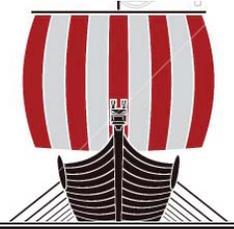


Solskinn



Lodge 6-150

Solglimt Newsletter



Palm Desert

Editor: Steinar Johansen

February 2013



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President Message

Volunteers

Volunteers are the foundation of our lodge. We are so blessed to have so many wonderful volunteers that contribute to and support our many lodge activities. The most visible are our lodge officers and support directors. We just said good-bye and thank you to our officers from 2011 through 2012 and welcomed our new officers for 2013 to 2014. Of course many of our new officers have been very visible volunteers and are continuing on. However there are some new faces. At the next social take some time and get to know them and offer your support to help them succeed and thereby our lodge. Thank you to all of you who have brought food,



set-up, cleaned-up, lead a literature group, made items for convention, shared photos, served food, cut stamps and so many other things.

There are many volunteer opportunities coming up over the next couple of months. Our lutefisk dinner and heritage day require many volunteers. If you are interested ask any officer "what can I do to support the lodge" and we will find you an opportunity. Volunteer opportunities maybe be sitting at a table and taking tickets, picking up dishes after a meal, selling sodas, or passing out desserts.

This year we have goals to increase the lodge outreach to our community. These activities will include walking in the Relay for Life as a group identified as "hiking Vikings" showing our support for our neighbors, or volunteering at a local school to read a book about trolls to a group of kids. Do you have other things we could do as a lodge

to support our community? Let me know.

Once again I cannot thank you all enough for all your work.

Fraternally,

Luella Grangaard



DATE	EVENT	LOCATION/TIME
Feb 1, Friday	Lunch Bunch	11:30 Blue Coyote, Palm Springs, Debera Ellingboe, 760-699-7436
Feb 7, Thursday	Hardanger	3:00 PM Charlotte Larsen
Feb 10, Sunday	Business Meeting	1:30 PM, Nancy Madson, 760-343-0848
Feb 21, Thursday	Hardanger	3:00 PM, Connie Fleischner, 760-776-6657
Feb 16, Saturday	Lutefisk dinner	4:30 PM social, 5:30 dinner reservations
Feb 23, Saturday	Rosemaling/woodcarving	2:00-5:00 PM, Luella Grangaard, 760-363-7704
Mar 1, Friday	Lunch bunch	11:30 Kaiser Grill, Palm Desert, Debera Ellingboe, 760-699-7436
Mar 3, Sunday	Convention meeting	1:30 PM Cheryl Jensen's 760-321-2380
Mar 7, Thursday	Hardanger	3:00 PM, Debera Ellingboe, 760-699-7436
Mar 16, Saturday	Heritage Day	Hope Lutheran all day
April 20, Saturday	Social	Hope Lutheran
EVENTS OUT OF THE VALLEY		
Feb 1 & 2, Fr/Sat	Nordic Spirit Peacemakers	California Lutheran 805-660-3096
April 20 & 21	Scandinavian Festival	California Lutheran

February Birthdays

1	Johnson Wayne E
11	Hartley Terese Olson
23	Strandjord Ulf
25	Bjerke Grace
28	Richardson Adam

Hurra for deg som fyller ditt år! Ja, deg vil vi gratulere!

Alle i ring omkring deg vi står, og se, nå vil vi marsjere.

Bukke, nikke, neie, snu oss omkring, danse så for deg med hopp og sprett og spring, ønske deg av hjertet alle gode ting og si meg så, hva vil du mere?

Gratulere!

Lutefisk (Norwegian) or Lutfisk (Swedish) or Ludfisk (Danish) (pronounced [lʉ:tfesk] in Northern Norway, [lʉ:təfisk] in Central and Southern Norway, [lʉ:tfisk] in Sweden, in Denmark [luðʏfesk] and in Finland (Finnish: lipeäkala)) is a traditional dish of the Nordic countries. It is made from aged stockfish (air-dried whitefish) or dried/salted whitefish (klippfisk) and lye (lut). It is gelatinous in texture, and has an extremely strong, pungent odor. Its name literally means "lye fish."

