



# Solglimt Newsletter



Palm Desert

Editor: Steinar Johansen

May 2011



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## Ord fra Presidenten

This month is our celebration for Syttende Mai (May 17). The Constitution of Norway was signed at Eidsvoll, Norway on May 17<sup>th</sup>, 1814. The constitution declared Norway to be an independent nation. However during this time Norway was still under Swedish rule until 1905. In the 1820's the King of Sweden was reluctant to allow celebrations and actually forbade it, as if it were a revolt or protest. Instead this celebration is a celebration of love of the country by the Norwegian people.

The Norwegian Constitution Day is not military in nature; instead it is celebrated with children's parades with lots of flags. The longest parade is in Oslo. This parade is broadcast on TV every year as well as broadcasts of celebrations from all over Nor-



way and around the world. Last year I watch a broadcast which included the Norway House in San Diego.

There are a number of opportunities this month to participate in Syttende Mai. This year come join a group of us as we attend the raising of the Norwegian flag at City Hall in San Bernardino with Soldalen Lodge on May 17<sup>th</sup>. Attend our celebration on the 21<sup>st</sup> for a Norsk Smørbrød—Norwegian open faced sandwich and cold dish pot luck. In addition we will have a program on the oil industry to increase our knowledge of modern Norway. Wear red, white and blue to really get into the celebration. Or join our language class to learn not just the language but learn about the culture of Norway.

Thank you to Debera Ellingboe, Nita Haagenon and Heidi Albright for preparing our potato and salad dinner last month and all who helped clean-up. Congratulations to those who received

their culture pins: Connie Fleischer for all three levels of knitting, Vaughn Simon for level 1 in both literature and genealogy and Phyllis Peterson who completed all 3 levels of Hardanger and level 1 of knitting.

Come join us all the many activities our lodge has to offer. Please feel free to contact me regarding any issue or just to say hello. My home phone is 760-363-7704, or e-mail me at [morong02@verizon.net](mailto:morong02@verizon.net).

Fraternally,  
*Luella Grangaard*



## Norwegian Lunch Bunch

Lunch Bunch May 13, 2011

Daily Grill

73061 El Paseo

Palm Desert

Debera Ellingboe 760-699-7436

# Solskinn Lodge's Events

May	5	Phyllis Peterson	3:00 p.m. Hardanger Info: (760) 200-1306
May	7	Hope Lutheran Church	10:00-2:00 pm Rosemaling Info: 760-363-7704 2:00-4:00 pm Wood Carving
May	9, 16	Date Palm Country Club	5:30 p.m Folk Dance. Info: 760-898-3340
May	12, 24	Nancy Madson's Home	5:30 p.m. Language Class. Info: 760-343-0848
May	15	Debera Ellingboe's Home	5:30 Music Appreciation Info: 760-669-7436
May	21	Hope Lutheran Church	17 May Social. See page 8 for info
May	26	The Homestead	Supper Club. See info page 7.
May	28	Luella Grangaard's Home	11:00 a.m. Hardanger Info: (760) 363-7704

## May Birthdays

4	Dylan Haste
10	Junelle H Pearson
11	Erling Laurvik
12	Inez Lovdahl Murdoch
13	Abigail Clymens
13	Beth H Cramond
15	Karen J Couch
17	Richard W Selle
20	Roy Milton Redifer
24	John Doyle
28	Richard Friestad

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!**

## 17 May on TV

If you like to watch 17 mai celebration on TV, your option is online.

**[www.nrk.no](http://www.nrk.no)**

click on the TV link on the top

Clik on NRK1

Look for image of processions.

Click on that image

## Business/Board Meeting

Tuesday, May 10, 4:30 P.M. at Nancy Madson's home in Thousand Palms. All members are welcome

**Please RSVP to Nancy, 760/343-0848.**

## Norsk Smørbrød—Norwegian open faced sandwich

### Suggestions for our Syttende Mai Celebration

Slice firm bread; spread each slice with soft butter, mayonnaise or cream cheese topped with a variety of topping. The open-face sandwich has a long tradition in Norway. A slice of freshly cut bread, thinly spread with butter, forms the basis for artfully arranged toppings and edible garnish. Every element of the sandwich should be fresh. The ingredients should complement one another with respect both to taste and appearance.

