

Solskinn Nyhetsbrev

October 2025 Newsletter
from Solskinn Lodge



**SONS of
NORWAY**

Celebrating 130 Years

1895-2025



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



Thank you to the board for preparing a great baked potato and salad meal and providing programs on Potatoes in Norway and Part 2 of the Restoration journey.

Coming up in October is our fundraiser for Camp Norge in

Banning at the KOA Campground. Several lodges get together for the weekend October 24-26. I hope you find time to attend all of the events or at least one meal. We are very fortunate that this event is close to the valley. Solskinn Lodge will be hosting the lunch on Saturday, October 25. Lunch will be Viking dogs rolled in lefse with sides. There will also be presentations, activities and crafts, I am going to do an overview of my visit to Stavanger and the Sail away of the Restoration. There will also be a silent auction to raise funds for Camp Norge.

Then in November is the 35th anniversary celebration for Solskinn Lodge. We will celebrate at the Desert Princess County Club and enjoy a delicious Norwegian meal. You will have a choice of 2 entrees. This event must be reserved and paid for in advance. The Board voted to cover some of the costs for members of the lodge and a smaller portion for their guests.

Also, we will have our board elections in November. We announced the slate in September. If you are interested in running for an office, please let me know. The board would enjoy sharing the work. It is not a big commitment. There is a lot going on. I hope you will join us for all or a couple of the upcoming events.

Fraternally,
Luella

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Upcoming Events

October 24 - 26

**Southern California
Kretsstevne**

**Sunday,
November 16, 2025,
at 1 PM**

**Celebrating
Solskinn Lodge's
35th Anniversary**

Solskinn Nyhetsbrev



Happy Birthday

Birthdays Oct 2025 - Dec 2025

Joanna Kowalewski	October 4
Don Waldeland	October 16
Cafonne Van Nyhuis	October 18
Terje "TJ" Berger	October 21
Sharon Lokke	October 29
Steven Van Nyhuis	November 19
Diane Elaine Farber	November 20
Carol Ellis	November 24
Kathy Regner	November 26
Jhan Schmitz	December 9
Jack Bjerke	December 21
Corinne Bjerke	December 24



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

Norwegian Flag Days, Holidays and Days of Observance

December 25	Christmas Day Første Juledag	HF
December 26	Boxing Day Andre Juledag	H
January 1	New Year's Day	HF
January 21	Her Royal Highness Princess Ingrid Alexandra's Birthday	F

Editor for Solskinn Nyheter (Sunshine News)
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Solskinn Lodge

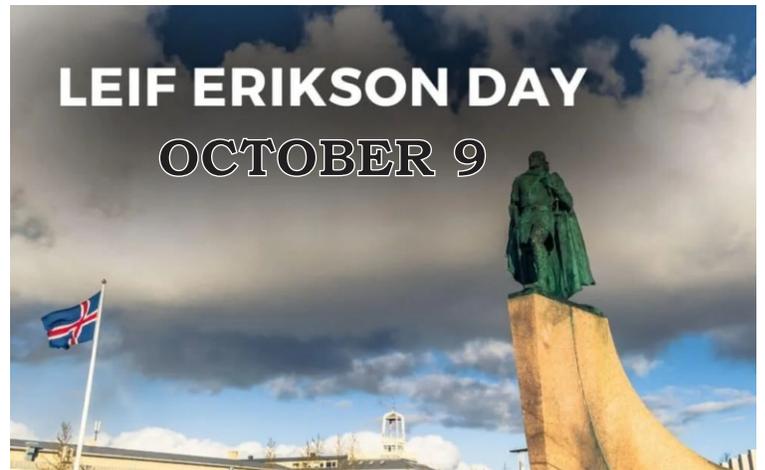
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Facebook: Solskinn Lodge, Sons of Norway 6-150
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Sons of Norway

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 2025

Always a Saturday. Social at 11:00 AM

Cost General Cost
 Members \$10.00, Guests \$15.00

SAVE THE DATES

- October 24-26 Southern California Kretsstevne at Banning Stagecoach KOA Campground & RV Park. The campground is a short distance south of I-10 in Banning, 25 miles west of Palm Springs.
- November 16 Saturday Celebrating Solskinn Lodge's 35th Anniversary
- December 20 Christmas Party

