

Solskinn Nyhetsbrev

March 2026 Newsletter
from Solskinn Lodge



Ord fra Presidenten



I hope you had a great social. Heart waffles are wonderful but the lodge social team really thought outside the boundaries on what to do for our meal. Both savory and sweet waffles were included in the meal. Thanks to Joy, Nancy, Tone for the meal. Thanks to Joy for creating our special party favors. Thank you Ulf for your interesting program on Fridtjof Nansen and Roald Amundsen and their adventures at the North and South poles. Also thank you for sharing your ship model. March we will have a salmon meal with the fixings. Our program will focus on immigration today. We hope our current members who have come from Norway will share how and why they came to the US. Also we welcome our many regular guests to be part of this event sharing their adventure to live in the US. Do you think the reason was the same as it was in the 1820's for a better life, more land, independence? Or was it love, a marriage opportunity, capitalism, more social freedom or something else. Come to the social and find out.

Fraternally,
Luella

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Upcoming Events

March 28

Ovenbaked Salmon
Norwegian Immigrants

April 25

Soup and Salad
Viking Presentation



Happy Birthday

Birthdays March 2026 - May 2026

Beryl Waldeland	March 4
Margit Chiriaco Rusche	March 14
Pat Reddick	March 17
Louise Selle	March 26

Sandra K Kennedy	April 3
Svein Olav Stokke	April 5
Colin Brown	April 12
Wyonne M Long	April 27
Edward Maury Tauber	April 29
Carrie Kosvic	April 29

.Junelle Pearson	May 10
Lee Rasmussen	May 12
Jeffrey Carlson	May 23
Ulf Løkke	May 24



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

Norwegian Flag Days, Holidays and Days of Observance

April 2	Skjærtorsdag Maundy Thursday	H
April 3	Lang Fredag Good Friday	H
April 5	Første Påskedag Easter Sunday	FH
April 6	Andre Påskedag Easter Monday	H
May 1	Arbeidernes Dag Labor Day	
May 14	Kristi Himmelfartsdag Ascension's Day	
May 17	Grunnlovsdagen Constitution Day	FH

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Solskinn Lodge

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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 for 2026

Always a Saturday. Social at 11:00 AM

General Cost
Members \$10.00, Guests \$15.00

SAVE THE DATES

2026 Socials

March 28	Salmon or Norwegian Immigrants
April 25	Soup and Salad Viking presentation
May 16	Hot dogs and ice cream Bring your Norwegian flag

BOOK CLUB

March 2026 Book

Muus vs. Muus
by Bodil Stenseth

ZOOM Meeting

Thursday, March 19, 4 PM

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

April 2026 Book

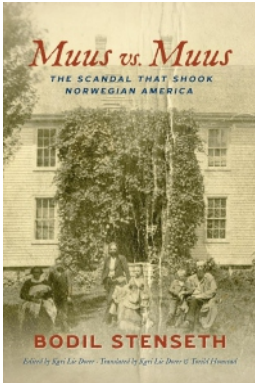
The Memoirs of Stockholm Sven
by Nathaniel Ian Miller

ZOOM Meeting

Thursday, April 16, 4 PM

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

March 2026



In 1880s Minnesota a remarkable lawsuit posed questions about cultural practices in an immigrant community and the rights of its members as Americans -- inspiring a wide-reaching debate

about faith and family. Copublished with the Norwegian-American Historical Association on the occasion of St. Olaf College's sesquicentennial, *Muus v. Muus* is the American edition of a volume originally published in Norway. Newly translated, this gripping narrative details a prominent nineteenth-century Lutheran couple's separation, which signaled a cultural shift. Oline Muus was many things: a

Norwegian immigrant, a pastor's wife, a mother, and a valued member of her rural Minnesota congregation. But when she sued her husband to recoup her inheritance, she gained notoriety throughout Norwegian America and beyond. In the eyes of the Norwegian Synod she had erred by not bringing her complaint to the congregation first, and by refusing to defer completely to her husband. In her new home of America, the law regarding inheritance was on her side and the campaign of rights for women was gaining ground. Yet in her own congregation Oline Muus was literally not allowed to speak.

