

Solskinn Nyhetsbrev

March 2021 Newsletter from Solskinn Lodge 6-150



SONS of
NORWAY

Solskinn Lodge 6-150

Ord fra Presidenten



Hello Solskinn Lodge

I know many of you have received your vaccines. Hopefully 2021 will give us the opportunity to meet sometime face to face. This upcoming month is about lefse. The magical word lefse. To those of us that grew up in the US, lefse has been the magical word of our Norwegian heritage. Growing up I didn't know a lot about being Norwegian but at Christmas I knew that having lefse was part of it. My first time in Norway I was looking for lefse but really didn't see any in the restaurants. I found a package of lefse pre-buttered, with sugar and cinnamon in the airport.

But now I make my own. The best is when it is hot off the griddle dripping with butter. I have shared this precious food with others (non-Norwegians) and I can tell by the expression on their face they just don't get how special this simple food of potatoes, flour and butter really is. So I now only share with my fraternal family that really get it. Our program this month will be on lefse and the foundation of the program will be the book "Keep on Rolling" by Gary Legwold. I hope you will join us for the social and we hope to have lefse available for sale close to the social so you can enjoy a piece during the social.

What do you put on your lefse, just butter, sugar and butter or do you also add some cinnamon? WE will take a poll.

I look forward to ZOOMING with you on March 27th at 4:30.

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Several articles are from Wikipedia, the English or Norwegian version. They have been edited.



What is this?

More about it in next newsletter.

Another pandemic

Plague was reportedly first introduced to Europe via Genoese traders from their port city of Kaffa in the Crimea in 1347. During a protracted siege of the city, in 1345–1346 the Mongol Golden Horde army of Jani Beg, whose mainly Tatar troops were suffering from the disease, catapulted infected corpses over the city walls of Kaffa to infect the inhabitants, though it is more likely that infected rats traveled across the siege lines to spread the epidemic to the inhabitants.

As the disease took hold, Genoese traders fled across the Black Sea to Constantinople, where the disease first arrived in Europe in summer 1347. The first outbreak in Constantinople lasted a year, but the disease recurred ten times before 1400. Estimated 500,000 died in Norway.

Happy Birthday

Gratulerer med dagen!

Birthdays in March/April

March 4	Beryl A Waldeland
March 14	Margit F Chiriaco Rusche
April 3	Sandra K Kennedy
April 5	Svein Olav Stokke
April 7	Magdalena Buresdotter-W.
April 12	Dale Arthur Evenson
April 12	Colin Brown

March 2021

Solskinn Nyhetsbrev

Editor for Solskinn Nyheter (Sunshine News)

Terje "TJ" Berger 760.799.6660

Send pictures, ideas, articles to
solskinn150@gmail.com

Sons of Norway

Website: sofn.org

Facebook: Official Sons of Norway Facebook Group

Solskinn Lodge

Website: solskinn.sofn6.org

Facebook: Solskinn Lodge, Sons of Norway 6-150

Email: Solskinn150@gmail.com

March ZOOM Social

Saturday, March 27, 4:30 PM

You may participate on your computer, tablet, iPhone or phone.

Instructions to join the ZOOM meeting will sent out, via email, prior to the date.

RVSP to Luella at Morongo2@verizon.net
or to **760-363-7704** (voice message)
to receive the link and the information to join the meeting.

Program: Keep on Rollin'

Lefe for sale. \$5 per package of 4 rounds
Call Nancy to reserve your lefse
760-343-0848 (voice message or
norsknm@gmail.com
to arrange time & date for pick-up

Mom's Instant Potato LEFSE Recipe (by Nancy)

1 cup dry instant milk
3 cups instant potato flakes
1 stick butter
1 Tbsp. sugar
1-2/3 tsp. salt
3 cups very hot water

Mix all ingredients (hot water will melt the butter) well. Chill overnight or until thoroughly chilled. Add a scant 1-1/2 cups of flour and mix and knead until smooth. Roll out into a log shape. Divide into 20 portions. Use quite a bit of flour to roll out onto a pastry cloth. There is a fine line between too much flour (gets dry) and not enough flour (sticks to cloth). Fry on a lefse griddle set at 450 degrees until lightly browned in spots. Turn over using a lefse stick, and fry the other side. Keep the finished lefse under towels and/or plastic to keep from drying out, letting the finished lefse "steam" in its own heat for a while to preserve the moisture. "Steaming" in its own heat too long can create whitish moisture spots. When cooled, fold the lefse and package in plastic bags. Enjoy soon or freeze.

