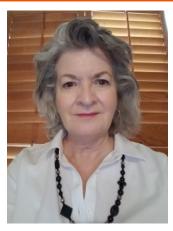
Solskinn Nyhetsbrev

December 2022 Newsletter from Solskinn Lodge 6-150



Solskinn Lodge 6-150



Ord fra Presidenten

Merry Christmas Solskinn Lodge! I had the opportunity to visit Sons of Norway headquarters in November. I spent the week there being trained to my new role as an international director, and we had our first board meeting. During the pandemic, headquarters moved into their new office on Lake Street, in Uptown, Minneapolis. The building is very open and displays modern Scandinavian design. Here and there are displayed artifacts of our heritage.

I had the opportunity to meet our wonderful staff in all areas of

Fraternal, Financial, and Foundation. We shared meals and breaks for 5 days. The only thing I might add is that the temperature high was 33 degrees, and the low was 19 during the day with snow. Yikes, it was

While in Minneapolis, I had the opportunity to visit Norway House. This is a center for education on modern-day Norway. It also houses the Norwegian Honorary Consulate General. They have a new addition that will be a great asset to the Norwegian community in area. But also, there is a small Ingebretsen's shop. So of course, I did a bit of shopping. And check out their website to purchase your special Christmas gifts.

So, Christmas is coming soon. Don't forget that a membership in Sons of Norway will be a great gift. Or share a book by a Norwegian author. Prepare some Norwegian cookies and share with friends. Create a heart shaped basket, fill with some candy, and give to your neighbors. Teach someone to knit or to do Hardanger. Share your heritage.

I hope you all have a warm and happy Christmas, and I look forward to seeing you at our Christmas social.

Merry Christmas! Gud Jul! Luella

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December 17

Christmas Party Hope Lutheran Church

Check your email, mailbox or our website for invitation



Mark your calendar for next year's kretsstevne Oct. 20 - Oct. 22, 2023

Board Meeting every 2nd Tuesday of the month at 5 PM ZOOM Link will be sent prior to the meeting

Book Club meets every 3rd Thursday of the month at 4 PM To join, send an email to Luella

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

Social Calendar 2023

January 28

Heritage show. Frokost/Brunch

February 25

World War 2. Soup and Salad

March 25

Bingo. Meatball Madness

April 22

Open Face Sandwiches with demonstration

May 20

May 17. Quiz. Hot Dogs and Ice Cream

June 24

Midsummer



Birthdays in November/December/January

Jhan Scmitz December 9
Jack Bjerke December 21
Gail F Ryan December 23
Charlotte Larsen December 26
Stevan Rich December 29

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

Terese Olson Hartley Shayla Bowling February 16
Donald Lee Lingle February 16
Ulf Strandjord February 23
Darlyne Johnson February 26
David P Ritland February 26



Norwegian Flag Days

December 25 Christmas Day January 1 New Years Day

January 21 Princess Ingrid Alexandra's

birthday - b.2004

February 5 Sami People Day

February 20 His Majesty King Harald V

Born 1937



www.sofn.com

Sons of Norway's website has a lot to offer

Viking Magazine Viking for Kids Recipe Box

Check it out!

Solskinn Nyhetsbrev

Editor for Solskinn Nyheter (Sunshine News) Terje "TJ" Berger 760.799.6660 Send pictures, ideas, articles to solskinn150@gmail.com

Solskinn Lodge

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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

Sons of Norway Foundation



At the Sons of Norway Foundation, we are driven by a sense of purpose: to share and preserve Nordic heritage, to positively affect our members' lives, and to make Sons of Norway communities better places to live. Since 1966, staying true to this purpose, we have been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community

programs that celebrate Norwegian heritage and culture.

A donation to the Sons of Norway Foundation is a contribution to the positive impact we make through community, youth, educational, and cultural projects.

Luella's donated quilt is being raffled out at our Christmas party will all proceeds going to the Sons of Norway Foundation

There are lots of Norwegian movies online. Netflix has a few. Several streaming services include Norwegian movies. It is not for free. List below.

