



- Calendar p. 2
- Membership Meeting p. 3
- Genealogy p. 4
- Visit Northern Noorway p. 5
- Pictures from March Social p. 6



The President

Well another month has passed, and we are still in full motion. Again we had a Lunch Bunch at the Empire Polo Grounds, a Happy Hr. at Stuffed Pizza, a Board Meeting, two Handverk Meetings, a Movie Social and four Norwegian Language Classes. Some of our members went to visit other Lodges as well. If that is something you think you might like to do, talk to one of our board members. It is always interesting to see what other Lodges are doing, and we usually car pool.

We are still looking for volunteers to join our Phone Tree, just calling a few people every month before the Social meeting. If interested please call Dottie 760-318-4199.

A new addition to the Cultural Skills agenda will be a "Genealogy Group". Contact Luella at 760-363-7704 if you are interested in learning more about what it entails.

Like I promised in the last Newsletter, I am starting a "going back in time" picture report. This month I have a picture from a "Hoedown". As I remember, it was a lot of fun.



PLEASE SAVE THE DATES:
 October 17, 2015 for our 25th Anniversary Party at Palm Desert Country Club, December 19, 2015 for our Christmas Party also at Palm Desert Country Club.
 More information will be forthcoming.
 And don't forget to view the calendar for April.

*Fraternally,
 Berit Reistad
 President Solskinn Lodge*

Vinland lodge Lapskaus dinner

Six members from our lodge visited the Vinland Lodge in Temecula during their lapskaus and bunad event in March. We all had a wonderful time there. Steinar played the accordion during the social hour as well as for the bunad procession. There were bunads from all over Norway, and Steinar, Nancy, Luella and Berit wore their bunad during the event.

It is important for members of the different lodges take time to visit neighboring lodges. It is nice to meet other fellow SON members and we are supporting the activity that we all like so much.

The picture below shows our members who wore a bunad. Other Solskinn Lodge members attending the Vinland lodge event were David Lutes, Ulf and Sharon Lokke.



DATE	EVENT	LOCATION/TIME
Apr 1, Wed	Norwegian Language class	3:30 -4:30, 71-300 San Jacinto Dr. Club house, RM RSVP to Berit froya1@aol.com or 760-485-1130 Free for members or \$5 for non-members
Apr 3, Fri	Lunch Bunch	cancelled
Apr 9, Thurs	Hardanger	2:00 RSVP to Berit Reistad 760-485-1130
Apr 18, Sat	Social	Genealogy Salad Dinner
Apr 20, Mon	Happy Hour	4:30 the Yard House, RM RSVP to 760-674-1933 or e-mail davidjlutes@yahoo.com
Apr 23, Thurs	Hardanger	2:00 RSVP to Berit froya1@aol.com or 760-485-1130
May 1, Fri	Lunch bunch	11:30 Blue Coyote Restaurant, 445 North Palm Canyon, PS RSVP to 760 345-6586 or e-mail dbessaes@verizon.net
May 14, Thurs	Hardanger	2:00 RSVP Charlotte 760-328-1791
May 16, Sat	Social	Potluck
EVENTS OUT OF THE VALLEY		Contact
April 18/19	Scandinavian Festival	Thousand Oaks—Cal Lutheran



April Birthdays

- 3 Kennedy Sandra K
- 5 Stokke Svein Olav
- 12 Brown Colin
- 17 Haagenson Robert A
- 29 Ellingboe Collin Neal

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!

Happy Hour is on the 20th of April!

I hope your happy meter is set to “high” so you can enjoy our Sons of Norway Happy Hour. It will be held at The Yardhouse at The River in Rancho Mirage.

As usual, it will start at 4:30 PM. Please call me for your reservation by FRIDAY, APRIL 17TH. 1 780-674-1933 or davidjlutes@yahoo.com.

I was told they have a full house that afternoon so if you don't let me know you are coming, you may not have a place to sit.

If you plan to be at this Happy Hour, make me happy by notifying me that you will be there.

David

Membership Meeting ...

