

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

Kalender
 (Coming Events)
2006

- January:**
 21 - Cultural Exhibition at Carousal Mall in San Bernardino.
- February:**
 11 - Sundfjord Lodge meeting
 14 - Valentine's Day
- March:**
 11 - Sundfjord Lodge meeting
 14 - Shaker's Restaurant Fundraiser
- April:**
 8 - Sundfjord Lodge meeting
 16 - Easter Sunday
- May:**
 6 - Sundfjord's Garage Sale
 13 - Sundfjord Lodge meeting
 17 - Syttende mai flag rising in San Bernardino
- June:**
 21-24 - District Six Convention at Crown Plaza Hotel, Ventura, CA
- August:**
 15-19 - International Convention Vancouver, British Columbia

President's Message
Godt Nytt Ar, Happy New Year!
 Our January meeting will have seen the installation of Officers for the term 2006-2007. I am honored to be your President for the term, and look forward to our time together. We have a fine group of incoming Officers, some new and some... experienced. We are all here for one purpose, to bring you what you want the Sons of Norway and Sundfjord to be. We'll keep doing what we do best, bringing good friends, food and fellowship together on a Saturday afternoon. We'll also be looking for your best ideas for fun activities we can share. I'd like to thank Bill Deeb for his hard work and generosity in guiding the Lodge for the last two years. He has set a high standard for me to follow.

Vice President's Message
 Our Christmas party was another success. We had record attendance including 9 children. The children arrived early and trimmed the Christmas tree. All of us enjoyed traditional Norwegian food with some wonderful cookies, including sandbakkels with whipped cream and berries, pepperkaker, pies and cakes. Members were treated to a Christmas treatoire brought by District Six Treasurer and President of Edward Grieg, LaVonne Kerfoot and her sister Dorothy. This was for members who are not able to travel to other lodge's activities so they could purchase all the wonderful handmade articles. We sang Norwegian Christmas carols and danced around the tree, much to the delight of all. After the dancing, there was a gift under the tree for each child. Our youngest Heritage member, seven month old Trygve was also in attendance with his parents. As your Vice President, I want to thank all our members for their hard work this past year. We are growing and introducing some new activities for the coming year. Our goal for the next two years is to increase membership and offer new activities. With your continued support we can do it! Happy New Year!

TubFrim
 Sundfjord lodge collected 24 pounds of stamps for TubFrim this last year. Those who participated were Char Nelson, Dianna Sanburg, Virginia Salvesson, Helen Cox, Art Aslesen, Charles and Marion Sather, Signe Odegaard, Lola Peterson and Lise Fleming. Their names were entered into the drawing for the roundtrip airline ticket to Norway. The stamps were dropped off at the Seaman Church in San Pedro in mid-November.

Nic Sanburg

Happy New Year!

Pauline Pederson

Sundfjord's Christmas Party



Enjoying Christmas Feast

Dancing Around the Christmas Tree

Our youngest Heritage member Trygve Givens and his father Mark

Photos by Art Aslesen

2006/2007 Sundfjord's Officers

- President:** Nic Sanburg (626) 205-2220 ndksanburg@altrionet.com
- Vice President:** Pauline Pederson (909) 986-1655 PEDEPERSONPAULINE@aol.com
- Counselor:** Bill Deeb (951) 244-1076 billdeeb@earthlink.net
- Secretary:** Lise Fleming (909) 624-2868 lisenorsk@earthlink.net
- Assistant Secretary:** Kathleen Cox (626) 332-0932
- Treasurer:** Dianna Sanburg (626) 205-2220 uffda@altrionet.com
- Membership Secretary:** Martha Rund (626) 358-0795 martharund@aol.com
- Social Director:** Agnes Deeb (951) 244-1076 billdeeb@earthlink.net
- Marshal:** Ruth Higley (909) 982-4113
- Foundation Director:** Kirsten Kjelly (909) 593-9632 kkjelly@yahoo.com
- Cultural Director:** Agnes Deeb (951) 244-1076 billdeeb@earthlink.net
- Publicity Director:** Art Aslesen (909) 982-4422 artaslesen@aol.com
- Editor:** Lise Fleming (909) 624-2868 lisenorsk@earthlink.net
- Historian:** Char Nelson (909) 593-4447 charnels@netzero.net
- Sports Director:** Jim Stewart (909) 982-5238 resdhtel@verizon.net
- Youth Director:** (909) 982-5238 resdhtel@verizon.net
- Sunshine:** Lola Peterson (909) 629-3112
- Greeter:** Ann Schwantje (909) 948-7786
- TubFrim:** Char Nelson (909) 593-4447
- Auditors:** Jim Stewart (909) 982-4422
 Ruth Higley
- Zone Director:** Robert Hanevik (760) 948-1503
- Insurance Rep:** Dennis Burreson (1800) 448-2499

