

# Solskinn Nyhetsbrev

October 2023 Newsletter from Solskinn Lodge 6-150



Solskinn Lodge 6-150



## Ord fra Presidenten

Welcome to fall,  
It is finally fall, my favorite time of year. The leaves change, although many of my desert plants are confused because of all the late summer rain and have been sending out their spring blossoms. However, we can still decorate with fall leaves and

pumpkins.

Our September social was low keyed. I guess I was the only one there who had a vacation. So, I was the only one who talked. But we had great food provided by our board and a wonderful time catching up with everyone. Also, thank you to members who brought canned food for the Hope food pantry. We discussed some other community outreach options for our lodge. We are currently looking at supporting some local schools.

In October, we have our Southern California Kretsstevne (SCK) in Banning. We are participating in the event in place of our regular social. This is the opportunity to raise funds for our District Camp, in Alta California and also to gather with your fraternal family. I have made some wonderful friends over the years at this event. Car pool and go as a group for the day or just send a donation to Nancy, the SCK registrar.

October is also the beginning of our Sons of Norway Foundation events. We had our lodge foundation fund raising quilt at the last social and with only 19 members in attendance we raised \$51.00. What a great start. This quilt could be yours. The quilt will be on display and tickets will be for sale at the SCK and at our November and December socials, and the drawing will be held at the December social. Thank you all for being part of our fraternal family.

Fraternally,  
Luella

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## Next Lodge Social

Kretsstevne in Banning  
Friday to Sunday  
October 20 - October 22  
See attached registration form

**See attachment**



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

**New dates for the Book Club.  
Mark your Calendar!  
October 12, November 9 and  
December 28**

**Quilt top for 2023 Sons of Norway Foundation fundraiser.** Made by Luella Grangaard  
Tickets are \$1 each. Drawing will be at the Christmas Social December 16  
If you would like to purchase now, send a check to Solskinn lodge.  
Note for foundation quilt, send to L Grangaard.  
PO box 832, Morongo Valley. CA 92256.  
The quilt will be at the September social

# Solskinn Nyhetsbrev



## Happy Birthday

### Birthdays in October to December

Berit Reistad	Oct 5
Ann Linda Dew	Oct 7
Donald Waldeland	Oct 16
Matthew Kosvic	Oct 13
Terje Berger	Oct 21
Sharon Lokke	Oct 29
Gro M Kleitsch	Nov 7
David Johnson	Nov 7
Diane Elaine Farber	Nov 20
Kathy Regner	Nov 29
Lauren Lunstrum	Dec 6
Jhan Schmitz	Dec 9
Jack Bjerke	Dec 21
Gail Ryan	Dec 23
Corinne Bjerke	Dec 24
Charlotte Larsen	Dec 26



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

Sept 22	Princess Märthas Louise
Oct 24	United Nation Day
Oct 29	Winter Time
Nov 12	Farsdag (Father's Day)



Oct 9	Sami Parliament established (1989)
Nov 9	Sami Parliament est. in Finland (1973)
Nov 15	Isak Sabas' Birthday (b.1875) He wrote the Sami Song "Sámi soga lávlla"

Editor for Solskinn Nyheter (Sunshine News)  
 Terje "TJ" Berger 760.799.6660  
 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

**Don't miss out of the last Viking Magazine  
 Sept Oct 2023  
 Lots of good articles!**

### Social Calendar for 2023-2024 Season

**Always a Saturday. Social at 11:00 AM**

- November 18 Game Day  
Meatballs
- December 16 Christmas Party
- January 27 Rosemaling Program  
Frokost
- February 24 Norwegian Sweaters  
Soup & Salad
- March 23 Norwegian Easter Traditions  
Open Faced Sandwiches
- April 27 Heavy Water Program  
Lapskaus
- May 18 Syttende Mai Celebration  
Hotdogs & Ice Cream
- June 20-24 District Six Lodge Meeting and  
Convention in Las Vegas

