# Solskinn Nyhetsber September 2024 Newsletter from Solskinn Lodge 6-150



## Ord fra Presidenten

Presidents Message

Our desert "season" is upon us. Welcome back, everyone. We have lots of significant events coming up over the next nine months. This month, we will be celebrating sheep—yes, sheep. Think about how lamb, mutton, and wool

impacted Scandinavians. We will have a traditional Norwegian meal of lamb and a presentation on wool felting with a demonstration by Nancy.

I hope you had a great summer and had a chance to get away. I had the opportunity to visit Nova Scotia and Newfoundland, as well as L'Anse aux Meadows, the first Viking settlement in North America. Just a point of reference. It took me three flights to Nova Scotia: a car ride and a 7-hour ferry ride from Nova Scotia to Newfoundland and then a long drive to the top of Newfoundland. I also went to a time zone 4.5 hours, different from Palm Springs. And it was in the 70s, which was a nice change after our sweltering summer. I hope to share my trip and insights on this UNESCO site.

In October, our social will occur in Banning at the Southern California Kretsstevner. We gather with other lodges at this event to raise funds to support Camp Norge. It is a great time and an excellent opportunity to meet members from other lodges. It isn't that far for our members—about a 30-minute drive. Please consider the event or just a meal or two.

Also, I am running for the International Board of Directors for Sons of Norway. This will be the first time the board will be elected by all benefit members who own a Sons of Norway financial product. The election will take place September 1-31. Serving on the international board for the past two years has been very interesting and stressful. However, I look forward to an additional term.

I am eagerly looking forward to seeing many of you at our September social.

Fraternally, Luella

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## Next Social: September 28

Sheep, wool felting Får-i-kål, a dish made of mutton and cabbage

Southern California Kretsstevne in Banning

October 18-20



## **Birthdays** September 2024 - November 2024

Nancy Madson
Janet Halverson
John C Strom
Constance C Fleischner
Bobby C Hendrix
Edward Karlsen

Berit Reistad Ann Linda Dew Donald H Waldeland Terje Berger Sharon Lokke

David Johnson Diane Elaine Farber Kathy Regner

September 1 September 2 September 3 September 9 September 12 September 17

October 5 October 7 October 16 October 21 October 29

November 7 November 20 November 29

## A big Happy Birthday to John Strom 95 years old



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

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

Sept 22	Høstjevndøgn (Equinox)
Oct 24	United Nattion Day
Oct 27	Bots- og Bededag
	Day of Repentance and Prayer
Oct 27	End of Summer Time
Oct 31	Halloween

## **June 2024** Solskinn Nyhetsbrev

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

## Social Calendar for 2024-2025 Season

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

September 28	Sheep, wool felting Får-i-kål, a dish made of mutton and cabbage
October 18-20	SCK Kretsstevne in Banning
November 16 or 23	L'Anse aux Meadows, Canada Viking food
December 14	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
Cost	General Cost Members \$10.00, Guests \$15.00

## Book Club

#### **August Book**

Berlin Poplar by Anne Ragde

#### September Book

A House in Norway by Vigdis Hjort

**ZOOM Meeting** Thursday, August 15 at 4PM

**ZOOM Meeting** Thursday, Sept 19 at 4PM

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

## September 2024

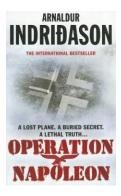


summer is transformed into darkness by Icelandic. an ash cloud from a recent volcanic As a teenager, Jónasson wrote numerous hangs in the balance.

struggle with an increasingly perplexing case, while their own the first volume of the Dark Iceland series. serious personal problems push them to the limit. What secrets In 2015, Dimma, the first volume of the Hulda trilogy, was does the dead man harbour, and what is the young reporter published, a chronologically reversed novel series about the hiding? As silent, unspoken horrors from the past threaten them investigator Hulda Hermannsdóttir from the Reykjavík all, and the darkness deepens, it's a race against time to find the Criminal Investigation Department, who is supposed to killer before someone else dies...

