

# Solskinn Nyhetsbrev

December 2021 Newsletter from Solskinn Lodge 6-150



Solskinn Lodge 6-150



## Ord fra Presidenten

Hi all.

Christmas 2021 is here and soon it will be January 2022. I know our lives have been changed over the last two years but wow have they “zoomed” by. Not just figuratively but in reality. We have held a couple of meetings now in person versus being on ZOOM.

We have a lodge holiday event in person at Hope Lutheran Church. I hope you will be able to attend our Christmas social on Saturday, December 11. It will be during the day. Reservations will be required because the event is going to be catered.

We continue to hold the board/business meeting and the Book group by ZOOM. You are welcome to attend. Our book group will have read 46 books by the end of 2021. The readings for next year are in this newsletter.

This is also the time of year for giving. Give the gift of your culture and heritage with a gift of a Sons of Norway membership or make a donation to the Sons of Norway Foundation to support their many grants and scholarship programs. Your donation is tax deductible, and it is good way to support a lodge or a member in a special way.

I look forward to seeing you at our holiday dinner.

Fraternally,  
Luella

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## REMINDER!

### CHRISTMAS PARTY Saturday, December 11

Hope Lutheran Church  
45900 Portola Avenue, Palm Desert

call Nancy Madson at 760.343.0848  
or email at [norsknm@gmail.com](mailto:norsknm@gmail.com)

### Social Meetings Schedule

Saturday	Dec 11	Christmas Party
Saturday	Jan 22	“Frokost” (Late breakfast) Cooking demonstration
Saturday	Feb 26	Genealogy. Soup & Salad
Saturday	Mar 26	Program about meatballs. Bingo. Meatball dinner
Saturday	Apr 23	Fish social Fish gratin, lutefisk and cod
Saturday	May 21	May 17. Hotdogs and ice cream

All social meetings will be in Hope Lutheran Church.  
All meetings and location are subject to changes.

# Solskinn Nyhetsbrev

## HAPPY BIRTHDAY



### Birthdays in December/January

December 3 Josh Hedgecock  
 December 9 Jhan Schmitz  
 December 13 Margie Elizabeth Jacobson  
 December 21 Jack Bjerke  
 December 23 Gail F. Ryan  
 December 24 Corinne Bjerke  
 December 26 Charlotte Larsen  
 December 29 Stevan C. Rich

January 10 Sammie Lee Lingle  
 January 10 Dorothy Bessares  
 January 21 Susan E Norby

Editor for Solskinn Nyheter (Sunshine News)  
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### For your bucket list



On the shores of the Norwegian Sea, there are many beautiful, wild locations that have been relatively untouched by humans. One such place is Halvikhallen or Halvikhula (Halvik Cave), known as Northern Europe's largest cave. The height of this

enormous hole carved into the shore mountain by the raging sea is well over 300 feet (100 meters), and about 260 feet (80 meters) wide. One old geological source, a book by Amund Helland called Norges Land og Folk, which was written between 1885 to 1921 in 20 volumes, claims that the cave's depth is well over 1,000 feet.

Located at Fårøya in Trøndelag

## NETFLIX

### Norwegian movie

A young woman's life is turned upside down when her rich father loses his fortune.



Discovering a local youth centre, she befriends a street dancer named Mikael. Soon Amalie is dancing out of her skin, topping her class at school and on track for a coveted place in a Dutch dance school. But straddling two worlds is tricky and even more so if you are a 17-year-old girl. Especially if you are sort of dating two guys at once and then they meet!



Battle is a decent, if low-key, movie that explores the reality spinning a web of lies that finally catch up with you. When your life as you know is over and your friendships are tested, who really will be there for you. That said it is a teen dance movie!