This recipe may seem a little daunting to those who haven't made lefse before and who don't have all the lefse-making equipment. But lefse can be made without all the paraphernalia. You can use a low-sided frying pan, just make smaller rounds and use a flat spatula to flip the lefse. I have made lefse with left-over mashed potatoes. Just add enough flour to the chilled, left-over potatoes to eliminate stickiness. Roll out thin on a floured cloth and fry. Where there's a will, there's a way. Remember, our forebears didn't use electric lefse griddles.

Calender (all meetings on ZOOM until further notice)

Tuesday, March 9	5:00 PM	Board Meeting
Thursday, March 18	4:00 PM	Book Club
Tuesday, March 23	5:00 PM	Arts & Crafts Club
Saturday, March 27	4:30 PM	Social Meeting
Tuesday, April 13	5:00 PM	Board Meeting
Thursday, April 15	4:00 PM	Book Club
Saturday, April 24	4:30 PM	Social Meeting
Tuesday, April 27	5:00 PM	Arts & Crafts Club
Tuesday, May 11	5:00 PM	Board Meeting
Thursday, May 20	4:00 PM	Book Club
Saturday, May 22	4:30 PM	Social - May 17
Tuesday, May 25	5:00 PM	Arts & Crafts Club

BOOK CLUB and Art

March Book

Herman: A Novel
by Lars Saabye Christensen

ZOOM Meeting
Thursday, March 18 at 4PM
We love to see you!



Lars Saabye Christensen (born September 21, 1953 in Oslo) is an author who writes in Norwegian. He is a productive and versatile author. He grew up in Skillebekk, a neighborhood in central Oslo.

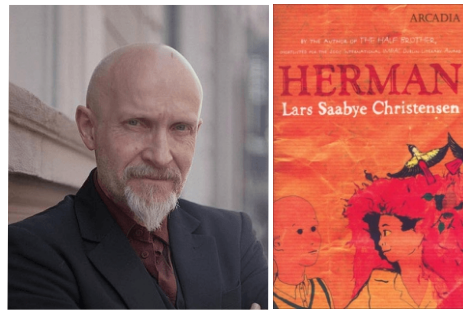
Saabye Christensen studied literature, Norwegian, art history and the history of ideas.

Saabye Christensen made his debut in 1976 with the collection of poems *The Story of Gly*. His first book was *Green Light*, a stencil collection of poems he published on the street.

He has written numerous poems and plays, and several film scripts, but is best known as a novelist.

In 2001 came *Half Brother*. The book gave him, among other things, the Brage Prize and the Nordic Council Literature Prize. The half-brother has sold over 200,000 copies to 22 countries.

From Wikipedia



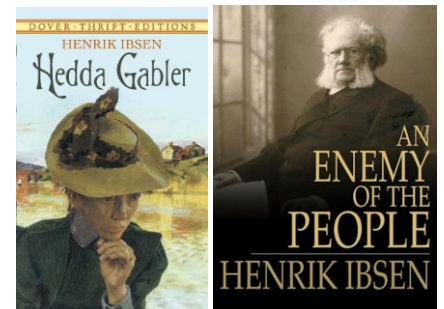
"Herman", tells the story of the young boy Herman who suddenly loses his hair and becomes bald at the age of eleven. He follows him through what is a very difficult period in his life, through big mood swings and irrational behaviour until he finally learns to accept himself for who he is.

2021 BOOKS

Take a look at this year's list.

