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The President

Well folks, fall is here. (Høsten er her).

We don't have much of a chance to see the fall colors here in the desert, but the temperature will be wonderful.

We had a nice first fall meeting on Sept. 17 at the church, with scrumptious food and 3 very interesting lectures by Heidi Albright, Ulf Lokke and Bev Nabors. We also gave the piglets names, sorry if you missed it.

October is coming up; and it is our Foundation month, our lodge's 26th Anniversary, Southern California Kretsstevne as well as our Social meetings with a Happy Hour and a Lunch Bunch. Be sure to check out the calendar and make your reservation when needed.

As you know we had the District 6 convention and the National Convention this year, and several of our members attended.

At the District 6 convention, our members made out like "bandits" for awards;

Hardanger: red ribbon for Patricia Lee, red and white ribbon for



Luella Grangaard. **Knitting:** red ribbon for Nancy Madson. **Figure carving:** red ribbon for Ulf Lokke, red and blue ribbon for

J.R. Fleischner. **Relief carving:** blue ribbon for Luella Grangaard, red and white ribbon for Ulf Lkke.

Our lodge: received 3 Special Awards: Gold Merit Award for 2014 and 2015 and President's Merit Award for 2015.

Also so far this year, our Solskinn Foundation was able to present over \$500.00 in bus passes to the Amistad School, Solskinn Lodge just rocks...

As you can see, we are already starting to work on our Christmas event. We hope you will be able to share the dinner with your Lodge friends again this year, it will be at Palm Desert Country Club. Next

year, we are hoping to go back to do the "Traditional Norwegian Christmas Dinner" at the new Social Hall at the Church.

And a BIG thanks you to all of you who contributed to the "Pull up a Chair for Hope".

Not to forget another thank you to our Nominating Committee for coming up with names for the board positions. However there is still time to think about taking a board, or a "help" position, in order to help your Lodge, so start thinking about what you can do.

We are looking for folks to sign up to help at our Scandinavian Fest in March 2017 - contact Steinar Johansen.

Don't forget Leif Erikson's Day on October 9.

Berit Reistad



<u>DATE</u>	<u>EVENT</u>	<u>LOCATION/TIME</u>
Oct 6, Thurs	Book Club	3:30 Panera on Dinah shore and Monterey, RSVP to Luella 760-363-7704
Oct 11, Tues	Business meeting	3:30 RSVP to Nancy Madson's home call 760-343-0848
Oct 13, Thurs	Hardanger	3:00 RSVP to Connie 760-776-6657
Oct 15, Sat	Social	4:30 Social, 5:30 Almond Dinner and Almond program
Oct 22, Sat	Hardanger	3:00 RSVP to Cheryl 760-321-2380
Oct 24, Mon	Happy Hour	Sun City Palm Desert, (Sunset View Clubhouse) on the 24th at 4:30 PM.
Nov 8, Tues	Business meeting	3:30 RSVP to Nancy Madson's home call 760-343-0848
Nov 10, Thurs	Hardanger	3:00 RSVP to Nancy 760-343-0848

Out of the Valley

Sept 30-Oct 2	Central Krestsstevne	Beulton, CA
Oct 21-23	Southern Krestsstevne	Banning, CA

October Birthdays

5	Reistad Berit Daly-
7	Dew Ann Linda
7	Nabors Beverly J
8	LeGrave William P
11	Ellingboe Austin Ryne
13	Lee Patricia M
16	Waldeland Donald H
21	Ellingboe Richard A
23	Picking Laura J
25	Hansen Carol A
28	Clymens Ezra
29	Lokke Sharon
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!

Scandinavian Heritage Day

Solskinn Lodge is now planning the Scandinavian Heritage day that used to be so successful for out community. This time we are putting to show on together with the Vasa group.

As usual we will need volunteers as well as contributors, so if you feel inclined to help out, Please contact Steinar Johansen, jo60nor@dc.rr.com or David Lutes, davidjlutes@yahoo.com

We are really excited about the event and we hope you are too.

Southern California Krestsstevne.

The Southern California Krestsstevne is coming up in Banning October 21-23. This is a nice family event where we can meet fellow SON'ers from other lodges as well as just having a good time. Take a look at the flyer, and plan to spend at least a day on a nice event. Contact Nancy Madson for more information.

Book Club

A Man Called Ove

This is a humorous yet touching story of Ove, a cantankerous yet lovable fellow who finds his world turned on its head. He has strict routines, staunch principals and finds it difficult to deal with the changes going on in society. This is especially true when a young family moves into his neighborhood. Life is a challenge since his wife died and he is perceived as a curmudgeon with a short fuse. Though he has peculiar ways - he has a deep and abiding love of country.

