but we typically eat them with peanut butter or another nut butter and honey or jam (as I



currently am while writing this). Crispbread is good with soup too.

The crackers might still be a little bit soft on the bottom near the middle when they come out of the oven, but they will harden as they cool.

### How to Store

Storage: keep in a large container or even in a paper bag for several weeks. Note that if storing in a bag, they will become stale due to the ambient humidity. The crackers will simply become more dry over time rather than spoiling, but if you see any sign of mould, toss them.

Freezing: I haven't tried freezing these and don't see the point as they last so long as is.

### Expert Tips

Use your hands: this is a stiff dough and difficult to mix with a spoon. I recommend mixing with your hands to ensure that the flour is evenly incorporated.

Rotate the sheet if needed: if your oven bakes unevenly (like mine does) rotate the baking sheet halfway through the baking time to ensure an even color.

Bake in batches: this recipe is about half of what's typically made in one go but you'll still probably need to fill four baking sheets. With a fan-forced oven, that can be two rounds of baking. If it's conventional, you'll have to bake each sheet individually.

Don't worry about bubbles: the crackers

should bubble up a bit during baking, that's normal. The later batches will probably show more bubbles as they've risen a little longer. If you're not seeing any at all, the dough is probably too thick.

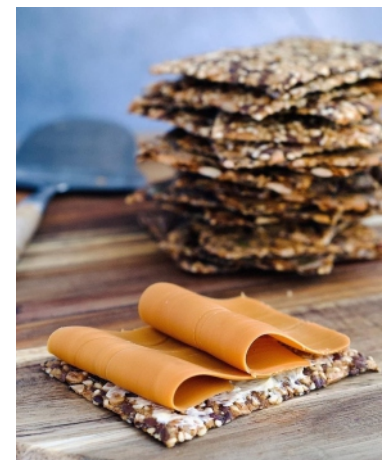
Reuse the paper: there's no need to replace the parchment paper between batches. I use mine until it's falling apart, at least a dozen times, before composting (it is specifically compostable parchment paper).

### Options

Quick Oat  
Sesame seeds  
Pumpkin seeds, chopped  
Sunflower seeds  
Flax seeds

From

<https://www.occasionallyeggs.com/swedish-crispbread-rye-knaekkebrod/>



# Solskinn Lodge Social January 24, 2026



# Solskinn Lodge Social January 24, 2026



## Solskinn Lodge Officers 2026

### Board of Directors

President	Luella Grangaard	760-285-9430
Vice President	Terje Berger	760-799-6660
Counselor	Ulf Lokke	760-808-5403
Secretary	Tone Chaplin	760-408-9170
Treasurer	Nancy Madson	760-238-8819

### Program Directors

Social Director	Nancy Madson	760-238-8819
Assisting Social Director	Joy Rogers	760-821-3497
Cultural Director	Luella Grangaard	760-285-9430
Sunshine	Joy Rogers	760-821-3497

### Support Positions

Book Club	Luella Grangaard	760-285-9430
Editor, Webmaster	Terje Berger	760-799-6660
Photographer	Miriam Hendrix	
Musician	Terje Berger	

### Insurance Professional

James Donovan, FIC, CSA	Cell: 760-276-5529
	Office: 760-440-9905
	<a href="mailto:jdonovaninsure@gmail.com">jdonovaninsure@gmail.com</a>

Solskinn Lodge, #6-150  
Terje Berger  
52705 Avenida Obregon  
La Quinta, CA 92253



### *Mission Statement*

*The mission of  
Sons of Norway  
is to provide quality insurance  
and financial products to our  
members, promote and preserve  
the heritage and culture of  
Norway, to celebrate our  
relationship with  
other Nordic countries.*