

Solskinn Nyhetsbrev

November 2024 Newsletter from Solskinn Lodge 6-150



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



Last month, we had our Southern California Kretsstevne in Banning. We had a small turnout but made enough money for a nice donation to Camp Norge. Members from 4 lodges attended this year. Thank you to our members who attended: Nancy Madson, Rex Seawright, Joy

Rogers, TJ Berger, Tone Chaplin, Ronna Clymens, and Ulf Lokke, many of whom also supplied food, donations of raffle items, and sales of items for the camp fundraising and success of the event. And thanks to Nancy Madson for organizing this successful event many years.

This month, we have something truly special planned for you—a Viking meal and a presentation on L'Anse aux Meadows. This presentation is not just any other, it's based on my personal trip this summer to the first European settlement in Northern America, located in Newfoundland, Canada. It was a journey of 4700 miles from Palm Springs, involving 3 flights, 2.5 days of driving, and a thrilling 7-hour ferry ride. I can't wait to share this unique experience with you at our social. Get ready to be intrigued and excited!

The holidays are just around the corner, and we couldn't be more excited. It's the perfect time to consider giving the gift of a Sons of Norway membership. What better way to keep our heritage alive than by welcoming new members into our family? Let's spread the joy of the season and our rich heritage together.

The winter season here in the valley is almost here. So when you meet new friends, invite them to our socials. Also, I will be on my way to Minneapolis to attend the International Board of Directors meeting the week prior to our social. I hope it isn't snowy. But it is Minneapolis in November, and the snow and cold are why many of us no longer live in the Midwest.

Fraternally,
Luella

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Next Social: November 16

L'Anse aux Meadows, Canada

A Norse settlement
dating to approximately 1,000 years



December 17, 2024

Christmas Party

**Sing-a-long
Gift Exchange
Good Food**



Happy Birthday

Birthdays November 2024 - January 2025

David Johnson	November 7
Steven P Van Nyhuis	November 19
Diane Elaine Farber	November 20
Kathy Regner	November 29

Jhan Schmitz	December 9
Jack Bjerke	December 21
Gail F Ryan	December 23
Corinne J Bjerke	December 24
Charlotte A Larsen	December 26

Sammie Lee Lingle	January 10
Susan Norby	January 21



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

Norwegian Flag Days, Holidays and Days of Observance

Nov 3	Allehelgensdag	
Dec 25	First Christmas Day	H F
Dec 26	Second Christmas Day	H
Jan 1	Nyttårsdag	H F
Jan 20	HRH Princess Ingrid Alexandra	F
Feb 5	Sami People Day	F
Feb 9	Morsdag (Mothers Day)	
Feb 14	Valentindag	
Feb 20	HRH King Harald V	F

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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
November 16	L'Anse aux Meadows, Canada Viking food
December 7	Christmas, Sing-a-long and Gift Exchange Catered food
January 25	Vafler and lefse demonstration Brunch (Norwegian breakfast)
February 22	Salmon fishing, wild caught or farming Salmon
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

BOOK CLUB

November Book

Secret of the Sprakkar
by Eliza Reid

ZOOM Meeting

Thursday, Nov 21 at 4PM

December Book

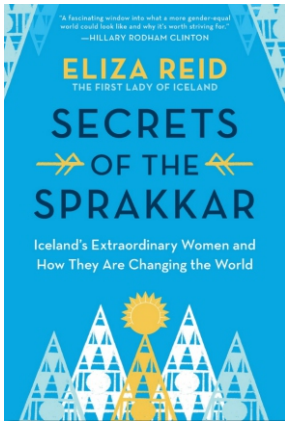
And every morning the way home gets longer and longer
by Fredrik Backman

ZOOM Meeting

Thursday, Oct 12 at 4PM

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

November 2024



The Canadian first lady of Iceland pens a book about why this tiny nation is leading the charge in gender equality, in the vein of The Moment of Lift.

Iceland is the best place on earth to be a woman—but why?

For the past twelve years, the World Economic Forum's Global Gender Gap Report has ranked Iceland number one on its list of countries closing the gap in equality between men and women. What is it about Iceland that enables its society to make such meaningful progress in this ongoing battle, from electing the world's

first female president to passing legislation specifically designed to help even the playing field at work and at home?