Calling all Members

Do you have a favorite recipe you would like to share with your fraternal family? Even better yet if it is a Norwegian favorite but not mandatory. As a gift for the 2014 Convention delegates the Convention Committee is preparing a lodge cookbook. Please send your recipes to Diane Presley our new lodge VP.

E-mail at dp92252@roadrunner.com or bring a lodge event and we will pass on to her. Please include your name.

Calling all Folk Artists

It is time to start planning and working on items for the Folk-art exhibition and competition at the 2014 District Six Convention and the 2014 International Convention in Florida. Items need to have been completed since the last convention.

Rosemaling at Camp Norge

If any of you have thought about visiting Camp Norge in Alta, CA, the Rosemaling Seminar being held on April 27 & 28, 2013, would be a perfect opportunity. You would get to see the beautiful setting that Camp Norge is in, and also get to participate in a fun class. The registration form for the rosemaling seminar is available on our web-site for download. Just go to www.solskinn.org and on the left hand column, click the newsletter link to download the registration form.

Ronna Clymens

Sons of Norway Foundation Scholarships

Are you or one of your children/grandchildren attending college this fall? It's an exciting time for the whole family, but many face the concern of how to afford it. Thanks to the Sons of Norway Foundation, that may not be as pressing an issue as it once might have been.

The Foundation has a number of scholarships available for Sons of Norway members who wish to attend a post-secondary educational institution. Members who are studying everything from physics to the exploration of Norwegian and American heritage are eligible for scholarships from the 7 different funds available from the Foundation.

If you are interested in learning more, be sure to visit www.sonsofnorway.com/foundation and review the qualifying information and online applications. Some scholarship deadlines are coming up on March 1st, so be sure to get your applications in on time. Questions about the various scholarship opportunities can be e-mailed to foundation@sofn.com.

Language Studies Benefit

Brain Growth

Looking to learn a second or third language? Lucky for you, foreign language study will do more than improve your communication; it will also trigger brain growth.

Researchers with the Institute for Human Development in Germany and Sweden's Karolinska Institute and the University of Umeå have discovered that just three months of intensive language learning leads to an enlargement of the hippocampus, the part of the brain that is responsible for language, memory and spatial navigation.

The study was conducted by evaluating the brains of students at the Swedish Armed Forces Interpreter Academy before and three months into completing 13-month courses in languages like Russian, Arabic and Dari. "Although you can't compare three months of intensive language studies with an entire life as a bilingual person, there's every indication that studying a language is a good way of keeping your brain fit," says Johan Mårtensson, researcher with the University of Lund in Sweden. Researchers also determined that the method and ease of learning also impacted the brains of the students. Students who found it easy to master new languages had the most significant amount of growth in the hippocampus while students who struggled more than their counterparts to master the new language had the highest increases in growth in portions of the cerebral cortex responsible for motor functions. Additionally, it is also suggested that this method of cerebral "bodybuilding" in the hippocampus may have other health benefits, such as reducing the risk of dementia and slowing Alzheimer's.

To get a leg up on learning a new language and triggering your own brain growth, check out two great language programs available to Sons of Norway members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 lessons of simple phrases, written in Norwegian with English translations and pronounced by native speakers. They are all aimed at the beginner level, but they will give you a sense of what the language sounds like and how it works. The second, newer program is called "Norwegian for Reading Comprehension." As the title indicates, this program focuses on reading for general understanding, rather than speaking or writing. Norwegian for Reading Comprehension shows you how the Norwegian language works and teaches you a strategy for breaking down sentences, paragraphs and passages piece by piece. Since there's so much variation in the Norwegian language, this program includes instruction on the two different forms of the written language as well as tips about reading older texts.

To try either of these programs, just sign into the "Members Login" section of www.sonsofnorway.com.

Mother's Day

Mother's Day is a day to honor mothers and it is celebrated around the world on various dates. In Norway, Mother's Day is celebrated on the second Sunday in February, this year the celebration will take place on Sunday February 12.

The day is an American invention, but it has taken root in Norway, probably because we are all so fond of our mothers and it's hard to say no to Mother's Day.

During the Civil War, American, Ann Marie Reeves Jarvis, a young homemaker mother from Appalachia, attempted to improve sanitation through what she called "Mother's Friendship Day". She taught women basic knowledge in nursing.

