

Solskinn Nyhetsbrev

January 2024 Newsletter from Solskinn Lodge 6-150



**SONS of
NORWAY**

Solskinn Lodge 6-150

Happy New Year

Ord fra Presidenten



Happy New Year!

What a wonderful Christmas Party. It was nice to see everyone there. I apologize that I didn't stay longer. I was very tired from traveling the day and night prior. Thanks to your wonderful lodge board who made a wonderful,

festive event. We had great food from Mission Catering, and thank you to those members who provided cookies, raffle items, set up, and take down. Thank you to all who purchased tickets for the quilt, which supports the Sons of Norway Foundation, and those who purchased raffle tickets which support our lodge—a special thanks to Terje for being our host.

Congratulations to our members celebrating membership anniversaries.

In January, we have a Frokost (brunch). Please invite friends to this event. This is a chance to taste wonderful Norwegian specialties and visit with friends.

In February, we will vote for our delegates to our district convention being held in June 2024 in Las Vegas, NV. Delegates should be members who have participated in lodge leadership, volunteered, and attended lodge meetings and who are actively aware of Sons of Norway issues and needs. The lodge will try to assist with some reimbursement to attend the district convention. Even if you are not an elected delegate, you may attend the Culture and Heritage Day and participate in educational topics. You may also attend the District Lodge meeting, observe, and volunteer.

See you in 2024.

Fraternally,

Luella

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Saturday, January 27, 2024

Frokost



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**

Solskinn Nyhetsbrev



Happy Birthday

Birthdays January 2024 - March 2024

Joseph Kleitsch	Jan 10
Sammie Lee Lingle	Jan 10
Susan E Norby	Jan 21
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



Norwegian Flag Days, Holidays and Days of Observance

Jan 21	HRH Princess Ingrid Alexandra's Birthday
Feb 21	HRH King Harald V's Birthday
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) H
Mar 31	Sommertid (Summer time starts)
Apr 1	Andre Påskedag (Easter Monday) H



Feb 6 Sami People's Day

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

Solskinn Lodge

Website: solskinn.sofn6.org
 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



Anniken Krutnes is Norway's Ambassador to the United States.

Social Calendar for 2023-2024 Season

Always a Saturday. Social at 11:00 AM

January 27	Rosemaling Program Frokost
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

January Book

Yours until Death
by Gunnar Staalesen

ZOOM Meeting

Thursday, January 18 at 4PM

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

February Book

Shark Drunk
by Morten Strøksnes

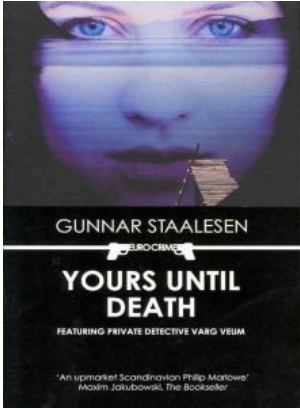
ZOOM Meeting

Thursday, February 15 at 4PM

Updated book list on page 4

ZOOM Meeting for March will on March 14

January 2024



“Her eyes had turned almost violet... They didn’t look as if birds might fly out of them now. They looked as if they led to dark tunnels, to smoke-filled cellar rooms, to rooms with garishly painted walls, to opium dens. To villages deep in the jungle.”

Yours Until Death (1979) by Gunnar Staalesen is about a private detective named Varg who’s hired by a young boy to recover his stolen bike. Varg soon finds himself intervening in the machinations of a menacing gang of delinquent youths that is terrorizing their small town*. Little does the detective know that this simple request will seal his fate,

leading him down a labyrinth of murder and deception.

Staalesen’s first installment in the series has all the ingredients of a solid Nordic noir: undercurrents of loneliness, staunch stoicism and the pervasive chill of the icy elements. The main character, Varg, is your stereotypical hard-boiled detective with a chip on his shoulder. Despite Varg’s tendency to lust after anything that moves, and the author’s unfortunate predilection for describing every woman’s chest size, I realized I was quite fond of this morose, alcoholic (anti)hero. Staalesen has a unique, almost hallucinatory quality to his writing that I found mesmerizing and disorienting all at the same time. *From GoodReads.com*

Gunnar Staalesen was born in 1947 in the historical city of Bergen on the west coast of Norway. He took his M.A. at the Bergen University, studying English and French language and literature as well as comparative literature.