#### Basic sandwich:

Bread with butter, mustard, mayonnaise or other spreads (cream cheese, etc.), topping (see options below), garnishes (see options below), this is the base of the sandwich.

**Cheese Smørbrød** Options: thinly sliced cheese such as geitost, Jarlsburg, Havarti, cheddar, Fontana, etc. Top sandwich with thinly sliced: cored apple ring, tomato, cucumber, radish, egg etc. Garnish with: parsley sprig, lettuce leaf, etc. (optional).

**Meat Smørbrød** Options: thinly sliced meats such as salamis, sausage, roast beef, ham, turkey, liver pate etc. Top sandwich with thinly sliced or wedged: tomato, radish, cucumber, lemon, pickles, beets, etc. Garnish with: parsley sprig, lettuce leaf, etc. (optional).

**Fish Smørbrød** Options: Start with thinly sliced smoked salmon, cooked shrimp, sardines, crab meat, etc. Top with thinly sliced: egg, tomato, cucumber, lemon or scrambled eggs. Garnish with a parsley sprig, lettuce leaf, etc. (optional) wedge of lemon.

**Egg Smørbrød** Options: Start with thinly sliced hard boiled eggs or scrambled eggs. Top sandwich with thinly sliced: tomato or cucumber, garnish with parsley sprig, lettuce leaf, anchovies filet, etc. (optional).

**Veggie Options:** cream cheese or other spread topped thinly sliced veggies of choice.

Be creative!

## Vicious Vikings on “Viking Tokt” to Thousand Oaks.



It is reported that during a “Viking Raid” three Vikings from the desert spread a lot of fear among other Scandinavians meeting at the Scandinavian fair in Thousand Oaks. Knowing about Vikings from stories I am sure they did not come back empty handed.

The Vicious Vikings were Luella Grangaard, Heidi Albright and David

Lutes. Even though the majority of the Vikings were female, fear of these Vikings prevailed in Thousand Oaks.

Well Done Vikings. Your raid made our lodge well respected.



Submitted by  
Steinar Johansen



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# Grete Waitz, Marathon Champion, Dies at 57

Grete Waitz, the Norwegian runner who won a record nine New York City Marathons starting with her first in October 1978, died Tuesday in Oslo. She was 57.

Waitz revealed in 2005 that she had cancer, without disclosing details. Her death was confirmed by her husband, Jack Waitz. According to her New York-based lawyer Mike Frankfurt, she died peacefully in her sleep.

Waitz's nine victories in the New York race is a mark that



no woman or man has duplicated. Unassuming and yet fiercely confident, she inspired runners around the world and stayed involved in the running community even as she

battled cancer.

"Grete was a great champion in life as well as in sport," said Mary Wittenberg, president of the New York Road Runners and the marathon director. "We will forever celebrate Grete in our hearts and as an inspiration and role model for women's running."

Waitz (pronounced vites), a geography teacher in Norway, came to New York for the first time with her husband. She came on a whim, for a chance to explore a new city, an opportunity to run a different kind of race.

Fred Lebow, the founder of the New York City Marathon, thought Waitz might be a good pacesetter because she was a world-record holder in the 3,000 meters in track. She had never run more than 16 miles in a training run. Jack, who was her coach as well as her husband, knew that she could run more.

Grete Waitz did not come to set a pace. She not only won the 1978 New York race, but also set a world best, finishing in 2 hours 32 minutes 30 seconds — two minutes faster than the previous mark.

The only problem was when Waitz crossed the finish line, nobody knew the blond woman wearing Bib No. 1173. The world, and the city, soon found out.

"Every sport should have a true champion like Grete, a woman with such dignity and humanity and modesty," said George Hirsch, the chairman of the New York Road Runners, and a friend of hers since 1978. "New York adopted her as one of its true heroes, but unlike so many sports champions, Grete was down to earth. She was just happy to visit, blend in, talk to people, runners who came from all over the world always went right up to her. She just had time for everybody. She symbolized what was so great

about the community of marathoners."

When Waitz won her first New York City Marathon, women's distance running was far from widely accepted. The women's marathon would not be added to the Olympics until 1984. Her winning time in 1978 would have won the men's race as recently as 1970.

