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# SUNDFJORD SUN

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**Sundfjord Lodge # 65**

**October 2006**

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Meeting Location

**Rock of the Foothills Church**

**4630 Wheeler Ave**

**LaVerne, CA 91750**

*Second Saturday at 12:00 Noon.*

## President's Message

It's the first of October, and Dianna and I are just back from the Central Kretssteve in Buellton. Art Aslesen came and camped in a tent that was nearly swallowed by Gopher-Zilla. I don't know what they feed them up there, but these critters are bigger than some of the dogs that tried to dig them out!

Day-trippers Lise Fleming and Kathy Cox joined us on Saturday to run the boutique and craft fair, and stayed for dinner and entertainment. It was a great weekend camping, and I got to show off my dinky little trailer (13 foot) in a row of 30 to 36 foot long monster RVs. October is Foundation month, and the anniversary of Sundfjord's founding fathers. At the meeting we will honor significant (5 year interval) member anniversaries, and award Gerd Olsen her Golden Membership Certificate and pin! We will also be collecting your Foundation Coin Banks, so let's hope the word is out, and we'll send a ton of money off to a charity that works for US!

**HAPPY HALLOWEEN!**

Nic Sanburg

## Vise President's Message

Sundfjord Lodge was well represented with seven of our members attending the Southern Kretssteve in the mountains at beautiful Idyllwild. We had a great time visiting with old friends and making new ones. The food was superb and plentiful, especially the delicious cookies that were available all day long at the hospitality table.

We were blessed with wonderful sunny weather and the nights did not get very cold. Those of us who rented RVs slept very cozy and comfortable. We kept busy with lots of activities going on all day Saturday thanks to Jim Stewart who arranged different games and contests. I shared first place with Arnfinn Løkkbakk from the Song of Norway Lodge in the fishing contest, we each pulled up a 12 ½ inch Trout.

Hopefully more of our members will join us in October, 2007 when we convene at Pio Pico in Jamul, near San Diego for the next Kretssteve. This is a great opportunity to meet other Sons of Norway members from around Southern California.

Pauline Pederson

**Kalender**  
(Coming Events)  
**2006**

### October:

- 21 -Scandinavian Dance Classes in Ventura
- 28 -Edvard Grieg Lodge's Torsk Dinner

### November:

- 11 -Sundfjord's Thanksgiving Dinner
- 17-19 -Julebazaar, Norwegian Seaman Church in San Pedro.

### December:

- 2 -Norseman Lodge Julebord, Ventura
- 3 -SWEA Julebazaar at the Palladium in Hollywood
- 3 -Sons of Norway Day at Theater to see "Don't Hug Me Christmas Carol" by Phil Olson
- 9 -Sundfjord's Christmas Party.

**If you want to participate in any of these activities contact Lise Fleming.**

**Winners of the Southern California Kretssteve Raffle Drawing**

- \$ 100.00 - Bob Sturgeon, Vegas Viking # 152**
- \$ 50.00 - Aprell Waymire, Valhall # 25**
- \$ 25.00 - James Wiegant, Solbakken # 64**

**2006/2007 Sundfjord's Officers**

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- Greeter:** Ann Schwantje  
(909) 948-7786
- TubFrim:** Char Nelson  
(909) 593-4447
- Auditors:** Jim Stewart  
Ruth Higley
- Zone Director:** Robert Hanevik  
(760) 948-1503
- Insurance Rep:** Dennis Burreson  
1(800) 448-2499



**Gratulerer med dagen**  
(Happy Birthday)

**October**

- 3..... Marion Sather
- 11..... Cortney Elliot
- 12..... Luke Fleming
- 21.....Linda Syverstad Shehee
- 28..... Mary Stewart

**November**

- 1.....Stephen Deeb
- 16.....Irene Davis
- 16.....Jacqueline Cordes
- 17.....Kathleen Cox
- 23.....Hans Austad

**God Bedring**  
(Get Well)

We wish "God Bedring" to District Six Treasurer LaVonne Keerfoot who has been in the hospital and now are recuperating at home. We missed you at the Northern, Central, and Southern Kretsstevne. Get well soon!

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

**Sharing Golden Years**

Agnes and Bill Deeb celebrated their 50<sup>th</sup> wedding anniversary in August, 2006.



<August 26, 1956



August 26, 2006>

Agnes and Bill left for Norway on October 1, to visit Agnes' family at Askøy Island by Bergen.

### Membership Pins

October is Sundfjord's anniversary month and our members are honored for their membership years in 5 year increments.

