

Solskinn Nyhetsbrev

January 2021 Newsletter from Solskinn Lodge 6-150



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



A Big Happy New Year to you all

A New Year has arrived, and with that, the first generation of Covid-19 vaccine. If you have the possibility, take the vaccine, as I will do myself asap.

When you all receive this newsletter, I believe that you would have had some celebration on New Year's evening, with family and/or friends. I hope you all took distance precautions and used masks to stay safe.

Anyway, a new year gives us a lot of blank sheets to fill during the year. The Lodge will try to engage you in different activities, mostly via Zoom. We had a very good turnout on the last Zoom social on Dec.19. Seventeen (17) members participated. We spoke of our Christmas memories which were very fun and interesting.

Our next social will be on Zoom on January 23. It will be the installation of new officers for the Lodge Board.

We will again use Zoom on Tuesday, January 26th with the new section we called "Arts and Crafts". A separate information about the event will be inside this Newsletter.

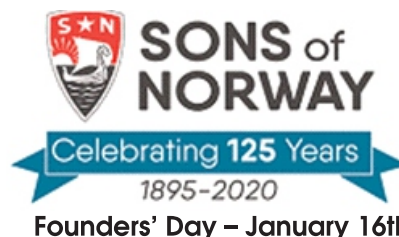
Until we meet again.

Stay Safe, healthy, keep your distance, and use masks.

Ulf

In this issue

- Page 1 Ord fra Presidenten
Sons of Norway, Founders' Day
District Six, Scholarship
- Page 2 Christmas at ZOOM
January Zoom Social
Lapskaus recipe
- Page 3 Book Club
Welcome to "Art & Craft"
- Page 4 Famous Norwegians, Jan Stenerud
The Scream by Edvard Munch
- Page 5 Norwegian Religions
Solskinn Lodge Officers
- Page 6 Mailing page



On this date back in 1895, 18 Norwegian immigrants in Minneapolis, MN came together and formed a new group whose goals were to protect its members and their families from the financial hardships experienced during times of sickness or death. A noble purpose, to be sure, but over time the mission grew to also include the preservation of Norwegian heritage and culture. It was clear that our founders and earliest members were great leaders and, I believe, also men of great vision

From a 2012 Sons of Norway blog

Sons of Norway is now celebrating 126 years of sharing the Norwegian culture and heritage; helping families with insurance and financial products; and assisting communities with scholarships and grants, financial donations, and volunteerism. This is the Sons of Norway three F's: Fraternal, Financial, and Foundation. Show/share your heritage on January 16 and wear red, white, and blue, or your Norwegian sweater (if the temperature allows). Wear your Norwegian sølje (brooch) or your Norwegian flag earrings or pin. Tell a neighbor, a friend, or a stranger (person you meet in your daily activities) about Sons of Norway.

Submitted by Nancy Madson

District Six

Scholarship Opportunities for District Six Youth

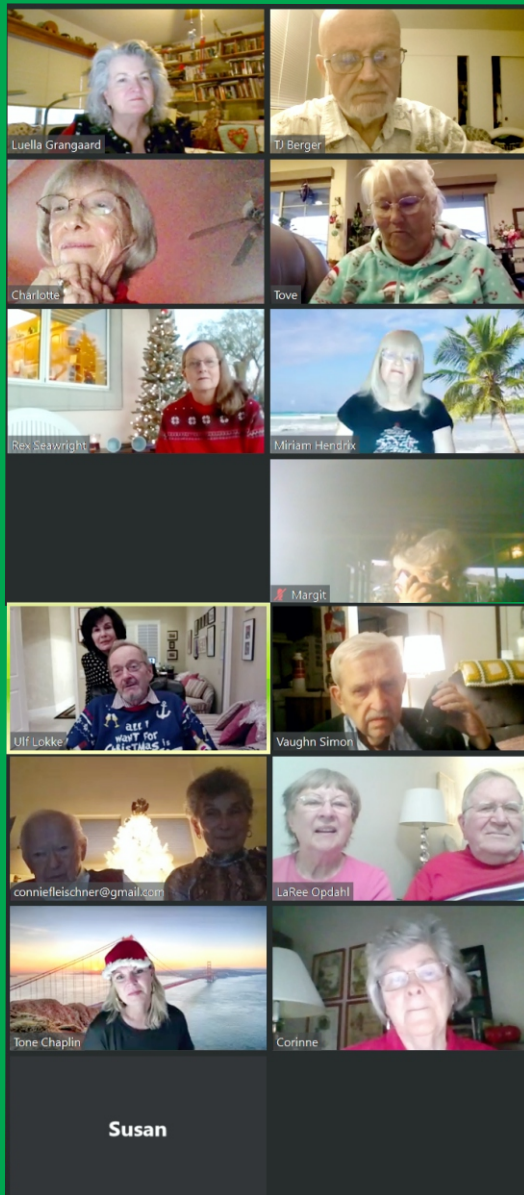
District Six offers up to 3, \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2021.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is **April 14, 2021**. Applications are available on the District Six website at

