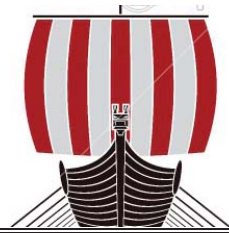




# Solglimt Newsletter



Palm Desert

Editor: Steinar Johansen

January 2012



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## Ord fra Presidenten

Happy New Year Everyone

Wow what a busy year we have had. I finished my first year as your lodge president. I would like to do a quick year in review. We had 9 socials with topics from knitting, Stave churches, Norwegian Bingo, May 17<sup>th</sup> celebration, a Viking event and a Julefest. And wow! did we all eat well. And we had our Heritage Day to educate our community and to enjoy our heritage. There were Hardanger, wood carving, rosemaling, music, literature, and dance and language classes with over 352 members in attendance. Our members worked, studied and completed 59 culture bars and 15 exercise pins. The Supper Club and Lunch Bunch were extremely



successful and well attended. In addition the lodge board prepared a budget to support the Long Range Plan for the year. And the Foundation fundraising exceed expectations. With our wonderful publicity we brought in people to our socials who were just interested in whatever the topic was, not necessarily that they were Norwegian. We have 115 members and many of our winter visitors have become associate members of our lodge. We have much to be thankful for in closing 2011, and I didn't list everything.

But next year holds lots of new topics for programs, great food, and opportunity to socialize and learn. Make a New Year's resolution to find out more about the town your grandmother came from, learn to make lefse. Learn how to count in Norwegian. Read a new book by a Norwegian author. Just one new thing will add to your knowledge of

Norwegian heritage and culture.

I would to thank everyone who made our Christmas celebration so wonderful. Steinar Johansen for making the Ribbe and Julebørd, Nancy Madson the riskrem, and Debera Ellingboe for the chicken, registration and gift game, and Heidi for vegetables. Oh and I made the red cabbage. Also thanks to all the cookie ladies Carole Curtis, Connie Fleischner, Debera Ellingboe, Miriam Hendrix, Nancy Madson, Carole Hansen and Heidi Albright. I am sure I probably left someone out but it wasn't intentional. And extra thanks to those of you who are always there to help clean up and set up. Our volunteers are what make us successful

Also this month the reservation form for the lutefisk dinner will be coming out for February. This event fills fast. So get your reservations in.

I look forward to enjoying an exciting 2012 with all of you.

Fraternally,

Fraternally,  
*Juella Grangaard*

DATE	EVENT	LOCATION/TIME
January 1	Hardanger	Luella Grangaard, 11:00-3:00 PM call 760-363-7704
January 10	Business Meeting	Nancy Madson's home, 4:30 PM call 760-343-0848
January 13,	Lunch Bunch	11:30 am at Sammy's Grill on El Paseo, RSVP to Debera Ellingboe 760-699-7436
January 19	Hardanger	Phyllis Peterson's home 3-5 PM call 760-200-1306
January 21, 2011	Social	Brunch Potluck, "Norge" Bingo, movie "Max Manus" 10:30 Social, 11:30 brunch, 11:45 Program
February 18, 2011	Social	Lutefisk Dinner <b>Get your Reservations in Now!!!!!!</b>
March 17, 2011	Heritage Day	

## Special Thanks

Nancy Madson and Heidi Albright represented Norway and Sons of Norway at the Coachella Valley History November 6<sup>th</sup>. November 17, Nate Craig joined the ladies at the Festival of Nations at College of the Desert with a display of Norwegian items and Krumkake. This exposure is wonderful increasing the knowledge of Norway in our community. Thank you all!

### Wanted:

Our heritage day is coming up quickly March 17<sup>th</sup>. Some of you may not know but the church is tearing down the old sanctuary for a new social hall. We will not have that space available for our heritage day this year. So we are asking if any of you may have any of the pop up sun covers that we could borrow for the event. Please call or e-mail me 760-363-7704 or [morongo2@verizon.net](mailto:morongo2@verizon.net)

### 2012 District Convention

Our 2012 District Convention is coming up this June 6-10 in Mesa, AZ. For our crafters please think about preparing items made since June of 2010 to enter or display at the convention. This includes carving, knitting and Hardanger. If you remember last convention we had a number of members who entered and won ribbons. For further questions regarding please contact me. I will transport items to and from the convention for you.