BOOK CLUB

October 2025 Book

The Summer Book
by Tove Jansson

November 2025 Book

Will and Testament a Novel
by Vigdis Hjorth

ZOOM Meeting

Thursday, October 16, 4 PM

ZOOM Meeting

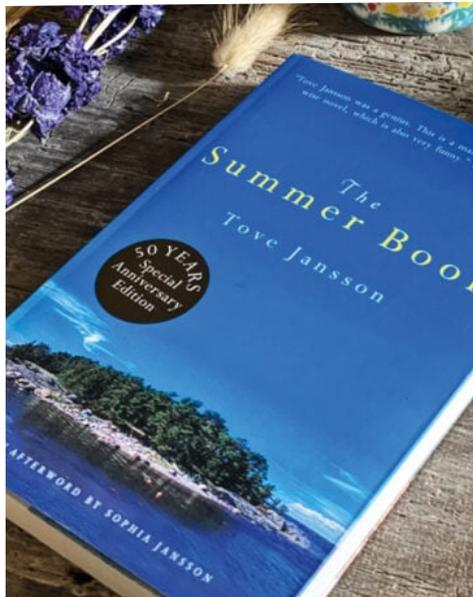
Thursday, October 16, 4 PM

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

October 2025

The Summer Book is a novel written by the Finland-Swedish author Tove Jansson in 1972.

An elderly woman and her six-year-old granddaughter Sophia spend a summer together on a tiny island in the Gulf of Finland exploring, talking about life, nature, everything but their feelings about Sophia's mother's death and their love for one another.



The novelist Ali Smith, reviewing the book in *The Guardian*, wrote that Jansson was better known for her Moomin books than for her novels, and that with her worldwide fame, she knew the virtues of withdrawal. In Smith's view, *The Summer Book* is an astonishing achievement of artistry, "the writing so lightly kept, so simple-seeming, so closely concerned with the weighing of moments that any extra weight of exegesis is too much." Telling the tale of the child and her grandmother in the simplest language, Smith writes, "The threat of brevity, even on this timeless island in this timeless, gorgeous summer, is very marked. But

Jansson's brilliance is to create a narrative that seems, at least, to have no forward motion, to exist in lit moments, gleaming dark moments, like lights on a string, each chapter its own beautifully constructed, random-seeming, complete story. Her writing is all magical deception, her sentences simple and loaded; the novel reads like looking through clear water and seeing, suddenly, the depth." Smith praises Thomas Teal's English translation as "original and stunning".

Lucy Knight, celebrating the book's 50th anniversary in *The Guardian*, quotes the novelist Ali Smith's description of *The Summer Book*, "a masterpiece of microcosm, a perfection of the small, quiet read." Knight adds that Sophia Jansson – Tove's niece and the real-life model for the character of the granddaughter Sophia, thinks that Tove was "poking fun" at what people consider normal. In her view, the island allowed the Janssons, like the book's characters, to shape their own sort of "normality". Tolerance and care for nature were essential virtues. Signe Hammarsten-Jansson – Sophia's grandmother, Jansson's mother – was likewise the real-life model for the character of Sophia's grandmother.

Jansson wrote the Moomin novel series for children, starting with the 1945 *The Moomins and the Great Flood*. The following two books, *Comet in Moominland* and *Finn Family Moomintroll*, published in 1946 and 1948 respectively, were highly successful, and sales of the first book increased correspondingly. For her work as a children's author, she received the Hans Christian Andersen Medal in 1966; among her many later awards was the Selma Lagerlöf Prize in 1992. Her Moomin stories have been adapted for the theatre, the cinema, and as an opera.

She held a solo exhibition of paintings in 1955, and five more between 1960 and 1970. She carried out several commissions for murals in public buildings around Finland between 1945 and 1984. She created the illustrations both for her own books and for classics including *Alice's Adventures in Wonderland* and *The Hobbit*.

Starting with the semi-autobiographical *Bildhuggarens dotter* (*Sculptor's Daughter*) in 1968, Jansson wrote six novels, including the admired *Sommarboken* (*The Summer Book*), and five short story collections for adults.



Tove Marika Jansson (9 August 1914 – 27 June 2001) was a Swedish-speaking Finnish author, novelist, painter, illustrator and comic strip author. Brought up by artistic parents, Jansson studied art from 1930 to 1938 in Helsinki, Stockholm, and Paris. She held her first solo art exhibition in 1943. Over the same period, she penned short stories and articles for publication, and subsequently drew illustrations for book covers, advertisements, and postcards. She continued her work as an artist and writer for the rest of her life.

