

Solskinn Nyhetsbrev

June 2026 Newsletter
from Solskinn Lodge



Ord fra Presidenten



Presidents Message
June 2026

Thank you to all who made our May social so successful. Thank you to the lodge board for the food. Specialty items prepared included the dill pickle dip by Nancy and the macaroni salad by Joy. Thank

you to Nancy for the presentation and TJ for preparing the slide show.

At the last board meeting we reviewed the questionnaires submitted by members. This year was our best year of return. Thank you for your great feedback. Based on your feedback the board has planned an exciting fall 2026 through spring 2027 season. Can you believe it is going to be 2027?

During the summer explore your Norwegian culture and heritage. Read a book by a Norwegian author, take an online class from Vesterheim. Learn to knit, do some Hardanger or listen to some Norwegian music.

Our next social will be a meatball cook off and the program will be Norwegian Bingo games. I wonder who will win the meatball cook off. I will be traveling in September so everyone please continue to support the officers. It is everyone's lodge so we should all help with our events.

Fraternally,

Luella

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Upcoming Events

June

District Six Convention
in Sacramento, California

September 26

Meatball contest program
Bingo



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
Sharon Cohen	Aug 27
Nancy Hammonds	Aug 31

Nancy Madson	Sept 1
Janet Halversen	Sept 2
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

June 7	Unionsoppløsningen (1905) Dissolution of the union with Sweden
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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Solskinn Lodge

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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

BOOK CLUB

June 2026 Book

Harald Hairfair by Ole Åsli and Tone Bakkejord

ZOOM Meeting

Thursday, June 18, 4 PM

July 2026 Book

The Boys of Light by Nina Willner

ZOOM Meeting

TBA

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

July Book: Harald Hairfair by Ole Åsli and Tone Bakkejord

July Book: The Boys of Light by Nina Willner

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

June 2026

From the authors of the best selling series 'Viking Ventures' comes the epic story of Harald Fairhair.

The boy who inherited a war and built a kingdom. When King Halvdan the Black dies in 860, he is succeeded by his ten-year-old son, Harald. Immediately, rival kings and jarls unite to take advantage of the weakened state of the new king's realm, and Harald's army of 300 men is outnumbered three to one. The boy-king must step out from his father's shadow and earn the respect of his men. After years of battle, Harald falls in love with Gyda, the daughter of King Eirik of Horthaland. The

maiden rejects him and declares she will not give herself to any man unless he is the king of all of Norway. Harald accepts her challenge and vows that he will not cut or comb his hair until he has conquered and united Norway under his rule. At the great naval battle at Hafsrfjord, Harald faces an alliance of rival kings - rallied by Gyda's father. Fairhair is the story of the boy who set out to be the first king of Norway.

In Fairhair you will meet characters known from the Viking Ventures trilogy, such as Ulv, Bjarn, Ragnvald, Julia and Geir Galne. In addition, a whole new cast of both real historical people and fictional characters will make their marks on this thrilling story.



Solskinn Book Group Celebrates 100 Books June 2026

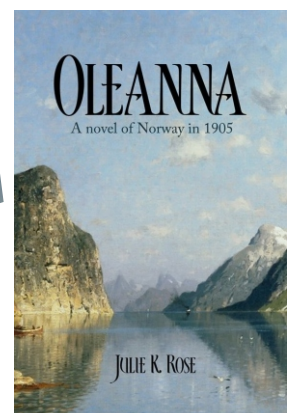
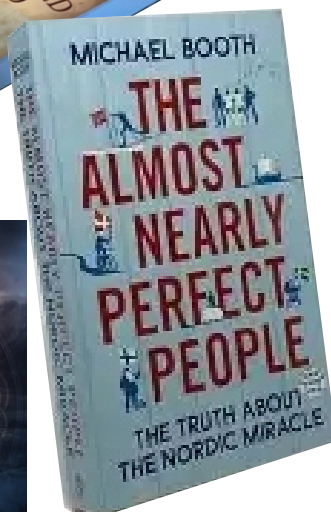
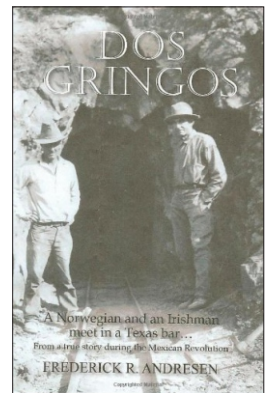
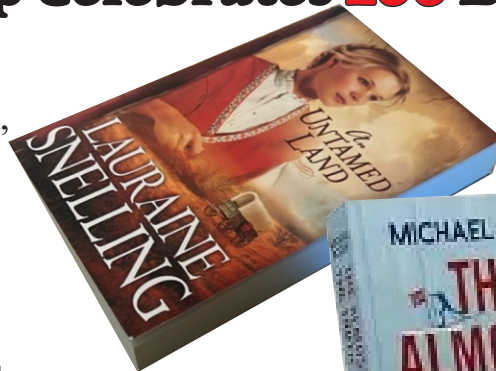
The group started in 2018 with the book, "An Untamed Land" by Lauraine Snelling.

