

Solskinn Nyhetsbrev

September 2025
Newsletter
from Solskinn Lodge



SONS of
NORWAY

Celebrating 130 Years

1895-2025



SONS of
NORWAY

Solskinn Lodge 6-150



Ord fra Presidenten

I hope everyone had a great summer. I was not only in Stavanger, Norway, but also traveled to England this summer. While there, I went to the Jorvik center,

www.jorvikvikingcentre.co.uk, in York, England. York was a center

of Viking settlements and trade. The Jorvik Center is an archaeological site inside the old walled city of York. The site was excavated, and afterwards an interactive center was created highlighting the settlement and the people. The people are anatomic "Vikings" who share their story as you travel through the site. At the end of the tour, there is an opportunity to see the artifacts they found at the site.

We have an exciting season coming up this year. Our social in September will be a program on potatoes, with a potato and salad meal. Nancy will do a program on potatoes in Norway. While you all are learning about potatoes in Norway, I will be exploring Peru, which is considered the origin of potatoes.

The history of the potato goes back some 7,000 to 10,000 years in the highlands of the Andes, in what is now parts of Peru and Bolivia. Early Andean societies noticed that certain wild potato species thrived in the rugged, mountainous soil. The potato became indispensable to Andean communities, who learned to adapt the plant to various climates. Today, Peru boasts more than 4,000 native potato varieties, a testament to the resourceful and innovative farming methods of pre-Columbian civilizations.

The potato remained in the Andes for thousands of years until the Spanish conquerors brought it to Europe in the 16th century. I guess that was the beginning of lefse! Enjoy your potato event at the lodge. And thank you to our board for providing the meal and program. I hope to see you in October.

Fraternally,
Luella

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Upcoming Events

September 27

Restauration The Journey - Part 2

**Baked Potato Bar
"Potatoes in Norway"**

October 24 - 26

**Southern California
Kretsstevne**

Solskinn Nyhetsbrev



Happy Birthday

Birthdays

September - November 2025

Nancy Madson	Sept 1
Janet Halverson	Sept 2
John Strom	Sept 3
Constance Fleischner	Sept 9
Bobby Hendrix	Sept 12
David Moe	Sept 17
Corinne Murphy	Sept 27
Joanna Kowalewski	October 4
Ann Linda Dew	October 7
Donald Waldeland	October 16
Caronne Van Nyhuis	October 18
Terje "TJ" Berger	October 21
Steven Van Nyhuis	November 19
Diane Elaine Farber	November 20
Carol Ellis	November 24
Kathy Regner	November 29



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

Norwegian Flag Days, Holidays and Days of Observance

Next holiday or flag day in Norway, is Christmas Day, December 25

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 2025

Always a Saturday. Social at 11:00 AM

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

SAVE THE DATES

- September 27 Restauration the Journey - Part 2
 Baked Potato Bar
 "Potatoes in Norway"
- 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 22 Celebrating Solskinn Lodge's
 35th Anniversary
- December 20 Christmas Party

BOOK CLUB

Oct 2025 Book

The Summer Book
by Tove Jansson

ZOOM Meeting

Thursday, Sept 18 at 4PM

Nov 2025 Book

Will and Testament
by Vigdis Hjort

ZOOM Meeting

Thursday, Oct 15, 4 PM

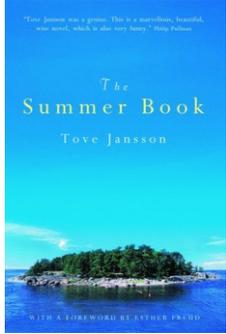
September 2025 Book canceled

New book list on page 5

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

October 2025

The Summer Book



An elderly artist and her six-year-old granddaughter while away a summer together on a tiny island in the gulf of Finland. Gradually, the two learn to adjust to each other's fears, whims and yearnings for

independence, and a fierce yet understated love emerges—one that encompasses not only the summer inhabitants but the island itself, with its mossy rocks, windswept firs and unpredictable seas.

Full of brusque humour and wisdom, *The Summer Book* is a profoundly

life-affirming story. Tove Jansson captured much of her own experience and spirit in the book, which was her favourite of the novels she wrote for adults. This new edition sees the return of a European literary gem—fresh, authentic and deeply humane.

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.

Jansson wrote the Moomin novel series for children, starting with the 1945 *The Moomins and the Great Flood*. 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*.

