

Solskinn Nyhetsbrev

January 2026 Newsletter
from Solskinn Lodge



Ord fra Presidenten



Happy New Year

What a wonderful Christmas party we had. Thank you to Tone, Ulf, Joy, Nancy, TJ, Miriam and the cookie bakers for providing us with wonderful food for our holiday celebration.

A special thanks to Louise Selle for providing the beautiful Christmas harp music for our event. Thank you to those who purchased tickets for the lodge raffle. I don't have the final numbers on the quilt ticket sales but with what I submitted to Nancy after the social and from our last P&L for YTD we should have over \$300 for the Sons of Norway Foundation. And the lucky winner of the 2025 quilt was Louise Selle. Louise is actually a 2 time winner of a Solskinn Foundation quilt. Thank you to everyone who helped clean up so we could all get home at a reasonable time.

Next month will be our brunch or Frokost event. There will be a number of Norwegian food favorites for brunch. Including breads, meats, cheese, and the rest will be a surprise. Bring a friend to the event. Please check the time it will be a bit different than our usual time and make sure to RSVP so we have enough food prepared for everyone.

I hope you all had a wonderful Christmas celebration and a happy New Year celebration. I look forward to a bright and happy 2026.

Fraternally,
Luella

In this issue

Page 10 Back Page. Mailing page

Upcoming Events

January 24, 2026

**Norwegian Frokost
Theme: Genealogy**

February 28, 2026

**Heart Waffles
Norwegian explorers
Roald Amundsen and Fridtjof Nansen**



Happy Birthday

Birthdays January 2026 - April 2026

Sammie Lee Lingle	January 10
Terese Olson Hartley	February 11
Donald Lee Lingle	February 16
Ulf Strandjord	February 23
Beryl Waldeland	March 4
Margit Chiriaco Rusche	March 14
Pat Reddick	March 17
Louise Selle	March 26
Sandra K Kennedy	April 3
Svein Olav Stokke	April 5
Colin Brown	April 12
Wyonne M Long	April 27
Edward Maury Tauber	April 29
Carrie Kosvic	April 29



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

Norwegian Flag Days, Holidays and Days of Observance

January 21	Her Royal Highness Princess Ingrid Alexandra's Birthday	F
February 6	Sami people's day	F
February 21	His Royal Highness King Harald V (1937)	F
April 2	Skjærtorsdag Maundy Thursday	H
April 3	Lang Fredag Good Friday	H
April 5	Første Påskedag Easter Sunday	FH
April 6	Andre Påskedag Easter Monday	H

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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 2026

Always a Saturday. Social at 11:00 AM

General Cost
Members \$10.00, Guests \$15.00

SAVE THE DATES

2026 Socials

February 28	Waffles Norwegian explorers Roald Amundsen and Fridtjof Nansen
March 28	Fish (Salmon or Cod) Norwegian Emigrants
April 25	Soup and Salad Viking presentation
May 16	Hot dogs and ice cream Bring your Norwegian flag

BOOK CLUB

January 2026 Book

The Reindeer of Chinese Gardens
by Barbara Sjöholm

ZOOM Meeting

Thursday, January 15, 4 PM

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

February 2026 Book

The Little Drummer
by Kjell Ola Dahl

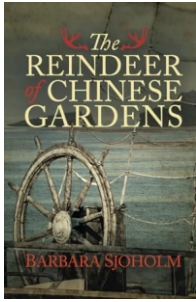
ZOOM Meeting

Thursday, February 19, 4 PM

The book club is open for any member of Sons of Norway, anywhere in the world.

January 2026

The Reindeer of Chinese Gardens



At 18, the author's protagonist, Dagny, marries the much older sea captain Edward Bergland, and they

sail around the world. They end up unofficially adopting young orphan Kjell Fossen in Lima, Peru, before fetching up in Port Townsend, Washington, after Edvard's ship burns at anchor in San Francisco. Edvard, still almost always at sea, dies while ferrying prospectors to Alaska. Meanwhile, the U.S. government hatches a plan to entice the Sámi, renowned reindeer herders

from the far north of Norway, to deliver 500 reindeer to eventually serve as food for starving gold miners. What the book eventually depicts is the tragic, wide-scale disruption of cultures against the backdrop of the 1898 gold rush. The character of Dagny is a writer, and she composes sketches to send to Norway, where folks are eager to learn of how their compatriots are faring in this new world. Dagny "adopts" the infant daughter of a dead Sámi woman whom she'd befriended and falls in love with a Sámi man much her junior. Eventually readers are led to believe that Dagny longs to return to Bergen—but does she?

