

Solskinn Nyhetsbrev

January 2025 Newsletter from Solskinn Lodge 6-150



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



Godt Nytt År!
Welcome to 2025. We are another year older and another year better! We had a wonderful Christmas celebration. Thank you to all our cooks and cookie makers. Let's write a cookbook on how to serve 40 people Christmas dinner via crockpots and microwave.

Everyone enjoyed the event and the food. Thank you to everyone who helped clean up. That made it so much easier for the board to leave in a timely manner. We also had a number of guests at our event. Also, Tone won the Foundation quilt. Thank you to everyone who purchased tickets to support the Foundation and maybe win the quilt. Nancy will have our final contribution to the Sons of Norway Foundation in January. Thank you to everyone for your contributions.

January will be another great event. Our "Frokost" smorgasbord/brunch. This event is also another event to invite friends and family. When you travel to Norway, breakfast is an assortment of meat, cheese, waffles, bread, etc. We are trying to re-create that atmosphere with a wide variety of food. Many of the foods will be Norwegian in origin, and there will also be a lefse demonstration. Maybe you would like to volunteer to make a Norwegian brunch item. Or try a new recipe to work on your Cultural Skills pin.

Our book for January is Night Falls on Norway, a fictional book about Norway during WWII. It might be a good read.

Mark your calendars and RSVP to Nancy for our social. The sooner you RSVP, the easier it is for all the cooks and bakers to determine amounts.

Fraternally,
Luella

In this issue

Page 1	Ord fra Presidenten
Page 2	Birthdays, Social Calendar
Page 3	Book Reviews January 2025, February 2025 Time for ZOOM Meetings
Page 4	Netflix movie, Nr.24 About WWII resistance Gunnar "Kjakan" Sønsteby Book list to July 2025
Page 5	Norwegian History Oil in the Norwegian economy
Page 6	Famous Norwegian Riksd Nordraak
Page 7	Scandinavian Food Fish Soup
Page 8	Christmas Part, December 7, 2024
Page 9	Christmas Part, December 7, 2024 Luella's toir to Austalia
Page 10	Back Page. Mailing page

January 25, 2025
Brunch (Norwegian Breakfast)
Vafler and Lefse Demonstration

February 22, 2025
Salmon fishing,
wild caught or farming
On the table: Salmon

Solskinn Nyhetsbrev



Happy Birthday

Birthdays December 2024 · February 2025

Sammie Lee Lingle	January 10
Susan Norby	January 21
Terese Olson Hartley	February 11
Donald Lee Lingle	February 16
Sandi Mangan	February 21
Ulf Strandjord	February 23
Darlyn Johnson	February 26
Don Johnson	February 27



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

Norwegian Flag Days, Holidays and Days of Observance

Jan 1	Nyttårsdag	H F
Jan 20	HRH Princess Ingrid Alexandra	F
Feb 5	Sami People Day	F
Feb 9	Morsdag (Mothers Day)	
Feb 14	Valentindag	
Feb 20	HRH King Harald V	F
Mar 2	Fastelavnsøndag (3 day before Lent)	
Mar 20	Vårjevndøgn (Equinox)	
Mar 30	Summertime starts	

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

Social Calendar for 2024-2025 Season

Always a Saturday. Social at 11:00 AM

Cost	General Cost Members \$10.00, Guests \$15.00
January 25	Vafler and lefse demonstration Brunch (Norwegian breakfast)
February 22	Salmon fishing, wild caught or farming Salmon
March 22	Hardanger, demonstration and display Traditional open face shrimp sandwiches Cost: Members \$15.00, Guests \$20.00
April 26	World War II. The King's Escape Soup & Salad
May 17	Syttende Mai Hot Dogs and Bløtekake Cost: Members \$5.00, Guests \$10.00
June 28	Bar-b-Que in Morongo Valley Bring your own food to be grilled