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 by Cappelen Damm. 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.

When a dispute over her parents' will grows bitter, Bergljot is drawn back into

the orbit of the family she fled twenty years before. Her mother and father have decided to leave two island summer houses to her sisters, disinheriting the two eldest siblings from the most meaningful part of the estate. To outsiders, it is a quarrel about property and favoritism. But Bergljot, who has borne a horrible secret since childhood, understands the gesture as something very different—a final attempt to suppress the truth and a cruel insult to the grievously injured.

Will and Testament is a lyrical meditation on trauma and memory, as well as a furious account of a woman's struggle to survive and be believed. Vigdis Hjorth's novel became a controversial literary sensation in Norway and has been translated into twenty languages.

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. A few years later, in 2023, her novel *Is Mother Dead* (2020), which was translated in 2022, was longlisted for the International Booker Prize.



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, and a roman à clef.

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

Norwegian Viking History



While Viking ships often steal the spotlight, their sails were equally remarkable—and political.

Constructed from tightly woven wool soaked in animal fat or fish oil for water resistance, Viking sails could take months to produce. But beyond function, sails served as visual declarations of wealth and power.

Archaeological dye tests from sites like Oseberg and Hedeby show traces of madder root (red), weld (yellow), and woad (blue)—dyes that were expensive and required careful preparation. These bright colors, especially striped sails, were common on ships owned by jarls or warbands.

In the *Heimskringla*, it's said that red sails were chosen before raids to strike terror—appearing like blood on the horizon. An incoming fleet of ten striped sails could cause defenders to flee before the first axe was raised.

Color was communication. In Viking naval warfare, your sail was your banner, your reputation, and your first weapon.

Hedeby (Old Norse: Heiðabýr, German: Haithabu) was an important Danish Viking Age (8th to the 11th centuries) trading settlement near the southern end of the Jutland Peninsula, now in the Schleswig-Flensburg district of Schleswig-Holstein, Germany. Around 965, chronicler Ibrahim ibn Yaqub visited Hedeby and described it as "a very large city at the very end of the world's ocean."

Ibrahim ibn Yaqub was a 10th-century Hispano-Arabic, Sephardi Jewish traveler, probably a merchant, who may have also engaged in diplomacy and espionage.

OSEBERG. The ship is a Karve, clinker built, almost entirely of oak. It is 21.58 metres (70.8 ft) in length and 5.10 metres (16.7 ft) broad, with a mast of approximately 9–10 metres (30–33 ft) in height. With a likely sail area of 90 square metres (970 sq ft), the ship could have achieved a speed of up to 10 knots (19 km/h; 12 mph). The ship has 15 pairs of openings for oars, enabling up to 30 people to row it. Other fittings include a broad steering oar, iron anchor, gangplank, and a bailer. The bow and stern of the ship are elaborately decorated with complex woodcarvings in the characteristic "gripping beast" style, also known as the Oseberg style.

RED

Rubia tinctorum, the rose madder or common madder or dyer's madder, is a herbaceous perennial plant species belonging to the bedstraw and coffee family Rubiaceae. The type genus of the whole Rubiaceae family of around 80 flowering plants is called *Rubia*.

It has been used since ancient times as a vegetable red dye for leather, wool, cotton and silk. For dye production, the roots are harvested after two years. The outer red layer gives the common variety of the dye, the inner yellow layer the refined variety. The dye is fixed to the cloth with help of a mordant, most commonly alum.

YELLOW

Reseda luteola is a flowering plant species in the family Resedaceae. Common names include dyer's rocket, dyer's weed, weld, woold, and yellow weed.

A native of Europe and Western Asia, the plant can also be found in North America as an introduced species and common weed. While other resedas were used for the purpose, this species was the most widely used source of the natural dye known as weld. The plant is rich in luteolin, a flavonoid which produces a bright yellow dye. The yellow could be mixed with the blue from woad (*Isatis tinctoria*) to produce greens such as Lincoln green.

BLUE

Isatis tinctoria, also called woad, dyer's woad, dyer's-weed, or glastum, is a flowering plant in the family Brassicaceae (the mustard family) with a documented history of use as a blue dye and medicinal plant.

Its genus name, *Isatis*, derives from the ancient Greek word for the plant, ἰσάτις. It is occasionally known as Asp of Jerusalem. Woad is also the name of a blue dye produced from the leaves of the plant. Woad is native to the steppe and desert zones of the Caucasus, Central Asia to Eastern Siberia and Western Asia but is now also found in South-Eastern and Central Europe and western North America.

