

Solskinn Nyhetsbrev

October 2022 Newsletter from Solskinn Lodge 6-150



Solskinn Lodge 6-150



Ord fra Presidenten

A New Job!

I hope you all are enjoying a slight change in the weather. Hopefully, our milder weather will be here soon. Along with the change in weather, there are changes in Sons of Norway. August 31 and September 1, Nancy and I attended the last International Lodge meeting of Sons of Norway, by ZOOM. The International Lodge meeting was when financial product members made decisions on governance of the organization. This responsibility has now been delegated to the International Board.

As you all know, Sons of Norway is an insurance company that has been in existence since 1895. The organization has had many changes over the years. Some of these changes have included: allowing members of all ages, allowing women to join, allowing non-Norwegians to join, and now the most recent change in governance. During the pandemic, the International Board has dealt with significant issues to assure that the governance of Sons of Norway meets the requirements of a company that holds insurance contracts. Since Sons of Norway is chartered in the state of Minnesota, it is regulated by the state of Minnesota to assure that the consumers who own products are protected. Following a vote last fall by the international delegates from the 2018 International Lodge, Sons of Norway is now governed by the International Board. There are many reasons for this governance change, but the bottom line - it is a business and needs to function in a timely manner. None of this is new information; it has been discussed for many years by Sons of Norway leaders. Also, none of the changes made will affect our lodge.

Mary Beth Ingvaldstad, our District Six International Director, has been part of this process. It has not been easy, as change never is, especially to an organization with as much history as ours. Most of our members only know the social part of Sons of Norway. A very special thanks to Mary Beth and the whole of the International Board for their dedication and work to address many important issues during the last 4 years, which was made even more complicated by the pandemic.

Mary Beth has stepped down after 4 years of service, and as alternate International Director, I will be completing her term. I look forward to this new adventure with Sons of Norway.

Fraternally,
Luella

**Board Meeting meets every
2nd Tuesday of the month at 5 PM
ZOOM Link will be sent prior to the meeting**

**Book Club meets every
3rd Thursday of the month at 4 PM
To join, send an email to Luella**

**Arts & Craft Club has been
put on hold until further notice**

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**YARD
SALE**

**Lodge Yard Sale in
November
Start putting things
and stuff aside!**

Kretsstevne

Friday, Oct.14 - Sunday, Oct.16.
Registration Dead Line, October 5
Flyer Attached

Contact Nancy Madson
Phone: 760-238-8819 or email: norsknm@gmail.com

Social Calendar 2022/2023

- October** Kretsstevne in Banning. October 14-16
- November 19** Viking Theme
- December 17** Christmas Party
- January 28** Heritage show. Frokost/Brunch
- February 25** World War 2. Soup and Salad
- March 25** Bingo. Meatball Madness
- April 22** Open Face Sandwiches
with demonstration
- May 20** Quiz. Hot Dogs and Ice Cream
- June 24** Midsummer

Preliminary list

Solskinn Nyhetsbrev

Happy Birthday



Birthdays in October/November/December

Brenda King-Scoffin	October 3
Berit Daly-Reistad	October 5
Ann Linda Dew	October 7
Donald Waldeland	October 16
Terje Berger	October 21
Sharon Lokke	October 29

Gro Kleitsch	November 7
David Johnson	November 7
Diane Elaine Farber	November 20
Kathy Regner	November 29

Jhan Scmitz	December 9
Jack Bjerke	December 21
Gail F Ryan	December 23
Charlotte Larsen	December 26
Stevan Rich	December 29



October 24	United Nation Day
October 30	Winter Time starts
November 1	Dubbed snow tires accepted
November 13	Fathers Day
December 25	Christmas Day (Flag Day)

Norwegian Flag Regulations

The flag is raised in the months of March up to and including October at 8am, in the months of November up to and including February at 9am.

The flag is lowered at sunset, but not later than 9pm if the sun sets after this time.

In the counties of Nordland, Troms and Finnmark, the flag is raised in the months of November up to and including February at 10am and lowered at 3pm.

Father's Day in Norway - Farsdag

2nd Sunday in November

Mother's Day in Norway is
2nd Sunday of February

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Send pictures, ideas, articles to
solskinn150@gmail.com

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

There are a lot of Norwegian movies online. Netflix has a few. Several streaming services includes Norwegian movies. It is not for free. List below. We will continue to present Norwegian movies and inform where to find them.

