

SUNDFJORD SUN

Sundfjord Lodge # 65

June & July 2007



President's Message

Welcome to summer, Sundfjord! The 17th of May flag hoisting in San Bernardino was well attended, and our members had a great time joining with the host lodge, Soldalen, and members of many other area lodges in this salute to Norway. Once the flag was up, and the speakers had their say, we enjoyed a terrific luncheon in the hotel. I'd like to echo the thanks of Soldalen, the City of San Bernardino and the Mayor Patrick J. Morris for the welcome we received, and the honor they bestowed on our celebration. Thank You! Please plan on joining us in the park in Claremont on July 4th while we celebrate the United States 231st Independence Day, and the 100th anniversary of the formal incorporation of the City of Claremont. It's a great even and a fun day. And finally, I'd like to thank a member of our lodge who has worked hard to help make this newsletter one of the best in the 6th District. She has contributed many articles of cultural and historical interests, in a well thought and informative manner that we all have enjoyed. Irene Davis. THANK YOU! Nic Sanburg

Meeting Location

Rock of the Foothills Church
4630 Wheeler Ave
LaVerne, CA 91750

Second Saturday at 12:00 Noon.

Vice President's Message

Greetings from Camp Norge! Lise Fleming and I spent a beautiful weekend at our camp in northern California. Weather was great, bright sun during the day and quite cold at night. But we were warm and cozy in our dorm room. A large crowd attended the dedication ceremony for the new social hall that is under construction. We gorge on barbecued tri-tip, all the other good food and wonderful breakfasts. We fraternized with members from northern and central California lodges and had a great time. Our Boutique did well making money for the Adopt-A-School program. Although it is a long drive to camp for us from Southern California, it is worth the effort to go there and experience the beautiful camp that looks like a little bit of Norway. Space is usually available mid-week in the summer. If you are up that way, one hour from Sacramento, take the time to drop in and maybe stay a night. We all work hard to support this wonderful place and preserve it for the future generations. Have a safe and enjoyable summer! See you all on July 14th at Bill and Agnes Deeb's summer party.

Pauline Pederson

Kalender (Coming events)

June:

- 9 - Sundfjord's Meeting
- 30 - Edvard Grieg lodge's 50th Anniversary

July:

- 4 - Sundfjords Booth in Claremont Park
- No lodge meeting
- 8-21 - Children's Language and Heritage Camp at Camp Norge, Alta, CA
- 14 - Summer Party at the Deeb's in Canyon Lake

August:

- No lodge meeting
- (?) - Field Trip

September:

- 8 - Sundfjord's Meeting

October:

- 13 - Sundfjord's Meeting
- 19-21 - Southern California Kretsstevne, Pio Pico



Have a great summer!

Important!
Don't forget that there are no lodge meetings in July and August.

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**Gratulerer med dagen
(Happy Birthday)**

June

- 1.....Lise Fleming
- 2.....Jack Pederson
- 4.....Signe Odgaard
- 8.....Cherri Grammer
- 9.....Mary Jo Martinsen
- 10.....Trygve Givens
- 11.....Art Aslesen
- 18.....Rachel Deeb
- 21.....Ruth Shellum

July

- 18.....Kirsten Kjelby
- 29.....Martha Rund
- 31.....Bonnie Pless

August

- 9.....Florence Bjorka
- 26.....Helen Cox
- 30.....Kari Pederson

God Bedring

(Get Well)

We were all happy to see Signe Odgaard back at our May meeting. The cast on her wrist is off and she is doing remarkable well after her hip surgery. Good to have you back, Signe!

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

Sundtjord Lodge in Norwegian Newspaper

Sundtjord's 17th of May celebration at San Bernardino Flag hoisting ceremony appeared in the Norwegian newspaper VG on May 18th. This photo was submitted to show how Norwegians celebrate "syttende mai" around the world.



1st row: Pauline Pederson, Anna Lisa Becker, Ruth Higley, Lise Fleming.
2nd row: Agnes Deeb, Mary Stewart
3rd row: Nic Sanburg, Jim Stewart, Bill Deeb.
4th row: Mr and Mrs Simstad and Olav Vetehus.

Sundfjord's Website

Visit our website at www.sundfjord.org

Sports Medals



Congratulations to Jim Stewart who earned his Enamel "idrettsmerke", to Ruth Higley who earned Silver "gangmerket", Pauline Pederson who earned bronze "gangmerket" and to Lise Fleming who earned Gold "gangmerket".

We encourage all our members to participate in the Sons of Norway Sports Medal program to stay fit. It is not a strenuous program; you work at your own pace. For more information see Sports Director Jim Stewart.



Ruth Higley, Lise Fleming, Pauline Pederson and Jim Stewart



Our annual "Yard Sale" held on May 5th was again a huge success.