We will continue to present Norwegian movies and inform where to find them. Presenting a new movie on page 4





BOOK CLUB

December Book

Return to the Future by Sigrid Undset ZOOM Meeting Thursday, January 15 at 4PM

January Book

The 100 Year Old Man, Who Climbed out the Window and Disappeared **ZOOM Meeting Thursday, January 15 at 4PM**

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

Solskinn Book List 2023

February Fiddling with Fate by Kathleen Ernst

March Counterfeiter: How a Norwegian

Jew Survived the Holocaust

by Moritz Nachtstern and Ragnar Arntzen

Whole book list on Page 4

December 2022



Return to the Future recounts Sigrid Undset's dramatic exodus from her homeland during World War II. In 1940, the Nazi forces invade and occupy Norway, shattering the calm of the nation's neutrality. With the western passage shut off, Undset escapes to the east—through anxious but helpful Sweden; on to Russia, dirty, disease-ridden, dysfunctional; then the natural beauty and cultural

enigma of Japan, from where Undset and her son will depart by ship for a new future in the United States. Undset concludes with a measured reflection on the future of democracy and the possibility of a return to a virtuous and ordered society. A deeply personal work, Return to the Future combines trenchant social and political commentary with a powerfully moving account of the tragedies of World War II and the accompanying triumphs of the human spirit.

Sigrid Undset (b. 1882 in Kalundborg, Denmark, d.1949 in Lillehammer, Norway) was a Norwegian-Danish novelist who was awarded the Nobel Prize for Literature in 1928. Her best-known work is Kristin Lavransdatter, a trilogy about life in Norway in the Middle Ages, portrayed through the experiences of a woman from birth until death.

When Germany invaded Norway in April 1940, Undset was forced to flee. She had strongly criticised Hitler since the early 1930s, and, from an early date, her books were banned in Nazi Germany. She had no wish to become a target of the Gestapo and fled to neutral

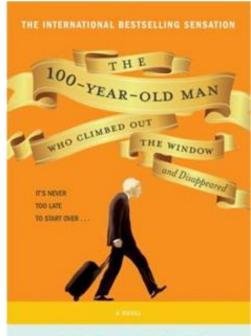
Sweden. Her eldest son, A n d e r s Svarstad of the Norwegian Army, was killed in action at the age of 27, on 27 April



1940, in an engagement with German troops at Segalstad Bridge in Gausdal.

In 1940, Undset and her younger son left neutral Sweden for the United States. There, she untiringly pleaded her occupied country's cause and that of Europe's Jews in writings, speeches and interviews.

January 2023



JONAS JONASSON

Allan Karlsson is about to celebrate his hundredth birthday, and his retirement home in Malmköping is planning to throw a party. Allan is not interested. Instead, he climbs out the window and disappears. He walks to the bus station, intending to travel as far as his available cash will allow. There he meets a young man with a suitcase too large to take into the toilet with him. The man goes in, rudely demanding that Allan look after the case. But Allan's bus arrives and he decides to board, taking the case with him. It turns out to be full of illegal drug money, and Allan is chased by the drug gang as well as by the police who are treating him as a missing person. He gets caught up in various criminal activities, eventually escaping when the man from the bus station is accidentally trapped in a freezer, his body ending up in a container destined for Djibouti. An elephant crushes another member of the gang, his remains being inadvertently sent to Latvia in the boot of a Ford Mustang.

A movie was released in 2013 with the Swedish comedian Robert Gustafsson in the main role. Check page 4.



Jonas Jonasson (born Per Ola Jonasson; July 6, 1961) is a Swedish journalist and writer.

He is the son of an ambulance driver and a nurse, Jonasson was born and raised in Växjö in southern Sweden. He stopped working in 2003, after having two major back operations and being overworked. In 2007, he completed his first book *The Hundred-Year-Old Man Who Climbed Out the Window and Disappeared.* It was published in Sweden in 2009.



NETFLIX

Release date: December 1, 2022



TROLL

Deep in the Dovre mountain, something gigantic wakes up after a thousand years in captivity. The creature destroys everything in its path and quickly approaches Oslo.

