
SUNDFJORD SUN

Sundfjord Lodge # 65

April 2007



President's Message

I have on occasion mentioned the Century Club here in the newsletter and at the Lodge meetings, and I'd once again like to put in a plug for them. The Century Club is a voluntary organization of 6th District Sons of Norway members that individually or as a group pledge a \$ 100 a year to help support Camp Norge. Most members are individuals, but there are many lodges, groups and pairs of friends that have joined as well. The Camp has been seeing a renaissance over the last few years as finances has become stabilized, allowing much needed improvements and some new constructions. There is a new recreation hall being constructed adjacent to the meadow RV parking area, and as long as the wild raspberry patch isn't disturbed, neither I nor the local bears will mind a bit.

The Century club is open to any and all who'd like to help Camp Norge. If you'd consider joining ask Lise, Pauline, me, or our friend Carl Voien from Edvard Grieg lodge for more information.

The Century Club lost an old and dear member and friend this year with the passing of Joe Rasmussen of Solbakken Lodge. Joe was on the board, and his position is therefore vacant. Sundfjord's Vice President Pauline Pederson is a member of the

Meeting Location

Rock of the Foothills Church

4630 Wheeler Ave

LaVerne, CA 91750

Second Saturday at 12:00 Noon.

Club and has agreed to accept a nomination to the Board, and if elected would serve out Joe's term. I'd like to thank Pauline for her fraternal spirit, and wish her good luck in the up-coming vote.

Nic Sanburg

Vice President's Message

Happy Easter

Congratulations to Nic Sanburg, Agnes Deeb, Lise Fleming and myself who recruited new members in 2006.

We will receive our beautiful recruiting pins today at the April meeting. Keep up the good work!

Remember that you will get an entry in the drawing for that fabulous trip to Norway for each new paying member that you sign up this year so get out there and find those Norwegians! Welcome to all visitors who have joined us today. You know that Sundfjord Lodge is known for being friendly and well fed!

Pauline Pederson



Kalender (Coming Events) 2007

April:

- 14 -Western Night at Peer Gynt Lodge
Past President Club Meeting 3:00 pm
Southern Kretsstevne Meeting 4:00 pm
- 21/22 -Scandinavian Festival at Cal Lutheran University
- 28/29 -Rosemaling Seminar at Camp Norge

May:

- 5 -Yard Sale
- 12 -Sundfjord's Meeting
- 13 -Mother's Day
- 17 -"Syttende Mai" Celebrations in San Bernardino
- 17 -"Syttende Mai" Celebrations in Long Beach.
- 20 -17th of May Celebrations at Nansen Field
- 25-28 -Memorial Day weekend at Camp Norge

June:

- 8 -Sundfjord's Meeting
- 30 -Edvard Grieg Lodge's 50th Anniversary

July:

- 4 -Sundfjord's Booth at Claremont Park
- 8-21 -Children's Language and Heritage Camp at Camp Norge, Alta, CA
- 14 -Summer Party at The Deeb's in Canyon Lake

2006/2007 Sundfjord's Officers

President:	Nic Sanburg (626) 205-2220 ndksanburg@altrionet.com
Vice President:	Pauline Pederson (909) 986-1655 PEDERSONPAULINE@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:	Ruth Higley (909) 982-4113
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 Kjelby (909) 593-9632 kkjelby@yahoo.com
Cultural Director:	Agnes Deeb (951) 244-1076 billdeeb@earthlink.net
Publicity Director:	Art Aslesen (909) 593-4422 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 Res0htel@verizon.net
Youth Director:	Mary Stewart (909) 982-5238 Res0htel@verizon.net
Sunshine:	Lola Peterson (909) 629-3112
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 (800) 448-2499

Gratulerer med dagen

(Happy Birthday)

April

4.....Erik Melgaard
15.....Dave Oyen
19.....Berit Givens

May

9.....Erik Melgaard
15.....Dave Oyen
15.....Mark Fleming
19.....Berit Givens

God Bedring

(Get Well)

We wish "god bedring" and speedy recovery to Signe Odegaard who fell and broke her hip and wrist and to Kathy Cox who had surgery.

