

Solskinn Nyhetsbrev

March 2025 Newsletter from Solskinn Lodge



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten

Happy March,



We had a fantastic social in February. Thank you, TJ, his wife Janis, and stepson Chris for preparing and delivering the wonderful salmon. TJ was up at 4 am to prep the salmon. Janis baked the salmon, and Chris delivered it.

Thank you to Joy for preparing the

2 different cucumber salads and Nancy for the almond cake dessert. And thanks to everyone for helping with the clean-up. The program was on farm-raised versus wild-caught salmon. Before the meal and presentation, we voted on who preferred wild-caught salmon, and almost everyone said they preferred the wild-caught. After the meal, we retook a vote, and most attendees thought TJ brought wild caught because it was so good. However, he purchased it at Costco, and it was farm-raised Atlantic salmon. We also learned from the presentation that there are both positives and negatives to wild-caught versus farm-raised salmon. But overall, as a fish, it is very beneficial to our health because it contains fats called omega-3.

March 17 is St Patrick's Day. Remember Dublin and Ireland as Vikings occupied a whole for a number of years. The Viking Kings who ruled Dublin and/or Ireland included Ivar the Boneless, Olaf Sitricsson, Olaf the White, Cnut the Great, Sitric One-Eyed, Sitric Silkbread, and Thorgils the Devil, who founded Dublin. So, as Vikings, we should really join in on the celebrations.

Our program in March will be presented by Nancy on Hardanger, and our meal will be open-faced shrimp sandwiches. Even if you don't like shrimp, there will be sides and, of course, dessert. Bring a friend to enjoy the presentation and meal.

I look forward to seeing you in March.

Fraternally,
Luella

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March 22, 2025

**Hardanger embroidery
Presentation and Display
Open Face Shrimp Sandwiches**

April 26, 2025

**World War II.
The King's Escape**

Soup & Salad



Happy Birthday

Birthdays March 2025 - May 2025

Beryl Waldeland	March 4
Margit Chiriaco Rusche	March 14
Pat Reddick	March 17
Heidi Olson-Hartley	March 22
Sandra Kennedy	April 3
Svein Olav Stokke	April 5
Colin Brown	April 12
Wyonne Long	April 27
Edward Maury Tauber	April 29
Sigrid Sorensen Wiik	May 8
Junelle Pearson	May 10
Lee Rasmussen	May 12
Ulf K Løkke	May 24



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

Norwegian Flag Days, Holidays and Days of Observance

Mar 2	Fastelavnsøndag (3 days before Lent)	
Mar 20	Vårjevndøgn (Equinox)	
Mar 30	Summertime starts	
Apr 17	Skjærtorsdag (Maundy Thursday)	H
Apr 18	Langfredag (Good Friday)	H
Apr 20	Påskedag (Easter Sunday)	HF
Apr 21	2.påskedag (Easter Monday)	H
May 1	International Labor Day	HF
May 8	Frigjøringsdagen (Liberation D)	F
May 17	Grunnlovsdagen Constitution Day	HF
May 29	Kristi Himmelfartsdag Ascension Day	H

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Sons of Norway

Website: sofn.org
Facebook: Official Sons of Norway Facebook Group

Sons of Norway, District Six

Website: sofn6.org
Facebook: Sons of Norway District Six

Social Calendar for 2024-2025 Season

Always a Saturday. Social at 11:00 AM

Cost	General Cost Members \$10.00, Guests \$15.00
March 22	Hardanger, demonstration and display Traditional open face shrimp sandwiches Cost: Members \$15.00, Guests \$20.00
April 26	World War II. The King's Escape Soup & Salad
May 17	Syttende Mai Hot Dogs and Bløtekake Cost: Members \$5.00, Guests \$10.00
June 28	Bar-b-Que in Morongo Valley Bring your own food to be grilled



Maundy Thursday is not holiday in Sweden, so Norwegians crossing the border to go shopping, called locally for Harry trip

BOOK CLUB

March 2025 Book

The Weaver and the Witch Queen
by Genevieve Gornichec

ZOOM Meeting

Thursday, March 20 at 4 PM

April 2025 Book

The Lazarus Solution
by Kjell Ola Dahl

ZOOM Meeting

Thursday, April 17 at 4 PM

May 2025 Book

Faceless Killer
by Henning Mankell

ZOOM Meeting

Thursday, May 15 at 4PM

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

March 2025



The lives of two women—one desperate only to save her missing sister, the other a witch destined to become queen of Norway—intertwine in this spellbinding, powerful Viking Age historical fantasy novel from the acclaimed author of *The Witch's Heart*.