The other half of the story, Pastor Bernt Muus, was acclaimed for his fiery sermons and his tireless recruitment efforts among the faithful, yet also known for his abrasiveness and overweening confidence.



Bodil Stenseth (born 10 February 1955 in Fredrikstad) is a Norwegian historian and author

Stenseth has written several books on Norwegian social history, as well as biographies of Edvard Munch and Sonja Henie.

In 2019, she published a book about a "marital scandal" that received wide media coverage in both the United States and Norway; it involved the emigrant Norwegian couple Bernt Julius Muus and Oline née Pind; Pastor Muus had founded St. Olaf College in Minnesota in 1874, and was a very well-known man both among Norwegians in the United States and back home in Norway. It therefore caused a great stir that his wife—the priestess—"took her husband to court."

April 2026

The Memoirs of Stockholm Sven by Nathaniel Ian Miller is a captivating novel about a man's journey of solitude, adventure, and the search for human connection in the Arctic wilderness.

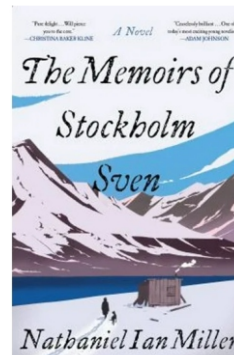
Overview

Set in the early 20th century, the story follows Sven Ormson, who leaves his restless life in Stockholm in 1916 to seek adventure in Svalbard, an Arctic archipelago. After a mining accident leaves him disfigured, Sven retreats to an isolated fjord, where he builds a hut and lives alone with his loyal dog. His life

of solitude is punctuated by letters from family and the teachings of a Finnish fur trapper, which help him endure the harsh conditions.

Themes and Character Development

The novel explores themes of friendship, isolation, and resilience. Sven's journey reflects the human spirit's capacity to endure and find connection even in the most inhospitable environments. As he navigates his solitude, unexpected visitors bring warmth and companionship, ultimately leading him to a new family of fellow outcasts.



Nathaniel Ian Miller is the author of the novels *Red Dog Farm* and *The Memoirs of Stockholm Sven*, the latter of which was longlisted for the Center for Fiction First Novel Prize. His work has been translated into six languages. A former journalist for newspapers in New Mexico, Colorado, Wisconsin and Montana, he lives with his family in Vermont.



Norwegian History

FINNSKOGEN is a forest area of Norway and Sweden situated in the counties of Innlandet and Värmland respectively, so named because of immigration of Finnish people in the 17th century, the so-called Forest Finns

The core area of Finnskogen lies in the eastern part of a small region known as Solør, on the border with Sweden. It consists of a forested belt of land, about 32 km (20 mi) wide going through the present-day municipalities of Våler, Åsnes, Grue, and Kongsvinger. It is adjacent to the Swedish region with similar Finnish immigration, named Finnskogarna.

Finns, or Finnish people, were encouraged to migrate from the Finnish part of the Kingdom of Sweden to Sweden proper, where they were initially well received by the Duke of Södermanland (who became King Karl IX (1604–1611)). At the time, the kingdom of Sweden covered both Sweden and Finland, as we know them today. The migrants were settled on crown lands in Värmland and Dalsland to occupy the area immediately adjacent to the border with Denmark-Norway.

More were encouraged to come to Sweden during the reign of Gustavus Adolphus (1611–1632).

The local Swedish peasants did not appreciate the immigrants, who lived by **slash-burn agriculture (svedjebruk)**, and tensions led to persecution. In 1636, a Swedish decree evicted all Finns who were not registered as taxpayers, which in practice amounted to an expulsion of most of the Finns. Most moved across the Norwegian border into Solør, forming a colony in Grue. With its center around the lakes Røgden in Grue and Nordre- and Søndre Øyersjøen in Brandval (present-day Kongsvinger Municipality), a compact, pure Finnish colony formed quite quickly in the forested area. This area remained isolated due to its distinctive slash-and-burn farming for over 250 years, without any significant intermarriage with the nearby Norwegian residents. The 1686 census indicates many there were born in Finland, but had been



living in Sweden before eventually settling in Norway.

Their loyalties during the Hannibal War (1643–1645) were with Sweden and some were caught spying on Norwegian troops.