- April An Enemy of the People or Hedda Gabler by Henrik Ibsen
- May Pop to Pole by Garth James Cameron
- June I Curse the River of Time by Per Pettersen
- July Don't Look Back by Karin Fossum
- August Summer Light by Andrew Stevenson
- Sept Old World Murder by Kathleen Ernst
- Oct Sophie's World by Jostein Gaarder
- Nov Anxious People: A Novel by Fredrick Bachman
- Dec The Nordic Theory to Everything

April Book



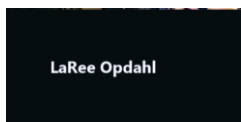
An Enemy of the People or Hedda Gabler
by Henrik Ibsen



KEEP on Rolling!

When lefse aficionado Gary Legwold wrote *The Last Word on Lefse*, he fretted that the grand old practice of lefse making was dying. Now, 25 years later, he assesses the State of the Lefse Union and finds it to be vibrant.

Full of humor, gratitude, tenderness and tears, *Keep On Rolling* is a book to treasure—and pass on to the next generation.



Art & Craft
on ZOOM,
February 23,
2021



NORWEGIAN MOVIES

English audio



Based on a book by Åsne Seierstad: "One of Us"
A story of Norway's worst terrorist attack in which over seventy people were killed. 22 July looks at the disaster itself, the survivors, Norway's political system and the lawyers who worked on this horrific case.

Lilyhammer is a Norwegian–American television series about a former New York-based gangster named Frank "The Fixer" Tagliano. He goes into hiding in rural Lillehammer in Norway after testifying against his former associates.
Actor and producer: Steven Van Zandt.
It is hilarious!

Famous Norwegians

Knute Nelson, a politician

First member of US Senate born in a Nordic country

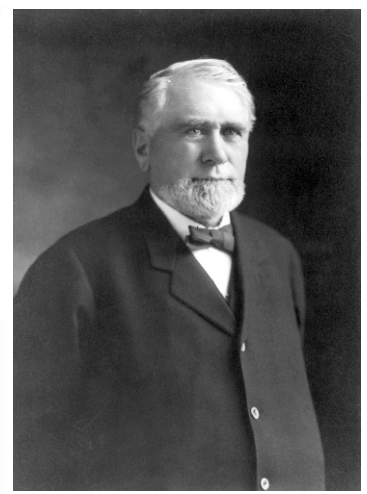
Knute Nelson, (born February 2, 1843, died April 28, 1923) was a Norwegian-American politician.

He was born outside wedlock in 1843 to Ingebjørg Haldorsdatter Kvilekval. There are various theories about who the father was, even though it says Helge Knudsen Styve on the baptismal certificate. In the earliest years, the child lived with his mother in Bergen, where she worked as a maid. They emigrated to the USA in 1849 and his name was Knud Helgeson Kvilekval. The mother worked as a maid in Chicago. The following year she married Nils Olson Grotland, a man from the Norwegian homelands, and they moved to Palmyra, Wisconsin. There he came to be called Knute Nelson.

Despite his parents' opposition, he enlisted in the Northern State Army at the beginning of the American Civil War. Nelson participated in the battles of Louisiana and was wounded in the siege of Port Hudson. He was captured and released after the siege. He was then promoted to corporal.

He began his career as a lawyer in 1867 in Dane County, Wisconsin. He was a member of the Wisconsin House of Representatives. During this time he married Nicolina Jacobsen (1846-1922) from Skjerparud, Toten in Oppland county.

Nelson intended to leave politics when he decided in 1888 not to run for re-election to the House of Representatives. He worked as a lawyer, farmer and businessman in Minnesota. As early as 1890, the farmers 'interest group Farmers' Alliance in Minnesota discussed Nelson as a possible gubernatorial candidate. He said no that time. Two years later, his name emerged as an alternative to the position of power given to farmers' political representatives. Despite the economic downturn in the form of the 1893 panic, he succeeded in being re-elected in the 1894 gubernatorial election.



