

# Solskinn Nyhetsbrev

May 2024 Newsletter

from Solskinn Lodge 6-150



**SONS of  
NORWAY**

Solskinn Lodge 6-150

## Ord fra Presidenten

It's May!

Summer is coming quickly.

Our April meeting was great with a wonderful program by TJ on Heavy Water. Thank you very much for your presentation. Also, thanks to our cooks. Joy and Nancy made the lapskaus, Nancy the flatbread and Luella made the

salad and dessert. We had 20 members and guests in attendance. And thank you to everyone who helped clean up.

In addition, those who were there a bit early helped put together the name badges for the convention. I can't thank Joy enough for cutting out voting paddles and Viking ships and Joy and Nancy for helping with painting the paddles.

May will be our May 17<sup>th</sup> celebration. We will be serving hotdogs and ice cream just like in Norway. In addition, please wear a festive costume or red, white, and blue. We hope you all are in attendance.

At the April meeting, we had membership surveys which many of you completed. Thank you so much. There is also an attachment with the newsletter. I hope you find time to complete it and return it to me. The lodge board will also make plans for the 2024-2025 socials, programs, and food at our meeting on May 14. We would appreciate your suggestions and comments.

During the April meeting, I did discuss the increase in membership dues. This will be effective July 1, 2024. We have seen many changes in how Sons of Norway is doing business to make it more streamlined, efficient, cost-effective, and up-to-date. Sons of Norway is, first of all, an insurance company and needs to run the company as a business. As an insurance company, it is unfortunate that most of our members don't own insurance products. Owning a product would support the company. More information will be coming from Headquarters.

I hope to see you at the next meeting.

Fraternally,

Luella

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**Next social gathering  
May 18**

**Syttende Mai Celebration  
Hot Dogs & Icecream**



Mark the Date for the District Six Lodge Meeting and Convention!

June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV

Hosted by Vegas Viking Lodge # 152 and the District Six Board

# Solskinn Nyhetsbrev



## Happy Birthday

### Birthdays April 2024 - June 2024

Junelle Pearson	May 10
Lee Rasmussen	May 12
Ulf Løkke	May 24
Lise Fleming	June 1
Steinar Johansen	June 6
Lorna Ann Albertsen	June 8
Anders Hanson	June 12
Emel Mehlum	June 15
Carolyn Rich	June 21
Rex Seawright	June 25
Miriam Hendrix	June 26
Tone H Chaplin	July 1
Donna R Leander	July 2
Luella M Grangaard	July 15
Stanley Halverson	July 28



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

### Norwegian Flag Days, Holidays and Days of Observance

May 1	Arbeidernes Dag (Labor Day)	<b>HF</b>
May 8	Frigjøringsdagen (Liberation Day)	<b>F</b>
May 9	Kristi Himmelfarts Day (Ascension)	<b>H</b>
May 17	Grunnlovsdagen (Constitution Day)	<b>HF</b>
May 18	Pinseften (Pentecostal Eve)	
May 19	Første Pinsedag (Pentecostal Day)	<b>HF</b>
June 7	Unionoppløsningen Dissolution of union with Sweden	<b>F</b>
June 23	Sankthansaften (St. John's Eve)	
June 24	Sankthans (St. John's Day) Midsummer Day	
July 4	Queen Sonja's Birthday (1937)	<b>F</b>
July 20	Crown Prince Haakon (1973)	<b>F</b>
July 29	Olsok (Olaf's Vigil)	<b>F</b>
Aug 19	Crown Princess Mette-Marit	<b>F</b>

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#### 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



Help build the "Hygge Hus" at Camp Norge!  
The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the "Hygge Hus" (Cozy House) cottage adjacent to Heritage Hall at Camp Norge.

More details in February Newsletter.

### Social Calendar for 2023-2024 Season

Always a Saturday. Social at 11:00 AM

May 18	Syttende Mai Celebration Hot dogs & Ice Cream
June 20-24	District Six Lodge Meeting and Convention in Las Vegas