Also we will need to vote on Delegates to our convention at the January social. This is a great opportunity to represent our lodge at the convention, learn and network with other members of Sons of Norway. The convention is four days and runs from Wednesday through Saturday. We will probably need 4 delegates and 4 alternates. Please consider volunteering or nominating someone from our lodge. Please contact me.

To contact Luella please e-mail me at [morongo2@verizon.net](mailto:morongo2@verizon.net) or call 760-363-7704.

## The Norwegian Forest Cat

Unlike some other cat breeds with a location in their names, the Norwegian Forest Cat truly did originate in Norway. It is a hardy, sturdy cat with a thick heavy coat and well equipped to survive in the harsh Scandinavian winters.



They are called "Wegies". These cats are found in most colors and patterns, although most commonly in tabby patterns with white. They have almond-shaped eyes and sweet expressions.

The males grow to be between fifteen and eighteen pounds in adulthood and the females somewhat smaller. They require regular grooming to maintain their coats, as their undercoats can mat with inattention.



The first documented appearance of this breed in the show world was a cat show in Oslo, Norway in 1938, though the onset of WWII derailed the breed for the next few decades. In the 1970s, the Norwegian breeders made a concerted effort to preserve this breed and by 1977 had standardized the breed in their county and the first breeding pair was exported to the US in late 1979.



*submitted by  
Luella Grangaard*

## January Birthdays

- 1 Cross Gunhild WD
- 13 Dorn Florence R
- 19 Ness Chris
- 21 Wisler Lavonne M
- 27 Jacobsson Ingeborg J
- 30 Natwick Vernon R
- 30 Richardson Brandon

Hurra for deg som fyller ditt år, ja deg vil jeg gratulere.

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

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

**GRATULERE!**



## Lunch Bunch Meeting

Sammy's Grill  
73595 El Paseo, Palm Desert  
Friday, January 13, 11:30 A.M.  
RSVP: Debera Ellingboe 760-699-7436

[www.knittingfordolls.com](http://www.knittingfordolls.com)  
[sales@knittingfordolls.com](mailto:sales@knittingfordolls.com)



Ase Bence

Tel: 619 540 9796

## Fundation

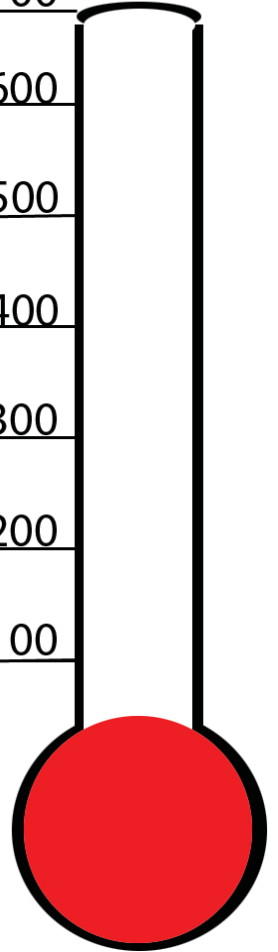
An article regarding the amount of money raised for the Sons of Norway Foundation that appeared in the last newsletter, needs to be clarified. The thermometer in the last newsletter showed our goal was \$1000. However, having raised \$751, I noted that we had reached our initial goal ... which would appear to have been \$1000. Actually, the initial goal had been set at \$500 and we did reach that goal. I was unaware the year ended in December and increased the goal to \$1000.. Sorry for the confusion.

We are now into a new year and the goal has been set at \$700. Based on the generosity of our members, I'm sure it's a reachable goal.

If you have a Pink Pig at home and it needs to be emptied, please bring it to our next meeting to be exchanged. If you don't have a Pink Pig, please feel free to take one from your table at the next meeting.

