

Solskinn Nyhetsbrev

July-August 2026 Newsletter
from Solskinn Lodge



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



District Six Convention was a great success. Lis Barca was elected President again, Laurie Mittelstad VP and our own Nancy Madson as Secretary. Our delegation decreased to one person, represented by Miriam Hendrix. Thank you so much Miriam for representing Solskinn Lodge. There was some business regarding district

Bylaws. Connie O'Brien the VP of Fraternal and Foundation development and I gave a presentation on the partnership with BetterLife insurance and were joined on stage by a representative from CSA another organization that merged with BetterLife and then a representative from the insurance of BetterLife.

A number of awards were handed out. Miriam accepted a couple on our behalf. Hopefully she will share at the September social. She also ate our lodges' share of cookies at the convention as did Nancy. LOL. At one lunch kids from our youth camps danced. What fun. It was a very busy couple of days.

Everyone went to Camp Norge on Friday. What a great event. About 160 people were there as delegates, guests or volunteers for the day. During the convention there was the Camp Norge,

Recreation Center meeting and they raised additional funds for the camp to build a unit for members with special needs so they can enjoy camp. The current total is over \$100,000. Our lodge donated \$100.

There was also a sons of Norway Foundation presentation of which Solskinn made a donation. Over \$2,000 was raised from District Six.

There other great thing about going to convention is seeing old friends and meeting new friends.

Fraternally,

Luella

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Opportunity!



CAMP OLDFJELL

— SEPTEMBER 19-22, 2026 —

- ✓ Norwegian Folk Art Classes
- ✓ Nature Walks and Hikes
- ✓ Evening Activities
- ✓ Fabulous Food and Friends

Full Session \$250

Weekend Session \$150

Nightly lodging is \$25 for members, \$35 for guests | RV and tent sites are free

» REGISTER FROM JULY 1 TO SEPTEMBER 7, 2026

softn.org/camp-oldfjell/ | Camp Norge | 250 Canyon Mine Road | Alta, CA | campnorge.org

softn.org/camp-oldfjell/
campnorge.org

July-August 2026

Solskinn Nyhetsbrev

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.com

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

June, July, August, no Social Gatherings
See you all after the summer



Happy Birthday

Birthdays July 2026 - Sept 2026

Tone Chaplin	July 1
Luella Grangaard	July 15
Stanley Halverson	July 28

Joanna Ibsen	Aug 5
Frida Ann Jorgensen	Aug 14
Linda Kosvic	Aug 16
Joy Rogers	Aug 21
Esther Ethridge	Aug 22
Nancy Hammonds	Aug 31

Nancy Madson	Sept 1
John Strom	Sept 3
Constance Fleischner	Sept 9
Bobby Hendrix	Sept 12
David Moe	Sept 17
Tanya Austin	Sept 23
Corinne Murphy	Sept 27



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

Norwegian Flag Days, Holidays and Days of Observance

July 4	HRH Queen Sonja (1937)
July 20	HRH Crown Prince Haakon (1973)
July 29	Olsok (St.Olaf's Vigil)

Aug 19	HRH Crown Princess Mette-Marit (1973)
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September 26
Meatball contest program
Bingo

October 23-25
Southern California Kretsstevne
Banning

BOOK CLUB

July 2026 Book

The Boys of Light
by Nina Willner

ZOOM Meeting
TBA

July 2026 Book

Jar City
by Arnaldur Indridason

ZOOM Meeting
TBA

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

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

July Book: The Boys of Light by Nina Willner
August Book: Jar City by Arnaldur Indridason

July 2026

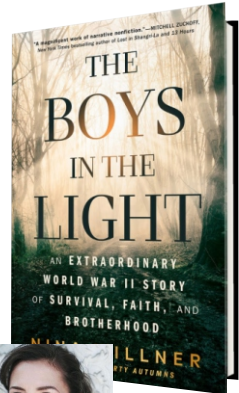
The Boys in the Light follows the parallel journeys of Company D and Eddie Willner, the author's father, as they are caught up on two sides of World War II.

At sixteen, Eddie Willner was among the millions of European Jews rounded up by Hitler's Nazis. He was forced into slave labor alongside his father and his best friend, Mike, and spent the next three years of his life surviving the death camps, including Auschwitz. Meanwhile, in the United States, boys only a few years older than Eddie were joining the army and heading toward their own precarious futures.

Once farmers, factory workers, and coal miners, they were suddenly untested soldiers, thrust into the brutal conflicts of WWII.

