

Solskinn Nyhetsbrev

February 2024 Newsletter from Solskinn Lodge 6-150



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



Happy February,
We had a wonderful social in January. We had 37 guests and members. What a great turnout! So much varied food to share. Thank you to the board and Beryl Waldeland for bringing food to the event. Per consensus from the participants, we will repeat

next year. We also had a program on Rosemaling. The attendees appeared to enjoy the program.

February will be a soup and salad meal and Norwegian sweaters. There will be a yellow pea soup, fish soup, and vegetable soup for our meal. Hopefully, it won't be too hot to wear your sweaters but you could bring them to share. Also if you have any knitting you have done over the years, please share.

February we will vote for our delegates to the District Six Convention and Lodge meeting. We officially have 3 slots for lodge representation. The lodge does help with registration fees and resources to help with travel and rooms. I hope that leaders of our lodge who support the lodge by volunteering will consider being delegates.

We have many great reads coming up in our book group. Please note in the newsletter. I hope you will join us.

Also at the lodge meeting, I received a Cultural Skills submission from one of our members who I hope to announce at the next social. How exciting is that? I have enjoyed the program and encourage others to explore one of the units. The Cultural Skills program is a structured method to learn about Norwegian culture and heritage. There are many units, including genealogy, Hardanger, cooking, carving, music, literature, and many more.

I hope you have a special someone to share Valentine's with. If not I think that Valentine's Day is a great excuse to buy a box of See's Candy.

Fraternally,
Luella

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Next lodge social February 24

Norwegian Sweaters Soup & Salad



Mark the Date for the District Six Lodge Meeting and Convention!

June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV

Hosted by Vegas Viking Lodge # 152 and the District Six Board

**More information on January social
Election of delegates on February social**



Happy Birthday

Birthdays February 2024 - April 2024

Terese Olson Hartley	Feb 11
Donald Lee Lingle	Feb 16
Sandi Mangan	Feb 21
Ulf Strandjord	Feb 23
Darlyne Johnson	Feb 26

Beryl Waldeland	March 4
Margit Chiriaco Rusche	March 14
Heidi Olson-Hartley	March 22

Sandra Kennedy	April 3
Svein Olav Stokke	April 5
Colin Brown	April 12
Carrie Kosvic	April 29



Norwegian Flag Days, Holidays and Days of Observance

Feb 21	HRH King Harald V's Birthday	F
Mar 20	Vårjevndøgn (Vernal Equinox)	
Mar 24	Palmesøndag (Palm Sunday)	
Mar 28	Skjærtorsdag (Maundy Thursday)	H
Mar 29	Langfredag (Good Friday)	H
Mar 30	Påskeaften (Easter Eve)	
Mar 31	Påskedag (Easter Sunday)	HF
Mar 31	Sommertid (Summer time starts)	
Apr 1	Andre Påskedag (Easter Monday)	H
May 1	Arbeidernes Dag (Labor Day)	HF
May 8	Frigjøringsdagen (Liberation Day)	F
May 9	Kristi Himmelfarts Day (Ascension)	H
May 17	Grunnlovsdagen (Constitution Day)	HF
May 18	Pinseaften (Pentecostal Eve)	
May 19	Første Pinsedag (Pentecostal Day)	HF



Feb 6 Sami People's Day F

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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

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

In Norway, the military flag is identical to the state flag (split flag).



Social Calendar for 2023-2024 Season

Always a Saturday. Social at 11:00 AM

February 24	Norwegian Sweaters Soup & Salad
March 23	Norwegian Easter Traditions Open Faced Sandwiches
April 27	Heavy Water Program Lapskaus
May 18	Syttende Mai Celebration Hotdogs & Ice Cream
June 20-24	District Six Lodge Meeting and Convention in Las Vegas

BOOK CLUB

February Book

Shark Drunk
by Morten Strøksnes

ZOOM Meeting

Thursday, February 15 at 4PM

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

March Book

Alberta and Jacob
by Cora Sandel

ZOOM Meeting

Thursday, March 14 at 4PM

Updated book list on page 4

ZOOM Meeting for March will March 14

February 2024

The Lofoten islands in Norway are as isolated and forbidding as they are majestic. In this true story, two friends, the author and the eccentric artist Hugo Aasjord, set out onto the icy waters surrounding the islands. Their quest: to pursue the infamous Greenland shark—a massive creature that can grow to twenty-six feet in length and more than a ton in weight—from a tiny rubber boat.

But the shark is not known for its size alone: its meat contains a toxin that, when consumed, has been known to make people drunk and hallucinatory. Together, the two men tackle existential questions, survive the world's most powerful maelstrom, and, yes, get drunk, as they attempt to understand the ocean from every possible angle, drawing on poetry, science, history, ecology, mythology, and their own, sometimes intoxicated, observations.

