

SUNDFJORD SUN

Sundfjord Lodge # 6-065

August & September 2014



Meeting Location:
4630 Wheeler Ave.
La Verne, CA 91750
Rock of the Foothills Church
Second Saturday at 12:00 Noon



Kalender **(Coming Events)**

President's Message



Welcome back after our summer closing. Hope you all had a great summer and are ready for our fall and winter events.

Diane Griego and I

drove out to Palm Springs on June 22 to participate in the District Convention's Heritage evening. Along with members from other lodges, we modeled our bunads. It was great to see old friends and make new ones.

A big "THANK YOU" goes to Walli Jean and Brian Stranahan for hosting our annual summer party at their home in Alta Loma. Chef Brian B.B.Q. hamburgers and hot dogs while the rest of us brought side dishes and desserts. We had a very enjoyable time together and a few even took a dip in the pool.

Coming up is the Southern California Kretsstevene held in Banning on Halloween weekend. This is a great family event to attend and fraternize with members from other local lodges.

Agnes Anderson Deeb

**Next
Meeting
is
Saturday
September 13
at
12:00 Noon**



- AUG**
29-Sept.1 Northern California Kretsstevene at Camp Norge, Alta, CA
- SEP**
13 **Sundfjord's Meeting**
- OCT**
3 - 5 Central Kretsstevene Buellton, CA
11 **Sundfjord's Meeting**
31-Nov.2 Southern California Kretsstevene at Banning, CA
- NOV**
8 **Sundfjord's Meeting**
Annual Julebasaar at Seamen Church in San Pedro, CA
- DEC**
6 Norsemann Lodges Annual Julebord in Thousand Oaks
7 SWEA's Christmas Fair in Los Angeles
13 **Sundfjord's Meeting**
Christmas Party

2014/2015 Sundfjord's Officers

President: Agnes Deeb
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Greeter: Brian Stranahan
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Auditors: Dennis Robinson and Brian Stranahan

Camp Norge Ambassador: Lise Fleming
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Zone Director: Rick Hausvik
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rmhausvik@yahoo.com

Insurance Rep: Dennis Burreson
1(800) 448-2499
James Donovan
(760) 440-9905



Gratulerer med dagen

July

13.....Caitlin Burr
30.....Carl Voien

August

4.....Ann Schwantje
13.....Walli Jean Stranahan
17.....Odd Harald Høvring
19.....Haakon Høvring

September

4.....Bibi Schau
5.....Benjamin Horsh
29.....Pat Aslesen

God Bedring

(Get Well)

Lola Peterson is recuperating from a broken pelvis and a broken ankle. She has been moved to Pacifica Senior Living at 11918 Central Ave, Chino.

Bill Deeb fell and broke his shoulder. After a short stay in the hospital, he was moved to Ontario Health Care Center. He now resides at the New Vista Nursing and Rehabilitation Center in Sunland.

Odd Harald Høvring, our member in Porsgrunn, Norway broke his back earlier this year and is slowly recuperating.

Ruth Higley had knee replacement at end of July; she is doing well, recuperating at home and receiving physical therapy.

Char Nelson is struggling with sciatica nerve pain.

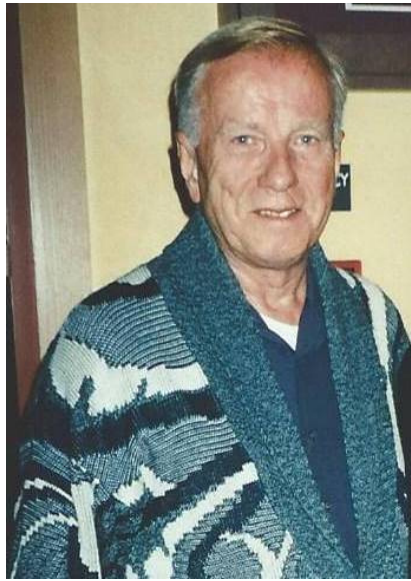
Get Well Soon!