Oddny and Gunnhild meet as children in tenth century Norway, and they could not be more different:

Oddny hopes for a quiet life, while Gunnhild burns for power and longs to escape her cruel mother. But after a visiting wisewoman makes an ominous prophecy that involves Oddny, her sister Signy, and Gunnhild, the three girls take a blood oath to help one another always.

When Oddny's farm is destroyed and Signy is kidnapped by Viking raiders, Oddny is set adrift from the life she imagined—but she's determined to save her sister no matter the cost, even as she finds herself irresistibly drawn to one of the raiders who participated in the attack. And in

the far north, Gunnhild, who fled her home years ago to learn the ways of a witch, is surprised to find her destiny seems to be linked with that of the formidable King Eirik, heir apparent to the ruler of all Norway.

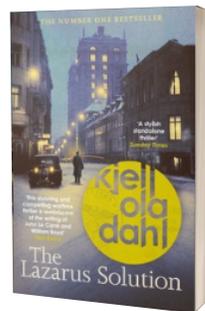
But the bonds—both enchanted and emotional—that hold the two women together are strong, and when they find their way back to each other, these bonds will be tested in ways they never could have foreseen in this deeply moving novel of magic, history, and sworn sisterhood.



Genevieve Gornichec earned her degree in history from The Ohio State University, where her study of the Norse myths and Icelandic sagas became her writing inspiration. Her national bestselling debut novel, *The Witch's Heart*, has been translated into more than ten languages. She lives in Cleveland, Ohio. *The Weaver and the Witch Queen* is her second novel.

April 2025

Summer, 1943. When a courier for Sweden's Press and Military Office is killed on his final mission, the Norwegian government-in-exile appoints a writer to find the missing documents in this breathtaking WW2 thriller.



first suspect is a Norwegian refugee living in Sweden, whose past that is as horrifying as the events still to come...

Both classic crime and a stunning exposé of Norwegian agents in Stockholm during the Second World War, *The Lazarus Solution* is a compulsive, complex, richly authentic historical thriller from one of the godfathers of Nordic Noir.

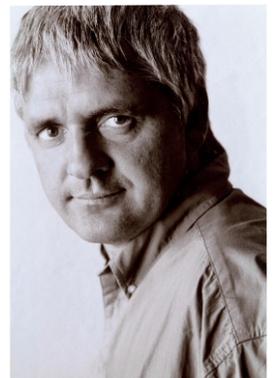
Kjell Ola Dahl (born 4 February 1958) is a Norwegian writer, who is sometimes known professionally as K. O. Dahl.

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

several non-fiction books, and co-written two screenplays with the writer/director Hisham Zaman.

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

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





The Åre murders

Åremorden is a Swedish crime series that premiered on Netflix on February 6, 2025. Joakim Eliasson and Alain Darborg are directing. Karin Gidfors and Jimmy Lindgren have written the script. The series' first season consists of five episodes. The series is based on Viveca Sten's first two novels about the Åremorden, Offermakaren and Dalskuggan.

The series revolves around the two police officers Daniel Lindskog and Hanna Ahlander who, despite little resources, struggle to solve serious crimes in the Jämtland mountain world. A young woman disappears during the Lucia night and Ahlander begins to look into the case with help from Lindskog.

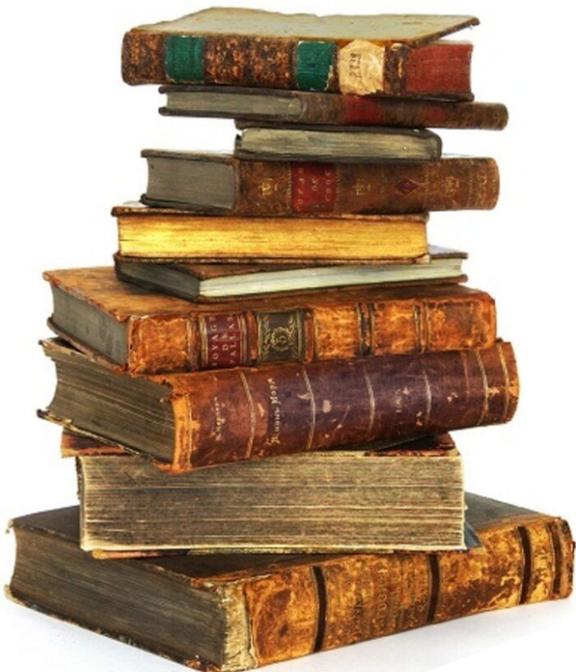
English and Swedish voices and subtitles



Frigjøringsdagen

Liberation Day in Norway is 8 May. The date is marked every year to commemorate the liberation after five years of German occupation of Norway during the Second World War from 1940 to 1945.