Varg Veum came to life in 1977 in the first of many books that would conquer Norwegian readers and make its creator the king of crime story writing for many years. Staalesen’s basic idea was to create a crime noire PI, adding his own social criticism located in the Bergen scenario - under the Nordic light – and this was a success from the very first novel. Varg Veum steps forward as a 68 generation idealist, a divorced, slightly alcoholic ex-social worker well versed in life’s darker side. Behind his rough exterior and sharp verbal sallies, both typical genre markers, hides a warm-hearted and sensitive person.

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, Finnmark) 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



Troll (2022)

Troll is a Norwegian epic monster film directed by Roar Uthaug. Starring Ine Marie Wilmann, Kim Falck, Mads Sjøgård Pettersen, Gard B. Eidsvold, Pål Richard Lunderby, and Eric Vorenholt. It follows a ragtag group of people who must come together to stop an ancient troll that was awakened in a Norwegian mountain and prevent it from wreaking havoc.

Audio: Norwegian, English
 Subtitles: Norwegian, English

Book List for February 2024 to August 2024

- 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

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 re 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/>



SONS of NORWAY

The Sons of Norway was founded as the Independent Order of the Sons of Norway. The organization was founded by 18 members on **January 16, 1895**, in Minneapolis, Minnesota, to insure each other when they were unable to secure life insurance on their own.

A Viking History

We have a contemporary account of how Alfred the Great dealt with captured Viking raiders:

two of them (Viking ships) the sea drove ashore; and the crew were led to Winchester to the king, who ordered them to be hanged.

Anglo-Saxon Chronicle A.D. 896

This quote is from a larger passage in the chronicle, which describes a battle between Alfred's newly commissioned fleet and a small group of six Viking ships. The battle went pear-shaped for the English, as their ships were not well suited to fighting in shallow waters. Eventually, with both sides suffering losses, a few raiding ships escaped, leaving two undermanned ships being driven ashore on the coast of Sussex. The raiders were brought before the king and hanged, probably in front of a large audience, allowing Alfred to publicly play his role as protector of his people and their shared religion. Any captured Viking raider across Europe could probably expect similar treatment.

The more famous story regarding the capture of a Viking raider is the death of Ragnar Lothbrok in 865. Leading a small raiding party into Northumbria, he and his followers were defeated by the army of King Ælle, who ordered Ragnar's capture and execution by dropping him into a snake pit. This story is mainly a myth created in the 13th century. However, it again demonstrates that raiders were expected to be put to death, and it was the duty of the king in question to ensure royal justice was delivered upon those who attacked his kingdom, particularly pagans.

From Quora.com

Michael McComb. Manchester Metropolitan University

According to the contemporary Anglo-Saxon Chronicle and Asser's Life of Alfred, in 878 the "brother of Hingwar and Healfden", with a naval fleet, a contingent of the Great Heathen Army invaded Devon in England and fought the Battle of Cynwit. There the Vikings lost, their king slain and many dead, with few escaping to their ships. After the battle the Saxons took great plunder, and among other things the banner called "Raven".

Garmonsway, G.N. (1972), The Anglo-Saxon Chronicle

Ragnar Lodbrok ("Ragnar hairy-breeches") (Old Norse: Ragnarr loðbrók), according to legends, was a Viking hero and a Swedish and Danish king.

He is known from Old Norse poetry of the Viking Age, Icelandic sagas, and near-contemporary chronicles. According to traditional literature, Ragnar distinguished himself by conducting many raids against the British Isles and the Carolingian Empire during the 9th century. He also appears in Norse legends, and according to the legendary sagas Tale of Ragnar's Sons and a Saga about Certain Ancient Kings, Ragnar Lodbrok's father has been given as the legendary king of the Swedes, Sigurd Ring.



When Sigurd Ring dies, **Ragnar Lodbrok** succeeds him as the king of Sweden and Denmark. Many foreign kings come to take parts of his kingdom as they think Ragnar is too young to defend it.

Herrauðr, the earl of Götaland and one of Ragnar's vassals had a daughter, Þóra Borgarhjótr, who was very beautiful. He gave her a lindworm, but after some time, it encircles her tower and threatens anyone who approaches it, except for her servants who fed it an ox every day. At his symbol, Herrauðr promises his daughter to the man who kills the serpent.

When Ragnar hears of this, he goes to Västergötland and dresses in shaggy clothes that he had treated with tar and sand. He took a spear and approached the serpent, which then blew poison at him. Ragnar protected himself with his shield and speared the serpent through its heart. He then cut off the serpent's head, and when the people found out what had happened, he married Thora. Then, he proceeded to liberate his kingdom.