In light of all the present day changes going on in Europe A Man Called Ove by Fredrik Backman is an entertaining novel worth reading. Though it takes place in Sweden it could easily be set in Norway.

Join the book club for the discussion of the book A Man Called Ove. We will be meeting at Panera on Monterey (close to Sam's Club) Thursday, November 17th at 3:30. Please let us know if you will be joining us. Contact Bev Nabors at beachbaerbev@aol.com

*Submitted by
Bev Nabors*

Day had been made an official observance in seven states (Wisconsin, Minnesota, South Dakota, Illinois, Colorado, Washington, and California) and one Canadian province (Saskatchewan). In 2012, the day was also made official in Las Vegas, Nevada.

In 1963, the U.S.

Representative from Duluth, John Blatnik, introduced a bill to observe Leif Erikson Day nationwide. The following year Congress adopted this unanimously. In 1964, the United States Congress authorized and requested the President to create the observance through an annual proclamation. Lyndon B. Johnson did so, as has each President since. Presidents have used the proclamation to praise the contributions of Americans of Nordic descent generally and the spirit of discovery. In addition to the federal observance, some states officially commemorate Leif Erikson Day, particularly in the Upper Midwest, where large numbers of people from the Nordic countries settled.

DATE

October 9 is not associated with any particular event in Leif Erikson's life. The date was chosen because the ship *Restauration* coming from Stavanger, Norway, arrived in New York Harbor on October 9, 1825, at the start of the first organized immigration from Norway to the United States.

IN POPULAR CULTURE

In Episode 3B of the second season of the American animated television series *SpongeBob SquarePants*, the show's title character celebrates the holiday by wearing a horned helmet and a fake red beard.

*From Wikipedia,
submitted by
Nancy Madson*

LEIF ERIKSON DAY OCTOBER 9 History

The book *America Not Discovered by Columbus* by Rasmus B. Anderson was published in 1874, helping popularize the idea that Vikings were the first Europeans in the New World. During his appearance at the Norse-American Centennial in 1925, President Calvin Coolidge gave recognition to Leif Erikson as the discoverer of America due to research by Norwegian-American scholars such as Knut Gjerset and Ludvig Hektoen. In 1930, Wisconsin became the first U.S. state to officially adopt Leif Erikson Day as a state holiday, thanks in large part to efforts by Rasmus Anderson. A year later, the state of Minnesota followed suit. By 1956, Leif Erikson



U.S. stamp issued on
Leif Erikson Day, 1968



District Six Hardanger Retreat

District Six held its first Hardanger retreat at Camp Norge. The retreat started Friday August 12th in the evening ending mid-morning Sunday, August 14th. Stitchers from 8 different lodges participated, including seven participants from southern California. The instructors were Cheryl Jensen and myself from Solskinn Lodge, Palm Desert, CA.



We began with the basics of Hardanger, utilizing the “Cream and Sugar” pattern from the Sons of Norway Hardanger Culture Skills program. First participants found the center of the

project and laid down basting frame work, and then started with the Kloster Block stitch which is the skeleton of Hardanger. In addition participants learned the cable stitch, eyelet, blanket stitch, cutting and weaving bars. We actually had 3 participants that were fairly close to finishing their project.

There was a display of completed items for examples of completed items and resources, as well as a discussion of needles, thread, fabric and scissors.

The participants started work on Friday night at 6:00 working into the night and had to be encouraged to go to sleep, as well as Saturday night and until 10:00 Sunday morning. No one wanted to stop their work.

As an instructor it was a fun group. Cheryl and I both brought other projects to work on but were kept very busy with our class participants. What a great weekend learning, sharing and all of it at our Camp Norge. This is our start of the District Six Hardanger group. I look forward to our get together next year. Time to start planning.

*Submitted by Luella Grangaard
Hardanger Instructor
District Six Vice President*



Foundation

At first I wasn't so sure I wanted to be involved with the raising of two pigs ... eventually to be named Priscilla and Porky. So much has happened to make these two animals a part of my farm and, of course, your lodge.



They have been married; brought to local farms for their honeymoon; now have two piglets by the name of Olga and Ole.

You, as members of Solskinn Lodge, have gone above and beyond to provide for them. The expense of their honeymoon and now a goal of \$1000 to provide for them this year. Is greatly appreciated. David has told me you have reached \$761 – thank you, thank you! You have no idea how much these funds help to make the life of Priscilla and Porky a meaningful one.

Watch your newsletter for information on the christening of Olga and Ole – another phase in their rich lives.

