

Solskinn Nyhetsbrev

April 2021 Newsletter from Solskinn Lodge 6-150



**SONS of
NORWAY**

Solskinn Lodge 6-150

Ord fra Presidenten



ARE YOU A NORWEGIAN FOODIE????

What is a Foodie? Noun-a person with a particular interest in food; a gourmet

A foodie is a person who has an ardent or refined interest in food and who eats food not only out of hunger but due to their interest or hobby and is passionate about food. The term “gastronome” and gourmet” define the same thing. i.e. a person who enjoys food for pleasure.

Is being a foodie a bad thing?

There is nothing wrong with being a foodie. It can lead to a great hobby—cooking wonderful things. Being a foodie also makes you an explorer of the food world.

Solskinn Lodge members have been exploring the world of Norwegian food. Have you noticed over the last few months we have been sharing some different Norwegian food recipes including lapskaus, farm girl's veil, and lefse? This month at our social we will discuss Norwegian beers and maybe a few ideas about how to use brown cheese/gjetost. The classic gjetost that you can find in local markets, in the red package is called Ski Queen. Recipes can be found at www.skiqueen.com.

This sweet brown cheese can be added to gravies, sauces, pies, ice cream or just eaten plain.

I challenge you to try a Norwegian recipe, food or beverage. Be a Norwegian FOODIE!!!

Many recipes are found on the Sons of Norway website.

Luella

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Several articles are from Wikipedia, the English or Norwegian version. They have been edited.

Golden Members

Nancy Madson
Miriam Hendrix
Ulf Strandjord
John Strom



The King of the Forest

Norwegian: Elg
English: Moose
Latin: Alces Alces

Linnaeus 1758:
Cervus Alces

Solskinn Nyhetsbrev

Editor for Solskinn Nyheter (Sunshine News)

Terje "TJ" Berger 760.799.6660

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

Sons of Norway

Website: sofn.org

Facebook: Official Sons of Norway Facebook Group

Solskinn Lodge

Website: solskinn.sofn6.org

Facebook: Solskinn Lodge, Sons of Norway 6-150

Email: Solskinn150@gmail.com

Happy Birthday

Gratulerer med dagen!

Birthdays in April/May

April 3 Sandra K Kennedy
 April 5 Svein Olav Stokke
 April 7 Magdalena Buresdotter-W.
 April 12 Dale Arthur Evenson
 April 12 Colin Brown
 April 17 Lonnie Mills

May 10 Junella H. Pearson
 May 12 Leland Wayne Rasmussen
 May 15 Mary L. Kucala
 May 24 Ulf Kristian Løkke

April ZOOM Social

Saturday, April 24, 4:30 PM

You may participate on your computer, tablet, iPhone or phone.

Instructions to join the ZOOM meeting will sent out, via email, prior to the date.

RVSP to Luella at Morongo2@verizon.net or to 760-363-7704 (voice message) to receive the link and the information to join the meeting.

Program: Norwegian Beer

Lefse for sale. \$5 per package of 4 rounds
 Call Nancy to reserve your lefse

760-343-0848 (voice message) or norsknm@gmail.com to arrange time & date for pick-up
 Still lefse for sale!

Tunnel for ships

Stad or Stadlandet is a peninsula in Stad Municipality in the northwestern part of the Nordfjord district in Vestland county in Norway. The peninsula is considered the dividing point between the Norwegian Sea to the north and the North Sea to the south. Because of the harsh climate, the peninsula can be an obstacle for ship transport along the coast of Norway. It is one of the main obstacles preventing a fast-boat passenger route from Bergen to Ålesund, a distance of 310 kilometres (190 mi; 170 nmi).

Construction of the world's first shipping tunnel has been given the go ahead with state funding coming in for the much debated giant engineering work. The Norwegian Coastal Administration (Kystverket) will compete a tender process this year with construction to start on the Stad Ship Tunnel in 2022 ahead of a planned opening in 2025 or 2026.

The 1.7 km (1 mile) Stad tunnel is located on a treacherous part of Norway's west coast where a number of ships have foundered over the years. The tunnel will allow both freight and passenger ships to transit directly between the Norwegian Sea to the north and the North Sea to the south while remaining within fjord waters. This will finally allow year-round safe passage of ships shuttling between Bergen and Alesund.

