



Solglimt Newsletter



Palm Desert

Editor: Steinar Johansen

February 2010



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Ord fra Presidenten

February brings our annual lutefisk dinner, which has been sold out for some time now. If you are not one of the devotees of the delectable dish, we hope to see you next month at our Scandinavian Heritage Day. Put that date on your calendar now – Saturday, March 20.

We will have entertainment, cultural information and craft demonstrations, food, vendors, and much more. Activities will be going on all day, during the day. Volunteers are still needed to assist at our Heritage Day. If you are able to spare a few hours to help, please contact Luella at 760-363-7704 or morongo2@verizon.net.

This year, being a convention year, brings opportunity for delegates to learn more about Sons of Norway, participate in the venture of our fraternal organization, and meet and share with others that share our passion and heritage. Delegates were elected at our January business meeting – Luella Grangaard, Ronna Clymens, and Debera Ellingboe. We still need to elect alternates, in case one or more of the delegates is unable to attend. If you are interested in being an alternate (willing and able to attend the District Convention in Modesto June 23 – 26) please contact me. We will elect alternates at the February business meeting.

Fraternally,
Nancy Madson

Palm Springs International Film Festival

The Palm Springs International Film Festival is just over and this year the fest featured two Norwegian movies. The movie North, aptly billed as “an antidepressive off-road movie,” this wry comic drama follows an anxious ex-skiing ace as he reluctantly journeys through spectacular arctic landscapes and reconnects with life. Magnificently visual, with deadpan acting and a quirky economy of style, North has the makings of a cult hit.

The movie Max Manus is a historical epic between celebrates the deeds of one of Norway’s most daring WWII-era resistance fighters: Max Manus (1914-96), a man with no formal education, who led a life of daring-do that seems tailor-made for the movies. Winner of seven Norwegian Amanda Awards, including Best Picture.

Max Manus did very well and was selected as one of the “best of the fest” movies.

*Submitted by
Steinar Johansen*



Nelson-Lucas told Norse Myth Stories at the January social

Solskinn Lodge's Events

February	8	Miss Tanya's Dance World	Dance Class. Come and enjoy the dance 74-350 Allesandro in Palm Desert time: 5:30 P.M.
February	20	Hope Lutheran Church	Lutefisk Dinner.
February	22	Miss Tanya's Dance World	Dance Class. Come and enjoy the dance 74-350 Allesandro in Palm Desert time: 5:30 P.M.
March	20	Hope Lutheran Church	Scandinavian Heritage Day
March	27	Coachella Valley Museum	International Day
April	18	Hope Lutheran Church	Knut Erik Jensen Piano Concert. Tickets \$10.00
April	24	Hope Lutheran Church	Potato Bar Dinner (4th Saturday)
May	15	Hope Lutheran Church	Cold Food Potluck/smørbrød 17 mai Celebration
June	19	Hope Lutheran Church	Midsummer (St. Hans Aften) event with VASA
September	25	Hope Lutheran Church	Potluck
October	16	Hope Lutheran Church	20th Anniversary Celebration



February Birthdays

1	Johnson Wayne E
17	Braithwaite Jolene
17	Ege John R
23	Strandjord Ulf
25	Bjerke Grace

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!



Debera Ellingboe (??) draws a name in the Tubfrim drawing as Tubfrim chairman, Knut Karlsen watches

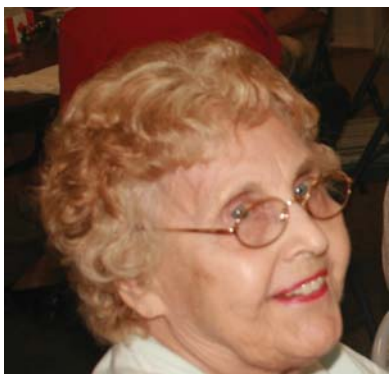
Business/Board Meeting

Tuesday, February 9, 4:30 P.M. at
Nancy's home in Thousand Palms.
760/343-0848

Events Beyond our Valley

February	5-6	Cal Lutheran University	Thousand Oaks. Nordic Spirit Symposium
February	9	Yuma, AZ	Scandinavian Fest
March	13	Arizona	Arizona Krettsstevne
April	17-18	Cal Lutheran University	Thousand Oaks, Scandinavian Festival
May	17	San Bernardino	Flag Raising Ceremony, City Hall
June	23-26	Modesto CA	District 6 Convention
Aug - Sept	29-1	Coeur d'Alene, Idaho	International Convention
September	17-19	Pine Cove, near Idyllwild	Southern California Krettsstevne
September	25-26	Norge Lodge	Viking Festival

In Memory of Marian Oakes Devalon



Marian Oakes Devalon of Sun City, California, daughter of Gustave and Millie Olson Oakes passed away December 25, 2009. She was born July 10, 1928 in Elk Point, S.D. She graduated from Elk Point High School, Southern State University and Yankton College where she was a member of Delta Sigma Phi Delphians.