Presenting a new movie on page 4



BOOK CLUB

October Book

Scandinavian Ghost Stories
Edited by Joanne Asala
ZOOM Meeting
Thursday, October 20 at 4PM

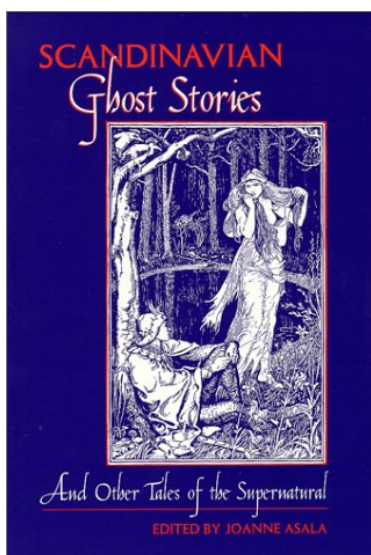
November Book

The Stranger from the Sea
by Paul Binding
ZOOM Meeting
Thursday, November 17 at 4PM

Solskinn Book List 2022

- | | |
|-----|---|
| Oct | Scandinavian Ghost Stories—Edited by Joanne Asala |
| Nov | The Stranger from the Sea by Paul Binding |
| Dec | Return to the Future: An Escape to Freedom by Sigrid Undset |

October 2022

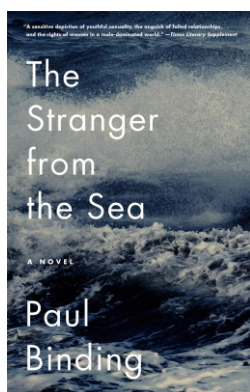


Collected from historic sources, such as the volumes of Norse folk legends by Peter Christian Asbjørnsen and Jørgen Moe, these centuries-old stories of sorcery, monsters and demons come from the imaginations of the Scandinavian people. Nineteen stories reflect the fear of evil that haunts and fascinates the human soul.

From Sweden, Denmark, Norway, Iceland, and Finland, these ancient tales can be read on many levels: as only stories of magic and mayhem; as legends to warn children to be careful of hidden dangers of the world; or as self reflection on the eternal struggle of good versus evil and the quest for ultimate power.

Sorcery, witchcraft, magic charms, and incantations; graveyards and nocturnal journeys; ghosts, monsters, and demons of the night are common elements in these tales of the supernatural. For generations, the Scandinavian peasants huddled around their fires interweaving fantasy and belief based on superstition, religion, social customs and taboos, life styles and morals. The supernatural beings raised in these settings represent the evil perceived in the heart of mankind and the harsh world beyond the hearth. The telling of undesirable human traits or emotions through witches, goblins, trolls, and other monstrous beings gave rise to the hope that being mindful and alert to these dangers would hold them at bay.

November 2022



After a ferocious early springtime storm, young Norwegian sailor Hans Lyngstrand is shipwrecked in the English Channel near the coastal town of Dengate; he is one of few survivors. Soon after, aspiring journalist Martin

Bridges takes a job as the reporter at the local newspaper. A loner by nature, he's a curiosity to the nosy townspeople, the gregarious editor of the paper, and his melodramatic landlady, whose own private life is fraught by the unexplained absence of her son and suspicious disappearance of her husband.

But when Hans moves into the "Mercy Room" of Martin's boardinghouse to

convalesce and Martin's editor assigns him the task of interviewing the young sailor, it upends his otherwise uneventful world. Hans tells him of his travels at sea, how he survived the shipwreck—and of his encounter with a ferocious sailor vowing to seek revenge, who Hans believes may still be alive. So begins a complex friendship between the two young men that will cause Martin to reexamine his past and future ambitions and his relationships with everyone around him.

In *The Stranger from the Sea*, the backstories Paul Binding creates for Ibsen's classic *Lady from the Sea* characters unfold in tandem with the secret romances, rivalries, and heartaches of a seemingly unremarkable town. The result is a transporting, lyrical, and quietly captivating period piece that will mesmerize readers from its opening pages.