Suspenseful, Exciting

2023 Book List

January The 100 Year Old Man,

Who Climbed out

the Window and Disappeared

by Jonas Jonasson

February Fiddling with Fate by Kathleen Ernst

March Counterfeiter: How a Norwegian

Jew Survived the Holocaust

by Moritz Nachtstern and Ragnar Arntzen

April Bitter Flower

by Gunnar Staalesen May Men in My Situation

by Per Pettersen

June Child Wonder by Roy Jacobsen

July The Bell in the Lake: A Novel

by Lars Mytting

August Us Against You

by Fredrik Backman

September My First Murder by Leena Lehtolainen

October The Scandinavian Aggressors

by Rowdy Geirsson

November Norske Fields: A Novel of Southern

California's Norwegian Colony

by Anne Schroeder

December A Coat Dyed Black

by Don Pugnetti Jr.





When you read the January Book, watch the hilarious movie on Tubi or Plex Comedian Robert Gustafsson plays the old man



Husmannskost ("Crofter's Food")

Husmannskost was originally the term for a rough and simple diet that was common on homesteads. The term probably originates from German Hausmannskost, but is also well known in Norway

The crofter's diet includes traditional dishes, based on cheap raw materials such as potatoes and other root vegetables, grain products and pork. Among the most famous dishes are potatoes with meatballs or roast pork, pork omelette, pancakes and various porridge dishes. Typical local dishes such as collard greens are also defined as home cooking. It was also characteristic that no spices were used in this type of dish.

The renaissance that is taking place in this type of traditional cooking is largely characterized by a modernized approach to the home kitchen while essential elements are maintained.

Vikings in Austerveg

To better understand the "Austerveg", which means the East Route, and who took part, we will tell more about the Varangians and the Viking settlements in East Scandinavia.

The trade route from the Varangians to the Greeks was a medieval trade route that connected Scandinavia, Kievan Rus' and the Eastern Roman Empire. The route allowed merchants along its length to establish a direct prosperous trade with the Empire, and prompted some of them to settle in the territories of present-day Belarus, Russia and Ukraine. The majority of the route comprised a long-distance waterway, including the Baltic Sea, several rivers flowing into the Baltic Sea, and rivers of the Dnieper river system, with portages on the drainage divides. An alternative route was along the Dniestr river with stops on the Western shore of Black Sea. These more specific sub-routes are sometimes referred to as the Dnieper trade route and Dniestr trade route, respectively.



Varangians

The Varangians were Vikings, conquerors, traders and settlers, mostly from Sweden. Between the 9th and 11th centuries, Varangians ruled the medieval state of Kievan Rus', settled among many territories of modern Belarus, Russia and Ukraine, and formed the Byzantine Varangian Guard which later also included Anglo-Saxons

According to the 12th-century Kievan Primary Chronicle, a group of Varangians known as the Rus'[10] settled in Novgorod in 862 under the leadership of Rurik. Before Rurik, the Rus' might have ruled an earlier hypothetical polity named Rus' Khaganate. Rurik's relative Oleg conquered Kiev in 882 and established the state of Kievan Rus', which was later ruled by Rurik's descendants.

Engaging in trade, piracy, and mercenary service, Varangians roamed the river systems and portages of Gardariki, as the areas north of the Black Sea were known in the Norse sagas. They controlled the Volga trade route (between the Varangians and the Muslims), connecting the Baltic to the Caspian Sea and the Dnieper and Dniester trade route (between Varangians and the Greeks) leading to the Black Sea and Constantinople. Those were the main important trade links at that time, connecting Medieval Europe with Abbasid Caliphates and the Byzantine Empire. Most of the silver coinage in the West came from the East via those routes.

Attracted by the riches of Constantinople, the Varangian Rus' began the Rus'-Byzantine Wars, some of which resulted in advantageous trade treaties. At least from the early 10th century, many Varangians served as mercenaries in the Byzantine Army, constituting the elite Varangian Guard (the bodyguards of Byzantine emperors). Eventually

most of them, in Byzantium and in Eastern Europe, were converted from Norse paganism to Orthodox Christianity, culminating in the Christianization of Kievan Rus' in 988. Coinciding with the general decline of the Viking Age, the influx of Scandinavians to Rus' stopped and Varangians were gradually assimilated by East Slavs by the late 11th century.

Birka

Birka, on the island of Björkö (lit. "Birch Island") in present-day Sweden, was an important Viking Age trading center which handled goods from Scandinavia as well as many parts of the European continent and the Orient. Björkö is located in Lake Mälaren, 30 kilometers west of contemporary Stockholm, in the municipality of Ekerö. Birka was founded around AD 750 and it flourished for more than 200 years. It was abandoned c. AD 975, around the same time Sigtuna was founded as a Christian town some 35 km to the northeast. It has been estimated that the population in Viking Age Birka was between 500 and 1000 people.