In 1973 she married the love of her life Charles Devalon, and together they traveled the world on many cruises and land tours. The only continents not visited were Africa and Antarctica.

She was baptized and confirmed in the Lutheran faith and belonged to many different congregations in her lifetime.

She was an avid reader, loved classical music, enjoyed being with family and friends, and loved to entertain. She always remarked that "to have a friend you need to be a friend", and she had many throughout the years.

Marian was a member of Sun City Music Buffs, Sun City Gourmet Club, charter emeriti of Sun City singers and Sons of Norway.

Scandinavian Heritage Day

Come and join the fun. Learn about the cultures. Learn about genealogy and travel. There will be vendors with Scandinavian merchandise. There will be opportunities for you to experience culture and folk arts. Folk art demonstrations include: Hardanger, knitting, Rosemaling and wood carving. Taste Scandinavian food specialties and watch food demonstrations. Also games for the kids.

We need volunteers to make this work. All volunteer commitments are only 2- to 2 ½ hour slots. We still need people to help sell beverages, Krumkake and a quick lunch. Also we need demonstrators for 1 hour slots for lefse, Krumkake and æbelskiver. In addition we need people to sell tickets to the Knut Erik Jensen concert scheduled for April 18th. And lastly we need a few volunteers to help with children games. It is not a big commitment but it goes a long way to support the lodge and promote our heritage.

To help or questions contact Luella Grangaard at mo-rongo2@verizon.net or home phone 760-363-7704 or work 760-773-2955.

We look forward to seeing you there with as a participant and/or as a volunteer.

Norwegian Hero Knut Haugland Dies

Knut Haugland, Norwegian commando and explorer, aged 92, died on Christmas Day. He took part in two of the most adventurous and celebrated exploits of the last century – a daring guerilla raid on the heavy water plant in Rjukan, his home town in Norway, and Thor Heyerdahl's 1947 Kon-Tiki Expedition. He is survived by his wife Ingeborg Prestholdt, whom he married in 1951, as well as their three children.

*From Bjørnstjerne Bjørnson (Oakland) lodge newsletter,
submitted by Nancy Madson*

Urteloff (Herb Bread)

1 pkg. Active dry yeast
1 1/4 cup water, warm
1/2 tsp salt
1/2 tsp sugar
1/4 cup butter
4 cups bread flour
1/4 cup butter, softened
3/4 cup mixed fresh herbs. I used chives, dill, basil & Thyme
1 egg



Dissolve yeast in warm water and add to a large bowl. Add salt and sugar. Work 1/4 cup butter into 3 cups of flour, add to yeast mixture. Knead 7 minutes until dough is pliable and smooth.

Cover and let rise in refrigerator overnight. Remove

to a floured surface and work in as much of the remaining flour as needed to make a smooth dough. Roll the dough out to 10x20. Spread softened butter across the dough. Sprinkle with finely chopped herbs.

Beginning with the long edge roll the bread up jelly roll fashion, and place seam down on a parchment covered baking sheet.



With a sharp knife, make diagonal cuts on top of bread surface, about 1 inch apart. Cover and rise 20 minutes. Brush with egg and bake in preheated 435 °F oven for 20 minutes.



*Authentic Norwegian Cooking, Page 107.
Submitted by Deborah Ellingboe*

Knut Erik Jensen Tickets now on Sale

Pianist Knut Erik Jensen will be performing the Nordic Elegance concert at Hope Lutheran Church on Sunday April 18th at 3:00. Tickets available at \$10.00 each. For further information call Luella Grangaard home 760-363-7704, work 760-773-2955 or e-mail morongo2@verizon.net

New Year's Resolution Lets all get MORE FIT!

Have you made a resolution to exercise more in 2010? Exercise and sports are not only beneficial to improve your quality of life physically but also mentally. Why not do this as a lodge? Sons of Norway has a Sports and Fitness medal program.

Something for Everyone

No matter how young or old you are, and no matter what your present physical condition, the Sports Medal Program offers a fitness plan for you. With doctor's advice, you can determine the appropriate level. Then you are assigned point or mileage requirements for medal qualifications that are within your reach. The program is great because you don't need to be a natural athlete—the only one you are really competing with is yourself.