Book 25, was "Oleanna: A Novel of Norway 1905" by Julie Rose.

Book 50 was The Almost Nearly Perfect People by Michael Booth.

Book 75, "Dos Gringos: A Norwegian and an Irishman Meet in a Texas Bar", by Frederick R. Andersen.

And July's 100th's selection is "Harald Fairhair" by Ole Åsli and Tony Bakkejord. Selections included histories, fiction, social commentary, classics, Nobel Literature winners and crime.



Norwegian World War History



“Above them, customers bought bread. Below them, illegal newspapers rolled off the hidden press all night.” During World War II, some of Norway’s most dangerous resistance operations happened directly beneath ordinary daily life.

People bought bread upstairs.
Children walked past the building every morning.



“She carried illegal messages through occupied Oslo — while German soldiers stood only meters away.” Resistance work did not always happen with explosives or weapons.

Sigrid Helliesen Lund became known for humanitarian and resistance-related efforts during the German occupation of Norway



“They walked for days in the snow — because stopping meant capture.”

During the occupation, escape routes to Sweden became a vital lifeline for resistance members and civilians at risk of arrest. Many of these journeys took place during winter, when snow covered large parts of the terrain.

Sigrid Helliesen grew up in a home hospitable to artists and intellectuals of her time, and she developed an independent spirit early in her life, refusing among other things to be confirmed in the Church of Norway. She earned her examen artium in 1911 and then took up studies in vocal music in Kristiania, Bayreuth, and Paris. She had her performance debut in 1918 in Oslo. However, she developed a respiratory ailment that made a singing career impossible.

She married Diderich Lund in 1923. They had two children; the younger, Erik, had Down syndrome. She started her humanitarian efforts in 1927 while she lived with her family in Odda Municipality. There she protested against what she perceived as unacceptable class differences. After she visited Germany in 1934, she joined the Women's International League for Peace and Freedom in 1935. She was also moved to start efforts on behalf of refugees. She became active with Nansenhjelpen and continued her efforts in occupied Norway during World War II. At the same time, she also started her efforts on behalf of children with special needs.

In the fall of 1939, she traveled to Prague to bring 37 Jewish children to Norway to save them from the Holocaust. She became active in the Jewish Children's Home in Oslo and played a central role in their rescue in 1942. Already a committed pacifist, she became involved with the Quakers during the war.

Little bit of everything

Book Club Books for 2026

June Harald Hairfair
by Ole Åsli and Tone Bakkejord
July The Boys of Light
by Nina Willner