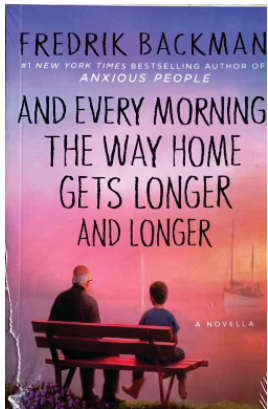
The answer is found in the country's sprakkar, an ancient Icelandic word meaning extraordinary or outstanding women.

What makes many women's experiences there so positive? And what can we learn about fairness to benefit our society

Eliza Reid is a journalist, editor, and cofounder of the annual Iceland Writers Retreat Iceland Writers Retreat. Eliza grew up on a hobby farm near Ottawa, Canada, and moved to Iceland in 2003, five years after winning a student raffle for a date with the man who became her husband, Gudni Jóhannesson. When he took office as president of Iceland on August 1, 2016, Eliza became the country's First Lady. In that capacity, she has been active in promoting gender equality, entrepreneurship and innovation, tourism and sustainability, and the country's writers and rich literary heritage. Being the spouse of the head of state is an immense privilege, full of surreal and wonderful experiences. Eliza has been candid about the role, which is an unofficial position with no job description, penning a lauded op-ed in the New York Times and delivering a TEDx Talk on the topic. *Secrets of the Sprakkar* is her first book.



December 2024



This book is about family, memories, and letting go; it's about learning to say goodbye before it's even time. It's a book about Alzheimer's and how the mind fades like a star before the body is ready to follow. The story was unfortunate, and there wasn't a moment that you didn't feel how somber it is; the moment where three people sit in a room, a child, his father, and his father's father, all of which know that there is one mind in that room that is leaving them, at times already have gone. I had listened to the audiobook version of this short story, and compared to

the [sampler] Kindle book I read, the narrator made an enormous contribution in making this and the characters and all of the feelings and emotions attached so much more real. There are lucid moments when we are in little Ted's or his father's mind, watching their beloved family member leave them piece by piece. There are moments when we are in the grandfather's mind as he sees the world, views his memories, talks to his deceased wife, and understands that each day, his "room" gets smaller and smaller, and each day, memories seem to slip away.

Fredrik Backman (born 2 June 1981) is a Swedish author, blogger, and columnist. The books were number one bestsellers in his home country of Sweden. Backman's books have been published in more than twenty-five languages.



Backman grew up in Helsingborg, Sweden. He has been writing for the Swedish newspaper Helsingborg Dagblad and for the Swedish men's magazine, *Moore Magazine*. Backman debuted as a novelist in 2012 with *A Man Called Ove*. The novel was adapted as a film which premiered on 25 December 2015 and again in 2023. Swedish production company Filmance bought the rights to his book Beartown. It was adapted for television in 2020. Many of his books have been translated into English. After his debut novel, *A Man Called Ove*, was translated into English, it remained on the best-seller list for 42 weeks.

Nancy Madson is working to obtain a Literature Culture Skill Pin

Her book report

Snow Treasure by Marie McSwigan

This is a story of Norwegian children helping their country at the beginning of the Nazi occupation of Norway. The children, under the guidance of adult family and trusted neighbors and townspeople, were able to transfer gold bullion right under the noses of the Nazis. They did this by hiding bullion on their sleds, sledding down to a place near a freighter camouflaged in a fjord, and hiding the gold bullion in the snow for the adults to transfer to the freighter during the night. The Nazi sentries and the Commandant certainly wouldn't suspect the sledding children of devious endeavors. They were just children playing in the snow.

Norway had a substantial amount of gold bullion that they wouldn't allow the Nazis to confiscate. The daring escapade involved a number of Norwegian children and quite a few heart-thumping close calls with the Nazis. Almost thwarting their daring plan was a heavy rain which would put an end to their snow sledding trips. However, the wintry weather returned, and the gold-moving, sledding task continued.

The story also tells of a Polish youth who had been conscripted by the Nazi army. The young Polish youth, in a Nazi uniform, and the main young sledder have a misadventure escaping the Nazi camp in a tense and harrowing tale.

What makes this story so intriguing is that it is true. From the Forward, "On June 28, 1940, the Norwegian freighter Bomma reached Baltimore with a cargo of gold bullion worth \$9,000,000." Names and locations were changed to protect those involved as the book was printed in 1942 in the USA. The 24th printing was September 1968.