On Tuesday 8 May 1945, Nazi Germany's military forces capitulated after the defeat of the Allies in Europe. The war began with Hitler/Germany's invasion of Poland on 1 September 1939. Norway was drawn in when the Germans attacked on 9 April 1940 and occupied the country. After the Germans surrendered, Norway was occupied by British and American military forces until King Haakon VII returned to Oslo on 7 June 1945.



Book List to July 2025

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

March 2025
The Weaver and the Witch Queen
by Genevieve Gronechee

April 2025
The Larasus Solution
by Kjell Ola Dahl

May 2025
Faceless Killer by Henning
Mankell

June 2025
The Axe by Sigrid Undset

July 2025
The Slaves Tale
by Erik Haugaard

Norwegian Viking History

King of the Fair Foreigners

Sitric Cáech or Sihtric Cáech or Sigtrygg Gále, (Old Norse: Sigtryggr, Old English: Sihtric, died 927) was a Hiberno-Scandinavian Viking leader who ruled Dublin and then Viking Northumbria in the early 10th century. He was a grandson of Ímar and a member of the Uí Ímair. Sitric was most probably among those Vikings expelled from Dublin in 902, whereafter he may have ruled territory in the eastern Danelaw in England. In 917, he and his kinsman Ragnall ua Ímair sailed separate fleets to Ireland where they won several battles against local kings. Sitric successfully recaptured Dublin and established himself as king, while Ragnall returned to England to become King of Northumbria. In 919, Sitric won a victory at the Battle of Islandbridge over a coalition of local Irish kings who aimed to expel the Uí Ímair from Ireland. Six Irish kings were killed in the battle, including Niall Glúndub, overking of the Northern Uí Néill and High King of Ireland.

In 920 Sitric left Dublin for Northumbria, with his kinsman Gofraid ua Ímair succeeding him as king in Dublin. That same year Sitric led a raid on Davenport, Cheshire, perhaps as an act of defiance against Edward the Elder, King of the Anglo-Saxons. In 921 Ragnall ua Ímair died, with Sitric succeeding him as King of Northumbria. Though there are no written accounts of conflict, numismatic evidence suggests there was a Viking reconquest of a large part of Mercia in the following few years. An agreement of some sort between the Vikings of Northumbria and the Anglo-Saxons was achieved in 926 when Sitric married a sister of Æthelstan, perhaps Edith of Polesworth. Sitric also converted to Christianity, though this did not last long and he soon reverted to paganism. He died in 927 and was succeeded by his kinsman Gofraid ua Ímair. Sitric's son Gofraid later reigned as king of Dublin, his son Aralt (Harald) as king of Limerick, and his son Amlaíb Cuarán as king of both Dublin and Northumbria.

Kingdom of Dublin

The Kingdom of Dublin (Old Norse: Dyflin) was a Norse kingdom in Ireland that lasted from roughly 853 AD to 1170 AD. It was the first and longest-lasting Norse kingdom in Ireland, founded by Vikings who invaded the territory around Dublin in the 9th century. Its territory corresponded to most of present-day County Dublin.



St. Patrick

Patrick was born at the end of Roman rule in Britain. His birthplace is not known with any certainty; some traditions place it in what is now England—one identifying it as Glannoventa (modern Ravenglass in Cumbria). In 1981, Thomas argued at length for the areas of Birdoswald, twenty miles (32 km) east of Carlisle on Hadrian's Wall. Thomas 1981, pp. 310–14. In 1993, Paor glossed it as "[probably near] Carlisle". There is a Roman town known as Bannaventa in Northamptonshire, which is phonically similar to the Bannavem Taburniae mentioned in Patrick's confession, but this is probably too far from the sea. Claims have also been advanced for locations in present-day Scotland, with the Catholic Encyclopedia stating that Patrick was born in Kilpatrick, Scotland.[28] In 1926 Eoin MacNeill also advanced a claim for Glamorgan in south Wales, possibly the village of Banwen, in the Upper Dulais Valley, which was the location of a Roman marching camp.