Gratulerer med dagen

(Happy Birthday)

January
 5 - Kari Anderson
 6 - Leif Anderson

February
 1 - Betty Anderson
 2 - Esther Sather
 7 - Martin Fehn
 7 - Gordon Digermess
 12 - Madalynn Phipps
 14 - Gerd Olsen
 21 - Adam Martinez

Don Odgaard's Eulogy
 Due to misunderstanding on Odegaard's memorial service, Nic Sanburg was not able to deliver his Eulogy so here it is:

"Good morning, I'm Nic Sanburg and I'm a member of the Sons of Norway, Sundfjord Lodge, which meets here at Rock of the Foothills Church.
Our lodge was chartered in Pomona on October 7, 1953, and one of the first orders of business that day was the installation of a recently married young fellow named Don Odegaard as its first Lodge President.
We have been honored to have had Don as a member and leader of the lodge for the last 52 years, and will treasure his memory, as we treasure our friend and lodge sister Signe, who has helped build, keep, and grow the lodge all this time. Through thick and thin they have kept the spirit of Sons of Norway and our lodge alive.
In tough times, when membership was low, Don took on extra shifts as the lodge president, trading with Dale Higley every so often. In all, Don served as Lodge President in 1953 and -54, 1979 and -80, 1993, -94 and -95. One doesn't just serve as president in Sons of Norway, and Don held just about every executive position in the lodge. As Counselor, he helped shepherd Sundfjord's relocation from the original home in Pomona to Montclair and finally here to the Rock of the Foothills Church in LaVerne.
He represented the lodge at the District Conventions, and worked at the conventions to help other delegates.
We shall miss our friend and brother Don but we will have him with us always in our hearts. For myself, I never saw Don without a smile and will keep him that way.
In Sons of Norway, we pledge ourselves to be "United and True until the Dovre Mountains should fall". Until then, Don remains with us. Thank you and bless you".

Nic Sanburg

**To Sons of Norway, Sundfjord 65,
 Thank you for the beautiful plant we will treasure for a long time. God bless you all for being so thoughtful.**
 Love Signe Odegaard and family.

Til Minne

(In Memory)

Mildred "Benita" Schjaastad

Benita Schjaastad was a member of Sundfjord Lodge for 21 years. She passed away December 3, 2005 in La Verne at the age of 93 years old. Benita was born in Minnesota and moved to the Los Angeles area in 1934. She worked for Los Angeles County Crippled Children's Society and Pomona Valley Hospital. In 1949 she returned to school to pursue a degree in Public Health Nursing and was a nurse for the Pomona Unified School District for 27 1/2 years.

P.S. We received a Thank You note that says:

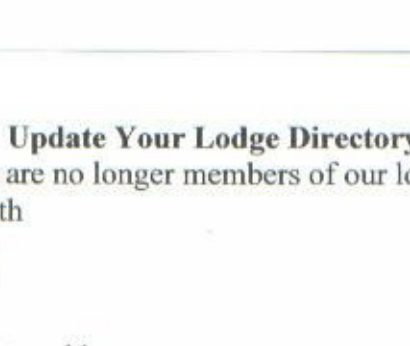
Sons of Norway, Sundfjord Lodge # 65
Thank you for the beautiful poinsettia plant. It was a lovely reminder of Benita's friends in Sons of Norway and all the years of her membership.

The extended family and friends of Benita Schjaastad

Norwegian Sweater Day

Don't forget to wear your Norwegian Sweater at the February 11th meeting.