www.sofn6.org. Please send completed applications to Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to morongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com. Please take advantage of this District Six Member opportunity.

Christmas at ZOOM



January 2021

Solskinn Nyhetsbrev

Editor for Solskinn Nyheter (Sunshine News)

Terje "TJ" Berger 760.799.6660

Send pictures, ideas, articles to
solskinn150@gmail.com

Sons of Norway

Website: sofn.org

Facebook: Official Sons of Norway Facebook Group

Solskinn Lodge

Website: solskinn.sofn6.org

Facebook: Solskinn Lodge, Sons of Norway 6-150

Email: Solskinn150@gmail.com

January Zoom Social

Saturday, January 23, 4:30 pm

You may participate on your computer, tablet, or phone (for audio only)

Instructions to join the Zoom meeting will be sent out, via email, prior to that date.
RSVP to Luella at morongo2@verizon.net or to 760-363-7704 (voice message)

Happy New Year – 2021!
Installation of Officers for 2021 -2022

Wear your Norwegian Sweater
Join the discussion of Lapskaus and Flatbrød
and enjoy such if you make lapskaus
with the recipe in the newsletter.

January Zoom Board meeting
Tuesday, January 12, 5:00 pm

LAPSKAUS

Ingredients (serves 6-8)

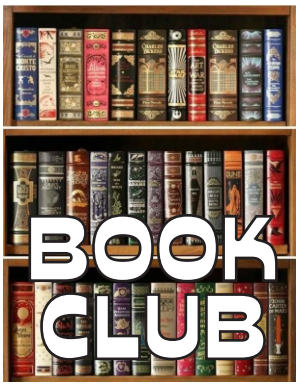
- 1.3 kg (2.8 lb) steak (off bone and trimmed of excess fat) cut into 3/4" pieces
- 6 large carrots, chopped into 3/4" peices
- 300 g (0.6 lb) parsley root, chopped into 3/4" pieces
- 750 g (1,5 lb) swede (rutabaga), chopped into 3/4" pieces
- 1 kg (2.2 lb) flouiry potatoes, chopped into 1/2" cubes
- 1.5 ltr (1.5 qt) fresh chicken stock
- 30 g (1/4 cup) butter
- Freshly chopped parsley for garnish
- Salt and freshly ground pepper to taste

Method

1. Melt the butter in a large casserole pot and brown the meat in batches.
2. Add the chopped vegetables and the browned meat, pour over the stock and add some salt and pepper.
3. Bring to boil. You may need to skim the stew a couple of times.
4. Cover the casserole with a tight fitting lid and let it simmer gently for 2½ hours, but don't stir too often otherwise the vegetables will turn to mush.
5. After 2½ hours or so the meat should be very tender, check and adjust seasoning if necessary. If the stew is too thick you can always thin it out with more stock or water
6. Serve in a large bowl, sprinkle with fresh chopped parsley and serve with plenty of flatbrød.

Submitted by Tone Chaplin





January Book The Heart Keeper by Alex Dahl

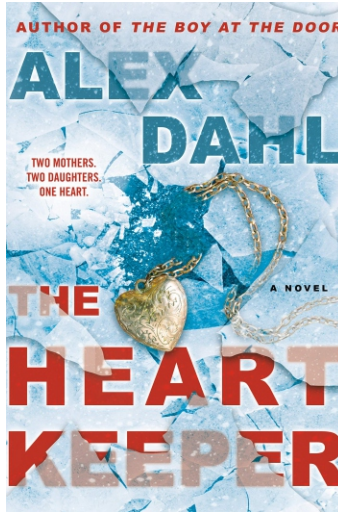
ZOOM Meeting
Thursday, January 21 at 4PM
We love to see you!