While Nelson was re-elected governor, he had quietly forged plans to replace incumbent senator and party comrade William D. Washburn. He was elected to the US Senate on January 23, 1895, as its first member born in the Nordic countries. Nelson took office March 4, 1895 and remained a senator until his death. Nelson was re-elected in 1901, 1907, 1912 and 1918, the last time elected directly by the people. He died in 1923 on board a train in Maryland and was succeeded by the Swedish-American Magnus Johnson.

1868-1869	Member of Wisconsin State Assembly
1874-1878	Member of Minnesota Senate
1883-1889	Member of US House of Representatives
1893-1895	12th Governor of Minnesota
1895-1923	US Senator

Liv Johanne Ullmann



Liv Ullmann (Walmart)

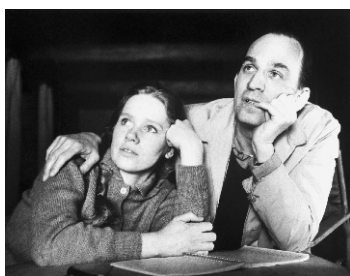
Born in Tokyo, December 16, 1938, is a Norwegian actress, director and screenwriter.

The daughter of an aeronautical engineer, her family emigrated to Canada and then to the United States to escape the Nazi invasion of Norway during World War II. After the accidental death of his father, killed by an airplane propeller, she returned to Norway in his mother's hometown of Trondheim.

Liv Ullmann began her theatrical career in the mid 1950's. It seems against the wishes of the family. After taking theater courses, first in London then in Oslo, she was noted for her performance in a theatrical adaptation of The Diary of Anne Frank, in which she had the leading role. She also interpreted plays by Bertolt Brecht, Goethe, Henrik Ibsen.

In the cinema, after a few films that allowed her to gain some experience, Ullmann began a long and fruitful collaboration with the Swedish director Ingmar Bergman, who wrote for her the screenplay of Persona (1966). The artistic partnership continued with the films L'ora del lupo (1968), Passione (1969), Scenes from a marriage (1973) and above all Sussurri e grida (1972), where the talent of the director and the interpretation of the actress gave the best results. Ullmann and Bergman lived together until 1970. In 1978 she joined Ingrid Bergman (in one of her latest interpretations) in the Autumn Symphony. In her career, Ullmann has also taken part in several American films.

Liv Ullmann also went on to direct and achieved some success with Sofie (1992) and with the adaptation of a fictional trilogy by Nobel Prize-winning writer Sigrid Undset: Kristin Lavransdatter.



Liv Ullmann and Ingmar Bergman from Wikipedia

Arne Næss Jr



Arne Næss Jr. (born 8 December 1937 in Germany, died 13 January 2004) was a Norwegian businessman, shipping magnate, mountaineer, and the second husband of Diana Ross.

At the time of his death in 2004, Naess' shipping empire was reputedly worth some 600 million dollars. He spent his final years in Switzerland. In 1985, Næss met American singer Diana Ross on a trip to the Bahamas. He and Ross married in 1985 and had two sons, Ross Arne Næss and Evan Olav Næss . The couple divorced in 1999. Næss died in a climbing accident while descending from a peak on Rupert's estate in the Groot Drakenstein mountains, South Africa.

Norwegians love porridge

Semolina is the coarse, purified wheat middling (intermediate milling stage) of durum wheat mainly used in making couscous, pasta, and sweet puddings.

The recipes are from TINE's website. TINE is the biggest dairy company in Norway. And they had monopoly for a long time.



Mormors semulegrøt (Grandmother's Semolina porridge)

4 portions

4-1/2 cup	Milk 3%
1/2 cup	Semolina
2 tbsp	unsalted butter
2 tbsp	sugar



Semolina pudding with red sauce

Warm up the milk, pour in the semolina and stir until boiling. Cook the porridge with lid on for 10-15 minutes. Stir from time to time. Add the butter and sugar.