The following members who have earned their membership pins are:

- Golden Membership - Gerd Olsen
- 35 years - Ruth Higley
- 10 years - Rita Aslesen
- Esther Schan
- 5 years - Marian and Charles Sather



### Thanksgiving Dinner

At our November meeting there is no potluck dinner as the lodge will be serving a Thanksgiving turkey with all the trimmings and pies.

Cost will be \$ 15.00 for adults, \$ 5.00 for children 10 to 16 years of age, under 10 years is free. Please let us know if you will attend the November meeting so we will have an idea of how much food to prepare.

### TubFrim

Please turn in your cut stamps at the November meeting. We will take them to the Norwegian Seaman Church in San Pedro the 3<sup>rd</sup> weekend of November.

### Norwegian Calendars

Our lodge now has a limited amount of the 2007 Norwegian calendars for sale at \$ 12.00 each. These calendars have beautiful Norwegian pictures adorned with "rosemaling". Get one for yourself and/or as a Christmas gift. It is nice to have a little bit of Norway hanging on your wall for a whole year. See Lise Fleming.

### Shop Early For Christmas

Sons of Norway are still selling the popular Runescape **Jewelry**. Each piece is handcrafted of .925 Sterling Silver. You can chose from necklaces, pendants, brooches, earrings, bracelets and rings. All orders have to be in Arizona by the 15<sup>th</sup> of each month. See Lise Fleming for the catalogue.

### Rada Cutlery

Rada cutlery is a great holiday gift. It is of first rate quality, has a lifetime warranty and is very reasonably priced. There are many varieties and combination of cutleries to chose from. Agnes Deeb bought the potato peeler and says that it is the best one she ever had. Lise has the catalogue for you to look at. You need to put your order in early to ensure that you will have your gifts for the holidays.

### Our Trip to Norway

Norway is indeed the most beautiful place on the earth. Jack and I made our first trip to Norway in August. We flew into Oslo and spent 3 days seeing all the fascinating museums in that city. We then joined a Globus tour for 8 days that took us through the incredible interior of the country through Lillehammer, north and west to the fjord country, south to Flom railway and on to Bergen. We then headed southeast over Hardangervidda past waterfalls and glaciers. Every minute was filled with the most incredible scenery you can imagine. We stayed nights on top of mountains in wonderful mountain inns. The food at every stop was a feast for the eye and in huge amounts. I have never seen fish prepared so many ways, we even tasted reindeer.

Our trip ended back in Oslo where we prepared to fly to London and on to Los Angeles. Unfortunately, that happen to be the week that London closed their airports due to the terrorist threat. We were sent back to the hotel for another night, stood in line for 7 hours the next day only to be told that there was no more flight to the USA. So we were redirected to Paris, France and then home. My luggage was sent somewhere else but finally after 4 days I received it at my front door. A bad ending to an otherwise fantastic trip. We are already making plans for a return trip. I saw my great-grandfather's farm alongside the road but the bus driver would not stop for me to snap a photo. I did however manage to get a photo of the back-road sign. The farm is located about 7 miles south of Voss. Next time we will rent a car and visit the farm.

Pauline Pederson



Jack and I at the Hardangerfjord

### Barnas Hjørne

(Kid's Corner)



This month I am writing about Trolls. I think the best way to start is by describing what Trolls looks like. Trolls were believed to be giants, and the biggest of all of them was *Dovregubben* (their king in the mountain Dovre). Trolls were shaggy with rough hair, and have tree and moss-like growth on their heads and noses.

Their noses were long and were used to stir when they cooked broth or porridge. Some Trolls had two or three heads; others had one eye in the middle of their fore-head. They had four fingers and

four toes, and had a tail that resembled a cow's tail. Trolls lived to be hundreds of years old, but died and turn to stone when the sun caught them. They looked very frightening, but were often good natured and very naïve.

In Norway, in the dark forests, moonlit lakes, deep fjords, and snow capped mountains you would find Trolls. The Trolls were night creatures. It is well advised to keep a good standing with the Trolls. Anyone could possible be taken by the Trolls, including cattle. Women who recently gave birth and have not gone back to church were most at risk. Occasionally, the Trolls would even steal the newborn babies, and would leave their own offspring in return. Trolls, sometimes, abducted people to live as their slaves. These poor souls were known as *bergtatt* (those taken to/by the mountains).

Many of the fairytales featuring Trolls were written in the late 19<sup>th</sup> to early 20<sup>th</sup> centuries. The Norwegian word for folktales is *eventyr*. As a rule of thumb, what is called a Trill in Norway is a giant in Sweden and Denmark.