Since ancient times, woad was an important source of blue dye and was cultivated throughout Europe, especially in Western and Southern Europe. In medieval times, there were important woad-growing regions in England, Germany and France. Towns such as Toulouse became prosperous from the woad trade.



The Restauration History



In preparation for the 2025 Bicentennial of the ship's voyage, a replica of the Restauration was built at Jørn Flesjå's small wooden shipyard at Finnøy in Ryfylke, Norway. The replica was launched in 2010 and is now used for education and charter excursions in Rogaland. It sailed from Stavanger on July 4, 2025 and planned to arrive in New York Harbor on October 9, 2025. Also in October 2025, Mindekirken in Minneapolis will dedicate a model church ship of the Restauration to hang in the sanctuary.

Our lodge president and International Chair Luella Grangaard was present at the launch on July 4.

<https://crossings.norwegianamerican.com/>

Emigration Themed Reading List

Norwegian Emigration: Between Rocks and Hard Places

by Ann Urness Gesme

Traditions, custom, and conditions in Norway during the 1800s; emigration from Norway; and the immigrant community in America.

On the Way to the Melting Pot/Paa veien til smeltepotten

By Waldemar Ager, translated by Harry T. Cleven

In contrast to those 'wonderful life' stories of Norwegian immigrants to the Upper Midwest, this novel draws sharp distinctions between Old World heritage and the quest for American enterprise (\$\$) with sharp satire, lively dialogue, and vivid characterization.

Sons of the Old Country

By Waldemar Ager, translated by Trygve M. Ager

This is a novel about early Norwegian immigrants in Wisconsin before and during the Civil War. Coming to America for varied reasons, the immigrants struggle to form a community. Their assimilation is hastened by the Civil War.

The Boat of Longing

By O.E. Rølvaag

This is Rølvaag's favorite novel and the only one set in urban America. Nils Vaag, a young Norwegian immigrant, leaves the life of a fisherman, to live and work in an American city. He lives in a boarding house called 'Babel' for the many languages spoken by the residents.

The Emigrants: Book 1

By Vilhelm Moberg

Book 1 introduces the emigrants fleeing religious persecution, poverty, and social oppression in Sweden. Another emigrant leaves to escape an unsavory past, and another emigrant deserts his shrewish wife. They all suffer the long trip to America on a sailing vessel.

There are many other books, both fiction and non-fiction, about Norwegian/Scandinavian emigration to America.

Contributed by Nancy Madson

BOOK CLUB

Upcoming books for the Book Club, October 2025 to May 2026

October

The Summer Book by Tove Jansson

November

Will and Testament Vigdis Hjorth

December

A Slaves Tale by Christian Haurgaard

January

The Reindeer of Chinese Gardens—Barbara Sjöholm

February

Little Drummer by Kjell Ola Dahl

March

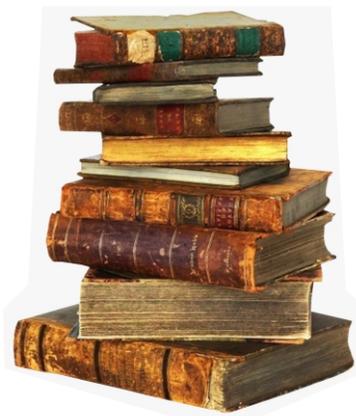
Muus vs Muus—Bodil Stenseth

April

The Memoirs of Stockholm Sven—Nathaniel Miller

May

Blind Goddess: Hanne Wilhelmsen Book One (A Hanne Wilhelmsen Novel 1)



Viking History

Lagertha, according to legend, was a Viking ruler and shield-maiden from what is now Norway, and the onetime wife of the famous Viking Ragnar Lodbrok. Her tale was recorded by the chronicler Saxo in the 12th century. According to the historian Judith Jesch, Saxo's tales about warrior women are largely fictional; other historians wrote that they may have a basis in tales about the Norse deity Thorgerd.

Her name as recorded by Saxo is Lathgertha. It has also been recorded as Lagertha, Ladgertha, Ladgerda or similar.

According to Saxo Grammaticus, Lagertha lived in the Gaula valley in Sør-Trøndelag, Norway.