The Snow Treasure copy that I purchased was originally a library book from St. Anne's School in Las Vegas (closed as of April 2024). The library book checkout pocket has a first due date of Feb. 18 (no year). The last due date was Sept. 18, '92. It was maybe used over four years. In 1968, a movie was made based on the book, but it involved skiing instead of the sledding and other deviations. I recommend reading the book.

Nancy Madson



Book List for December 2024- July 2025

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

December 2024
And Every morning the Way
Home Gets Longer and Longer
by Fredrik Backman
ZOOM meeting December 12

January 2025
The Night Falls on Norway
by CW Browning
ZOOM Meeting January 16

February 2025
Touch, by Olaf Olafsson
ZOOM meeting February 20

March 2025
The Weaver and the Witch Queen
by Genevieve Gronechee

April 2025
The Larasus Solution
by Kjell Oda Dahl

May 2025
Nansen by Rolan Huntford

June 2025
The Axe by Sigrid Undset

July 2025
The Slaves Tale
by Erik Haugaard

Norwegian History



Oscar Arnold Wergeland (12 October 1844 – 20 May 1910) was a Norwegian painter. He is best known for his historical painting of the Constituent Assembly at Eidsvoll (*Riksforsamlingen på Eidsvoll 1814*). Two of his paintings are held in the National Gallery of Norway, His father was Sverre Nicolai Wergeland (1817–1896), a cousin of Henrik Wergeland and Camilla Collett.

The painting *Riksforsamlingen på Eidsvoll 1814* was probably begun in 1882. Wergeland copied over 60 portraits to make the result as credible as possible. The picture includes 55 portraits of the constitutional fathers. (Not all of the 112 persons are viewable.) Today, it is located in the Norwegian Parliament, behind the speaker's platform and the presidential podium.



Low Church Devotion
(Haugeans) 1852
Painted by
Adolph Tidemand (1814-1876)

Hans Nielsen Hauge faced great personal suffering and state persecution. He was imprisoned no less than 14 times between 1794 and 1811, accused of witchcraft and adultery, and of violating the Conventicle Act of 1741 at a time in which Norwegians did not have the right of religious assembly without a Church of Norway minister present. The law "was not created to be used against Hauge, but it is almost only against Hauge that it was attempted to be used."

Peasant riots

Norwegian farmers gathered in protest both before and after 1814. Rebellion could be severely punished, but the authorities accepted minor demonstrations.

The list of peasant protests in the latter half of the 18th century and early 19th century is long:

- In 1765, farmers went to Bergen to protest against tax demands. In the same year, they gathered in several places and sent a complaint to Copenhagen about the hated extra tax.
- From 1786 to 1787, the enterprising farmer and skipper Christian Lofthus received great support from the farmers in Agder and Telemark. In protest against citizens and civil servants, the citizens prevented the farmers' trade, and priests and magistrates demanded unreasonable payment for their services.
- In 1813, there was a famine which caused riots in most cities. Peasants gathered and demanded that the merchants bring out grain.
- In 1818, a protest march from Hallingdal and Ringerike went towards the Stortinget in Christiania to protest against high taxes.

None of the above actions were armed, so they cannot be called rebellions. The jurists of the time distinguished between riots and tumult. If the protests were defined as "tumult," which particularly applied to the grain riots, there was rarely a particularly strong reaction.

But if violence had been used, even if the bailiff had only been slapped a little in the side, the reaction was harsh, and the leaders were sentenced to punishment in the penitentiary.

An ordinance from 1765 stipulated penal servitude or penal labor for those who gathered people to protest in the fortresses. Christian Lofthus was sentenced to life imprisonment for inciting protest. He died at Akershus Fortress after 10 years of penal servitude.

From: Norgeshistorie.no

Famous Viking

Who was Ivan the Viking?

By Nicholas Mathiassen / Wikipedia

Ivar the Boneless, also known as Ivar Ragnarsson, was a Viking leader who invaded England and Ireland. According to the Tale of Ragnar Lodbrok, he was the son of Aslaug and her husband Ragnar Loðbrok, and was the brother of Björn Ironside, Halvdan (or Hvitserk), Sigurd Snake-in-the-Eye, and Ragnvald. However, it is not known whether or not this is historically accurate. Ivar is sometimes regarded as the same person as Ímar, a Viking king of Dublin between 870 and 873. He might have been born in Uppsala, Sweden in about 787.