*Submitted by  
David Lutes*

\$700  
\$600  
\$500  
\$400  
\$300  
\$200  
\$100



## Business Meeting

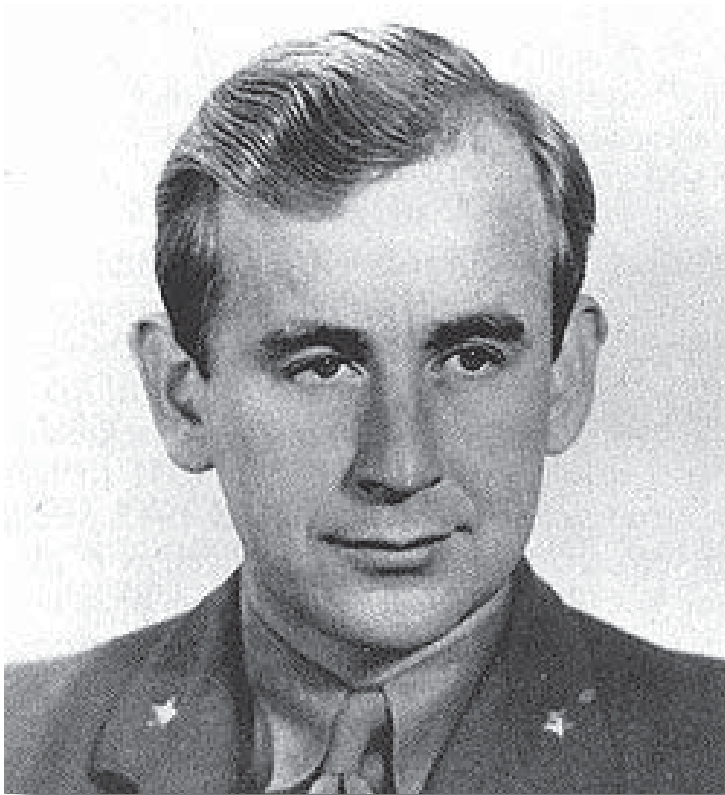
At Nancy's House  
Tuesday Jan. 10  
Everyone Welcome.  
RSVP 760-343-0848

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## Max Manus

*From Wikipedia, the free encyclopedia*

### Born

9 December 1914 Bergen, Norway

### Died

20 September 1996 (aged 81) Spain

### Allegiance

Norway

### Years of service

1940–1945

### Rank

Løytnant (lieutenant)

### Unit

Norwegian resistance movement  
Norwegian Independent Company 1  
PWE  
SOE  
Battles/wars  
World War II

### Awards

Distinguished Service Order  
Military Cross and Bar  
Defence Medal  
War Cross with two swords  
Winter War Participation Medal  
Various American/Polish/Italian awards

### Other work

Shop assistant, sailor, author, businessman and personal protection officer

Maximo Guillermo “Max” Manus DSO, MC & Bar (9 December 1914 – 20 September 1996) was a Norwegian resistance fighter during World War II.

Manus was born in Bergen to a Norwegian father and a Danish mother. His father’s name was originally Johan Magnussen, but he changed his name to Juan Manus after living several years in foreign (mainly Spanish-speaking) countries.

After fighting as a volunteer for Finland in the Soviet-Finnish Winter War of 1939–40, he returned to Norway on the day of the German invasion of Norway, 9 April 1940. He was a pioneer of the Norwegian resistance movement and was arrested by the Gestapo in 1941. He escaped to the United Kingdom for training and went back as a saboteur for the Norwegian Independent Company 1, better known as Lingeкомпаниет. He became a specialist in ship sabotage and, by using Limpet mines, sank ships that were important to the German Kriegsmarine, including the SS Monte Rosa in 1944, [dubious] and the SS Donau on 16 January 1945. Max Manus ended the war as a First Lieutenant (Løytnant).

He was famous for being one of the most brilliant saboteurs during World War II. After the war he wrote several books about his adventures and started the successful office supply company Max Manus AS.

He was awarded Norway’s highest decoration for military gallantry, the War Cross with sword. He was awarded this decoration twice: the War Cross with two swords. In addition to his Norwegian decorations, Manus received the British Military Cross and Bar.

During the final years of his life, Manus and his wife Tikken lived primarily in Spain, where he died at the age of 81.