# BOOK CLUB

## May Book

Dos Gringos  
by Fred R. Andresen

## ZOOM Meeting

Thursday, May 16 at 4PM

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

## June Book

Hakon of Rogen's Saga  
by Erik Christian Haugaard

## ZOOM Meeting

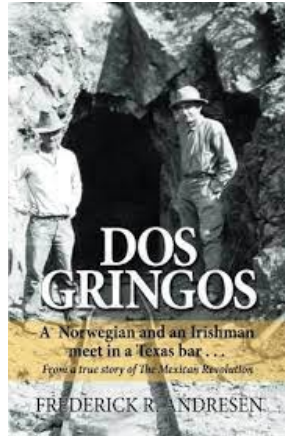
Thursday, May 13 at 4PM

Updated book list on page 4

## May 2024

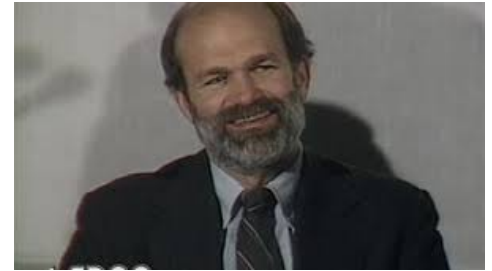
During the Mexican Revolution, a penniless Norwegian and a drifting Irishman meet in an El Paso bar and are hired by a Pittsburgh con-man to fix a gold mine in Mexico with parts which, they discover too late, purposely don't fit.

The Norwegian is focused on fixing the mine and needs the money to propose to his girl in El Paso. The Irishman is focused on the local women, is fresh from Ireland's bloody Easter Uprising, and needs to redeem a painful guilt and find a new life. They both are at gunpoint to perform or not perform. Their mutual distrust fades in the face of guns from the warring sides and they must work together to survive and escape back to Texas. Complicating their



mission is a mysterious black-suited man selling guns to both sides in the Mexican war, part of Germany's intrigue to keep America out of World War I-and a German and Brit are there to spy on each other. El Paso is far away.

Based on a true story.



Author Fred R. Andresen, whose literary focus is on historical fiction, was born and raised in the West Texas desert near El Paso. He spent a great deal of his professional life working and living abroad. This book is based on the true story of his Norwegian immigrant father's escapades during the Mexican Revolution.

Dean, American University  
Washington College of Law

## June 2024

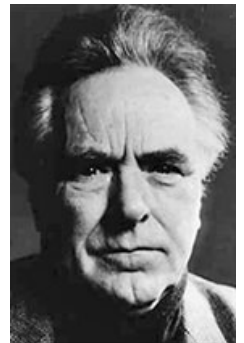


Erik Christian Haugaard's *Hakon of Rogen's Saga* is a remarkable novel that perfectly catches the mood of a harsh but heroic people. Set at the end of the Viking period, it tells of a young boy, Hakon, from the island of Rogen who, after his chieftain father is murdered, undertakes to reclaim his birthright from his treacherous uncle. The illustrations by renowned artists Leo and Diane Dillon make this captivating story come alive.

*A Slave's Tale*, the sequel to *Hakon of Rogen's Saga*, is told from the point of view of a slave girl, Helga,

who stows away on the longship when Hakon, the young Viking chieftain, sets sail for France on a voyage to return Rark, a freed slave, to his homeland.

Erik Christian Haugaard was born in Frederiksberg, Denmark. He was the son of Professor Gottfred and Karen (Pedersen) Haugaard. He came to the United States in 1940 after fleeing the Nazi invasion of Denmark, and served in the Royal Canadian Air Force before the end of World War II. He attended Black Mountain College in North Carolina from 1941 to 1942. He also attended the New School for Social Research in New York City.



In 1963, he published his first book for children and young adults, *Hakon of Rogen's Saga*. The book was well received by readers and critics and was named an American Library Association Notable Book. His literary awards include recognition for his 1978 translation of *The Complete Fairy Tales and Stories of Hans Christian Andersen*. Haugaard married Myrna Seld in 1949 and together they had two children. They later lived in Denmark and Ireland. He died at Ballydehob in County Cork, Ireland.





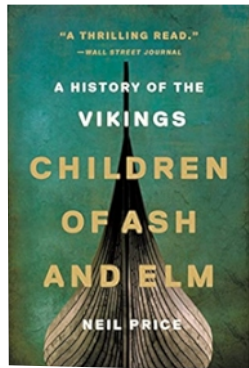
## MIDSUMMER NIGHT

Audio: Norwegian, English  
 Subtitle: Norwegian, English

# NETFLIX

Carina brings her family together for a traditional Swedish midsummer, but the happy occasion goes awry when long-held secrets start to come to light.  
 Filmed in Norway.

## Book Review by Luella Grangaard



Children of Ash and Elm by Neil Price. This is an excellent history of the Vikings. At times a slow read but a nice take on the history of the Viking world from an unbiased eye.

