

SUNDEJ RD SUN

April 2006



Meeting Location

Rock of the Foothills Church

4630 Wheeler Ave

Second Saturday at 12:00 Noon.

President's Message

Time flies when you're having Jim, and here it is April already. In March we acquired new member Linda Shehee, who found us on the internet, and welcome to her. I have a unique gift for massaging names in several languages, Norwegian being a favorite, and trod heavily upon Syverstad, her father's family name. Sorry. The Syverstad came from Sarpsborg, south-east of Oslo. We also had a passel of Pedersons in attendance, and initiated Shawn Pederson along with Linda. So welcome to you both, you are now as official as it gets in Sons of Norway! If you look around at the April meeting, you may notice a slight thinning of our ranks. Some of the women folk are at a Red Hat retreat down in (hopefully) sunny Ensenada, Mexico. Not to worry, they have all promised to return for the 3 lodge activities in May. We're having the Yard Sale at Lise's on Saturday the 6th (your help setting up in the week before would be appreciated); our regular Lodge meeting on the 13th; and celebrating the 17th of May, Norway's Constitution Day, in San Bernardino at the Flag raising and luncheon. I hope to see you there for as many as you can attend.

Nic Sanburg

Vice President's Message

Not rain or snow or even hail will keep Sundfjord members from lodge meeting! I think every place at the tables was taken. Fantastic turnout and we even had 6 of our I heritage members. Of course the boys had to go out in the hail. And what a feast we had. There was corned beef and cabbage, turkey with potatoes and gravy, spaghetti and several other pasta dishes. In addition there was a lot of veggies, salads, rolls and to top it off St. Patrick Day's cookies and cup cakes. WOW! We gained one new member and installed two. Let's keep up the good work in recruiting members. We all look forward to the many activities that are coming up and we will keep planning more. Congratulations to all Sundfjord members for their fantastic participation.

Pauline Pederson

(Coming Events)

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April:

- 8 -Past President's meeting at Peer Cynt Lodge 3:00 pm
- Southern California Kretsstevne meeting afterwards
- Peer Gynt's Western Night
- 16 -Easter Sunday
- 29-30 -Rosemaling Seminar at Camp Norge

May:

- 6 -Sundfjord's Garage Sale
- 13 -Sundfjord Lodge meeting
- 14 -Mother's Day
- 17 -Syttende mai flag rising in San Bernardino
- Syttende mai flag rising at Long Beach
- 26-29 Memorial Day weekend at Camp Norge, Alta, CA.

.June:

- 18 -Father's Day
- 22-26 -District Six C'onvention at Crown Plaza Hotel, Ventura, CA

July

- 4 -Sundfjord's Information Booth at Memorial Park in Claremont
- 9-22 -Language/Heritage Camp
- 15 -Summer Party at Bill and Agnes Deeb in Canyon Lake.

August:

- 15-19 -International Convention Vancouver, British Columbia

September:

- 9 -Sundfjord's Lodge meeting
- 22-24 -Southern California Kretsstevne at Idyllwild, CA
- 29-30 -Central Coast Kretsstevne Flying Flags R%' Park, Buellton, CA

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Ruth Higley

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Gratulerer med dagen
(Happy Birthday)

April

9 -Frederick Swanson
15 -Dave Oyen
19 -Berit Givens
29 -Elsie Fossum

May

5 -Ashley Davis
10 -Jim Stewart
15 -Stanley I.unde

Sports Medals

Sons of Norway offer a Sports Medal Program and recognize the importance of healthful activities not to just prolong your life but to improve the very quality of your life. Sons of Norway promote the well-being of its members. 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 at your own pace. There are different medals and different levels. As you reach each objective, you will be awarded different grades of sports medals.

Our Sports and Recreation Director Jim Stewart has set a challenge and goal to have 12 members of our lodge earn a Bronze medal. So far we have 8 members that have earned medals. Where are the next 4 to meet our goal?`??`??`
For more information contact Jim Stewart.



Jim Stewart earned Gold, Char Nelson Bronze and Nic Sanburg Silver "gangmerket".

New Member

We welcome new member Linda Syverstad Shehee to Sundfjord Lodge. Her family originated from Sarpsborg in Norway.

Members; please add to your lodge directory

Linda Syverstad Shehee

1022 W. Calle De Las Estrellas # 1

Azusa, CA 91702

Phone: * 82 (626) 334-8101



Initiation of Linda Syverstad and Shaun Pederson

Nibble Fest

Our Heritage members, Irene and Ashley Davis are Girl Scouts at Claremont Junior Girl Scout Troop # 219.