Languages: English and Norwegian

**Next Board Meeting**  
 December 7, 2021, 5 PM at ZOOM  
 ZOOM Link will be sent prior to the meeting

Book Club meets every 3rd Thursday of the month  
 Board meeting every 2nd Tuesday of the month

Arts & Craft Club has been put on hold until further notice

# BOOK CLUB

## December Book

The Nordic Theory of everything.  
by Anu Partanen

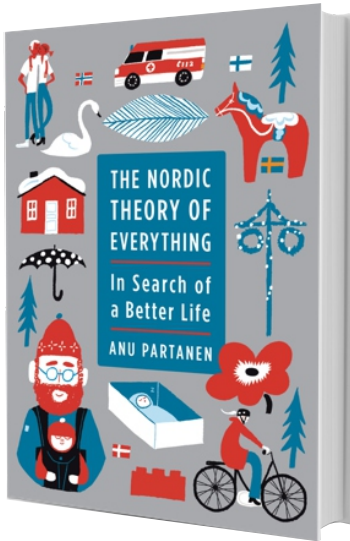
ZOOM Meeting

Thursday, December 16 at 4PM

We love to see you!



## December Book



A Finnish journalist, now a naturalized American citizen, asks Americans to draw on elements of the Nordic way of life to nurture a fairer, happier, more secure, and less stressful society for themselves and their children.

Moving to America in 2008, Finnish journalist Anu Partanen quickly went from confident, successful professional to wary, self-doubting mess. She found that navigating the basics of everyday life—from buying a cell phone and filing taxes to education and childcare—was much more complicated and stressful than anything she encountered in her homeland. At first, she attributed her crippling anxiety to the difficulty of adapting to a freewheeling new culture. But as she got to know Americans better, she discovered they shared her deep apprehension. To understand why life is so different in the U.S. and Finland, Partanen began to look closely at both.

In *The Nordic Theory of Everything*, Partanen compares and contrasts life in the United States with life in the Nordic region, focusing on four key relationships—parents and children, men and women, employees and employers, and government and citizens. She debunks criticism that Nordic countries are socialist “nanny states,” revealing instead that it is we Americans who are far more enmeshed in unhealthy dependencies than we realize. As Partanen explains step by step, the Nordic approach allows citizens to enjoy more individual freedom and independence than we do.

## Solskinn Book List 2022

Jan	The Katharina Code by Jørn Lier Horst
Feb	Pakkis by Khalid Hussan
Mar	Heritage of Darkness by Kathleen Ernst
April	The Almost Nearly Perfect People by Michael Booth
May	The Sea Wolves, A History of the Vikings by Lars Brownworth
June	Child Wonder by Ray Jacobsen
July	The Sandman: A Novel (Joonas Lina Book) by Lars Kepler
Aug	For the Love of Cod by Dregni
Sept	The Mercies Kiram Millwood Hargave
Oct	Scandinavian Ghost Stories—Edited by Joanne Asala
Nov	The Stranger from the Sea by Paul Binding
Dec	Return to the Future: An Escape to Freedom by Sigrid Undset

## Lutefisk

Drying fish is a good method of preservation because bacteria depend on water to live. To get the fish to resume some of the moisture, you can put it in water for five to six days. But the fish will not regain its original moisture in this way. Therefore, lye, sodium hydroxide (NaOH) is added.

Traditionally, ash was used to leach the fish, today caustic soda is used.

What happens is that the fish gets a pH value of 13 - it is very alkaline. These are strong issues. You can not cook the fish in an aluminum pan because the pan will be damaged! It is undeniably a good way to get rid of bacteria. In addition, the lye destroys the proteins in the fish and makes them negatively charged. This means that the fish are able to absorb more water.

The negatively charged proteins are attracted to the partially positive charge on the H<sub>2</sub>O molecules. In the end, the fish absorbs so much water that it gets the characteristic consistency.

In addition, the lye breaks down the fat in the fish into fatty acids, which means that in practice you are left with soap. Therefore, lutefisk that is not sufficiently rinsed out before preparation gets an ugly soap taste.