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

New Members

We welcome new members to Sundfjord Lodge, William S. Deeb Jr., his wife Christine Ricci and Heritage member Rachel Deeb.

Leadership Challenge 2006-2007, Phase 2

On March 30, Nic Sanburg, Jim and Mary Stewart and Lise Fleming attended Phase 2 of the Leadership Challenge Seminar at Nancy Madsen's home in Thousand Palms.

The goal of this workshop was to help current and future lodge leaders effectively and efficiently lead our lodges to carry out the Mission of the Sons of Norway and the goals of local lodges, the District and International lodges.

Focus was made on recruitments and how to retain members by being positive, set good examples, keep members interested by providing good programs, preserve and maintain our history and culture, set goals and how important it is to have strong leadership. It was a very beneficial workshop for those of us who attended.

5th Annual Yard Sale

This is the last meeting we have before our Yard Sale on Saturday, May 5th and we need your items for the sale. All items must be in a clean and usable condition and we do not accept clothing. If you have large items that need to be picked up, contact Lise Fleming or drop them off at Lise's home but please call first to make sure she is home.

Volunteers are needed the week before the sale to sort and price the items and on the day of the sale.

Lefse Contest

I entered into the Lefse Time's Best Lefse Story Contest and my story won 3rd place in the contest.. Judge's comments to my story was, "Your story rang true to the next generations desire to keep the Lefse tradition alive". We loved it!

To read my entry go on www.lefsetime.com

I just received my 3rd place prize, 12 delicious lefse came in the mail a few days ago.

Lise Fleming

Sundfjord's Website

Visit our website at www.sundfjord.org

Add new members to your Lodge Directory

William (Billy) S. Deeb Jr and Christine (Mimi) Ricci
and Heritage member Rachel Deeb.

Address: P.O. Box 50411
Pasadena, CA 91115
Phone: (323) 466-7870

Our views of Chilean Fjords while on a South American Cruise

The cruise went south along the coast of Argentina and stopped at the Falkland Islands, then around the Cape Horn through the Magellan Strait and north along the Chilean Coast past Fjords and Glaciers.

I have seen the Fjords of New Zealand, Alaska, Norway and Chile. I still rank the high mountain cliffs of Norway and its waterfalls as the most spectacular in the world. Chilean Fjords, even though beautiful, appear to have lower cliffs or hills.

In addition there are spectacular sights of glacial valleys, rain forest and an abundant of marine life, which includes sea lions, dolphins, penguins and other sea birds.



Magellanic Penguins in Argentina

A fjord is a long narrow coastal valley between rocky cliffs that were gouged out by one or more glaciers and then flooded by the nearby sea or ocean.

History of the fjords: The history of the fjords is one that dates back almost 65 million years. At that time the areas of the fjords were gentle landscapes with rounded hills and wide valleys. The rising land had formations of steep mountains, which also gave force and depth to the rivers that flowed through the valleys. Over the years the landscape was eroded to the point of forming deep steep-walled river valleys. Over a period of two to three million years, during several ice ages, the ice flowed down the mountains and into the valley as a slow-moving mass that collected rocks in its path and dug the valleys deeper and wider.

The landscape, which at one time was flat, slowly transformed into a land with steep-walled troughs

that led to the sea. This is why most fjords are very shallow at the mouth and can be 3000+ feet deep. Our cruise ship – Infinite of Celebrity Cruise Line, approached very close to a Glacier. I could not believe the excitement of the 2000+ passengers and the many pictures they took of the Glacier.



Skua Glacier in Chile

The Glacier had a Blue Ice appearance and was melting directly into the Pacific Ocean. One lady told me she shot a whole roll of film.