November 2025 Book, Review about book and writer on page 4

Norwegian Viking History

The end of the Viking Age and Battle at Stamford Bridge

Harald Sigurdsson (Old Norse: Haraldr Sigurðarson; born c. 1015 – died 25 September 1066), also known as Harald III of Norway and given the epithet Hardrada in the sagas, was King of Norway from 1046 to 1066. He unsuccessfully claimed the Danish throne until 1064 and the English throne in 1066. Before becoming king, Harald spent 15 years in exile as a mercenary and military commander in Kievan Rus' and chief of the Varangian Guard in the Byzantine Empire. In his chronicle, Adam of Bremen called him the "Thunderbolt of the North."

In 1030, the fifteen-year-old Harald fought in the Battle of Stiklestad alongside his half-brother Olaf Haraldsson. Olaf sought to reclaim the Norwegian throne, which he had lost to Danish king Cnut two years previously. Olaf and Harald were defeated by forces loyal to Cnut, and Harald was forced into exile to Kievan Rus'. Thereafter, he was in

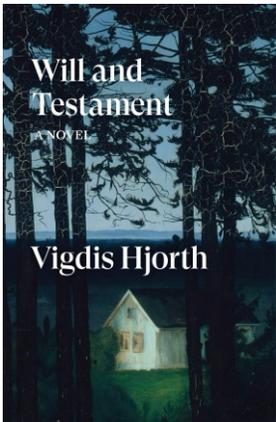


the army of Grand Prince Yaroslav the Wise, becoming captain, until he moved on to Constantinople with his companions around 1034. In Constantinople, he rose quickly to become the commander of the Byzantine Varangian Guard, seeing action on the Mediterranean Sea, in Asia Minor, Sicily, possibly in the Holy Land, Bulgaria and in Constantinople itself, where he became involved in the imperial dynastic disputes. Harald amassed wealth whilst in the Byzantine Empire, which he shipped to Yaroslav in Kievan Rus' for safekeeping. In 1042, he left the Byzantine Empire, returning to Kievan Rus' to prepare to reclaim the Norwegian throne. In his absence the Norwegian throne had been restored from the Danes to Olaf's illegitimate son Magnus the Good.

In 1046, Harald joined forces with Magnus's rival in Denmark, the pretender Sweyn II of Denmark, raiding the Danish coast. Magnus, unwilling to fight his uncle, agreed to share the kingship with Harald, since Harald in turn would share his wealth with him. The co-rule ended abruptly the next year as Magnus died: Harald became the sole ruler of Norway. Domestically, Harald crushed opposition, and outlined the unification of Norway. Harald's reign was one of relative peace and stability, and he instituted a coin economy and foreign trade. Seeking to restore Cnut's "North Sea Empire", Harald claimed the Danish throne, and spent nearly every year until 1064 raiding the Danish coast and fighting his former ally, Sweyn. Although the campaigns were successful, he was never able to conquer Denmark.



November 2025



Will and Testament (Norwegian: *Arv og miljø*) is an absurdist fiction novel written by Norwegian author

Vigdis Hjorth. It was written and published in 2016. In 2019 the novel was translated into English by Charlotte Barslund and published by Verso Books. *Will and Testament* tells the story of Bergljot, a woman living with a history of sexual assault, as she gets caught up in family drama over an inheritance dispute that reignites childhood trauma. The novel received numerous awards but also received backlash for accused literary ethics violations.



Vigdis Hjorth (born 19 July 1959) is a Norwegian novelist best known for English translations of *Long Live the Post Horn* (2012) and *Will and Testament*. She was longlisted for the National Book Award for Translated Literature in 2019 for *Will and Testament*, which had been recently translated into English. Her novel *Is Mother Dead* (2020), which was translated into English in 2022, was longlisted for the 2023 International Booker Prize. Her 2023 novel *Gjentakelsen* will be published in English as *Repetition* in March 2026.

Hjorth grew up in Oslo, and studied philosophy, literature, and political science. In 1983, she published her first novel, the children's book *Pelle-Ragnar* "I den gule gården", for which she received Norsk kulturråd's debut award. Her first book for an adult audience was *Drama med Hilde* (1987). *Om bare* (2001) is considered by experts as her most important novel.

Hjorth has mentioned Dag Solstad, Bertolt Brecht and Louis-Ferdinand Céline as important literary influences. Hjorth has three children and lives in Asker.

Little bit of everything



Dr. Ann Huglin Dew passed away peacefully with friends and her pastor at her side at the Kavanaugh House in Des Moines, Iowa on September 18, 2025.

Ann was born in Iowa on October 7, 1943. Her interest in the medical field began when she worked in high school as a lab tech. Ann obtained her first college degree from Drake University and worked as a guidance counselor in Iowa City. Returning to school after a few years of counseling, Ann graduated from the University of Iowa as a Physician Assistant (PA) and worked in Ambulatory Care at the Des Moines VA Medical Center.

