

# Solskinn Nyhetsbrev

March 2023 Newsletter from Solskinn Lodge 6-150



Solskinn Lodge 6-150



## Ord fra Presidenten

Our March social is “Meatball Madness.” I was reading a Norwegian cookbook, and in the cookbook the author stated that in Norway some type of meatball is eaten at least one time per week. Interesting. The recipe I was looking at wasn't a traditional Norwegian recipe.

When was the last time you had a meatball? Do you like meatballs and gravy? What type of gravy is best - brown, geitost, or white? Do you prefer the Italian meatball with pasta and sauce? Or maybe you like meatballs made with a mix of ground pork, beef, and veal. Do you use crackers or bread for the binding in your meatballs? My mom used to tell a story of when my Grandma Grangaard gave her the honor of mixing heated milk with the bread to make the binder for the Norwegian meatballs served on Christmas Eve. Do you eat your meatballs with lingonberry jam or catsup? So many choices, traditions, and sides. Sign up to bring some meatballs to share with your lodge family. And we will be playing Bingo. Do you feel lucky? In addition, we will have our annual questionnaire on what we can do differently at the lodge and/or ideas for socials. See you in March

Fraternally,  
Luella

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Donations (no clothes) can be dropped off between February 25 and March 3

Volunteers needed!

**Saturday, March 4, 2023, 8 am to 12 noon  
at 72500 Beavertail Street, Palm Desert**

Board Meeting every  
2nd Tuesday of the month at 5 PM  
ZOOM Link will be sent prior to the meeting

Book Club meets every  
3rd Thursday of the month at 4 PM  
To join, send an email to Luella

Arts & Craft Club has been  
put on hold until further notice



**March 25  
Bingo and Meatballs**

# Solskinn Nyhetsbrev

# Happy Birthday



### Birthdays in March/April/.....

Beryl Waldeland	March 4
Margit C. Rusche	March 14
Heidi Olson-Hartley	March 22
Sandra Kennedy	April 3
Svein Olav Stokke	April 5
Magdalena Buresdotter	April 7
Colin Brown	April 12
Carrie Kosvic	April 29
Junelle H Pearson	May 10
Leland W Rasmussen	May 12
Gerard Tallackson	May 12
Ulf K Løkke	May 24



### Norwegian Flag Days and Holidays

March 20	Spring Equinox
March 26	Summertime starts in Norway
April 6	Skjærtordag (Maundy Thursday)
April 7	Langfredag (Good Friday)
April 9	Påskedag (Easter Sunday)
April 10	2nd Påskedag (Easter Monday)
May 1	International Labor Day
May 8	Frigjøringsdagen (Liberation Day)
May 17	Grunnlovasdagen (Constitution Day)
May 18	Kristi Himmelfarts Dag
	Ascension Day (no flaggday)
May 28	Pinsedag (Pentecost Day)

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 2023

- April 22 Open Face Sandwiches with demonstration
- May 20 May 17 Celebration. Quiz. Hot Dogs and Ice Cream
- June 24 Midsummer

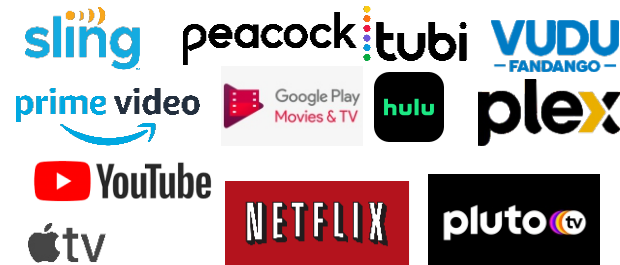
### Nordmenn på tur (Norwegians on a trip)

Norwegians speaking Norwegian.  
 Sjømannspresten (Seamen pastor) Åsmund Offernes and his wife Marianne meet Norwegians from the desert once a month. Normally we meet at Spaghetti Factory in Riverside, but this time in the home of Ann Sunniva (from Norway) at her small horse ranch in Norco. She served delicious homemade bread.



From the left: Tone, Ann Sunniva, Ulf, Åsmund, Marianne and Terje (TJ). Our Swedish friend Madeleine took the picture.