Text: Barnes & Noble



Morten Andreas Strøksnes (born 30 November 1965 in Kirkenes, Finmark) is a Norwegian historian of ideas, journalist, photographer and author.

After studies in Oslo and Cambridge, Strøksnes joined Morgenbladet, where he worked as an editor and journalist until 2004.

Havboka - or The art of catching a giant shark from an inflatable boat on a large ocean through four seasons was published in the autumn of 2015 and won the Brage Prize in the category for non-fiction. Strøksnes also received the Critics Award for best non-fiction book for adults in 2015. 21 countries have secured the rights to the translation. The book alternates between reportage and essays and contains discussion of the changing representation of the sea in mythology and cultural and scientific history.

Text and picture: Wikipedia

March 2024

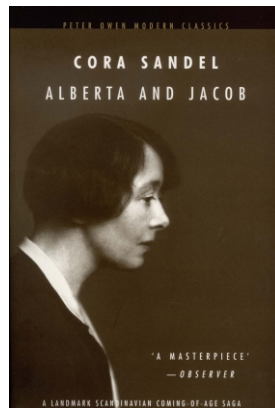
This is the first in a trilogy of semi-autobiographical novels. It covers one year (1904-1905) in the life of Alberta Semler. She lives in a small Northern

Norwegian town, clearly based on Tromsø, where Sandel and her family lived. Jacob is her younger brother. They live with their parents and they do not get on with their parents nor do mother and father get on, which makes for a difficult life.

Life is fairly hard, even for the bourgeois Semler family. It seems that the Semlers have had financial problems so the two necessary constituents – food and warmth – are in short supply.

Text: TheModernNovel.org

Picture: Peter Owen Publishing



Sara Cecilia Görvell Fabricius (1880-1974), better known by her pen name Cora Sandel, was a Norwegian writer and painter who lived most of her adult life abroad. When she was 12 years old, her family moved to Tromsø, where her father was appointed a naval commander.



Cora Sandel started painting and at 25 years of age moved to Paris to develop her artistic skills. She married the Swedish sculptor Anders Jönsson, with whom she had one child. In 1921, the family returned to Sweden, where the couple separated in 1922.

During her years in Paris, Sandel helped support the family with short stories and sketches published in Norway. However, her first novel and first tome in the trilogy, Alberta and Jakob. This began the semi-autobiographical Alberta trilogy. The Alberta trilogy traced the protagonist's emotional development juxtaposed with the men in her social circle.

Text/Picture: Wikipedia

Norwegian Movie

NETFLIX



In the wake of her prom scandal, Princess Margrethe longs for normalcy as she struggles to maintain her perfect facade while dealing with family drama. She is the daughter of King Sverre and his Swedish born queen with anxiety problems

Based on the popular books by Anne Gunn Halvorsen and Randi Fuglehaug

Text and Picture: imdb.com

Audio: Norwegian (Original), English
Subtitles: Norwegian, English

What is a Husmann?

Husmann in Norway referred to a person who built on land from a land-owning farmer, and as a rule paid for this with an annual fee in the form of cash and/or compulsory labour, sometimes also benefits in kind. The place where the householder lived with his family is called a householder's place (sometimes abbreviated as "place"). In most places, homesteading ceased during the period from 1900 to 1930.

A croft is a traditional Scottish term for a fenced or enclosed area of land, usually small and arable, and usually, but not always, with a crofter's dwelling thereon. A crofter is one who has tenure and use of the land, typically as a tenant farmer, especially in rural areas.

Peasant according to Merriam-Webster:

a member of a European class of persons tilling the soil as small landowners or as laborers.
a usually uneducated person of low social status

Cottager according to Wikipedia

Term used in England and Ireland.
Serfdom was the status of many peasants under feudalism, specifically relating to manorialism (Lord of Manor), and similar systems. It was a condition of debt bondage and indentured servitude with similarities to and differences from slavery. It developed during the Late Antiquity and Early Middle Ages in Europe and lasted in some countries until the mid-19th century.

Book list 2023-2024

- January
Yours Until Death by Gunnar Staalesen
- February
Shark Drunk: The Art of Catching a Large Shark from a Tiny Dinghy in A Big Ocean, by Morten Stroksnes
- March
Alberte and Jacob, by Cora Sandel
- April
History of Bees by Maja Lunde
- May
Dos Gringos: A Norwegian and an Irishman Meet in a Texas Bar, by Frederick R. Andersen
- June
Hakon of Rogen's Saga by Erik Christian Haugaard
- July
The 100 Year Old Man Who Climbed out the Window, Book 2 by Jonas Jonasson
- August
Berlin Poplars by Ragde, Anne
- September
A House in Norway by Vigidis Hjorth
- October
Operation Napoleon by Arnaldur Indroason
- November
Secrets of the Sprakka by Eliza Reed
- December
And Every Morning the Way Home Gets Longer and Longer by Fredrik Backman

Norway's National Dish

Mutton and cabbage stew, or "fårikål" in Norwegian, has repeatedly been named Norway's national dish. It even has its own festive day on the last Thursday in September. Throughout the autumn months, people all around the country arrange lamb stew parties. "The dish is perfect if you want to invite a lot of people.