The tunnel has been deliberated for more than a century – with it first mooted in a newspaper article from 1874. The rough seas around Stad are notorious with historians observing how the Vikings often dragged their boats overland when bad weather came in more than a 1,000 years ago.

The 45 m (150 ft) high, 36 m (120 ft) wide tunnel will traverse under a 645 m (2130 ft) mountain and will be able to accommodate ships with a draft of 12 m (40).



Calender (all meetings on ZOOM until further notice)

Tuesday, April 13 5:00 PM Board Meeting
 Thursday, April 15 4:00 PM Book Club
 Saturday, April 24 4:30 PM Social Meeting
 Tuesday, April 27 5:00 PM Arts & Crafts Club

Tuesday, May 11 5:00 PM Board Meeting
 Thursday, May 20 4:00 PM Book Club
 Saturday, May 22 4:30 PM Social - May 17
 Tuesday, May 25 5:00 PM Arts & Crafts Club

Tuesday, June 8 5:00 PM Board Meeting
 Thursday, June 17 4:00 PM Book Club
 Tuesday, June 22 5:00 PM Arts & Crafts Club
 Saturday, June 26 4:30 PM Social Meeting

BOOK CLUB and Art

April Book

Hedda Gabler
by Henrik Ibsen

ZOOM Meeting
Thursday, April 15 at 4PM
We love to see you!

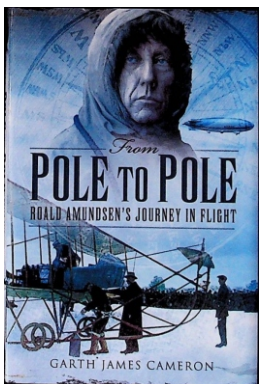


Hedda Gabler is a play written by Norwegian playwright Henrik Ibsen. The world premiere was staged on 31 January 1891 at the Residenztheater in Munich. Ibsen himself was in attendance, although he remained backstage. The play has been canonized as a masterpiece within the genres of literary realism, nineteenth century theatre, and world drama. Ibsen mainly wrote realistic plays until his forays into modern drama.

Hedda Gabler is a captivating and well-known play from the 1890s that dramatizes the experiences of the title character, Hedda, the daughter of a general, who is trapped in a marriage and a house that she does not want. Overall, the title character for Hedda Gabler is considered one of the great dramatic roles in theater. The year following its publication, the play received negative feedback and reviews. Hedda Gabler has been described as a female variation of Hamlet.

An Enemy of the People is an 1882 play by Norwegian playwright Henrik Ibsen. Ibsen wrote it in response to the public outcry against his previous play, Ghosts, which challenged the hypocrisy of 19th-century morality. According to Ellen Mortensen (Ibsen Studies v.7, 169), the words "scandalous", "degenerate," and "immoral" were hurled at both Ghosts and its author because it openly discussed adultery and syphilis. Therefore,

An Enemy of the People tells the story of a man who dares to speak an unpalatable truth, and is punished for it. However, Ibsen took a somewhat skeptical view of his protagonist, suggesting that he may have gone too far in his zeal to tell the truth. Ibsen wrote to his publisher: "I am still uncertain as to whether I should call [An Enemy of the People] a comedy or a straight drama. It may [have] many traits of comedy, but it also is based on a serious idea."



May Book Pole to Pole
Garth James Cameron

2021 BOOKS

Take a look at this year's list.

May	Pole to Pole by Garth James Cameron
June	I Curse the River of Time by Per Pettersen
July	Don't Look Back by Karin Fossum
August	Summer Light by Andrew Stevenson
Sept	Old World Murder by Kathleen Ernst
Oct	Sophie's World by Jostein Gaarder
Nov	Anxious People: A Novel by Fredricks Bachman
Dec	The Nordic Theory to Everything by Anu Partanen

Receiving pins



Berit Reistad, 30 years



Tove Grigsby, 10 years



Famous Norwegian - Fridtjof Nansen

Fridtjof Nansen was born on October 10, 1861 outside Kristiania (Oslo). He died on 13 May 1930 and was buried on 17 May.