When she ran that first race, she had never run more than 13 miles. She and Jack ate a most unusual dinner on the eve of the race: shrimp cocktail, filet mignon, baked potato and ice cream, with a bottle of red wine. Waitz later told the story that she felt as if she were flying through the first 16 miles, but the final 10 miles felt as if she had a bag of cement strapped to her back.

She considered abandoning the race somewhere in the Bronx, but, as she recalled, "I didn't know where I was, and I had to get back to Jack."



When she crossed the finish line, exhausted, and setting a world record, she took off her shoes and threw them at her husband. "I'll never do this stupid thing again!" she yelled at him.

The next year in New York, she officially became the first female marathoner to break 2 hours 30 minutes. Her popularity soared in Norway, where she started a women's 5K race in Oslo, which drew 40,000 entrants. Since then, a statue of her has been erected in front of Bislett Stadium and Norway has honored her with a postage stamp.

Joan Benoit Samuelson, who won the first women's Olympic marathon by beating Waitz, said Waitz was her inspiration.

"I just lost a dear friend and true competitor in every sense of the word," Benoit Samuelson said in a telephone interview Tuesday. "I lost a mentor and a role model as well."

*New York Times Tuesday April 19 2011*



Movie Review

## O'Horton

This movie was released 2008 in Norwegian, with English subtitles. This is a slow moving story but has a universal message. This movie tells the story of Odd Horton who has been a train engineer for 40 years on a schedule, with a very predictable life and routine, must now retire. What to do? He goes through a variety of adventures and dilemmas. He is trying to find a new direction and purpose for his future. At many times in our life we have to change a routine usually not by choice but by circumstance and move our life in a different direction. This is worth renting. Put it on your queue for Netflix's.

Submitted by  
Luella Grangaard

Book Review

## An Untamed Land

by Lauraine Snelling

This book really caught my interest. The story starts in Norway with Roald and Ingeborg Bjorklund in 1880 after 3 years of saving they head off to America. After a long trip by boat, train and covered wagon they arrive in Dakota Territory, where they settle on the banks of the Red River. But taming the prairie is not easy. It is a challenging story of survival. At the end of the book I was in tears. Maybe it is a "chick" book but is a wonderful story that enlightens us all to the journey our ancestors went through settling this land, no matter the heritage.

Source Amazon.com, Solskinn library

Submitted by  
Luella Grangaard

## You are invited to

join us as we  
celebrate Syttende Mai

San Bernardino City Hall  
300 North 'D' Street  
San Bernardino, CA 92418

By hoisting the  
Norwegian Flag  
for the 31st time  
Tuesday, May 17, 2011  
10 AM

We will have a short program.

Hosted by Soldalen Lodge #6-067  
Sons of Norway

Lunch on your own with  
Suggested meeting place

Coco's Bakery Restaurant  
242 East Hospitality Lane  
San Bernardino, CA

## Solnedgang Supper Club March 2011

We had a great Supper Club at Stuart's, April 28. There were 32 of us attending. The ambiance and food was just perfect and we all enjoyed this event so much. Looking forward to you joining us May 24 for our last one of the season, which will be at The Homestead in La Quinta.

Submitted by  
Miriam Hendrix



Alan and Inez Murdoch



Phyllis Peterson and Luella Grangaard



Vaughn Simon



Constance Fleichner



Gunhild Depaoli-Cross



Tom Gerner



mmmmmm looks delicious



Laure Picking



Laurel Powers and John Hill, Jr from Freya #6-062

## May Solnedgang Supper Club

**Thursday, May 26**  
**The Homestead**  
in  
**Old Town La Quinta,**  
(near the post office)

78-030 Valle Barcelona,  
La Quinta.

Phone: 760-771-3331  
www.chapellishomestead.com

This charming original 30's ranch house was converted into a restaurant. The "Blue Plate Special" includes a choice of soup or salad, a home-style entree, dessert and glass of wine for \$20. A special feature is that you make your own s'more on the patio, over the fireplace. It is included with the meal. You'll appreciate the old-fashioned, friendly dining. We will be seated on their beautiful patio.