The Viking world also has the story of how the gods created man and woman. Two pieces of drift wood were found on the beach by Odin and his brothers Vili and Ve'. They shaped the wood into the man "Askr", the ash tree and the woman "Embla", the elm. This is the Norse,

Adam and Eve story.

Another term that came out in the book I found very interesting was the concept of "*hydrachy*". This term refers to someone or something exerting power over others utilizing ships or the sea. There were no central leaders, just those who owned or captained the ships. Along the coast of Norway there were small areas that were controlled by different groups utilizing the sea.

There was a very interesting chapter, "The Golden Age of the Sheep Farmer". The sails for Viking ships were made of wool coated with grease, tallow or fish oil. Textile archeologists have figured that it would take for a medium sized ship a sail of 80 square meters, two-person years of 10 hour days just too make one main sail and a reserve sail would be needed, so that is another 2 years. These were woven in strips and sewn together. Archeologists have also figured by the early 1100 hundreds it would take for the ships used just in Denmark, in one year it would require the wool of two million sheep.

And on page 487 there is a fantastic statement in regard to the landing and contact with the native people of North American. "this also marked something else: the unique moment in history when the populations that had begun expanding out of Africa thousands of years earlier finally linked up from east and west, completing the full circle of settlement and encounter around the globe."

## Book list 2023-2024

- May  
 Dos Gringos: A Norwegian and an Irishman Meet in a Texas Bar,  
 by Frederick R. Andersen
- June  
 Hakon of Rogen's Saga  
 by Erik Christian Haugaard
- July  
 The 100 Year Old Man Who Climbed out the Window, Book 2 by Jonas Jonasson
- August  
 Berlin Poplars by Ragde, Anne
- September  
 A House in Norway by Vigidis Hjorth
- October  
 Operation Napoleon by Arnaldur Indroason
- November  
 Secrets of the Sprakka by Eliza Reed
- December  
 And Every Morning the Way Home Gets Longer and Longer by Fredrik Backman



**Stockfish (tørrfisk).** At Honningsøya, north of Averøya, west of Kristiansund. Photo taken in April 2024 by Bjørn Eide, citizen of Averøya. Distance related to the editor.

Stockfish is unsalted fish, especially cod, dried by cold air and wind on wooden racks on the foreshore. The drying of food is the world's oldest known preservation method, and dried fish has a storage life of several years. The method is cheap and effective in suitable climates; the work can be done by the fisherman and family, and the resulting product is easily transported to market.

In Norway and Iceland, the stockfish is mostly used as a snack and for lutefisk production.

# Norwegian History

## Racism and Minorities

Throughout most of the 19th century, many people spoke of a Norwegian "tribe", a "nation", a "people". In the interwar period, "race" had become a common term - but it also came under sharp criticism.

There were different views on which people constituted a separate race. In 1910, Statistics Norway operated with Swedes and Danes in Norway as separate races, in addition to Norwegians, Sámi and Kven. In other contexts, the Norwegians were considered part of a "Nordic race".

## Race theory as science

The idea that there were natural, separate races drew strength from the prestige of biological science. It had had several scientific breakthroughs, from bacteriology to heredity. Moreover, racial theories provided a convenient explanation for, for example, differences in living standards between groups - they were innate.

## Ranking of breeds

From the assertion of differences, the path was short to ranking: the races were arranged in a hierarchy, almost always with the "white" or "Nordic" or "Norwegian race" at the top and others as less valuable. And should such "inferior" really be treated in the same way as others?

## Roma and Jews

Both the immigration policy and the measures towards minorities aimed at an imagined nation-building. If the nation was made as unified as possible, it would also be strong, many believed.

The idea of race played a role in immigration and refugee policy. Two groups in particular were tried to be kept out: Roma and Jews. Roma (Gypsies) were not mentioned directly when the first real immigration law was passed in 1915, but in 1927 it was clearly stated in the law that they were to be refused entry.

Jews were only reluctantly allowed in and accepted into society. For what were called "Russian trading Jews", 20 years' residence was the minimum to be able to obtain Norwegian citizenship,

for Germans the limit was eight years, for Norwegian-Americans two years.

When Jewish refugees from Germany and German-occupied countries arrived after Hitler came to power in 1933, the supposed negative characteristics of the Jews were one of the reasons why most of them were rejected.

## Room

While Romani had roots in Denmark-Norway back from the 16th century, Roma, often called Gypsies by the majority population, had arrived between 1860 and 1888. They probably belonged to the group called Koelderari who had fled from Hungary and Romania in the 1860s. Several were born in Norway from the 1890s, and several acquired Norwegian citizenship and passports. But the Ministry of Justice believed that this had happened on the wrong premises and refused from 1924 to recognize the validity of the passports.