There are lots of Norwegian movies online. Netflix has a few. Several streaming services include Norwegian movies. It is not for free. List below. We will continue to present Norwegian movies and inform where to find them. Presenting a new movie on



# BOOK CLUB

## March Book

Counterfeiter: How a Norwegian Jew Survived the Holocaust  
by Moritz Nachtstern/Ragnar Arntzen

### ZOOM Meeting

Thursday, March 15 at 4PM

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

## April Book

Bitter Flowers  
by Gunnar Staalesen

### ZOOM Meeting

Thursday, March 15 at 4PM

## Solskinn Book List 2023

April Bitter Flower  
by Gunnar Staalesen  
May Men in My Situation  
by Per Pettersen

Whole book list for 2023 on Page 4

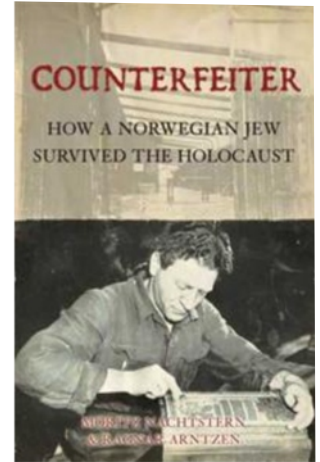
## March 2023

Published for the first time in English, this is an enthralling personal account of the secret Nazi project, Operation Bernhard, devised to destabilize the British and, later, American economies by creating and putting into circulation millions of counterfeit banknotes. A team of typographers and printers was pulled out of the rows of prisoners on their way to the gas chambers and transferred to the strictly isolated Block 19 in Sachsenhausen concentration camp. There they were presented with the enormous task of producing almost perfect counterfeits to the value of hundreds of millions of pounds sterling. These notes were to be dropped from bombers over London, with the aim of causing financial chaos. When the time came the Luftwaffe's resources were fully committed in other campaigns and theaters but some of the currency was successfully used to fund operations in Germany's secret war.

Moritz Nachtstern (1902-1969), was a Norwegian-Jewish typographer deported from Oslo in 1942. This is his story, as told to his wife and written down by her, then edited by journalist Ragnar Arntzen. It was originally published in Norwegian in 1949. It covers the three terrible years from

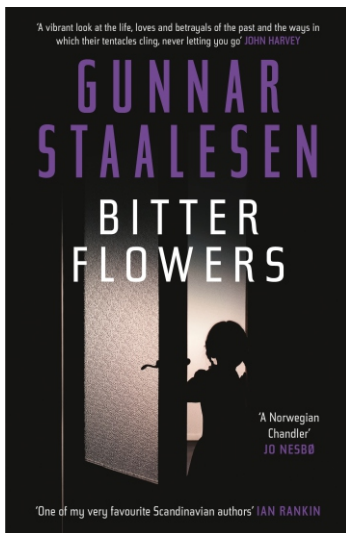


From Oslo Museum



his arrest and transportation to Germany, through the horrors of life in Auschwitz and Sachsenhausen to his escape in the last chaotic and terrifying days as the liberating American forces approached. At the center of this personal tale of courage and endurance is Nachtstern's absorbing description of how, in order to survive, he participated in the creation of exquisite forgeries, while working as slowly as possible, both to frustrate the Nazi plan and to ensure that he and his fellow forgers never became expendable. (from Amazon)

## April 2023



PI Varg Veum has returned to duty following a stint in rehab, but his new composure and resolution are soon threatened when a challenging assignment arrives on his desk.

A man is found dead in an elite swimming pool and a young woman has gone missing. Most chillingly, Varg Veum is asked to investigate the 'Camilla Case': an eight-year-old cold case involving the disappearance of a little girl, who was never found.

As the threads of these apparently unrelated crimes come together, against the backdrop of a series of shocking environmental crimes, Varg Veum faces the most challenging, traumatic investigation of his career.

Gunnar Staalesen (born 19 October 1947) is a Norwegian writer. He is a major figure in the Nordic noir crime fiction genre through his 19 novels featuring Varg Veum, a private detective in Bergen on the rainy west coast of Norway. The Varg Veum series has been praised as one of the best in modern crime fiction, and Staalesen has sold more than 5 million books in 26 countries.