Farmer Johnson

“Pull Up a Chair for Hope”

There is still time to “Pull Up a Chair for Hope” – our lodge’s effort to buy 50 chairs for the new social hall at Hope Lutheran. A special thanks to those who have donated funds to purchase 25 chairs – we are half way to our goal.

With this newsletter, you will find a form to complete so you can be a part of this program. If you want to buy one or five chairs, it will be appreciated.

This is our chance to show our appreciation to the church for the cooperation in allowing us to use their facilities. And remember, you may be sitting on the chair you bought.

Use the form on the web site and send your check to:

**Nancy Madson.
28351 Via Las Palmas
Thousand Palms CA, 92276-2502**

Solskinn Lodge Board Members

12 Attended September Happy Hour

If you missed our monthly Happy Hour, you missed a good time. Twelve members of our lodge ate, drank and conversed at Nickolino's in Cathedral City. They have a variety of food, besides Italian, and Berit proclaimed the carb cakes were as good as those at Stuff Pizza.



October Happy Hour

Royda and Tom Gerner have made arrangements for us to meet in Sun City Palm Desert on October 24th. (Some sources may show October 17th, that is incorrect.) It will be held at the Sunset View Clubhouse within Sun City Palm Desert.

Wherever you drive from, take Washington Street north of I-10 and continue to Del Webb Boulevard. You will eventually see a golf club pro shop. The Sunset View Clubhouse is just past the pro shop on your right.

No need for reservations, just show up and enjoy yourself.

Pennies for Piggies

From all indications, our little pink pigs are being well fed – with pennies. Several members have asked for additional pigs to keep at home and fill with pennies.

We will have a barnyard round up and weigh-in at our November social meeting. A \$25 gift card to Panera's will be given to the member with the heaviest pink pig and another \$25 gift card to the member who has the highest gross weight of pigs submitted at the weigh-in.

Many of you are aware of the ferocious appetite of pigs and in this case, they are most hungry for pennies.

If you need a pink pig or need additional ones, please contact Dave and he will be sure you get them.

*Submitted by
David Lutes*

a little in English...

Young Norwegian women sought freedom in New York

Emigration from Norway drew to an end in the period between world wars, but people from the Agder counties continued to seek their fortune all the way into the 1960s. Almost half of the emigrants were young, unmarried women. Siv Ringdal from the Institute for Cultural Studies and Oriental Languages at the University of Oslo has tracked down and interviewed 21 of them as part of her doctoral thesis. "For many it was an act of liberation. Many of them describe this as the best time of their life, even if it was a difficult transition. There was actually nobody who said that they did not enjoy it, Ringdal said to forskning.no.

TWO THIRDS LIVE IN THE US

Most of those who Ringdal interviewed were from 17 up to their early 20s when they left farms and towns of southern Norway for the worldly metropolis of New York. Today the women are between 70 and 90 years old.

Ringdal has done fieldwork both in Norway and on the east coast of the USA where most of those who stayed, settled down. Seven of the women returned home upon marrying, while 14 remained in the States.

NORWEGIAN COLONY IN BROOKLYN

Most of the young women who came over visited the Norwegian enclave in Brooklyn before finding a job as a maid there or in Manhattan. Many encountered a steep learning curve. They were thrown into work life and couldn't speak English in the beginning. But through their jobs they became acquainted with American culture. The women experienced this as liberating in many ways. They were used to food rationing in post-war Norway and came to New York with handsewn

and mended clothing. Now they had gained independence and earned money to spend on what they wanted.

TREASURE CHEST OF MEMORIES

Although no one Ringdal interviewed had a bad time in the States, some of them moved back to the Old Country, anyway. It was an era of their lives that they view with nostalgia. They came home with huge loads of furniture and all of the comforts they could take with them. They had kept dresses, jewelry, and pictures of that time that they store in boxes and trunks. They also brought home recipes for American dishes that they had served while there. But for those who stayed in the U.S., their memories of Norway serve as mementos. "They have a more nostalgic view of the Norway that they

left. They have the need to show that they still remember Norwegian recipes and served me meatballs and cream cake when I came to interview them," says Ringdal.



Debera Ellingboe



David Lutes



Charlotte Larsen



Junelle Pearson



Steve Van Nyhuis



Luella Grangaard and Caronne Van Nyhuis



Corinne Bjerke, Junelle Pearson and Miriam Hendrix



Heidi Albright

What *Friluftsliv* Does to Your Brain



The Norwegian value of *friluftsliv* or outdoor living is not a recent trend, but a treasured tradition. Attributed to Henrik Ibsen, who first penned the word in 1859 in the poem “På Viddene” [On the Mountain Plateau], the term was popularized by explorer Fridtjof Nansen in a 1921 speech given to *Den Norske Turistforening* (DNT) – the Norwegian Trekking Association.

