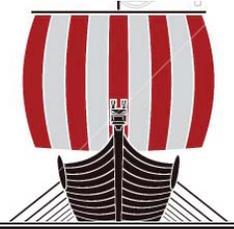


Solskinn



Lodge 6-150

Solglimt Newsletter



Palm Desert

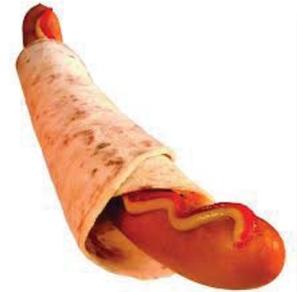
www.solskinn.org

Editor: Steinar Johansen

October 2013



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The President

I love the fall! I like everything about it the colors, the leaves, the weather even the light is different during the fall. And we become a busy lodge or should I say a busier lodge during the fall. It seems we don't really rest anymore.

Our September meeting was a nice welcome back to the season with 33 members in attendance. We had a wonderful program on Evard Munch and I admit I appreciate his paintings much more since listening to and presenting that program. We had many budding artists completing their own pieces of art during our social time. A number of members told me how much they appreciated the cultural program. Also thank you those who



helped with set-up which was most of the lodge board and those who helped with clean-up. These dinners and socials don't happen without volunteers. So please offer to do your part to share the work.

October has lots of activities for you to meet with other lodges and their members. The Central California Kretsstevne in Solvang offers games, fellowship, great food and outings and fundraisers for Camp Norge. Also right in your own backyard in Oak Glenn is the Southern California Kretsstevne. Our own Nancy Madson is leading the charge on this one. She has put together a great opportunity that is laid back and relaxing to share fellowship with members from lodges in southern California and Nevada. And our all time favorite "real" Norwegian Steinar Joahnsen, is providing instruction on Norwegian Dance and marzipan making and decorating a marzipan

cake. Hopefully even if you can't stay over night you take the opportunity to go for the day.

Sundfjord lodge is celebrating its 60th anniversary in Pomona, on Oct 26th. This is a lunch event and gives you an opportunity to meet with that lodge and members from other lodges in this great celebration.

October is our Foundation month and David Lutes our Foundation Director is preparing a silent auction to raise funds for the Sons of Norway Foundation that provides grants and scholarships. At the event we are going to have Lompe (hot dogs wrapped in lefse). And we will enjoy a movie. Prior to that event a memorial at the church for our lode member Bill Rawlings who passed away this summer. It would be wonderful if those who knew him could attend the service there at Hope Lutheran.

See you at the movies!!!!!!!

Fraternally

Juella Grangaard

DATE	EVENT	LOCATION/TIME
Oct 4, Friday	Lunch Bunch	11:30 Shields Date Garden Café 80225 US Highway 111, Indio Debera Ellingboe 760 699-7436
Oct 10, Thursday	Hardanger	3:00 Cheryl Jensen, 760-321-2380
Oct 10, Thursday	Convention meeting	6:30 Renaissance Hotel, Palm Springs. 760-363-7704
Oct 19, Saturday	Social, Foundation Month	4:30 Social, 5:30 Dinner, 6:00 Movie Foundation Month
Oct 24, Thursday	Hardanger	3:00 Phyllis Petersen 760-200-1306
Oct 28, Monday	Happy Hour/Early Supper Club	4:00 Eureka Restaurante 74985 Hwy 111, Indian Wells, David Lutes 760-674-1933
Nov 1, Friday	Lunch Bunch	TBA, Dottie Bessaes e-mail:dbessaes@yahoo.com Or Carole Gould 760-636-4652
Nov 9, Saturday	Woodcarving/Rosemaling	Morongo Valley, Luella Grangaard 760-363-7704
Nov 14, Thursday	Hardanger	3:00 Nancy Madson 760-343-0848
Nov 16, Saturday	Social	Viking Age Climate Change
Dec 21, Saturday	Social	Christmas Dinner
Jan 18, 2014, Saturday	Social	Story Teller
Feb 15, 2014 Saturday	Social	Lutefisk Dinner
Mar 1, 2014 Saturday	Rosemaling Class	more info to come