Staalesen earned a degree in language (French and English) and literary studies from the University of Bergen in 1976, while also working as a journalist, a film critic and a press secretary at Den Nationale Scene.

Staalesen was inspired to create Veum, a social worker turned private detective, as an experiment in placing the classic detective archetype of American literature in modern-day Bergen, particularly influenced by Raymond Chandler's book Philip Marlowe.





**Battle of Narvik - Hitler's First Defeat (2022)**

April 1940. The eyes of the world are on Narvik, a small town in northern Norway, source of the iron ore needed for Hitler's war machinery. Two months of fierce winter warfare. The Norwegian port city was the location of Hitler's first defeat. Just when you think every battle in World War II has already had a movie, along comes Narvik, a Norwegian drama set in the spring of 1940 as Hitler's forces advanced across Europe.



**The April Book**  
**Bitter Flower (Bitre Blomster)**

Bitter Flowers (Norwegian: Varg Veum: Bitre Blomster) is 2007 Norwegian crime thriller film directed by Ulrik Imtiaz Rølfesen. It is the first in a series of twelve films about the private detective Varg Veum, based on the books by Gunnar Staalesen. The film stars Trond Espen Seim as Veum.

at **plex**



**Scholarship offers**

There are many scholarships offered by the Sons of Norway Foundation at [www.sofn.com](http://www.sofn.com). **These applications are due by March 1, 2023.** Please take advantage of this District Six Member opportunity.

Sons of Norway's website has a lot to offer

- Viking Magazine
- Viking for Kids
- Recipe Box
- Norwegian Language Lessons. Now 37!

**2023 Book List**

- May Men in My Situation by Per Pettersen
- June Child Wonder by Roy Jacobsen
- July The Bell in the Lake: A Novel by Lars Mytting
- August Us Against You by Fredrik Backman
- September My First Murder by Leena Lehtolainen
- October The Scandinavian Aggressors by Rowdy Geirsson
- November Norske Fields: A Novel of Southern California's Norwegian Colony by Anne Schroeder
- December A Coat Dyed Black by Don Pugnetti Jr.

**The Middle Ages in Norway**

Early Middle Ages, also called the Dark Ages, lasted from 600 to 1000.  
High Middle Ages, from 1000 to 1300  
Late Middle Ages, from 1300 to 1500

Cont. from page 5

**The plague and "Norway's decline"**

Was Norway particularly hard hit by the plague? The question has been discussed among Norwegian historians for a number of years, because the late Middle Ages is also the period when Norway lost the political independence the country had built up in the High Middle Ages.

There is little reason to believe that the plague killed a percentage of more people in Norway than in the other countries in Scandinavia. However, the political consequences of the population decline may have been more far-reaching in Norway than in the neighboring countries, because Norway is by nature the most difficult country to farm in. Thus, the epidemics contributed to reducing the already rather meager profits the elite could extract from agriculture.

# The Late Medieval Ages - The Plague

In the fall of 1349, the plague came to Norway. The plague would come to form a time gap, because it brought the long-term growth of the last millennium to an abrupt end. Medieval people were not unfamiliar with disease and epidemics. But no epidemic can measure up to the scale of the plague. The last recorded plague epidemic in Europe before the Black Death occurred in the middle of the 6th century. Since then, the population in Europe had multiplied.

## The Black Death

The Black Death came to Europe from the trade routes along the Silk Road. In the middle of the 14th century, Europe was densely populated, many think up to the tolerance limit for the natural resources. This made the population vulnerable to epidemics, and the close communications meant that diseases could spread quickly. From the Mediterranean, the plague spread to Western Europe and further to Scandinavia within two years. It is likely that it was an English ship that brought the epidemic to Bergen, but there may have been another outbreak in Eastern Norway at about the same time. Within a short time, the Black Death killed about a third of the population of Norway.

## Several epidemics

The Black Death is the first outbreak of plague in the late Middle Ages, and probably the one that took the most lives. The important thing about the plague, however, is not this one outbreak - in that case the population could have quickly recovered to the previous level again. The decisive thing about the plague is that it came again and again. Unlike other epidemic diseases, such as influenza, typhoid fever and measles, the plague hit about as hard each time it flared up. The reason is that plague was spread via animals. Pest-infected fleas have rats as their natural hosts and only move to humans when the rats die in large numbers. This means that people do not build up resistance to plague in the same way as to other diseases.