BOOK CLUB

January 2025 Book

Night Falls in Norway
by C W Browning

ZOOM Meeting

Thursday, Jan 16 at 4PM

February 2025 Book

Touch
by Olaf Olafsson

ZOOM Meeting

Thursday, Feb 20 at 4PM

March 2025 Book

The Weaver and the Witch Queen
by Olaf Olafsson

ZOOM Meeting

Thursday, March 20 at 4 PM

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

January 2025

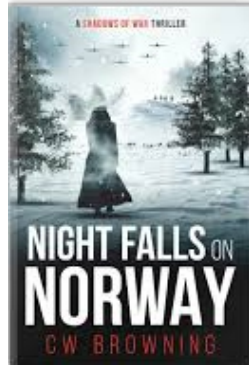
When MI6 sends Evelyn Ainsworth back to Oslo, no one expects any complications, least of all Evelyn. With her identity locked down and her section classified, both her location and her mission are secure.

Or so they thought.

After months of inactivity and scattered warnings across Europe, Hitler finally moves, but not in the direction everyone expects. With tensions between England and Norway rising, the Führer seizes the opportunity to send an invasion force north – straight into Norway.

Trapped in Oslo and facing an advancing German army, Evelyn embarks on a desperate flight to escape the infamous SS. But a deadly foe is right behind her and, as time runs out, she must rely on others to get her out alive...

...or fall victim to the horrors of a war that has well and truly begun.



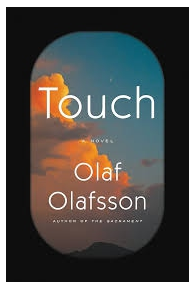
CW Browning was writing before she could spell. Making up stories with her childhood best friend in the backyard in Olathe, Kansas, imagination ran wild from the very beginning. At the age of eight, she printed out her first full-length novel on a dot-matrix printer. All eighteen chapters of it.



Through the years, the writing took a backseat to the mechanics of life. Those mechanics, however, have a great way of underlining what genuinely lifts a spirit and makes the soul sing. After attending Rutgers University and studying History, her love for writing was rekindled. It became apparent where her heart truly lay. Picking up an old manuscript, she dusted it off and went back to what made her whole.

CW still makes up stories in her backyard, but now she crafts them for her readers to enjoy. She makes her home in Southern New Jersey, where she loves to grill steak and sip red wine on the patio.

February 2025



A mesmerizing, panoramic story of one man's search to find a lover who suddenly disappeared decades before

When the pandemic hits, Kristofer is forced to shutter his successful restaurant in Reykjavik, sending him into a spiral of uncertainty, even as his memory seems to be failing. But an uncanny bolt from the blue--a message from Miko Nakamura, a woman whom he'd known in the sixties when they were students in London--both inspires and rattles him, as he is drawn inexorably back

into a love story that has marked him for life. Even as the pandemic upends his world, Kristofer finds himself pulled toward an answer to the mystery of Miko's sudden departure decades before, compelling him to travel to London and Japan as the virus threatens to shut everything down.

A heart-wrenching love story and an absorbing mystery, Touch delves into the secrets of the past to explore the hidden lives that we all possess, the pain and beauty of our past loves and friendships that continue to leave their mark on us. Searching and lyrically rendered by acclaimed author Olaf Olafsson, Touch is a stunning tribute to the weight of history and the complexities of the human heart.

Olaf Olafsson was born in Reykjavik, Iceland in 1962. He studied physics as a Wien Scholar at Brandeis University. He is the author of three previous novels, The Journey Home, Absolution and Walking Into the Night, and a story collection, Valentines. His books have been published to critical acclaim in more than twenty languages. He is the recipient of the O. Henry Award and the Icelandic Literary Award, was short listed for the Frank O'Connor Prize, and has twice been nominated for the IMPAC Award. He is the Executive Vice President of Time Warner and he lives in New York City with his wife and three children.