Barbara Sjöholm

Barbra Wilson (born 17 October 1950 in Long Beach, California) is the pen name of Barbara Sjöholm, an American writer, editor, publisher, and translator. She co-founded two publishing companies: Seal Press and Women in Translation Press. As Barbara Sjöholm, she is the author of memoir, essays, a biography, and travelogues, including *The Pirate Queen: In Search of Grace O'Malley and Other Legendary Women of the Sea*, which was a finalist for the PEN USA award in creative nonfiction. She is also a translator of fiction and nonfiction by Norwegian and Danish



writers into English, and won the Columbia Translation Award and the American-Scandinavian Translation Award. As Barbara Wilson, she has written two mystery series and has won several awards for her mystery novels.

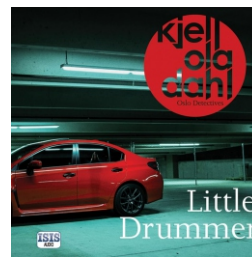
February 2026

The Little Drummer. When a woman is found dead in her car in a Norwegian parking garage, everyone suspects an overdose... until a forensics report indicates that she was murdered. Oslo Detectives Frølich and Gunnarstranda discover that the victim's Kenyan scientist boyfriend has disappeared, and their investigations soon lead them into the shady world of international pharmaceutical deals.

While Gunnarstranda closes in on the killers in Norway, Frølich and Lise, his new journalist ally, travel to Africa, where they make a series of shocking discoveries about exploitation and corruption in the distribution of foreign aid and essential HIV medications.

When tragedy unexpectedly strikes, all three investigators face incalculable danger, spanning two continents. And not everyone will make it out alive...

Exploding the confines of the Nordic Noir genre, *Little Drummer* is a sophisticated, fast-paced, international thriller with a searingly relevant, shocking premise that will keep you glued to the page.



Kjell Ola Dahl (born Feb 4, 1958) is a Norwegian writer.

His writing career began with the publishing of *Dødens Investeringer* (Lethal Investments) in 1993 and he has subsequently authored more than a dozen novels, many short stories, several non-fiction books.

He is best known for his eleven Nordic noir crime novels which feature his Oslo detectives Frølich and Gunnarstranda. Six of these have been published in English, translated by Don Bartlett.

Speaking of his own work in Nordic Noir Dahl says 'I'm never entirely satisfied with my work – I'm pleased, of course, that readers find things to enjoy in them, but I can always see their weaknesses all too clearly'.

Norwegian Viking History

The history of Ireland 795–1169 covers the period in the history of Ireland from the first Viking raid to the Norman invasion. The first two centuries of this period are characterised by Viking raids and the subsequent Norse settlements along the coast. Viking ports were established at Dublin, Wexford, Waterford, Cork and Limerick, which became the first large towns in Ireland.

Ireland consisted of many semi-independent territories (túatha), and attempts were made by various factions to gain political control over the whole of the island. For the first two centuries of this period, this was mainly a rivalry between putative High Kings of Ireland from the northern and southern branches of the Uí Néill. The one who came closest to being de facto king over the whole of Ireland, however, was Brian Boru, the first high king in this period not belonging to the Uí Néill.

Following Brian's death at the Battle of Clontarf in 1014, the political situation became more complex with rivalry for high kingship from several clans and dynasties. Brian's descendants failed to maintain a unified throne, and regional squabbling over territory led indirectly to the invasion of the Normans under Richard de Clare in 1169.

The Norsemen (or Northmen) were a Germanic cultural group in the Early Middle Ages, originating among speakers of Old Norse in Scandinavia. During the late eighth century, Scandinavians embarked on a large-scale expansion in all directions, giving rise to the Viking Age. In English-language scholarship since the 19th century, Norse seafaring traders, settlers and warriors have commonly been referred to as Vikings.

Historians of Anglo-Saxon England often use the term "Norse" in a different sense, distinguishing between Norse Vikings (Norsemen) from Norway, who mainly invaded and occupied the islands north and north-west of Britain as well as Ireland and western Britain, and Danish Vikings, who principally invaded and occupied eastern Britain.



The first recorded Viking raid in Irish history occurred in AD 795 when Vikings, possibly from Norway looted the island of Lambay. This was followed by a raid on the coast of Brega in 798, and raids on the coast of Connacht in 807. These early Viking raids were generally small in scale and quick.