## The plague disappears

Probably not a decade went by without the plague ravaging somewhere in Europe. In Norway, the period is source-poor, but the researchers assume this pattern also applies to Norway. The result was a long-term population decline. It was probably only in the second half of the 15th century that the population began to rise again. The plague continued to return until the middle of the 17th century, but the death toll gradually decreased. One reason was that the authorities implemented quarantine and isolation



measures, another that the black rat was displaced by the more shy brown rat. However, it is uncertain why the plague gradually affected fewer people and eventually disappeared.

## Everybody suffered

The plague not only hit far more than other epidemics. It also hit the rich as hard as the poor, who were usually more susceptible to disease because they often suffered from malnutrition. In this sense, the plague can be called a more «democratic» disease in that it attacked people regardless of status. Many priests died of the plague because they were supposed to see the sick and dying. In Nidaros, the archbishop and all the cross brothers except one died in 1351, so it was difficult to get a new archbishop elected. Twenty years later, the archbishop wrote that 30 out of 400 priests in the diocese were alive, the rest had died of plague.

## Eternal insurance

People interpreted the plague as a punishment from God. King Magnus Eriksson wrote to his subjects in the fall of 1349 that "God for the sake of mankind has cast a great plague over the world with sudden death". The remedy was prayer and fasting - and paying a penny to the king to honor God. People turned to the church like never before. Preserved wills show that many gave land to the church. In return, the donor had soul messages read over him on the day of death and thus had greater opportunities to achieve salvation. The church's properties increased in the late Middle Ages from 40 to 47 percent of all land in the country, mainly as a result of such spiritual gifts.

*Continuing at page 4*

# Famous Norwegians

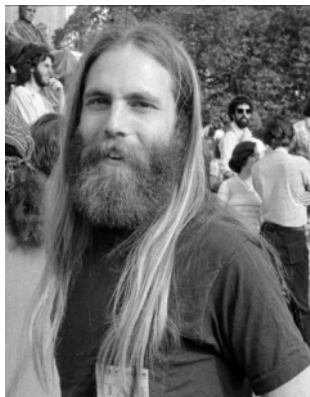
## Brent Mydland (Grateful Dead)

Brent Mydland was born on an American military base near Munich. His father was stationed there as a chaplain in the US Army. When Mydland was one year old, the family moved to the San Francisco Bay Area. Mydland, who grew up in Concord, began playing in bands during his high school years. In the 70's he was a member of Batdorf & Rodney and later of Silver. Silver released an LP on Arista Records in 1976. (In 2000 the album was released on CD by the French label Magic Records).

In 1978, Mydland briefly played in Bob Weir's band. When the Grateful Dead looked to replace Keith & Donna Godchaux, Brent Mydland was chosen. On April 22, 1979, Mydland played his first concert with the Grateful Dead. In contrast to his predecessor Godchaux, who mostly limited himself to playing the piano on stage, Mydland played the Hammond B3 organ like Ron "Pigpen" McKernan, bringing fresh tones to the 15-year-old band. He also added a high harmony voice to the band's vocal range.

As the third lead singer alongside Jerry Garcia and Bob Weir, Mydland also contributed songs of his own to the Grateful Dead repertoire, some of which he wrote with Bob Weir's writing partner John Barlow. Mydland wrote four songs for the album Built To Last - more than his colleagues Garcia and Weir. Among the covers Mydland sang were Dear Mister Fantasy, Hey Jude, Hey Pockey Way and Gimme Some Lovin'.

Mydland died of a cocaine-morphine overdose on July 26, 1990, just days after the end of the Grateful Dead's summer tour. He is survived by his wife Lisa and daughters Jessica



and Jennifer.