Fridtjof Nansen went to school in Kristiania and was already interested here in the natural sciences. In 1882 he got a job as a curator at the Bergen Museum, where he wrote his dissertation on the spinal's nervous system, which resulted in a doctorate in 1888. While working in Bergen, he had the opportunity to go with a seal fishing boat to the Arctic Ocean and Greenland, where he got his first Arctic experience and the idea for skiing across the Greenland ice sheet.

Nansen was zoologist, oceanographer and Norway's first doctoral candidate with a dissertation in neurobiology. Nansen studied medicine and biology in Bergen, and became a conservator at the Bergen Museum in 1882, where he sorted sea samples of plants and animals from a sea expedition in the North Atlantic.

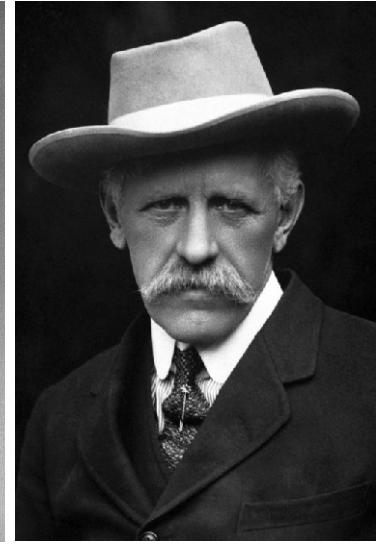
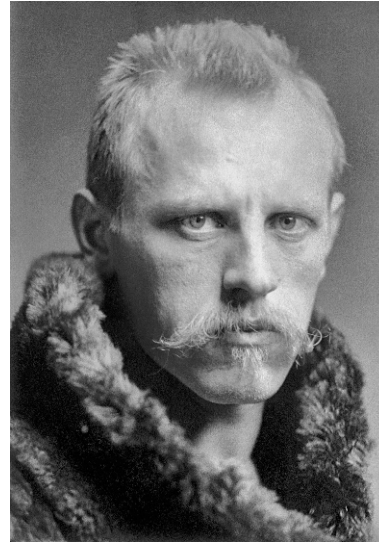
Nansen wanted to explore the interior of Greenland. On skis, Nansen and his crew left Umivik on 15 August 1888, and they arrived at the Ameralikfjord on the west coast on 29 September 1888. This was the first documented crossing of Greenland. On October 3, they arrived at Godthåb (Nuuk), but had to spend the winter there because the last boat for the winter had passed. During that period, Nansen studied the Inuit and learned a lot about kayaking, rowing and survival in extreme conditions.

Nansen's idea of operating a ship to the North Pole came about when in 1884 he read an article in *Morgenbladet* by Professor Henrik Mohn about a transpolar current in the Arctic Ocean.

From 1893, Nansen led an expedition with the specially built polar ship *Fram*. Nansen had chosen Otto Sverdrup as captain on board. They left Vardø on 21 July 1893, sailing east of the Northeast Passage along the northern coast of Siberia to 133° 37' degrees east. On September 22, 1893, the ship froze in the ice and drifted across the Arctic Ocean for three years. This was planned, and the intention was that *Fram* would drift with the ice over the pole point, so that the expedition would be the first to come to the North Pole. The expedition undertook many scientific observations and measurements in meteorology, magnetism, oceanography and astronomy.

Nansen's plan to let *Fram* drift across the pole failed. The ship had not come far enough east before it froze in the ice north of Siberia. After two winters in *Fram*, Nansen and Hjalmar Johansen, on March 14, 1895, abandoned the ship to ski towards the North Pole with a dog sled of 3 sledges and 27 dogs. It was minus 40 degrees Celsius on the day of departure. The return trip was also very arduous, and Nansen and Johansen spent the winter in a self-built winter quarter on Frans Josef's land. The hut was 3.4 meters long and 2 meters wide, and was built of stone and covered with ice. The roof of the hut was covered with walrus skin and also insulated with snow and ice. They survived on cod liver oil, walrus lard and polar bear meat, and the lard was also used as fuel.

In the summer of 1896 they continued, partly over land and partly in self-built kayaks. Nansen and Johansen were transported by the British research ship *Windward* to northern Norway, and they arrived in Vardø on 13 July 1896. A week later, *Fram* led by Otto Sverdrup arrived in Skjervøy and they could be reunited in Tromsø. This was followed by a triumphal procession along the entire coast to Kristiania, where they arrived on 9 September. Everywhere they were celebrated as national heroes.