New Members



Berith Givens

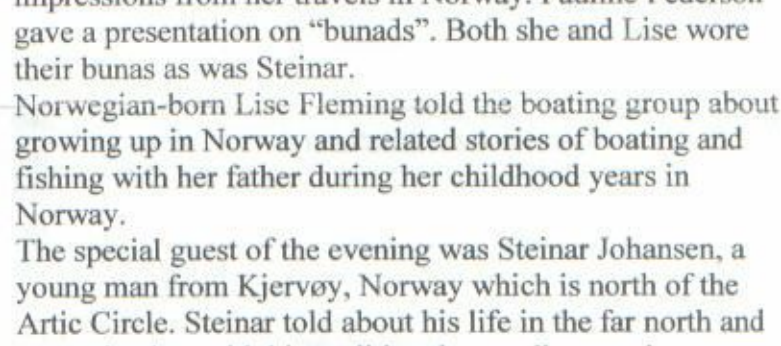
We also welcome our newest member Shaun Pederson, Pauline Pederson's son.



Shaun Pederson

Sons of Norway Lodges Entertain U.S. Power Squatron

Members of the U.S. Power Squatron (a boating organization) held a dinner meeting Thursday evening, January 5th, 2006, at the Magic Lamp Restaurant in Rancho Cucamonga.



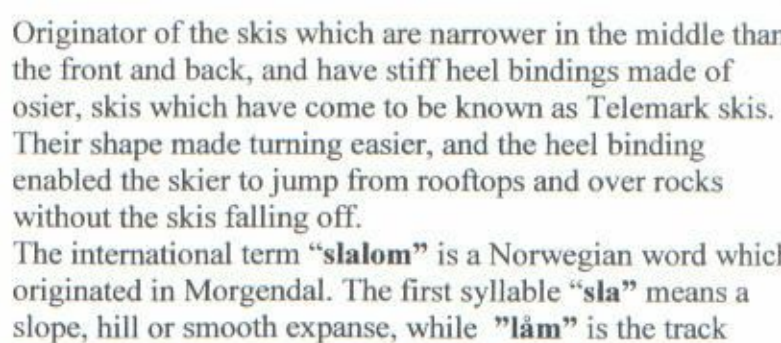
Left to Right: Steinar Johansen, Lise Fleming and Commander of U.S. Power Squatron Bob Holcomb

Sons of Norway, Sundfjord Lodge members Lise Fleming, Pauline Pederson, Jim and Mary Stewart plus Solskinn Lodge (Palm Springs) member Steinar Johansen provided an informative and entertaining program.

Jim Stewart coordinated the program and provided Norwegian maps, posters, and artifacts. Mary presented her impressions from her travels in Norway. Pauline Pederson gave a presentation on "bunads". Both she and Lise wore their bunas as was Steinar.

Norwegian-born Lise Fleming told the boating group about growing up in Norway and related stories of boating and fishing with her father during her childhood years in Norway.

The special guest of the evening was Steinar Johansen, a young man from Kjerfve, Norway which is north of the Arctic Circle. Steinar told about his life in the far north and entertained us with his traditional accordion music.



Front row: Pauline Pederson, Steinar Johansen, Lise Fleming 2nd row: Jim and Mary Stewart

Several members of the Power Squatron have Norwegian roots, which they explored. Everyone agreed it was the best program they have ever had.

Mary Stewart

Update Your Lodge Directory

These people are no longer members of our lodge:
 Mabel Bogseth
 Elsa Tolman
 Jared Tvetter

New member to add:
 Shaun F. Pederson
 14965 Bear Tree Street
 Fontana, CA 92336-0865
 Phone: (909) 428-0881

Scandinavian Film Festival

The 7th annual Scandinavian Film Festival in Los Angeles at the Writers Guild Theater, 135 South Doheny, Beverly Hills.

Sunday, January 15th is Gala Opening Day

- 2:00 p.m. *Finland feature film "Mother of Mine"
- 4:55 p.m. Norway short film "Cargo"
- 5:00 p.m. *Norway feature film "Kissed by Winter"
- 6:30 - 8:00 p.m. Opening Gala Buffet
- 8:15 p.m. *Sweden feature film "ZOZO"

Friday, January 20th

- 6:30 p.m. Denmark feature film "Chinaman"
- 8:15 p.m. Denmark feature film "Manslaughter"

Saturday, January 21st

- 10:30 a.m. Iceland feature documentary "Africa United"
- 12:00 p.m. *Iceland feature film "Ahead of Time"
- 2:00 p.m. Finland feature film "Homesick"
- 4:00 p.m. *Finland feature film "Mother of Mine"
- 5:50 p.m. Norway short film "Touched"
- 7:45 p.m. Sweden feature film "An Enemy of the People"
- 7:45 p.m. Sweden feature film "Harry's Daughters"

Closing party.
 * Films submitted for Academy Awards consideration.
 For ticket reservations or information visit www.asfla.org or call (323) 661-4273.
 All tickets are held at will; bring an ID.

