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The President

We are going into the Holiday Season, and lots of FUN stuff will be happening!! So be sure to check your newsletter and emails.

And do not forget to send in your reservation to Luella for our wonderful **Christmas Dinner** at Palm Desert Country Club on Dec. 17, at 4:00 PM. Price is \$ 30.00 all inclusive, information at 760-363-7704.

We had a nice turnout at our last Social Meeting about Almonds.

The food and the “talk” were about that as well, and Nancy and Luella did a good job of it, as did Steinar demonstrating Marsipan.

Happy Hr. at Sun City turned out to be lots of fun, with 20 people in attendance.

Last Friday some of our members went to Amistad School for pictures with the staff and students.

Our Lodge gave Bus Passes for the students - a worthy cause.

The Southern California Kretsstevne (weekend gathering) was held at the KOA Park in Banning, and as always was fun and entertaining.

There were over 25 members from several Lodges in the south of California, some campers and some just day visitors. Food was good and



plenty.

Our next Social, Nov. 19 should be very interesting. It is a potluck, and the program about how the “old” names ending in SEN and SON came to be.

We will also have the slate of officers to vote on as well as finding the weight of the PIGS - don't miss it.

The board is looking for GREETERS for our Social get-togethers, I know some of you are very good at welcoming new folks, but we really need one or two members on a regular basis for this very important job. If this is something you think you would like to help with, please call me 760-485-1130.

**Hope all will have a Happy
 Thanksgiving Day.**

*Berit Reistad
 President*

We can make it. We can make it!

Thanks to all of you who are making this an enjoyable experience. We have captivated our members with a commitment to support a worthy cause – Priscilla and Porky.

As a reminder, our Foundation supports scholarships, grants (one of which we received this past year for \$500) and hardship grants. We have shown we not only care about ourselves and families, we are willing to help those in need.

With the last deposit of \$67, we now have \$809 toward our goal of \$1000 to feed and care for Priscilla and Porky for the year. Farmer Johnson has been able to purchase most of the supplies needed, but with only \$191 to go, I have assured him we will meet our goal.

*David
 Farmer John's Assistant*

DATE	EVENT	LOCATION/TIME
Nov 8, Tues	Business meeting	3:30 Nancy Madson's home call 760-343-0848
Nov 10, Thurs	Hardanger	3:00 RSVP to Nancy 760-343-0848
Nov 19, Sat	Social	Potluck and Patronym Program, social 4:30, meal 5:30, program 6:00
Nov 28, Mon	Happy Hour	4:30 Sammy's Wood Fired Pizza, please RSVP to David by Friday, Nov 25 at 760-674-1933 or davidjlutes@yahoo.com
Dec 12, Tues	Business meeting	3:30 Nancy Madson's home call 760-343-0848
Dec 8, Thurs	Hardanger	3:00 RSVP to Charlotte
Dec 17, Sat	Christmas Party	See reservation form
Jan 7, Sat	Hardanger	11:00 Morongo Valley, RSVP to Luella, 760-363-7704

What is a Patronym?

Come to the social and find out. Is your last name Larsen, Johnsen, Johansen, Albertsen, Hansen, Haagenson, Jacobsen, Jensen, Jorgensen, Karlsen, Petersen and Madson. You have a patronymic last name. Find out more. If you like bring some info on your name and share with us.



November Birthdays

- 2 Reistad Knut Robert
- 7 Kleitsch Gro M
- 16 Swidler Marit
- 20 Farber Diane Elaine
- 21 Richardson Julie
- 29 Regner Kathy

-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

Another Scandinavian Heritage Day meeting held and we are getting more excited about the event. Vendors have already started to respond and it looks like this is going to be a great event.

Besides the traditional food that we have offered before, this time we have decided to also serve Scandinavian Waffles, the one that comes with four or five hearts in one piece. They will be served together with sour cream and strawberry jam. If you have one of those irons to lend us for the project, that would be great. Steinar has one iron and Ulf has one. We would need two more, so if you have one, please let Steinar, David or Ulf know.

We have decided to send an invitation to all the Scandinavian counsels to see if they would like to come and visit us. We thought that having a table where visitors could meet their representing counsel would be a nice add-on to the event.

An official opening of the event is planned for 10:30 AM.

We are also looking for entertainment. Our Scandinavian folk music group has confirmed that they will be present. If you know of someone who might want to donate some entertainment for free, we would like to hear from you.

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.

NOVEMBER HAPPY HOUR!!

We have arranged with Sammy's Wood Fired Pizza located upstairs and at the east end of The Gardens on El Paseo, to host our November Happy Hour.

It's set for the Monday after Thanksgiving, the 28th at 4:30. We will have limited seating so please call David by Friday, November 25th if you plan to attend.

1 760 674-1933 or davidjlutes@yahoo.com

*Submitted by
David Lutes*



Amistad High School Bus Passes

Several weeks ago, Berit and I met at Amistad High School in Indio to present staff with replicas of Sunline Bus passes. Pictured are David Gustafson, Principal; Berit Reistad, President, Sons of Norway Lodge; Sharon Hoff, Assistant Principal; and David Lutes, Foundation Director, Sons of Norway Lodge.