With a continued love for medicine, she enrolled at what is now named Des Moines University and became a physician. Ann had a passion for understanding different approaches to health, which led her to study socialized medicine in England and to pursue advanced training in Occupational Medicine. Ann and her husband, Bob, moved to California, where Ann practiced Preventive Medicine for many years in Loma Linda for the VA, and subsequently for Riverside County Public Health in an early intervention program for people with HIV/AIDS. In retirement,

Ann volunteered at many nonprofit organizations, including the Regional Access Program of the Desert and at a local medical clinic during Covid.

Edward Karlsen Obituary

With solemn reverence, we commemorate Edward Karlsen (Selkirk, Manitoba), born in Petersfield, Manitoba, whose life came to an end on November 14, 2024, leaving behind cherished memories. He is survived by his wife Doreen; his four children, eight grandchildren, and seven great grandchildren. Ed was 97, born September 17, 1927.

Ed and Doreen were winter visitors from Canada for a number of years, attending Solskinn Lodge when they were in the desert. Doreen was very sociable, while Ed was the quiet one. He was very proud of his Norwegian heritage. They hadn't been in the desert for a few years.

Dear Lodge Leaders and Foundation Directors of District Six,

On behalf of the Sons of Norway Foundation, I extend heartfelt thanks to you for your leadership and dedication. Here in District Six—stretching across the West—we are especially proud of the spirit and generosity our members bring to the Foundation’s mission. Your commitment continues to inspire and make a lasting impact in our communities.

I am pleased to share some highlights from 2024—together we accomplished much to be proud of:

- Over \$207,000 raised to support the Foundation’s mission.
- \$110,400 awarded in grants to strengthen our lodges, districts, and communities.
- \$148,000 awarded in scholarships to 37 students pursuing studies in the U.S., Norway, and beyond.

These achievements are not just national successes—they reflect the heart of our District Six lodges. Whether it is supporting students, strengthening our local communities, or sustaining the traditions we cherish, you and your members are the backbone of this good work.

Attached you will find a Certificate of Appreciation recognizing your lodge’s role in this success. Please share it proudly with your members—it is a symbol of gratitude for your dedication and a reminder that “Together, we are the future.”

Tusen takk for all you do, and skål to the bright future we are building in District Six and beyond.

With warm regards,

Jim

District Six Foundation Director

Sons of Norway Foundation – District Six
James Adams



Famous Norwegian

Thor Heyerdahl, born on October 6, 1914 in Larvik, Norway and died on April 18, 2002 in Andora, Italy, is a Norwegian archaeologist and navigator, who became internationally famous in 1947 following the Kon-Tiki expedition, an attempt to reach the Polynesian islands on a raft from the coast of South America in order to explain the settlement of Oceania. He demonstrated by example that it was possible to navigate the high seas with boats made of balsa, papyrus and reeds.

Thor Heyerdahl was born in 1914 in the small Norwegian town of Larvik. He became interested in zoology and later in ethnography at an early age.

In 1937, he and his wife Liv Torp-Heyerdahl (1916-1969) embarked on a zoological exploration trip to the Marquesas Islands. They lived for a year and a half in Fatu Iva, first in Omoa, then in Ouia, a now-deserted valley on the east coast of the island. Officially commissioned by the University of Oslo to conduct research on the distribution and spread of animal species among the Polynesian islands, their more personal goal for this trip, which was also their wedding, was to "travel the southern seas" and never return. The couple arrived in Omoa in 1937. They then crossed the island to settle in Ouia, on the east coast of the island, a valley formerly inhabited by the Marquesans. After a year and a half, however, mosquitoes, diseases and bad weather got the better of their enthusiasm. Impressed by the monumental sculptures there, he refused to believe that they were the work of Polynesians. He then began to develop a passion for the study of the ancient settlement of the Polynesian islands. Contrary to the theory accepted

until then of a settlement coming from Southeast Asia, based in particular on very similar popular myths in Polynesia and Latin America, he put forward the hypothesis of an expansion into the Pacific Ocean from America.

His theory, which was published in detail in 1952 in *American Indians in the Pacific: The Theory Behind the Kon-Tiki Expedition* states that the major civilizations of pre-Columbian America and later Polynesia were founded by "bearded white men," Sun worshippers, descendants of settlers who crossed the Atlantic. One of them, identified with the Inca god Viracocha (also called "Kon-Tiki"), founded the first civilizations of Polynesia after being driven from Tiwanaku in 500 AD with his men. These first Polynesians would then have been defeated or assimilated by a second wave of "Maori-Polynesian" migrants also coming from America according to Heyerdahl, but originating from Asia via the Bering Strait and speaking Austronesian.