However, what is called Troll in southern Sweden and Denmark would be called *huldfolk* in Norway, and *vitterfolk* in northern Sweden.

Trolls mainly kept themselves invisible. They could travel on the wind, and sneak into human homes. Some-times you could hear them speak, shout, and make noises, or you could hear the sound of their cattle. If you were out in the forest and smelled food cooking, then you would know that you were near a Troll dwelling. The Trolls were great shape lifters, taking the shape of an object like fallen logs or animals. Larger Trolls often appeared as a solitary being, and the smaller Trolls were thought to be social beings that lived together, much like humans, only in the forest. They kept animals, cooked and baked, were excellent at making crafts and held great feasts.

Trolls could cause great harm when they were vindictive or playful. Trolls were great thieves as well, and liked to steal food from the farmer's food storage. Since they could be invisible, they would enter human homes during feasts and

eat from the plates so there would not be enough food, or spoil the making of beer and bread.

So basically, Trolls are legendary creatures who liked to steal from and kidnap humans. It would be very wise to stay on the good side of a Troll, and leave "treats" out for them so they would not spoil your food!

Heritage member Irene Davis, 11 years old

## EDVARD GRIEG LODGE TORSK & MEATBALL DINNER Saturday, October 28



Happy Hour - 5:30 P.M.  
Dinner - 6:30 P.M.  
Adults \$18  
Children 12 and under \$8  
SONS OF NORWAY, 4011 La Crescenta Ave., La Crescenta, CA

SEATING IS LIMITED  
RESERVATION DEADLINE  
OCTOBER 22

### Sons of Norway Day at the Theatre

Please join us for a Sons of Norway Day at the Theatre for the World Premier of the newest Scandinavian musical comedy, "Don't Hug Me Christmas Carol" which is a sequel to the smash hit musical comedy "Don't Hug Me" which has played in over 30 cities around the country and written by Sons of Norway member Phil Olson.

## Don't Hug Me

A love story with singin' and stuff



When: Sunday, December 3, 2006 at 2:00 PM  
Where: The Lonny Chapman Group Repertory Theatre  
10900 Burbank Blvd., North Hollywood  
Tickets: \$ 15.00 (Group Discount)  
Includes a reception following the show to meet the cast and playwright.  
Reservations: (818) 516-7052

## Southern California Kretsstevne at Idyllwild

Sundfjord's Sports and Recreation Director Jim Stewart put together several sports games for the Kretsstevne attendees to participate in. Here are the results of the events:

**Fishing Contest:** 1st place shared by Pauline Pederson, Sundfjord and Arnfinn Løkkbakk, Song of Norway lodge.  
They each pulled up a 12 ½ inch Trout.

**Horseshoes (doubles):** 1<sup>st</sup> place Lou Coover and Ellen Spitzer, Valhall lodge  
2<sup>nd</sup> place Ola Brevig, Valhall lodge and Bob Sturgeon, Vegas Viking  
3<sup>rd</sup> place Caronne and Steve Van Nyhuis, Vinland lodge  
4<sup>th</sup> place Lena and Joanna Van Nyhuis, Vinland lodge

**Shuffleboard (doubles):** 1st place Mary Stewart and Char Nelson, Sundfjord lodge  
2<sup>nd</sup> place Jackie and Joan Brown, Fridjof Nansen lodge

**Pine Cone Race:** 1<sup>st</sup> place Mary Stewart, Sundfjord lodge  
2<sup>nd</sup> place Jim Stewart, Sundfjord lodge

**The Nature Walk** was attended by Char Nelson, Sundfjord, Jo Ness, Edvard Grieg and Eric Herem, Norseman



The Horse Shoe Team, Front row;  
Lou Coover, Ellen Spitzer, Bob Sturgeon, Ola Brevig  
Rear row; Lena, Joanna, Steve and Caronne Van Nyhuis

