

SUNDFJORD SUN

Sundfjord Lodge # 6-065

November 2014



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



Kalendar (Coming Events)

DEC

- 6 Norseman Lodge's Annual Julebord in Thousand Oaks
- 7 SWEA's Christmas Fair in Los Angeles
- 12 Covina IKEA's Christmas Swedish Smörgås bord
- 13 Sundfjord's Meeting Christmas Party
- 24 Christmas Eve
- 25 Christmas Day
- 31 New Year's Eve

2015

JAN

- 1 New Year's Day
- 10 Sundfjord's Meeting Crock-pot soups and Art and Pat's slides from Norway

Cruise info:

The Royal Caribbean has extended their special of 50% off on 2nd guest, 50% off the deposit, and onboard credit so book your Alaska cruise with Sundfjord NOW!

President's Message.



We had a full house at our Thanksgiving feast and thanks to all our cooks, it was delicious. Story teller True Thomas' Viking tales was both informative and

interesting. Also, a big Thank You to those of you who helped with the clean-up afterwards.

On November 21, Pauline Pederson, Lise Fleming, Ruth Higley, Anne-Lise Helland and I dropped off our TubFrim stamps at the Seaman Church in San Pedro and attended the Church's Christmas Bazaar. On our return, we also made a stop at Alpine Village in Torrance for more food shopping. Thank You to Lise for getting us there and back safely.

Our Christmas "Julebord" is a pot-luck event. We hope most of you will make something Norwegian. As we do every year, we ask that EACH of our members bring an unwrapped toy that we donate to the Salvation Army in Pomona.

Wishing you all Happy Holidays!

For our January 10th meeting, we will have our crock-pot soups and desserts. Art and Pat Aslesen will be showing slides from their trip to Norway.

Agnes Anderson Deeb



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Gratulerer med dagen

December

- 9.....Cole PIPps
- 10.....Ruth Higley
- 14.....Christine Ricci Deeb
- 28.....Lola Peterson
- 29.....Gunilla Oh
- 30.....Catherine Cordes

God Bedring

(Get Well)

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



Southern California Kretsstevne



Art Aslesen making Rosettes.



Rex Seawright B.B.Q. our Tri-tip dinner



Halloween

Caronne Van Nyhuis, Lise Fleming, ?, Pauline Pederson, ?



Sven Olsen, Valhall



Susan Cody, Valhall – Caronne & Steve VanNyhuis, Vinland



Round table Socializing at Kretsstevne



Lodge Thanksgiving Dinner



Thomas, the storyteller



Hailey Higley, Thomas & Pat Aslesen

Christmas in Norway

Norwegian Christmas is filled with many celebrations and traditions, old and new. As the snow falls, the white landscape is the first sign of Christmas. By November, the dark season has set in and candles light up many homes during the cold and dark winter.

Pre-Christmas is a special time in Norway, as the shorter and darker days make for a very cozy time of year.

Advent means “coming” and is a preparation time for Christmas to celebrate Christmas. The

Advent season starts on Advent Sunday which marks four Sundays before Christmas. A candelabra that holds 4 candles is used to commemorate each Sunday. On the first Sunday, the first candle is lit. On the second Sunday two candles are lit and so forth.



During the Advent time, families get together to make decorations such as hearts baskets, paper chains, and cards. The children receive Advent calendars to count down the days to Christmas. These are filled with goodies.

Advent also starts the Christmas concerts season, performances in churches and “julebord” (parties).

St. Lucia Day is on December 13 – winter solstice – under the old Gregorian calendar. It is the shortest day of the year and one of the few Saint days observed in Scandinavia. A young girl is chosen to represent St. Lucia and wears a wreath of candles around her head. As the girl and her procession march around, they sing the St. Lucia song.

Little Christmas Eve (lille juleaften) is on December 23 and is the day that the decorations are hung, the tree is decorated and all gifts put under the tree. This is a family affair and the mother’s serve hot cocoa and cookies.



Christmas Eve (juleaften) is the main day to celebrate Christmas in Norway. Breakfast is usually the traditional “Risengrynsgrøt” (Rice porridge). An almond is inserted into the porridge pot and whoever are so lucky to get the almond, receives a gift.

Risengrynsgrøt

6 cups of milk	¼ cup sugar
4 oz (1/2 cup) white rice	1 tsp salt

Rinse rice several times, boil up milk, sprinkle rice into it slowly, and allow porridge to simmer for an hour. Add sugar and salt. Serve with a pat of butter in the middle of the bowl, sprinkle sugar and cinnamon on top and served with a glass of fruit juice.

At 4:00 pm, church bells all over Norway ring which means Christmas has officially started. Most families attend the Christmas church service and then home to Christmas dinner.