(Please let us know if any of our members are under the weather).



Ruth Higley and Lise Fleming visited Lola Peterson in early July at Pacifica Senior Living in Chino. Lola is Sundfjord Lodge's last surviving Charter Member.

We wish Art and Pat Aslesen a wonderful first time trip to Norway. They are taking a bicycle tour of Oslo and going on Hurtigruten, the costal scenic trip. Bon Voyage!



Til Minne

(In memory)

Leif Anderson, brother of Agnes Deeb and a former lodge member passed away unexpectedly on July 19, 2014 at the age of 76 years old. Our thoughts and prayers are with his wife Betty and the family.

Visiting Bill Deeb

Lise Fleming went with Agnes Deeb to visit her husband Bill at the Rehabilitation Center in Sunland



Lise, Bill and Agnes

Southern California Kretsstevne (SCK)

This year's SCK will be held at Banning Stagecoach KOA campgrounds.

1455 S. San Geronio Ave, Banning, CA



This is a RV park that is located on the highway leading to Idyllwild where we previously held our Kretsstevner.

This campground is

located at the **base** of the mountains and is **flat**. It is close to Hwy 10, has a club house we can use, RV parking and cabin models to rent. Check out their web site: www.koa.com/camp/banning-stagecoach

The SCK will be held over the Halloween weekend, **Friday, October 31 to Sunday, November 2, 2014.**

We can have a Halloween theme on Friday with fun for kids, both young and old. Also, we plan to have some of the same activities such as cooking demonstrations, movies etc that we had last year.

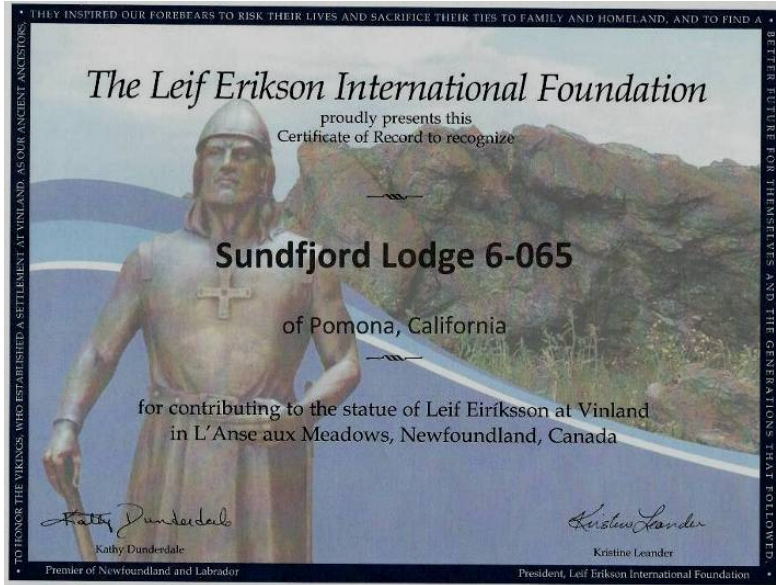
I am excited about the new location and time frame (pumpkin desserts already planned) and with renewed enthusiastic interest from the 2013 attendees; we plan a wonderful 2014 SCK weekend of FUN and sharing our heritage.

Nancy Madson

See Lise Fleming for registration form and get your reservation in early for the sleeping accommodations.

Leif Erikson Statue in Vinland,

The newest Leif Erikson statue stands where he first set foot on American shores; L'Anse aux Meadows, Newfoundland, known to Leif as Vinland.



With Sundfjord Lodge's donation to the Leif Erikson Foundation, the lodge's name will be listed on the memorial plaques at the Leif Erikson statue site in L'Anse aux Meadows, Newfoundland, Canada.

Alaska Cruise in 2015?????