The porridge can be served both warm and cold. If warm, mix 4tbsp sugar and 2 tbsp cinnamon to sprinkle over. Add a "smør-øye" (butter eye) in the middle. If the porridge is cold, serve with raspberry sauce.

You can make Semulepudding (Semolina pudding) of the porridge. Delicious!
Mix together 1 tbsp of sugar, 1 egg and 3 almond drops, and add to the porridge. To avoid skin on the top, sprinkle with sugar. Let the pudding cool off for a few hours to become firm. Serves with raspberry sauce.

Raspberry sauce

1½ - 2 cups frozen or fresh raspberries, and leftover jam.
Sugar to taste
Cornstarch for thickening.
2-1/2 cups water

Pour water into the pan and bring to a boil. Turn heat down to simmer.
Add raspberries to the pan - bring to a boil and stir.
Add 2-3 tablespoons sugar, or to taste.
Place 2-3 tablespoons cornstarch in 1/2-cup cold water and stir.
Add this mixture gradually while stirring constantly. Boil for 5 minutes while stirring. Cool before serving.

Rømmegrøt



2 1/2 cup	Sour cream (seterrømme)
1 cup	Flour
2 1/2 cup	Whole fat milk
1/2 tsp	Salt

On top, mix together

4	tbsp	Sugar
2	tbsp	Cinnamon

Let sour cream boil under a lid for approx. 2 minutes. Sprinkle in half of the flour while stirring constantly. Then it will trickle out butter.

Take out the butter with a tablespoon and keep it warm in a small bowl so you can serve it on the porridge at the end. Sprinkle in the rest of the flour and stir well. Dilute with milk while stirring until the porridge is smooth and suitably thick. Season with salt just before serving.

If the porridge is left for a while before serving, it will thicken more. Then dilute with more milk to a suitable consistency. Serve with sugar, cinnamon, the hot butter and a plate of cured meats and flat bread.

The Norwegian Seterrømme has between 35% and 39% fat.



**When do
Norwegians eat
Rømmegrøt?**

**For lunch or dinner.
Not for breakfast.**

**Oatmeal porridge
for breakfast!**

Camp Norge Playground Restoration Project



My name is **Baylee McKenney**, I'm a senior at Middletown High School. I would like to replace the play set at my childhood summer camp. I have been going there since I was 8, and I want to do something nice for the camp. The play set that is currently there is the first play set that was ever put in; it is very old, falling apart, and unstable. I would appreciate any help that I can get to replace the play set. Please go to **Facebook** to **Vikings of Lake Lodge** and there you will find Baylee's **GoFundMe** page. She is attempting to raise \$6,000 to put in all new equipment for our kids who come up to Camps Trollfjell and/or also visit with their families for camping experiences and to attend yearly Kretsstevner at Camp Norge.

Solskinn lodge is going to collect donations for the play structure and send the checks to camp. Solskinn board has voted to send a \$25.00 donation to camp. It would be great if members could match that donation.

Make checks payable to Solskinn Lodge and in the memo section put "camp play structure". Send to our lodge treasurer,

Tove Grigsby, 2300 Via Calderia Unit 2308, Palm Desert, CA 92260-1592.



NORSKE ARV
PROGRAMMER

Norwegian Heritage Programs

Summer 2021

Language and Heritage Camps Registration

arv.sofn6.org

Norwegian Idioms

Der er ugler I mosen

Translation: There are owls in the moss.
Meaning: Something is off or not quite right.

There is something secretive about a situation

Å ta beina på nakken

Translation: To put your legs on your neck.

Meaning: To run away from something.

En glad laks

Translation: A happy salmon.

Meaning: A positive and cheerful person.



There are no polar bears roaming around in the streets of Norway, except at Svalbard.