From article about Christmas food science  
by Bjarne Aarmo Lund  
Researcher at Norwegian Arctic University



# Christmas Traditions

## So Jesus was not actually born on Christmas Eve?

No, and Christmas Eve is not the day when you celebrate Jesus' birthday today, which is December 25th. It is known that the church has celebrated the birth of Jesus at various times.

As early as the 2nd century, the birth of Jesus was celebrated in some places on May 20, others celebrated on the day of April 19 or 20, and still others in early January. That the day in our time is added to December 25 is most likely related to the fact that the day was to replace important Roman festivals.

## When did Norwegians start celebrating Christmas?

In the 11th century, when Christianity was seriously introduced in Norway, the Roman custom of celebrating the birth of Jesus on December 25 was well established and therefore also applied in Norway. The time coincided with the Nordic Christmas fair, a Norse sacrificial feast. In the early 600s, the pope had declared that pagan traditions should not be eradicated, but "Christianized", ie gradually filled with a new Christian content. This also applied in Norway. Now it was not to be celebrated in honor of Odin and Thor, but in honor of Christ. Norse customs such as beer brewing for the Christmas celebration were therefore retained, only that now one should drink beer in honor of Christ and the Virgin Mary.

## How did we celebrate Christmas in Norway in pre-Christian times?

The Norse Christmas, Jól or Jólablót, was held sometime between November and mid-January. We do not know much about what the celebration consisted of, but the Christmas celebration is mentioned in some places in Norse literature. In Haraldskvadet by the poet Torbjørn Hornklove, there is talk of "drinking Christmas". The word blót means sacrifice, and here it was often a matter of sacrifice in the form of Christmas beer, slaughter or valuables that were placed in the ground. Beer was seen as a holy drink, a gift from the gods, and in Håkon the Good's saga, people drink during the Christmas sacrifice in honor of Odin, Njord and Frøy. The word jól may be related to Jólnir, one of Odin's many names.

The Christmas celebration was celebrated with a feast of food and drink. This was a joint party and it is likely that pork, Frøya's sacred animal, was on the menu. Many also believe that it was common to sacrifice a goat to have a good year, and that this is the origin of today's Christmas goat.

According to the Gulating Act, it was mandatory to brew beer for Christmas. Those who repeatedly broke the law could lose the farm of the king and the bishop and even be exiled.

*Religion Historian Roald E. Kristiansen  
Norway's Arctic University*

## Julebukk

On Christmas Eve, there are many children who dress up, go from door to door and sing Christmas songs to get Christmas goodies. It is a bit unclear where this tradition actually comes from. Some believe that the tradition dates back to when the Christmas goat was seen as an invisible being, who came to the farm to check that all the Christmas traditions had gone right. The adults therefore dressed up with a fur coat over their backs and carried an artificial goat's head on a pole.

If you were visited by these Christmas goats, you had to make sure to give them something edible. If you did not, it would be a shame hanging over the yard. You could even risk the Christmas goats "carrying Christmas out" if they were unhappy!

In the past, only the adults went on Christmas goat visits. Today, it is mostly children who dress up as Christmas goats.



About half a million Norwegians attend church on Christmas Eve.

2 out of 10 Norwegians have plastic Christmas tree.

Norwegians import almost 300,000 Christmas trees from Denmark.

Norwegians eat about  
7165 tons of pork ribs  
3858 tons of pinnekjøtt

*2014 statistic*

According to Sami traditions, children shall not play outdoor on Christmas Eve because Stallo can come and snatch them.

Who was Stallo? More about him in next Newsletter

# Norwegian Christmas food traditions

*From an article in The Large Norwegian Encyclopeida, written by Eva Narten Høberg, Research Scientist at Norwegian Institute of Bioeconomics.*

The most typical Norwegian Christmas food is pork ribs, chops, lutefisk and Christmas cod. Christmas food can also be halibut, rice porridge and other traditional dishes. In addition, Christmas beer has strong historical roots. What is defined as Christmas food is culturally conditioned and depends on both geography and tradition. Much of the Christmas food comes from traditions that are several hundred years old, and there are traces of Catholic times in particular.