It has been 5 years since Sundfjord's last cruise and we have been asked several times..... **“when are we going cruising again?”**

So it has been suggested that we will do a 7-day Alaska inside passage cruise this time. This cruise is leaving from Seattle in August, 2015.

As in the past, we encourage members from other lodges to join us. We sure have a lot of **FUN** on our cruises. More information will be forthcoming in next newsletter. Flyers will also be sent out to other lodges.

Sixth District Convention

As Sundfjord's delegates, Pauline Pederson and Lise Fleming attended the Convention at the Renaissance Hotel in Palm Springs. The main purpose is to pass new resolutions (changes), elect representatives to attend the International Convention in Jacksonville, Florida in August, elect new District Board members and fraternize with members from other lodges. Palm Spring's averaged at around 107 degrees but since this is a working Convention, we stayed indoors in cool air conditioned rooms. This year, only 4 resolutions to decide on; 3 of these were District policy changes and the last one was to add a Cultural Director position to the District Board. All resolutions passed.

Agnes Deeb, Diane Griego, Art and Pat Aslesen attended the Heritage dinner Monday evening. Agnes and Diane wore their bunad and participated in the bunad parade. Art and Pat also attended the Installation of new District Officers dinner. Pauline and Lise baked cookies for the daily coffee breaks and Art showed up every morning with freshly made rosettes that was a big hit. Thanks Art! Our Lodge was awarded Bronze certificate for 2012 and 2013 Lodge Achievements and our Editor Lise Fleming received 2nd place for the newsletter.

A **BIG "Tusen Takk"** goes to Solskinn Lodge # 150's Convention Committee for a well organized Convention.



Lise Fleming's Convention nails



Zone 6 Director Rick Hausvik present Pauline Pederson with Bronze Achievement Award



Editor Lise Fleming's 2nd place award



Pauline Pederson, Art and Pat Aslesen at the Installation dinner



- <<<< The New District Board
 President-Mary Beth Ingvoldstad
 Vice President-Luella Grangaard
 Secretary- Nancy Madson
 Treasurer – Bob Sather
 Public Relation Officer- Reegan Moen
 Cultural Director- Pam Stutrud Groth
 Zone 1 Director – Tove-Lise Miller
 Zone 2 Director – Marne Olsen
 Zone 3 Director – Carol Campbell
 Zone 4 Director – N/A
 Zone 5 Director – Teresa Broadhead
 Zone 6 Director – Rick Hausvik
 Zone 7 Director – Benny Jo Hinchey
 Zone 8 Director – Bev Moe

Outgoing District President Lyle Berge was elected as International Director



Diane Griego and Agnes Deeb (center) during the bunad parade



Sons of Norway

Mission Statement

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and provide quality insurance and financial products to its members.

Kultur

Norwegian etiquette

How to greet a Norwegian

If you never have met this person before, it is customary to give a good handshake. In Norway it is **NOT** customary to kiss or hug. Norwegians don't like people they don't know to get too close to them. It is important for a Norwegian to keep their private space.

Example:

You are out with some friends and they introduce you to someone you never



have met before. You then need to shake hands and tell that person your name.

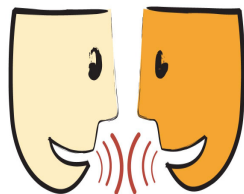


How to greet someone you know?

When you meet someone you know, usually you smile, wave and say "hei" (hi). A Norwegian do not hug or kiss.

Norwegians don't small-talk!

In some cultures, it is customary to small-talk with strangers. However, in Norway people do not start a conversation with people they do not know such as at the bus stop, on the train etc. If you do, the Norwegians think you are a very strange person. Most people in Norway are private and people keep to themselves at places such as the doctor, dentist, etc. where you spend a short time.



"Tusen Takk", "Takk for maten", "Ja, takk" and "Nei tak".