*David Lutes
Foundation Director*

Education Outreach

Your board of directors felt it was important to become involved in the local schools. Besides buying books, *The Trouble With Trolls*, for the 19 elementary schools in Desert Sands Unified School District, we are participating in the "Helping Hand to Children Grant."

The top priority of the staff at Amistad High School was bus passes to help students attend class. Our lodge donated \$500 and with a \$500 grant from the Foundation, we were able to purchase monthly passes that are given to students on an emergency basis.

Rebecca Nabors, daughter of our member, Bev Nabors, has also been assigned a photography class and is in need of equipment. Check with Bev if you'd like to provide equipment for the students.

*David
Education Outreach*



Løekvinnen The Lion Woman

In August, "The Lion Woman" (Løekvinnen) premiered at the 44th Norwegian International Film Festival in Haugesund and had already been sold for distribution to 40 countries. Based on the bestseller by Erik Fosnes Hansen, the drama follows the trials of Eva, a girl born in 1912 with a disorder that causes fur to grow over most of her body. Her ashamed father first tries to hide her from society, and she later suffers bullying and humiliation from all sides. Written and directed by Vibeke Idsøe, the film was partially filmed in Lillehammer, and has the largest budget for a Norwegian film since "Kon-Tiki." This beautiful tale of otherness, tolerance and redemption shows how the Lion Woman learns to face and overcome these obstacles.

*Info from Sons of Norway Newsletter Files
Steinar Johansen*

Happy Is as Happy Is

Yes, we had a good turnout for our October Happy Hour. Thanks to Royda and Tom Berner for arranging to hold our function at the Sunset View Clubhouse located at Del Webb Sun City Palm Desert.

The view was beautiful- looking out at the fairways as it rained and without a doubt, plenty of food, drink and conversation. We had 20 members attend who felt the need to socialize.



Foundation Pennies for Porky and Priscilla

There is still time to save your pennies to fill the little plastic, pink pigs you have at home. We will have our official weigh-in with a certified scale, at our November meeting. For some reason the pigs now like to be fed the copper colored pennies rather than corn cobs.



The member turning in the heaviest pig will receive a \$25 gift card from Panera. Also, the member who turns in the highest gross weight of pigs, will also receive a \$25 gift card. We have received a smaller version of the pink pig, so please try to use the same size so you get a fair weigh-in.

If you have any questions about this fantastic opportunity, please give me a call - 1 760 674-1933 or email me - davidjlutes@yahoo.com.

*David
Foundation Director
aka
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

Recipes from October Social

Apple Cranberry and Almond Coleslaw

8 servings

Ingredients

Dressing

- ¾ cup fat free Greek Yogurt
- ¼ cup mayo
- ¼ cup honey
- 2 Tbsp. apple cider vinegar
- Salt and freshly ground black pepper

Coleslaw

- 1 small cabbage, shredded (707) cups packed
- 1 ½ cups matchstick carrots
- 2 large gala apples, chopped-about 3 cups
- ½ cup sliced green onions
- ¾ cups sliced almonds or 1 cup slivered
- ¾ cup cranberries

Directions

- In a mixing bowl whisk together yogurt, mayo, honey and apple cider vinegar until smooth, whole seasoning with salt and pepper to taste.
- In a large bowl toss together cabbage, carrots, apples, green onions, almonds and cranberries. Pour dressing over cabbage mixture and toss to evenly coat. Serve immediately for best results

Source Cooking Classy

Baked Almond Chicken Strips

Ingredients

- 1.5 lbs. or 3 very large chicken breasts, boneless & skinless
- 1 ¼ cup toasted ground almonds and almond meal combined
- 1 tbsp. garlic or onion powder

- 1 tsp basil dried
- ¾ tsp salt
- 1/8 tsp ground black pepper
- 2 eggs large
- Cooking spray

Directions

1. Preheat oven to 450 F degrees. Line large baking sheet with parchment paper, spray well with cooking spray and set aside.
2. In a, mix ground almonds/almond meal, garlic powder, basil, salt and pepper. In another small bowl, whisk eggs.
3. Wash chicken breasts and pat dry with paper towel. Cut into ½ inch thick strips lengthwise. Place a few on cutting board, cover with a piece of plastic wrap and pound with a meat hammer a few times. Repeat with remaining pieces.
4. Dip each strip into egg mixture, coat completely in almond mixture and place on prepared baking sheet. Bake for 15 minutes on one side, flip and bake for another 12-15 minutes or until golden brown.
5. Storage Instructions: Refrigerate for a few days or freeze for up to 3 months. To reheat, bake from frozen for 10-15 minutes at 375 degrees F.

Source:ifoodreal





Nancy Madson, Tone Chaplin and Marit Swidler



Joe and Sandra Kennedy



Richard Ellingboe and Norm Larsen



Debera Ellingboe



Sharon Lokke



Gunny and James Cross



Bob and Miriam Hendrix



Travis Albright and Jan Bredthauer

November :: november

a little in English...