# BOOK CLUB

## October Book

The Scandinavian Aggressors  
by Rowdy Geirsson

### ZOOM Meeting

Thursday, October 12 at 4PM

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

## November Book

Norse Fields  
by Anne Schroeder

### ZOOM Meeting

Thursday, November 9 at 4PM

November Norse Fields: A Novel of Southern California's Norwegian Colony  
by Anne Schroeder  
**November 9**

December A Coat Dyed Black  
by Don Pugnetti Jr.  
**December 28**

## October 2023



An offbeat odyssey into the freezing heart of the modern Northlands

The Scandinavian Aggressors chronicles Rowdy Geirsson's tireless quest to uncover the secret history of the early 21st century's resurgence of authentic viking activity known as the

Modern Viking Movement.

Along the way he meets modern viking luminaries such as Trond "Troll-Breath" Trondsen, who successfully raided a historic monastery's gift shop in England; Björn Svensson, who habitually recited classic rock lyrics at the site of each of his infamous berserkings; and Ingrid Törnblom, who founded an elite warrior sisterhood that drew

comparisons to the Spartans of ancient Greece, the Samurai of feudal Japan, and perhaps most flattering of all, the Jedi Knights of the Intergalactic Republic. Encounters with additional Neo-Norse individuals augment the journey, revealing long-hidden details about the slaying of a creepy troll in Beowulf's homeland, the brewing of craft beer from within pagan burial mounds, and the suffering of horrendous digestive problems amidst the breathtaking natural beauty of Iceland's remarkable landscape.

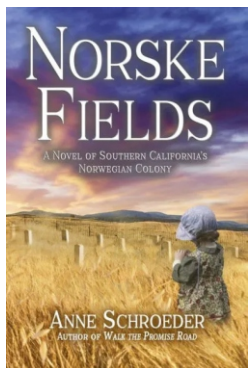
Topical, informative, and highly insightful, The Scandinavian Aggressors not only provides essential reading for anyone with even a remote interest in the Modern Viking Movement, but also spins a darn good yarn about the fragility of the Scandinavian condition.

Rowdy Geirsson is the author of The Scandinavian Aggressors and the editor of Norse Mythology for Bostonians: A Transcription of the Impudent Edda. His writing has appeared in Scandinavian Review and the Sons of Norway's Viking Magazine. He's also a regular contributor to McSweeney's Internet Tendency and a slew of other humor websites.



Text: ScandinaviaAggression.com  
Image: Amazon.com  
Bio: Amazon.com

## November 2023



In 1888, five young bachelors emigrate from Stranda, Norway, with a dream to become land barons in America. In southern California they pool their money to purchase affordable land. They draw names from a hat to decide who farms the better land

and who must make do with the inferior. Soon after, their sweethearts arrive from the homeland and the Norwegian Colony is born.

This novel uses modern fiction techniques to recreate unforgettable characters who experience heartbreak and personal triumphs. Readers will experience the struggles, joys and sacrifices of the families who settle the land and create a legacy for

their children in part through original diaries, photos and letters. Written by the great-granddaughter of Nils Olsen and Ellen Fjorstad, two of the five immigrant families that settled in the Conejo Valley (Ventura County). The author is an award-winning novelist and storyteller who uses family history to create an emotional true story that will remain in readers' hearts.

"Write what should not be forgotten."  
- Isabel Allende.

From Barnes and Noble  
Bio: from Google Books  
Picture: Bookcharming.com

A fifth-generation Californian, Anne Schroeder's love of the West was fueled by stories of bandits and hangings, of her great-grandfather and his neighbors working together

to blast the Norwegian Grade in Southern California out of solid rock, of Indian caves and of women who made their own way. She

worked her way through Cal Poly with a variety of odd-jobs that included as a waitress at a truck stop near the spot where James Dean died. Anne served as President of Women Writing the West. Her short stories and essays have appeared in print and online magazines.