Glaciers, with the blue ice color, are covered by a thin layer of dust, crystal clear water, additional ridges of ice and very sharp edges.

A Glacier is not only a bulk of ice. It has domed peaks, old and new crevasses, large holes that were eroded by glacial rivers and endless white planes.

The history of glaciers is also quite fascinating, going back almost 450 million years. At that time, strong movements in the crust of the earth led to the formation of a large range of mountains. Water, frost and ice eroded the materials that were at the bottom of the sea. These transformed whole mountain ranges into low-lying plains, which after 50 million years the entire land was raised.

Even today, visitors can see remnants of the ancient plain. Glaciers are primarily an Arctic phenomenon, but the climate in this area cannot be called typical Arctic. Their proximity to the Fjords and the sea results in relatively warm and damp winds from the sea. The mist or clouds that surround glaciers is formed by humid air.

The Cruise weather in late February and early March varied a great deal. Sunshine, rainbows, rain, and snow showed up many days.

Remember – starting in Argentina and going south, the temperature went down hitting a low while at Cape Horn and went up as we cruised north along the coast of Chile. Cape Horn – no large waves or rough water. However, our ship two weeks earlier experienced waves of 30+ ft high for one hour, with many broken glasses etc. in the dining rooms. Four hours of pretty rough weather at the Horn for them and we were glad we went on the cruise two weeks later. We did view the last lighthouse of South America while going around the Horn. **Jim and Mary Stewart**

Camp Norge

A little bit of Norway in the Sierra Mountains

Celebrate Memorial Weekend at Camp Norge May 26, 27 and 28, 2007

Sponsored by the Recreation Center Board of Directors
Enjoy RV camping, tenting or get a room in a dormitory.

Reservations are needed for rooms so call (530) 389-2508. Member: \$ 15.00 per night, non-members \$ 18.00

No reservations needed for camping

RV camping – water and electricity only, members \$ 20.00 per night for up to 4 persons, non-members \$ 25.00. Each additional person is \$ 5.00 per night.

Tent camping – Members \$ 15.00 per night up to 4 persons, non-members \$ 18.00. Each additional person is \$ 2.00 per night.

* You need to bring your own bedding and towels.



Breakfast, lunch and dinner are available on Saturday and Sunday, and breakfast on Monday morning, all at nominal cost.

Saturday: Craft Fair in the meadow, Bingo in the Social Hall, Horseshoe and Games, Sight seeing at Donner Museum and Snowshoe Thompson Monument.

Sunday: Church Services available at Dutch Flat and Alta.
Horseshoe and Games

The swimming pool will be open every day.

(Pauline Pederson, Kathy Cox and Lise Fleming have already made their dormitory reservations for Memorial Day weekend.)



“Syttende mai” Norwegian Constitution Day May 17th

Soldalen lodge is hosting their annual Flag Raising ceremony at San Bernardino City Hall on Thursday, May 17th at 10:00 AM.

Buffet brunch at the Clarion Hotel (next door) at 11:00 AM.

Reservations by May 10th, cost is \$ 15.00 per person. Make checks payable to Soldalen Lodge # 6-067 and mail to:

Margaret Swanson
1160 Canyon View Lane
Colton, CA 92324

*Car pool is available.

“Syttende mai” in Long Beach

Solbakken and Fridtjof Nansen lodges are jointly hosting the 17th of May Flag Raising ceremony and luncheon at Long Beach Council of Camp Fire Lodge and Camp located at 7070 E. Carson at the corner of Studebaker Road.

The Flag Raising ceremony begins at 11:15 am followed by lunch inside the lodge.

Syttende mai fest på Sjømannskirken

Thursday, May 17th at 6:00 pm at the Norwegian Seamen’s Church in San Pedro. Donations \$ 10.00

Syttende mai på Nansen Sletta

Family day celebrations on Sunday, May 20th at Nansen Field in Rolling Hills, San Pedro. Gates opens at 9:30 am. There will be flag raising, church service, speakers, a parade where everyone participate, games, entertainment, boutiques, and lots of good Norwegian food. Bring your family and your Norwegian flag and celebrate “syttende mai” on Nansen Field.