Ragnar and Thora had two sons, Eric and Agnar, before Thora fell ill and died when the sons were only a few years old. Ragnar then married Aslaug, also known as Randalin, the daughter of Sigurd and Brynhildr. They had four sons, Ivar the Boneless, Ubba, Hvitserk and Sigurd Snake-in-the-Eye (thus called because there was a mark in his eye, as if a snake lay around the pupil).

From Wikipedia

Famous Norwegian

Rikard Nordraak (born Richard Nordraach, 12 June 1842 in Christiania, died 20 March 1866 in Berlin) was a Norwegian composer. He is best known for having composed the music for the Norwegian national anthem, which was written in 1863/64, and performed publicly for the first time in 1864.

Nordraak descended from “forestfinn” Mads Mikkelsen Finne på Land. The paternal grandfather Mads Mikkelsen Nordraach came from the homestead Nordråkeidet. Rikard Nordraak’s father Georg Marcus Nordraach (1811-91) was a master painter and brother of Inger Elise, who became the mother of Bjørnstjerne Bjørnson.

Nordraak, who in adulthood changed his name to a more modern spelling, had a Danish mother and showed early musical talent. At the age of 15, he traveled to Copenhagen to attend business school, but abandoned these studies in favor of music, and was taught by the Danish singer and composer Carl Ludvig Gerlach. In 1859, aged 18, Nordraak traveled to Berlin to study under Theodor Kullak and Friedrich Kiel, but had to return home after six months.

Back in Christiania, he was taught piano playing and composition by the German organist Rudolph Magnus. Later he lived mainly in Berlin. Here he met the pianists Ida Lie and Erika Nissen Lie, and the Norwegian national anthem was inspired by being with them.

Nordraak was a cousin of Bjørnstjerne Bjørnson. He wrote the music for several of Bjørnson’s works, such as the plays Sigurd Slembe and Maria Stuart or the poems “Ingerid Sletten af Sillejord”, “Killebukken, Lammet mitt”, “Olav Trygvason”.

In Copenhagen he had become acquainted with Edvard Grieg, who had become a good friend. Grieg was infected by Nordraak’s enthusiasm for everything Norwegian, and later dedicated several works to him. Together with Grieg, he founded the music company Euterpe in the winter of 1864/65, which aimed to perform more Nordic contemporary music.

Rikard Nordraak contracted pneumonia in November 1865 and died of tuberculosis in Berlin in March the following year, aged just 23. He was buried there, and the remains were first taken to Oslo and buried at Æreslunden at Vår Frelser’s cemetery 59 years later, in 1925. His original four-metre-high grave monument still stands at the Jerusalem Cemetery in the Kreuzberg district of Berlin. There is a towering, just over four meter high red granite bollard at the place where Nordraak was first buried. Bjørnstjerne Bjørnson traveled to Berlin and gave a moving memorial speech at the unveiling in 1906. Norwegians still gather in Berlin every 17 May at the Jerusalem cemetery and sing three verses of “Ja, vi elsker”



“Ja, vi elsker dette landet” is a patriotic song written in 1859 by Bjørnstjerne Bjørnson and set to music by Rikard Nordraak. From the mid-1860s to the beginning of the 20th century, this song gradually took over as the most recognized Norwegian national anthem. The Storting unanimously decided on Wednesday 11 December 2019 to recognize it as Norway’s official national anthem. In the past, several other songs have been considered national anthems in Norway and for most of the 19th century there were other songs that were most recognized, primarily “Norges Skaal” and “Sons of Norway”.

In the summer of 1859, Bjørnson spent a couple of months at Wernersholm (Bergen) with his friend Georg Krohn. Among other things, he wrote “Yes, we love this country” there and completed Arne while he was there. The poem “Ja, vi elsker dette landet” was originally intended for Arne.

Bjørnstjerne Bjørnson’s patriotic poem was created in several stages, in step with the development of Norwegian feelings of nationalism and independence during the 19th century. The earliest version of the poem from 1859 arose out of a crisis in the relationship between Norway and its union partner Sweden. There was uncertainty surrounding the Norwegian-Swedish King Karl IV’s appointment of a new governor for Norway.