The Norwegian Curling Team

It started in the Winter Olympic 2010 in Vancouver. Thomas Ulsrud's Norwegian Team is disbanding after

12 Years Of Curling,

10 Years Of Outrageous Pants

Norwegian Fylker and their history



The merging of districts in Norway

	Fylke	Year	New fylke
01	Østfold	2020	Viken
02	Akershus	2020	Viken
03	Oslo		Oslo
04	Hedmark	2020	Innlandet
05	Oppland	2020	Innlandet
06	Buskerud	2020	Viken
07	Vestfold	2020	Vestfold og Telemark
08	Telemark	2020	Vestfold og Telemark
09	Aust-Agder	2020	Agder
10	Vest-Agder	2020	Agder
11	Rogaland		Rogaland
12	Hordaland	2020	Vestlandet
13	Bergen	1972	Hordaland
14	Sogn og Fjordane	2020	Vestlandet
15	Møre og Romsdal		Møre og Romsdal
16	Sør-Trøndelag	2018	Trøndelag
17	Nord-Trøndelag	2018	Trøndelag
18	Nordland		Nordland
19	Troms	2020	Troms og Finnmark
20	Finnmark	2020	Troms og Finnmark

FYLKE, from the Old Norse word *Fylki*, means FOLK (people). It was used during the time of the Vikings. King Sverre introduced **SYSSEL** (1170-1307). **LEN** was introduced after 1307, where we get the word Lensmann (Sheriff). More in the next newsletter.

Before the national assembly in the ninth century, there were approx. 30 small kingdoms in the later Norwegian realm, each with its own king (chieftan) and its own thing. There is little evidence of the extent of these counties, and how constant they were over time. It is possible that some of them overlapped to a large extent.

Snorre Sturlason tells in Heimskringla that when Harald Hårfagre conquered Norway, there was the following division (small kingdoms): Trøndelag, Namdal, Nordmøre, Romsdal, Sunnmøre, The fjords, Hordaland, Rogaland, Agder, Telemark, Vingulmark, Alvheim

The kingdoms of Sogn, Vestfold, Romerike, Hadeland and Ringerike he had inherited from his father Halvdan Svarte, together with half of Hedemarken, which he then submitted to completely together with Gudbrandsdalen.

Before the national assembly, the counties were independent kingdoms with their own small kings, but after the national assembly these counties were transformed into earldoms with an earl appointed by the king in each county, who in turn had rulers and lieutenants under him with responsibility for various sub-areas within the county.

The majority of Norway was gradually divided into four districts, each with its own annual assemblies and separate laws. These were in chronological order Gulatinget in Western Norway, Frostatinget in Trøndelag, Eidsivatinget in Opplandene and Borgartinget in Viken. Each district was in turn divided into counties, which in most cases were identical with the small kingdoms before the national assembly.

Most of the old counties and county names still exist as districts we know to this day. The later divisions of employment, county and bailiff's office that followed in the late Middle Ages were largely based on the old county units, although most from the 17th century also became part of larger counties, a term which in 1919 was replaced by the word *fylke* which thus came to include relatively larger units than the term did before, although the old counties also had strongly varying sizes.

Solskinn Lodge Officers 2019-2020

Board of Directors

President	Luella Grangaard	760-363-7704
Vice President	Terje Berger	760-799-6660
Counselor	Ulf Lokke	760-808-5403
Secretary	Tone Chaplin	760-408-9170
Treasurer	Tove Grigsby	509-202-2808

Program Directors

Social Director	Nancy Madson	760-343-0848
Cultural Director	Luella Grangaard	760-363-7704
Sunshine	Charlotte Larsen	760-328-1791

Support Positions

Book Club	Luella Grangaard	760-363-7704
Editor, Webmaster	Terje Berger	760-799-6660
Photographer	Miriam Hendrix	
Musician	Terje Berger	
Librarian	Corinne Bjerke	

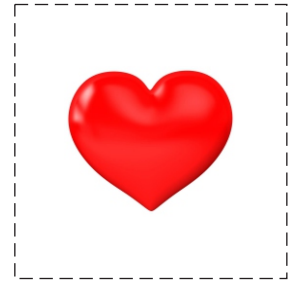
Financial Benefits

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



Save this stamp
for Tubfrim



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*