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

futharks

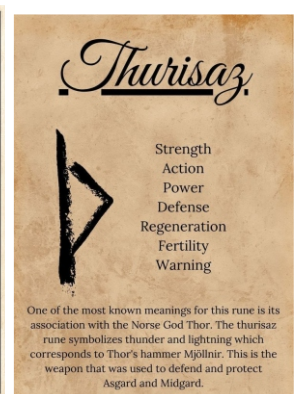
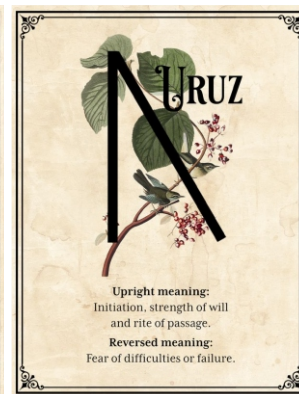
Runes are the letters in a set of related alphabets, known as rune-rows, runic alphabets or **futharks**, native to the Germanic peoples. Runes were primarily used to represent a sound value (a phoneme) but they were also used to represent the concepts after which they are named (ideographic runes). Runology is the academic study of the runic alphabets, runic inscriptions, runestones, and their history. Runology forms a specialised branch of Germanic philology.

The earliest secure runic inscriptions date from at latest AD 150, with a possible earlier inscription dating to AD 50 and Tacitus's possible description of rune use from around AD 98. The Hole Runestone dates from between BC 50 and AD 275. Runes were generally replaced by the Latin alphabet as the cultures that had used runes underwent Christianisation, by approximately AD 700 in central Europe and 1100 in northern Europe. However, the use of runes persisted for specialized purposes beyond this period. Up until the early 20th century, runes were still used in rural Sweden for decorative purposes in Dalarna and on runic calendars.

The name stems from a Proto-Germanic form reconstructed as *rūnō, which may be translated as 'secret, mystery; secret conversation; rune'. It is the source of Gothic rūna, 'secret, mystery, counsel'), Old English rūn ('whisper, mystery, secret, rune'), Old Saxon rūna ('secret counsel, confidential talk'), Middle Dutch rūne ('id'), Old High German rūna ('secret, mystery'), and Old Norse rún ('secret, mystery, rune').[5][6] The earliest Germanic epigraphic attestation is the Primitive Norse rūnō (accusative singular), found on the Einang stone (AD 350–400) and the Noleby stone (AD 450).

Read more

<https://norsepath.org/wiki/norse-runes/elder-futhark/>



Norwegian World War History

Martin Jensen Linge

Martin Jensen Linge (1894–1941) was a Norwegian actor, aviator and captain. He was the leader of some of the first Norwegian forces in Britain during World War II, Norwegian Independent Company No. 1 (NORIC 1), later called Kompani Linge. He led the 15-man Norwegian detachment during the Måløy Raid on Christmas Day 1941, and was shot and killed on the steps of the Ulvesund Hotel in Måløy.

His parents were Jens Linge and Gunhild née Muldal. Linge was married to Margit F. Vogt. Margit Vogt was the daughter of Johan Herman Lie Vogt (professor at NTH), sister of professor of economics Johan Vogt and sister of Fredrik Vogt. Martin Linge was the father of the boat designer Jan Herman Linge and maternal grandfather of the author Espen Haavardsholm.

He grew up partly on the farm Linge in Valldal and partly on Slinningen on the island of Hessa near Ålesund. Like several brothers, he took the non-commissioned officer training in Trondheim (completed in 1915). As one of the first in Norway, he received a pilot's license, "flyer patent no. 92", in 1918 at Kjeller Airport.



In the summer of 1928, he built a kayak himself from drawings in a magazine. His son Jan, who later became a boat designer, was, according to Haavardsholm, his assistant. With the kayak, he paddled from Bergen up Western Norway, past Maurstad and Måløy in Nordfjord, to Ålesund.

Linge made his debut at the Centralteatret in Kristiania in 1921 in the play *Spurvehøken*. Theatre critic Kristian Elster wrote about his debut: "A new man, Martin Linge, seemed helpless, but appealing. There was something honest and sincere in his voice that promised good things." His next major theatre role was Nils Stensson in *Fru Inger til Østråt* by Henrik Ibsen. He later played in a number of other theatres and tours.

Alfred and Tordis Maurstad were friends of Linge. Alfred Maurstad and Linge worked together at the Norwegian Theatre in the 1920s. Linge participated in several productions directed by Agnes Mowinckel and also apprenticed with her privately. Linge starred in the film *Samhold må til* with Maurstad in the lead role and with a script by, among others, Einar Gerhardsen.