A company of 3rd Armored Division tankers, led by 23-year-old Elmer Hovland, quickly became battle-hardened and weary, constantly questioning whether the war was worth it. They got their answer when two emaciated boys stepped out of the woods with their tattooed arms raised. This extraordinary true story is a testament to survival against all odds, the strength of the bonds forged during war and the resilience of the human spirit.

Nina Willner is an American nonfiction author, a former intelligence officer and human rights activist. Her first book *Forty Autumns: A Family's Story of Courage and Survival on Both Sides of the Berlin Wall* is the story of Willner's mother's escape from communist East Germany at age 20, the large family she left behind the Iron Curtain, and their four-decade journey to reunite. During the Cold War, Willner led reconnaissance missions in Soviet-controlled East Berlin. Willner uses her personal story to tell the broader story of the Cold War and the fall of communism in Eastern Europe.



August 2026

Jar City, also known as *Tainted Blood* (Icelandic: *Mýrin*) is a crime novel by Icelandic author Arnaldur Indriðason, first published in Iceland in 2000. It was the first in the Detective Erlendur series to be translated into English (in 2004). In the UK, the title was changed to *Tainted Blood* when the paperback edition was released.

The novel is at one level a fierce critique of the gene-gathering work of deCODE genetics: far from reinforcing the kind of myths of Icelandic national identity promoted by eugenicists earlier in the twentieth century and re-invoked by the publicity machine around DeCODE, Indriðason's novel uses the figure of the defective gene not only to expose and trouble

national mythologies of social and familial cohesion and continuity but to ask some fundamental questions about the meaning of innocence and guilt, justice and punishment in the face of the identification of genes that bear the secret not of life but of death.

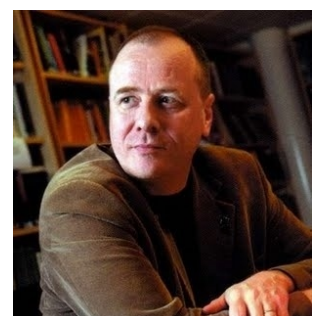
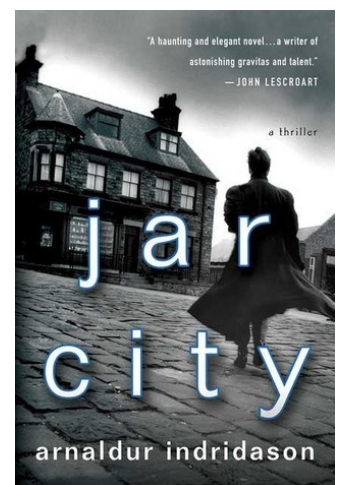
The body of a 70-year-old man who was struck on the head with a glass ashtray is found in a flat in Norðurmýri. The only clues are a photograph of a young girl's grave and a cryptic note left on the body. Detective Erlendur discovers that the victim was accused of a violent rape some forty years earlier but was never convicted.

Arnaldur Indriðason; in English, written as Indridason; born 28 January 1961 is an Icelandic writer of crime fiction; his most popular series features the protagonist

Detective Erlendur.

Arnaldur was born in Reykjavík on 28 January 1961, the son of writer Indriði G. Þorsteinsson. He graduated with a degree in history from the University of Iceland (Háskóli Íslands) in 1996. He worked as a journalist for the newspaper *Morgunblaðið* from 1981 to 1982, and later as a freelance writer. From 1986 to 2001, he was a film critic for *Morgunblaðið*.

His first book, *Sons of Earth* (*Synir duftsins*) came out in 1997, the first in the series with Detective Erlendur. The first two novels in the series have not yet been translated into English. As of 2013, the series included 14 novels. In 2006, his Erlendur novel *Mýrin* was made into a film, known internationally as *Jar City*, by Icelandic director Baltasar Kormákur.



Norwegian History

Forest Finns (Norwegian nynorsk:) were Finnish migrants from Savonia and Northern Tavastia in Finland who settled in forest areas of Sweden proper and Norway during the late 16th and early-to-mid-17th centuries, and traditionally pursued slash-and-burn agriculture, a method used for turning forests into farmlands. By the late 18th century, the Forest Finns had become largely assimilated into the Swedish and Norwegian cultures, and their language, a variety of Savonian Finnish.

The origin of the Forest Finns lies in border skirmishes since the 13th century. The powers to the east of Finland, Novgorod and later Russia, constantly challenged the Swedish sovereignty of the often sparsely populated provinces of Eastern Finland. To secure their realm, the Swedish kings, notably Gustav Vasa (r. 1523–1560) and Eric XIV (r. 1560–1568), encouraged farmers to settle these vast wilderness regions, which in turn were used to the traditionally slash-and-burn agriculture. These settlements faced several problems, from conflicts with the original populations of Sami people and Karelians to harsh conditions living in frontier lands during war times.