According to the Confession of Saint Patrick, at the age of sixteen, he was captured by a group of Irish pirates. They took him to Ireland where he was enslaved and held captive for six years. Patrick writes in the Confession that the time he spent in captivity was critical to his spiritual development. He explains that the Lord had mercy on his youth and ignorance, and afforded him the opportunity to be forgiven his sins and to grow in his faith through prayer.

The Dál Riata raiders who kidnapped him introduced him to the Irish culture that would define his life and reputation. While in captivity, he worked as a shepherd and strengthened his relationship with God through prayer, eventually leading him to deepen his faith.

Patrick studied in Europe principally at Auxerre. J. B. Bury suggests that Amator ordained Patrick to the diaconate at Auxerre. Patrick is thought to have visited the Marmoutier Abbey, Tours and to have received the tonsure at Lérins Abbey. Saint Germanus of Auxerre, a bishop of the Western Church, ordained him to the priesthood. Maximus of Turin is credited with consecrating him as bishop. "Patrick going to Tara", illustration from a 1904 book

Read more at Wikipedia

Famous Norwegian

Magnus Carlsen

Sven Magnus Øen Carlsen, born 30 November 1990 in the Husvik district of Tønsberg, is a Norwegian chess player who is a five-time world chess champion and, since 1 July 2011, the world's highest-ranked player.

Carlsen won the World Championship title when he defeated Indian Viswanathan Anand in November 2013; a title he then defended against the same man the following year. 2014 was also the year when the Norwegian also became world champion in both rapid and blitz chess, making him the first in history to hold all three World Championship titles. The following year, in 2015, he also became the first to defend a World Championship title in rapid chess. He won all World Championships until 2023, when he chose not to defend his World Championship title.

Carlsen has been the world's highest-ranked player since July 2011, with a peak Elo rating of 2,882.

Junior career

Carlsen learned chess at the age of six, but did not develop a real interest in the game until the age of eight. Norwegian grandmaster Simen Agdestein recognized Carlsen's talent early on and became one of his first coaches, as did international champions Torbjørn Ringdal Hansen and Bjarte Leer-Salvesen.

In 2004, after gaining over 300 rating points in just over a year, Carlsen became the second youngest grandmaster ever. That same year, he became a world celebrity when, at the age of 13, he defeated former world champion Anatoly Karpov in a blitz tournament and drew with the reigning world champion and world number one Garry Kasparov. The following year, he became the youngest player ever to qualify for the Candidates Tournament for the World Championship.

He continued his climb to the top in 2006 when he tied for first place in the Corus Wijk aan Zee (now Tata Steel Chess Tournament), Group B, and scored 6 out of 8 points in the 37th Chess Olympiad. He also won his first Norwegian championship by defeating his coach Simen Agdestein in a tie-break match.

After several strong performances in the spring and summer of 2007, including a joint second place in Linares-Morelia, he became the youngest player ever to reach a rating above 2,700. In the same tournament, he also became the youngest player ever to beat a world number one with his win against Veselin Topalov. However, he was knocked out of the World Championship cycle by Levon Aronian, but placed so well in the FIDE World Chess Cup that he qualified for the 2008/09 FIDE Grand Prix - from which he withdrew.

In 2008, at only 17 years old, he shared first place in the Corus Group A, Baku Grand Prix and Aerosvit, came second in Morelia-Linares and third in the Biel International Chess Festival .

Senior career

With Garry Kasparov as his coach in 2009, Carlsen achieved his best tournament results to date (and some of the best tournament results ever in the history of chess). With eight points out of ten possible, he won the



Pearl Spring Chess Tournament (category XXI) with a "performance rating" of 3,002, which in November 2009 made him the fifth – and until then youngest – player ever to achieve a rating above 2,800.

Apart from a mediocre performance at the Chess Olympiad, Carlsen won every tournament in 2010, and by July of that year, only Garry Kasparov had ever had a higher rating than the Norwegian. In January 2010, Carlsen, again as the youngest player in history, was ranked at the top of the official chess rating list for the first time.