Kultur Hjørnet

(Cultural Corner)

Skating

Skis have been a source of benefit and pleasure to Norwegians for thousands of years. A rock carving from Rodoy in Nordland County, about 4,000 years old is evidence that the use of skis dates back to the Stone Age. Until about 100 years ago, much of community life in the winter depended on skis as they were used for transport and hunting. They were practical in a sparsely populated country where distances were great and the terrain difficult. Over the centuries, troops on skis have defended Norway's borders.

Skating evolved into a mass sport. The first competitions were arranged in the mid-1880. Sondre Nordheim of Morgedal in Telemark was a pioneer in skiing as a sport, and is often called the father of modern skiing. He was the

Originator of the skis which are narrower in the middle than the front and back, and have stiff heel bindings made of osier, skis which have come to be known as Telemark skis. Their shape made turning easier, and the heel binding enabled the skier to jump from rooftops and over rocks without the skis falling off.

The international term "slalom" is a Norwegian word which originated in Morgedal. The first syllable "sla" means a slope, hill or smooth expanse, while "lalom" is the track down it. The usual "slalom" was run down sloping fields, stone walls and mounds, left and right of shrubs and bushes. In our day, Telemark skiing has enjoyed a revival both as a competitive sport and as an increasingly popular leisure activity in the USA and Europe.

During the nineteenth century, Norwegian emigrants and students took their skiing skills with them and introduced the sport of skiing to all corners of earth.

Norwegian polar explorers also helped making skiing known, at home and abroad. "skiing is the most Norwegian of all our sports, and a glorious sport is; if any merits being called the sport of sports, this surely is the one", wrote Fridtjof Nansen after crossing Greenland interior on skis in 1880. Roald Amundsen reached South Pole in 1911, the first man ever. He did so on skis. Several Norwegian expeditions have in recent years followed the routes used by these two great explorers and skied both the North and South Poles. In 1932 Erling Kagge, an Oslo lawyer, crossed Antarctica on skis to the South Pole, alone and without radio contact with the rest of the world. He took 50 days to cover the 1300 kilometers. Following the same route in 1995, another Norwegian - Liv Arnesen - was the first woman to ski solo to the South Pole.

Nowadays, skiing is the Norwegian's winter sport number one. No sports event in winter Norway attracts such crowds as the Holmenkollen Ski Festival, it is like the second National Day and the Royal Family are always present. The Holmenkollen Ski Jump, now over 100 years old, is a national monument. In 1892 the longest distance jumped at Holmenkollen was 22 meter, skier's today jumps about 100 meter further.

Norway has pioneered the development of skiing as a sport for the disabled. During the 1950's schools for the blind introduced cross-country skiing as a physical training. In 1963 especially deep ski tracks were prepared in the snow at Beitostolen in Valdres and the following year the first "Ridderrenn", a ski competition for the blind and partially sighted, was held there. The Beitostolen rehabilitation program for the physically disabled has served as a model for other countries. On the international scene, Norway is a driving force behind attempts to achieve status within the Olympic movement for sports for the disabled.

1952 was the first time Norway hosted the Winter Olympic Games, in Oslo. The 1994 Winter Olympics in Lillehammer, 180 kilometers north of Oslo, consolidated Norway's position as a sporting nation with well-established traditions in the winter sport.

Helping District Eight and Seven Get More Members

District Eight in Norway is a vital part of our International Organization. It is important that it be allowed to remain a full partner in our three-country Order. But Norwegians take a different slant as to why they should join Sons of Norway. They are Norwegians already, so that they don't look on preserving Culture and Heritage in the same way that Norwegian Americans and Norwegians Canadians do. What do we have to that appeals to them? One thing that most Norwegians look to with pride and interest is their relatives and their descendants who emigrated to Canada and the United States, primarily in the 19th and early part of the 20th Centuries.