Our lodge membership committee, comprised of Nancy Madson, Ulf Lokke, Berit Reistad, David Lutes and Bev Nabors (ab). met to discuss ways to increase our membership. With all the suggestions of community involvement, recruitment luncheons, and organization contact, the main point that continued to come up ... ask, ask, ask. The committee members can't make the number of contacts needed to let neighbors, friends, relatives and the community know we exist.

We don't want Sons of Norway Lodge 6-150 to be the best kept secret in the valley. We need your help to get the word out that we have a viable and enjoyable organization. We will be providing more information in the newsletter as well as at our socials. Be aware and give those who are not members a chance to experience the joys of being Norwegian. If you need a membership application form, let me know.

*David Lutes
VP - Membership Chr.*

Foundation Report -

At our last social a large selection of wedding cards Priscilla and Porky received, were displayed. It's amazing the number of commercial cards available that have pigs on them. The happy couple enjoyed looking at them, but like everything else within reach, they wanted to eat them.

We had planned to have Priscilla and Porky start on their honeymoon by visiting surrounding farms and bask in their matrimonial happiness. However, farmer Johnson is concerned about the cost of transportation, food and his time to take them in his farm truck. He has asked for half the amount needed as a down payment of \$150 before he'll start them on their honeymoon. At our last social, we raised \$21 so we have to raise \$129 to start the honeymoon.

We knew there would be expenses for Priscilla and Porky following their wedding ceremony. If you have coins in your little, pink pig, bring it to our next social so it can be counted toward their honeymoon.

*David Lutes
Foundation Dir.*



Lunch Bunch

Everyone had a fun and enjoyable time at the March 'Lunch Bunch' at the Tack Room at the Empire Polo Club in Indio. It was a beautiful day and a polo game was being played on the field across from the parking lot. The lunch was a polo theme with a name place card w/rawhide ties, a rolled scroll of "What You Can Learn From Horses" tied w/rawhide and a gift of Beverly Hills 'Polo Socks' for each person in cellophane bag tied w/rawhide. Horse figurines and pictures of polo players on horses were in frames on the table and everyone received an Empire Polo magazine. The cultural part of the lunch involved two questions - - What kind/name of horse comes from Norway? (Norwegian Fjord Horse) and Does Norway have a polo team? (Yes) Raffle prizes were given to three people who answered the questions correctly and everyone received a typed paper explaining the origin, etc with information about both questions. There was a lot of laughing and good conversation.

Remember - no Lunch Bunch in April (it is Good Friday and the beginning of Easter weekend. *May Lunch Bunch will be at the Blue Coyote Restaurant in Palm Springs on Friday, May 1. Don't forget to contact Dottie Bessares to save a place for you.

dbessares@verizon.net (760) 345-6586



Genealogy: WHERE DO YOU COME FROM??????

Next social we will have a panel discussing their adventure to document their or a family members genealogy. Cheryl Jensen, Phyllis Petersen and Vaughn Simon have all worked on their genealogy culture pins. All three have done additional genealogy research beyond the scope of their culture pins.

They will discuss how they started their own genealogy research using various resources from libraries and county documents to current use of online resources. They will display examples of their documentation. And describe one challenge they faced and overcame in their research.

PLEASE BRING ANY EXAMPLES OF GENEALOGY DOCUMENTATION YOU MAY HAVE TO DISPLAY FOR MEMBERS.

For example: Miriam Hendrix has a book written by a family member. That is how she and Carol Curtis both members of the lodge found out they were related. Connie Fleischner has a large book of documentation from her French heritage. Nancy Madson has a frame heritage line with photos inserted, I have a wheeled documentation method frame. Please bring and share.

SONS of NORWAY GENEALOGY CULTURE SKILLS PROGRAM

Whether you are an accomplished genealogist or just starting out for the first time, the most important thing to do is to start with what you know. This means beginning with yourself and working backward in time, writing down everything that you know (or think you know) about your closest relatives. This is important to do because the farther you go back in time, the more confusing things will become.