Ivar Ragnarsson, also called Ivar the Boneless, ruled over the territories of Denmark and Sweden. There is disagreement over his title "Ivar the Boneless:" some have suggested it was because of impotence, and others say it was a metaphor that he did not have any love lust in him or because of physical flexibility. Ivar was a Viking warrior and had the reputation/title of a Berserker. Berserker is said to have been fighting in a trance-like uncontrollable state and wearing animal fur from a Bear or a wolf.

In 865 AD, Ivar the Boneless crossed the North Sea from Scandinavia to England, accompanied by his brothers Ubbe and Halfdan. They invaded East Anglia. The following year, Ivar led his troops north and took over control of York, which was known as Jorvik by Vikings.

England was divided into four kingdoms/regions in 865 AD, as you can see on the map. King Aelle ruled over Northumbria, which was in a state of civil war, where King Aelle and the earlier king, Osberht, were fighting each other. As you can see on the map, York was a city in Northumbria, so the two kings decided to unite against their common enemy. It took them four months to organize their armies.

On 21st March 867 AD, they tried to take over the city from the Vikings, led by Ivar and his two brothers, but it failed. Both the 2 kings of Northumbria got killed as revenge for the murder of Ivar's father, Ragnar Lodbrok. The death of King Aelle was gruesome; he died undergoing the Viking torture called the death eagle.

After the great victory at York, Ivar installed a guy named Egbert as a puppet king of Northumbria. Fighting also occurred between the Vikings and Mercia, and the Mercians ended up paying the Vikings off.

In 869 Ivar traveled to Dublin, leaving his brothers in command over the army in England. I could not find exact information of his actions in Dublin, but later he got identified as Imar instead of Ivan. Ivan ended up dominating the Irish Sea from the Kingdom of Dublin and he also attacked Scotland twice where he took some slaves back to Dublin.

In 873 AD, Imar/Ivan died; it is believed his cause of death was a horrible disease. The Anglo-Saxon chronicler Æthelweard records his death as 870. The Annals of Ulster describe the death of Ímar in 873. The death of Ímar is also recorded in the Fragmentary Annals of Ireland under the year 873.



Viking raids began in England in the late 8th century, primarily on monasteries. The Anglo-Saxon Chronicle entry for AD 787 reports England's first confrontation with the Vikings.

AD 787 – This year, King Bertric took to his wife Eadburga, King Offa's daughter, and in his days first came three Northmen ships out of Hæretha-land [Denmark]. And then the reeve rode to the place, and would have driven them to the king's town because he knew not who they were: and they there slew him. These were the first ships of Danish men who sought the land of the English nation.

Norwegian Food

Gravlaks - Cured Salmon

The best scientific recipe for Gravlaks.

Ingredients

- 1 tbsp white peppercorns (whole) (Note 1)
- 1 cup fresh dill, roughly chopped (1 big bunch)
- 250g / 8 oz rock salt (Note 2)
- 250g / 8 oz white sugar (Note 3)
- 1 kg / 2 lb salmon, sashimi-grade, bones removed and skin on (Note 4)

Mustard Cream Sauce

- 1/2 cup / 125 ml heavy / thickened cream
- 1/3 cup Dijon Mustard (or hot mustard if you want a kick)
- 2 tsp Mustard Powder
- Salt and pepper

Instructions

Crush peppercorns with the side of a knife (or roughly grind using mortar and pestle). Combine peppercorns with salt, sugar and dill.

Place 2 large pieces of cling wrap on a work surface, slightly overlapping. Spread half the salt mixture in the shape of the salmon. Place salmon on salt, skin side down. Top with remaining salt mixture. Wrap with cling wrap. Place in a large dish. Top with something flat (like small cutting board) then 3 x 400g / 14oz cans ("Weights").

Refrigerate for 12 hours. There will be liquid in the dish. Turn salmon over (will be gloopy/wet), then replace Weights and return to fridge. After another 12 hours, turn salmon over again, replace Weights. After another 12 hours, remove salmon from fridge. 36 hours total for Medium Cure - Perfect Gravlax to my taste (See Note 2 for description and more curing times).