At Christmas, most people are more traditional than at any other time of the year. Many different dishes will be on the menu during Christmas, but it can vary which day the dishes are on the menu. Pork ribs with medister (paddies of pork) represent a younger tradition, but are the most popular dinner among Norwegians on Christmas Eve. In 2014, 55 percent ate ribs on Christmas Eve. As many as 88 percent ate either ribs or chops.

Fresh Christmas cod has its origins in areas in Sørlandet (South Norway) and Sør-Vestlandet (South Western Norway). Lutefisk seems to have been used as Christmas food throughout the country, but accessory food are regionally conditioned.

Many of the Norwegian Christmas traditions are continued customs from Catholic times. Chops are documented from the 18th century, but there are many indications that the dish is very much older. As a Christmas Eve meal, it was hardly used before the Reformation, due to the rules of fasting.

Before the Reformation in 1536, there was a fast from December 1 to the first day of Christmas. During the lent, it was only allowed to eat fish. Not until the morning of the first day of Christmas was it permissible to eat meat. The tradition of fish on Christmas Eve still exists, and both lutefisk, halibut and cod are common dishes on Christmas Eve in many families. The meat was cooked and prepared for the first day of Christmas, and it was allowed to use the broth in this dish. This tradition still lives on in several regions, mainly in Western Norway and in Northern Norway, but also in Trøndelag and Eastern Norway.

Soup or porridge made from sweet milk was in many places a regular accompaniment to Christmas dinner. This was served after or next to the fish meal. These are living traditions, and milk porridge made from rice is the most widespread today. Before rice groats were imported in the 18th century, barley groats were used in milk porridge.

A similar tradition was associated with fish. If the landlord could not get fresh fish, his punishment was to sit on the boathouse roof or in the quay stones. In northern Norway, this was related to halibut. Fresh cod as a Christmas dinner is documented back to the 19th century, but is a typical custom from Catholic times.

Pork ribs, with the accompaniments of medister (paddies of pork), sauerkraut and potatoes, require a cooking place that can accommodate several cooking vessels.

The original Christmas cake was a raised rye bread with dried fruits. Today's raised Christmas bread, made from wheat flour and added with cardamom, raisins and sucrose, is a continuation of this historic Christmas cake.

Today we associate Christmas cookies with cookies, which are often referred to as "the seven kinds". There are different traditions related to which cakes or cookies should be included in the seven types of cake that many would like to put on the table for Christmas. A rule of thumb that was previously used was that there should be a roughly equal distribution of iron-fried, smult-cooked (lard cooked) and oven-baked cakes.



Pinnekjøtt

The dried meat is soaked before cooking to soften the fibers and to remove salt from the meat. How long the meat must be soaked is affected by how salty it is and how it is to be cooked afterwards. Boiling the meat in water removes the salt from the meat more efficiently than if you choose to steam the meat.

When the ribs are not cut, the pins clearly appear in the dish. By placing the meat in a pot with the long ribs in place, the network of sticks will prevent the meat from coming into direct contact with the bottom of the pot.

In the case of more divided stick meat, placing the meat on a network of birch sticks will allow the meat to be steamed more than it is cooked. This is a cooking method that many people use today.

## ***Viking Carrot Stew from November Social***

*8 Carrot (1 #)  
1-2 onions  
1 cooking apple  
8 oz. mushrooms  
6 oz. bacon  
2 cups chicken stock  
1 pinch freshly ground black pepper  
Parsley finely chopped  
Butter*

*Peel and thinly slice the carrots. Peel and chop the onion. Clean the mushrooms and chop in large pieces. Shred the bacon and fry until crispy. Remove the bacon. Fry the onion and carrots in the bacon fat. Place onions and carrots in a pan and cover and pour over the stock. Cover and boil for approx. 5 minutes. Core and chop the apple in large pieces, then fry with the mushrooms in some butter. Add with the bacon to the pan. Season with pepper and parsley. Serve with bread.*

*Viking Cook Book—N.W. Damm & Søn*

# Famous Norwegian-American



## Linda Evans

Born Linda Evanstad, 18 Nov. 1942, Hartford, Connecticut

Evans made her TV debut in 1960 in an episode of the TV series Bachelor Father. She made her major international breakthrough with the role of Krystle Carrington in the TV series Dynasty, where she starred from 1981 to 1989. She played the same role in the miniseries Dynasty: The Reunion in 1991.