Many genealogists take pride in being able to trace their heritage further back in time than anyone else. Although this is an accomplishment, starting from someone you assume to be an ancestor and working forward can be extremely frustrating. Moreover, the further back in time you go, the more ancestors you will discover you have, and tracing the "correct" line through their descendants down to yourself may prove impossible.

Sons of Norway provides a framework for you to begin work on your genealogy through their Culture Skills Programs. The first thing you need to do is write down all the vital facts that you know about yourself and your family. Charting what you know will give you an organized way to keep track of vital information. You may copy the enclosed charts, buy charts from a local genealogy group or use charts from your computer software.

Put your name in the number 1 space on the Ancestor Chart. Spaces 2 and 3 are your father and mother.

On pedigree/ancestor charts, the father is always listed first on the next generation, so that the father's number is always double the number of the child and is an even number. The mother's identification is always the next odd number.

Next, look for family documents. You might be able to find birth, baptism, confirmation, school, marriage or death certificates, obituaries, old letters or newspaper articles and photographs that you have access to already.

Then ask your relatives to tell you about the family background, and to fill you in on dates and places that you do not have. Family stories can often be a problem because many times they are hard to prove and over time the stories tend to change. But oral traditions add value to family history and can be an incentive to look for other clues.

Want to learn more come to our Genealogy event or call Luella 760-363-7704 or e-mail morongo2@verizon.net.

*Submitted by
Luella Grangaard*



Covered Wagon Tour April, 1991

We took a step back in time and this is what was written in Solglimt.

Enjoy what our pioneer ancestors experienced as they came through the desert. See and learn about its unique native plants and animals on a two hour narrated tour. Then come back to a scrumptious western BBQ dinner, and beautiful guitar music under a full moon

Please help us with articles to the newsletter. Your contribution will make it easier to create the newsletter and it becomes more diverse.. Send email to Steinar, our editor. jo60nor@dc.rr.com

New Nordic Diet Hailed as Successor to Mediterranean Diet

For years nutrition experts have been singling out the Mediterranean diet as one of the best ways to prevent some chronic diseases. However, multiple research studies conducted over the past few years are now putting the New Nordic Diet at the forefront of the latest and greatest trends in healthy eating.

If you're already familiar with the guiding principles of the new Nordic food movement you probably recall that Viking magazine featured "New Nordic Cuisine" a few years ago in the August 2011 issue. Today, the diet has gained so much mainstream publicity that a cursory search of the Internet yields articles hailing the diet's merits from sources ranging from Prevention Magazine, Vogue and National Public Radio to the School of Public Health at the University of California, Berkeley. Whether it's articles like, "Beyond Paleo: Is Eating Like a Viking the Next It Diet?" or "Forget Mediterranean, Eat Like a Viking" information on the diet abounds.

Centered around local, seasonal and fresh fare, the diet has its beginnings in Denmark with Noma restaurant chef's René Redzepi and Claus Meyer. What began in 2003 as a mission to focus on local and seasonal ingredients at Noma, grew into a larger movement of 12 leading Scandinavian chefs who sought to define the elements of modern Nordic cuisine. Their collaborative efforts produced the New Nordic Diet principles being used today. More fruit and vegetables every day

- More whole grain
- More food from the seas and lakes
- Higher-quality meat, but less of it
- More food from wild landscapes
- Organic produce whenever possible
- Avoid food additives
- More meals based on seasonal produce
- More home-cooked food
- Less waste

Beyond its status as the latest diet trend, the New Nordic Diet does boast reliable nutritional studies that support its current status. In 2013 a study by the Journal of Internal Medicine found that participants with cardiovascular risk factors experienced lower blood cholesterol levels and inflammation on the diet as opposed to a typical Western diet. Just last year the American Journal of Clinical Nutrition found that New Nordic dieters saw a reduction in their weight as well as blood pressure while on the diet. It is also important to note that participants achieved their weight loss results without calorie restrictions, indicating they were satiated with the foods available to them.