	EVENTS OUT OF THE VALLEY	Contact
Oct 4-6	Central California Kretsstevne	Buellton, CA Ron Oftebro 805 964-9195
Oct 11-13	Southern California Kretsstevne	Oak Glen, CA Nancy Madson 760 343-0848
Oct 26	Sundfjord 60 th Anniversary	Pomona, CA Lise Fleming 909 624-2868
Oct 27	Vinland Lodge Beach BBQ	Camp Pendleton Christine Larsen 760-650-6281
Dec 8	Vinland Juletreffest & Christmas Party	Temecula Christine Larsen Taylor 760-650-6281
February 7-8, 2014	Nordic Spirit Symposium	Thousand Oaks, CA

October Birthdays

4	Sinclair Joan E
5	Reistad Berit Daly-
7	Nabors Beverly J
11	Ellingboe Austin Ryne
13	Wisler Walter H
16	Waldeland Donald H
20	Arneson Phillip W
20	Romero Michael Kent
21	Ellingboe Richard A
23	Picking Laura J
24	Lewke Carl Andrew
27	Thu Katrina
28	Clymens Ezra
31	Larsen Norman F

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!

October – Foundation Month

As you may recall, October is our Foundation Month when we call attention to the many good deeds done with your donations - scholarships, grants for cultural activities, etc. Funds raised during this month are sent directly to the International Office in Minneapolis. Along with our social and business meeting, we will have our annual Silent Auction. We have some items, but can always use more. If you have an item(s) you would like to donate, let me know ahead of time so a bid sheet can be prepared. Come prepared to bid on some unique items.





POLAR EXPLORERS STAMPS

These three stamps commemorate the achievements of three polar explorers. Two were Norwegian and one was a Canadian of Icelandic parentage.

Otto Sverdrup (1854-1930) was born in Bindal, Helgeland, Norway.

In 1888 he was a member Fridtjof Nansen's expedition to Greenland. In 1893 he was captain of the *Fram* on Nansen's attempt to reach the North Pole. In 1899-1902 he led expeditions that charted the Canadian Arctic.

The second stamp above was issued by Canada in 2004 as a 49¢ stamp with pictures the *Fram* with Otto Sverdrup's name and dates across the top.

Roald Amundsen (1872-1928) was born in Borge, Østfold, Norway. He was the first person to reach both the North and South Poles.

In 1897-1899 was a member of the Belgian Antarctic Expedition. It was the first expedition to winter in Antarctica. In 1903 he led an expedition in a 45-ton fishing vessel, *Gjøa*. It was the first expedition to successfully traverse Canada's Northwest Passage between the Atlantic and Pacific Oceans.

In 1910 using the ship *Fram*, earlier used by Nansen and Sverdrup, he made his historic trip to the South Pole. He reached it on December 14, 1911.

In 1918 he began an expedition with a new ship *Maud*. It sailed West to East through the Northeast Passage, now called the Northern Route.

In 1925 he reached the North Pole. His was the first verified reaching of the Pole. In 1926 he disappeared in an attempt to rescue another expedition.

The first stamp above was issued by Norway in 1961 in honor of the South Pole expedition. On it are a drawing of Amundsen, a dogsled, and the *Fram*. The word "Roald Amundsen Sydpolen 1911" appear on the bottom.

Vilhjalmur Stefansson (1879-1962) was born in Gimli, Manitoba, Canada to Icelandic immigrants. In 1881 the family moved to North Dakota. He graduated in 1903 from the University of Iowa. After a year of studying theology, he joined the Anglo-American Polar Expedition in 1906. In 1908 he participated in the Stefansson-Anderson Expedition. The expedition took him to northern Alaska where for four years he explored the area on his way to Victoria Island.