As a radical opponent of the Union and a nationalist, Nansen took an active part in the independence process for the dissolution of the Union in 1905. He used his world fame and lectured abroad to spread understanding of the Norwegian view of the Union.

Nansen was appointed Norway's first ambassador to London from 1906 to 1908 and became a close friend of King Edward VII of Great Britain.

After the First World War, Fridtjof Nansen worked for the repatriation of prisoners of war and for help to refugees. During the Western powers' blockade of the revolutionary regime in the Soviet Union, he tried to get emergency aid to the Russian people, who were suffering from famine due to the civil war. In 1921, Nansen became the Folkeforbundet's first High Commissioner for Refugees, and he used this position to create the Nansen Pass to help stateless refugees. For his humanitarian and peace-building work, Fridtjof Nansen was awarded the Nobel Peace Prize in 1922.

From Wikipedia
Pictures: en.interaffairs.ru, nobelprize.org, wikipedia.org



A map of the sea and island archipelagos north of Siberia. Five colored lines indicate the ship's and Nansen's individual routes. Expedition routes, July 1893 – August 1896: Red: *Fram*'s route into the pack ice, July–September 1893 Blue: *Fram*'s three-year drift to Spitsbergen Green: Nansen's marches, March 1895 – June 1896 Purple: Nansen's return to Vardø, August 1896 Yellow: *Fram*'s return to Tromsø, August 1896

After 1896, the polar ship Fram ended up in Buenos Aires, Argentina.

It returned to Norway in 1914, and the museum was opened 1936



Cooking with gjetost

NORWEGIAN CHICKEN & GJETOST SAUCE

READY IN: 55mins

SERVES: 4

INGREDIENTS

2 lbs boneless skinless chicken breasts

1/2 cup cooking sherry

salt

white pepper

1/3 cup chopped fresh parsley

2 tablespoons butter

1/2 cup heavy cream

1 cup chicken broth

1 cup gjetost cheese, shredded

parsley (to garnish)

DIRECTIONS

- Cut chicken into serving-sized pieces; rub chicken with salt and pepper.
- Brown chicken in butter on all sides.
- Add broth and sherry to browned chicken. Reduce heat, cover and simmer for 45 minutes, until chicken is tender.
- Remove chicken to a serving platter and keep warm.
- Add parsley and cream to drippings. Bring to a simmer, stirring constantly, and cook until sauce is reduced to about 1 cup.
- Stir in cheese and cook just until it is melted. Pour sauce over chicken and serve garnished with parsley.

Norwegians Beer



Beer in Norway has a long history, stretching back more a millennium. Until some 200 years ago, most farms where it was possible to grow grain south of the Arctic Circle, brewed their own beer. From the early 20th century brewing was industrialized and home brewing was restricted.

What Norwegians drink:

Pilsner - the pale lager style. This is the dominant beer type with almost 92% of the market share. The weaker (below 4.75% abv types are the most common.

Juleøl (Christmas Beer) - a dark, malted beer exclusively available at Christmas time. Traditionally this was a strong ale which was brewed at home. In modern times each brewery produces their own variety of Christmas beer, mostly a lager.

In Norway, beer is classified into four categories by ABV (alcohol by volume), labeled from A to D. The class both determine the tax level, age restrictions, where, and when it can be sold.

NORWEGIAN MEATBALLS WITH GJETOST SAUCE

READY IN: 40mins.

SERVES: 8

INGREDIENTS

2 lbs ground beef

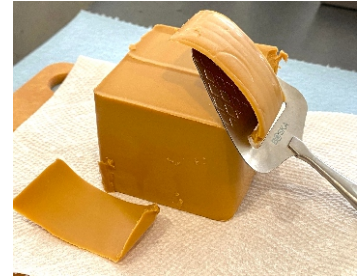
1 teaspoon salt

1/2 teaspoon pepper

2 eggs

1 cup milk or 1 cup broth

1/2 cup flour or 1/2 cup fine dry breadcrumb



GJETOST SAUCE

2 tablespoons butter

2 tablespoons flour

3/4 cup light cream

1/2 cup chicken broth

1 cup shredded gjetost cheese

3/4 cup sour cream

2 tablespoons chopped parsley or 2 tablespoons fresh dill

DIRECTIONS

Mix vigorously to blend (by hand or electric mixer) all the ingredients above.