Lagertha's tale is recorded in passages in the ninth book of the *Gesta Danorum*, a twelfth-century work of Danish history by the Christian historian Saxo Grammaticus. According to the *Gesta*, Lagertha's career as a warrior began when Frø, king of Sweden, invaded Norway and killed the Norwegian king Siward. Frø put the women of the dead king's family into a brothel for public humiliation. Hearing of this, Ragnar Lodbrok came with an army to avenge his grandfather Siward. Many of the women Frø had ordered abused dressed themselves in men's clothing and fought on Ragnar's side. Chief among them, and key to Ragnar's victory, was Lagertha. Saxo recounts:

Lagertha, a skilled Amazon, who, though a maiden, had the courage of a man, and fought in front among the bravest with her hair loose over her shoulders. All marvelled at her



matchless deeds, for her locks flying down her back betrayed that she was a woman.

Impressed with her courage, Ragnar courted her from afar. Lagertha feigned interest, and Ragnar arrived to seek her hand, bidding his companions wait in the Gaular valley. He was set upon by a bear and a great hound which Lagertha had guarding her home, but killed the bear with his spear and choked the hound to death. Thus, he won the hand of Lagertha. According to Saxo, Ragnar had a son with her, Fridleif, as well as two daughters, whose names are not recorded.

After returning to Denmark to fight a civil war, Ragnar (who, according to Saxo, was still annoyed that Lagertha had set beasts against him) divorced Lagertha to marry Þóra borgarhjörtr, daughter of the Herraudr, jarl of Västergötland. He won the hand of his new love after numerous adventures, but upon returning to Denmark was again faced with a civil war. Ragnar sent to Norway for support, and Lagertha, who still loved him, came to his aid with 120 ships, according to Saxo. When at the height of the battle, Ragnar's son Siward was wounded, Lagertha saved the day for Ragnar with a counter-attack:

Lagertha, who had a matchless spirit though a delicate frame, covered by her splendid bravery the inclination of the soldiers to waver. For she made a sally about, and flew round to the rear of the enemy, taking them unawares, and thus turned the panic of her friends into the camp of the enemy.

Upon returning to Norway, she quarrelled with her husband and slew him with a spearhead she concealed in her gown. Saxo concludes that she then "usurped the whole of his name and sovereignty; for this most presumptuous dame thought it pleasanter to rule without her husband than to share the throne with him."

Saxo Grammaticus (c. 1150 – c. 1220), also known as Saxo cognomine Longus, was a Danish historian, theologian and author. He is thought to have been a clerk or secretary to Absalon, Archbishop of Lund, the main advisor to king Valdemar I of Denmark. He is the author of the *Gesta Danorum*, the first full history of Denmark, from which the legend of Amleth would come to inspire the story of Hamlet by Shakespeare.

Read more at https://en.wikipedia.org/wiki/Saxo_Grammaticus



Yggdrasil tree

Election in Norway

Norway has a multi-party system with numerous political parties, in which no party can easily gain a majority of the 169 legislative seats. Parties may cooperate to form coalition governments.

The oldest political party in Norway is the Liberal Party, which was formed in 1884. Shortly afterwards, the Conservative Party was formed in opposition. The main political cleavage at the time was the issue of parliamentarism, with Liberals in favor and Conservatives in opposition. Until 1903, Norway was, for all intents and purposes, a two-party system; the smaller Moderate Liberal Party joined the Conservatives in a de facto permanent electoral coalition from the 1891 election.

The politic colors are different in Europe than in USA. Red is Left-wing and Blue is Right-wing
https://en.wikipedia.org/wiki/2025_Norwegian_parliamentary_election

Party - **Norwegian** (English)
 Ideology - Position

Symbol

Party Leader

Arbeiderpartiet (Labour Party) - 1887

Social Democracy - Centre-Left



Jonas Gahr Støre

Høyre (Conservative Party) - 1884

Liberal Conservatism - Centre-Right



Erna Solberg

Senterpartiet (Center Party) - 1920

Nordic Agrarianism- Centre



Trygve Slagsvold Vedum

Fremskrittspartiet (Progress Party) - 1973

Right-wing populism



Sylvi Listhaug

Sosialistisk Venstreparti (Social Left Party) - 1975

Democratic Socialism - Left-wing



Kirsi Bergstø

Rødt (Red Party) - 2007

Socialism - Left-wing



Marie Sneve Martinussen

Venstre (Liberal Party) - 1884

Socialism Liberalism - Center



Guri Melby

Miljøpartiet De Grønne (Green Party) - 1988

Green Politic - Center Left



Arild Hermstad

Kristelig Folkeparti (Christian Democratic Party) - 1933

Christian Democracy - Center Right



Dag Inge Ulstein

Viking Food

Viking Barley Porridge

Barley was a staple grain in the Viking diet, and this warming porridge makes for a filling and nutritious breakfast or side dish.