In 1913 he set out on the Canadian Arctic Expedition which explored sea and islands north of Alaska and the Canadian mainland. It was notable for the sinking of

one of the expedition's ships, the *Karluq*, in pack ice and the death of many of its crew.

It was also the last expedition Stefansson physically participated in as he began to focus his energy on the lecture circle and the writing of books on arctic subjects including *My Life with the Eskimo*.

In 1921 he organized the ill-fated Wrangel Island Expedition, the failure of which caused the death of all but one of its participants. In 1922 he began what was to become a lifelong project; the creation of a comprehensive polar library. In 1927 he participated in the Bellevue "Meat-Diet" experiment which required him to live on an all meat diet for one year. Being convinced of the benefits of such a diet based on his experience living among the Inuit earlier in his life, he continued to live by this diet for the rest of his life.

In 1947 he moved to Vermont and became an Arctic Consultant at Dartmouth College. He sold his library to the college.

Stefansson died in Hanover on August 26, 1962.

On May 28, 1986, the United States Postal Service issued a 22¢ stamp in his honor. In the upper left hand corner is a map of the Canadian Arctic region with his expeditions marked and the words North Pole. On the right is a man with a spear dragging what might be a seal.

Thanks to our New Phone Tree

Committee Chair Dottie Bessares and members are: Beth Carmond, Carole Gould, Charlotte Larsen, Linda Lathers, Helen Lewis, Donna Lenander, Nancy Madson, Berit Reistad, Vaughn Simon and Erica Ward.

Louise Selle

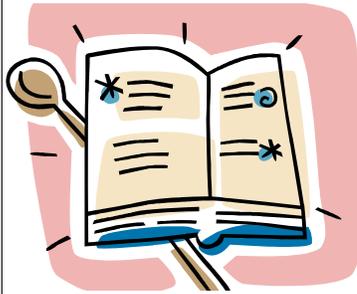
Our own Louise Selle will be featured in a free concert at So Cal Pianos, 74-111 Hwy 111, Palm Desert, CA on Sunday, October 27 at 2 PM. For more information contact Derry Faji 760-779-1100. Her program will include some Grieg selections



WANTED!!!!!!!

Send us your recipes for our convention cook book.

We want any recipes that are your family favorites,



your specialty, your grandmothers, aunt Lena's and Uncle Ole's.

It doesn't have to be Norwegian, send your best. We all are looking forward to having David Lutes secret Norwegian

Spinach dip recipe. E-mail them to lalberstsen@aol.com or mail to Lorna Albertsen, 30622 Via Pared, Thousand Palms, CA 92276-6628

150-Year-Old Brown Norwegian Cheese: Brunost

150 years ago, milkmaid Anne Hov has changed whole Norwegian cuisine by inventing today's Gudbrandsdalsost or brunost (brown cheese).

If you see a Norwegian eating an open-faced sandwich with a slice of something reddish-brown - 'it's Brunost - brown cheese.' It doesn't look like cheese, you think, but you take a bite anyway.

"No way is this cheese" you exclaim.

And you would be perfectly correct. Strictly speaking it isn't, but next to cross country skiing and trolls there are few things more Norwegian than an open-faced sandwich of Brunost, regarded as one of Norway's national prides.

There are actually few other foods that are included in your luggage when Norwegians traveling abroad. Brown cheese is some of what makes Norwegians - Norwegian.

Brown cheese is, in this sense, quintessentially Norwegian, and imbued with all the romantic notions of national identity in this oil-rich country. It is really only eaten in Norway (apart from a few plucky Swedes who eat something similar called mesost).

No Sugar, No Additives

Brunost is made by boiling a mixture of milk, cream and whey carefully for several hours so that the water evaporates. The heat turns the milk sugar into caramel which gives the cheese its characteristic taste. It is ready for consumption as soon as it is packed in suitable sized blocks. A low-fat variant is made by increasing the proportion of whey to milk and cream.

The original Brunost is made with goat whey only, using the same technique.