Photo: Terje Rakke/Nordic Life  
www.visitnorway.com

## Reindeer Cooling System Explored

It isn't just your family dog who pants to stay cool, it turns out that reindeer also have a unique brain cooling ability to prevent overheating.

In a study conducted by scientists from the University of Oslo and University of Tromsø, reindeer were trained to run on treadmills

in order to understand how physical exertion affected the reindeer's ability to cool itself.

Built for Arctic winters, reindeer have heavily insulated fur, which make it difficult for them to expel body heat. "They do not have sweat glands like humans which would ruin the insulative properties of their fur, but make use of the same principle - heat dissipation through evaporation of water - when they pant," said Lars Folkow of the University of Tromsø.

At the onset of the study, the reindeer's body cooling methods behaved as expected, with the reindeer's breathing elevating to 250 breaths a minute and blood flow to the face increasing, allowing inhaled air in the sinuses to cool the blood and circulate it to the most stressed muscles of the animal's body. It wasn't until the brain temperature of the reindeer in the study reached a critically heated level, 39°C, that the reindeer displayed its most unique and unexpected trait, selective brain cooling. In an effort to recover from potentially fatal internal temperature, reindeer are equipped with an ability to divert cooled blood from their noses to the most critical area, the brain.

As of yet, the only other animal identified as having the same "selective brain cooling" skill as reindeer, are sheep.

*Adapted from BBC Nature News*

## Venison Roast

*The Norwegian Kitchen*

- 1 2/3 pounds (750 g) rump roast of reindeer, deer or moose
- salt
- 3/4 tsp. pepper
- 8 juniper berries, crushed
- 2 tbsp. butter
- 1 1/4 cups (3 dl) water
- 1 1/4 cups (3 dl) full fat milk
- 1/2 cup (1 dl) 35% fat sour cream

Sauce:

- 2 1/2 cups (6 dl) pan juices
- 1/2 cup (1 dl) whipping cream or 35% fat sour cream
- 1/3 cups (1 dl) cold milk
- 3 tbsp. flour
- soy sauce
- 1 slice brown goat milk cheese (Ski Queen)
- salt
- 1/2 cup (1 dl) red currant jelly
- 2 tbsp. whipping cream or sour cream

Tie the roast. Season on all sides with salt, pepper and crushed juniper berries. Brown on all sides in browned butter. Transfer to a pot. Bring water, milk and sour cream to a boil and add. Deglaze the pan with 2 tablespoons of water and pour over the meat. Simmer until an instant thermometer indicates an internal temperature of 165°F (75°C), 40-60 minutes, depending upon thickness. Turn the roast several times while simmering. Remove the roast and wrap in foil. Strain and measure the pan juices. Reduce or add stock, if necessary, to make 2 1/2 cups (6 dl). Stir in cream or sour cream. Combine milk and flour and whisk into the pan juices to thicken. Season with cheese, salt, pepper and jelly. Temper with cream or sour cream. Serve with boiled potatoes, gravy and vegetables.

## Tubfrim Chair Retires, New Chair Announced

In mid-January, Tubfrim chairperson, Knut Karlsen and his wife Svea will draw the winner of the round trip ticket to Norway. With this drawing, Knut will retire as Tubfrim chair, a position he has held for 25 years. Also retiring will be his wife Svea. During their tenure, Knut and Svea have overseen a phenomenal growth in the program, from 100 pounds of stamps being sent to Norway in

1986 to more than 3,500 pounds this year. Watch Viking magazine for the announcement of the ticket winner, more details about the program, and Sons of Norway's heartfelt thanks to the Karlsens for their commitment and hard work to make Tubfrim the success that it has become. While Sons of Norway is sad about the Karlsens' retirement, we are excited to announce the new chairperson. Gene Brandvold, 28-year member, past district and International officer, and enthusiastic and longtime Tubfrim participant and advocate, has accepted the position of Sons of Norway's Tubfrim chairperson and will begin his duties following the drawing.