The attack on Norway on April 9, 1940

When Norway was attacked on 9 April, Linge left Oslo by train the same day for Åndalsnes and the mobilization site Setnesmoen. He was a conscript lieutenant at the time. At Åndalsnes he met his old friends Kristian Gleditsch and Nini Haslund Gleditsch who worked for the improvised "High Command Information Office". Trygve Lie describes in his memoirs that he met Linge at Åndalsnes on 18 April. Linge may have participated in the hunt for German paratroopers who were dropped in the Lesja area on 14 April and may also have participated in the fighting at Kvam in Gudbrandsdalen, but the sources are unclear.

When British forces arrived at Åndalsnes on 17–18 April, he became liaison officer between Colonel David Thue's Møre Infantry Regiment No. 11 and the British force. Linge led, among other things, the work of landing the forces. He participated in the work on the

provisional airport at Setnesmoen at the end of the month. During the bombing of Åndalsnes and Setnesmoen, he was wounded by a shrapnel and sent by hospital ship to Britain on 30 April.

In Britain he was appointed captain. Here he organized the Norwegian Independent Company 1 (also called Kompani Linge), where selected Norwegians were trained to carry out particularly dangerous special missions in Norway. The British Lieutenant James Lawrence Chaworth-Musters, who spoke Norwegian and knew Norwegian conditions, initiated the first sabotage operations in Norway in June 1940. Chaworth-Musters participated together with Martin Linge in the establishment of the company.

Among Norwegians in Britain, Linge, along with Nordahl Grieg and Olav Rytter, was among the first to talk about resisting the occupier on Norwegian soil. "Norway is made for secret resistance," Linge said at a meeting in June 1940. In August 1940 he was appointed liaison officer at the War Office and he soon began recruiting for and organizing Norwegian Independent Company 1.

Linge led the Norwegian forces in the successful Lofoten raid in the spring of 1941. After Linge was shot and killed during the Måløy raid, Nordahl Grieg wrote a tribute poem. It reads, among other things:

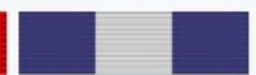
"Here the actor Linge made his shining breakthrough. Met with no applause, but with machine gun fire."

On 19 June 1942, Linge was posthumously awarded the War Cross with Swords "for outstanding bravery during the raid on Måløy on 27 December 1941, where he fell." Linge

Awards



War Cross with
Sword



Distinguished
Service Cross

Meatballs

Italian Meatballs

Meat: Some say that it's more old-school for traditional Italian cooks to use a combination of beef, veal and pork to make meatball. Because ground veal isn't as readily available, I prefer to use a half-and-half mixture of ground beef and ground pork for the best texture and flavor. If possible, buy meat that's freshly ground in the store. I find it releases less water, and it's definitely fresher-tasting than vacuum-packed ground meat.

Fresh bread crumbs: Good breadcrumbs are key to a great, tender meatball. Fresh crumbs made from fresh bread are top choice because they're light, moist and fluffy, which is the texture you're going for in a meatball. Fresh breadcrumbs have more moisture than the fine dry breadcrumbs that come in a can.

Milk: Use dairy milk or a full-fat plant based milk to blend with the breadcrumbs — this is called a “panade”, which is basically a mixture of starch and liquid that makes the meatballs light and moist inside.

Grated cheese: First choice is sharp, salty pecorino Romano cheese (our family is southern Italian) but you can also use freshly grated Parmesan cheese.

Garlic: Please use fresh garlic, and grate it with a rasp grater, finely chop or use a garlic press.

Fresh herbs: 1/3 cup fresh Italian flat leaf chopped parsley or basil (or a mixture of both), roughly chopped. Dried herbs will work in a pinch — use 2 teaspoons.

