

Solskinn Nyhetsbrev

May 2026 Newsletter
from Solskinn Lodge



Solskinn Lodge 6-150

Ord fra Presidenten



Presidents Message:

We had a great social in April. Thank you to the cooks for the soup, Joy, Nancy and myself and Miriam for bringing the pea salad. We had about 24 attendees. The program was on Vikings in England. It is amazing how many places in England were settled by either the

Norwegians or Danish. York in the central part of England was affected by Vikings from the east and west sides. The city of Jorvik today known as Jorvik was a thriving Viking settlement. This settlement was excavated and over 400,000 artifacts were found. It became kind of a amusement park where you go on a ride through a recreated village as well as atomtronic people/Vikings who tell the story of the city and then walk over artifacts under your feet as they were found in the ground. A very interesting place, The Jorvik Viking Center. So even if you say your heritage is Irish, Scottish, Welsh or English, there may be some Viking blood mixed in. Check your DNA!!

May is our May 17 celebration. We will be celebrating Norway's Constitution Day. Please wear red, white and blue. We will have our traditional hot dogs with the fixings and ice cream for dessert. Also, we will have a program on the Statue of Liberty and how it is connected to Norway. I think you will find this an interesting program.

Coming up on May 5th is a special Sons of Norway Membership meeting. The email was sent on April 11. You do need to register for the event to get a link for the meeting.

I look forward to seeing you at our May event.

Fraternally,
Luella

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Upcoming Events

May 23

Hot dog and Ice Cream
Bring your Norwegian flag

June

District Six Convention
in Sacramento, California

Solskinn Nyhetsbrev



Happy Birthday

Birthdays May 2026 - July 2026

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

Lise Fleming	June 1
Steinar Johansen	June 6
Ronna Clymans	June 19
Rex Seawright	June 25
Miriam Hendrix	June 26

Tone Chaplin	July 1
Luella Grangaard	July 15
Stanley Halverson	July 18



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)	
May 8	Frgjøringsdagen Liberation Day	F
May 14	Kristi Himmelfartsdag Ascension's Day	
May 17	Grunnlovsdagen Constitution Day	FH
May 24	Pinsedagen Easter Sunday	H
May 25	Easter Monday	H
June 9	Pinsedagen Pentecost Sunday	H
June 10	2nd Pinsedag Pentecost Monday	H

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Sons of Norway

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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

May 23 Hot dogs and ice cream
Bring your Norwegian flag



BOOK CLUB

May 2026 Book

Blind Goddess
by Anne Holt

ZOOM Meeting

Thursday, May 21, 4 PM

June 2026 Book

Harald Hairfair by Ole Åsli and
Tone Bakkejord

ZOOM Meeting

Thursday, June 18, 4 PM

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

June Book: Harald Hairfair by Ole Åsli and
Tone Bakkejord

July Book: The Boys of Light by Nina Willner

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

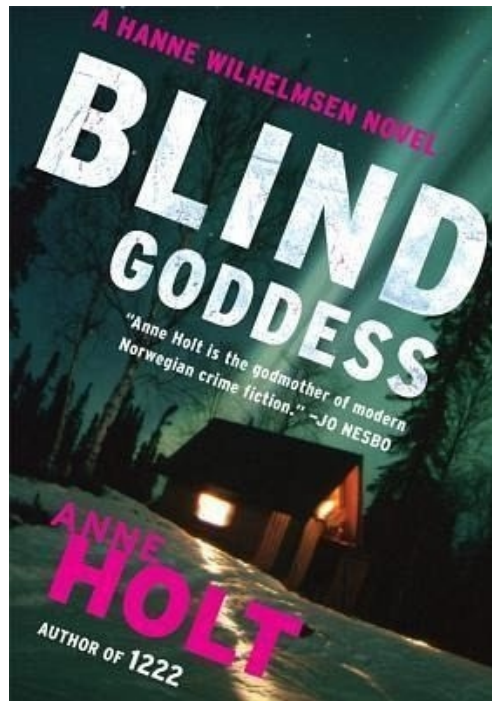
May 2026

BLIND GODDESS

A Hanne Wilhelmsen Novel
by Anne Holt

Its focused upon attorney Karen Borg. As we gradually come to learn, it has been Borg's misfortune to discover the body of a low-level drug dealer who has been battered to death. The police almost immediately arrest a young Dutchman who is found covered in blood and wandering around central Oslo. The suspect refuses to talk, insisting not only upon legal representation but also demanding that Borg represent him. Borg is a civil attorney, not a criminal one, but there is a method to the suspect's madness, which soon becomes all too clear.