Interested in testing out the New Nordic Diet for yourself? The official website of Denmark offers New Nordic Diet recipes for starters, main courses and desserts at <http://denmark.dk/en/lifestyle/food-drink/new-nordic-recipes/>

Visit Northern Norway

If you've visited Norway you already know it is a beautiful country that boasts spectacular fjord views, stunning displays of the aurora borealis and vibrant art and culture offerings. What you may not know is just how remarkable Norway can be when experienced at its most remote, in northern Norway.

The world's largest travel guidebook publisher, Lonely Planet, recently released their Best in Travel guide for 2015. Ranking fifth on its list of the world's top regions to visit in 2015 is arctic Norway. Described in detail, Lonely Planet writes, "northern Norway will blow your mind with its heartbreakingly beautiful landscapes of glaciers and fjord-riven mountains, all bathed in crystal-clear light. Welcome to one of Europe's last great wildernesses. Experiences like crossing the Arctic Circle as the aurora borealis comes out to play, spotting polar bears on the icy tundra of Spitsbergen and eating reindeer stew in a fire-warmed Sami lavoo tent will be etched on your memory for ever more."

2014 has been a banner year for tourism to Norway. The success of the Disney film "Frozen" as well as a joint partnership between Innovation Norway, Norway's tourism organization, and Disney has resulted in a 350 percent increase in viewership of their website in the U.S. In addition, data collected by Skyscanner comparing flight searches from the U.S. to Norway showed a 153 percent increase over the same time period last year. Going back even further, there has been a 130 percent rise in commercial overnight stays in the three most northerly counties in Norway over the past five years.

The boost in tourism and the positive accolades from trusted travel resources like Lonely Planet signal great things for Norway's tourism industry. "This is a guide that is created by the people who use it. So it is not a journalist who has single-handedly made this list. Instead it is each and every visitor's own experience that has made northern Norway score this high, and that is very exciting," said Geir Solheim, Department Director of the Norwegian Hospitality Association in an interview with NRK.

To learn more about Lonely Planet's rankings visit, <http://www.lonelyplanet.com/best-in-travel/regions> If you'd like to learn more about all northern Norway has to offer, be sure to read the March 2014 issue of Viking magazine at <http://msp.imirus.com/Mpowered/book/vvk14/i3/pr>



Oranda Sinclair



Darrel Sinclair



Doreen Karlsen



Berit Reistad



Nita Haagenon



Miriam Hendrix



James Cross



Linda Lathers

Easter is an important holiday in Norway. The traditional Norwegian way to celebrate Easter can be linked to nature hikes, good food, leisure and time spent with family and friends. Many travel to the mountains at Easter to go on the last ski trip of the year, many put their boat in the water or others visit relatives. Most however, celebrate Easter at home.

Easter Vacation-Easter vacation is actually a special Norwegian phenomenon. They have a five day long weekend starting Thursday until the second Easter day which is always on a Monday. With the long holiday people have the opportunity to travel a bit during Easter.

Easter Crime-Easter and crime – it's a strange tradition. Both on TV and in books, Norwegians are given a variety of murders and mysteries for the short holiday. Easter crime is a tradition that has several explanations and is an odd Norwegian phenomenon.

Easter Nuts (Trivia)-Are you smarter than a fifth grader? As soon as Easter Eve arrives, along comes Easter Trivia on TV. Norway's Easter Nut-general Roald Ege has resigned, but NRK's Øystein Bache and Rune Gokstad have captained the Easter Trivia boat safely ahead. For eight days they present seven exciting and entertaining puzzles for the whole family.

Easter Egg-The perfect Easter eggs can be filled with, for example, jewelry, chocolate and candy – depending on the eye of the beholder. Each year the Easter eggs are filled, with consideration, for everyone in the family. Some like salty, other like sweet. Some like things crunchy and others simply like soft candy.

Easter Food-Easter is a time for togetherness, relaxation, and hanging out with family and friends and with that there is also good food. Easter is also full of traditions when it comes to food. First and foremost it's about lamb, eggs, chicken, chocolate, marzipan and oranges.