These early raids interrupted the a golden age of Christian Irish culture and marked the beginning of two hundred years of intermittent warfare, with waves of Viking raiders plundering monasteries and towns throughout Ireland. Most of the early raiders came from the fjords of western Norway. They are believed to have sailed first to Shetland, then south to Orkney. The Vikings would have then sailed down the Atlantic coast of Scotland, and then over to Ireland. During these early raids the Vikings also travelled to the west coast of Ireland to the Skellig Islands located off the coast of County Kerry. The early raids on Ireland seem to have been aristocratic free enterprise, and named leaders appear in the Irish annals: Saxolb (Soxulfr) in 837, Turges (Þurgestr) in 845, Agonn (Hákon) in 847.

Aud the Deep-Minded was the second daughter of Ketill Flatnose, a Norwegian hersir, and Yngvid Ketilsdóttir, daughter of Ketill Wether, a hersir from Ringerike. She married Olaf the White (Oleif), son of King Ingjald, who had named himself King of Dublin after going on voyages to Britain and then conquering the shire of Dublin. They had a son named Thorstein the Red. After Oleif was killed in battle in Ireland, Aud the Deep-Minded and Thorstein journeyed to the Hebrides. Thorstein married there and had six daughters and one son. He also became a great warrior king, conquering in northern Scotland; however, he was killed in battle after being betrayed by his people.

Auðr the Deep-Minded (also called Unn) wasn't a warrior queen. She was something more dangerous:.....competent.

After the deaths of her husband (a Norse king of Dublin) and her son, Auðr didn't remarry, retreat, or disappear. She secretly had a ship built, gathered her household, wealth, followers, and enslaved people, and sailed across the North Atlantic with a plan.

This wasn't wandering. She stopped through the Hebrides, arranged politically smart marriages for her granddaughters, freed enslaved people along the way, and then settled in Iceland.

There, she claimed a large tract of land in Breiðafjörður, founded a settlement, distributed land, hosted feasts to cement alliances, and ruled her household in her own name — no husband, no male guardian.

Her nickname "Deep-Minded" didn't mean dreamy or mystical. In Old Norse, it meant far-seeing, strategic, calculating. Saga language for someone who thinks several moves ahead.

Some sources suggest she was Christian, others that she wasn't. What matters more is this: no one challenged her authority.

Power in the Viking world came from land, followers, and competence — and she had all three.

Auðr didn't raid.

She didn't rule by fear.

She organised people so well that her influence outlived her.

Not loud. Not flashy. Just devastatingly effective.

Little bit of everything

Epiphany in Norway

In Norway, Epiphany was often referred to as "the old Christmas Day", where people ate Christmas food and had three-armed candlesticks on the table ("the light of the Three Kings"). People also drank a toast for a good year. If you followed the old folk superstition, you should stay indoors in the evening, because then "the wild hunt" began, where supernatural beings hunted across the sky or earth. What you dreamed at night would also come true in reality. The Thirteenth Day was also an important day for the weather. If the weather was nice and clear, it promised good crops. The weather on this day would last for 13 days. Now the coldest part of winter began. The day was also known as "danger day", because the Christmas celebrations were now over, and the guests were going home.

In Setesdal, Epiphany was also called "the twelve-day frenzy", when people drank, danced and fought for a whole day, and parents feared that their sons would be brought home on a stretcher. During the celebration in 1824, things got so wild that an entire courtyard was filled with blood. Several people were trampled to death in the commotion, and a servant hovered between life and death. After this episode, a great religious revival occurred.

On the primstaff, the day is marked with three crowns or crosses.

After the day ceased to be a public holiday, it was continued in many places as a dot day, a "half-holiday" when servants were supposed to have the day off and as little work as possible was to be done.