## Sami

Racial thinking also governed policy towards the minorities in the country. The Sami indigenous people were considered by many to be weak and doomed to doom in the face of the advance of the superior civilization that the Norwegians represented.

"Only we, the superior, the stronger, must take care [...] to show gentleness and kindness", said professor of ethnology Yngvar Nielsen in 1914. The state's policy was to lead to the disintegration of the ethnic group as a collective, among other things by promote a heavy-handed linguistic assimilation. Sami children were forbidden to use their mother tongue at school.

## Quener

The Kvens, the fine-skinned people in the north, were not an indigenous people, but a minority that had come to Finnmark and Troms in the 18th and 19th centuries. The women were seen as hardy and skilled - but precisely for this reason they were also considered a competitor who could become the dominant ethnic group in the north. There were also nationalist currents in Finland, and the Norwegian authorities feared that the Kvens would allow themselves to be enlisted in a political program for a Greater Finland that

would include northernmost Norway.

Therefore, the authorities sought to promote assimilation by, for example, introducing military service from 1897, at a Norwegian folk high school in Pasvik or free subscriptions to Norwegian weekly newspapers. Attempts were also made to shield the Kven from contact with Finland, among other things by not building roads that crossed the border.

## Taters

The itinerant Romani people, so-called Taters, were also a historically immigrant minority, who had also absorbed people from the villages they passed through. While in the early 19th century they could be considered useful contributors providing services to the farming population (such as castrating horses), later in the 19th century they were increasingly seen as a social problem.



*Jenny Emilie Pettersen, known as «Tater-Milla» Photo: Dagfinn Grønøset*

## Forest Finns

The Forest Finns came from Savolax in Finland, and settled on both the Swedish and Norwegian sides in the forest areas along the border. In Norway, the first came in the 1620s and 1630s. In Finnskogen they maintained a culture linked to language, music and legends for a long time. Also the distinctive agricultural technique that swedje farming constituted, a special building custom, sauna bathing and food dishes testified that the Forest Finns were a separate ethnic group. In 1999 the Forest Finns were recognized by the Storting as one of the historic national minorities in Norway.



# Famous Norwegian

## Gustav Vigeland

Gustav Vigeland (1869 -1943), born as Adolf Gustav Thorsen, was a Norwegian sculptor. Gustav Vigeland occupies a special position among Norwegian sculptors, both in the power of his creative imagination and in his productivity. He is most associated with the Vigeland installation (Vigelandsanlegget) in Frogner Park, Oslo. He was also the designer of the Nobel Peace Prize medal.

Adolf Gustav Thorsen was born to a family of craftsmen, just outside Halse og Harkmark, a former municipality in Mandal. His parents were Elesæus, a cabinetmaker and Anne Aanensdatter. He had three brothers, of whom Emanuel Vigeland (originally Thorsen) became a noted artist. As a youth, he was sent to Oslo where he learned wood carving at a local school. However, the sudden death of his father compelled him to move back to Mandal to help his family. Gustav lived for a time with his grandparents on a farm called Mjunebrokka in Vigeland, an old farm in Valle parish.

He returned to Oslo in 1888, this time determined to become a professional sculptor. He came to the attention of sculptor Brynjulf Bergslien, who supported him and gave him practical training. The following year he exhibited his first work, Hagar and Ishmael. In his 20s, he adopted the new family name Vigeland, from the area he had briefly lived.

Vigeland spent the years 1891 to 1896 in several voyages abroad, including Copenhagen, Paris, Berlin and Florence. In the French capital he frequented Auguste Rodin's workshop, while in Italy he experimented with ancient and Renaissance artworks. In these years the themes that would later dominate his inspiration - death and the relationship between man and woman - first appeared. He held his first personal exhibitions in Norway in 1894 and 1896, which received notable critical praise.

Until 1902 Vigeland was engaged in the restoration of the Nidaros Cathedral in Trondheim. The contact with Mediaeval art contributed to another frequent theme in Vigeland's art, the dragon as symbol of sin but also as a nature force, fighting against man.



Back in Oslo, he obtained from the town an abandoned studio in which to work. In 1905 Norway became independent from Sweden. Vigeland, considered the most talented Norwegian sculptor, received numerous commissions for statues and busts celebrating renowned compatriots like Henrik Ibsen and Niels Henrik Abel.