Text and image from Amazon, com

## October 2024



From the CWA Gold Dagger-winning author of the Reykjavík Murder Mystery series comes an international thriller sweeping from modern Iceland to America and Nazi Germany at the end of World War II. 1945: A German bomber flies over Iceland in a blizzard; the crew have lost their way and eventually crash on the Vatnajökull glacier, the largest in Europe. Puzzlingly, there are both German and American officers on board. One of the senior German officers claims that

their best chance of survival is to try to walk to the nearest farm and sets off, a briefcase handcuffed to his wrist. He soon disappears into the white vastness. 1999, midwinter, and the US Army is secretively trying to remove an aeroplane from the Vatnajökull glacier. By coincidence two young Icelanders become involved--but will pay with their lives. Before they are captured, one of the two contacts his sister, Kristin, who will not rest until she discovers the truth of her brother's fate. Her pursuit puts her in great danger, leading her, finally, to a remote island off Argentina in search of the key to the riddle about Operation Napoleon.

**October Book Operation Napoleon** by Arnaldur Indroason

**ZOOM Meeting** Thursday, Oct 17 at 4PM Updated book list on page 4

Ragnar Jónasson was born and raised in Reykjavík and studied law after finishing On the shores of a tranquil fjord in school. As a young man he was fascinated Northern Iceland, a man is brutally by crime stories, especially the works of beaten to death on a bright summer's Agatha Christie, and at the age of 17 he night. As the 24-hour light of the arctic began translating her novels into

eruption, a young reporter leaves award-winning short stories, but his Reykajvik to investigate on her own, breakthrough as a writer came with his unaware that an innocent person's life debut novel Fölsk nóta, which was published in 2009. Fölsk nóta (in English:

"Wrong Note") is the first novel about Ari Thór Arason, the Ari Thor Arason and his colleagues on investigator in the Dark Iceland series, before he joined the the tiny police force in Siglufjordur police in Siglufjördur. In 2010, Jónasson published Snjóblinda,

> investigate a cold case shortly before her early retirement. Text from Wikipedia, Image from www.islit.is

Arnaldur Indriðason; born 28 January 1961 in Reykjavik, is an Icelandic writer of crime fiction; his most popular series features the protagonist Detective Erlendur.

He worked as a journalist for the newspaper Morgunblaðið from 1981 to 1982, and later as a freelance writer. From 1986 to 2001, he was a film critic for Morgunblaðið.



His first book, Sons of Earth (Synir duftsins) came out in 1997, the first in the series with Detective Erlendur. The first two novels in the series have not yet been translated into English. As of 2013, the series included 14 novels. Arnaldur is considered one of the most popular writers in Iceland in recent years topping bestseller lists time and again. In 2004, his books were 7 of the 10 most popular titles borrowed in Reykjavík City Library. In 2006, his Erlendur novel Mýrin was made into a film, known internationally as Jar City, by Icelandic director Baltasar Kormákur.

The 2023 film Operation Napoleon is based on Indriðason's novel of the same name.

Text and images: Goodreads, Wikipedia



A lawyer is sucked into an international conspiracy after being accused of a murder she didn't commit. Her only chance of survival lies in uncovering the secret of an old German WWII airplane, discovered on Iceland's largest glacier.



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

## Book list 2023-2024

September Black Out by Ragnar Jonasson October Operation Napoleon by Arnaldur Indroason November Secrets of the Sprakka by Eliza Reed December And Every Morning the Way Home Gets Longer and Longer byFredrik Backman

## **About Election in Norway**

Next election in Norway is for Storting (the Parlament), on Monday, September 8, 2025. Next municipal election is 2027.

In Storting elections, only Norwegian citizens who have reached the age of 18 at the end of the election year and who are or have been registered in the national register in Norway, have the right to vote. If you are a Norwegian citizen and have lived abroad for more than 10 years, you must register in the register to vote again before you can vote.