A couple of days later, a lawyer with an unsavory reputation is found shot to death. Wilhelmsen and fellow officer Hakon Sand establish a link between the two killings, one that slowly but inexorably leads them to the discovery of a massive network of graft and



corruption that reaches into the highest levels of Norwegian government, and perhaps beyond. This revelation puts both Wilhelmsen and Sand in mortal danger, given that their investigation cannot

continue nor can their findings be revealed, if they meet with a bad end. Both soon find that they can only rely on each other as they race to find a brutal killer before they become victims themselves.

The Norwegian judicial system is similar to that of the United States in many ways, so that it's mildly though not unpleasantly jarring when differences between the systems are occasionally encountered here. It is important to read this book with the understanding that it was written with Norwegian audiences in mind, thus occasional cultural and legal procedural differences are going to be encountered. American readers by and large will find that these are more interesting than obstructive with respect to enjoying the narrative. It is the passage of time and the resultant advances in technology over the past 20 years or so that are much more disconcerting. What was state of the art when the book was written isn't any longer.

June 2026

From the authors of the best selling series 'Viking Ventures' comes the epic story of Harald Fairhair.

The boy who inherited a war and built a kingdom. When King Halvdan the Black dies in 860, he is succeeded by his ten-year-old son, Harald. Immediately, rival kings and jarls unite to take advantage of the weakened state of the new king's realm, and Harald's army of 300 men is outnumbered three to one. The boy-king must step out from his father's shadow and earn the respect of his men. After years of battle, Harald falls in love with Gyda, the daughter of King Eirik of Horthaland. The

maiden rejects him and declares she will not give herself to any man unless he is the king of all of Norway. Harald accepts her challenge and vows that he will not cut or comb his hair until he has conquered and united Norway under his rule. At the great naval battle at Hafsrfjord, Harald faces an alliance of rival kings - rallied by Gyda's father. Fairhair is the story of the boy who set out to be the first king of Norway.

In Fairhair you will meet characters known from the Viking Ventures trilogy, such as Ulv, Bjarn, Ragnvald, Julia and Geir Galne. In addition, a whole new cast of both real historical people and fictional characters will make their marks on this thrilling story.



Norwegian History

Håkonshallen

At the heart of the Northern European Middle Ages lies a century that stands in a special place in Norwegian history. It was a time when the deep fjords and barren mountains were no longer just the framework of an isolated people, but the foundation of a vast kingdom. We are talking about the 13th century, a period in which a clear state power emerged under the shelter of a rare political space for action. This is the story of the Norse Kingdom – an era in which Norway was not only an actor in the Nordic region, but the heaviest center of power in the North Atlantic.

To understand how this was possible, we must look at the favorable political climate that arose around the Norwegian borders, and how a series of capable kings exploited this breathing space to forge a nation with a unique internal order.

The background to this flowering was a dark chapter marked by internal discord. From 1130 to 1240, Norway had been ravaged by civil wars, a time when various royal subjects and their supporters fought for power in the kingdom. But when Håkon Håkonsson remained undisputed sole king after 1240, something fundamental happened to Norwegian society. The energy that had been spent for generations on fighting each other was now channeled into system building and diplomacy. Norway straightened its back, and its gaze was turned outwards towards the sea and the European courts. What gave the Norwegian rise extra power was that our neighbours and rivals were preoccupied with their own crises for long periods. Denmark, which had previously dominated the Nordic region, was in the 13th century characterized by deep internal struggles between the royal power, nobility and church. Although the Danish kingdom was by no means gone, the constant conflicts meant that the pressure on the Norwegian borders was less intrusive than normal. At the same time, Sweden was in a demanding phase of gathering its own kingdom, where much of its military energy was directed eastwards towards Finland and the Baltics.