Hedeby

Hedeby is first mentioned in the Frankish chronicles of Einhard (804) who was in the service of Charlemagne, but was probably founded around 770. In 808 the Danish king Godfred (Lat. Godofredus) destroyed a competing Slav trade centre named Reric, and it is recorded in the Frankish chronicles that he moved the merchants from there to Hedeby. This may have provided the initial impetus for the town to develop. The same sources record that Godfred strengthened the Danevirke, an earthen wall that stretched across the south of the Jutland peninsula. The Danevirke joined the defensive walls of Hedeby to form an east—west barrier across the peninsula, from the marshes in the west to the Schlei inlet leading into the Baltic in the east.

Famous Norwegians

Ole Rynning (born: April 4, 1809, died: September 1838) was a Norwegian emigrant pioneer and author.

Rynning was born in Ringsaker in Hedmark county, Norway. He was the son of the priest Jens Rynning (1778–1857) and the uncle of Bernt Julius Muus, who helped found St. Olaf College in Northfield, Minnesota. Rynning emigrated to the United States, where he was instrumental in helping establish the first Norwegian emigrant colony there.

In 1838, Rynning published the book Sandfærdig Beretning om Amerika til Oplysning og Nytte for Bonde og Menigmand. Forfattet af en Norsk, som kom derover i Juni Maaned 1837 (A True Report on America for the Enlightenment and Benefit of Farmers and the Common Man. Authored by a Norwegian That Came Over in June 1837). Popularly known as Amerikaboka (The America Book), the volume was influential in encouraging Norwegian emigration to the United States. Rynning's book also describes the first Norwegian emigrant voyage on the sloop Restauration.

Rynning died during a malaria epidemic at the Beaver Creek colony, near what is now Beaverville, Illinois.

Ole Rynning was the son of Jon (Jens) Hveding Rynning

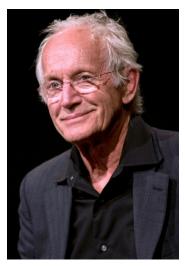
b. 1778, Kastnes, Dyrøy, Troms d. 1857, Snåsa, Nord-Trøndelag Norwegian Prist and Public Education Advocate. Priest in Ringsaker and Snåsa. Severine Katherine Steen

b. 1786, Steen farm, Ringsaker, Hedmark d. 1863, Snåsa, Nord-Trøndelag

Jon Rynning was son of Ole Rynning (d. 1781, Kastnes, Dyrøy, Troms Bailiff in Senja and Tromsø Golla Bergitta Hveding (1746-1780)

Bernt Julius Muus (1832-1900) was son of Ole Rynning's sister Birgitta Magdalena Rynning (1814-1833) and Ingebrikt Brodersen Muus (1805-1882)

Lance Henriksen



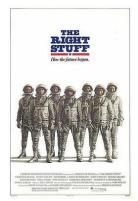
Lance James Henriksen was born May 5, 1940, in Manhattan in New York City into a poor family. His father was Jim Marino "James" Henriksen born in Tønsberg 1910, a sailor and boxer nicknamed "Icewater" who spent most of his life at sea. Henriksen's mother Marguerite struggled to find work as a dance instructor, waitress and model. His parents divorced when he was only two years old, and he grew up with his mother. In his childhood, Lance got into trouble at several schools, and was even in an orphanage for a period. Henriksen left home and left

school aged twelve. He could not read and write until he was 30 years old, when he taught himself, by reading film scripts. He spent his youth as a street child in New York. He jumped on freight trains and traveled around the country. He was also imprisoned for petty criminal acts. It was during this period that he met his lifelong friends: James Cameron and Bruce Kenselaar.