If boiled for a shorter time than usual, one gets the spreadable version called prim in Norwegian (or messmör in

Swedish and 'mysingur' in Icelandic). Prim had been made in Norway for a long time when Anne Hov, a farmer's wife got the idea of putting cream into the cheese. She got a good price for her new fatty cheese, and this merchandise is said to have saved the Gudbrands valley financially in the 1880s.

A Norwegian Classic in Kitchen and School Food

Primarily a Norwegian product, the cheeses are also produced and sold in Sweden. They are also sold in the Upper Midwest, and by specialty cheese mongers and some larger supermarkets all over Europe, North America and Australia. Today several types of brunost are offered in most shops in Norway and Sweden.

TINE meierier produce most of the brunost in Norway, while Fjällbrynt is the biggest producer in Sweden. In Iceland, the company Mjolkursamsalan produces brunost. Several local dairies in Norway produce their own versions. Experimental versions with nuts and honey or chocolate have been tried, without very much success.

Like any intensely flavored ingredient, brown cheese is endlessly versatile. A typical Norwegian dish is finnbiff or venison stew: brown cheese is the secret ingredient that adds both depth of flavor and richness to the sauce. It can also be used in a sauce for meatballs with its savory autumnal and winter flavors.

But the best way to enjoy brown cheese is to eat it with real bread (the good stuff, full of grains). Washed down with a cup of tea or coffee this makes the perfect breakfast. As Nordic Nibbler rightly suggests, it is a perfect accompaniment for waffles.

In 150th anniversary of its invention in a Norwegian farm, Brunost today remains a very popular dairy product. Annual production is approximately 12 million kilograms, or almost 4kg per Norwegian.

Waffle wih Brunoſt

- 5 eggs
- 1/2 cup sugar
- 1 tsp. ground cardamom
- 1 cup flour
- 1 tsp. baking powder
- Pinch of salt
- 1 cup sour cream
- 1/2 cup melted butter

One of the best accompany for brunost is waffle (vaffel). The vaffler in Norway are served for dessert at any time of day. The most important feature of the Norwegian vaffler is its unique sweetness and softness.

To have this special form, mix eggs, sugar, and cardamom together in a big bowl. Add in flour, baking powder, and salt. Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before making the waffles. Heat up the iron and brush some of the butter of the surface, you are now ready to make waffles. Pour 1/4 cup of the batter in the iron and wait for the waffle to become light brown.

Now it is time for serving in Norwegian way: put a slice of brunost and jam.

<http://www.tnp.no/norway/entertainment/3981-150-year-old-brown-norwegian-cheese-brunost>

Submitted by
Nancy Madson

Lefse Recipe #5

Krinalefse—or Norlandslefse if you prefer (Krinalefse—eller Nordlandslefse om du vil)

- 1 lb. flour
- 1 lb barley flour
- 1 lb rye flour
- 1/3 lb margarine
- 1 quart buttermilk
- 1 c golden syrup
- 1 tsp hartshorn salt

Crumble butter and flour. Add remaining ingredients and mix. Roll dough out in thin rounds sheets. Fry on one side and cool under press. Butter lefse with the following spread or “kriningen”

- 12 eggs
- 12 Tbs. sugar
- 2 tsp golden syrup
- 2 tsp. hartshorn salt
- 2 c cream
- 1 3/4 lbs. flour

Beat eggs and sugar until light and fluffy. Add remaining ingredients. The batter should have the consistency of porridge. Spread a thin layer of this “kriningen” on the raw side of the lefse. Draw a comb of wood or brass, a “krine,” through the spread to make patterns of fine lines. Dry the lefse buttered side up on a baking sheet in a medium hot oven. Remove when dry and bake until golden brown in a hot oven with the buttered side down. Stack and store under press.

Before serving immerse lefse in lukewarm water. Butter with a creamy mixture of butter, sugar, and cinnamon. Place two buttered sides together and slice into 4 wedges.