In Norway it is customary to say "takk" (thanks) after someone gave you something, did you a favor or after finishing your meal. If you are having dinner at



someone's home, you must always say "takk for maten" (thanks for the food) as soon as you have finished your meal. It is also customary to say "ja takk" or "nei

takk" if someone offer you something. Norwegians are quite direct. If you don't want what they offer, you just say "nei takk" (no thanks). If you want what they offer, you say "ja takk" (yes thanks). **Example:** If you want another cup of coffee, you say "ja takk" but if you don't want another cup, just say "nei takk". Americans often use the phrase "I don't care" which is neither a YES or a NO while a Norwegian is more direct.



Norwegians are **NOT** late for appointments, they usually arrive way early. In other cultures, it is acceptable to arrive late but in the Norwegian

culture it is looked upon as being very impolite or extremely rude to be late.

**This explains why this Editor, who grew up in Norway, "always" is way early for her appointments.

Peer Gynt Lodge's Annual Heritage Fair



Saturday, September 27, 2014 from 11 am to 5 pm

3835 Watseka Ave, Culver City, CA

Scandinavian Craft and Demonstrations

Homemade food and pastry

Sales and gifts

Genealogy information

Financial Benefit Information

Dear Sons of Norway Lodges,

This is my first contact that I have with you as your new Financial Benefits Counselor. As you may know, Dennis Bureson has not retired from Sons of Norway but has decided to take it easy from now on.

I look forward to meeting all of you in person sometimes in the fall. I will be in touch with each lodge to determine a good time for us to meet. Until that time, should anyone have any questions concerning our financial program, annuities and insurance, please call me at (760) 440-9905. I will also be available for any new membership drive that you seek to have or in need of a ready and willing speaker. All I need is a sufficient notice. I look forward to working with you and helping our lodge members attain their financial goals!

James Donovan, FIC, CSA
(760) 440-9905

E-mail: jamesdonovan@cox.net

District Cultural Director

Hello, I would like to introduce myself to you.

At our recent District Lodge Meeting (Convention) in June, the bylaws were amended to reinstate the position of Cultural Director. I have the honor of being the newly elected Cultural Director.

As I told the delegates, I am a third generation member of Sons of Norway. I have served nearly every office in my lodge having started as Sunshine Director. I worked my way up through the ranks and I am currently serving as Counselor.

I am passionate about the Cultural Skills Program and I have achieved the Master level in six of the programs and have complete two levels in another two. Because of this, I am included on the list of experts at District Lodge Number 6 website. I am in the process of becoming a board certified genealogist and this began with my completion of that track in the Cultural Skills Program. I am currently researching Norwegian immigrants who settled in Petaluma, CA (where I live) to their origins in Norway.

Our past District Lodge Board felt that it was necessary to provide support to Lodge Cultural Directors. I have been posting information about the Cultural Skills Program on our district Facebook page. I encourage to "like" that group. If you need to be invited, let me know. Look for Sons of Norway District 6.

I have included the current newsletter from the lag I belong to because of the article about Norwegians in Hawaii. I am sure you are aware that International says that strong cultural programs are what bring members back. Sometimes this is easier said than done. I would like to offer my own lodge as an example. I am also attaching our calendar of events from last year, which resulted in our receiving Lodge of the Year. We have stepped outside the box to offer interesting programs to our members and to do what works for our lodge. I was raised with janteloven, so this is by no means meant as a brag! My hope is to offer support, encouragement and ideas for your lodge's success.

Please let me know how I can assist you and I will be in touch.

Pamela Stutrud Groth
District 6 Cultural Director

Sons of Norway Web Sites

Sundfjord Lodge: www.sundfjord.org

International: www.sofn.com

District 6: www.sofn6.com

Camp Norge: www.campnorge.org

Viking Festival at Norge Lodge # 60

September 27 & 28, 2014

From 10 am to 8 pm

2006 E. Vista Way,
Vista, CA 92084



Submitted by Art Aslesen

News from Norway

'Fårikål' wins again

as Norway's national dish

Agriculture and Food Minister Sylvi Listhaug announced that the popular autumn meal known as *fårikål*, a boiled mixture of lamb and cabbage, was once again voted in as Norway's national dish.