Shape into 3/4 inch meatballs with moistened hands.

Pour 2 tablespoons oil in a frying pan. Place over medium heat and add meatballs. Cook, shaking gently to turn meatballs, about 10 minutes for the meatballs. Remove as they brown.

For Gjetost sauce: Remove as much oil from the pan as possible and blend in butter and flour. Remove from heat and blend in light cream. Add chicken broth, bring to boil, stirring and cooking until thickened. Mix in Gjetost cheese. Turn heat low.

Blend some of the sauce into sour cream, then return sour cream to sauce. Add chopped parsley or fresh dill.

Re-add meatballs and simmer until heated through.

Serve with cooked rice or potatoes.

Class A beer has an ABV of less than 0.7%, and is for all intents and purposes alcohol-free beer.

Class B beer has an ABV between 0.7% and 2.75%, and is considered "lettøl" (light beer).

Class C beer has an ABV between 2.75% and 3.75%.

Class D beer has an ABV between 3.75% and 4.75%, and is considered standard strength. Taxation is significant, age limit is 18 years, and sales are subject to local regulation. In most parts of Norway, class D beer can be purchased from common supermarkets, but only before 20:00 on weekdays and 18:00 on Saturdays.

Beer over 4.75% is considered sterkøl (strong beer) and is only sold through the government-controlled liquor store chain Vinmonopolet.



Social on ZOOM, Feb 27 2021

A Special Norwegian

Erling Sven Lorentzen was a widower after Princess Ragnhild of Norway, eldest sister of King Harald died. She was born June 9, 1930 at the Royal castle in Oslo, died of cancer Sept. 16, 2012 in Rio de Janeiro, Brazil. By then, the two had been married for almost 60 years.

Lorentzen was the youngest of six children, born Jan. 23, 1923 in Christiania. He passed away Mar. 9, 2021, in Oslo. After the German attack on Norway in 1940, he volunteered in Gudbrandsdalen, only 17 years old. After graduating from Artium in 1941 and a year in Milorg's central management, Lorentzen came over to England where he joined Kompani Linge, and in the spring of 1944 he was sent to Norway as military area commander in Hallingdal.

In 1953, there was a wedding in Asker church for the princess and Lorentzen, with Gunnar "Kjakan" Sønstebj as best man. Princess Ragnhild became the first royal in Europe to marry a bourgeois person. The couple settled in Brazil where he later established the gas company Garbras. The reason why Lorentzen became part of the royal family is that in the summer of 1948 he was asked to teach the princesses Ragnhild and Astrid to sail.

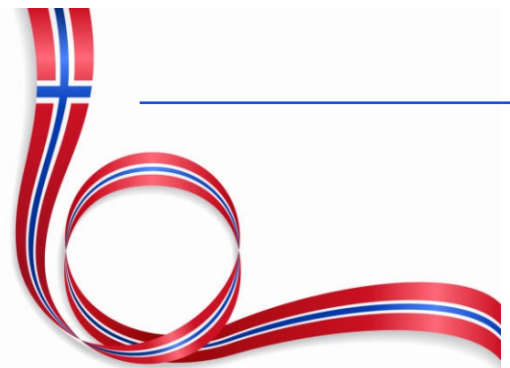
Before Christmas last year, Lorentzen went hard against the TV series "Atlantic Crossing". In a debate post in Aftenposten, he described the Norwegian drama series about the royal family as "directly grotesque" and "Shameful".

Lorentzen graduated from Harvard Business School, and has spent most of his life running a business in Brazil. He began his career with gas production and shipping, and has built one of the world's largest cellulose factories in Brazil.

For his war efforts, Lorentzen was awarded the St. Olavs Medal with oak branch, the Participant Medal with a rosette and Haakon VII's 70th anniversary medal. Lorentzen was appointed Commander of the Order of St. Olav in 1977 and Commander of the Brazilian Order of the Southern Cross.

From the Norwegian newspaper VG

Copyright: Kongehuset.no



Something good before/after the Gjetost dinner

Breathe new life into that dusty bottle of aquavit at the back of your drinks cupboard with these delicious cocktail ideas.