Another woman, Julia Ward Howe also worked for peace and reconciliation after the Civil War and founded the "Mother's Day for Peace", which was a tribute to peace, mothers and women.

In 1907, Anna Jarvis, Marie Jarvis's daughter began the work of establishing the modern Mother's Day. Her mother, Ann Marie Reeves Jarvis had died two years before, and Anna Jarvis devoted her life to establishing a day to "honor mothers, living and dead." May 10th, 1908 was the first celebrated Mother's Day. The custom spread to 45 states around the U.S., and was declared an official holiday in 1912. Former President Woodrow Wilson declared the first national Mother's Day in 1914.

In Norway, Mother's Day was first celebrated in Bergen on February 9th, 1919, and was initially organized by religious organizations. Since then Mother's Day has evolved into more of a family day.

There are no specific traditions associated with the day, but in many homes mothers are typically served with breakfast in bed, accompanied with gifts of flowers or cake.

In recent years, Mother's Day has become a commercial holiday in line with Valentine's Day and stores actively market gifts and cakes.

Fortunately kindergartens and elementary schools have kept the old tradition alive and children make cards and gifts on their own.

<http://www.aktivioslo.no/hvaskjer/morsdag/>
<http://no.wikipedia.org/wiki/Morsdag>



Morsdag

Morsdagen er en hedersdag for mødre, som feires på varierende dato i forskjellige land. I Norge feires morsdagen den andre søndagen i februar, det vil si at i år feires den på søndag 12. februar.

Den er en amerikansk oppfinnelse, men dagen har slått rot i Norge. Sikkert fordi vi alle er så glad i moren vår. Det er vanskelig å si helt nei til en morsdag.

Ann Marie Reeves Jarvis, en ung, hjemmeværende mor fra Appalachen, forsøkte under borgerkrigen å forbedre de sanitære forholdene gjennom det hun kalte "Mothers Friendship Day". Hun lærte kvinner grunnleggende kunnskaper innen sykepleie.

Også Julia Ward Howe jobbet for fred og forsoning etter borgerkrigen, og grunnla "Mother's Day for Peace", som var en hyllest til fred, mødre og kvinner.

Det var Jarvis' datter, Anna Jarvis, som i 1907 startet arbeidet med å etablere morsdagen. Ann Marie Reeves Jarvis hadde dødd to år før, og Anna Jarvis viet sitt liv til å grunnlegge en dag for å "hedre mødre, levende og døde". Den 10. mai 1908 ble den første morsdagen feiret. Skikken spredte seg til 45 stater i USA, og ble erklært offisiell helligdag i 1912. I 1914 erklærte daværende president, Woodrow Wilson, den første nasjonale morsdagen.

Morsdagen ble første gang feiret i Bergen, Norge den 9. februar 1919, og var til å begynne med arrangert av religiøse organisasjoner. Siden har morsdagen gått over til å bli en familiedag.

Det finnes ingen bestemte tradisjoner knyttet til dagen, men klassikere som går igjen i mange hjem er at mødrene oppvartes med frokost på sengen, og gaver i form av for eksempel blomster eller kake.

I de senere år har morsdagen blitt en kommersiell høytid på linje med blant annet Valentinsdagen, og butikker markedsfører seg med gaver og kaker.

Heldigvis holdes den gamle tradisjonen fortsatt i hevd i skoler og barnehager, der barn lager kort og gaver på egenhånd.



Rosemaling in the Desert

This year we held our second rosemaling class with an invited instructor. This year Mardella Ivers returned as our instructor. Mardella has taught at Camp Norge for many years. This year we had 11 participants. Our project was Valdres beaded plate. The plate was beautiful with a Norwegian



Orange background. Mardella provided the paints premixed for the participants and the plates prepared for us to begin painting. Of course we all were a bit critical if our "master pieces" but as I look at mine since the event I am fairly happy, but I have



come to the realization I do need to practice more than a couple times a year.



Thanks Mardella and class participants for a great Saturday event, practicing a heritage skill and meeting new friends and sharing time with

my fraternal friends.