**Reservations:** **Miriam Hendrix**  
**760-408-9900**  
or  
**Junelle Pearson**  
**760-799-1131**

## 17 May

The Constitution of Norway was signed at Eidsvoll on May 17 in the year 1814. The constitution declared Norway to be an independent nation.

The celebration of this day began spontaneously among students and others from early on.

However, Norway was at that time under Swedish rule and for some years the King of Sweden was reluctant to allow the celebrations. For a couple of years in the 1820s, King Karl Johan actually forbade it, as he thought the celebrations a kind of protest and disregard—even revolt—against



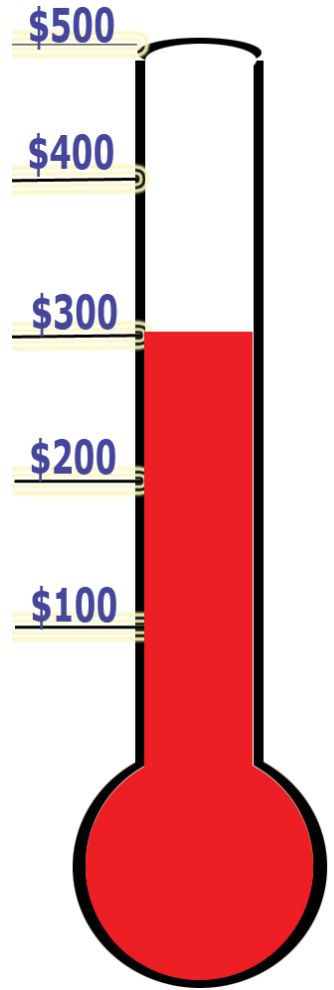
## Foundation

Thanks to all the members who have supported the Sons of Norway Foundation. As you may know the Foundation provides scholarships to students to study abroad, it supports camper-ships to Camp Norge, grants for cultural events within our lodge - folk music and dance, rosemaling, hardanger arts and workshops.

The goal set for this year is \$500 and we are at \$300. All it takes is to put those loose coins or dirty, crumpled bills into a pink pig. You'll find them on the tables at each of our functions or you are encouraged to take one home and bring it to a meeting when full.

I am confident with the generosity of our members we'll be able to meet and even surpass our goal.

*Submitted by  
David Lutes*



Swedish sovereignty. The king's attitude changed slightly after the Battle of the Square in 1829, an incident which resulted in such a commotion that the King had to allow it. It was, however, not until 1833, that anyone ventured to hold a public address on behalf of the day. That year, official celebration was initiated by the monument of the late politician Christian Krogh, known to have stopped the King from gaining too much personal power.

All over Norway, children's parades with an abundance of flags form the central elements of the celebration. The parade takes the children through the community, often making stops at homes of senior citizens, war memorials, etc. The longest parade is in Oslo, where some 100,000 people travel to the city centre to participate in the main festivities. The massive Oslo parade includes some 100



schools, marching bands, and passes the royal palace where the royal family greet the people from the main balcony.

## Solskinn Lodge Officers - 2011

President	Luella Grangaard	363-7704
Vice President	Nancy Madson	343-0848
Secretary	Ronna Clymens	951-849-1690
Treasurer	Richard Ellingboe	699-7436
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Editor:	Steinar Johansen	898-3340
Publicity Director:	Berit Reistad	346-6222
Counselor:	Nancy Madson	343-0848
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Trustee:	Norman Larsen	328-1791
Sunshine Girl:	Charlotte Larsen	328-1791
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	Miriam Hendrix	320-9244
Foundation Director:	David Lutes	674-1933
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Assist:	Claudia Bell	340-3992
Camp Norge:	Ronna Clymens	464-3893
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

## May Social Solskinn Lodge Syttende Mai Celebration

Norway's Constitution Day May 17th

May 21, 2011

45-900 Portola Ave.  
Hope Lutheran Church  
Palm Desert, CA

Wear Red, White and Blue  
Smørbrød (open faced sandwiches)  
and cold food potluck  
Dessert will be provided

**5:00 Social**

**6:00 Dinner (Smørbrød)**

Program: The Oil Industry in Norway

For information:

Please call at Luella 760-363-7704 or

e-mail morongo2@verizon.net

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