January book selection is “The Heart Keeper” by Alex Dahl. Two mothers. Two daughters. One heart.

When Alison's beloved daughter Amalie drowns, her world turns impenetrably dark. Alison tries to hold it together throughout the bleak Fall, but in the darkest days of the Norwegian Winter she completely falls apart.

In another family, Amalie's passing is a new beginning. After years of severe health problems, young Kaia receives a new heart on the morning after Amalie drowns. Her mother Iselin has struggled to raise Kaia on her own and now things are finally looking up. She's even made an affluent new friend who's taken a special interest in her and her daughter.

Alison knows she shouldn't interfere, but really, she's just trying to help Iselin and Kaia. She can give them the life they never had, and by staying close to them, she can still be with her daughter. Kaia is just like her, and surely, something of Amalie must live on in her.



Happy Birthday Gratulerer med dagen!

Birthdays in January/February

January 10	Dorothy Bessaes
January 10	Sammie Lee Lingle
January 21	Susan E Norby
February 11	Terese Olson Hartley
February 16	Donald Lee Lingle
February 16	Shayla Bowling
February 23	Ulf Strandjord
February 26	David P Ritland



2021 BOOKS

The Book group will be reading their 42th book January 2021.
Take a look at next year's list.

Jan	The Heart Keeper—Alex Dahl
Feb	A Modern Helga Flatland
March	Herman: A Novel—Lars Saabye Christensen
April	Hedda Gabler—Henrik Ibsen
May	Pop to Pole—Garth James Cameron
June	I Curse the River of Time—Per Pettersen
July	Don't Look Back—Karin Fossum
August	Summer Light—Andrew Stevenson
Sept	Old World Murder—Kathleen Ernst
Oct	Sophie's World by Jostein Gaarder
Nov	Anxious People: A Novel—Fredricks Bachman
Dec	The Nordic Theory to Everything—Anu Partanen

Alexandria Bockfeldt Dahl (born 1982 in Oslo), known as Alex Dahl, is a Norwegian crime writer living in Sandefjord and London, who writes in the genre Nordic noir. She has been translated into ten languages.

She has studied Russian, German and international studies in Oslo, and later took master's degrees in writing at Bath Spa University and in management at Bath University. She made her debut under the name Alexandra Bockfeldt with the Norwegian-language novel *Before I leave you* at Juritzen Forlag in 2013. In 2018, she published the English-language novel *The Boy at the Door* at the publisher Penguin Random House, which topped the list of best-selling e-books in England and was named by the Sunday Times one of the best crime novels of 2018. *The Boy at the Door* is nominated for the prestigious industry award CWA Dagger Awards. In July 2019, the novel *The Heart Keeper*, in hardback. *The Heart Keeper* topped Rakuten Kobo's ebook lists and was published in paperback in January 2020.

From Wikipedia. Picture from her Twitter account.

Welcome to “Arts & Crafts”

I will invite you to take part on a Zoom meeting we called for Arts & Crafts. We just meet to talk about what we are doing in our spare time. I know that there are some of you who are working on different things. Maybe show us what you are working on. It could be anything that you are occupied with... Knitting, Hardanger, Painting, Photo, Coloring, Woodcraft or any hobby that you would like to share with us. This is not a competition; any skills or levels are welcomed. You also could get inspired from what others are doing.

The time for this event will be on **JANUARY, TUESDAY 26th at 5 PM on Zoom**

If you want to join, send me and email to: ulflokke44@gmail.com

I will send you the link for the meeting on the morning of January 26th

Famous Norwegians

Jan Stenerud; (born November 26, 1942) is a Norwegian-American former American football player for the AFL/NFL Kansas City Chiefs (1967–1979), Green Bay Packers (1980–1983), and Minnesota Vikings (1984–1985). He is the first pure placekicker to be inducted in the Pro Football Hall of Fame and, along with Morten Andersen, only one of two to receive the honor. Stenerud is the first Norwegian to play in the NFL.