Evans made her film debut in the drama film Twilight of Honor (1963).

Since the 1990s, she has had few roles on film and television. In 1982, she was awarded a Golden Globe for her role in the Dynasty. In 1987, she received a star on the Hollywood Walk of Fame.

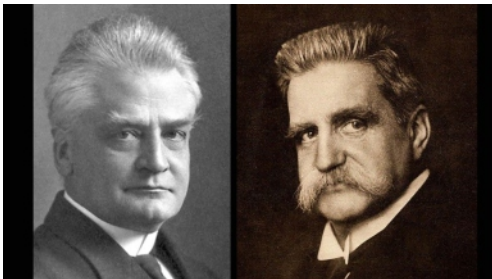
Her original surname was Evanstad, She Americanized her name to Evans when she became an actress. Her grandfather Haakon Mathias Evenstad (1870-1948) was born at Evenstad farm in Nes municipal, Hedmark (now Innlandet). He emigrated from Norway to US 1884 with parents and some relatives. The family is not mentioned in the Bygdebok for Nes.

Evenstad farm was built as a generation home and separated from Upper Haug in 1848.



Photo: ABC Photo Archives

## The Forgotten Peace Prize



Christian Lange and Hjalmar Branting  
Photo: Pinterest

**Christian Lous Lange** (1869-1938) was a Norwegian historian, teacher, and political scientist. He was one of the world's foremost exponents of the theory and practice of internationalism.

His intellectual support of internationalism was demonstrated by the first of a three volume historical treatise (Histoire de l'internationalisme). The work, published in 1919, was said to contribute to the ideological preparation for the League of Nations. For this and all his other activities, Lange shared the Nobel Peace Prize with Hjalmar Branting in 1921. Branting was a Swedish politician who was the leader of the Swedish Social Democratic Party.

Fritjof Nansen and his Office received the Peace Prize in 1938.



**Karl Christian Rove** (born Dec. 25, 1950) is an American Republican political consultant, policy advisor and lobbyist.

His 3x Great Grandfather Andreas Johansen was born 1802 at Rove, a farm next to Prestegården (The Rectory), Kirkeøya, Hvaler (Østfold). Hvaler is an island community with several islands, on the east side of the Oslo fjord, close to Sweden.

Photo: Politico



# Trade in the East

## Novgorod

In Norse sagas the city is mentioned as the capital of **Gardariki** (Russia). Many Viking kings and jarls came to Novgorod seeking refuge or employment, including Norwegian kings, Olav Tryggvasson (960's-ca.999), Olav Haraldsson, the Saint (ca.993-1030), Magnus Olavsson (1024-1047), and Harald Sigurdsson, called the Harðráde (1015-1066).

## Væringar (Varangians)

The term usually included men from the Nordic countries, but could just as easily include anyone from Western Europe, such as Anglo-Saxons who fled the Norman conquest of England. Slavs and Byzantines did not distinguish between northern Europeans. The Russian Nestor Chronicle included Danes and Englishmen as warriors or varjagers. One of the most famous was Harald Sigurdsson from Norway, the later King Harald Harðráde.