She lives in Southern Oregon with her husband, dogs and chicken.  
[www.facebook.com/anneschroederauthor](http://www.facebook.com/anneschroederauthor).





## Sami Blood (2016)

The film is set in Sweden in the 1930s and concerns a 14-year-old girl who experiences prejudice at a nomad school for Sami children, and decides to escape her town and disavow her Sami heritage.



You have any favorite Norwegian movies? Let us know.

Send an email to our lodge. Email address on page 2

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[www.NorwegianAmerican.com](http://www.NorwegianAmerican.com)

## New dates for the Book Club.

Mark your Calendar!

September 14, October 12,  
November 9 and December 28

## Volunteers needed for a workday at Camp Norge!

Come help prepare the camp for winter and make improvements to keep the camp in tip-top shape. There will be a variety of projects available to suit all skill and ability levels. Projects include painting, cleaning, repairing picnic tables, winterization projects, and more. The workday runs all day on Saturday, October 21st from 9am-5pm, but volunteers can help for any length of time that works for them. Volunteers can stay at camp for free the night before or after the workday. Breakfast, lunch, and dinner will be provided on Saturday. If you are able, please bring your own gloves and tools.

RSVP's greatly appreciated to get an accurate headcount for food.

Please RSVP to Fred at [fred.hymans@gmail.com](mailto:fred.hymans@gmail.com).

*Can't make the workday, but still want to help?*

*Please consider [making a donation to Camp Norge](#) to support ongoing maintenance and upkeep expenses.*



**WORK DAY!**  
Help prepare camp for winter!

Saturday, October 21st  
9am- 5pm

Projects for all ages & abilities.  
Helpers can stay the night at camp for free!  
Breakfast, lunch & dinner provided.  
Bring gloves, tools, paint supplies, and cleaning supplies.

Please RSVP — Email Fred at [fred.hymans@gmail.com](mailto:fred.hymans@gmail.com)

# ICELAND

## Vikings brought Native American to Iceland 1,000 years ago

The first Native American to arrive in Europe may have been a woman brought to Iceland by the Vikings more than 1,000 years ago, a study by Spanish and Icelandic researchers suggests. The findings boost widely-accepted theories, based on Icelandic medieval texts and a reputed Viking settlement in Newfoundland in Canada, that the Vikings reached the American continent several centuries before Christopher Columbus travelled to the "New World."

Spain's CSIC scientific research institute said genetic analysis of around 80 people from a total of four families in Iceland showed they possess a type of DNA normally only found in Native Americans or East Asians. "It was thought at first that (the DNA) came from recently established Asian families in Iceland," CSIC researcher Carles Lalueza-Fox was quoted as saying in a statement by the institute. "But when family genealogy was studied, it was discovered that the four families were descended from ancestors who lived between 1710 and 1740 from the same region of southern Iceland."

The lineage found, named C1e, is also mitochondrial, which means that the genes were introduced into Iceland by a woman.

"As the island was virtually isolated from the 10th century, the most likely hypothesis is that these genes corresponded to an Amerindian woman who was brought from America by the Vikings around the year 1000," said Lalueza-Fox.

The Sagas of Icelanders say that a Norwegian named Naddodd (or Naddador) was the first Norseman to reach Iceland, and in the ninth century, he named it Snæland or "snow land" because it was snowing. Following Naddodd, the Swede Garðar Svavarsson arrived, and so the island was then called Garðarshólmur which means "Garðar's Isle".

Naddodd was born in Agder in what is today southern Norway. He was one of the earliest settlers on the Faroe Islands after Grímur Kamban became the first to settle there around 825. Garðarshólmur which means "Garðar's Isle". Naddodd was the probable father of Ann Naddodsdóttir from Shetland. Naddodd has distant relations to Erik the Red and his son, Leif Erikson

Erik Thorvaldsson (c. 950 – c. 1003), known as **Erik the Red**, was a Norse explorer, described in medieval and Icelandic saga sources as having founded the first European settlement in Greenland. He most likely earned the epithet "the Red" due to the color of his hair and beard. According to Icelandic sagas, he was born in the Jæren district of Rogaland, Norway, as the son of Thorvald Asvaldsson. One of Erik's sons was the well-known Icelandic explorer Leif Erikson.