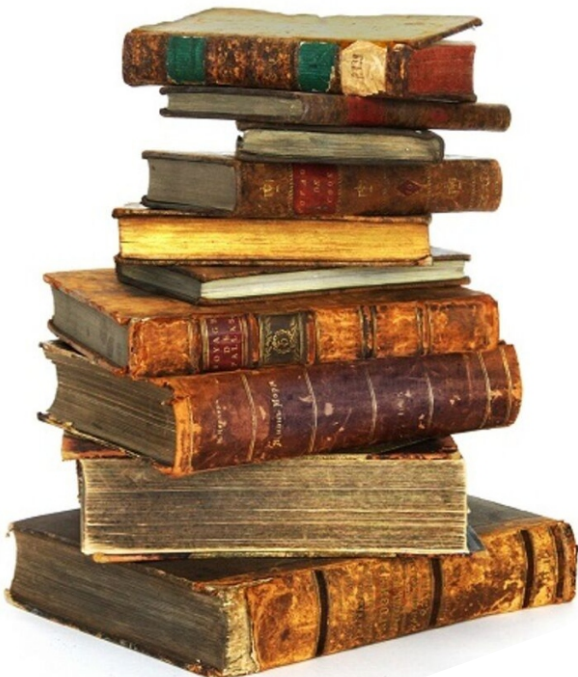
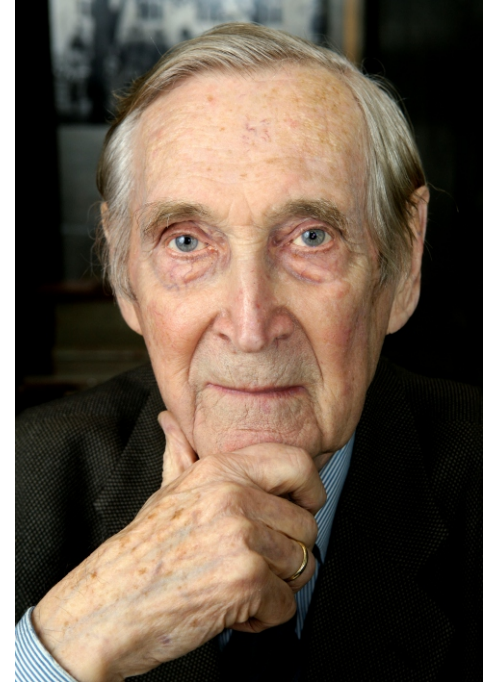
Text and images from GoodRead.com



Gunnar Fridtjof Thurmann Sønsteby DSO (11 January 1918 – 10 May 2012) was a member of the Norwegian resistance movement during the German occupation of Norway in World War II.[6] Known by the nickname "Kjakan" ("The Chin") and as "Agent No. 24", he was the most highly decorated citizen in Norway, including being the only person to have been awarded the War Cross with three swords, Norway's highest military decoration.

Young apprentice Gunnar Sønsteby from Rjukan decides to resist Nazi-Germany on the day of the invasion to later become the leader of the "Oslo-gang" carrying out countless daring acts of sabotage making him Norway's greatest war hero. Played by Sjur Vatne Brean

Audio and Subtitle in both Norwegian and English



Book List to July 2025

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

January 2025
The Night Falls on Norway
by CW Browning
ZOOM Meeting January 16

February 2025
Touch, by Olaf Olafsson
ZOOM meeting February 20

March 2025
The Weaver and the Witch Queen
by Genevieve Gronechee

April 2025
The Larasus Solution
by Kjell Oda Dahl

May 2025
Nansen by Rolan Huntford

June 2025
The Axe by Sigrid Undset

July 2025
The Slaves Tale
by Erik Haugaard

Norwegian History

Oil in the Norwegian economy

The oil industry has led to fundamental changes in the economy, living conditions and working life in Norway. The development began in the 1970s, but really accelerated from the late 1990s. In the winter of 1974, the price of oil increased several times as a result of a new production and price policy from the Organization of the Petroleum Exporting Countries, OPEC. For most European countries, this was bad news. Energy costs became much higher for businesses and households. But Norwegian oil revenues increased sharply. The new oil price spike in 1979/1980, during the Iran-Iraq war, had a similar effect.

Oil revenues caused instability

The awareness that oil would make Norway rich had a major influence on political debate and decisions even before the biggest revenues came in. The 1970s were characterized by very high spending in the public sector, where a number of expensive reforms were brought forward in a short time. A sharp increase in agricultural incomes and the new Occupational Health and Safety Act were among these reforms, as well as extensive expansion in the healthcare and education sectors. All of this led to a sharp tightening of policy late in the decade.