Heidi Albright



Nancy Madsen



Oranda Sinclair, Darrel Sinclair



The Chef



Debera Ellingboe



Charlotte Larsen



Sean Grangaard, Douglas Grangaard



Rex Seawright

# Solnedgang Supper Club

Thursday, January 19, 2012 at 6:00

Casey's Restaurant

42455 Washington Avenue (cross street is Avenue of States)

Palm Desert

Phone: 760-345-6503

This restaurant was formerly Don O's, owned by a Minnesota couple. They now have new owners and a new name. The restaurant is neat and cozy, and we'll have a fun time. If you'd like to come early, there is music at 5:00. There will be several choices for the entree, and the meal will be under \$20. One of the choices will be wall-eyed pike from Minnesota! Salad and dessert will be included.

## Reservations:

**Miriam Hendrix (760-408-9900)**

**Junelle Pearson (760-771-9711)**



Heidi Albright and Nate Craig at College of the Desert's International Day.



Children drawing a troll at Coachella Valley History Museum's Heritage Day.

# Ten New Cabins Wait for You

In the span of the past year, the Tourist Association has opened ten new cabins in the cabin net, which now consists of more than 480 cabins from north to south. Among the new cabins are romantic small cabins perfect for couples who like to be cozy next to the fire place and large cabins for those who like to be surrounded by more people when in the mountains. The cabins are very spread out: Indre Syltevik is the northernmost new cabin and lies on the northeastern tip of the Varanger Peninsula – actually farther east than Istanbul.

In beautiful Lofoten you now have the chance to visit Nøkksetra, northwest of Svolvær. Berit Rødstøl, DNT's communication advisor, characterized the cabin as the most romantic newly opened cabin of the year.

In Okstindene in Nordland, Hemnes Association is in the process of building Rabothytta at an altitude of 1200 meters, which will eventually be Northern Norway's highest tourist cabin. In addition to the fantastic view, the building will have modern architecture and will get its electricity from the sun and wind. This specific cabin will not be finished until 2013 but Hemnes Association has already allowed hikers to use the cabin.



Heidi Albright enjoyed meeting visitors at the Coachella Valley History Museum's Heritage Day.

## Financial Products

**For information on Sons of Norway Financial Products please contact our Financial Benefits Counselor**

**Dennis Burreson, FIC, CEC phone 800-448-2499**

## Solskinn Lodge Officers - 2011

President	Luella Grangaard	363-7704
Vice President	Debera Ellingboe	699-7436
Secretary	Ronna Clymens	951-849-1690
Treasurer	Richard Ellingboe	699-7436
Membership Secretary	Nancy Madson	343-0848
Social Director	Debera Ellingboe	699-7436
Asst. Social Director:	Berit Reistad	346-6222
Cultural Director	Luella Grangaard	363-7704
Editor:	Steinar Johansen	898-3340
Publicity Director:	Berit Reistad	346-6222
Counselor:	Nancy Madson	343-0848
Trustee:	Richard Selle	863-4898
Trustee:	Norman Larsen	328-1791
Sunshine Girl:	Charlotte Larsen	328-1791
Photographer:	Steinar Johansen	898-3340
	Miriam Hendrix	320-9244
Foundation Director:	David Lutes	674-1933
Tubfrim Chairman:	John Strom	568-3483
Tel. Tree Chairman:	Charlotte Larsen	328-1791
Historian:	Marie Maher	346-2066
Assist:	Claudia Bell	340-3992
Camp Norge:	Ronna Clymens	951-849-1690
Supper Club:	Miriam Hendrix	320-9244
	Junelle Pearson	771-9711
Musician:	Louise Selle	863-4898
Librarian:	Corrine Bjerke	360-5229
Auditors:	Normal Larsen	328-1791
	Jim Petersen	200-1306
	Glenn Bell	340-3985

## Solskinn Lodge Brunch Social Saturday, January 21

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

10:30 Social

11:30 Brunch

12:15 Program

\*\*\*\*\*NOTE\*\*\*\*\*

### Time changes

Program: Norwegian Bingo "Norge"  
and movie "Max Manus"

**Wear your Norwegian Sweater**  
**Potluck brunch**

Please call Debera 760-699-7436  
for brunch ideas

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

Steinar Johansen  
1820 N Mira Loma Way  
Palm Springs CA 92262