Neat aquavit may be something of an acquired taste for many around the world, but the Scandinavian spirit lends itself well to a number of delicious cocktails.

A traditional spirit

The flavoured spirit is a favourite of older Scandinavians but the new Nordic food revolution has given the spirit a new popularity among younger drinkers. Made in Norway and the other Nordic countries since the 15th century, aquavit's distinctive flavour comes from the spices and herbs. These can vary but the main flavouring must be from caraway or dill.

Aquavit cocktail ideas

Traditionalists will react with horror to the idea of creating a cocktail using their favourite tittle, but experimenting with

drinks is all part of the fun, so go right ahead.

While we outline a few ideas below, aquavit is a versatile spirit and can be used in place of gin and vodka in most recipes, although it will add a depth of flavour that may or may not work!

As an aperitif

If you like your cocktails on the strong and bitter side then you'll no doubt love a Negroni before dinner.

Aquavit really enhances the classic Negroni to give a drink that's even more intense and complex.

Ingredients:

1 part aged aquavit
1 part Aperol
1 part sweet vermouth

Simply add the three ingredients, in equal parts, to a tumbler over a large ice cube and stir gently to mix.

Contribution: Tone



Norwegian Paralysis

Aquavit, a Norwegian caraway liqueur, is delicious in savory cocktails – but the Norwegian Paralysis proves that this versatile spirit is equally at home in sweet tropical-style cocktails.

“Norwegian Paralysis” might well describe the effect of the first sip on the drinker: frozen between thoughts of Whoa, this is weird! and Wow, this is good!

This is good! wins out, of course – each sip is a fruity gradient from sweet citrus and nutty orgeat to funky, complex caraway and herbs.

Ingredients

1½ parts Aquavit
1½ parts Orange juice
1½ parts Pineapple juice
½ part Lime juice
¼ part Simple syrup
¼ part Orgeat

Shake with ice and pour into a tall glass or tiki mug. Top with crushed or pebble ice and go absolutely bonkers with garnish.

NETFLIX

NORWEGIAN MOVIES

English audio



Home for Christmas (Hjem til jul)
Romantic comedy

A movie about unique aspect of Norwegian lifestyle with humor. It presents the old mining city Rørås.

Original audio is Norwegian. It has both English voice and subtitle.

6 episodes of 30 min.

For your bucket list

Lysefjord in Rogaland county



“Nowhere do these terrific forces appear more formidably conjoined than in the surprising strait known as the Lyse-Fiord. The Lyse-Fiord is the most terrible of all the gut rocks of the ocean. Their terrors are there complete. It is in the northern sea, near the inhospitable Gulf of Stavanger, and in the 59th degree of latitude. The water is black and heavy, and subject to intermitting storms. In this sea, and in the midst of this solitude, rises a great sombre street--a street for no human footsteps. None ever pass through there; no ship ever ventures in. It is a corridor ten leagues in length, between two rocky walls of three thousand feet in height. Such is the passage which presents an entrance to the sea. The defile has its elbows and angles like all these streets of the sea--never straight, having been formed by the irregular action of the water.”

Victor Hugo, Toilers of the Sea (1866)

Norwegian Idioms

Ryk og reis

Translation: Smoke and travel.

Meaning: Get the hell out of here.

Som plommen i egget

Translation: Like the yolk in the egg.

Meaning: To be in an ideal situation.

Det er helt på trynet.

Translation: It's completely on the snout.

Meaning: It's totally ridiculous.

Det er hull i hodet.

Translation: That is completely hole in the head.

Meaning: That is very stupid.

Camp Norge Playground Restoration Project



My name is **Baylee McKenney**, I'm a senior at Middletown High School. I would like to replace the play set at my childhood summer camp. I have been going there since I was 8, and I want to do something nice for the camp. The play set that is currently there is the first play set that was ever put in; it is very old, falling apart, and unstable. I would appreciate any help that I can get to replace the play set. Please go to **Facebook** to **Vikings of Lake Lodge** and there you will find Baylee's **GoFundMe** page. She is attempting to raise \$6,000 to put in all new equipment for our kids who come up to Camps Trollfjell and/or also visit with their families for camping experiences and to attend yearly Kretsstevner at Camp Norge.