They participated in the Girl Scouts annual "nibble fest". The different Claremont Troops selects a country, dress in its national costumes and provide a nibble taste of that country's food.

Irene and Ashley selected Norway and on March 26, 2006, Pauline Pederson, Art Aslesen and Lise Fleming with her two Norwegian visitors, Ragnhild and Lise, attended the "nibble fest in Claremont. Wearing their Norwegian "bunad and having a great Norwegian display, the "nibble food" they served was "tilslorete bondepiker" (veiled pheasant girls) made from caramelized breadcrumbs, apple sauce and whipped cream. It was a hit because people kept coming back for seconds and thirds. The Norwegian visitors (Ragnhild and Lise) said that the dish was made perfectly.

Irene and Ashley won first prize for their costumes so **CONGRATULATIONS!**

We are very proud of our two Norwegian girls.



Irene and Ashley Davis' nibble fest display



Ragnhild, Lise Fleming and Lise at "nibble fest"



Vw- re
seierherren
og lengy-o
leve freden!



Troop # 219's Freedom Flag

Woman Gets Beer from Her Kitchen Faucet
Oslo, Norway - It almost seemed like a miracle to Haldis Gundersen when she turned on her kitchen faucet this weekend and found the water had turned into beer.

Two flights down, employees and customers at the Big Tower Bar were horrified when water poured out of the beer taps.

By an improbable feat of clumsy plumbing, someone at the bar in Kristiansund, western Norway, had accidentally hooked the beer hoses to the water pipes for Gundersen's apartment.

"We had settled down for a cozy Saturday evening, had a nice dinner, and I was just going to clean up a little," Gundersen, 50, told The Associated Press by telephone. "I turned on the kitchen faucet and beer came out."

However, Gundersen said the beer was flat and not tempting, even in a country where a half-liter (pint) can cost about 25 kroner (\$ 3.75) in grocery stores. Per Egil Myrvang, of the local beer distributor said he helped bartenders reconnect the pipes by telephone. "The water and beer pipes do touch each other, but you have to be really creative to connect them together," he told local newspapers.

Gundersen joked about having the pub send up free beer for her next party.

"But maybe it would be easier if they just invited me down for a beer," she said.

Contributed by Dianna Sanburg

Two ski to North Pole in Arctic winter

After 64 days of walking, skiing, climbing, swimming across ice openings and dodging polar bears, a Norwegian and South African have reached the North Pole on foot in the darkness of Arctic winter.

Mike Horn, 39, of South Africa and Norwegian Borge Ausland, 43, set off from Cape Artichesky in northern Russia determined to make the 620 mile trek without outside supplies or help from dog sleds.

The professional adventurers pulled everything they needed in sleds that started off weighing about 300 pounds. On March 23, they completed the trek - most of it in complete darkness.

"This journey has been so tough that I think it will be a very long time until someone tries to repeat our expedition," said Ousland, who previously skied alone and unaided across the Antarctic.

According to the team, no one had previously attempted to cross the ice and snow-covered wasteland on foot during the six-month Arctic winter. The two swam across openings in ice - called leads - in special waterproof suits and pulled their sleds like rafts, only seeing what their headlamps could illuminate.

Along the way, they faced temperatures as low as minus 40 in strong northerly winds and had to make their way through blinding whiteouts of snow. They had to drag their gear over pack ice that was 25 feet high and suffered frostbite and infections.

They also had to be on constant lookout for polar bears, which have no natural enemies in the Arctic and regard anything that moves as a potential meal. On their first day out, a bear attacked their tent. They quickly got out of their tent as the polar bear was walking away with a packet of their food. As they reacted quickly and lit a flare gun, the bear dropped the food and ran onto the sea ice.

\Mike Horn previously had completed a more than 27-month solo trek around the Arctic Circle in 2004.

Borge Ausland was the first to ski across Antarctica alone in a 62-day, 1,767-mile journey in 1997. In 2001, he was the first to ski solo from Russia to Canada over the North Pole in an 82-day, 1,068-mile trip.

Associated Press 3/25-06

Folk Art Competition

Any Sons of Norway member of the Sixth District is eligible to enter the Folk Art Competition and Folk Art Exhibition to be held during the District Convention June 12-24, 2006. There are 12 categories of entry:

1. Rosemaling
2. Weaving (Norwegian Design)
3. Hardanger Embroidery
4. Needlework (Norwegian Theme)
5. Hand Knitting (Norwegian Theme)
6. Crocheting and Tatting
7. Figure Wood Carving (Norwegian Motif)
8. Relief Wood Carving (Norwegian Motif)
9. Chip Carving
10. Bentwood
11. Other (Norwegian Motif)
12. Other media, including Photography which has a Norwegian motif or theme.