Scandinavian Festival

The campus of California Lutheran University will be transformed into a microcosmic Scandinavia during the two-day Scandinavia Festival scheduled for Saturday, April 21, and Sunday, April 22, from 10:00 am-5:00 pm.

The popular event will include entertainment, food and celebrations that represent the cultures of Norway, Sweden, Denmark, Finland and Iceland. The festival will also pay homage to the Baltic countries of Estonia, Latvia and Lithuania.

The colorful weekend of flags, anthems, Old World costumes and music includes special attractions such as a bustling Scandinavian Marketplace and a delicious array of Nordic delicacies like lefse and abelskivers, and a Saturday evening Smørgåsbord.

Since the turn of the century, Scandinavian immigrants on the West Coast had a dream of starting an institution of higher learning in California. In 1959 that dream came true when a Lutheran college was founded on land provided by Richard Pederson, the son of Norwegian pioneers. The Scandinavian Festival has been a tradition at Cal Lutheran for more than 30 years. It celebrates the heritage of the college and the pioneers of the Conejo Valley and provides an opportunity for others to learn about the Nordic Cultures.

The event is sponsored by the Scandinavian American Cultural and Historical Foundation with support from SWEA, The Barbro Osher Foundation and Thrivent Financial for Lutherans.

Admission: **\$ 5.00** for adults, **\$ 4.00** for seniors, **\$ 2.00** for youth, **Free** for children under 12 years old.

Barnas Hjørne

(Kid's Corner)

John "Snowshoe" Thompson

Some people think that John "Snowshoe" Thompson's life is just as much legend as fact. Could one person have been so many things; powerful, determined, brave, steady, generous, athletic, skilled with his hands, and handsome? Read on to find out.

Jon Torsteinsen Rue was born in Telemark, Norway in 1827 and was destined to be an extraordinary human being. Jon's boyhood was happy, but by the time he turned ten, his father Thor had died. His mother married a guy named Thom Thompson and the new family was on the way to a farm on the American prairies.

Jon never forgot his love for Norway's mountains. He promised himself that he would visit the American mountains as soon as he was of age and his help was no longer needed on the farm. But the years passed, the family grew from three to five kids, and Thom moved them all from one new farm to another. Jon was now needed more than ever.

It took all of Jon's might to keep him from joining gold seekers, heading west in 1849. Not until his mother gave him her blessing to follow his dream did he leave home. He took the Americanized name of "John A. Thompson" in honor of his beloved step-father. The 6 feet tall 24 year-old rode on horseback all the way from Missouri to California.



John A. Thompson

John hadn't really thought about mail delivery until he wanted to tell his family about his travels and wanted to hear what was going on back home. Everywhere along the western trails people searched for someone to carry or deliver letters. He even found a letter in the crotch of a tree addressed to "Ezra Green".

John carried the letter with him from camp to camp, and never finding Ezra, but learning something about himself. He wanted to find gold to build a different life, while other miners wanted to build lives around finding gold. One day, John saved a young gold seeker from drowning. The boy had been a partner of Ezra Green, but the letter arrived too late, Ezra was dead.

John left mining and returned to farming, this time in California's Sacramento Valley. The high Sierra Nevada Mountains nearby called him. There, snowshoeing reminded him of life in Norway. It also thought him that he liked farming no more than he did in the Midwest.

When a letter arrived with news of his mom's death, John thought about how he had failed to prove himself to her since leaving home. In front of him was an ad in a newspaper for a mail carrier who could snowshoe. Could this be his chance?

Very few people hiked across the Sierra Nevada Mountains in winter had lived to tell about it. John knew that ordinary snow shoes were no good under certain snow conditions. But the "snow skates" of Norway was different.