In Sámi parliamentary elections, one must be registered in the Sámi parliament's register of voters and must have turned 18 at the end of the election year in order to be able to vote. The Sámi Parliament is chosen by and among the Sámi population. You have to see to it yourself that you are registered in the Sami voter register. Sami who are citizens of other Nordic countries can register in the voter register if, on 30 June of the election year, they are included in the population registration register as residing in Norway.

In municipal and county council elections, Norwegian citizens who have turned 18 before the end of the election year and who are or have been registered as residents in Norway have the right to vote. Citizens of other Nordic countries who have been registered in Norway no later than 30 June of the election year also have the right to vote. Other foreign citizens who have reached the age of 18 at the end of the election year and who have been registered in Norway's public register for the last three years before the election day also have the right to vote.

Nordisk Råd, (The Nordic Council) is the official body for formal inter-parliamentary Nordic cooperation among the Nordic countries. Formed in 1952, it has 87 representatives from Denmark, Finland, Iceland, Norway, and Sweden as well as from the autonomous areas of the Faroe Islands, Greenland, and Åland. The representatives are members of parliament in their respective countries or areas and are elected by those parliaments. The Council holds ordinary sessions each year in October/November and usually one extra session per year with a specific theme. The council's official languages are Danish, Finnish, Icelandic, Norwegian, and Swedish, though it uses only the mutually intelligible Scandinavian languages-Danish, Norwegian, and Swedish-as its working languages. These three comprise the first language of around 80% of the region's population and are learned as a second or foreign language by the remaining 20%.

## **Norwegian History**

#### Mormon missionaries in Scandinavia

On 11th September 1851 the first missionaries of the Church of Jesus Christ of Latter-day Saints arrived in Norway. Within just twelve days they had baptized Svend Larsen of Øster-Risör as the first Norwegian convert. The early Mormon missionaries experienced enormous difficulties as they traveled throughout Denmark, Norway and Sweden spreading the word of the gospel and the book of Mormon. They encountered widespread opposition to their missionary work and were regularly fined or imprisoned in an attempt to stop the growth of the church. Despite the difficulties they endured, they slowly succeeded in gathering small numbers of converts to their church. Though they could not meet for regular worship in public places, they were often able to meet in small groups in houses throughout Norway. On the 14th August 1852 the Brevig, later Christiania. Conference was organized at a general conference of the Scandinavian Mission held in Copenhagen. The Christiania Conference included the whole of Norway and involved Church Elders and missionaries traveling extensively throughout Norway to spread the gospel of the Church of Jesus Christ of Latter Day Saints.

As it was difficult for members of the church to meet or practice their religion freely in Norway and Sweden, the church encouraged converts to migrate to Utah - or Zion as it was commonly referred to. In Utah they would be free to practice their religion and the first Norwegian convert left Copenhagen on 22nd December 1853. The 'gathering to Zion' was organized through the Scandinavian Mission of the Church of Latter-day Saints in Copenhagen. Norwegian emigrants started their journey by traveling to Christiania and from there sailing on steamship to Copenhagen. From Copenhagen the emigrants then sailed to Kiel, traveled from Kiel to Hamburg by train, before crossing the North Sea to Hull or Grimsby by steamship. From Hull or Grimsby they traveled by train to Liverpool - where the European headquarters of the church's European Mission was based. In Liverpool the Saints would be joined by other British Mormon converts who were also emigrating to Utah. Often joined by non-Mormon emigrants, the saints would then journey across the North Atlantic to New York via the passenger services of the Guion Line of Liverpool.

The journey to Liverpool was a complicated experience for the Norwegian emigrants as they had to "gather" with other Mormon converts in Christiania, Copenhagen, Hull and Liverpool. By gathering together all of the Scandinavian speaking Saints, the Church was able to ensure that Elders would travel with the emigrants for the whole of their journey to Utah. No other group of emigrants was provided with comprehensive help by people who could converse in both English and their native language. Despite such assistance, the Mormons often had to endure the effects of protest and mob violence by non-Mormons as they gathered to depart from the quay side in Norway or Copenhagen.