Last but not least... **Easter Beer**-Having a beer outside is great. Once the snow has melted and the sun is high in the sky, the world awakes again. Easter kickstarts Spring, and what can be better than enjoying a beer outside in the sun?

Påsketradisjoner i Norge

Påske er en viktig høytidsdag i Norge. Den tradisjonelle norske måten å feire påske på er knyttet til turer i naturen, god mat, fritid og tid til familie og venner. Mange reiser på fjellet i påsken for å gå årets siste skitur, mange setter båten på vannet eller andre besøker slektninger. De aller fleste feirer imidlertid påsken hjemme.

Påskeferie-Påskeferie er faktisk et spesielt norsk fenomen. De har en fem dager lang sammenhengende helg fra og med torsdag til og med andre påskedag som alltid er på mandag. Med lang ferie har man muligheten til å reise litt i påskeferien.

Påskekrim-Påske og krim – er en merkelig tradisjon. Både på TV og i bokform serveres nordmenn mord og mysterier i drøssevis i løpet av denne korte høytiden. Påskekrim er en tradisjon som har flere forklaringer og er et særnorskt fenomen.

Påskesnøtter-Er du smartere enn en femteklassing? Like sikkert som at Påskeaften kommer, kommer det også Påskesnøtter på TV. Norge's påskesnøtt-general Roald Øyen har takket for seg, men NRK's Øystein Bache og Rune Gokstad styrer påskesnøttskuta trygt videre. I åtte dager presenterer de sju spennende og underholdende oppgaver for hele familien.

Påskeegget-Det perfekte påskeegg kan for eksempel være fylt med smykker, sjokolade og godteri – avhengig av øyet som ser. Hvert år skal påskeeggene fylles og alle i familien skal tas hensyn til. Noen liker salt, andre søtt. Noen liker at det knaser og noen trenger rett og slett myke ting.

Påskemat-Påsken er en tid for hygge, avslapping, og samvær med familie og venner og dermed også tiden for god mat. Påsken er full av tradisjoner, også når det gjelder mat. Først og fremst handler det om lam, egg, kylling, sjokolade, marsipan og appelsiner.

Sist men ikke minst...Påskepils-Utepils er toppen.

Når snøen har smeltet og solen står høyt på himmelen, våkner verden til live igjen. Vårens kickstart er påsken, og hva er vel ikke bedre enn å nyte en utepils i solveggen



Solskinn Lodge Officers - 2015

President	Berit Reistad	485-1130
Vice President	David Lutes	674-1933
Secretary	Luella Grangaard	363-7704
Treasurer	Nancy Madson	343-0848
Membership	Beverly Nabors	
Social Director	Luella Grangaard	363-7704
Cultural Director	Diane Presley	401-1752
Editor:	Steinar Johansen	898-3340
Publicity Director:	Berit Reistad	485-1130
Counselor:	Luella Grangaard	363-7704
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	Linda Lathers	
Photographer:	Steinar Johansen	898-3340
	Miriam Hendrix	320-9244
Foundation Director:	David Lutes	674-1933
Tubfrim Chairman:	Norm Larsen	328-1791
Tel. Tree Chairman:	Dottie Bessares	345-6586
Historian:	Lorna Albertsen	
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Camp Norge:	David Lutes	674-1933
Supper Club:		
Librarian:	Corrine Bjerke	360-5229
Auditors:	Normal Larsen	328-1791
	Debera Ellingboe	
	Richard Ellingboe	
	Bob Haagenson	
	Bob Hendrix	

Solskinn Lodge

Dinner Social

Saturday, April 18

Hope Lutheran Church Social Hall

45-900 Portola Avenue, in Palm Desert

4:30 Social

5:30 Dinner

6:30 Program

Salad Bar and Dessert

Cost: RSVP \$5.00 at the door \$7.00

Program: Genealogy

**RSVP to Luella by April 16 760-363-7704
or morongo2@verizon.net**

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

PO-Box 2207
Palm Desert CA 92262