"TUSEN TAKK" to all our

members who donated sales items, worked

the week before the sale with the sorting and pricing of the items, did the set-up on Friday and worked the sale on Saturday. Having lodge members working together like this creates a special bond among us and we had lots of fun together.

4th of July

Don't forget our information booth during the 4th of July celebrations at Memorial Park on Indian Hill Blvd. in Claremont.

We need member's help with set-up of the booth, starting at 8:30 am and with staffing the booth from 10 AM to 4 PM. Your help is needed so let Lise Fleming know what hours you are available.

Congratulations!

Our Heritage member Irene Davis who will attend El Roble Intermediate School in September attended the Color Clinic and hurrah.....she made The Squad.

Congratulations to you Irene, well done!

Summer Party



Bill and Agnes Deeb will again host our yearly summer party at their home in Canyon Lake.

The date is Saturday, July 14th starting at 12:00 noon.

All you need to bring is your bathing suit; the Deeb's will furnish the food and drinks.

Lise Fleming needs to know by July 7th who will attend.

We will have a car pool and need the names of all the drivers as they have to be checked in at the gate.

Camp Norge

Pauline Pederson and Lise Fleming attended the Memorial Day weekend at Camp Norge. We met old friends, made new ones and had a wonderful time.

A groundbreaking ceremony for the new recreation hall that will be build on the what is know as the "pad" was held by the Recreation Center Board Officers.



Left to right: Bob Dahl, Janie Kelly, Penny Joseph Knudsen, Darline Thompson, Harry Bjerkhuel, Alex Schell, Dale Baker, LaVonne Kerfoot, Carl Ingvaldstad and Jack Johnson.

Barnas Hjørne

(Kid's Corner)

Princess Martha Louise is the only daughter of King Harald V and Queen Sonja. She was born on September 22, 1971 in Oslo, Norway. Currently, she is fourth in line of succession to the Norwegian throne, after her brother Crown Prince Haakon and his daughter Princess Ingrid Alexandra and his son Prince Sverre Magnus, Martha's niece and nephew. Since she is the great-great granddaughter of King Edward VII, she is 65th in line to the throne of England.

In 1990 the Norwegian constitution was altered, granting the eldest child, regardless of gender, precedence to the line of succession. But unlike Sweden; it was not done retroactively- which means that the princess' younger brother is still in front of her in the line of succession. Princess Martha Louise is a certified physiotherapist. She received her education in Oslo and did her internship in Maastricht, the Netherlands. However she isn't practicing her profession. With her love of music and Norwegian folk tales, she established her own commercial entertainment business. She gives public and televised performances reciting folk tales and singing with well-known Norwegian choirs. In December 2003, she took part in the Oslo Gospel Choir's Christmas concert, and performed a solo!



On January 1, 2002 after starting her own business, Princess Martha started paying income tax. After the King consulted her, he issued a royal edict which removed Princess Martha Louise's style of Royal Highness. She is still called Highness when abroad. Though her activities were reduced, she still carries out some public duties on behalf of the King. She married Ari Behn on May 24, 2002. Her first daughter Maud Angelica Behn was born on April 29, 2003. Her second daughter, Leah Isadora Behn was born

on April 8, 2005.

In October 2004, Princess Martha Louise, her husband and children moved to New York City. Also in 2004 her first book "Why Kings and Queens Don't Wear Crowns" was released.

I think Princess Martha Louise is a great role model for young females, like myself. She was brave enough to start her own business, and was willing to give up her Royal Highness style to do her thing. I hope one day that I can meet her.

By Heritage Member, Irene Davis, 12 years old.

Kværfjord Kake

Also known as the "World's Best Cake"

Step 1

5 ½ ounces butter

¾ cup sugar

6 egg yolks

1 teaspoon vanilla

6 tablespoons milk

1 cup all-purpose flour

1 ½ teaspoon baking powder

Whisk the sugar and butter until

smooth and pale. Fold in the other ingredients. Mix well.

Spread in a 14 x 17 inch baking pan lined with parchment paper and lightly sprayed with Pam.



Step 2

6 egg whites

1 cup sugar

Whisk sugar and egg whites together until stiff peaks form (meringue). Spread evenly over base made in step

1. Sprinkle 4 ounces un-scolded sliced almonds on top of meringue.

Bake the two layers together at 350 degrees Fahrenheit in lower part of the oven for 25-30 minutes.

Step 3

1 package instant vanilla pudding mix

1 cup heavy cream

To make filling, whip the cream and make the vanilla pudding separately. Then mix the cream and vanilla pudding gently together and refrigerate until cold and firm. Let the cake cool after removing it from the oven.

Cut the cake in half. Spread the filling on top of one half and cover with the other half. If preferred; garnish with fresh fruit or berries.

From Norwegian Embassy Chef Ingeborg Nygaard

This cake originated from Kværfjord village in Troms County, Norway, has a light sweet taste, taste delicious and anyone can make it. It is served on special occasions at the Norwegian Embassy in Washington D.C.