Eventually, from the 1620s on, the Forest Finns began settling to Norway. There, they settled in the Eastern counties of Hedmark, Oppland, Akershus, Oslo and Buskerud. The largest concentration of settlements, however, was in the forest-rich eastern part of Hedmark, close to the



border of Sweden, in what today is denoted as Finnskogen in Norwegian. In this rather remote region the Forest Finns were able to move back and forth between the two countries. The border was not properly established until 1751.

In April 1823, six Swedish and six Norwegian Forest Finns traveled to the capital Stockholm in what was called "Tolvmannmarsjen" (English: The



Forest Finn's Flag

march of the twelve men). They brought a petition with 600 signatures demanding their own common church congregation (Kirkesogn) with a Finnish speaking priest right on the Norway-Sweden border. The twelve men were given an audience before King Charles XIV John on 4 May.

In Sweden, the migration of the Forest Finns was not only well accepted at first, but also masterminded and encouraged by the kings. Among attractions offered for the migrating Finnish farmers in Sweden were seven years total exemption of all taxation and the prospect of ownership of large fertile plots of land.

During the reign of Christina, Queen of Sweden, a proclamation by the Fryksdal Hundred assembly in 1646 called for the killing and the burning of houses of all those Finns who did not want to learn Swedish. Reading books written in Finnish led in some cases to imprisonment still in the 18th century.

In Norway, the situation was somewhat similar. The Dano-Norwegian authorities in Copenhagen were allegedly in favor of the de facto immigration and their slash-and-burn agriculture due to the relatively high yields of rye production, compared to traditional Norwegian staples. However, from the middle of the 17th century the locals communicated their dissatisfaction with the newcomers, and

in 1648 King Frederick III issued a "decree on the Forest Finns" (Norwegian: Forordning om skogfinner), an ultimatum which provided they either return to Sweden or accept the same taxation as the native Norwegians.

Despite new legislation by 1673, immigration continued, and by 1686 the authorities responded by arranging the Forest Finn Census (Norwegian: Finnemanntallet) – at the time probably the most detailed census in Norway. It not only included men, but also women and children of the Forest Finn population. The 1686 census still exists and provides valuable information about the extent of the immigration to Norway at that time, and a total of 1,225 people (including 160 of mixed Finnish-Norwegian descent) were accounted for. Furthermore, most of them were in fact second or third generation descendants of immigrants from Savonia.

Today, the Forest Finns are fully assimilated into the Norwegian and Swedish societies and their language is extinct. The last Forest Finns of Sweden known to have spoken Finnish fluently were Johannes Johansson-Oinoinen (a.k.a. Niittahon Jussi, died 1965) and Karl Persson (died 1969).

From Wikipedia

Little bit of everything

Book Club Books for 2026

July	The Boys of Light by Nina Willner
August	Jar City by Arnaldur Indridason

GENEALOGY

How much do you know about your
Norwegian ancestors?

Do your children or grandchildren know?

Don't hesitate.

Write down all you know about grandparents, or even
great grandparents,
where they lived, when they were born and died.

You can find forms on the website.

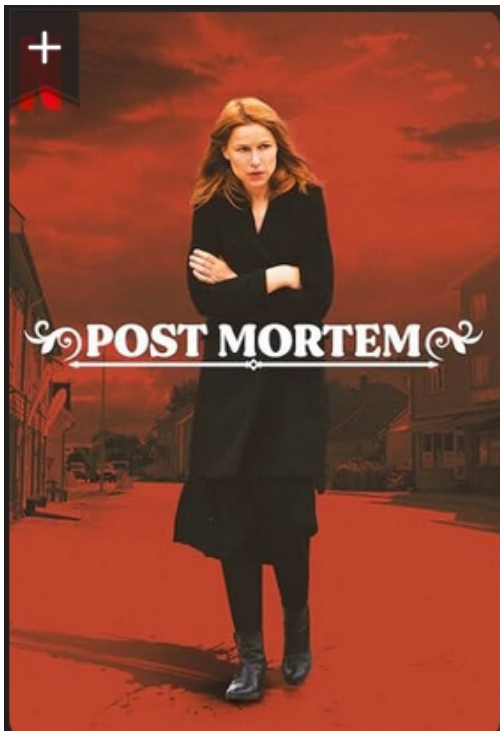
Send it to the lodge email.