Carlsen subsequently placed in the top 3 in every tournament, and was the favorite to challenge Viswanathan Anand for the 2012 World Championship title. However, Carlsen withdrew from the World Championship cycle due to disagreements with FIDE .

Title Grandmaster	2004
World Champion	2013–2023
FIDE rating	2833 (February 2025)
Peak rating	2882 (May 2014)
Ranking	No. 1 (February 2025)
Peak ranking	No. 1 (January 2010)

FDID. International Chess Federation



Scandinavian Food

GRAVLAX

Gravlax, gravlaks or graved salmon is a Nordic dish consisting of salmon that is cured using a mix of salt, sugar and dill. It is garnished with fresh dill or spruce twigs and may occasionally be cold-smoked afterwards. Gravlax is usually served as an appetizer, sliced thinly and accompanied by a dill and mustard sauce known as hovmästarsås (Also known in Sweden as gravlaxsås, in Norway as sennepssaus, literally 'mustard sauce'), either on bread or with boiled potatoes.

Gravlax

Preparation and cooking time

Prep: 20 mins, Plus 2-4 days curing

Easy

Serves 10

Cure your own salmon, Scandinavian-style, with dill, juniper, and lemon and serve with a mustard sauce

2 x 500g pieces skin-on organic salmon fillet
both cut from the centre of the fish.
Ask your fishmonger to pin-bone it
for you

75g flaky sea salt

75g golden caster sugar

1 tsp black peppercorn roughly crushed

zest of 1 lemon

8 juniper berries crushed (optional)

small bunch (about 20g) dill roughly chopped

2 tbsp gin (optional)

Dill & mustard sauce

small bunch (about 20g) dill roughly chopped

4 tbsp Dijon mustard

2 tbsp brown sugar

cider vinegar

honey and sunflower oil

Step 1

Pat the salmon dry with kitchen paper and run your hands over the flesh to see if there are any stray small bones – if there are, use a pair of tweezers to pull them out. Set the salmon fillets aside.

Step 2

Add the salt, sugar, peppercorns, lemon zest, juniper and dill into a food processor and blitz until you have a bright green, wet salt mixture or 'cure'. Unravel some cling film but keep it attached to the roll. Lay the first fillet of salmon skin-side down and then pack the cure over the flesh. Drizzle with gin, if using and top with the 2nd fillet, flesh-side down. Roll the sandwiched fillets tightly in cling film to create a package.

Step 3

Place the fish in a shallow baking dish or shallow-sided tray and lay another tray on top. Weigh the tray down with a couple of tins or bottles and place in the fridge for at least 48 hrs or up to 4 days, turning the fish over every 12 hours or so. The longer you leave it, the more cured it will become.

Step 4

To make the sauce, add all the sauce ingredients into a blender. Blitz until you have a thickened dressing.

Step 5

To serve, unwrap the fish and brush off the marinade with kitchen paper. Rinse it if you like. You can slice the fish classically into long thin slices, leaving the skin behind, or remove the skin and slice it straight down. Serve the sliced fish on a large platter or individual plates with pumpernickel bread, dill and mustard sauce.



Oven baked Salmon

Lay the salmon with skin down. Drizzle spices, like garlic salt, if desired.

Lay sliced lemon over the salmon. Also, pieces of butter.

Baked at 400F for 25 min.

Have sliced butter ready to put on top when it is done. Not more difficult than that.

This is my wife Janet's recipe .

TJ

Lodge Social February 22, 2025

Farm raised or wild caught salmon



Luella,
Mrs. Book Club



Lodge Social February 22, 2025



What we learned.
 Most salmon in the store is farm raised. Farm raised salmon has more fat and therefore taste better. Unwanted stuff in the salmon, is killed by baking or frying. Look up for sushi made of salmon.



Solskinn Lodge Officers 2025

Board of Directors

President	Luella Grangaard	760-285-9430
Vice President	Terje Berger	760-799-6660
Counselor	Ulf Lokke	760-808-5403
Secretary	Tone Chaplin	760-408-9170
Treasurer	Nancy Madson	760-238-8819

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Social Director	Nancy Madson	760-238-8819
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Cultural Director	Luella Grangaard	760-285-9430
Sunshine	Joy Rogers	760-821-3497

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Photographer	Miriam Hendrix	
Musician	Terje Berger	

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Terje Berger
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Mission Statement

*The mission of
Sons of Norway
is to provide quality insurance
and financial support to our
members, promote and 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*