The first version of the text was printed anonymously in Aftenbladet on October 1, 1859 under the heading “Norsk Fædrelandsang”. It was dedicated to King Karl IV on the occasion of the opening of the Storting. In 1863, a revised version was printed in Illustreret Nyhedsblad. Then it was signed and King Karl was out of the picture both in the appropriation and in the poem itself. The form the poem received in Bjørnson’s poetry collection Digte og Sange from 1870 has remained the final form. It then has eight stanzas and is simply called “Yes, we love”. Bjørnstjerne Bjørnson’s cousin Rikard Nordraak composed “Ja, vi elsker” for men’s choir, aged 21. The melody was probably composed in the autumn of 1863 while Nordraak was studying in Berlin.

On 17 May 1864, the song was performed publicly for the first time by 24 male singers at Eidsvoll in connection with the fiftieth anniversary of the Constitution. Until the early 20th century, both “Sons of Norway” and “Ja, vi elsker dette landet” were used as national anthems, but “Sons of Norway” was used in official contexts. On 14 November 2019, the Storting’s culture committee advocated that “Ja, vi elsker dette landet” should become Norway’s national anthem.

Norwegian Food

Vorterbread (Vørtekake)

Makes 2 loaves

1 ¼ cups plus 2 tablespoons (330 ml)
wort beer (substitute with water)
1 cup (240 ml) milk
½ cup (120 ml) Norwegian dark syrup,
light molasses, or Lyles Golden Syrup
2 ounces (50 g) fresh yeast
or 2/3 ounces (17 g) active dry yeast
3 1/3 cups (400 g) fine rye flour
3 ¾ cups (450 g) all- purpose flour
½ teaspoon ground cloves
1 teaspoon ground anise
1 teaspoon salt
2 cups (200 g) raisins

In a small pan, warm the wort beer, milk and syrup over medium-low heat until lukewarm. Pour into a stand-mixer fitted with a dough hook, or a large bowl, and sprinkle in the fresh yeast. (If using active dry yeast, then whisk it together with the lukewarm mixture and let it sit for a couple of minutes to activate before adding it to the stand mixer). Add the rye flour, all-purpose flour, cloves, anise, salt and combine. Knead for 8 minutes in the stand mixture or 15 minutes by hand until the dough is elastic. Transfer the dough to a lightly buttered bowl, cover with a tea towel, and let rise in a warm spot for 1 hour or until doubled in size.

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Divide the dough into 2 equal loaves and place on a lightly floured surface. Flatten each dough slightly, divide the raisins between them, knead the raisins into the dough then shape into rounds. Using a sharp knife, make a couple of slits on the top of each loaf. Place the loaves on the prepared baking sheet, cover with a tea towel, and let rise for 45 minutes or until doubled in size.

Brush the tops of the loaves with lukewarm water. Bake for 35 to 45 minutes or until golden brown. Transfer to a wire rack to cool. Serve with butter, brown cheese, or whatever else your heart desires.

Recipe from North Wild Kitchen

Nevada Berg is a Utah native and Norwegian by heart. When not crafting culinary delights she enjoys her family time and tending to her animals. You most certainly can find her perusing her property for wild berries.

For February

<https://northwildkitchen.com/fersk-kjott-og-suppe/>



What is WORT (Vørter)

Mashing (roasting)

The dried malt is run through a malt mill and then transferred to the mash tank. Here, the malt is mixed with water to form mash, which is heated. The purpose of mashing is to transform all the substances in the malt into nutrients.

In the simplest form of mashing, the entire mash is heated to approx. 140F–158F. A more advanced method is to bring part of the mash to the boiling point and return it to the mash vessel, so that the mash is heated step by step. After three such operations, the mash has reached a final temperature of 167F. This "three-mash method" extracts more of the substances in the malt, and is therefore more widespread.

When the mash has reached the required temperature, it is pumped into a strainer, where the solids are strained out. The sieved mask goes to animal feed. The liquid that remains is called wort.

The wort is pumped into the wort pan. Here, the wort is boiled for 1/2 to 2 1/2 hours, depending on the beer being brewed. Today, steam is used to boil the wort, while some breweries stick to the use of an open fire under the wort pan. Traditionally, the wort pans were made of copper, because copper is not easily attacked by the acids in the wort. Today, most have switched to stainless steel, which is easier to keep clean.



Social Gathering December 16, 2023



Social Gathering December 16, 2023



*Merry Christmas
and A Happy New Year*



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
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Solskinn Lodge, #6-150
Terje Berger
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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*