Different Levels, Different Medals

As you reach each objective, you will be awarded different grades of sports medals. Begin in pursuit of the Bronze medal; next work yourself up to Silver, Gold, and eventually Enamel. Set your own pace—your program can be for just one medal or all sixteen!

Medal Programs

Gangmerke "Gang" is the Norwegian word for walking, "merke" means pin—if you like to walk or use a treadmill then you can earn this medal.

Idrettsmerke "is a metal for living a healthy lifestyle"—members earn points based on the amount of time they spend doing activities from a yoga class or going to Curves.

Sykkelmerke "Sykkel" means bicycle in Norwegian—this program is for those who like to bike outdoors or ride a stationary bike.

Skimerke "Ski" is a true Norwegian word that is used in the English language—this is the program for those who cross country ski or use a ski exercise machine.

How to Earn Sports and Fitness Medals

1. Get permission from your physician before beginning any exercise program
2. Choose a pin that you would like to earn
3. Download record from the sons of Norway web site or ask a board member for a record card
4. Read the record form to find out your goals for each session
5. Have someone initial your record if you exercise by yourself like I do. It is on an honor system
6. Complete the record form and give to a board member for review to determine if the medal criteria have been met. The record will be checked

Come join us to be the fittest Sons of Norway Lodge. I am going to start today!

Submitted by Luella Grangaard.

Current News from Norway

How Norway Beat a Bad Bug

Here in the US it is flu season and a relatively new phrase to the public on the street in regard to illness is the term MRSA, which stands for Methicillin-resistant Staphylococcus aureus. This is an antibiotic resistant infection that often occurs with hospitalizations, but now in the US people are contacting MRSA in the community. When an individual is already sick with some other condition and then acquires MRSA it can be deadly.

Twenty-five years ago, Norwegians were also losing their lives to this bacteria. But Norway's public health system fought back with an aggressive program that made it the most infection-free county in the world. A key part was cutting back severely on the use of antibiotics.

Now new studies from around the world prove that Norway's model can be replicated with extraordinary success, and public health experts are saying these deaths—19,000 in the US each year more than from AIDS—are unnecessary.

Norway's model is very straight forward:

- Norwegian Doctors prescribe fewer antibiotics than any country, so people do not develop resistance to them.
- Patients with MRSA are isolated and medical staff who tests positive stay home.
- Doctors track each MRSA case by its individual strain.

Norwegians are sanguine about their coughs and colds, toughing it out through low-grade infections. We don't throw antibiotics at every person with a fever. "We tell them to hang on, wait and see and we give them Tylenol to feel better," Dr. Jon Birger Haug.

In Norway staph infections are less than 1% compared to Japan of 80%. In the US cases have soared and cost \$6 billion dollars.

The Norwegian model was replicated in 2001, in a VA hospital in Pittsburgh. It started on one unit with screening of all admissions and expanded within 4 years to the whole hospital. The result was a decrease of 80 percent and has been expanded to all 153 VA hospitals in the US with a decrease of 50 percent.

*Source: St Petersburg Times, December 31, 2009
Submitted by Luella Grangaard*

Southland Past Presidents' Club

Announces deadlines for Scholarships

The Southland Past Presidents' Club (SPPC) is announcing that the deadline for applying for half scholarships to Camp Trollfjell (Language & Heritage Camp at Camp Norge) for the summer of 2010 (July 11- July 24), is April 1, 2010.

Applicants must be a child or grandchild of a Sons of Norway member from District 6's Zone 5 or 6. Applicants must be between the ages of 8 to 13 inclusive **and have already applied to Camp Trollfjell following their application process.** If accepted at Camp Trollfjell, the up front fee will be refunded to the applicant's parent or grandparent. Transportation is at the expense of the applicant. The applicant cannot be the recipient of any other scholarship to Camp Trollfjell for the year 2010.

Applications must be made on a **post card only**, stating the applicant's name, age and birth date, the reason for wanting to attend camp, and his or her telephone number including area code. The post card must be postmarked no later than April 1, 2010.

The post card must be mailed to Carolyn Peterson, SPPC Secretary, 1428 Ellsworth Circle, Thousand Oaks, CA 91360. Winners will be determined by lottery (drawing) on April 10, 2010 at Peer Gynt Hall, at the SPPC Spring meeting on that date.

*Fraternally,
Eric Herem
SPPC, president*

Walter Mondale

OSLO -Norway says former U.S. Vice President Walter Mondale has resigned as its Honorary Consul General in Minnesota.