Solskinn lodge is going to collect donations for the play structure and send the checks to camp. Solskinn board has voted to send a \$25.00 donation to camp. It would be great if members could match that donation.

Make checks payable to Solskinn Lodge and in the memo section put "camp play structure". Send to our lodge treasurer,

Tove Grigsby, 2300 Via Calderia Unit 2308, Palm Desert, CA 92260-1592.



Summer 2021

Language and Heritage Camps Registration

arv.sofn6.org

It is time to sign up for 2021 camp!!!

Youth Half Camperships Available for
District Six Members

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and [Trollfjell Folkehøgskule](#) ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 27 to July 10, 2021 and Camp Trollfjell will be from July 11 to 24, 2021.

The amount of the half camperships for 2021 is \$450.00. The application form is available on the District Six Website. All applications must be received by April 15, 2021.

Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to morongo2@verizon.net

Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2021.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 15, 2021. Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com. Please take advantage of this District Six Member opportunity.

Scholarships are due on May 1, 2021.

Norwegian Fylker and their history

Before the national assembly in the ninth century, there were approx. 30 such small kingdoms in the later Norwegian realm, each with its own king and its own Thing. There is little evidence of the extent of these counties, and how constant they were over time. It is possible that some of them overlapped to a large extent. Snorre Sturlason tells in Heimskringla that when Harald Hårfagre conquered Norway, there was the following division (small kingdoms):

- 8 in Trøndelag
- Namdal
- Nordmøre
- Romsdal
- Sunnmøre
- Fjordane
- Hordaland
- Rogaland
- Agder
- 2 in Telemark
- Vingulmark (Akershus)
- Alvheim (Bohus)

The kingdoms of Sogn, Vestfold, Romerike, Hadeland (with Toten and Land) and Ringerike he had inherited from his father Halvdan Svarte, together with half of Hedemarken, which he then submitted to completely together with Gudbrandsdalen.

Before the national assembly, the counties were independent kingdoms with their own small kings, but after the national assembly these counties were transformed into earldoms with an earl appointed by the king in each county, who in turn had rulers and lieutenants under him with responsibility for various sub-areas within the county.

The majority of Norway was gradually divided into 4 districts, each with its own annual assemblies and separate laws. These were in chronological order
 Gulatinget in Western Norway
 Frostatinget in Trøndelag
 Eidsivatinget in Opplandene
 Borgartinget in Viken.
 Each district was in turn divided into counties, which in most cases were identical with the small kingdoms before the national assembly. In Hålogaland and other areas of the Norwegian Empire that fell outside the known constituencies, people continued with the old county councils, or they had status as a tax country.



Harald Fairhair (Old Norwegian: Haraldr hárfagri), born approx. 850, died approx. 931-932, is considered the first king over all or larger parts of Norway.

There is general agreement in the research communities that Harald Hårfagre had his starting point in Sogn from about 860 and later, through conquests, made himself king over larger parts of Western Norway from approx. year 872 until his death. The older view that Harald was king over all of Norway is still not completely abandoned. Years from this period are based on uncertain sources and are therefore not necessarily completely accurate.

The sources agree that his father was Halvdan Svarte.

The sources do not agree on who was Harald's mother. The ones most often mentioned are Ragnhild Sigurdsdatter or Ragnhild Haraldsdatter. Ólafía Einarsdóttir believes that the story in Fagrskinna that Ragnhild Sigurdsdatter was the mother was written because King Hákon Hákonsson, for major political, international reasons, wanted to connect the Norwegian royal family with the Danish Scylding family. She also claims that Harald Hårfagre's mother was Ragnhild Haraldsdatter, daughter of King Harald Gullskjegg in Sogn. In that case, this will mean that he inherited power in Sogn via his mother.

Solskinn Lodge Officers 2019-2020

Board of Directors

President	Luella Grangaard	760-363-7704
Vice President	Terje Berger	760-799-6660
Counselor	Ulf Lokke	760-808-5403
Secretary	Tone Chaplin	760-408-9170
Treasurer	Tove Grigsby	509-202-2808

Program Directors

Social Director	Nancy Madson	760-343-0848
Cultural Director	Luella Grangaard	760-363-7704
Sunshine	Charlotte Larsen	760-328-1791

Support Positions

Book Club	Luella Grangaard	760-363-7704
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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*