The Kon-Tiki Expedition

This new theory was received coolly; he therefore decided to support it by trying to reproduce, under the conditions of the time, the journey of Amerindians adrift across the Pacific. In 1947, he left Callao in Peru with five crew members on a raft of balsa logs, named Kon-Tiki; after three months, he reached the Tuamotu Islands: he and his companions ended up on the Raroia atoll.



CROSSINGS
200 YRS OF NORWAY
IN NORTH AMERICA

1825 - 2025

A virtual Voyage with history at
<https://www.sofn.com/virtual-voyage/>



We've been following the sailors of the modern Restauration across the Atlantic, taking a journey through 200 years of Norwegian migration. The next stop for the crew will be Wilmington, North Carolina.

Before the ship is welcomed to in New York by Sons of Norway members, the public and Crown Prince Haakon of Norway, let's take a look at the most recent entry in our virtual logbook, that highlights a musical about a fictionalized crossing of Norwegian migrants, called *Drømmen om Amerika – The American Dream*.

Potato Food



Lemon "Instant Potato" Cookies

2 cups all-purpose flour
2 cups instant mashed potato flakes
1 cup white sugar, divided
1 cup firmly-packed brown sugar
½ cup walnuts, finely chopped
1 tsp. baking soda
¾ cup melted butter
2 eggs
Zest of 1 lemon
1 Tbsp. lemon juice

1. Heat oven to 350° F.
2. In a large bowl, combine all ingredients, except ¼ cup of white sugar. Blend well. (Mixture will be crumbly.)
3. Firmly press into 1-inch balls, roll in reserved white sugar and place 2 inches apart on an ungreased baking sheet. Can use parchment paper. Bake at 350° F for 10 – 11 minutes or until lightly golden. Cool slightly before attempting to remove from the baking sheet. Place on rack to cool completely.



Ingredients

10 potatoes, delicatessen/gourmet
4 tbsp olive oil
1 tsp sea salt
2 tbsp fresh herbs (e.g. thyme, parsley)

How to make

- 1 Wash the potatoes and cut into wedges. Place the wedges, skin side down, in an ovenproof dish. Pour over oil and sprinkle with salt.
- 2 Chop the herbs (remove the coarsest stems), sprinkle over and mix well. Bake at 400° F for approx. 30 minutes until the potatoes are golden. The potatoes will become extra crispy with hot air for the last 5 minutes.

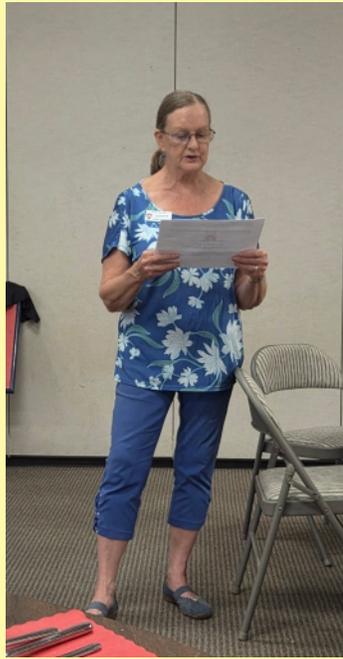


Aquavit is a Scandinavian spirit ("the Nordic national spirit") with around 40 % alcohol by volume, which can be clear or have a golden color. In Norway, aquavit is made from potatoes, while neighboring countries produce aquavit from grain. Potatoes are mashed and fermented, and then distilled. The raw spirit is then rectified before being combined with spice distillate and water. Then comes the barrel maturation, which is special for most Norwegian Aquavit

Proper storage and a warning about green potatoes

To ensure that potatoes last as long as possible, proper storage is essential. Storage: Potatoes should be stored in a cool, dark place 39-40 F, but not in the refrigerator as the starch can turn into sugar. Warning: Avoid eating potatoes that have turned green! The green color indicates that the potato has been exposed to light, which also increases the production of the substance solanine. In larger quantities, solanine can be toxic.

Lodge Social September 27, 2025



Replica of Restauration Model job by Ulf Løkke



Presentation by TJ all about **POTATOES**



Lodge Social September 27, 2025



The lodge president in Peru

Solskinn Lodge Officers 2025

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

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



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.*