In 1709, the Danish-Norwegian general Hausmann so distrusted them that he ordered they all be evacuated from Solør. The bailiff declined to evict them on the basis that they were subsistence farmers and so poor they would have starved if moved from the land they customarily used.

During the second half of the 19th century, many changes came to the area. The slash-and-burn farming techniques ended in the 1850s. In 1870, a new modern road through the area made travel and commerce much easier. Many of the residents began moving to new areas and intermixing with the Norwegian population. By the 20th century, the blood had so intermingled that it was probably impossible to find inhabitants of pure Finnish descent in the Finnskogen. But in Grue, over a quarter of the place names are still in Finnish.



Slash-and-burn agriculture is a form of shifting cultivation in agriculture that involves the cutting and burning of plants in a forest or woodland to create a field called a swidden. The process begins with cutting down the trees and woody plants in a given area. The downed vegetation, or "slash", is left out to dry, usually right before the rainiest part of the year. The biomass is then burned, resulting in a nutrient-rich layer of ash which increases soil fertility and



temporarily eliminates weeds and pests. After about three to five years, the plot's productivity decreases due to depletion of nutrients along with weed and pest invasion, causing farmers to abandon the plot and move to a new area. The time it takes for a swidden to recover depends on the location and can be as little as five years to more than twenty years, after which the plot can be slashed and burned again, repeating the cycle. In Bangladesh and India, the practice is known as jhum or jhoom.

A rough estimate says that about 200–300 million people worldwide use slash-and-burn agricultural techniques. Slash-and-burn causes deforestation and habitat loss. Ashes from the burnt trees help farmers by providing nutrients for the soil. While slash-and-burn agriculture has historically been sustainable in areas with low population density, increasing populations have accelerated the rate of deforestation, depleting the Earth's carbon reservoirs.



Little bit of everything

Book Club Books for 2026

March	Muus vs Muus by Bodil Stenseth
April	The Memoirs of Stockholm Sven by Nathaniel Miller
May	Blind Goddess by Hanne Wilhelmsen, Book 1



TRIP TO NORWAY WITH JANA!

Having traveled to Norway at least 10 times, and being encouraged to guide a trip there, this July, Jana Peterson will guide a small group through Oslo museums, shopping, and sights. We will stay in a quiet hotel, and visit Bygdoy (Folkemuseum, Fram Museum, Kon-Tiki, etc.), the Munch Museum, National Museum and the Opera. After 4 days in Oslo, we will board the train through the beautiful mountains to Bergen. Our stay in Bergen at a wonderful VRBO will include visits to Bryggen, the Kode Art Museums, Mostraumen Fjord Cruise, Grieg's home, Mt. Floyen and more! We will have time together, and time to wander before heading back to Oslo and home.

For those very adventurous souls, an additional 4 days at the beginning touring Iceland will be offered.

Please call for information.

Sincerely,
Jana 480-326-2927

GENEALOGY

Presentation from January 24 has been converted to a PDF file and uploaded to our website.

The website also includes the following:

Newsletters back to 2020
Social activities for 2026
Genealogy will be updated constantly.



Lodge board meeting in Morongo Valley



Mette-Marit, Crown Princess of Norway

Mette-Marit, Crown Princess of Norway (born Mette-Marit Tjessem Høiby 19 August 1973) is a member by marriage of the Norwegian royal family. She has been married to Crown Prince Haakon, the heir apparent to the Norwegian throne, since 2001.



Mette-Marit's engagement to Haakon in 2000 was highly controversial. She was raised in a middle-class family, and had had relationships with several men convicted of drug-related crimes, one of whom, Morten Borg, fathered her son Marius Borg Høiby before going to prison.

Early life, education

Mette-Marit Tjessem Høiby was born a commoner in Kristiansand city. She is the daughter of Sven O. Høiby, who had been unemployed for some time but had previously worked as a small-scale advertiser and journalist for a local paper in Kristiansand, and Marit Tjessem, a former bank clerk. Her father was also a felon who had twice been convicted of violence. Her parents divorced, and her father later married professional stripper Renate Barsgård. She has a sister and two older brothers, including Per Høiby. Trond Berntsen, her stepbrother by her mother's 1994 marriage to Rolf Berntsen, died in the 2011 Norway attacks. Most of her ancestors were cotters and small farmers.