Henriksen's first job in the theater world consisted of designing sets. He got his first role as an actor because he had built the stage. When he was in his 30s, Henriksen attended the renowned Actors Studio and began acting in New York City's Off-Broadway theater. His first appearance on the screen was in the film It Ain't Easy from 1972. Henriksen continued with a number of extras and supporting roles in several films such as Steven Spielberg 's Close Encounter of the Third Degree (1977) and the horror Damien: Omen II (1978). He also played astronaut Walter Schirra in The Right Stuff (1983) and the actor Charles Bronson in the 1991 TV movie Reason for Living: The Jill Ireland Story (1991)

When James Cameron wrote the film The Terminator (1984), he

had originally envisioned Henriksen in the lead role. Cameron went so far as to paint a picture of the Terminator with Henriksen's face, and he had the actor dress up and pose in a production meeting at Orion Pictures. The iconic role went to Arnold Schwarzenegger. Henriksen played in the film, but in a minor role as Detective Hal Vukovich. Henriksen is perhaps best known for his role as the android Bishop in the films Aliens (1986) and Alien³ (1992). He went on to play the role of Charles Bishop Weyland, the man on whom the android Bishop was based, in the film Alien vs. Predator (2004).



In 1996, Henriksen starred in the television series Millennium, created and produced by Chris Carter, the creator of the television series The X-Files. Henriksen played the role of Frank Black, a former FBI agent who has a unique ability to see into the minds of criminals and murderers. Carter created the role especially for the actor. Henriksen's acting performance in Millennium earned him praise from critics, a People's Choice Award nomination, and three consecutive Golden Globe nominations. The series was stopped in 1999. Henriksen's daughter, Alcamy, is in an episode of Millennium. Henriksen later moved to Hawaii.

No less than three major roles have been written with Henriksen in mind, although he only played one of the roles. Cameron wrote The Terminator and hoped that Henriksen would play the lead role. Chris Carter created in 1999. Henriksen's daughter, Alcamy, is in an episode of specifically for Henriksen, and convinced him to take the role. Victor Salva wrote Jeepers Creepers in 2001 with Henriksen in mind as the role of the Creeper.

Lance Henriksen, son of Jim Marino "James" Henriksen, b. Feb. 25, 1910, Tønsberg, Vestfold, died March 15, 1944. He grew up in Kristiania (Oslo). Jim Jenriksen was son of This Marin Henriksen and Hansine Henriksen.

VIKINGS



Did the crazy Vikings eat red Mushroom and go berserk? Answer is No.

They consumed Henbane (Bulmeurt), the same plant used by the Oracle of Delphi.

Amanita muscaria (Rød Fluesopp)

Amanita muscaria was widely used as an entheogen by many of the indigenous peoples of Siberia. Its use was known among almost all of the Uralic-speaking peoples of western Siberia and the Paleosiberian-speaking peoples of the Russian Far East.



Henbane (Bulmeurt)

Its psychoactive and pharmacological effects are a result of these alkaloids exerting an anticholinergic mechanism of action which blocks the function of acetylcholine in the brain and antagonizes the muscarinic receptors. This results in an altered state of consciousness, hallucinogenic experiences and typically; delirium. This mechanism of action is not only linked to dangerous effects and accidents, but dementia as well. Since toxicity/lethality is such a major concern with plants like henbane; many traditional preparations of henbane or other similar scopolamine-containing plants were designed to be applied transdermally, often in "magical ointments" by herbalists, witches and cunning folk.



A Norwegian Car

The Troll was a small car manufactured by Troll Plastik & Bilindustri of Lunde, Telemark, Norway, from 1956 to 1958. It was one of a few attempts at car production in Norway, and only five cars were built.

The Troll was built as a 2+2 sports car with a fiberglass body, with the intention to build the first non-American mass-produced fiberglass car. In the US, Chevrolet made its Corvette in fiberglass, but no one in Europe had built cars in plastic, except for the East German Trabant, which was also a 2-cylinder two-stroke car. Fiberglass was a relatively new material in the late 1950s, but had numerous benefits, notably its inability to rust and its light weight (being approximately 290 lbs lighter than an equivalent metal-bodied car).

The Troll's chassis was taken from a Gutbrod Superior, and the body was made 5.9 in longer to fit on it. Gutbrod also manufactured the Troll's engine, which was a 700 cc (43 cu in) two-stroke straight-twin with Bosch fuel injection connected to a three-speed Hurth transmission. The engine produced 26 hp, propelling the car to a top speed of approximately 81 mph. The Troll was also capable of 47 mpg.