Born in Fetsund, in the county of Akershus, Norway to parents Johan Peder Stenerud (from Stenerud farm under Hovin), and Klara Kjustad (from Granli farm under Hval), Stenerud came to the United States as a college student, on a ski jumping scholarship to Montana State University in Bozeman. In the fall of 1964, Stenerud was training for the upcoming ski season by running the stadium steps of Gattton Field, the football venue through 1971. That day, he was cooling down from a workout by kicking a football with injured halfback Dale Jackson. Stenerud had played soccer as a youth in Norway, and his right leg's prowess was observed by basketball head coach Roger Craft, while he walked to the nearby Fieldhouse. Craft notified football head coach Jim Sweeney of the Norwegian ski jumper's kicking abilities, and Sweeney offered him a tryout, which was successful. Though ineligible for football competition that season, Sweeney encouraged Stenerud to suit up with the team for the final home game of 1964, to help him better understand the unfamiliar American game.

Following the ski season, Stenerud joined the football team for spring drills in 1965 and as a junior that fall he kicked a 59-yard field goal, then a college football record, in a 24–7 home win over rival Montana. In 2013, Stenerud recalled that he had a significant tail-wind aiding him on that kick in Bozeman; the ensuing kick-off went over the end-zone bleachers at Gattton Field, whose elevation exceeded 4,900 feet (1,495 m) above sea level. He was named an All-American by The Sporting News as a senior in 1966, and was also an All-American in ski jumping and a three-time Big Sky champion.

Stenerud was one of the first professional football players to be used as a dedicated kicker, because of his excellent "sharpshooting" ball-kicking performance. He was one of the first placekickers to use the "soccer style", a technique the Hungarian-born Pete Gogolak had recently introduced in the AFL. During his first three years as professional, the last seasons for the AFL, Stenerud hit 70% of his field goals, compared with a 53% average for the other kickers in the AFL and NFL.



Stenerud's name in the Chiefs' ring of honor at Arrowhead Stadium
The Chiefs were the final AFL champions in 1969, and they met the NFL Champion Minnesota Vikings in Super Bowl IV in New Orleans. The underdog Chiefs won 23–7, and Stenerud kicked three field goals, scoring the first nine points of the game. His first, a 48-yarder, was the longest field goal in a Super Bowl for 24 years, exceeded by Steve Christie of the Buffalo Bills in Super Bowl XXVIII in January 1994.

On Christmas Day 1971, the Chiefs hosted the Miami Dolphins in an AFC divisional playoff game. In perhaps his toughest day as a professional, Stenerud made a 24-yard field goal in the first quarter, but then missed from 29 and 32 yards, the latter with 35 seconds remaining in regulation, and had a 42-yarder blocked three minutes into overtime. The Dolphins won 27–24 in double overtime on a 37-yard field goal by Garo Yepremian. Through 2017, the game remains the longest in NFL history at 82 minutes, 40 seconds of playing time, and was also the final football game in Municipal Stadium.

from Wikipedia

Pictures from Wikipedia and Pinterest



The Scream

The Scream was conceived in Kristiania. According to Munch, he was out walking at sunset, when he 'heard the enormous, infinite scream of nature'. The painting's agonised face is widely identified with the angst of the modern person. Between 1893 and 1910, he made two painted versions and two in pastels, as well as a number of prints. One of the pastels would eventually command the fourth highest nominal price paid for a painting at auction.

Edvard Munch was born in a farmhouse in the village of Ådalsbruk in Løten, Norway, to Laura Catherine Bjørstad and Christian Munch, the son of a priest. Christian was a doctor and medical officer who married Laura, a woman half his age, in 1861.

His childhood was overshadowed by illness, bereavement and the dread of inheriting a mental condition that ran in the family. Studying at the Royal School of Art and Design in Kristiania (today's Oslo), Munch began to live a bohemian life under the influence of the nihilist Hans Jæger, who urged him to paint his own emotional and psychological state ('soul painting'). From this emerged his distinctive style.