What you have for Christmas dinner depends on where in Norway you live. Different regions eat different Christmas food.

6 out of 10 households have pork ribs, medister meat cakes and sausages, sauerkraut, boiled potatoes with rich gravy, vegetables and lingonberries so a clear favorite in Norway.



Other regions in Norway serve:

Lutefisk, meatballs, lefse, bacon, white gravy, melted bacon fat or butter, boiled potatoes and vegetables. Along the coast, fresh cod is a popular Christmas dinner. It is served boiled in salt water, served in a red vine sauce complimented with clams, boiled potatoes and mashed root vegetables.



Pinnekjøtt which is dried lamb ribs with sausages, potatoes and mashed swede.

Traditionally, the meal is accompanied by Norwegian beer and Aquavit, Norway’s national drink. It is potato-based spirit flavored with herbs. Many Norwegian breweries issue special beers for Christmas named “**Jule øl**” that contains spices and feature festive labels. Popular with children is the “**julebrus**”, a soda-like drink.



Gløgg, pronounced “gloog” and means “glow” is a hot spicy mulled wine. This is a perfect cold-weather drink that warms the body and soul from the inside out. The main ingredients are red wine, aquavit or vodka, sugar, spices such as cinnamon and cardamom. It is served hot with raisins and blanched almond halves.

Ingredients:

1 bottle of red wine	½ pound sugar
½ liter Aquavit or Vodka	Fresh orange peels
10 cardamom pods	Raisins
3 cinnamon stick	Blanched halved almonds

Heat up the wine, add the sugar and spices and stir well. Add in the aquavit or vodka.

Serve hot with some raisins and almonds in the cup.

Christmas Desserts

Småkaker: The tradition dictates that at least seven different kinds of Christmas cookies is a must on the Christmas table and all should be home-made.

Multekrem is a popular dessert made of cloudbberries and whipped cream.

Kransekake is a very popular almond ring cake that shows up for all big occasions in Norway, including Christmas. The cake consists of 18 wreaths of decreasing size stacked on top of each other to form a conical pyramid. It is usually decorated with miniature Norwegian flags and knallbonboner. (Party favors)



Marzipan is a very popular Christmas treat in Norway. Chocolate-covered marzipan is a favorite, but also colored marzipan in many different fruit shapes and of course the famous

marzipan pig. It isn't Christmas without that pig. After dinner it is a visit from Julenissen (Santa Claus) and opening of the gifts. Games are played, carols are sung while they walk around the Christmas tree. The rest of the evening is spent enjoying one another's company.



Christmas Day is a time to visit family and friends.



Extended family comes together for a big Christmas feast. Churches have services, theaters have plays and concerts and the children play with their new toys outside in the snow.

Following are 20 days of **jultid** (Christmas time) celebrations. The

days between Christmas and New Year's Eve is called **romjula**. Families visit each others or take off for skiing to their mountain cabins.

20th day of Christmas: On the 13th of January, Christmas is officially over. Decorations are put away until next year and the Christmas tree is chopped into firewood.



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.



Modern Scandinavia and the European Union

Since the Euro Dollar became widely used in the European Union in 2002, you may have wondered what the European Union is really all about. And if you are of

Scandinavian decent, you might also have been wondering why Norway has so stubbornly refused membership into the Union for almost 30 years, even after its Scandinavian neighbors all eventually joined.

The idea of a united Europe came to life in the 1950's by a French business man named Jean Monnet. To prevent the outbreak of future wars, he suggested gathering European coal and steel production under a common authority. On May 9, 1950, French Foreign Minister Robert Schuman announced a plan that would begin the process of doing just that. Belgium, the Federal Republic of Germany, Italy, Luxembourg and the Netherlands were the first countries to accept the proposal and sign the European Coal and Steel Community (ECSC) Treaty in Paris on April 18, 1951.

After failing to pursue integration in military and political fields, European leaders decided to continue unification of Europe in the economic arena only. In June, 1955, the pursuit of a common market was begun. Two treaties established the European Economic Community (EEC)



and a European Atomic Energy Community (EAEC). These 3 treaties became to be known as the European Community. As of 1995, fifteen countries joined the European Union.

They are; Austria, Belgium, Denmark, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal, Spain, Sweden and the United Kingdom.

Norway had signed an accession treaty in 1994, but Norwegian voters narrowly rejected membership in a referendum.

Why did Norway reject referenda to join the EU in both 1972 and in 1994?

The issues were much the same both times. Among other factors, the main issue dealt with agriculture, regional policy, fisheries, offshore oil and gas, and sovereignty. Most of the "no" votes came from the rural and northern sections of the country and the costal fishing towns, while "yes" votes came mostly from urban areas, particularly around Oslo. In 1994, 52.3% voted "no".