Ingredients



½ cup (54 g) fresh breadcrumbs, from 1-2 slices white bread (crust removed)

¼ cup (60 ml) milk

2 egg yolks

½ cup (50 g) grated Pecorino Romano cheese, or Parmesan cheese

2 garlic cloves, finely chopped or grated

1 teaspoon (8 g) salt,

1 teaspoon ground black pepper

1 pound (450 g) ground beef chuck

1 pound (450 g) ground pork, or veal

¼ cup grated onion, optional

⅓ cup (30 g) chopped parsley, or basil

Olive oil

Cook as Swedish meatballs



Swedish meatballs

Swedish meatballs are made with a mix of ground beef and pork, seasoned with nutmeg and allspice, pan-fried or baked, and served in a rich, creamy gravy.

Ingredients

Meatballs:

1 lb ground beef

1 lb ground pork

or any ground meat

1/4 cup breadcrumbs or cooked potatoes

1/4 cup milk

1 egg

1/4 cup finely chopped or grated onion

1 tsp salt

1/2 tsp black pepper

1/4 tsp nutmeg

1/4 tsp allspice, optional garlic powder

1 tbsp parsley

Gravy:

4 tbsp butter

3 tbsp flour

2 cups beef broth

1 cup heavy cream

1 tsp Dijon mustard,

1 tbsp Worcestershire sauce

salt and pepper to taste

Optional:

Lingonberry jam for serving, mashed potatoes or egg noodles.

Preparation Steps

Soak breadcrumbs: Mix breadcrumbs with milk and let them absorb for 10 minutes to form a panade, which keeps meatballs tender.

Cook onions: Melt 1 tsp butter in a skillet over medium heat and cook onions until light brown, about 10 minutes.

Mix meat: In a large bowl, combine ground beef, ground pork, egg, soaked breadcrumbs, cooked onions, and spices. Mix gently until combined.

Form meatballs: Shape the mixture into 1-inch balls (or desired size), using about 1–1.5 tablespoons per meatball.

Cook meatballs: Heat 1 tbsp butter and 1 tbsp olive oil in a skillet over medium-high heat. Brown meatballs on all sides for 6–8 minutes, keeping the inside slightly pink. Alternatively, bake at 400°F for 12–15 minutes until cooked through.

Make gravy: In the same skillet, melt butter and whisk in flour until golden brown. Gradually add beef broth and cream, whisking constantly. Stir in Dijon mustard and Worcestershire sauce, simmer until thickened.

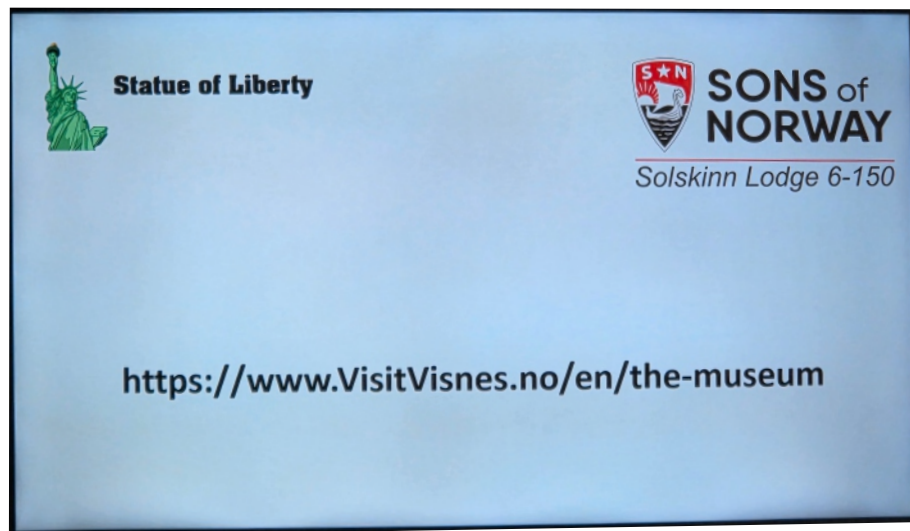
Combine: Return meatballs to the skillet and simmer 1–2 minutes to coat with gravy.



Solskinn Lodge May 23, 2026



Solskinn Lodge Social May 23, 2026



Presentation by Nancy Madson Statue of Liberty and Copper from Norway

The presentation about Statue of Liberty has
be uploaded to the lodge's website, with more
information.

[solskinn.sofn6.org](https://www.solskinn.sofn6.org)



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.***