Since the late '90s, the Grateful Dead have continued to release live albums from their Mydland days. Of particular note are Dozin' At The Knick, Nightfall Of Diamonds and Truckin' Up To Buffalo (all live '89/'90) and Go To Nassau

### **Brent Richard Mydland**

*b. 1952, München, Bayern, West Germany*

*d. 1990, Lafayette, Contra Costa County, California*

*Son of*

### **Didrik Joakim Berntson Mydland**

*b. 1911, Inner Mydland, Sokndal, Rogaland, Norway*

*d. 2009, Cameron Park, El Dorado, California*

*and Naomi Faye Bidwell*

*Son of*

### **Bernt Tønnesson Mydland**

*b. 1859, Sokndal, d.1949, Sokndal, Rogaland*

*and Tomine Otilie Olasdatter*

*b. 1876, Mydland, Sokndal, Rogaland, d.1956*



## Harry Stewart Yogi Yorgesson



**Harry Stewart** (October 21, 1908 – May 20, 1956), born Harry Skarbo, was an entertainer, singer, comedian, and songwriter. He was best known for his portrayal of Yogi Yorgesson, a comically exaggerated Swedish American.

In 1949 Capitol Records released "I Yust Go Nuts at Christmas" and "Yingle Bells," a single by Yogi Yorgesson with the Johnny Duffy Trio. This record was the most popular of Stewart's career, selling over one million copies and earning a gold disc. The two songs have for many years been holiday favorites on the Dr. Demento show.

Stan Boreson and Doug Setterberg recorded eighteen songs written by Harry Stewart and thereby introduced Yogi Yorgesson to a new generation of fans. Five of his songs appeared on their album Honey / Little Green Apples (1969) and another five on Yust Go Nuts at Christmas (1971). Boreson also recorded the 1980 tribute album Yust Tinkin' Of Yogi with eleven more songs by Stewart.

More than a half century after his death, Stewart's recordings are still sold by vintage music stores and online retailers. They can also be found at video-sharing websites and other digital archives, and "I Yust Go Nuts at Christmas" remains in regular recurrent rotation on radio stations during the Christmas season.

### **Harry Edward Skarbo** (adopted by Stewart)

*b. 1908, Tacoma Park, Washington*

*d. 1956, Tonopah, Nye, Nevada*

*Son of*

### **Hans Hall Skarbo**

*b. 1878, Skarbo, Hattfjelldal, Nordland, Norway*

*d. 1941, Pierce, Pierce, Washington*

*Immigrated 1893 thru Boston, Massachusetts*

*and Lizzie Albertine Gilbertson*

*b. 1882, North Dakota,*

*d. 1911 Pierce, Washington*

*Daughter of*

### **Gilbert J Gilbertson**

*b. 1842, Norway*

*d. 1918, Wilverton, Wilkin, Minnesota*

*Pernille Johanna Samuelsdatter*

*b. 1842, Nygård, Dalosen, Hemnes, Nordland*

*d. 1895*

# Norwegian Food

## International Waffle Day, March 25



The Norwegian waffles are quite different from the Belgian waffles. First of all, they are thin and soft, and when they are fresh they are also crunchy. Both flavour and texture is also quite different. But the biggest difference is probably that they are served with another Norwegian favorite: brown cheese

In America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The waffles in Norway are served for dessert or as a treat in heart-shaped sections. They are much sweeter and softer than American waffles and are almost always homemade.

### Ingredients (Sons of Norway)

6 eggs  
1/2 cup sugar  
1 tsp. ground cardamom  
1 1/2 cup flour  
1 tsp. baking powder  
pinch of salt  
1 cup sour cream  
1/2 cup melted butter  
3 Tbsp. butter for frying

#### Step 1:

Mix all the dry ingredients together

#### Step 2:

Mix all the wet ingredients together

#### Step 3:

Mix dry and wet ingredients together.

#### Step 4:

Let batter rest for about 20 minutes. Heat up the waffle iron and brush some butter on the surface of the iron.

#### Step 5:

Pour 1/4 cup batter over the iron and wait for the waffle to become light brown. Be careful removing the waffle, it's hot.

#### Step 6:

Let the waffle cool. Top with jam, whipped cream, or sour cream. Or, the Norwegian way, Brown cheese.

Adjust the recipe to your waffle maker.

If you don't want to use baking powder, take the eggs out from the fridge 1 or 2 days before.