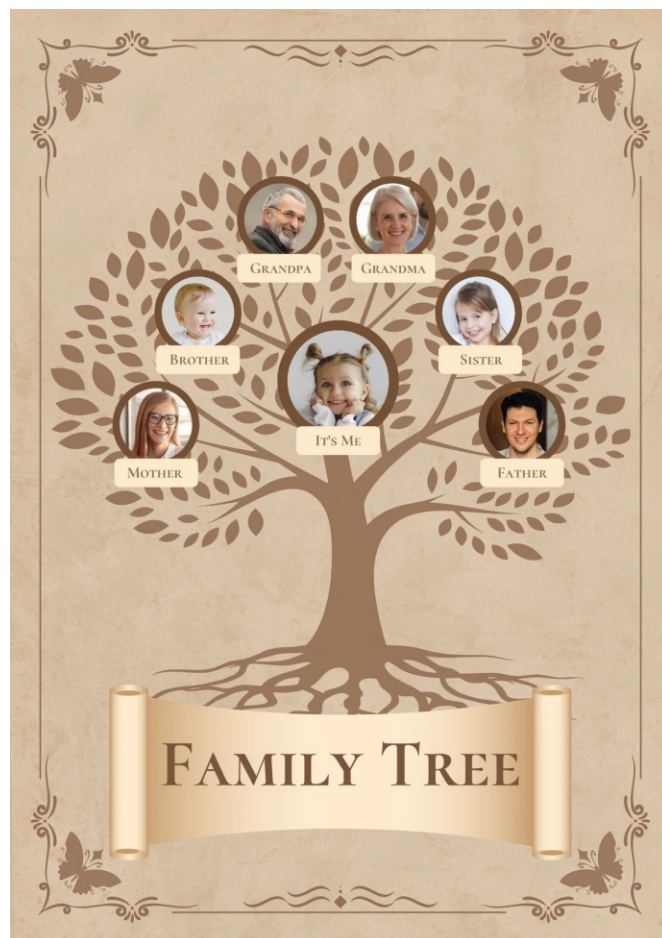


GENEALOGY

Theme for January 2026 social is genealogy

Do you know the names of your Norwegian ancestors?

If you need help to trace them, we need a few details.
What is the names of your grandparents and great grandparents
Where did your grandparents and maybe great grandparents live.
When were they born, and where are they buried.



Book Club Books for 2026

February	The Little Drummer by Kjell Ola Dahl
March	Muus vs Muus by Bodil Stenseth
April	The Memoirs of Stockholm Sven by Nathaniel Miller
May	Blind Goddess by Hanne Wilhelmsen, Book 1

Roald Amundsen

Carsten Borchgrevink.

Roald Engelbregt Gravning Amundsen (16 July 1872 – c. 18 June 1928) was a Norwegian explorer of polar regions. He was a key figure of the period known as the Heroic Age of Antarctic Exploration.

Born in Borge, Østfold, Norway, Amundsen began his career as a polar explorer as first mate on Adrien de Gerlache's Belgian Antarctic Expedition of 1897–1899. From 1903 to 1906, he led the first expedition to successfully traverse the Northwest Passage on the sloop Gjøa. In 1909, Amundsen began planning for a South Pole expedition. He left Norway in June 1910 on the ship Fram and reached Antarctica in January 1911. His party established a camp at the Bay of Whales and a series of supply depots on the Barrier (now known as the Ross Ice Shelf) before setting out for the pole in October. The party of five, led by Amundsen, became the first to reach the South Pole on 14 December 1911.

Following a failed attempt in 1918 to reach the North Pole by traversing the Northeast Passage on the ship Maud, Amundsen began planning for an aerial expedition instead. On 12 May 1926, Amundsen and 15 other men in the airship Norge became the first explorers verified to have reached the North Pole. Amundsen disappeared in June 1928 while flying on a rescue mission for the airship Italia in the Arctic. The search for his remains, which have not been found, was called off that September.

Early life

Amundsen was born into a family of Norwegian shipowners and captains in Borge, between the towns Fredrikstad and Sarpsborg. His parents were Jens Amundsen and Hanna Sahlqvist. Roald was the fourth son in the family. His mother wanted him to avoid the family maritime trade and encouraged him to become a doctor, a promise that Amundsen kept until his mother died when he was aged 21. He promptly quit university for a life at sea.

Amundsen was in the Uranienborg neighbourhood, and an occasional childhood playmate of the pioneering Antarctica explorer

When he was fifteen years old, Amundsen was enthralled by reading Sir John Franklin's narratives of his overland Arctic expeditions. Amundsen wrote "I read them with a fervid fascination which has shaped the whole course of my life".

Belgian Antarctic Expedition

Amundsen joined the Belgian Antarctic Expedition as first mate at the age of 25 in 1897. This expedition, led by Adrien de Gerlache using the ship the RV Belgica, became the first expedition to overwinter in Antarctica. The Belgica, whether by mistake or design, became locked in the sea ice at 70°30'S off Alexander Island, west of the Antarctic Peninsula. The crew

endured a winter for which they were poorly prepared.

By Amundsen's own estimation, the doctor for the expedition, the American Frederick Cook, probably saved the crew from scurvy by hunting for animals and feeding the crew fresh meat. In cases where citrus fruits are lacking, raw meat – particularly organ meat – from animals often contains enough vitamin C to prevent scurvy.



Pictures: Roald Amundsen, 1923, RV Belgica

*Social for February 2026 will be about
Roald Amundsen and Fridtjof Nansen*

Norwegian Food

Norwegian Waffles

These authentic Norwegian waffles (Hjertevafler) are sure to become a family breakfast favorite! Buttery, crisp and tender and made with wholesome, simple ingredients, these heart shaped waffles are a delicious way to begin the day.