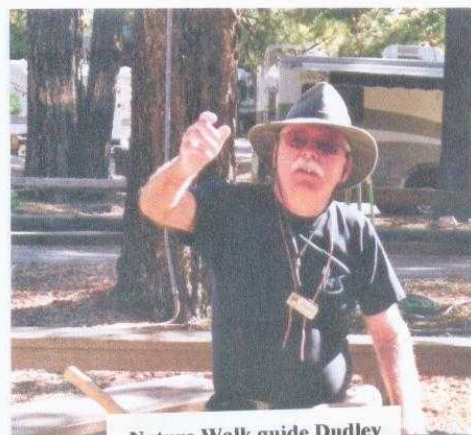


Pauline Pederson with her catch



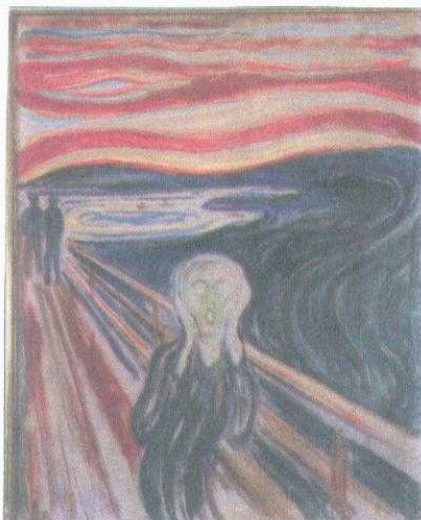
The Shuffleboard Team:  
Char Nelson, Mary Stewart, Joan and Jackie Brown

Sundfjord members attending the Southern Kretsstevne was Jim and Mary Stewart, Art Aslesen, Kathy Cox, Char Nelson, Pauline Pederson and Lise Fleming



Nature Walk guide Dudley

## Munch's "The Scream and Madonna" Recovered



Edvard Munch's "The Scream"

On August 22, 2004 masked gunmen grabbed national artistic treasurers in front of stunned visitors at the Oslo museum. This was an attack on Norwegian culture and history and art lovers feared the priceless paintings were gone forever. Art experts said it would be nearly impossible to sell such famous piece of art.

Police announced September 1, 2006 that they had recovered Edvard Munch's masterpieces "The Scream" and "Madonna". Police stated that the paintings had been in Norway the whole time. They would not however reveal how the paintings were recovered; saying only that it was the work of successful police action. Three men who had minor roles in the theft have been sentenced to prison terms but the masked gunmen remains at large.

The Scream is probably the best known work in Munch's emotional charged style, which was a major influence in the birth of the Expressionist movement. Its waif-like figure, apparently screaming or hearing a scream, has become a modern icon of human anxiety. Even though Munch, who died in 1944 at age 80, had painted three other versions of "The Scream," his fellow Norwegians were heartbroken about the theft, and news of its return was greeted with relief and it was a joyous day for all Norwegians.

### Oslo Heads the List of Most-Expensive Cities

Norway's capital Oslo is the most expensive city in the world to live in, followed by London and Copenhagen, according to a survey released by financial-services firm UBS AG.

The UBS survey of 71 cities around the world was conducted between February and April of this year. The UBS compared the prices of a basket of 122 goods and

services – include food, transportation, clothing and household-electronic devices – in each city.

Residents of Copenhagen, Oslo and Zurich earn the highest wages with Zurich and Geneva earning the highest net wages. The highest wages are paid in the Scandinavian cities, but they also have the highest tax rate and the highest living cost.

Wall Street Journal

### Norway Still the World's Best Place to Live

For the 4<sup>th</sup> year in a row, the United Nations has ranked Norway as having the highest standard of living in the world. Sweden, Australia and Canada are next in line, while the United States is further down on the scale. The report measured standards of living in 177 countries around the world. Other Nordic countries also ranked high on the list.

Norway's gross national product per person amounted to USD 36,600 and expected to live to an age of 78.9 years and Norway has no measurable rates of illiteracy.

Norway's cultural diversity has blossomed in recent years, and public policies are aimed at integrating various ethnic groups and promoting tolerance.

Norway also was lauded for its high literacy rate in addition to educational levels and material wealth. Norwegians themselves generally point to their country's scenic beauty, recreational opportunity, clean water and fresh air.

Aftenposten, 10/7-06

### Prehistoric Discovery in Norway

Oslo, Norway.

Researchers on Thursday, October 5, 2006 announced the discovery of the remains of a short-necked **plesiosaur**, a prehistoric marine reptile the size of a bus that they believe is the first complete skeleton ever found.

Internet News

### Mandel eller Nøtte Kake

(Almond or Nut Cake)

From the Norwegian Kitchen

Ingredients:

4 eggs

$\frac{3}{4}$  cup sugar

1 teaspoon baking powder

2 cups ground almonds or other nuts

Directions:

Preheat the oven to 350 degrees F. Beat eggs and sugar until light and lemon color. Combine baking powder and nuts and fold carefully into the egg mixture.

Pour into grease 9" spring-form pan. Bake 30 minutes.