Boom and austerity

The eighties saw a correspondingly rapid growth in private spending. Previously, bank lending had been regulated. The lifting of the most important regulations was one of the main reasons for the great boom in the middle of this decade. In 1986, the price of oil fell. Severe economic austerity was necessary, and the development ended in a deep economic crisis in the early 1990s. In both expansion periods, the expected oil money played an important role in the argument that there was room to spend much more money in the Norwegian economy. And the fall in oil prices in 1986 showed how dependent the Norwegian economy was on oil revenues.

The great riches

In 1990, the Storting decided to establish an oil fund to save oil revenues for future generations. However, it was not until 1996 that any surplus could be transferred to the fund.



Special Norwegian schemes

The contrast between the wealth in Norway and the economic situation in other European countries has become particularly stark after the "financial crisis" of 2008, which has characterized the international economy since then. Norway has hardly shown any signs of any crisis. While unemployment in Europe has been comparable to the crisis of the interwar period, Norway has had good employment with continued increasing prosperity. In the aftermath of the financial

crisis, the Norwegian oil fund was more than twice as large as the entire Greek national debt. Public welfare schemes have been cut in most European countries. Norway introduced some limited changes to its pension schemes in 2005. But otherwise the Norwegian schemes, which provide both great security and high costs, are intact.

Wealth and future

Welfare is not only state-owned, but also private. Norway has small differences in wages and incomes compared to other countries. In 2014, Norwegian wages were more than 60 percent above the average among the EEA countries. Most of this gap was created after the turn of the millennium through high demand and large incomes in the Norwegian economy.

Labor immigration is historically very high. Norwegians have become accustomed to Swedish and Polish being common languages in Norwegian restaurants and construction sites. The new Norwegian state that was formed in 1814 was poor. But it purposefully strengthened its capacity to bear the brunt of a long period during which heavy burdens were placed on the population. 200 years later, Norway is in a sense in the opposite position. The state is rich in land, and it has great resources to transfer to its citizens. But perhaps the wealth, both in the state and among private individuals, makes it more difficult to



Famous Norwegian

You might have heard the Norwegian national hymn sang by a men's choir early morning on May 17.

Rikard Nordraak (12 June 1842 – 20 March 1866) was a Norwegian composer. He is best known as the composer of the Norwegian national anthem, "Ja, vi elsker dette landet".

Rikard Nordraak was born and grew up in Oslo, Norway. His family came from the Nordråk farm in the district Land in the county of Oppland. His father was a brother of Inger Elise Nordrach, the mother of the Norwegian writer and poet, Bjørnstjerne Bjørnson.

Nordraak's musical gifts became evident at an early age, but as for many other artists at that time, a different career was already planned. He was going to pursue a career within business, and when he was fifteen he was sent to business school in Copenhagen. Nonetheless his musical interests prevailed and instead of studying business he ended up studying music, and in 1859 he went to Berlin for advanced studies. After six months he had to return home and he continued studies in Oslo, and his first compositions came during the winter of 1859–60. In 1861 he went back to Berlin to continue his studies, and he stayed there for two more years.

The compositions that he himself marked opus 1 were published in 1863, and contained six songs with texts by his cousin Bjørnstjerne Bjørnson, amongst others. At this time Nordraak also composed Ja, vi elsker, which became the Norwegian national anthem. It was first performed publicly on 17 May 1864 in connection with the 50th anniversary of the Norwegian Constitution. The lyrics were written by Bjørnson between 1859 and 1868.

In 1864, he met Edvard Grieg in Copenhagen and inspired him with the idea of devoting his genius to Norwegian melody and the cultivation of a specifically national art. Nordraak later wrote incidental music for Bjørnson's plays *Maria Stuart i Skotland* and *Sigurd Slembe*.^[3] He published his *Fem norske Digte: Op. 2*, consisting of songs and poems by Bjørnson and Jonas Lie. This was the last of his compositions that would be published during his lifetime.