There are 4 classes for each category of exhibition and/or competition.

1. Children (children and grandchildren of District 6 members, 15 years old and under, are eligible for **Exhibition Only**. They all receive a certificate of participation.
2. Youth, ages 16-20
3. Adult Amateurs (persons who engage in a given craft activity as a pastime).
4. Adult Professionals (including teachers of the craft and persons who engage in the activity for gainful reasons, i.e., sales)

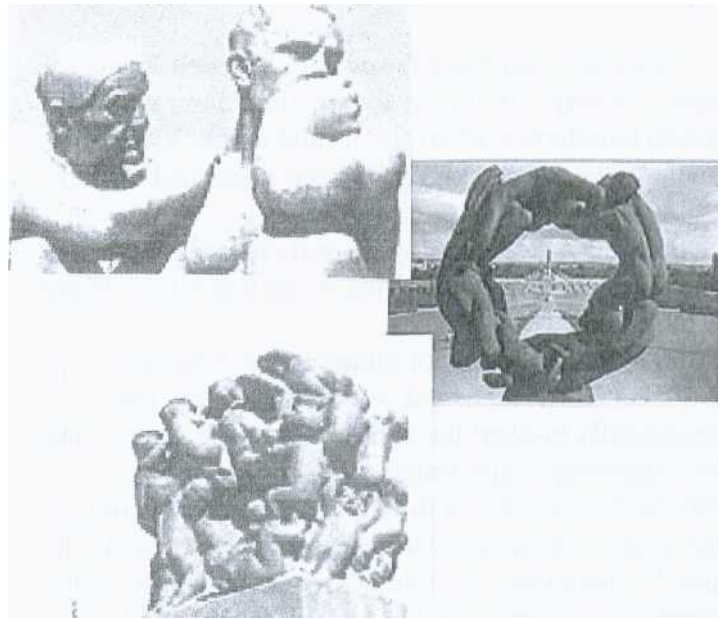
All items submitted must have been made by the person who enters and must have been finished within the past two years. See Lise Fleming for the entry form.

**Kultur Hjørnet
(Cultural Corner)**

Gustav Vigeland's Sculpture Park

The cultural highlight of Oslo and Norway is Vigeland's Sculpture Park with its unique statues. It contains almost 200 sculptures of Gustav Vigeland, Norway's best known sculptor. The layout of the park itself was designed by Vigeland. He worked on the park more than two decades until his death in 1943.

The initial point of the park sculptures was the Fountain. A model was presented in 1907 and Gustav Vigeland was commissioned to make the Fountain. But as time passed and not enough money was raised, Vigeland added sculptures to the project, granite sculptures that was placed around the park. In 1924, the City of Oslo decided that the project needed to be finished in the Frogner Park, later renamed to Vigeland Park. In 1931 followed a renewal of the bridge over the Frogner ponds with additional sculptures.



Walking into the park, you immediately notice the peace and its closeness to nature.