This gave the Norwegian monarchy a historical breathing space. Instead of exhausting its resources on constant defensive wars in the south and east, Norway could turn all its forces inwards and upwards. In this political vacuum,

Håkon Håkonsson and his successors built what we call the Kingdom of Norway. Rather than a centrally controlled empire, this was a commonwealth of different communities under Norwegian royal suzerainty. It stretched from Jämtland and Herjedalen to Orkney, Shetland, the Faroe Islands, Iceland and Greenland. The maritime network was linked by trade, taxes and loyalty to the Norwegian throne.

However, the strength of the kingdom lay just as much in the legal architecture that was built during this period. While large parts of Europe were still characterized by a fragmented feudal system, the Norwegian state structure emerged as one of the most organized in Northern Europe. The crown jewel was Magnus Lagabøte's Landslov from 1274. By giving Norway one common law code for the entire country, Magnus performed a political masterpiece that was far ahead of its time. Landslov created a legal predictability that was unique in the Nordic context. The law protected property rights, regulated social relations, and defined the king as the guardian of the law rather than its source. This gave Norwegian society an internal stability that allowed the kingdom to function as a cohesive unit, even with enormous geographical distances.

At the king's court in Bergen, a professionalized administration and a European-oriented culture flourished, where courtly literature was translated and integrated into the Norwegian identity. Norwegian diplomacy was active, with connections that extended from the Pope in Rome to the Spanish kings. The state was professionalized through a permanent chancellery and a court that gradually changed its character from pure warriors to a corps of civil servants. It was a time when the king ruled through law and institutions from his stone castles in the growing urban centers.

Norway had found a form that gave the country a clear place in the European state system, built on a foundation of law and administration rather than just raw power. But like all great times, this one also carried the seeds of change. Precisely because Norway had become a well-organized state, we became an attractive and necessary partner in the Nordic power game. When the Danish and Swedish royal families stabilized in the 14th century, Norway was drawn



Håkonshallen, Bergen
Built 1247 to 1261

into a web of dynastic marriages and alliances. The strategic isolation that had given us peace to build a nation was gradually replaced by a common Nordic political landscape. When the Black Death struck in the mid-14th century and brutally tore away much of the administrative apparatus, the internal strength was no longer enough to maintain independence. The center of gravity in the Nordic region shifted, and Norway entered a long period in which the political center of gravity ended up outside the country's borders. Yet the 13th century stands as a testament to what is possible when a nation is given the space to develop on its own terms.

By using this breathing space to build law, culture, and permanent institutions, the medieval Norwegian kings created an identity that survived both plague and unions.



Little bit of everything

Book Club Books for 2026

June Harald Hairfair
by Ole Åsli and Tone Bakkejord
July The Boys of Light
by Nina Willner

Syttende Mai

May 17 Celebration
with Norwegian Flags,
hotdogs, and parade around the quarter.
12 noon - 4 pm

Sjømannskirken
1035 S Beacon Street, San Pedro
(310) 832-6800

<https://www.sjomannskirken.no/los->

Viking Carrot Soup from April Social

Serves 4

8 carrots, 1# (peeled, sliced thin)
1 onion, coarsely chopped
1 cooking apple, peeled, cored and chopped coarsely
8 oz of mushrooms chopped
6 oz of bacon, chopped
1 ¼ cup of veg stock
Black pepper
Butter
Peel and thinly slice the carrots.
Peel and chop the onion, Clean and chop the mushrooms.
Chop bacon and fry till crispy. Remove from pan and drain on paper towel. Use some of the bacon drippings to fry the onion and carrots in a pan and pour over the stock. Cover and boil for 5 minutes. Core and chop apples in large pieces and fry with mushrooms in some butter.
Add the bacon to the pan. Season with pepper.



Pinse as a Holiday

In Scandinavia, particularly in Norway, Pinse refers to Pentecost or Whitsun, a Christian holiday that commemorates the descent of the Holy Spirit upon the apostles. It is observed on the seventh Sunday after Easter, with the following Monday often recognized as a public holiday called "second Pinse day" (andre pinsedag) in Norway, giving many workers a day off. The holiday is both religious and cultural, with some people celebrating its spiritual significance while others treat it as a time for family gatherings and enjoying spring or early summer weather.