The experiences of Norwegian Mormons migrating to Utah were described in 1927 by *Andrew Jenson* in his book *'History of the Scandinavian Mission'*. For the journey of a group of Norwegian Mormons emigrating from Christiania in 1863 he provides the following narrative. About two hundred emigrating Saints from the Christiania, Lolland and Bornholm conferences sailed from Copenhagen per steamer *Aurora*, April 30, 1863, bound for Utah, under the leadership of Elders Carl C.N. Dorius, Johan F.F. Dorius and Hans Peter Lund.

Some of the Norwegian emigrating company (28 souls) had sailed from Christiania on April 13, 1863, per steamer *Excellensen Toll*. A strong and contrary wind on the Skagerak and Cattegat made the voyage very uncomfortable, but the emigrants were safely landed in Copenhagen [on] April 15th.

Another company of emigrating Saints (about one hundred souls) left Christiania, Norway, [on] April 28th, under the direction of Elder Johan F.F. Dorius and arrived in Copenhagen, on April 29th, where the Norwegians joined the emigrants from other parts of the mission. About a dozen Saints emigrating to Zion went direct from Stavanger to Hull where they joined those who had sailed from Copenhagen.

*From: The gathering to Zion - Mormon emigration from Norway - By Nicholas J Evans* 

More on page 6

**Erastus Snow** (1818 – 1888) was a member of the Quorum of the Twelve Apostles of the Church of Jesus Christ of Latter-day Saints (LDS Church) from 1849 until his death.

Snow was a leading figure in the Mormon colonization of Arizona, Colorado, and New Mexico. Erastus Snow had four wives, 23 sons, and 13 daughters.



## **Famous Norwegian**

**Russell Marion Nelson Sr.** (born September 9, 1924) is an American religious leader and retired surgeon who is the 17th and current president of the Church of Jesus Christ of Latter-day Saints (LDS Church). Nelson was a member of the LDS Church's Quorum of the Twelve Apostles for nearly 34 years, and was the quorum president from 2015 to 2018. As church president,

Nelson began his first year of medical school while still an undergraduate, and he completed the four-year M.D. program in only three years.

After medical school, Nelson went to the University of Minnesota for his medical residency. While at Minnesota, he was a member of surgeon Clarence Dennis's pioneering research team developing the heart-lung machine that in April 1951 supported the first human open-heart surgery using cardiopulmonary bypass. Nelson received a Ph.D. from Minnesota in 1954 for his research contributions.

In March 1956, he performed the first successful pediatric cardiac operation at the SLGH, a total repair of tetralogy of Fallot in a four-yearold girl. He was at the forefront of surgeons focusing attention on coronary artery disease, and contributed to the advance of valvular surgery as well. In 1960, he performed one of the first-ever repairs of tricuspid valve regurgitation. His patient was a Latter-day Saint stake patriarch. He also provided the first surgical intervention for tricuspid regurgitation, a disorder that allows blood to flow backward into the right upper heart chamber. In an indication of his surgical skill, a 1968 case series of his aortic valve replacements demonstrated an exceptionally low peri-operative mortality. Later, he performed the same operation on future LDS Church president Spencer W. Kimball, replacing his damaged aortic valve.[30] In 1985, Nelson along with his colleague, Conrad B. Jenson, performed a quadruple bypass surgery on the Chinese opera performer Fang Rongxiang.

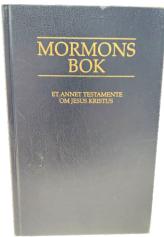
- 2018 present 17th President of the LSD Church
- 2015 2018 President of the Quorum of the Twelve Apostles
- 1984 2018 Quorum of the Twelve Apostles
- 1984 LSD Church Apostle
- 1951 -1953 Captain in the US Army Medical Corps, Korean War

Russell Nelson is 1/4 Danish, 1/4 English, 1/8 Swedish and 3/8 Norwegian. All of his great grandparents was born in Europe, and settled in Utah.