Ingredients:

- 1 cup pearl barley
- 4 cups water
- 1/2 tsp salt
- 2 tbsp butter
- 1/2 cup milk or cream
- 1/4 cup honey or brown sugar (optional)

Instructions:

In a large saucepan, combine the pearl barley, water, and salt. Bring to a boil, then reduce the heat to low and simmer for 45-60 minutes, or until the barley is tender and most of the liquid has been absorbed.

Stir in the butter and milk or cream, and continue to cook for an additional 5-10 minutes, or until the porridge reaches your desired consistency.

Sweeten with honey or brown sugar, if desired, and serve hot.



Viking Flatbread (Hviti Brauð)

Flatbreads were a staple in the Viking diet due to their simple ingredients and quick cooking process. These could be made from barley, oats, or rye.

Ingredients:

- 2 cups rye flour
- 1 cup barley flour
- Water (enough to form a dough)
- Pinch of salt

Instructions:

Mix the flours and salt in a large bowl. Gradually add water until the mixture forms a firm dough. Divide the dough into small balls and flatten them into discs. Cook over a dry skillet or hot stone until each side is golden brown.

Enjoy this hearty bread with some butter or as a side to a larger meal.

Skyr with Honey and Nuts

Skyr is a traditional Icelandic dairy product, similar to yogurt, that was enjoyed by Vikings. It is high in protein and can be enjoyed with a variety of toppings.

Ingredients:

- 2 cups skyr
- 4 tbsp honey
- 1/2 cup mixed nuts, chopped
- 1/2 cup mixed berries (optional)

Instructions:

Divide the skyr among four serving bowls. Drizzle each bowl with honey and top with chopped nuts and berries, if desired.

Serve immediately.

Skyr is a traditional Icelandic cultured dairy product. It has the consistency of strained yogurt, but a milder flavor. Skyr can be classified as a fresh sour milk cheese, similar to curd cheese consumed like a yogurt in the Baltic

states, the Low Countries and Germany. It has been a part of Icelandic cuisine for centuries.

Skyr is mentioned in a number of medieval Icelandic sources, including Egil's saga and Grettis saga. It is however unclear how similar this was to modern-day skyr, as no detailed descriptions of skyr exist from this period. Originally it was made from sheep milk, but today the world is most familiar with the cow's milk version.

Announcements

Southern California Kretsstevne – SCK
SAVE THE DATE
October 24 - 26, 2025

The Southern California Kretsstevne will again be held at Banning Stagecoach KOA Campground & RV Park. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation. A limited number of on-site bungalows will be available for rent. Bring your own RV or tent. Motels are nearby, as well. Southern California Kretsstevne is a weekend of

Norwegian heritage and fellowship. All Sons of Norway members and guests are welcome. Activities may include heritage craft/art activities, a silent auction, a side trip, a cultural food demonstration, games, and music and singing. Join us for fun and fellowship. The registration form is on the district website, and will be available at the September social.
www.sofn6.org/links

Camp Oldfjell

The District Six craft camp for adults, held at Camp Norge from September 20 through September 23, is open to all 18-years of age and older. Click here to view the Course Catalog.

Register here: <https://sofn6.org/camp-oldfjell/>

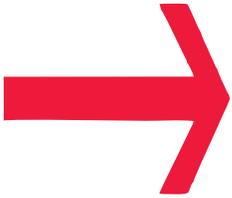


Savings for RV and Tent Campers

In door accommodations for Camp Oldfjell are \$25.00 per day per person. There is no accommodation fee for RV and Tent Campers.

Popular classes tend to fill fast, the sooner you register, the better chance you have of getting the classes you want. Also, accommodation requests are considered in the order they are received.

You may address question about Camp Oldfjell to:
Bruce Fihe - Cultural Director, District Six, Sons of Norway
culturaldirector@sofn6.org



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

James Donovan, FIC, CSA	Cell: 760-276-5529
	Office: 760-440-9905
	jdonovaninsure@gmail.com

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.*