Paul Binding, born 1943, is a novelist, critic, poet and cultural historian. He studied English Literature at Oxford University. He has written over 10 books. Paul has a particular interest in the American South and Scandinavia. He lives in The Marches (the borderland between England and Wales)

Dividing words in Norwegian

The Norwegian language has adopted many new words and grammar from English. Sometimes it gets wrong.

Cookingbook is Cooking Book (no: KokeBøker).

By dividing the word, it becomes Cooking the Books (no: Koke Bøker).



Toilet Rolls (no: Toalettruller).

By dividing the word, it becomes Toilet Rolling (no: Toalettruller).



Pine Apple Bites (no: AnanasBiter).

By dividing the word, it becomes Pine Apple Bites (no: Ananas Biter).



Norwegian Movie



The Norwegian disaster thriller “The Burning Sea” (2021) may be gloomier and more character-driven than American genre nuts may be used to, but it’s still generic and therefore familiar enough to be satisfying. If anything, the makers of “The Quake” and “The Wave” don’t do enough to distinguish their ticking clock plot—a makeshift consortium of scientists, politicians, and oil rig workers must team-up to prevent a seismic catastrophe following the collapse of a Norwegian oil rig—except by making their story smaller and more focused than most other movies of this type.

The film has a couple of impressive scenes of apocalyptic computer-generated (CG) mayhem following the discovery of a potentially enormous crack in the North Sea’s floor. Not enough, but some. There’s also some tense moments of rising action, mostly concerning no-nonsense submarine expert Sofia (Kristine Kujath Thorp) and her journey to reunite with her self-sacrificing oil rig worker love interest Stian (Henrik Bjelland), who inevitably risks his life in order to save many others. The main thing holding “The Burning Sea” back from being more than an acquired taste is also what makes it satisfying as such: these characters never really go anywhere or do anything unexpected.

“The Burning Sea” starts and finishes with a preachy but studiously inoffensive bookend sequence featuring chilly oil rig rep William Lie (Bjørn Floberg), who tells viewers—on-camera, as if he were the subject of a talking head documentary—about Norway’s complicated history with offshore drilling. There’s regret in Lie’s spiel, despite his pointed refusal to complain too bitterly (or specifically) about who’s to blame.

Watch it at Amazon Prime Video, Youtube, Google Play Movies, Vudu, Apple TV or Hulu (subscription).

Freedom of Religion

Norwegian Constitution, §2

The paragraph today refers to Christianity, without favoring any direction within it. At the Reformation in 1537, Denmark-Norway introduced Lutheranism and severed ties with the Holy See in Rome. The Norwegian Church was then placed under the authority of the Danish-Norwegian king, and became a statutory state church. In 1814, the King of Norway became the church's symbolic leader.

In its original form of 17 May 1814, § 2 established that "The Evangelical Lutheran Religion" was still to be the State's public religion. The paragraph also distanced itself from the Catholic Church, and forbade Jews, the Jesuit order and Catholic monastic orders to come to Norway. The wording of the paragraph was:

"The Evangelical Lutheran Religion remains the state's public religion. The citizens who profess it, are obliged to bring up their children in the same. Jesuits and religious orders must not be spoken to. Jews are still excluded from Access to the Kingdom."

The Jewish section

The debate on Jewish citizenship had been ongoing since the 1780s. After the Danish poet Thomas Thaarup made a translation of the book Moses and Jesus (1803) by the Prussian Friedrich Buchholz, the debate peaked in the summer of 1813, and led to Danish Jews receiving civil emancipation on 29 March 1814.

The ban on Jews was enshrined in the Christian V's Norske Lov (Norwegian Law) from 1687. The rationale was political and secular, and not religious, although it was continued in a section of the Constitution dealing with outlook on life. The ban targeted Jews without charters, who constituted a trading caste that did not advance the interests of the state.

Vidkun Quisling's second Nasjonal Samling government re-introduced the provision on 12 March 1942, and it remained in place until liberation in 1945. At the court settlement after the Second World War, Vidkun Quisling was convicted of illegally changing the Constitution.

The Jesuit paragraph

The penultimate part of the paragraph has been popularly called the "Jesuit paragraph". At the request of Norwegian Catholics, in 1892 an amendment to the Constitution was submitted to repeal the Jesuit clause. They urged Viggo Ullmann from the Liberal Party to promote it. The proposal came up for consideration on 10 May 1897, together with two other proposals.