After starting at Oddernes upper secondary school in Kristiansand, Mette-Marit spent six months at Wangaratta High School in Victoria, Australia, as an exchange student with the organisation Youth For Understanding. Later, she attended Kristiansand Cathedral School, where she passed her final examinations in 1994

Mette-Marit has taken several university-level courses. In 2002 and 2003, she attended lectures in development studies at the School of Oriental and African Studies at the University of London. In 2012, she obtained a master's degree in executive management from BI Norwegian Business School.

Haakon is the heir apparent to the Norwegian throne. Upon her 2001 marriage to Haakon, Mette-Marit acquired the title "Her Royal Highness the Crown Princess of Norway". Princess Ingrid Alexandra, the daughter of Haakon and Mette-Marit, is second in line to the throne of Norway. Prince Sverre Magnus, the son of Haakon and Mette-Marit, is third in line.

Personal and family life

In the 1990s, Mette-Marit attended the Quart Festival, Norway's largest music festival, in her hometown of Kristiansand. She met Crown Prince Haakon at a garden party during the Quart Festival season. Years later, after becoming a mother, she met Haakon at another party related to the festival. Haakon and Mette-Marit announced their engagement in December 2000. Before their wedding, they lived together in Oslo.

Mette-Marit and Haakon married on 25 August 2001 at the Oslo Cathedral.

Children

Mette-Marit and Haakon have two children together: Princess Ingrid Alexandra, born 21 January 2004, and Prince Sverre Magnus, born 3 December 2005.

Prior to her engagement with the prince, Mette-Marit already has a son, Marius Borg Høiby, born out of wedlock on 13 January 1997. His father is Morten Borg, a convicted felon and a close friend of Mette-Marit's one-time partner John Ognby. Mette-Marit and Morten Borg were never in a relationship. At the time of Høiby's birth, Borg was in prison for drug-related violent crimes.

Health

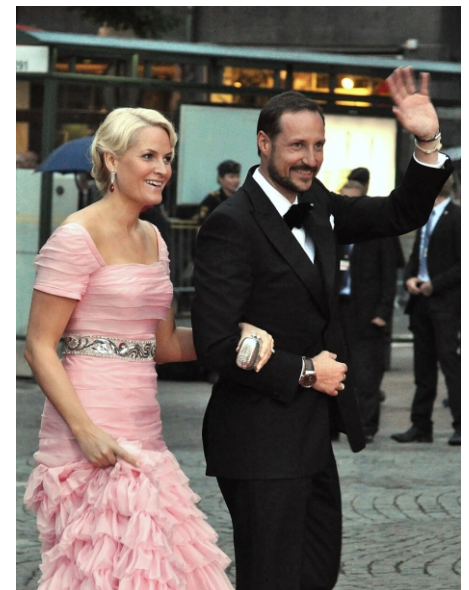
In October 2018, Mette-Marit was diagnosed with pulmonary fibrosis. She said she would undergo treatment at Oslo University Hospital. Mette-Marit has dealt with "health challenges on a regular basis",

including pneumonia, several instances of norovirus, low blood pressure, falls, concussions, a neck injury, and a herniated disc.

In December 2025, the palace revealed that Mette-Marit's pulmonary fibrosis was approaching a point where she would require a lung transplant.

Friendship with Jeffrey Epstein

Mette-Marit maintained contact with the American convicted sex offender Jeffrey Epstein between 2011 and 2014. At the time she entered into a friendship with Epstein, Norwegian media had identified him as a "convicted pedophile". She also helped Epstein connect with young women. In 2019, Norwegian and international media reported that she met him several times between 2011 and 2013, after his 2008 conviction on charges of sex trafficking of minors and release from prison. Her friendship with Epstein was revealed by Norwegian media in the context of the scandal involving then-Prince Andrew, Duke of York, who that year resigned from all public roles over his longstanding ties to Epstein and allegations of sexual abuse by Virginia Giuffre, and in 2025 was stripped of all royal titles. Mette-Marit minimized the extent of her contact with Epstein, saying that he was "responsible for his own actions".