Pinselilje, Narcissus poeticus

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.

solskinn.sofn6.org/site/genealogy/

How much do you know about your Norwegian ancestors?

Do your children or grandchildren know?
Don't hesitate.

Write down all you know about grandparents, or even great grandparents, where they lived, when they were born and died.
You can find forms on the website.
Send it to the lodge email.
Solskinn150@gmail.com
Our expert will take care of it

Norwegian Government

Christian Magnus Falsen Father of the Constitution

(born 14 September 1782, died 13 January 1830) was a Norwegian statesman, jurist and historian. He was a member of the Norwegian Constituent Assembly and was one of the writers of the constitution of Norway. Falsen has been named the father of the Norwegian constitution. Falsen's constitutional draft contained an almost literal copy of part of the U.S. Declaration of Independence: "All men are born free and equal: they have certain natural, essential and unchangeable rights. These are freedom, security, and property". Falsen's draft became the single most important direct source to the 1814 constitution.

Christian Magnus Falsen was born in Christiania, now Oslo, Norway. He was the son of Enevold de Falsen (1755–1808), a dramatist and author of a war song *Til vaaben*. In 1802, he graduated with a degree in law at the University of Copenhagen. In 1807, Christian Magnus Falsen was appointed a barrister. In 1808 he became circuit judge at Follo and lived in Ås, Akershus, Norway.

After Denmark ceded Norway to Sweden in 1814 he played an important part in politics. Falsen led the Independent Party (*Selvstendighetspartiet*) that wanted complete independence and was prepared to resist Sweden militarily. He upheld King Christian Frederick and, after the separation of Norway from Denmark, assisted in drafting a constitution for Norway. During the drafting of the Norwegian constitution, Falsen was one of the principle authors of the Jew clause, which prohibited Jews from entering Norway. This document was modeled upon that adopted by France in 1791 and which was approved on 17 May 1814 by the Norwegian Constituent Assembly (*Riksforsamlingen*) at Eidsvoll. He was also strongly inspired by Thomas Jefferson and the Constitution of the United States of America. He is often called Father of the Norwegian Constitution — *Grunnlovens far*. Falsen had a son in the spring of 1814 who he named Georg Benjamin, in honor of U.S. Founding Fathers George Washington and Benjamin Franklin.

Falsen held a seat in the Storting and generally favored conservative political positions. In 1822 he was appointed



Attorney General of the Kingdom, a post which he held for three years. In 1825 he became bailiff for Bergen, and in 1827 president of the Supreme Court. In 1828 he suffered from a stroke and did not return to the office. Christian Magnus Falsen is buried at Gamlebyen Churchyard. Next to his gravestone is the gravestone of his second wife.

American influence

Falsen's admiration for the United States of America was rooted in its democratic ideals, legal system, and the innovative spirit that defined the early years of the U.S. Falsen's fascination with the United States began at a young age through the influence of his father. From his father, Enevold De Falsen, he had absorbed his American ideals. He studied American history throughout his life. He studied law at the University of Copenhagen, where he had access to an extensive collection of books and writings on American history and political philosophy. Falsen delved into the works of influential American figures such as Thomas Jefferson, James Madison, and Alexander Hamilton, which exposed him to the revolutionary ideas that shaped the birth of the United States.

Falsen has been nicknamed "Norway's James Madison". He was well-orientated on the political and constitutional developments in

America. He was impressed by the American independence movement. Falsen also argued for a bicameral system similar to what he called the "world's greatest constitution": the American Constitution.

Falsen was chairman of the Constituent Assembly's committee charged with drafting the constitution and at times served as the president of the assembly. The constitutional draft by Johan Gunder Adler and Falsen, the Adler-Falsen draft, was overwhelmingly inspired by the U.S. Constitution. Falsen's draft became the single most important direct source of the Norwegian Constitution. The constitutional draft contained an almost literal copy of the U.S. Declaration of Independence: "All men are born free and equal: they have certain natural, essential and unchangeable rights. These are freedom, security, and property".