How to Reduce your Fear of Spiders

Seeing what you fear for short intervals can trick the brain into being less afraid.

Many are terrified of things they have little reason to fear—harmless spiders, heights, flying. The fear prevents them from traveling, sleeping outdoors or enjoying the view. Exposure therapy is a known tool in the treatment of phobias. By gradually exposing yourself to what you are most afraid of, your fear may actually be reduced. You are reassured that the creepy things won't hurt you. But this treatment does not work equally well for everyone. Swedish scientists have therefore tried a new twist to make it more effective: exposure to even more creepy things.

Bombarded with images

The researchers showed terrified subjects pictures of what they were most afraid of: big hairy spiders. Most participants were women in their 20s. All had had arachnophobia much of their lives. They still volunteered themselves to be intimidated by researchers for two consecutive days. The exposure on day one was that they saw many pictures of spiders in succession. But before the participants brains' were awash in spider images, they saw two pictures of spiders. This is supposed to awaken the old fear before the actual treatment. This happened either 10 minutes or six hours before the intensive slideshow. It turned out that those participants who saw the pictures right before the exposure began were less afraid than when they saw pictures of spiders the next day. A mini-exposure before the massive exposure may therefore appear to be helpful, researchers concluded.

Paid to look at spiders

To study fear, researchers measured both brain activity and how participants behaved. So, what is really happening in the brain when fear takes hold? Part of what happens is increased activity in the amygdala. This can be said to be the fear center in the brain. The researchers put participants in a brain scanner during exposure. They took the high activity in the amygdala as a sign that arachnophobia was manifested. The participants were also paid to push a button to see a picture of a spider. But was it worth it when the reward was only a few crowns? Not as much for the group that was still afraid. These participants were less willing to expose themselves to the unpleasant than those who had calmed the activity in their brain's fear center.

litt på norsk...

Slik blir edderkoppskrekken mindre

Å se det du frykter mest med korte mellomrom, kan lure hjernen til å bli mindre redd.

Mange er livredde for det de har liten grunn til å frykte – ufarlige edderkopper, høyder, å fly. Frykten hindrer dem i å reise, sove utendørs eller å nyte utsikten. Eksponeringsterapi er et kjent virkemiddel i behandlingen av fobier. Ved gradvis å utsette deg for det du er mest redd for, kan frykten faktisk bli mindre. Du blir trygg på at det skumle ikke skader deg. Men denne behandlingen virker ikke like godt på alle. Svenske forskere har derfor forsøkt en ny vri for å gjøre den mer effektiv. Enda mer av det skumle kan se ut til å være svaret.

Bombardert med bilder

Forskerne viste vettskremte forsøkspersoner bilder av det de var mest redd for: store, hårete edderkopper. Deltakerne var av begge kjønn, men flest var kvinner i 20-årene. Alle hadde hatt edderkoppfobi store deler av livet. De lot seg likevel frivillig skremme av forskerne to dager på rad. Eksponeringen på dag én gikk ut på at de fikk se mange bilder av edderkopper etter hverandre. Men før deltakerne badet hjernen i edderkoppbilder, fikk de se to bilder av edderkopper. Det skulle vekke den gamle frykten til live før selve behandlingen. Dette skjedde enten ti minutter eller seks timer før det intensive bildeshowet. Det viste seg at de av deltakerne som fikk se bildene rett før selve eksponeringen begynte, ble mindre redde da de fikk se bilder av edderkopper dagen derpå. En mini-eksponering før den massive eksponeringen kan derfor se ut til å være nyttig, konkluderer forskerne.

Betalt for å se edderkopp

For å undersøke frykten målte forskerne både hjerneaktivitet og hvordan deltakerne oppførte seg. For hva er det egentlig som skjer i hjernen når frykten griper tak? Noe av det som skjer, er økt aktivitet i amygdala. Dette kan sies å være selve fryktsenteret i hjernen. Forskerne la deltakerne i en hjerneskaner under eksponeringen. De tok høy aktivitet i amygdala som et tegn på at edderkoppfobien ga utslag. Deltakerne fikk dessuten betalt for å trykke på en knapp for å se et bilde av en edderkopp. Men var det verdt det når belønningen bare var et par kroner? I mindre grad for den gruppa som fortsatt var redd. Disse deltakerne var mindre villige til å utsette seg for det ubehagelige enn dem som hadde roet aktiviteten i hjernens fryktsenter.

Excerpted and translated from: <http://forskning.no/helse-edderkoppdyrpsykologi/2016/08/slik-blir-edderkoppskrekken-mindre>

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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	

Solskinn Lodge Dinner Social Saturday, November 19

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

4:30 Social

5:30 Dinner: Potluck

Dessert provided

6:00 Program

Program: **Patronyms**

Presenter: Vaughn Simon and share
information on your Patronymic last
name.

Hosted by Charlotte and Norm Larsen
(son of Lars)

Call 760-363-7704 and leave a message
to reserve your spot or e-mail Luella at
morongo2@verizon.net

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



PO-Box 2207
Palm Desert CA 92260