Varangians had traded in the Baltic Sea as far back as the 6th century. "He was killed in the east" or he "for in the east to the Garda Kingdom" it says on rune stones in Sweden. Already when Helgö was a flourishing trading post in Lake Mälaren in Sweden in the 6th century, there were contacts on the other side of the Baltic Sea. Outlaws, thugs, adventurers, merchants and settlers from especially Sweden and the other Nordic countries moved east in the same way they also moved west. The vast land in the east meant great opportunities. The Russian rivers were the connection between buyer and seller of the expensive products from the Orient. Along the rivers, Norse men reached the Black Sea and in the year 839 to the great city they called **Miklagard** - the capital of the great Eastern Roman Empire Constantinople.



Trade routes in the East

**The Hanseatic League** was an influential medieval commercial and defensive confederation of merchant guilds and market towns in central and northern Europe. Growing from a few north German towns in the late 12th century, the League ultimately encompassed nearly 200 settlements across seven modern-day countries; at its height, it stretched from the Netherlands in the west to Russia in the east, and reached as far north as Swedish Gotland and as far south as Kraków, Poland.

The Hansa's main trade item in trade with Norway was stockfish, which was exported from Norway to Central and Southern Europe. The Hanseatic League was an economic power in contemporary Northern Europe and a significant power factor in Scandinavia. It is speculated whether the Kalmar Union was a Scandinavian countermeasure to the growing German influence in Scandinavian politics. The Hanseatic League founded a number of cities, especially in the Baltics, and a lasting effect of the Hanseatic trade was the strong German cultural and linguistic influence in Scandinavia.

When the alliance was at its strongest, a joint battle was decided at a meeting in Cologne in 1367 against King Valdemar Atterdag of Denmark and Håkon VI Magnusson of Norway. The foreign factors in Novgorod, Bergen, London and Bruges were eventually called offices and directly subordinate to the association.

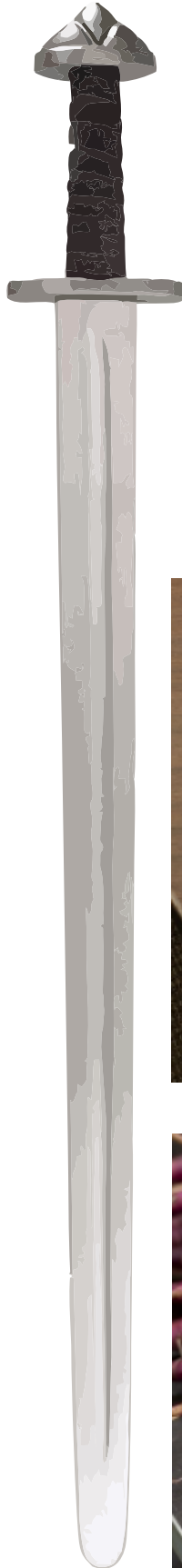
It is estimated that of a population of around 10,000 in medieval Bergen, perhaps as many as a third were foreigners - most probably armed men who joined the Hanseatic League.



The Piers in Bergen



# VIKING SOCIAL





# VIKING SOCIAL



**November 20, 2021.** A Viking lunch with quiz and surprises. Luella and Nancy had answer on the back. Miriam received her Golden Member certificate and pin. Berit was happy to be able to come. We learned that the Vikings had purple carrots. Luella had made a stew like the Vikings did, rich and tasteful. Everybody had a good time.



## Solskinn Lodge Officers 2021-2022

### Board of Directors

President	Luella Grangaard	760-363-7704
Vice President	Terje Berger	760-799-6660
Counselor	Ulf Lokke	760-808-5403
Secretary	Tone Chaplin	760-408-9170
Treasurer	Nancy Madson	760-343-0848

### Program Directors

Social Director	Nancy Madson	760-343-0848
Cultural Director	Luella Grangaard	760-363-7704
Sunshine	Charlotte Larsen	760-328-1791

### Support Positions

Book Club	Luella Grangaard	760-363-7704
Editor, Webmaster	Terje Berger	760-799-6660
Photographer	Miriam Hendrix	
Musician	Terje Berger	
Librarian	Corinne Bjerke	

### Financial Benefits

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



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*