The Foreign Ministry said Wednesday that Mondale stepped down as of Jan. 15 and has been succeeded by Gary Gandrud, an American lawyer who has served as Mondale's No. 2 in the honorary consulate since 2007. Foreign Minister Jonas Gahr Stoere said "I fully understand that Consul General Mondale, now 82 years old, has decided that he wants to retire." Mondale, who has Norwegian-American heritage, was vice president under President Jimmy Carter and later U.S. ambassador to Japan. He was appointed honorary consul general in 2007, when Norway demoted its Minneapolis consulate to the largely ceremonial honorary status.



Solnedgang (sunset) Supper Club

Indian Palms Country Club
borders Monroe and
48th in Indio
Thurs. 25 Feb. at 6:00
restaurant is called La Palma
It will be pasta night
and it is great

If one comes So. on Monroe, you would cross 48th and
the next light is the Country club. Coming East on
48th , one would turn right and it will be next light

Call Richard Selle to R.S.V. P.
760-863-4898

Editor's Corner

There are two ways to send the editor information for the newsletter:

Email: jo60nor@dc.rr.com

Mail: Steinar Johansen
1820 N Mira Loma way
Palm Springs CA 92262

Note: My email address contains the number sixty.

Cell: 898-3340

I am looking forward to receiving information for the newsletter.



: Luther College Nordic Choir performing at Hope Lutheran Church



Marit Swidler demonstrated Norland's lefse and gave out delicious samples

Single Premium Deferred Annuity Rates

<u>Deposit Amount</u>	Current interest rate		First Year interest Bonus		Total 1st year return
\$ 10,000 - \$ 24,999	3.70%	+	1.00%	=	4.70%
\$ 25,000 - \$ 49,999	3.90%	+	1.00%	=	4.90%
\$ 50,000 - \$ 99,999	4.15%	+	1.00%	=	5.15%
\$100,000 - \$249,999	4.25%	+	1.20%	=	5.45%
\$250,000 and over	4.25%	+	1.65%	=	5.90%

Cerificates are credited a first year interest bonus from 1.00% to 1.65%(1% in Oregon) in addition to the current interest rate. The total first year return above includes the current interest rate and the first year interest bonus. Current interest rates are subject to change.

Contact: Dennis Burreson, (800) 448-2499 or
Email: res03knl@charter.net

Solskinn Lodge Officers - 2010

President	Nancy Madson	343-0848
Vice President	Steinar Johansen	898-3340
Secretary		
Treasurer	Ronna Clymens	464-3893
Financial Secretary	John Strom	568-3483
Social Director	Debera Ellingboe	
Asst. Social Director:	Luella Grangaard	363-7704
Cultural Director	Luella Grangaard	363-7704
Editor:	Steinar Johansen	898-3340
Publicity Director:	Luella Grangaard	363-7704
Counselor:	Vaughn Simon	203-0279
Trustee:	Richard Selle	863-4898
Trustee:	Norman Larsen	328-1791
Marshal:	Shirley Severtson	202-8214
Asst Marshal:	Sandra Kennedy	366-8486
Greeter:	Inez Murdoch	346-3934
Greeter:	Beverly Espedal	360-8104
Sunshine Girl:	Charlotte Larsen	328-1791
Photographer:	Steinar Johansen	898-3340
Foundation Director:	Vaughn Simon	203-0279
Stamp Chairman:	Lois Strom	568-3483
Tel. Tree Chairman:	Donna Lenander	365-6886
Historian:	Marie Maher	346-2066
Musician:	Louise Selle	863-4898
Auditors:	Bob Haagenson	324-3992
	Glenn Bell	340-3985

LUTEFISK



Every country has its culinary specialties. Nostalgic memories tug at your heart strings if, when separated by distance, these favorites are set before you. Norway's lutefisk is such a specialty to many.

Lutefisk (dried cod treated with lye) must surely be the strangest culinary effort credited to the Norwegians, but what a treat when prepared properly. Everyone of course is not a devotee of lutefisk, but those who defend it vehemently. Others go to the opposite extreme and claim it's a national disgrace. In years past, the homemaker had to go through the complicated task of treating the dry fish with lye, but now, even in America, frozen lutefisk is readily available at selected fish markets and at Scandinavian delicatessens.

From Ekte Norsk Mat--Authentic Norwegian Cooking which is available for purchase, through the Veŕterheim bookstore. Call toll free at 1-888-979-3346.

Lutefisk Dinner Sold Out

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

Steinar Johansen
1820 N Mira Loma Way
Palm Springs CA 92262