In 1906 Vigeland proposed a chalk model for a monumental fountain. Initially, the idea of the Oslo municipality was to put the fountain in Eidsvoll's plass, the square in front of the Parliament of Norway. His work was generally welcomed, but the location created a dispute: completion of the work was postponed by the dispute. Gustav Vigeland is most widely known for the Vigeland installation, a permanent sculpture installation in Frogner Park in Oslo.

In 1921 the City of Oslo decided to demolish the house where Vigeland lived and build a library. After a long dispute, Vigeland was granted a new building from the city where he could work and live; in exchange, he promised to donate to the city all his subsequent

works, including sculptures, drawings, engravings and models.

Vigeland moved to his new studio on Nobels gate in the borough of Frogner during 1924. His studio was located in the vicinity of Frogner Park, which he had chosen as the definitive location for his fountain. Over the following twenty years, Vigeland was devoted to the project of an open exhibition of his works, which later turned into what is known as Vigeland Sculpture Arrangement (Vigelandsanlegget) in Frogner Park. The Vigeland installation features 212 bronze and granite sculptures all designed by Gustav Vigeland. The sculptures culminate in the famous Monolith (Monolitten), with its 121 figures struggling to reach the top of the sculpture.

### Legacy

Some art critics considered Vigeland's sculptures to be expressions of nazi or fascist aesthetics, and he has been compared to Arno Breker. Writing in *Verdens Gang*, a newspaper started by former Norwegian resistance members shortly after the German occupation of Norway ended in 1945, Pola Gauguin wrote that the Vigeland installation "reeks of Nazi mentality." The works in the installation depict individuals variously possessed: In agony and shock; Rapture and torture, from birth to death and beyond. The assessment of Strømødden finds no political themes.



*From Wikipedia*



# Norwegian Food

## Homemade fish balls

Fish balls in white sauce are a well-known and beloved classic that never goes out of style. Making fish balls from scratch is not as difficult as you might have thought and turns out extra good. Here we give you a simple recipe for this popular family dinner.



### Fish balls

600 g white fish fillet, without skin and bones  
1/2 tsp salt  
1 tbsp corn starch  
1 egg  
1 1/2 cup whole milk  
ground pepper, preferably white

### White sauce

2 oz wheat flour  
2 oz butter  
2 cups milk  
salt  
pepper  
grated nutmeg



Recipe from  
Meny.no



Cookbooks or Cooking the Books

This is what you do

### Make the fish balls

Make sure all the ingredients stay at the same temperature. The easiest way to do this is to put everything in the fridge for at least an hour before you make the fish balls.

Process the fish and salt quickly in a food processor.

Stir in corn starch and eggs. Mix with the milk, first with 1 cup. Add some ground pepper.

Test cook to see if it has the consistency and taste you want. If it is too firm, you can add a little more milk. Put in more salt and pepper if needed.

Boil a large pot of lightly salted water. Turn down the heat so the water is just below the boiling point. Dip a spoon into cold water and form small balls that you drop into the water. Leave the fish balls to soak for 5-10 minutes until they are firm.

Lift out the fish balls and place on a plate.

### Make white sauce:

Heat the milk in a saucepan.

Melt the butter in another saucepan over low heat. Add the flour and stir this together well, to a smooth and fine consistency.

Sprinkle the mixture with warm milk, while constantly whisking. When you have added all the milk and there are no more lumps in the sauce, bring the sauce to a boil.

Season with salt, pepper and grated nutmeg. Let the sauce simmer for approx. 10 minutes to remove some of the "raw taste" from the flour.

Put the fish balls in the white sauce and leave to soak for 5 minutes.

Serve with boiled potatoes and carrots. If you want curry sauce, add 1 tablespoon of curry to the white sauce.





# Social Gathering April 27, 2024



Those who came a bit early helped put together the name badges for the convention.



## Lapskaus



## Viking ships and Paddles (Thor's Hammer) for the convention.

### Nancy, Joy and Luella in action!





# Social Gathering April 27, 2024



**Solskinn Foundation Christmas quilt.**  
 Tickets \$1.00 each. Drawing will be at Christmas social in December.  
 Please help support the Sons of Norway Foundation.  
 If you would like to purchase tickets by mail,  
 make check out to Solskinn Lodge.  
 Mail to Luella Grangaard, PO Box 832, Morongo Valley, CA 92256



## Solskinn Lodge Officers 2023-2024

### 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	
Librarian	Corinne Bjerke	

### Insurance Professional

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*