The draft incorporated a word-for-word translation of Article 30 of the 1780 Massachusetts Constitution, articulating the principle of the separation of powers. Other provisions also showed parallels to the U.S. Constitution, including listing the parliament's legislative powers and its method of compensating lawmakers. The Norwegian constitutional rule of parliamentary immunity from arrests and the first article of the U.S. Constitution were particularly striking. The same was true of the rules for impeaching cabinet members. It also included corresponding parts of the New Hampshire Constitution. The



Norwegian Food

Rice Pudding / Rice Cream

INGREDIENTS

For the Filling

1 quart milk
¾ cup long-grain white rice
1/2 cup plus 1 to 2 Tbsp. superfine sugar
1 tsp. salt
1/2 tsp. almond extract
1/2 cup almonds
1/2 cup frozen raspberries, thawed
2 cups whipping cream
3 Tbsp. cloudberry or lingonberry preserves

For the Filling

Step 1

Preheat your oven to 350°F.

In a 3-4 quart non-stick saucepan simmer the milk, rice, 1/2 cup sugar and salt. Make sure to stir the mixture often until the rice is tender. Simmer until the mixture thickens to the consistency of porridge, about 30 minutes. Add the almond extract. Pour the mixture into a large bowl and let cool, stirring occasionally for approximately 15-20 minutes.

Step 2

Bake the almonds in a 9" pie pan until golden, approximately 10 minutes. Save one almond and chop the rest. The reserved almond should be hidden in the rice pudding and the person who finds it gets a gift, usually a marzipan pig.

Step 3

To make the raspberry topping, place the raspberries in a



blender and blend until smooth. Strain the purée through a fine wire strainer to remove the seeds. Discard the seeds and sweeten the purée with the remaining sugar to taste.

Step 4

With your mixer on high speed, in a large bowl whip the cream until soft peaks form. Fold the whipped cream into the cooled rice along with the reserved almond, chopped almonds. Mix until just blended.

Step 5

To serve, heat the raspberry mixture in the microwave until just hot. If the preserve mixture is too thick, add in a little hot water and whisk until smooth.

Serve and drizzle with the preserves or raspberry sauce.

From Sons of Norway Recipes

Liberation Day in Norway is commemorated annually on May 8 and marks the end of five years of German occupation during World War II (1940-1945). On this date, Nazi Germany capitulated following the military victory of the Allies in Europe. The day is considered a national moment of remembrance and celebration in Norway and also stands in recognition of war veterans.

The German Commander-in-Chief in Norway received orders to surrender by order of Reich President Karl Dönitz. Terboven was deposed on May 7, 1945; his authority passed to General Franz Böhme, who carried out the capitulation a day later. With that, the war in Europe formally came to an end and the Third Reich ceased to exist.

Liberation May 8

Several leading figures of the occupation regime committed suicide, including Terboven. Vidkun Quisling, leader of the collaborating party Nasjonal Samling, reported to the police on May 9 and was arrested. Arrests of alleged collaborators began as early as May 8, based on pre-compiled lists. These marked the beginning of the postwar purge.

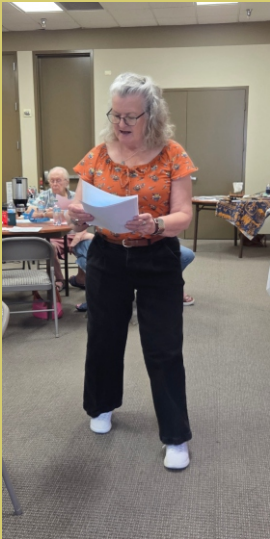
After the capitulation, Norway was temporarily occupied by Allied forces. On June 7, 1945, Haakon VII returned to Oslo, restoring constitutional rule.

By Royal Decree of October 12, 1945, it was established that the exact time



of the liberation was May 9, 1945, at 00:01. Later, May 8 was officially designated as Liberation Day and declared a national flag day in 1962. Since 2010, the date has also served as Veterans Day, in honor of Norwegian veterans of the Second World War and of later international missions.

Solskinn Lodge April 25, 2026



Luella

**All about Vikings
in England
And
The Book Club**



Solskinn Lodge Social April 25, 2026



Soup & Salad and Brown Cheese Cookies



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
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Cultural Director	Luella Grangaard	760-285-9430
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Photographer	Miriam Hendrix	
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**SONS of
NORWAY**

Solskinn Lodge 6-150



**SONS of
NORWAY**

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.***