Solskinn150@gmail.com

NETFLIX

Norwegian Movie

Overview of the Series



"Post Mortem: No One Dies in Skarnes" is a Norwegian series that revolves around a small town where the funeral home business is struggling due to an unusual lack of deaths. The story kicks off when Live Hallangen, a nursing-home nurse, is found dead but unexpectedly revives during her autopsy. This twist sets the stage for a darkly comedic exploration of life, death, and the bizarre circumstances surrounding the characters in Skarnes.

Norwegian + subtitle
English + subtitle

Post Mortem: No One Dies in Skarnes" is a unique blend of comedy, drama, and horror that has received mixed reviews, praised for its originality but critiqued for pacing and predictability. Released August 2021

She's back from the dead and has a newfound thirst for blood. Meanwhile, her family's funeral parlor desperately needs more business. Hmm, what if...

Starring: Kathrine Thorborg Johansen, Elias Holmen Sørensen, André Sørum

centuries to divide the kingdom into ecclesiastical areas that were led by a parish priest. Prestegjelds began in the 1400s and were officially discontinued in 2012

Church district (sogn or sokn, kirkesogn, (av norr. sókn).

A church district may have one or more churches. In Norway, the parish was also a municipal administrative unit in the period 1837–1950. People in a district is called congregation.

Parish municipality was a sub-municipal administrative level in Norway from 1837 until the 1947 municipal council elections, abolished by the Act of 15 December 1950. It was based on the parishes as a geographical unit. The individual municipalities could establish parish municipalities and delegate tasks to them. The changes in the municipal structure in Norway that occurred from 1838 to 1930 occurred mainly through the division of larger municipalities in accordance with the boundaries of the parish municipalities.

List of all all church districts in Norway, sorted by diocese (bispedømme)

https://no.wikipedia.org/wiki/Liste_over_Den_norske_kirkes_sogn

11 dioceses in Norway

GENEALOGY

Church records in Norway

Parishes (prestegjeld) often followed the same border of the community (kommune). As communities split, so did often the parishes.

A *prestegjeld* was a geographic and administrative area within the Church of Norway (Den Norske Kirke) roughly equivalent to a parish. This traditional designation was in use for

Famous Norwegian

Erling Braut Haaland, (born 21 July 2000) is a Norwegian professional footballer who plays as a striker for Premier League club Manchester City and the Norway national team. Regarded as one of the best players in the world and the greatest Norwegian player of all time, he is known for his speed, strength, positioning, and finishing inside the box.

Haaland represented Norway at youth level, winning the Golden Boot at the 2019 FIFA U-20 World Cup, where he scored a record nine goals in a single match. He made his senior international debut for Norway in 2019, and has since scored 60 goals in 53 appearances, making him Norway's all-time top goalscorer. Haaland is the sixth player to reach 50 international goals in under 50 appearances, doing so in just 46 games.

Erling Braut Haaland was born Erling Braut Håland on 21 July 2000 in Leeds, West Yorkshire, England, as his father Alfie Haaland was playing for Leeds United in the Premier League at the time. As a result, Haaland grew up as a supporter of Leeds United. In 2004, at age three, he moved to Bryne, his parents' hometown in Norway. His mother Gry Marita Braut was an elite track-and-field athlete and a national heptathlon champion in Norway in the 1990s.

Team information

Youth career

2005–2016 Bryne

Senior career

Years	Team
2015–2016	Bryne, Norway
2016–2017	Bryne, Norway
2017	Molde, Norway
2017–2019	Molde, Norway
2019-2020	Red Bull Salzburg, Germany
2020-2022:	Borussia Dortmund
2020-2021:	UCL top scorer and DFB-Pokal title
2022-	Manchester City, England

International career

2015–2018: Youth level

2019–2021: Senior debut and first major tournament

Born in Leeds, Haaland was eligible to play for England, but only wished to play for Norway



2025–present: First World Cup

Personal life

Haaland is the son of the Norwegian former footballer Alfie Haaland and former women's heptathlon athlete Gry Marita Braut. In a 2017 interview with Norwegian newspaper Aftenposten, Haaland said that "The dream is to win the Premier League with Leeds". From his mother's side, he is a member of the Braut footballing family, and his first cousins Jonatan Braut Brunes, Emma Braut Brunes, and Albert Braut Tjøland [no] are also professional footballers, as was his great-uncle Gabriel Høyland.

He changed the spelling of his surname from Håland to Haaland in 2019. He stated that the name change was due to transferring to clubs outside of Norway and that he wanted an easier name for international fans. While his Manchester City shirts simply use the name Haaland, he has included his mother Gry Marita Braut's surname for international appearances such as the World Cup. It is common in Norwegian culture for people to include both maternal and paternal names in their surname.