*From "Garðarshólmi – The Isle of Garðar".*

Then came a Viking named Flóki Vilgerðarson; his daughter

*From: [phys.org/news/](https://phys.org/news/)*

The researchers used data from the Reykjavik-based genomics company deCODE Genetics.

He said the research team hopes to find more instances of the same Native American DNA in Iceland's population, starting in the same region in the south of the country near the massive Vatnajökull glacier.

The report, by scientists from the CSIC and the University of Iceland, was also published in the latest edition of the American Journal of Physical Anthropology. The journal said 75 to 80 percent of contemporary Icelanders can trace their lineage to Scandinavia and the rest to Scotland and Ireland.

But the C1e lineage is "one of a handful that was involved in the settlement of the Americas around 14,000 years ago.

"Contrary to an initial assumption that this lineage was a recent arrival (in Iceland), preliminary genealogical analyses revealed that the C1 lineage was present in the Icelandic mitochondrial DNA pool at least 300 years ago. "This raised the intriguing possibility that the Icelandic C1 lineage could be traced to Viking voyages to the Americas that commenced in the 10th century," said the journal.



drowned en route, then his livestock starved to death. The sagas say that the rather despondent Flóki climbed a mountain and saw a fjord (Arnarfjörður) full of icebergs, which led him to give the island its new and present name. The notion that Iceland's Viking settlers chose that name to discourage the settlement of their verdant isle is a myth.

*From Evans, Andrew.*

*"Is Iceland Really Green and Greenland Really Icy?"*

*More reading:*

<https://en.wikipedia.org/wiki/Iceland>

# Famous Norwegian-Americans

## Arne Pettersen, the Last to Leave Ellis Island

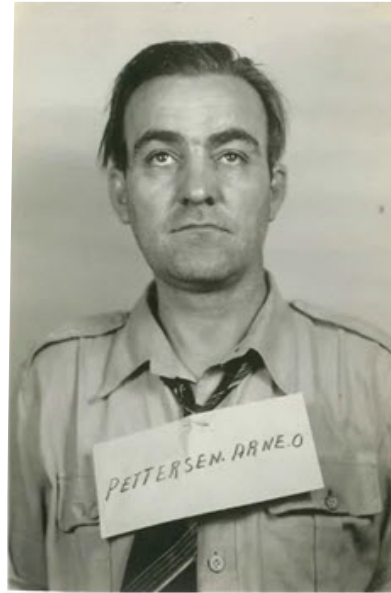
Annie Moore and Arne Pettersen were Ellis Island's bookends. An Irish teenager, Annie was the first to arrive when the immigration processing center opened its doors on January 1, 1892. 62 years later on November 12, 1954, Norwegian seaman Arne would be the last to depart.

Over time, Ellis Island's reason for existence evolved from processing immigrants to detaining them. As a seaman, Arne had journeyed to and from America six or seven times by his own estimate, but in 1954 he overstayed his shore leave. Non-immigrant crewmen were allowed to remain in the U.S. for up to 29 days, but by the time a warrant for his arrest was signed, he had been here six months. Arne was granted parole to leave on his own within a designated time period, and this was the moment when he was captured for posterity waving as he left Ellis Island.

At the hearing associated with the closing of Ellis Island, he was given until December 10th to remove himself by signing on to another ship. This didn't work out, so he sought a two-week extension to December 24th. His request was granted, but by February of 1955, he was still here, making it necessary to re-apprehend him. This time, he was denied the opportunity for voluntary departure, and on February 16, 1955, Arne was finally deported on the M.S. Stockholm.