Recently in Norway, there has been talk once again of holding a referendum to join the EU. Some feel that Norway will be left behind by not being able to participate in decision making that will affect all of Europe and Scandinavia. The main concern is the loss of control in fisheries and other areas vital to the Norwegian economy and way of life.

Norwegian voters may soon be headed to the polls again!

Alaska Cruise in 2015



We invite ALL Lodges to join us

Cruise with Sundfjord Lodge

August 28, 2015 from Seattle, WA

Interior staterooms starts at \$ 999.00 (based on double occupancy) + tax and port fees of \$ 203.28. Insurance is recommended in case of something unforeseen should happen.

For us to be seated together in the dining room, the cruiseline request that ONE person makes all the reservations. Please book the **EARLY** dinner seating. We have selected Laura Sandercock at the AAA Auto Club in La Verne, CA to be the ONE that make ALL our reservations. Phone: (909) 596-7973 or (909) 392-1444. E-mail: sandercock.laura@aaa-calf.com Please let Laura know that you are with the **Sons of Norway** group. She is the ONLY person that will get us seated together at dinners.

"PASSPORT REQUIRED"

For more information or any questions contact Lise Fleming via e-mail at lisenorsk@earthlink.net, or call at (909) 624-2868, evenings.

This is a very popular cruise so book early or you will miss the boat!

Sons of Norway Web Sites

Sundfjord Lodge: www.sundfjord.org

International: www.sofn.com

District 6: www.sofn6.com

Camp Norge: www.campnorge.org

<http://twitter.com/sonsofnorway>

<http://sonsofnorwayblog.blogspot.com>



Nyheter fra Norge

News from Norway

Norway's Eccentric Princess

Martha Louise's claims that she can speak to the dead rile some who believe that it tarnishes the Monarchy. Recently, in Oslo, Martha Louise held a paranormal seminar, charging NOK 1,400 to attend. Apparently, she runs an Angel School in Norway, together with Elisabet Noreng. The school was founded in 2007 and seems to deal with angels and the paranormal. The



controversial British medium had been invited by Martha to the seminar, where some of the public attending was promised the opportunity to converse with their relatives. Martha did not offer such sensational conversations this time, but she has earlier claimed to be able to communicate with the dead. The reactions to such activity have been strong in Norway, Denmark, and Sweden. Martha is fourth in line to the throne and her Royal status gives credence to a doubtful and speculative industry. The concern is that she is tying the Monarchy to a swindle. Some feel she should remove herself from paranormal activities, because the Monarchy is generally viewed as being conservative, being caretakers of Norwegian traditional historical values. The Royals are expected to act within the norms of earlier times.

Martha has been confronted about her behavior, and she appears defiant, saying that she's a part of the Royal Family and that people can think what they want. She believes that she stands for what is true, and believes she has a right to do that. Interestingly, the Palace has no comment. But Martha Louise represents the Royal Family, which represents Norway. She's the sister of the next king, Crown Prince Haakon.

Fox sends text message from stolen phone

Norwegian teenager Lars Andreas Bjercke downloaded an intriguing app that imitates the sounds of rabbits, in order to attract foxes. It worked very well. After several nights of circling the yard where the phone was left, a fox took the phone and ran off! The

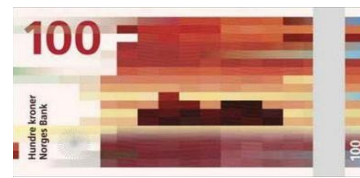
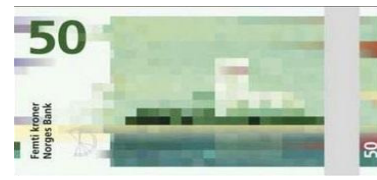


theft was captured on a video. But the story gets even better! Lars later called the phone and, surprisingly, the fox answered. There was a crackling sound and some noise.

The next day, Lars's friend, wondered why he had sent him an odd text message. The message was in strange letters and numbers. The message said; "I FRY o a0ab 34348ru åaugjoi zelbmosdji jsog ijio sjiw". Lars knew that the sender was the fox.

Norway's New Banknotes

Norway commissioned eight different graphic artists and design firms to submit their visual future of Norway's currency. The winning design was by the architecture firm **Snøhetta** and the graphic design house **The Metric System**. The new bank notes features works of both tradition and modern art. The new banknotes will go into circulation in 2017.



4 year old girl sleep-walks 4 kilometers

A young child was found alone and wearing only her pants and boots early Monday morning in Finnmark, North Norway after sleepwalking from her home for over four kilometers. On her journey she walked along a motorway and through an 800-metre long tunnel, before she sat down on a staircase outside of a house in Honningsvåg. A person passing by called the police. Local police have been in touch with the girl's family and found out she is a regular sleepwalker.