Choose from a variety of traditional Norwegian toppings (sour cream, whipped cream, fresh berries, jam, fruit compote or brown cheese). Or go ahead and top them butter and maple syrup....it's not the Norwegian way but still SO delicious. Need more inspiration?

2 cups All-Purpose Flour
1/4 cup Sugar
2 tsp Baking Powder
3/4 tsp Salt
1/2 tsp Ground Cardemom
1 tsp Vanilla Extract
3 Large Eggs
1 cup Sour cream
Gives the waffles a tender texture
3/4 cup Milk
8 tbsps Unsalted butter
Melted and cooled

Buttermilk: Substitute 1 3/4 cups

buttermilk for the sour cream and milk and add 1 teaspoon of baking soda with the dry ingredients.

Savory Cheese: Reduce the sugar to 2 tablespoons and omit the vanilla and cardamom. Fold 1 cup of shredded sharp cheddar cheese and 2 tablespoons chopped fresh chives into the prepared batter. Cook as directed.

Savory Cheese and Bacon: Reduce the sugar to 2 tablespoons and omit the vanilla and cardamom. Fold 1 cup of shredded sharp cheddar cheese, 2 tablespoons chopped fresh chives and 4 slices of bacon, cooked and chopped into the prepared batter. Cook as directed.

Step 1:
Whisk the dry ingredients together in a medium bowl.

Step 2:
Whisk eggs together in a large bowl. Add sour cream and whisk until smooth. Add milk, vanilla and melted butter and whisk until fully combined.

Step 3:
Add dry ingredients to wet ingredients and stir gently with rubber spatula until the mixture just comes together (It will not be entirely smooth).

Step 4:
Cook according to your waffle maker's instructions.

Step 5:
Heat waffle iron according to manufacturer's instructions. Cook waffles one at a time until golden brown and crisp. Serve immediately or transfer to a 200 degree oven to keep warm.

Don't over mix the batter. You want to gently fold the dry ingredients into the wet ingredients with a rubber spatula until they JUST come together. A few streaks of visible flour here and there is even okay.

Don't skimp on the batter and position it properly. One of the most frustrating things about making heart shaped waffles is when the batter doesn't get all the way to the edges of the waffle iron and they aren't as heart shaped as you want them to be. Be sure to center the batter in the middle of the iron and to

use enough to ensure that it will travel all the way to the edges when pressed.

Get to know your waffle iron. Mine works best with a generous 1/2 cup of batter per waffle, and I cook it on the highest setting because I like my waffles to be nicely browned. Your waffle maker might be different! Take time to read the instructions and play around with the settings until you are happy with the results.

For best results, enjoy immediately! Hot waffles are best enjoyed right from the iron, in my opinion. If you want to keep them all warm so you can eat at the same time, Keep them in a 200 degree oven, preferably on a wire rack set inside of a baking sheet, until you are ready to eat.

Notes

These waffles freeze really well. Allow them to cool completely and then wrap them tightly in plastic wrap and slip them into a freezer bag. They will keep well in the freezer for a couple of months. When you are ready to enjoy a waffle, simply unwrap the plastic, break the waffle in half and toss it in the toaster. Homemade toaster waffles! But do keep a close eye on them while they toast. They can get overly dark really quickly.

Wrap the waffles in foil and warm them up in the oven.



Viking Mead
Yule Closing Recipe

Ingredients

- Raw honey
- Clean water
- Optional: berries or herbs (local, seasonal)

Directions

1. Gently warm the water. Do not boil. The water should be warm enough to dissolve the honey, not hot.
2. Stir in the honey until fully dissolved. This mixture is the must.
3. Allow the must to cool completely.
4. Pour into a clean vessel. Traditionally ceramic, wood-lined or glass.
5. If using, add berries or herbs. These were optional and varied by region and season.
6. Cover loosely and set aside. Wild yeast from the air begins fermentation naturally.
7. Let rest undisturbed for several weeks. Mead is ready when it settles and clears.
8. Carefully pour the clear mead off the sediment. Leave the lees behind.
9. Drink fresh or allow to age longer for a smoother mead.

Mead was guided by observation, not precision. Time, patience, and trust did the work.

Solskinn Lodge Christmas Part, December 20, 2025



Solskinn Lodge Christmas Part, December 20, 2025



They grew up at the same street in Oslo

Solskinn Lodge Officers 2026

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

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Cultural Director	Luella Grangaard	760-285-9430
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Terje Berger
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Mission Statement

*The mission of
Sons of Norway
is to provide quality insurance
and financial products to our
members, promote and preserve
the heritage and culture of
Norway, to celebrate our
relationship with
other Nordic countries.*