Ullmann had proposed to remove the ban on both Jesuits and monastic orders. The result was that the ban on Catholic monastic orders was removed, while the Jesuit ban was maintained.

During Mowinckel's first government, a proposal was again presented to the Storting to remove the Jesuit provision. A proposal dated 23 November 1923 was referred to in the Storting meeting on 29 November, and at this time there was a more positive attitude towards changing the law. Before the proposal came up for consideration in 1925, however, the mood had turned, especially in Christian circles. Both the Church



Faculty, the country's bishops and the Norwegian Church's Priests' Association were against lifting the Jesuit ban. Among the general public, the ban was defended by Marta Steinsvik and Luthersk Kirketidende, while the church historian Oluf Kolsrud and the composer and writer Gerhard Schjelderup wanted to remove it. The proposal was voted down, with 99 to 33 votes.

The matter came up in the Storting again in connection with Norway's ratification of the European Convention on Human Rights of 4 November 1950. The UN Declaration of Human Rights from 1948 was also drawn into the debate.

When the matter came to a vote in the Storting, the repeal was approved by 111 to 31 votes. All 14 representatives from the Christian People's Party voted against, and among the minority was CJ Hambro together with five of Right's 27 representatives. It caused a stir that CJ Hambro, who himself had a Jewish family background and stood out as a defender of legal principles and freedom of spirit, went hard against repealing the Jesuit clause.

The ban on the Jesuit Order was lifted through a constitutional provision of 1 November 1956, and announced on 22 November 1956.

Freedom of religion

On 4 May 1964, Norway enshrined freedom of religion in the constitution, and § 2 was amended to read:

All residents of the Kingdom have free religious practice. The Evangelical Lutheran Religion remains the State's public religion. The citizens who profess it, are obliged to bring up their children in the same.

The end of the state church

The constitutional amendment of 21 May 2012 amended §§ 2, 4, 12, 16, 21, 22 and 27, and the state no longer has the "Evangelical Lutheran Religion" as its religion. The Church of Norway transitioned from being a state church (§ 2) to continuing to be a folk church which is now supported by the state (§ 16). The constitutional freedom of religion of 4 May 1964 can subsequently be found in § 16.

The wording in § 2 was as follows:

The foundation of values remains our Christian and humanistic heritage. This Basic Law shall ensure democracy, the rule of law and human rights.

From Norwegian Wikipedia

Stone Age Fishing



Catching equipment tells how Stone Age people subsisted. These implements, fishing hooks, spears and harpoon points, tell of fishing and sea fishing, and are made of bone and found in Vestfold and Agder counties.

Photo: Eirik Irgens Johnsen/Kulturhistorisk museum

For much of the Neolithic period, the population of Norway lived by hunting, and they only adopted parts of the new agricultural culture that came from the south and east. In many ways, life in the Neolithic period (4000–2400 BC) was a continuation of the way of life from the Old Stone Age. People benefited from game and fish resources and used technologies that had been developed over a long period of time.

When archaeologists find fossil bones and plants, they get tangible data about what people ate. Unfortunately, it is only exceptionally that such material is found at Norwegian settlements from the Neolithic. Findings of fossilized plant and bone material from settlements such as Fosnstraumen and Ramsvikneset in Hordaland show that the people who lived there had a versatile menu of fish (tice, cod, lyre, salmon, mackerel), various seabirds, and marine mammals.

Land animals also provided food and raw materials (for example deer and pigs) as well as fur and skins (fox, otter, marten). Hazelnuts, pea plants, berries and other plants (such as mullein) were eaten.

The location of the settlements allows us to understand more about how people lived. Along the Norwegian coast, settlements from the Neolithic Age are usually a good distance from the sea today. But that was not the case when the settlements were in use. For example, the sea was approx. 30 m higher than today in Østfold. Most of the settlements were located by the beach at the time, which the archaeologists see when they correct for changes in sea level. Where the land rose rapidly after the last ice age - such as in the Oslofjord area and in Finnmark - the settlements can be followed over time, people almost moved after the sea. Access to the sea's resources was crucial.

The Stone Age settlements are found in places where there was a sheltered harbor and a beach where boats could be pulled up. It was also an advantage to have shelters that could provide shelter from wind and weather.