Has the spirit of *friluftsliv* waned since 1921? Consider that North American children have less unscheduled time than they used to, spending half as much time outdoors as they did 20 years ago. They stare at TV, tablets, phones, video games or computers for an average of six hours per day. Many adults spend more time sedentary and indoors, contributing to stress and poor physical condition.

We are missing out on the physical and mental benefits of *friluftsliv*.

Breathing fresh air and hiking in nature can help recharge your batteries while having a calming effect. Outdoor recreation not only has positive effects on our fitness and can burn 400-700 calories per hour, it actually changes our brains for the better.

A 2015 study published in *Proceedings of the National Academy of Sciences*, showed that people who went for a nature hike versus an urban hike showed lower levels of worry and experienced better moods. The blood flow was reduced to the part of the brain that is tied to sadness, self-criticism and depression.

Time spent in green space also improves problem-solving skills. Our brains are constantly bombarded with digital messages and artificial lighting, lowering our ability to sort information and think creatively. One study showed participants scoring 50 percent higher on a creativity test after their TV and gadgets were swapped for time outdoors.

The outdoors can also increase your ability to focus. People with ADHD who have difficulty concentrating on work or school were shown to have drastically reduced symptoms after being prescribed a daily hike, whether or not they were on medication. Nature walks have also been proven to combat dementia by staving memory loss and making space for new memories.

You don't have to live near a wilderness to reap the benefits of hiking. Experiencing the outdoors in a green space like a park, or near a body of water produces benefits after only five minutes a day. The best part is that the outdoors costs nothing, and is always open!

Unearthed Tomb Indicates Viking Gender Equality

A unique archeological discovery in southwest Denmark reveals stunning new insights about the social status and travels of Viking men and women. Initially unearthed in 2012 as part of an excavation for a highway, the site in Hårup is now known to be a Viking burial ground—complete with a wooden structure identified as a Viking *dødehus*, or death house.

The graves within the *dødehus* belong to a man and woman of high social status and date to 950 A.D. A third grave, which appears to have been added to the main structure later on, belonged to a man. Laid to rest within a wagon—a known practice for Viking women of noble birth—the female Viking was buried with a pair of keys. As physical symbols of her status and power within the household, researchers believe the keys signify her importance within the family. In addition, archeologists were pleased to discover that one of the keys in her possession matches the lock to a rare small shrine in the *dødehus*.

While other excavations in Denmark have yielded indications (grave gifts, lavish clothing) of the elite status that some Viking women may have held, this particular site boasts an important and unique distinction: The couple was buried in the tomb together. “It’s very special that the man and woman’s graves are marked by the same tomb or palisade. It’s unusual that we’re able to establish that the man and woman were equals with such certainty,” said excavation leader Kirsten Nølleman Nielsen in an interview with *Science Nordic*. In fact, Nielsen and her team believe the remains are likely those of a pair of rulers, and that the third grave may have belonged to their successor.

In addition to the potential implications on Viking social status, researchers were also excited to discover that some of the items contained in the tomb point to international influences. The grave at Hårup containing Baltic ceramics and silver coins from what is now Afghanistan reinforce the far-reaching connections made by Viking men and women of the time.

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	323-7179
Social Director	Luella Grangaard	363-7704
Cultural Director	Sharon Lokke	834-8144
Editor:	Steinar Johansen	898-3340
Publicity Director:	Berit Reistad	485-1130
Counselor:	Luella Grangaard	363-7704
Sports Director	Ulf Lokke	834-8144
Sunshine Girl:	Charlotte Larsen	328-1791
	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	
Assist:		
Camp Norge:	David Lutes	674-1933
Happy Hour:	David Lutes	674-1933
Lunch Bunch:	Dottie Bessares	345-6586
Librarian:	Corrine Bjerke	360-5229
Auditors:	Norm Larsen	328-1791
	Debera Ellingboe	
	Richard Ellingboe	
	Bob Haagenson	
	Bob Hendrix	

September Social

October Social

Hope Lutheran Church Social Hall

Saturday, October 15, 2016

4:30 Social

5:30 Dinner

6:15 Program

Almond Dinner: salad with almonds, almond encrusted chicken, sides and lots of almond desserts: cost \$10.00 members \$14.00 non-members

Program:

Go NUTS! Learn about the use of "Almonds" in Scandinavian desserts, also a marzipan demonstration by Steinar Johansen and almond tasting

For further information and RSVP to Luella, 760-363-7704 or email morongo2@verizon.net

Note: meal cost will increase by \$5.00 without RSVP

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



PO-Box 2207
Palm Desert CA 92260