The determined Norwegian immigrant carved wooden runners out of oak planks, attached straps for his feet, and headed for the mountains to try them out.

Weighing 12 pounds each, John's runners were hard to control.



Oak plank skis

Hour by hour, day by day, he practiced until his bones ached. But he learned how slow to slow down, stop, pick up speed, climb hills, take corners, and maneuver with a single hand-helped pole.

News of snowshoes he called "Skis" (shees) spread fast. John was hired to carry the mail 90 miles from Placerville, CA to Carson Valley, Utah Territory. John's first run took longer than he had originally thought. The 80 pound mail sack slowed him down. A blizzard and sub-zero cold nearly froze him. In crossing an ice bridge, he plummeted into a canyon and had to crawl his way back to the ridge. All night near the mountain peaks, he did a "halling folk dance", afraid to sleep and never wake up. But once over the peaks, John skies whizzed him down to his destination. There, amazed and grateful residents named him "Snowshoe Thompson".

Snowshoe's reputation grew on both sides of the Sierra Nevada's as he performed daring feats, year after year. He learned to jump on his skies to make better time, was said to reach speeds of 55 mph, and with no compass, came to know the mountain slopes like the fields of his farm.

Continue next page **5**

In 20 years, Snowshoe rescued person after person from the winter mountains, carried supplies from one town to another, delivered to Sacramento the first lumps of silver ore from Comstock Lode, and survived the area's first deadly battle with Paiute Indians.

He saw the arrival of the Pony Express, the first transcontinental train, and other Norwegians on skis. He is said to have raced for sport & jumped a record of 180 feet. Everyone agreed that he died far too young. It was illness and not the mountains that took him at the age of 49. He was outlived by his wife and a nine-year old son.

Today, monuments to him stand, ski races are held in his name, and the humble and amazing Norwegian-American pioneer will remain in America's memory for a very long time!



Snowshoe Thompson delivering mail

"Neither rain, nor snow, or sleet or storm, or tornados, or cold weather will stop me, I will go."

Research for this article came from the Viking for Kids magazine. After reading it, I had to share this with everyone!

I found it so interesting, and it made me more proud of my Norwegian heritage.

By Heritage Member Irene Davis, 12 years.

Sour Crème Dessert Omelet

Ingredients:

- 1 cup whipping cream
- 1 cup sour heavy cream
- 2 tablespoons sugar
- 6 eggs separated
- 2/3 cup flour



Preheat oven to 350 degrees. Whip the cream and sour cream with half the sugar. Beat the egg yolks with the remaining sugar until light and lemon colored. Fold into the cream. Fold in the flour. Beat the egg whites until stiff but not dry and fold into the cream mixture. Pour into a greased ovenproof dish and bake until puffed, golden and set, about 15 minutes. Serves 5. Bon appetite!

Easter Exodus Empties Cities in Norway

Norwegians settled down Wednesday, April 4th for the countries annual 5-day Easter vacation. Most stores and businesses were to be closed Thursday, Friday, Sunday and Monday, as folks flock to the mountains, the coast and other holiday retreats.

Many Norwegians have started taking the entire week off, and Oslo was noticeably quieter. Hotels in the mountains are packed, as are flights to warmer climates.

All roads out of Oslo as well as the railway station, air port and bus terminals were jammed packed by Wednesday evening because folks wanted to get an early start on Easter vacation.

The vast majority of Norwegians still opt for the traditional ski holidays in the mountains.

Some boat enthusiasts have started viewing Easter as a fine time to get their pleasure craft back out on the water, and sunny weather also aided myriad boat maintenance projects around the Oslo Fjord.

Those opting to stay in the city could look forward to no shortage of parking places and a generally more relaxed atmosphere in town. The weather in southern Norway remains unseasonably mild, so opportunities are abound for urban walks and strolls along the fjord.



Many still opt for traditional ski vacation in the Norwegian mountains, like here at Eggedal in Buskerud County.