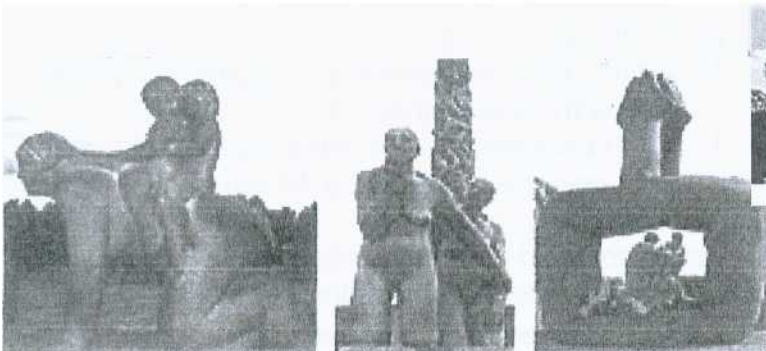
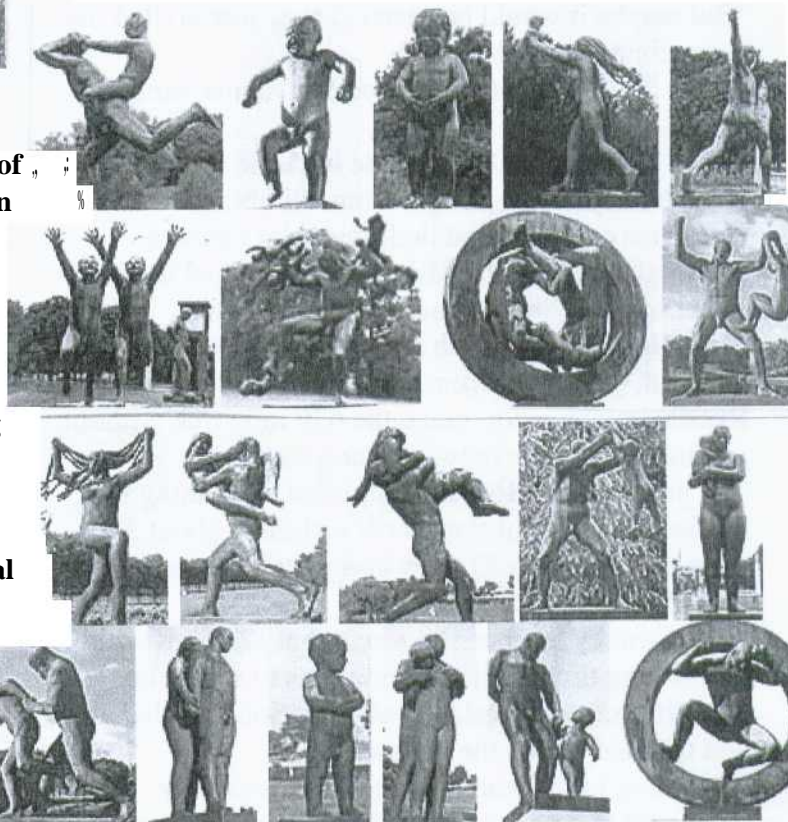
The sculptures, all featured naked humans, humans in their most typical poses, humans caring for children, humans being young and playful, humans as a couple, as friends, humans getting old and humans and death. After seeing the Family, the Wheel of Life and the sundial sculptures, one is drawn to the Monolith which contains several sculptures depicting the lifecycle of a man.



The Fountain

Gustav Vigeland was born in 1869 in the south-coast town of Mandal in Norway. Vigeland's artistic talents were reviled in his drawings and woodcarvings and at the age of 15, his father took him to Oslo to apprentice him to a master. The death of his father only two years later forced Gustav to return to Mandal and relinquish all hopes of becoming a sculptor.

In 1888, Vigeland was again back in Oslo, this time taking with him a bundle of sketches for statues, groups of reliefs, their motifs mostly deriving from Greek mythology and the Bible. Sculptor Bergslien was impressed by Gustav's drawings and took him into his studio and gave him practical training.



A Little in English...

Easter

Easter is coming on April 16th this year. Easter is one of Norway's biggest holidays, just as big as Christmas. Norwegians celebrated it all week with parties, family and mountain hikes.

There are many folk traditions in connection with Easter. For example, if there is frost the night before Easter and the following Sunday night, there will be frost for a long time to come. If it rains on Easter, the summer will be bad. Other traditions tell that it is a good idea to set out a broom out on your stoop on Maundy Thursday. People did this because they believed that witches flew to Bloksberg that night. And if they (did not leave out a broom, they believed that the witch would take a horse, cow or goat instead.

Today Norwegians celebrate Easter with, among other things, hikes in the mountains. Norwegians like to go up the mountain to enjoy the snow and sun. This may be related to a tradition of looking at the sun from a mountaintop Easter morning. People believed that the sun danced for joy because Jesus was resurrected. Many Norwegians also go on cabin trips, to enjoy the last experience of winter.

from Merkedager by Norske Folkeminnesamling



Litt på norsk...
Pasken

Pasken kommer den 16. april i år. Paske er en av Norges største høytider, like så stor som jul. Nordmenn ferier det hele uka med fester, familie og fjelltur.

Det finnes mye folketro i sammenheng med paske. For eksempel, om det er frost natt til paskeaften og påfølgende søndagsnatt, ville der bli frost i lang tid fremover. Om det regner paskeaften, ville det bli en dårlig sommer. Andre tradisjoner forteller at det er en god ide å sette en sopelime ute på trappen skjærtorsdag. Dette gjorde folk fordi de trodde heksene Ploy til Bloksberg denne kvelden. Og satt de ikke ut en sopelime, trodde man at heksa ville ta en hest, ku eller geit i stedet.

I dag feirer nordmenn paske med blant annet fjelltur. Nordmenn liker å dra på fjellet for å nyte snøen og sola. Dette kan ha sammenheng med en tradisjon om å se på sola fra en fjelltopp påskemorgen. Folk trodde at sola danset i glede over at Jesus står opp igjen. Mange nordmenn går også på hyttetur, for å glede seg over de siste vinteropplevelser.

fra Merkedager by Norske Folkeminnesamling