This September I, Nancy Madson and Erica Ward took a road trip to Long Beach and Fridtjof Nansen lodge for a chip carving class. On the way we made a stop at Woodcraft for wood and knives, then to IKEA for lingonberry jam and other goodies. Then onward to the lodge for a chip carving class which I had the pleasure of teaching. Erica and Nancy both participated in the class with about 14 other people. The class was about 3.5 hours with a lunch break. Erica actually finished her level one in chip carving and is submitting to Sons of Norway. Afterwards we headed to Alpine village in Torrance for Gjetost and marzipan dessert and other selected treats.



Foundation

Slowly but surely Porky is making his way along the highway in anticipation of meeting the love of his life, Priscilla. It's been a long, hot summer going from farm to farm and eating dry corn cobs and waste from the farmers' dinner tables. This is your chance to put some greens into his life. Any amount is appreciated to keep him moving.

Porky is half way to meeting Priscilla - he has \$599 toward the goal of \$1200. If we meet our goal, Luella said

she will bring her pot bellied pig to the next meeting. My Lord, we'd have to feed him, too!

If you have a full Pink Pig at home, please remember to bring it to our next meeting and you'll receive a replacement that is much lighter to carry. Also, avoid getting those holes in your pants pockets ... the Pink Pigs are willing to accept your change.

*David Lutes
Foundation Director*





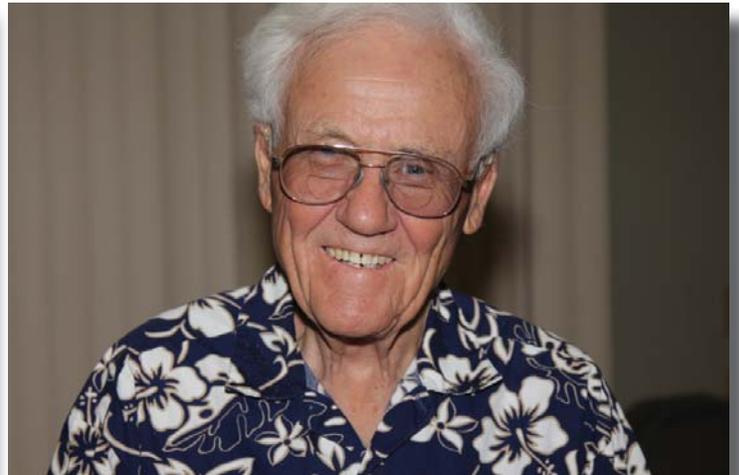
Nancy Madson



David Lutes



Linda Lathers, Gunny Cross



James Cross



Steve Edwards



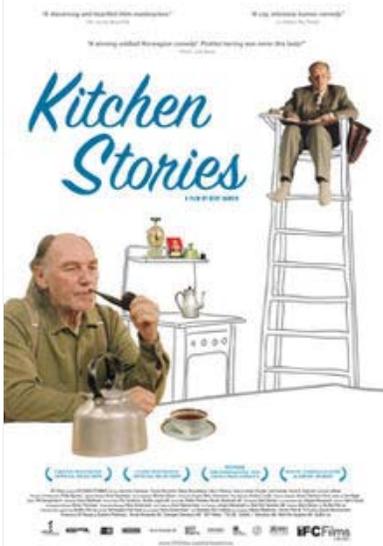
Dahlia Ward



Join us at the Movies at our October Social!!!!!!!

Kitchen Stories

movie length 1 hr and 39 minutes



Swedish efficiency researchers come to Norway for a study of Norwegian men, to optimize their use of their kitchen. Folke Nilsson ([Tomas Norström](#)) is assigned to study the habits of Isak Bjørvik ([Joachim Calmeyer](#)). By the rules of the research institute, Folke has to sit on an umpire's chair in Isak's kitchen and observe him from there, but never talk to him. Isak stops using his kitchen and observes Folke through a hole in the ceiling instead. However, the two lonely men slowly overcome the initial post-war Norwegian-Swede distrust and become

friends.

Bent Hamer was amused after perusing [post-war](#) research books on the efficiency of the Swedish housewife, and pondered on the idea of research being done on men. This led to him making the film *Kitchen Stories*.