Travel brought new influences and outlets. In Paris, he learned much from Paul Gauguin, Vincent van Gogh and Henri de Toulouse-Lautrec, especially their use of color.

Norwegian Religions



A stave church is a medieval wooden Christian church building once common in north-western Europe. The name derives from the building's structure of post and lintel construction, a type of timber framing where the load-bearing ore-pine posts are called stafr in Old Norse (stav in modern Norwegian). Two related church building types also named for their structural elements, the post church and palisade church, are often called 'stave churches'.

Borgund Stave Church is a former parish church of the Church of Norway in Lærdal Municipality in Vestland county, Norway. The old stave church is located in the village of Borgund. It was the church for the Lærdal parish (which is part of the Sogn prosti (deanery) in the Diocese of Bjørgvin) until 1868 when it was closed and turned into a museum.

There is full religious freedom in Norway. This means that you can practice the religion you want, without having to be afraid of punishment or persecution. It also means that one can choose not to belong to a religion at all.

Christianity was introduced in Norway over a thousand years ago, and since then Christianity has been the dominant religion in this country. Today there is no state religion in Norway. About 70 percent of the Norwegian population belongs to the Church of Norway, which practices Lutheran-Protestant Christianity. About 2.5 percent of Christians in Norway belong to the Catholic Church.

The second largest religion in Norway is Islam. Slightly more than 2.5 percent of the population in Norway are Muslims. In addition to Christians and Muslims, there are several small religious communities that practice, for example, Buddhism, Hinduism or Judaism.

Before the 9th century, the early Norwegians practiced the Norse religion. Polytheistic and full of dramatic stories of conflicts and wars between the gods, Norse mythology was a fascinating world view that still captures peoples' imaginations today. According to the legends, the gods lived in a realm called Asgard, but would occasionally travel to other realms as well - including Earth, which was known as Midgard. In addition to internal conflicts, the gods also fought with other unearthly beings, mainly a breed of giants. The Norse creation myth centers around a conflict with these giants - an epic battle between the gods and the giants led to earth being destroyed by a fire giant. However, the land rose anew from the ashes, and that is the world in which we live today.



Odin's Ravens

The first Christian mission, that we have reports of, took place around 710, when the English archbishop Willibrord (c. 658-739) travelled to Denmark to undertake missionary activity. Here Willibrord came into contact with the king of the Danes, Ongendus (Agantyr).

The Christian faith came to Norway in the 9th century. It was brought to western Norway by missionaries from the British Isles, and to eastern Norway by missionaries from Germany and Friesland, by way of Denmark. The missionaries were monks, Vikings who had been converted to Christianity abroad, and bishops accompanying their kings.

In 1103 the first archbishopric for Scandinavia was established in Lund in southern Sweden. In 1153 the archbishopric of Nidaros was established by Cardinal Nicholas Brakespeare, not long before his election as Pope Adrian IV.

Solskinn Lodge Officers 2019-2020

Board of Directors

President	Ulf Lokke	760-808-5403
Vice President	Luella Grangaard	760-363-7704
Counselor	Berit Reistad	760-485-1130
Secretary	Luella Grangaard	760-363-7704
Treasurer	Nancy Madson	760-343-0848
Membership Secretary	Vaughn Simon	760-219-9160

Program Directors

Social Director	Tone Chaplin	760-773-2360
Co. Social Director	Nancy Madson	760-343-0848
Cultural Director	Luella Grangaard	760-363-7704
Sunshine	Charlotte Larsen	760-328-1791
Co. Sunshine	Berit Reistad	760-485-1130

Support Positions

Book Club	Luella Grangaard	760-363-7704
Sports	Ulf Lokke	760-808-5403
Editor, Webmaster	Terje Berger	760-799-6660
Photographer	Miriam Hendrix	
Tubfrim	Ginnie Wilcox	
Musician	Terje Berger	
Librarian	Corinne Bjerke	

Financial Benefits

James Donovan, FIC, CSA	Cell: 760-276-5529
	Office: 760-440-9905
	jdonovaninsure@gmail.com

Sons of Norway
Solskinn Lodge, #6-150
P.O. Box 2207
Palm Desert, CA 92260



Save this stamp
for Tubfrim



Mission Statement

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