Norwegian Food

Norwegian Salmon Soup is a creamy, hearty seafood soup featuring salmon, root vegetables, and fresh herbs, traditionally made with fish stock and cream.

Overview

Norwegian salmon soup, also known as *fiskesuppe med laks*, is a classic Scandinavian dish celebrated for its rich, velvety texture and fresh, delicate flavors. It combines tender salmon chunks with vegetables like potatoes, carrots, leeks, and sometimes parsnips or fennel, all simmered in a flavorful fish stock and enriched with cream. Fresh dill is a signature herb that brightens the soup, and a squeeze of lemon adds a zesty finish.

Typical ingredients include:

Salmon fillets (fresh or thawed frozen, cut into cubes)
Root vegetables: potatoes, carrots, parsnips, fennel
Leeks and sometimes onions
Fish stock (or chicken/vegetable broth as a substitute)
Heavy cream or crème fraîche
Butter or olive oil for sautéing
Fresh dill for garnish
Seasonings: salt, pepper, optional allspice, lemon juice
Optional seafood: shrimp, cod, or other local fish for added depth.

Preparation

Sauté vegetables: Melt butter or heat oil in a pot, then sauté leeks, carrots, and other root vegetables until slightly softened.
Add stock and potatoes: Pour in fish stock and simmer until potatoes are tender.
Cook the salmon: Gently add salmon cubes and optional seafood, cooking until just opaque to avoid overcooking.
Incorporate cream: Stir in heavy cream or crème fraîche, heating gently without boiling to maintain a smooth texture.
Season and garnish: Add salt, pepper, fresh dill, and a squeeze of lemon before serving.

Serving Suggestions

Serve hot with crusty rye bread, sourdough, or flatbrød for dipping. Pair with a light salad for a balanced meal.
Garnish with extra dill or chives for visual appeal and flavor.

Tips and Variations

Fresh ingredients: Use fresh salmon and vegetables for the best flavor.
Avoid overcooking: Salmon cooks quickly; remove from heat as soon as it flakes.
Make ahead: The soup can be prepared a day in advance; reheat gently to preserve creaminess.
Vegetarian option: Replace salmon with tofu or additional vegetables.
Spicy or lighter versions: Add jalapeños or use half-and-half instead of heavy cream.

Norwegian salmon soup is a comforting, nutrient-rich dish that embodies the simplicity and freshness of Scandinavian cuisine, perfect for cold days or special occasions.

Bergen Fish Soup

Ingredients
The soup is typically made from a rich fish stock, often using bones from white fish such as saithe, cod, or haddock. Historically, young saithe was preferred, though it is rarely used commercially today. Key components include:

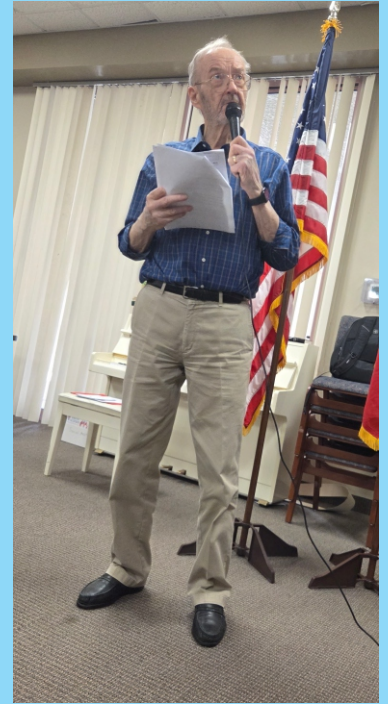
Fish fillets (halibut, cod, haddock)
Vegetables: carrots, parsnips, leeks, and finely shredded vegetables
Cream: a combination of ordinary cream and sometimes sour cream for richness
Optional traditional ingredients: pickled purslane, a herb-like plant once common in Bergen
Seasonings: salt, pepper, and sometimes a touch of sugar and vinegar for the signature sweet-sour flavor



Fish for soup

Saithe	Sei
Haddock	Hyse
Cod	Torsk
Salmon	Lax

Solskinn Lodge February 28, 2026



Solskinn Lodge Social February 28, 2026



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	

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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



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.*