But District Eight finds itself under pressure (because of certain constitutional requirements such as Para. 76 of the C & C) to retain members and grow its membership, just as we want to do in Canada and America. To give District Eight a more viable and fruitful source of prospective members, we propose that everyone in American and Canadian lodges with adult relatives living in Norway today, provide the District Eight President with names and addresses of all those people. We think it makes sense that people in Norway, with relatives in Canada and America, who belong to Sons of Norway, may feel a common bond, or wish to establish that bond, by joining Sons of Norway in Norway.

Here's what to do. Write a very brief note stating your name and address, and the fact that you are a member of Sons of Norway (state lodge, city and state). Say that you hope that they (your relatives) will consider joining Sons of Norway in a common bond of shared heritage. Send the list of your relatives to Ernest Granly, President, District 8, Sons of Norway, Kjerkevegen 16, 2071 Råholt, Norway, or e-mail it to President Granly at: egprod@ultrionet.com

District Seven (British Columbia) has similar problem in that their total membership also does not meet the expectations of Para. 76 of the C & C. So, if you have relatives of Norwegian birth or descent living in Canada, send those names and addresses to the /District Seven President, Ronald Stubbings, 1020 Glenayre Dr., Port Moody, BC V3H 1J6 or e-mail him at: rstubbings@telus.net

Sherrill G. Swenson
 District Six President

Foundation News

It is scholarship and grant deadline time once again. I hope all the lodges are aware of the wonderful financial opportunities available to them through the Sons of Norway Foundation.

The Foundation offers five great scholarships for post-high school studies. These scholarships are open to sons of

A Way to a Happy New Year

To leave the old with a burst of song
 To recall the right and forgive the wrong;
 To forget things that binds you fast,
 To vain regrets of the year that's past;
 To have the strength to let go your hold,
 Of the not worthwhile of a days gone old;
 To dare go forth with the purpose true,
 To the unknown task of the year that's new;
 To help your brother along the road,
 To do his work and lift his load;
 To add your gift to the world's good cheer,
 To have and to give a Happy New Year.

Robert B. Beattie

District Six Language/Heritage Camp for 2006

The date will be July 9 to 22 at Camp, Alta, CA. Camp Director will be Russ Behl. Camp counselors and CITs or members of staff are needed. Call Russ at (408) 259-4021 if you can help.

Cindy Olsen
 Sons of Norway
 Foundation Director

Viking Magazine Wants Your Photos

Why not share your holiday spirit through district happenings pages in Viking Magazine? These pages are a perfect way to show others how members at your lodge have honored Norwegian traditions, entertained family and friends or volunteered in the community this holiday season. Viking accepts photo submissions from all lodges and encourages every member to contribute. After all, these pages wouldn't be possible without the participation of lodges throughout the entire organization.

"What kind of photos can I submit?"
 You can submit any kind of photo that reflects your lodge; volunteer efforts, involvement in local parades and fairs, lutefish dinners and bake sales, scholarship and award ceremonies, craft activities, lodge outings, etc.

"Large photo would be better than smaller photos."
 The smaller photos we accept are 3" x 5". If you are printing on photo paper from your home computer, please make sure that the resulting photograph doesn't show any streaks marks or noticeable pixilation.

"Can I submit digital photos?"
 Please check with your lodge publicity director when sending digital files. If your lodge publicity director accepts digital files, please remember that files should be at least 300 dpi and 3" x 5". Typically, digital cameras store photos at a larger size with a smaller resolution, for example 17" x 25" at 72 dpi, which are also acceptable.

"Where do I send photos?"
 Please send photo submission to your lodge publicity director who will then forward them to the district publicity director. The district publicity director chooses the photos for each month's issue and then submits them to the Viking magazine. Please do not submit district happenings photos to Sons of Norway Headquarters.

If you have any questions about these procedures, please contact Jessica Gleason at Sons of Norway Headquarters by phone: (612) 821-4636 or by e-mail jgleason@sofn.com

Have You Had A Financial Checkup Lately?

If not, contact your field staff representative today to set up an appointment to discuss your financial needs at no cost to you.

This is a benefit of membership

Dennis Burreson (1800) 448-2499

Tusen Takk



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 Fax: (909) 592-0759 • E-Mail: qip91773@aol.com

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