Due to the complex fuel injection system, there were plans to use a 3-cylinder Saab engine instead, which were never implemented. The Troll was developed by businessman Per Kohl-Larsen and engineers Bruno Falck and Erling Fjugstad, and designed by Hans Trippel.

The first car was revealed to the press in October 1956. It was not completely finished, and although the form of the chassis was final, the car could not be driven. This car was later used as a prototype, and many changes were made during later testing. Norwegian and foreign press showed much enthusiasm towards the project, and the car was compared to those from brands like Porsche, Citroën and Saab.



Christmas Food

No Lucia celebration is complete without delicious *Lussekatts! Lussekatts* are primarily baked for Lucia Day on 13 December, but these are so good that you would rather eat them throughout



Lussekatter (from TINE)

Makes 20

2/3 cup butter

2 cups whole milk (3.5%)

1/4 tsp saffron or 1/2 tsp turmeric

6 tbsp yeast (dry) 2/3 cup sugar 1/2 tsp salt

2 tsp cardemom

5 1/2 cups flour

1 egg 1/3 cup raisin

Melt butter and add milk. Add the saffron and set aside. Crumble the yeast in a baking bowl and stir in a little of the lukewarm milk mixture. Mix in the rest of the liquid.

Stir in flour, cardamom, salt and sugar. Use a kitchen machine with a kneading hook if you have one. Leave the dough to rise under a cloth or plastic in a warm place until it doubles in size, approx. 30 minutes

Sprinkle some flour on the table, knead the dough well. Divide the dough into pieces and roll them into long finger-thick sausages. Divide into approx. 20 pieces. Shape different "cats", only your imagination sets the limits.

Saffron can be replaced with turmeric for color. Feel free to use both spices so that the fluffy cats become extra yellow and nice. For the sake of taste, a good tip is to add a little cardamom as well.

Put the ready-made lussecats on a baking sheet with baking paper, and let them rise under a cloth or plastic in a warm place for at least 15 minutes. Set the oven to 400 F.

Brush the rolls with beaten egg and garnish with raisins. Bake in the middle of the oven for 5 - 8 minutes until golden. Let them cool slightly on a wire rack before serving. They taste best slightly warm.

From TINE.no

According to one interpretation, it was in Germany in the 17th century that the custom of *lussekatt* came into being. According to legend, the devil, in the guise of a cat, beat children, while Jesus in the form of a child handed out buns to kind children. To keep the pale devil away, the *lussekatt* were dyed with the yellow saffron spice.

Christmas Traditions

We ate roast pork ribs. And sauerkraut and potato as side dishes. Dessert was cloudberry cream or rice cream. When I became an adult, we always had "pinnekjøtt", and rice cream for dessert.

Bjørn E.

Hello. In Southern Norway it was either lutefisk or boiled cod on Christmas Eve. "Lutefisk" was served with crispy bacon and bacon fat, pea stew, and possibly small cubes of brown cheese. The cod was served with boiled carrots and melted butter with chopped parsley and/or chopped hard-boiled egg. Dad used to catch a nice cod in the net just before Christmas, he would leave it there, feed it, and then I would go out with him in the boat on Christmas Eve morning to get it.

Irene H.

We had ham, medister cakes, sausages which I loved... potatoes, sauerkraut which I didn't like until I got to US, and longed for home. There were other things too, but I don't remember exactly. "Sylte" and Lefse in the middle of the day.

Inger K.

Growing up: Christmas tree, Santa Claus, family, "pinnekjøtt" usually with caramel pudding, Christmas brew, packages on the evening of the 24th.

Adult: Christmas tree, packages under the tree on the evening of 24/12. Vegetarian Christmas dinner (glutenschnitzler) usually with caramel pudding for dessert.

When we were in the Middle East, we were most often at home in Norway at Christmas.

Kjell A.

For Christmas cookie recipes, visit Sons of Norway's website

https://www.sofn.com/norwegian_culture/recipe_box/

Lodge Social November 19, 2022



Those Vikings

Presentation by TJ about Viking food, Viking drinks.

With Hägar the Horrible and Vikings of all ages.















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

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Cell: 760-276-5529 Office: 760-440-9905 jdonovaninsure@gmail.com Solskinn Lodge, #6-150 Terje Berger 52705 Avenida Obregon La Quinta, CA 92253





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