### Ingredients (Norway)

6 eggs  
3 3/4 cup flour  
1 cup sugar  
2 ts baking powder  
2 ts ground cardamom  
3 3/4 cups milk  
3/4 cup melted butter  
2 tbs butter for frying

### Buttermilk Waffles

1 3/4 cup all-purpose flour  
2 tablespoons granulated sugar  
1 3/4 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon kosher salt  
1 3/4 cup well-shaken buttermilk  
2 large eggs  
2 teaspoons vanilla extract  
1 stick unsalted butter, melted and slightly cooled

Nonstick cooking spray  
Maple syrup, jam, berries or yogurt, for serving



*Waffles came to Sweden near the early 1600s and quickly spread to nearby lands. They were often eaten with jams and fruits, establishing themselves as a beloved treat to be eaten at all times of the day. The event in celebration of them was called Våffeldagen which sounded remarkably close to the religious Vårfrudagen and the traditions merged.*

*What is the difference between Open Face Sandwich, Brødkive and Smørbrød?  
You will learn in our April Social*

In a large bowl, whisk together the flour, sugar, baking powder, baking soda and salt.

In a medium bowl, whisk together the buttermilk, eggs and vanilla.

Whisk the buttermilk mixture into the flour mixture until a batter is formed. Whisk in the butter until incorporated, being careful not to over mix the batter.

Spray both sides of the preheated waffle iron with nonstick cooking spray. Pour in enough batter to lightly cover the surface of the iron, about 1/3 to 3/4 cup, depending on its size.

Close the iron and cook until the waffles are a deep golden brown and slightly crisp, about 5 minutes. Repeat with the remaining batter.

Serve the waffles immediately with butter, syrup, jam, berries or yogurt.



## Youth Half Camperships Available for District Six Members for 2023.

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and [Trollfjell Folkehøgskule](#) ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. The amount of the half camperships for 2023 is half of the registration cost. The application form is available on the District Six Website.

All applications must be received by April 15, 2023. Please send the applications to District Six Campership Committee, Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to [morongo2@verizon.net](mailto:morongo2@verizon.net) It is time to sign up for 2023 camp!!!

## Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,500 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2023.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 14, 2023.

Applications are available on the District Six website at [www.sofn6.org](http://www.sofn6.org). Please send completed applications to District Six Scholarship Committee, c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to [moorong2@verizon.net](mailto:moorong2@verizon.net).

In addition there are many scholarships offered by the Sons of Norway Foundation at [www.sofn.com](http://www.sofn.com). These applications are due by March 1, 2023.

Please take advantage of this District Six Member opportunity.

## February Social - April 9 1940



Information from the lodge President Luella Grangaard.

Below 1st table:  
Lee, Tanya, Nancy,  
Randy Sundeen (Zone  
5 Director) and  
Wyonne

2nd table:  
Frida, Don, Beryl and  
Gunhild.

In the back:  
Sven and Kathy, our  
snow birds from British  
Columbia.





# February Social - April 9 1940



February Social had the theme “Why did Germany occupy Norway?” Our Vice President TJ guided us thru the history to give a perspective what really happened in Norway as well as in Europe the days and months before April 9, 1940.

It was served Vegetable soup, Yellow split pea soup and Fish soup. Everybody had a good time.

*For more reading, follow articles can be found at Wikipedia:*

- Vidkun Quisling*
- Norwegian Campaign*
- Timeline of the Norwegian Campaign*
- Blücher*
- Altmark incident*
- Operation Weserübung*
- Plan R 4*
- SS Rio de Janeiro (1914)*
- Operation Alphabet*
- Gustav V (The Swedish king)*

1st table: Our guests from South Dakota, Donna and Kevin Anderson

2nd table: Joanne, Maureen, Delilah, Walt, Susan



## Solskinn Lodge Officers 2023-2024

### 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	Nancy Madson	760-343-0848

### Program Directors

Social Director	Nancy Madson	760-343-0848
Assisting Social Director	Joy Rogers	760-821-3497
Cultural Director	Luella Grangaard	760-363-7704
Sunshine	Charlotte Larsen	760-835-4391

### 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	

### Insurance Professionals

James Donovan, FIC, CSA	Cell: 760-276-5529
	Office: 760-440-9905
	<a href="mailto:jdonovaninsure@gmail.com">jdonovaninsure@gmail.com</a>

Solskinn Lodge, #6-150  
Terje Berger  
52705 Avenida Obregon  
La Quinta, CA 92253



### *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*