The first Norwegians who joined the Church of Jesus Christ of Latter-Day Saints (LDS Church) were emigrants from Norway, living in a colony on the Fox River in Illinois. In 1842 George Parker Dykes came to this Norwegian colony as a missionary sent from Nauvaoo. In a short time, he established a Norwegian congregation, and soon thereafter brought the message of the restoration to other Norwegian settlements in Iowa and Wisconsin.

Knut Pedersen from Stavanger and Erik Hogan from Telemark were some of the many Norwegian members that migrated west to the Utah Territory after the death of Joseph Smith. They were met in the mountains by a group heading east who had been called to open the Scandinavian Mission: **Erastus Snow**, the Swede John E. Forsgren, and the Dane **Peter O. Hansen**. George P. Dykes joined the group in England, and was particularly helpful because of his knowledge of Norwegian from his time at Fox River. In the summer of 1850, they came to Copenhagen, which was the





headquarters for the Scandinavian Mission until 1950. In 1850, the Book of Mormon was translated into Danish as the first language other than English; this formed a basis for the early missionary work in Norway, as the Bible and the Book of Mormon were used together in preaching.

Hans F. Petersen traveled from Denmark to Norway in 1851, with Svend Larsen. Petersen was the first to preach in Norway. Upon returning to Denmark, Svend Larsen was baptized in Aalborg.

## Swedish Food

## Ärtsoppa och Pannkakor

Many Swedes grow up eating pea soup and pancakes (ärtsoppa och pannkakor) every Thursday. The Swedish Armed Forces have upheld this tradition since World War II.

While its true origins are widely debated – from Catholics not eating meat on Fridays, thus filling up on pea soup on Thursdays, to pea soup being very easy to prepare by maid servants who would work half-days on Thursdays – the tradition has well and truly stuck.

Most traditional lunch restaurants serve pea soup and pancakes with lingonberry jam or any kind of jam (sylt) on Thursdays.





### Pancakes

9	ΟZ	all purpose flour alt. 6 oz flour and 3 oz graham flour
1/2		salt
20	OZ	milk
3		eggs

2-3 tbsp butter or margarine

Mix flour and salt in a large bowl. Add half of the milk and whip to an even batter. Pour in the rest of the milk. Then add the eggs. Melt the fat and add to the batter.

Calculate 3 oz batter for per pancake, 1.5 oz for crêpe and 1 tbsp for plates.

Eggs can be replaced by soy flour. 2 tbsp for graham pancakes, and 1 tbsp for other pancakes. Stir the batter from time to time. Fold or roll the pancakes.

#### Yellow pea soup

17	ΟZ	yellow peas
60	ΟZ	water
2-3		yellow onion
1-1.5	tsp	marjoram and thyme
1	-	bouillon cube, vegetables or beef
1	pc	ginger
1	pc	leak

Soak the peas according to the information on the package. Cook with water and salt. Remove foam. Add the chopped onion and small piece of ginger. Cook the peas until soft, around 1 hour. In the end, add marjoram and thyme, and some fine chopped leak. Add more water if necessary.

### Pea soup with pork

3/4 lbs pork fresh or rimmed pork loin or pork belly

Cook the peas as above, without salt if pork is rimmed. Add pork, onion and ginger. Remove the pork. Add marjoram, thyme, and bouillon. Slice the pork and serve as a side dish, or put it back in the soup.

This recipes from a Swedish cook book "Vår Kokbok" from 1991.

**Plättar** is a dish consisting of small, usually round, pancakes that are baked in a frying pan or in a special plate tray. Standard ingredients are flour, eggs and milk. Plates are usually served with pancake side dishes.

In parts of Småland, Skåne, Blekinge, Norrbotten, Västerbotten and Finland, all types of pancakes or plates baked on the stove are called plates, no matter how big they are. The smaller ones are often called small plates there to distinguish them from the frying pan-sized ones.

Plates are historically a more festive form of pancake with more expensive ingredients such as cream, so they were made smaller. In modern times, however, plates are often made from the same batter as pancakes.

In the Swedish language, the word appears in the idiom "lätt som en plätt" which means that something is very easy to perform.