Arne Pareli Pettersen was born to Albert Angel Karl Pettersen and Olianna Margrethe Nilsson in Meløy, Norway on February 11, 1902. One of four children, he was a bit of an afterthought, being six years younger than his next eldest sibling. When he was only 17 months old, life dealt him a blow with the death of his mother. His father swiftly remarried resulting in a pair of younger sisters for Arne. The family moved steadily south down Norway's western coast from Meløy to Bindal and finally to Åkra where he would eventually lose both his father and stepmother when he was 25.

Shortly after this spell of domesticity, it's much easier to pick up Arne's trail thanks to Krigsseilerregisteret, a register of Norwegian seafarers during World War II (1939–1945). This invaluable resource logs Arne's 15 wartime engagements noting ships, dates, and locations. From this, it's clear that he spent most of the war at sea with journeys lasting from one week to ten months. For instance, on October 16, 1940, he was in Brooklyn, so was recorded in America's WWII draft registration. He had arrived in New York almost six weeks earlier on September 6th. This duration meant that he had overstayed his shore leave, though there's no indication he was ever investigated for it.



Krigsseilerregisteret notes that the ship was “minesprengt” on December 1st. A search shows that the Oslofjord hit a mine “in the North Sea off the coast of England off the River Tyne.” For unclear reasons, it didn't sink until three weeks later and the wreck remains underwater until this day. In late 1943, he mixed things up by signing on for a trip to Halifax in Nova Scotia, Canada.

From there, he took a short stint on the M/T Gylfe from Halifax to New York and that's when he had his first known rendezvous with American immigration officials.

## October is Sons of Norway Foundation Month

The purpose of the Sons of Norway Foundation is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. Since 1966, staying true to the purpose, we have been supporting members through scholarships and cultural exchange opportunities, providing disaster relief to members in need and funding community programs that celebrate Norwegian heritage and culture.

A donation to the Foundation, a 501(c)(3) organization, is a contribution to the positive impact we make through community, youth, educational and approximately 25 scholarships to promising students each year. There are also six categories of grants that provide funding for Norwegian themed programming. Find out more about these programs on the Sons of Norway website, [www.sofn.com](http://www.sofn.com)

# Norwegian Food - Kvæfjordkake

Sponge cake baked with meringue and almonds becomes the centerpiece of this delightful layer cake filled with custard and whipped cream. Kvæfjordkake began its inception in the north of Norway and has earned its nickname as verdens beste, “the world’s best”.

Kvæfjordkake is luxurious and dreamy and has earned its title of the world’s best cake in the eyes of most Norwegians and those who have had the pleasure of eating it. It’s reserved for celebrations – weddings, baptisms, confirmations, anniversaries, birthdays, and high holidays – and rightly so. This is not a difficult cake to make and you can make it a day in advance to let the flavors come together even more. You can also swap the vanilla in the custard for rum essence if you prefer a rum custard.

Serves 12-15

For the cake:

½ cup (112 g) butter

½ cup plus 2 tablespoons (125 g) granulated sugar

4 large egg yolks

4 tablespoons milk

1 ¼ cup (150 g) all-purpose flour

1 ½ teaspoons baking powder

1 teaspoon vanilla sugar

For the meringue:

4 large egg whites

1 cup (200 g) granulated sugar

½ cup (50 g) sliced almonds

For the vanilla custard:

¼ cup (55 g) granulated sugar

2 large egg yolks

2 tablespoons corn starch

2 cups (500 ml) whole milk

½ vanilla pod or 1 tsp vanilla extract

For the whipped cream:

1 ¼ cup (300 ml) heavy cream

Preheat the oven to 325°F / 165°C.

In a large stand mixer set to medium or a large mixing bowl, whisk the butter and sugar together until light and fluffy. Add the egg yolks one at a time, while whisking, and add in the milk. Combine the flour, baking powder, and vanilla sugar in a medium bowl and add this to the mixture, whisking until combined. The batter will be somewhat thick.