WINTER OLYMPIC STAMPS

The modern Olympics did not include outdoor winter sports until 1924, although figure skating was included in the 1908 and 1920 games. From 1924 until 1992 the Winter Olympics were held in the same year as the Summer games. The International Olympic Committee decided to separate the two games and in 1994 the first games on the new schedule were held.

The above stamps are from three different games that were held in Norway, the United States and Canada as host nations. The XVII winter Games were held in Lillehammer, Norway February



12-27 1994. The XIX Winter Olympics was held in Salt Lake City, Utah February 8-24, 2002. The XXI Winter Olympics was held in Vancouver, British Columbia February 12-28, 2010.

In Olympic years many countries issue commemorative stamps. The host country usually issues at least one whole set. The above three stamps were selected from these groups.

The first stamp commemorates the 1994 Olympics in

Lillehammer. It is unusual in that the images on the stamps do not represent any of the sports. It is a stamp designed by Bruno Oldani a Swiss designer who teaches in Norway.

Norwegian stamps seem to be issued on a page with two different images

that alternate. The above stamp for example has two different images, both at 3.50. But when put together it creates another image.

The background includes snippets from the flags from all the participating countries. The figure is man on skis holding an object. In the runup to the games, Norwegians on skis traveled with the Olympic torch the whole length of the country, including Svalbard, which is the closest the torch has come to the North Pole. The silhouette figure on the left is wearing skis and carrying the torch. On the right hand side are sketches of Lillehammer historic buildings. The name of the designer is on the lower right hand corner. The Olympic symbol appears on the top of each stamp. The words Norge 3.50 appear on both stamps.



The 2002 Salt Lake City games were marred by several events that led up to the actual games. A scandal involved the administration of the games in Salt Lake and the bribing of IOC members, and the dramatic entrance of Mitt Romney as administrator. Of course, September 11, 2001 came just six months before the games were to commence. There were calls to cancel the games, but it was decided that the games should proceed, and at the opening ceremony, attended for the first time by the sitting president of the United States, there was much mention of the tragedy. Also there were doping scandals, and a judging scandal in figure skating. The games themselves, in spite of massive security, or maybe because of it, proceeded in an orderly fashion.



The stamp from the 2002 Olympics is one of several sets. The set that this one is from commemorated figure skating, snowboarding, ice hockey, and ski jumping. Since ski jumping is one of the sports in which the United

States has not won any Olympic medals since the 1930's it seemed proper to include this stamp. On the left 1/3 is a drawing of a man just after take-off, with 34 (cents). On the right 2/3 is a drawing of a ski jump, with US and the Olympic symbol. On the bottom left hand corner is the date 2002.

The Vancouver games were lacking in drama, except at the various venues. The above Canadian stamp contains a picture of the gold medal that was awarded. Winter Olympic medals vary from year to year. On the front is an individually cropped section of a large First Nations artwork (orca or raven), making each medal unique. On the back is an emblem of the Games and event details. It is circular with undulations stopping it from being flat. This stamp has what appears to be stylized Orca on the front. The words *Celebration Gold*, and *Celebrans d'Or* are printed vertically of the left side. Canada 57 is on the bottom, and a stick figure with Vancouver 2010 and the Olympic symbol in on the top right corner.

Submitted by
Vaughn Simon

Solskinn Lodge Officers - 2013

President	Luella Grangaard	363-7704
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Auditors:	Normal Larsen	328-1791
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Solskinn Lodge

Hope Lutheran Church Social Hall
45-900 Portola Avenue, in Palm Desert



Dinner: Hotdog's wrapped in lefse (lompe) and chips.

Ice cream with toppings bar

\$4.00 members/\$5.00 non-members

Foundation silent Auction

For more information call 760-363-7704

around the stamp

cut 1/4 inch

for tubfrim

Save stamps

Steinar Johansen
1820 N Mira Loma Way
Palm Springs CA 92262