Fårikål won 45 percent of the vote in a public opinion poll. The traditional lamb and cabbage stew was followed by *kjøttkaker* (ground meat patties); *raspeballer* (potato dumplings stuffed with salt pork



and simmered) and *pinnekjøtt* (dried and salted lamb ribs that are moistened before being roasted in the oven).

Such traditional autumn and winter meals beat out the ubiquitous salmon that's now eaten year-round and the loved and hated *lutefisk*, served mostly from October through Christmas.

Children's tastes seemed far less ethnic, with the young vote going for tacos, pizza and kebab. Listhaug worried that their choices were a sign that Norwegian children don't have the healthiest eating habits.

Fårikål, however, won the popular vote in all portions of Norway except along the West Coast, where *pinnekjøtt* reigned supreme. *Fårikål* is a contracted word that literally means "**sheep in cabbage**". *Fårikål* is a traditional Norwegian dish, consisting of pieces of mutton with bone, cabbage, whole black pepper and often a little wheat flour, cooked for several hours in a casserole, traditionally served with boiled potatoes. The dish is typically prepared in early autumn.

Norway could become the world's first cash-free society

Cash only makes up four percent of consumer spending in Norway. This makes it possible for Norway to potentially become the world's first society without cash.



Handling cash costs society more than double what electronic payments do, and without cash we would also reduce the problems related to robbery, economic crime and illegal money. Cash makes up five percent of payments in the Norwegian society, and only four percent of household spending. Only Sweden and the U.K. have a lower percentage of cash spending.

The Norwegian Town Whose Name Is One Letter Long

Manufacturing the world's longest town name

Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch, in Wales sure put the village on the map -- if there are any maps that actually have room for a 58-letter town. But what about the world's shortest place name? It's hard to get much shorter than the Norwegian town of **Å**.

The Lofoten islands of Nordland are among the most scenic places on earth.

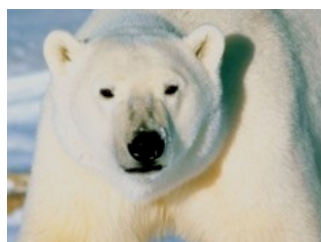
Vertical spires of glacially carved granite rise from the Norwegian Sea 100 miles north of the Arctic Sea -- but the weather is surprisingly mild, due to the Gulf Stream. Tourists flock



to Lofoten every summer to scale its mountains, admire its quaint red fishing villages, and enjoy its 24 hours of sunshine. To visit the Lofoten Stockfish Museum -- and who wouldn't want to see that? -- You'd have to travel to the southern tip of the archipelago, to a village of 150 people called **Å** (pronounced "aw").

It's an Old Norse Word

Å didn't get its very brief name as a publicity stunt; its name is the Old Norse word for "small river." As a result, there are at least seven villages in Norway called **Å**, though the one in the Lofoten islands is the most popular with tourists. The "**Å**" road sign was stolen so often by pranksters that the town replaced it with one that said "**Å i Lofoten**," but after local complaints, the original one-letter sign was replaced.



Polar Bear Makes Unexpected Boat Visit

A Norwegian boat crew recently had an unexpected wake-up call when a full-grown polar bear climbed aboard their anchored ship for a 30-minute-long sniff around the deck. Captain Einar Vallestad said Saturday that the bear had been following the *Hydrograf* vessel in northern Norway for days before finally venturing onboard. Vallestad says "it did no harm. He was just putting his head into our rubbish container. The 11-man crew was on assignment for the Norwegian Mapping Authority. A night guard woke up crew members to warn them about the furry visitor. The crew safely watched from the steering cabin as the bear curiously wandered around the vessel before climbing back into the icy waters. No one was harmed during the incident.