In Western Norway, the country rose more slowly. Thick accumulations of waste show that there has been settlement in the same place over a long period of time in these areas. These settlements were often located by nutrient-rich ocean currents. Here there were rich deposits of fish, marine mammals, and seabirds all year round.

The abundant supply of food made possible a lifestyle with a certain degree of permanent residence, food storage and gatherings in larger groups. In Norway, access to fishing resources was probably more predictable than agricultural resources. Objects such as axes, pottery and stone tools were made to be used for catching game, not for farming. Such a pattern is also known from other places in the world, particularly in North-West America.

The hunting life continued even when Neolithic cultural elements made themselves felt, and ceramics and flint axes came into use. Another 1,500 years would pass, that is until 2,400 BC, before agriculture was chosen as a way of life

Norwegian Americans in the US (2017)

4,642,526, 1.5% of the US population

Minnesota 868,361
Wisconsin 466,469
California 412,177
Washington 410,818

Swedish Americans in the US
3,627,796

Danish Americans
1,215,809



Sjømannspresten Åsmund

Pastor Åsmund Offernes and his wife Marianna. From a trip to Riverside to meet Norwegian speaking Norwegians.

He is pastor at the Norwegian Church in San Pedro, south of Los Angeles.

Norwegian Fall Food

Gratin with root vegetables

From



Ingredients for 6

- 10 oz Potatoes
- 10 oz Celery root
- 10 oz Rutabaga
- 2 Parsnips
- 10 oz Heavy Cream
- 6 oz Milk
- 2 Garlic cloves
- 2 Fresh thyme stalks
- 2 oz Grated Parmesan
- 10 oz Butter, sliced
- Salt
- Black pepper

Turn oven on for 350 F.

Peel and cut all vegetables in thin even slices

Warm up milk and cream in a large pot. Add finely chopped garlic and thyme. Add salt and pepper.

Add vegetables and let it simmer for 10-15 minutes. Stir so it doesn't stick to the bottom.



From

REMA 1000

Lamb and cabbage in dark beer

Ingredients for 6

- 5 lbs Chopped lamb or mutton meat
- 3 tbsp Salt
- 30 pcs Black peppercorns
- 1.5 pcs Lemon, zest in strips and the juice
- 1.5 qts Dark beer, like bayer (pils can also be used)
- 30 pcs Shallots
- 2,5 lbs Cabbage
- 2,5 lbs Potatoes
- 2/3 cup Parsley, chopped

Rinse the lamb and pat dry with kitchen paper. Mix the meat with salt, black peppercorns, coarse strips of lemon peel, and the juice of one lemon in a large saucepan.

Cover the meat with dark beer. Boil and skim well. Let the meat cook for an hour.

Peel shallots. Cut the cabbage into 2" pieces. Peel the potatoes and cut them into 1/2" cubes. When the meat has cooked for an hour, vegetables and potatoes are added. Mix everything well. Bring to the boil and simmer under the lid for 45 minutes until the meat, vegetables and potatoes are tender.

Sprinkle chopped parsley over the pot just before serving.



Akershus Fortress



Akershus Fortress (Norwegian: Akershus Festning) is a medieval castle in the Norwegian capital Oslo that was built to protect and provide a royal residence for the city. Since the Middle Ages the fortress has been the namesake and centre of the main fief and later main county of Akershus, which was originally one of Norway's four main regions and which included most of Eastern Norway.

Construction

It is not known exactly when the construction of the castle started but it is believed that it took place around the late 1290s, by King Haakon V, replacing Tønsberg as one of the two most important Norwegian castles of the period (the other being Båhus).

The Middle Ages

The fortress was first used in battle in 1308, when it was besieged by the Swedish duke Eric of Södermanland, whose brother won the Swedish throne in 1309. The siege was eventually broken by a local Norwegian army in a battle. (This battle forms a major part of the plot of Sigrid Undset's historical novel *In the Wilderness*, the third volume of her tetralogy *The Master of Hestviken*.)

Renaissance and Denmark-Norway

In 1449-1450 the castle was besieged again, this time by the Swedish king Karl Knutsson Bonde, but he had to lift the siege after a while. The castle was not besieged again until 1502 when Scottish soldiers in the service of the Danish king besieged the castle in order to regain it from the hands of the Norwegian nobleman Knut Alvsson.