## **Event in Norway**

### Norwegian Princess Märtha Louise to Marry American Shaman Durek Verrett

Durek Verrett (born as Derek Verrett) is a self-proclaimed shaman and author of Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World. He was described as a fraud by the Norwegian media and other critics. Birth: November 17, 1974, Sacramento

November 17, 1974, Sacramento

Early in his career, Verrett worked as a model and appeared in appearances on television shows. Vanity Fair wrote about Verrett that he is bisexual.

Verrett's website says shamanic teachings are "not nonsense". Verrett claims to demystify spirituality by making it accessible and understandable not only to the layperson, but also to the more spiritually advanced and everyone in between. Verrett states that his "true mission is to bring the ancient practice of shamanism to as many people as possible, and to help people 'understand themselves' by cultivating love and acceptance of self and others."

Verrett's relationship with Princess Marta Louisa of Norway was heavily scrutinized by the public, and many Norwegians expressed their disapproval, calling Verrett a "charlatan". Both Verrett and Princess Marta responded to this negative perception openly and publicly through public information channels.

He faced strong criticism in Norway and was described as a fraud by the Norwegian media and other critics. Marta Louisa and Verrett organized seminars called "The Princess and the Shaman", which were also widely criticized.

In 2019, his book Spirit Hacking was to be published in Norway, but the publisher Cappelen Damm canceled the book a week before its scheduled

### Saturday, August 31, 2024 in Geiranger, Møre og Romsdal

release. It was later published by a small publishing house. In the book, Verrett suggests that cancer patients are treated with chemotherapy because doctors are making money from it, rather than to help the patient. He also writes that casual sex attracts underground spirits that imprint themselves on the inside of women's vaginas and sells "cleansing" exercises. Major newspaper Dagbladet described the book as "the ramblings of a mad man" and Verdens Gang said of the book that it was "nonsense, trash and dirty talk."

According to extremism researcher John Færseth, Verrett promoted his own variant of the reptilian conspiracy theory, advocated by David Icke.



More reading at English version of Wikipedia

https://en.wikipedia.org/wiki/Durek\_Verrett



Märtha Louise has studied physiotherapy, trained as a Rosen therapist and studied at an academy for holistic medicine She claims she can communicate with animals and angels and started her own alternative therapy center named Astarte Education, after one of the oldest goddesses in the Middle East. Astarte Education offered a three-year course on healing, readings, and angels.

The princess drew criticism in Norway after the announcement that she would start Astarte Education. The newspaper Bergens Tidende called for her to give up her royal titles. Norwegian state director of Health Lars E. Hanssen, Norwegian alternative medicine advocate Bernt Rognlien, Norwegian University of Science and Technology (NTNU), religious historian Asbjørn Dyrendal and University of Oslo theology professor Inge Lønning all expressed misgivings about the princess's plans. Swedish author Jan Guillou questioned her mental health.

On 11 August 2007, Märtha Louise defended the school on NRK, the Norwegian public service television network. In the interview, she regarded her relationship with angels as "creatures of light, which gave her a feeling of a strong presence and a strong and loving support." She responded to criticism that she should leave the Church of Norway by stating she still considered herself a Christian that was thankful the Church still had room for her.

## Get together with Craft





## August 21, 2024

Nancy demonstrating needle work for Connie and Tanya. Lee, Luella and Joy were present.







Terje Berger

Terje Berger

Miriam Hendrix

Corinne Bjerke

## Solskinn Lodge Officers 2023-2024

#### **Board of Directors**

President Vice President Counselor Secretary Treasurer

## **Program Directors**

Social Director Assisting Social Director Joy Rogers Cultural Director Sunshine

Luella Grangaard 760-285-9430 Terje Berger Ulf Lokke Tone Chaplin Nancy Madson

Joy Rogers

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Nancy Madson 760-238-8819 760-821-3497 Luella Grangaard 760-285-9430 760-821-3497

#### **Support Positions**

Book Club Editor, Webmaster Photographer Musician Librarian

#### **Insurance Professional**

James Donovan, FIC, CSA

Luella Grangaard 760-285-9430 760-799-6660

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