Grease a 12 x 16-inch (30/32 x 40 cm) rimmed baking sheet. Cover with a piece of baking parchment, pressing the parchment so it sticks well to the baking sheet. Gently spread the batter evenly and thinly across the baking sheet, as far to the edges as possible, with a rubber spatula while maintaining a rectangular shape. The batter is quite thick and sticky, but it will spread out with a little patience (and because greasing the baking sheet earlier means the parchment paper won’t move around). Also, it



may seem like there is not enough batter to make a full cake, but don’t fret because the cake will rise some while baking.

In a clean, large stand mixer set to medium-low or a large mixing bowl whisk together the egg whites until foamy (when making meringue, it is crucial there is no trace of yolk in the whites). Add the sugar a little at a time and continue to whisk until glossy, stiff peaks form. Gently pour the meringue evenly over the batter with a rubber spatula. You can form little peaks throughout the meringue by lifting upwards for a nice design when it is finished baking. Sprinkle the sliced almonds evenly across the meringue. Place in the middle rack of the oven and bake for 30 minutes, until the meringue is dry and lightly golden. Remove and set aside to cool.

While the cake is baking, prepare the vanilla custard and whipped cream. Make the custard by whisking together the sugar and egg yolks in a bowl. Add the cornstarch and blend until the mixture is pale yellow and thick. Place the whole milk in a saucepan and add the vanilla beans by scraping them from the pod and discarding the pod afterwards. Warm the milk just before it begins to boil, without letting it boil. Take it off the heat. Steadily and slowly, add the milk to the bowl with the sugar mixture, whisking constantly to avoid any curdling of the eggs. When you have mixed everything together, pour it back into the saucepan and return to the stove. Over medium heat, cook the mixture until it has thickened. Remove from the heat and allow to cool completely.

In a large stand mixer set to medium or a large bowl, whisk the heavy cream until soft peaks form. Fold the whipped cream into the cooled custard.

When the cake has cooled, lift it out with the parchment paper and place on a cutting board. Cut the cake in half. Take one half and peel it from the parchment paper. Gently turn it, taking caution not to break the cake, over on a serving tray so the meringue side is facing downwards. Another trick is to place the serving tray gently on top of the meringue, place one hand under the cake and one hand on top of the tray and then flip over. Spread all of the custard cream over the cake and gently place the remaining half on top, with the meringue side up.

Best to chill for an hour or so before serving, but this is not necessary. Serve with fresh fruits, such as strawberries. Keep covered in the refrigerator up to 3 to 4 days. Like most cream cakes, kvæfjordkake gets better the longer it sits, giving the cake time to soak up the custard cream. This is another reason for having the meringue side on the bottom and top, so the sponge cake is sandwiched between the custard cream.

# Social Gathering September 23, 2023



Oven baked Salmon and dessert on the menu.  
Luella told about her summer trip up Mississippi River.

1 dollar per ticket for Luella's quilt.  
Everybody had a good time.

Camera: Tone and TJ







## Carl Peter Ingvoldstad

September 23, 1938 - August 27, 2023

Carl Peter Ingvoldstad passed away August 27 from complications of Parkinson's Disease.

1996 he married Mary Beth Langord Morton whom he met through the Sons of Norway in Colorado Springs, Colorado where they became folk dance partners. Carl Peter became an Insurance Professional with Sons of Norway for 8 years. Carl & Mary Beth started a new Sons of Norway Lodge, Vikings of Lake, in 2005 and the entire international organization became like a family to the two. Carl was a President of his Lodge, District Six Zone 1 Director, District Six Recreation Center Board Member/Vice President/Secretary, and Sons of Norway Foundation Director representing his District. He was a Golden Member of Sons of Norway and very proud of his Norwegian and Danish heritage. Carl and Mary Beth travel extensively including Norway, Sweden, and Denmark plus many trips to Sons of Norway conventions and lodge activities throughout the continental U.S.

Ingvoldstad farm is located in Vang municipal in Hedmark County, Norway



September 23, 2023  
Luella, Nancy and Luella's Quilt

## 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	Charlotte Larsen	760-835-4391

### 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***