The immediate proximity of the sea was a key feature, for naval power was a vital military force as the majority of Norwegian commerce in that period was by sea. The fortress was strategically important for the capital, and therefore, Norway as well. Whoever controlled Akershus fortress ruled Norway.

The fortress has never successfully been besieged by a foreign enemy. However it surrendered without combat to Nazi Germany in 1940 when the Norwegian government evacuated the capital in the face of the unprovoked German assault on Denmark and Norway.

World War II

During World War II, people were executed here by the German occupiers, including members of the Pelle group. The fortress was liberated on 11 May 1945, when it was handed over to Terje Rollem on behalf of the Norwegian resistance movement. After the war, eight Norwegian traitors who had been tried for war crimes and sentenced to death were also executed at the fortress. Among those executed were Vidkun Quisling.

Christiania

Following the great fire of 1624, King Christian IV made the decision to relocate and rebuild the entire city of Oslo. The king ordered the new city to be located closer to Akershus Fortress, renaming the city Christiania.

Prison

Akershus has also been a prison, with a section of it known as The Slavery (Norwegian: Slaveriet) because the prisoners could be rented out for work in the city. It has housed many rebels and criminals through Norwegian history. Particularly well-known people to have been imprisoned there include author Gjest Baardsen (1791–1849), and the similarly idealized thief Ole Høiland. Also, many early Norwegian socialists (supporters of Marcus Thrane, 1817–1890) also spent time in the cells of Akershus.

Current use

Although still a military area, the Akershus Fortress is open to the public between 6:00 and 21:00 daily. As well as the castle, the Norwegian Armed Forces Museum and Norway's Resistance Museum can also be visited. The Norwegian Ministry of Defence and the country's Defence Staff Norway share a joint modern headquarters in the eastern part of the fortress. His Majesty the King's Guard is responsible for guarding the fortress, with stationary guard posts during open hours and mobile patrols at night. One of the stationary guard posts at the entrance is a popular photography spot for tourists visiting the fortress.

The castle's Royal Mausoleum is the final resting place of a number of Norwegian royal figures. This includes King Sigurd I, King Haakon V, Queen Eufemia, King Haakon VII, Queen Maud, King Olav V and Crown Princess Märtha.

From Wikipedia

Sigurd I (Jorsalfar) (b.1089, d.1130) was the son of Magnus Barfod. As a boy he became king of the Orkney Islands, the Isle of Man and the Hebrides. He married an Irish princess, but returned to Norway, which he ruled with his two brothers, leaving the princess in Ireland. The name "Jorsalfar" means "the one who travels to Jerusalem", and Sigurd got that name because he went on a crusade to the city and supported the Christian king in battles against the Muslims.

Despite the fact that he was already married to an Irish princess, he was married to Malmfrid, who later became Danish queen. He was buried in the Hallvard Cathedral, which now lies as a ruin. Later, Sigurd's skull was found in the ruins, and via a detour to Copenhagen, it is now in the royal crypt at Akershus Fortress.

Lodge Gathering September 24



Luella presented Vikings, Hanseatic Trade and Oil.

Nancy served crackers with brown cheese.

Lunch was potluck. Mac n Cheese, Mashed Potatoes, Meatballs, Pay, Ice Cream and much more.



Solskinn Lodge Officers 2021-2022

Board of Directors

President	Luella Grangaard	760-363-7704
Vice President	Terje Berger	760-799-6660
Counselor	Ulf Lokke	760-808-5403
Secretary	Tone Chaplin	760-408-9170
Treasurer	Nancy Madson	760-343-0848

Program Directors

Social Director	Nancy Madson	760-343-0848
Cultural Director	Luella Grangaard	760-363-7704
Sunshine	Charlotte Larsen	760-835-4391

Support Positions

Book Club	Luella Grangaard	760-363-7704
Editor, Webmaster	Terje Berger	760-799-6660
Photographer	Miriam Hendrix	
Musician	Terje Berger	
Librarian	Corinne Bjerke	

Financial Benefits

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Solskinn Lodge, #6-150
Terje Berger
52705 Avenida Obregon
La Quinta, CA 92253



Save this stamp
for Tubfrim



Vårlyng - Erica Carnea



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***