*Submitted by
Luella Grangaard*



Foundation

As you recall, Porky is on the road to visit his girlfriend, Priscilla. He yearns for her attention, but it will take \$1199.00 to get him there. You have helped by getting Porky to the \$138 mark on the road. You were very helpful last year and our lodge was proud to turn in over \$1900 to the Sons of Norway Foundation. I'm sure you won't deny Porky his one true love, Priscilla.

All donations are tax deductible and receipts are available. Oh, remember that little Pink Pig you took home and had planned to use it for your spare change? Now is a good time to bring your Pig to the next meeting and receive an empty one. If you are attached to the one you have, it will be emptied and given back to you.

Please note the Foundation Form elsewhere in this newsletter. This is your opportunity to make a meaningful donation in honor of a friend or relative in your name. They will be sent a thank you card indicating you have made a donation.

Thank you in advance.

*David Lutes
Foundation Director*





Miriam Hendrix



Bob Hendrix



Jeanelle Pearson



Connie Fleichner



Yuli, Otto and Dahlia Ward



Heidi Albright



Berit Reistad



David Lutes

Jokes

A Couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember ..

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split.

The waitress asked kindly,

'Crushed nuts?'

'No,' he replied, 'Arthritis.'

Heart-Shaped Cream Waffles

The Great Scandinavian Baking Book

Beatrice Ojakangas

- 2/3 cup all-purpose flour
- 1 tsp freshly ground cardamom
- 3 eggs
- 1/4 cup sugar
- 2/3 cup dairy sour cream
- 3 tbsp melted butter
- butter for brushing the iron
- powdered sugar
- jam or fresh berries to serve with the waffles
- whipped cream to serve with the waffles (optional)

The traditional Scandinavian waffle iron makes individual heart-shaped waffles. (A regular waffle iron may not be as attractive, but the waffles will taste just as good, although they may be slightly thicker and not quite so light.)

Stir flour and cardamom together and set aside. In small bowl of electric mixer, beat the eggs and sugar together at high speed for 10 minutes until mixture forms ribbons when beaters are lifted. Sprinkle flour mixture over eggs; stir the sour cream until smooth and add to the mixture, folding until batter is smooth. Fold in the melted butter.

Place the waffle iron over medium heat and heat until a drop of water sizzles on the iron, turning over once to heat both sides. Brush the grids with butter and spoon in the batter. Bake, turning once, until golden brown, then remove from iron and sprinkle with powdered sugar. Serve immediately with art lingonberry or other jam or fresh berries and whipped cream. Or, bake waffles in a standard electric waffle iron as manufacturer of the iron directs.

2013-2015 Board of Directors



Correction to January Newsletter "Dear Debera", page 7.

This letter was written by one of our new members Linda Lathers. Please note that her ballet teacher, a man who had a major influence on her life was "Paul Petroff". And the Ballet Company she tried out for was the Ruth Page's Chicago Opera Ballet Co.



Solskinn Lodge Officers - 2012

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Vice President	Diane Presley	401-1752
Secretary	Debera Ellingboe	699-7436
Treasurer	Carole Gould	636-4652
Membership	Nancy Madson	343-0848
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Editor:	Steinar Johansen	898-3340
Publicity Director:	Berit Reistad	485-1130
Counselor:	Nancy Madson	343-0848
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Photographer:	Steinar Johansen	898-3340
	Miriam Hendrix	320-9244
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Tel. Tree Chairman:	Jules Hamland	318-4199
Historian:	Claudia Bell	340-3992
Assist:		
Camp Norge:	Ronna Clymens	951-849-1690
Supper Club:		
Musician:	Louise Selle	863-4898
Librarian:	Corrine Bjerke	360-5229
Auditors:	Normal Larsen	328-1791
	Glenn Bell	340-3985

Solskinn Lodge

Lutefisk Dinner

Saturday, February 16

Hope Lutheran Church

Fellowship Hall

45-900 Portola Avenue

4:30 pm Social

5:30 pm Dinner

Call Debera 760-699-7436
for information

Reservation Requires

Flyer is on our web site.

Save stamps
for tubfrim
cut 1/4 inch
around the stamp

Steinar Johansen
1820 N Mira Loma Way
Palm Springs CA 92262