Cool in the pan. Serve with whipped cream or ice cream.

The Norwegian Kitchen is available for purchase, through the Westerheim Bookstore. (563) 382-9681 or [www.vesterheim.org](http://www.vesterheim.org)

### Central Kretsstevne at Buellton

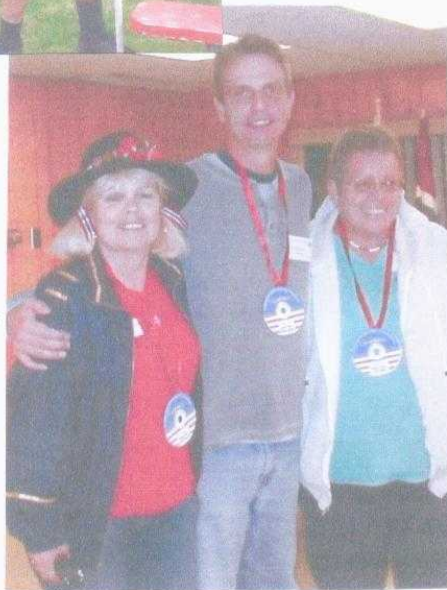
This was my first trip to Central Kretsstevne so Kathy Cox and I drove up for Saturday; it was almost a 3 hour drive. Nic and Dianna Sanburg and Art Aslesen had arrived on Friday and camped out. The Kretsstevne was well attended with 81 participants from various lodges. They had the "Viking Games" that most of the people participated in such as lefse toss (toss lefse on the griddle), ring toss (toss rings on a Viking helmet horns), coin toss, dice toss, golf etc. Art, Kathy and I participated in a few of the games. In the afternoon we set up Sundfjord's boutique for a few hours and later on people flocked to Zone 5 Director Eric Herem's traditional Argentinean drink. Dinner prepared by Norseman lodge and served in the Club House was great. After dinner there was an awards ceremony from the results of the Viking Games. Art took Silver medal in the ring toss and I (Lise) took Bronze in the lefse toss and were presented "medals". Kathy and I headed back home around 8:00 PM and I made it to my house before midnight. Next time I will stay for the whole weekend.

Lise Fleming



<Lise doing the lefse toss

Lefse toss awards:  
Bronze:  
Lise Fleming  
Silver: Chris Sorby/  
Norrøna  
Gold: Judi Clark/  
Semi Valley



### Lefse or Lompe, that's the Question?

To a Norwegian it is intriguing to find one of our national oddities made on this side of the globe. More intriguing is the fact that the lefse they make is actually something most Norwegians know as the "lompe". It is traditionally used around a sausage for hot dogs. It is because it makes an excellent way of holding more condiments without them falling out. This use embodies the true essence of the lompe—it's utility. There is seemingly no purpose for which the lompe cannot be used. The lefse on the other hand is served with sugar, butter and cinnamon. Even more intriguing than the name confusion is the fact that Rushford lompe (or lefse, if you may) tastes much better than the domestic variants. If this is thanks to better ingredients, lack of preservatives or just the factor of exoticness is hard to determine. Certainly this lefse (or lompe, if you may) makes the homely variants taste rubbery and dry. Maybe the most intriguing fact, but not unexpected, is that the Rushford lompes are also available in a deep-fried, barbecue-flavored version known as Uff-Da chips. They were, as the name suggests, discovered by a mistake.

Char Nelson

### Språk og Kulture/Language and Culture

The English language has complicated rules about making compound words. When we have to write a word made up of two or more smaller words, we sometimes write them as a single word, and some- times write them as two or more separate words. For example, we write "warpath" as one word and "war bond" as two words, even though there's no discernable difference in the way the words are pronounced. In Norwegian, the rules for making compound words are much simpler. Words that are made up of two or more elements must be written as a single word. However, largely due to the influence of English, Norwegian speakers and learners often make mistakes by improperly dividing words – a kind of mistake called an *orddelingsfeil*.

The problem is especially prominent on signs and packages, where designers have to fit the inconveniently long words into small spaces. Without the aid of a hyphen, an ordelingsfeil can create an unintentional and humorous double meaning. Here are a few we hope you will enjoy, collected from the internet.

From a can of pineapple rings:

"ANANAS RINGER" Should be: ANANASRINGER  
"ANANAS RINGER" Reads: PINEAPPLE CALLING

Sign in a restaurant:

"RØYK FRITT" Should be: RØYKFRITT (Smoke-free)  
"RØYK FRITT" Reads: SMOKE FREELY!