Finding Thea

A film has been made titled "Finding Thea" that is based on a Norwegian immigrant.

In 1889, the year Washington achieved statehood, Norwegian immigrant Thea Christiansen Foss arrived in Tacoma on the newly opened Northern Pacific Railroad.

With transportation limited to train, horse-drawn buggies and boats, Thea quickly recognized a business opportunity in the growing demand for water travel. Beginning with an initial \$ 5.00 purchase of a rowboat, the marine transport business she and her husband Andrew founded on the Tacoma waterfront has grown over more than a century into the largest, most modern fleets of tugs on the West Coast.

Through her life and work, Thea Foss became pioneer archetype for women in the first half of the twentieth century. In 1931, Thea became the inspiration for a fictional character in Norman Reilly Raine's famed "Tugboat Annie" stories published in the *Saturday Evening Post*. These popular tales led to three Hollywood motion pictures and a 1950's television series.

The movie "Finding Thea" is inspired by the spirit of Thea Foss and her legacy to this region and it separates the woman from the myth. The film also combines rare archival footage, photos, and clips from the 1933 Tugboat Annie film starring Marie Dressler and Wallace Beery with contemporary reflections of Thea's legacy along Washington State's waterfronts.

LUNA Film & Video Production



Young Thea



Thea and Andrew



Thea

Toilet gets Liquor License

Local politicians have decided that a toilet in Knettsetra in Trysil, Norway does need its own liquor license. Bjarte Wigdel, who runs the Knettsetra Mountain Inn had applied for a liquor license before Christmas, and asked that it apply to outdoor areas and all buildings on the property. Local politicians had reservation about extending the license to include the toilet. Wigdel argued that he would need an extra paid guard to watch the toilet, which is in a separate building, if the restroom was not covered by the license.

"We promise that alcoholic drinks will not be served in the toilet building, but we would prefer not to use money on separate toilet guard," Wigdel said. His plea has been answered, because there is a good reason to Ensure that guests are allowed to take their drinks with them if they have to pay the toilet a visit.

"There have been many reports about strangers putting this or that in your drink while you are in the bathroom, so it has become common to take your beer or drink with you to the toilet. This is not normally a problem since the toilets and restaurants are usually under the same roof," Wigdel explained.

Aftenposten

Norwegian Castle for Sale - Cheap!!!!

To my and other's amazement, this ad appeared March 6th, 2007 on EBAY.



view larger picture

Current bid:	US \$107.50	Place Bid >
End time:	Mar-14-07 13:53:14 PDT (6 days 23 hours)	
Shipping costs:	US \$1.00 Standard Flat Rate Shipping Service Service to United States	
Ships to:	United States	
Item location:	Oslo, Norway	
History:	8 bids	
High bidder:	kjell_56 (40 ☆)	
You can also:	Watch This Item	
	Get alerts via Text message, IM or Cell phone	
	Email to a friend	

Someone listed the Norwegian Royal Castle for sale at the starting bid of \$ 1.00. It further states that the King and Queen of Norway are NOT included in the sale. What a "sick" joke!

Norwegians' Dream Vacation Destination: America

According to a study by the analyst company, Visendi. 4 out of 10 Norwegians dream of being able to travel to the United States. After the US, Australia, Italy and Thailand follow as the most popular.

A good deal more men than women dream of traveling to the US and/or Brazil. Italy and France are more popular with women. Most young people want to go to the States, but if one is over 55 years old, Italy is the destination of choice over the US. Among those with higher education and income, there are many that dream of China, while more lower or average educated dream of traveling to the US.

Professor Ole O. Moen with the University of Oslo specializes in North America, and is not surprised that so many Norwegians dream of traveling to the US. The ties between the two countries have long been strong. He also points to language as a reason why the US is so popular. "When teenagers are no longer learning German and French at school, it becomes even more popular to travel to English-speaking countries. Young people first and foremost travel to New York or the big entertainment places in California, while the older ones travel to the Midwest to visit relatives.