In December 2025, Haaland and his father purchased the 1594 edition of Snorri Sturluson's chronicles at an auction for 1.3 million Norwegian kroner, setting a national record for a book sale in Norway. He later donated the volume, which details the history of medieval Norse kings, to his home municipality for display in a library, saying he wanted local residents to be able to read about historical figures from their area.

From Wikipedia



Kneipp Bread

Kneipp bread

is a coarse, healthy bread named after the German doctor Sebastian Kneipp, and is one of Norway's most popular bread types

Ingredients (approx. 3 loaves)

5 cups cold water
1.0 lbs whole wheat, finely ground
1.0 lbs whole wheat, coarsely ground
0.5 lbs whole rye, finely ground
5 oz water or orange juice
1 3/4 lbs sifted wheat flour
1 tbsp dry yeast
1 tbsp salt
1 1/2 neutral oil

Procedure

Soak coarse flour:

Place coarsely ground wheat flour in a bowl, add cold water and cover. Let stand for at least 1 hour (can be done the night before).

Mix: Place soaked flour types in a baking bowl, add the liquid, wheat flour, yeast, salt and oil.

Knead: Knead for 10–15 min in a food processor, add salt/oil and knead for approx. 5 min. The dough should be slightly sticky and elastic.

Rise: Cover and let rise for approx. 1.5 hours on the kitchen counter.

Shape: Place the dough on a floured surface, divide into three, shape into smooth loaves and let rise in greased molds.

Bake: Bake on the lowest rack at 400F for 45–50 min. Shower with cold water approx. 5 min before baking for a crispy crust. Cool on a wire rack.

Tips for best results

Always soak coarse flour before baking for juicier bread and less crumbling. You can vary with rye, oat bran or other coarse flour types for a new taste. The bread keeps for a long time and can be frozen for later use.

Based on a Norwegian recipe



Sebastian Kneipp; (1821 – 1897) was a German Catholic priest and one of the forefathers of the naturopathic movement. He is most commonly associated with the "Kneipp Cure" form of hydrotherapy (often called "Kneipp therapy" or "Kneippism"), the application of water through various methods, temperatures, and pressures, which he claimed to have therapeutic or healing effects, thus building several hospitals in Bad Wörishofen.



Although most commonly associated with one area of nature cure, Kneipp was the proponent of an entire system of healing, which rested on five main tenets:

Hydrotherapy – the use of water to treat ailments

Phytotherapy – the use of botanical medicines was another of Kneipp's specialties

Exercise – promoting health of the body through movement

Nutrition – a wholesome diet of whole grains, fruits, and vegetables with limited meat

Balance – Kneipp believed that a healthy mind begets a healthy person

In the 19th century, there was a popular revival in the application of hydrotherapy, instigated around 1829 by Vincent Priessnitz, a peasant farmer in Gräfenberg, then part of the Austrian Empire. This revival was continued by Kneipp, "an able and enthusiastic follower" of Priessnitz, "whose work he took up where Priessnitz left it", after he came across a treatise on the cold water cure. At Wörishofen, while serving as the confessor to the monastery, he began offering treatments of hydrotherapy, botanical treatments, exercise, and diet to the people who lived in the village. Some of his suggested treatments included "ice cold baths and walking barefoot in the snow" and other "harsh" methodologies. In 1893, M. E. Bottey described Kneipp's water cures as "dangerous in most cases". Wörishofen became known as a place with a reputation for spiritual healing. In addition to "peasants", Kneipp's clients also included Archduke Franz Ferdinand of Austria and his father, Archduke Karl Ludwig as well as Pope Leo XIII. Others took Kneipp's processes back to their home countries to found alternative therapy spas and colleges.

District Convention in Sacramento 2026

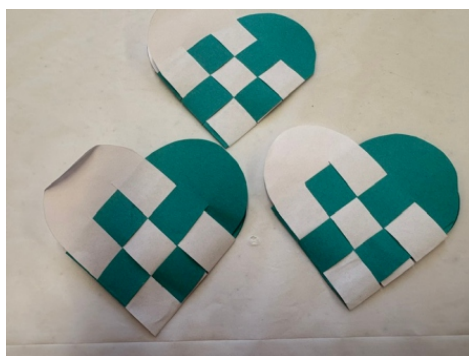


People on the way
to convention
People at the
convention



District 6

District Convention in Sacramento 2026



Folkart

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

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



**SONS of
NORWAY**

Solskinn Lodge 6-150



**SONS of
NORWAY**

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.***