Unwrap salmon, scrape off salt then rinse. Pat dry. If time permits, return to the fridge for 3 - 12 hours uncovered (dries surface better, lets salt "settle" and permeate through flesh more evenly). Sprinkle over the 1/4 cup extra dill - for garnish and flavor.

Slice thinly on an angle, do not cut through skin (i.e. don't eat skin). Serve with toasted bread, Mustard Sauce, extra dill and lemon wedges.



Notes

1. White pepper is slightly spicier than black but has a slightly more milder flavour. The main reason I prefer white over black is so I don't end up with black specks on the salmon = prettier! But black peppercorns or even ground black pepper is fine. If using ground pepper (white or black), use 2 teaspoons.

2. SALT TYPES & CURING TIMES

Salt roughly falls into 4 categories (smallest to largest) - table salt, kosher / coarse cooking salt, flakes and rock salt. Rock salt cures salmon more evenly from the surface to the centre.

DO NOT use table salt (grains too small, makes salmon crazy salty) or iodised salt of any type (can turn salmon brown, packet label should say if it is iodised).

* ROCK SALT: 36 hrs cure time per recipe = Medium Cure. 3 days = Hard Cure* COARSE SALT / KOSHER SALT: 24 hours = Medium Cure, 36 hours will be between Medium and Hard Cure, 48 hours+ will be Hard Cure. Surface will be cured more (ie firmer, drier surface) than using Rock Salt because finer grains penetrate more. Highly recommend resting minimum 12, preferably 24 hours

before serving - saltiness will distribute more evenly.

CURING STRENGTH: * Medium Cure (my preference) = surface is fairly firm and not too salty, inside is lightly cured, still moist (but not raw, it's cured). Seasoned enough to eat slices plain.* Hard Cure = surface is quite firm (like a soft jerky) and quite well seasoned, inside is slightly firmer and pretty well seasoned. Contrast between surface and inside more prominent. I find this a touch salty for my taste but is still way less salty than store bought.

3. Sugar, like salt, draws moisture from the flesh and cures it but makes it sweet rather than salty. Using normal sugar rather than superfine / caster sugar ensures that the salmon doesn't get too sweet (i.e. caster sugar penetrates salmon quicker). The right salt and sugar combination is key to controlling the saltiness of Gravlax while still achieving the "cured" effect and without making it too sweet!

4. Please ensure use wild caught and not farm raised salmon.

Smaller fillets:

The beauty of this recipe is that a little goes a long way! So you don't need to use a whole side of salmon, you can make this with a small fillet. However, if you get one smaller than 500g/1lb, then you'll need to increase the salt/sugar ratio to the weight of the salmon to ensure there's enough to cover the surface area. For a 300g/10oz piece, rather than using 150g/5oz combined salt/sugar, use around 210g/7oz (this is what I measured when I did a test using a smaller piece).

I don't recommend going smaller than 300g/10oz because the width of the salmon will become too narrow and it will probably end up too salty.

5. Rye bread is the classic type to serve with Gravlax but it suits any bread or plain crackers. While some recipes recommend Pumpernickel Bread, I personally find that the flavour overwhelms the salmon.

6. EXTRAS: Some Gravlax recipes use lemon. Just add the zest of 1 - 2 lemons to the salt cure. This recipe is a classic one that doesn't use zest.

7. STORAGE: With the 36 hour cure, this salmon keeps for 3 days. Keep refrigerated in an airtight container.

8. SERVINGS: A little goes a long way with this recipe! It will comfortably serve 10 people as a starter. That's generous!

From: Recipetineats.com

Southern California Kretsstevne in Banning October 18-20



A great group of people gathered in Banning
for games, fun and food.
From San Diego, Pomona, Palm Desert.

All kind, born in Norway, Norwegian ancestors, grandparents,
grandchildren. Knitting people.
Rex who grilled the hot dogs.

See you all again next year



Solskinn Foundation Quilt



Solskinn Foundation Christmas quilt.

Tickets \$1.00 each.

The drawing will be at the Christmas social in December. Please help support the Sons of Norway Foundation.

If you would like to purchase tickets by mail, make the check out to

Solskinn Lodge.

Mail to
Luella Grangaard,
PO Box 832
Morongo Valley, CA 92256

Luella and her cousin at L'Anse aux Meadows, Canada. See front page for information.



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	

Insurance Professional

James Donovan, FIC, CSA	Cell: 760-276-5529
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Solskinn Lodge, #6-150
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*