In May 1865, he returned to Berlin to continue his education, but he was stricken with tuberculosis in October and died in Paris the following March, only 23 years old. He was buried in Kirchhof Jerusalem in the Berlin neighborhood of Kreuzberg (Friedhof IV der Gemeinde Jerusalem – und Neue Kirche). In 1925, Nordraak's coffin was brought home to Norway and buried in the Honor Grove at Vår Frelzers gravlund in Oslo.

Nordraak did not live long enough to produce much music. About forty compositions, mostly smaller works like songs, pieces for male choir and a few piano compositions, have been preserved. The biggest of these compositions, is the *Scherzo Capriccio* for piano solo, given the opus number 3, published posthumously by Edvard Grieg. This is a kind of rondo, using several features from Norwegian folk music; rhythms typical in slåtter, and dissonances typical for the hardingfele. However, the thematic material does not have this connection with folk music.

Text and pictures from Wikipedia



About 1860



Rikard Nordraak's grave stone in Vår Frelzers gravlund in Oslo

Scandinavian Food

Fish Soup

If you love fish soup, always have fish stock in the freezer.

Ingredients for 4 portions

4 lbs Fish trimmings
 1/4 Yellow Onion
 1 oz Celery Root
 1 tbs Whole black pepper
 1 Bay Leaf
 1 Leek
 2 tbs Salt
 Water

Wash the fish trimmings and fish well. Remove blood streaks and gills.

Wash vegetables and cut them into large pieces. Use only the green part of the leek.

Place fish, vegetables, bay leaf, salt and pepper in a saucepan, and fill with cold water until just cover.

Bring to boil and let it all stand and infuse for 20-30 minutes.

Remove any foam that forms on the top.

Remove the fish trimmings and vegetables when the stock is finished cooking and strain the stock.

If you want the stock to have a stronger flavor, or for it to take up less space in the freezer, you can boil it.

That is, you let the stock simmer until the amount is reduced by half.



Creamy fish soup

Ingredients

20 oz Fish stock
 2 Carrots, cut into pieces
 6 oz Milk
 2 tbs Wheat Flour
 1/2 lb Salmon or other red fish
 1/2 lb Cod fillet or other white fish
 4 oz Frozen Peas
 4 oz Heavy Cream
 1/2 tbs Salt
 1/2 tbs Pepper
 1 tbs Fresh Chives

Norwegian Fish Soup

Ingredients

2 pcs Celery Root sliced
 1 pc Leek
 1 lb Fish file, skinless and boneless
 3 tbs butter
 1/3 gallon Fish stock or broth
 2 dl Sour Creme or 1 dl Cream
 salt and pepper
 a little sugar and white wine vinegar

The soup is best made with homemade fish stock. Clean and finely chop the vegetables for the soup and cook them until barely tender in a little fish stock. Remove the vegetables.

Fry finely chopped onion in butter until the onion is translucent, Stir in flour and dilute with hot fish stock. Add sour cream or cream, bring to boil and let the soup simmer uncovered for at least 10-15 minutes.

Add the diced fish and cooked vegetables, season with salt, pepper, vinegar and sugar.

From Oppskrift.klikk.no



Or you can make wonderful fish soup from Toro.

Bring the fish stock to a boil in a pot and add the carrot pieces. Let them cook for 3-4 minutes.

Mix the milk and flour. Use a glass jar with a screw cap and shake well. Pour the mixture into the fish stock, whisking constantly. Let the soup simmer for about 5 minutes.

Lower the temperature and add the fish pieces and peas. Let the soup simmer for approx. 5 minutes. Stir in the cream with salt and pepper. Sprinkle with finely chopped chives.

From Matprat.no

Christmas Party December 7, 2024



Christmas Party December 7, 2024



Luella's Christmas Quilt

And the winner was:
Tone Chaplin



The lodge president Luella celebrating Christmas in Australia near the Uluru or Ayers Rock



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	

Insurance Professional

James Donovan, FIC, CSA	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 provide quality insurance
and financial support to our
members, promote and 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***