Mutton is the meat of a mature adult sheep, typically between two and three years old. Producers can harvest mutton from a ewe (female) or wether (castrated male). Since the animal is older, it contains more fat and muscle, resulting in a stronger flavor and denser, tougher texture.

A Norwegian History

Victims of the Spanish flu

The influenza pandemic claimed around 15,000 lives in Norway. It particularly affected young adults, the poor, those with pre-existing conditions, pregnant women, isolated indigenous groups and soldiers.

In 1918, the world war was still raging in Europe. In neutral Norway, there were expensive times, scarcity and rationing of a number of foodstuffs, housing shortages and the fuel crisis, strikes, work stoppages and demonstrations. On top of this came the Spanish flu, which infected approx. 1.2 million – that is, 45 per cent of Norway's population. One to two per cent of the sick died, i.e. a total of 0.6 per cent of the population in 1918-19. Why the name Spanish flu?

On 28 May 1918, Aftenposten (newspaper) was able to report from Madrid: *The Spanish king, the prime minister, and several others have fallen ill. They suffer from a mysterious disease, which has appeared all over the country and has attacked 30% of the population. The disease is not considered to be dangerous.*

The Spanish, as neutral during the war and without press censorship, were early on in admitting the outbreak of the disease, hence the name Spanish flu. In the belligerent countries, information about disease at the front was kept secret. In retrospect, it is known that a great many soldiers were ill.

Globally, the Spanish flu killed 50-100 million, according to the latest estimates. The Spanish Flu is called a pandemic because it affected so many people over a very large geographical area. The disease spread rapidly around the world when immunity to the new influenza virus, H1N1, was generally low. It is estimated that around a third of the world's population fell ill between 1918-1920.

The geographical origin of the disease is unclear. The virus may have arisen among soldiers in the United States, who brought it with them to the Western Front in the spring of 1918. It may also have arisen among the soldiers in the trenches in Europe. Or it

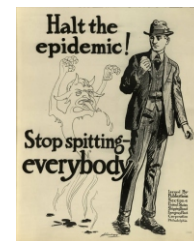


may have originated in China and been brought to Europe with Chinese digging trenches during the war.

From: Norgeshistorie.no
World War I and the interwar period
More next issue

First wave in the summer of 1918

The first cases of Spanish flu in Norway occurred in Kristiania on 15 June 1918, most likely after the infection was imported from Scotland. Early cases were also reported among naval guests on the armored ships "Norge" and "Eidsvold", which patrolled the coast from Kristiansand to Jæren. The naval guests were quarantined, which presumably prevented infection to the civilian population in the first place.



In the summer of 1918, the Spanish flu spread from south to north in a different way, with people traveling with a relatively new infrastructure - the Hurtigruta, from the coast to the interior into the fjords with local boats, and from the biggest cities via smaller towns and other towns to the countryside along railway and the road network.

In the summer, morbidity was high in Norway and Scandinavia in general, but mortality was relatively low. In Bergen, where we have reliable figures for both morbidity and mortality, 26 per cent fell ill, and 1 per cent of those who fell ill died.

The Normans weren't Vikings, they were French. England was conquered by Frenchmen in 1066. The French ruled England for centuries. When will uneducated Anglos finally understand this?

The Normans spoke French, had adopted French culture, and were of mixed Viking-French ancestry. However, Normandy was not actually part of the Kingdom of France in 1066, and had even recently won a war against France (the Battle of Mortemer, 1054). Normandy would not be brought into the Kingdom of France until 1204. A French family wouldn't arrive on the English throne until 1154 (the Plantagenets) and they actually returned the original Anglo-Saxon English royal bloodline to England following the Norman Conquest, before assimilating and becoming English themselves.

From: Quora.com

District 6



Help build the “Hygge Hus” at Camp Norge!
The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the “Hygge Hus” (Cozy House) cottage adjacent to Heritage Hall at Camp Norge. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers. For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around. But we need your help!
Our vision includes constructing the Hygge Hus in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun. But here's where you come in! We're seeking your generous support to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the Hygge Hus and make Camp Norge a haven for all, regardless of age or ability.
Watch for more news about the Build the Hygge Hus Campaign. Contact any member of the Camp Norge Board, or Fred Hymans: fred.hymans@gmail.com

Nidarosdomen (Nidaros Cathedral)



Nidaros Cathedral (Norwegian: Nidarosdomen / Nidaros Domkirke) is located in the city of Trondheim in Trøndelag county. It is built over the burial site of King Olav II, who became the patron saint of the nation, and is the traditional location for the consecration of new kings of Norway. It was built over a 230-year period, from 1070 to 1300 when it was substantially completed. However additional work, additions and renovations have continued intermittently since then, including a major reconstruction starting in 1869 and completed in 2001.

Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,500 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, 2024. This scholarship can only be granted two times to recipients. Applicants are reviewed by a District Committee.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Villages. The deadline for this scholarship is May 1, 2024.

Applications are available on the District Six website at www.sofn6.org.

Please send completed application to

c/o Luella Grangaard

PO Box 832, Morongo Valley, CA 92256

or emailed 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.

Campership Opportunities

District Six provides half camperships for our two District youth camps, Camp Trollfjell Language and Heritage and Trollfjell Folkehøgskule. These camperships provide half of the camp fees. An application must be completed and submitted.

The information is on the District Six website, under Youth→Scholarships/Camperships. Due date is May 1, 2024

<https://sofn6.org/scholarships/>

The deadline for domestic scholarships is February 15, 2024. **Sons of Norway Foundation** offers a wide variety of scholarships, so please share this info with students you know. Some funds require membership, but not all. To learn more visit sofn.com/foundation/scholarships/

Norwegian Food

KRINGLE

Recipes from cook book made by Trinity Lutheran Church, Blue Earth, Minnesota in 1966.

1 1/4 cups sugar
 1/2 cup butter
 2 egg beaten
 1 cup buttermilk
 1 tsp soda in milk
 1 heaping tsp baking powder
 1/4 tsp salt
 1 tsp lemon extract
 1 tsp orange extract
 3 1/2 cups flour

1 cup sugar
 butter the size of an egg
 2 egg yolks, beaten
 1 tsp vanilla
 1/2 cup buttermilk
 1/2 cup sour creme
 1 tsp soda
 3 cups flour
 2 1/2 tsp baking powder
 a dash of nutmeg

Mix in order given. Chill overnight in refrigerator. Roll out about as thick as a finger and as long as a pencil. Shape into kringla form. Bake 10 minutes at 425F or until light brown. Remove from oven. Dip top of the kringla in cold water. Mrs. Cherland uses 1 1/2 cups of sugar and 2/3 cup of Crisco for frosting.

Creme butter and sugar, add egg yolks and vanilla. Put the soda in the sour creme and milk and add to the egg mixture. Add the sifted dry ingredients.

Chill well. Roll in long rolls and form into bows or pretzel shapes. Bake in 450F till light brown.

Mrs. Tobias Peterson

Mrs Invoid Hjelmtvedt
 Mrs. Wayne Cherland



Husmannskost

Husmannskost was originally the term for a rough and simple diet that was common on crofts.

The croft 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.

Swedish Pancakes



Swedish pancakes according to Swedish cook book

20 oz Milk
 9 oz Flour
 3 Eggs
 1/2 tsp Salt
 3 tbsps Margarine or Butter
 Extra butter for frying

Mix flour and salt and half of the milk. Then add eggs. Mix well together. add to the batter. Use the extra butter for frying. Use any frying pan, none stick or cast iron, or griddle. When the surface has solidified, flip the pancake. When finished, fold it and put on a plate. Keep it warm until ready to eat. Norwegians love mashed blueberries on the pancakes.

Same recipe can be used for Crêpes Suzette.

From: Vår Kokbok

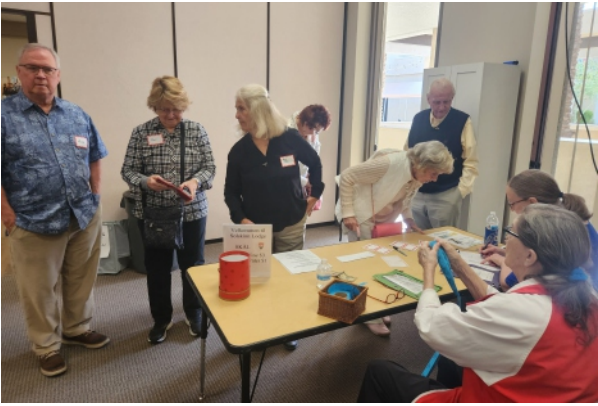
Social Gathering January 27, 2024



Norwegians, Norwegian-Americans and Friends



Social Gathering January 27, 2024



**Food, People
and Rosemaling**



Solskinn Lodge Officers 2023-2024

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	
Librarian	Corinne Bjerke	

Insurance Professional

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

Solskinn Lodge, #6-150
Terje Berger
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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*