Edvard Grieg Lodge's 50th Anniversary



Edvard Grieg Lodge # 74 will celebrate its 50th Anniversary on Saturday, June 30, at the Elk's Lodge, 120 E. Colorado Street, Glendale.

Happy hour will start at 3:30 PM, and the banquet will be at 5:00 PM. The lodge's awards program and special entertainment will follow the banquet.

The menu is stuffed chicken, tri tip, scalloped potatoes, grilled vegetables, salad, dessert and coffee or tea.

A Celebration of Edvard Grieg Lodge's 50th Anniversary Saturday, June 30

Elk's Lodge
120 E. Colorado
Glendale

Happy Hour 3:30 pm
Banquet 5 pm



\$55 per person
Reservation deadline June 22

PAID CHECK PAYABLE TO:
21-4920 GRIEG LODGE #74
Mail to: Edvard Grieg Lodge
307 N. 1st Ave., Glendale, CA 91204

For more information call
Virginia Huber: (818) 248-2888 or
Wayne DeLo: (818) 248-4488

Southern California Kretsstevne

Some of you may not know what the word "Kretsstevne" mean. "Krets" means a circle and "stevne" means to get together. So "Kretsstevne" means that a large group of people that gets together. Every year California has three Kretsstevner. The first one is the Northern California Kretsstevne that is held on Labor Day weekend at Camp Norge. The second one is the Central California Kretsstevne and is held at Buellton in September. The last one is the Southern California Kretsstevne where lodges in Southern California get together. We alternate between Thousand Trails in Idyllwild in September or Pio Pico in October.

This year we will meet at Thousand Trails Campground at Pio Pico, Jamul near San Diego on October 19-21, 2007. You can pitch a tent, bring your own RV, rent a RV at Thousand Trails or drive in for the day.



Hot "lapskaus" (Norwegian stew) is served Friday evening. Saturday lunch is potluck (finger food) and dinner is tri-tip with all the trimmings.

Each lodge is to bring 3 dozen cookies for the hospitality table and a \$ 10.00 gift to be raffled off.

There will be games for the children, bingo, sing-a-longs and entertainment.

This is a great way to meet members from other neighboring Sons of Norway lodges.

Registration due date is October 2, 2007.

See Lise Fleming for more information and the registration form.

RV Trailer Rentals

29-Foot Standard

29-foot standard camp trailer. Includes kitchen, bathroom, shower, and sleeping area. Perfect for weekend getaways.

35-Foot 2-Bedroom

The 35-foot 2-bedroom RV trailer has 2 bedrooms, 2 bathrooms, a kitchen, and a living area. Ideal for families.

28-Foot Deluxe

28-foot deluxe camp trailer. Features a kitchen, bathroom, and sleeping area. Great for couples.

26-Foot Slide-Out

26-foot slide-out camp trailer. Includes kitchen, bathroom, and sleeping area. Offers extra space.

Items and their prices listed with the trailer rental fee are as follows:			
1. Water Tank, Empty	1. Spill Kit	1. Sewer Tank, Empty	2. No. 10 Fuel
2. Sewer Tank, Full	1. Sewer Tank	1. Sewer Tank, Full	1. Sewer Tank, Full
3. Sewer Tank, Empty	1. Sewer Tank	1. Sewer Tank, Full	1. Sewer Tank, Full
4. Sewer Tank, Full	1. Sewer Tank	1. Sewer Tank, Full	1. Sewer Tank, Full
5. Sewer Tank, Empty	1. Sewer Tank	1. Sewer Tank, Full	1. Sewer Tank, Full
6. Sewer Tank, Full	1. Sewer Tank	1. Sewer Tank, Full	1. Sewer Tank, Full
7. Sewer Tank, Empty	1. Sewer Tank	1. Sewer Tank, Full	1. Sewer Tank, Full

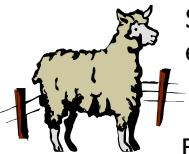
Prices are available upon request for a current rental list.

Summer pasture farming in Norway Traditions for Future

The practice of summer pasture farming is ancient, almost as old as farming is here in this country. Archaeological finds uncovered in mountain valleys witness that summer farming took place already in the Iron Age, in the 7th century.

Summer pasture farming has been - and is - an integrated element of Norwegian agriculture, that is, first and foremost with regard to production of milk from cows and goats. Summer farming was regulated in the laws that were laid down in the 12th century. According to the Gulatingslova (old Norwegian law) if a farmer did not herd his cows and goats to the summer pasture, he could be reported for illegal grazing - "grass robbery". In olden times cows produced 2 /3 of their annual production in the summer farming period, and in a wintry country (like Norway) it was then vital to process this raw material into food that could be stored and used throughout the long winter.

In the summer of 2002 there were 1078 independent summer farms in use. In addition, 839 farms herded their cows or goats to shared summer farms. These 1917 applied for a summer farming subsidy as outlined in the agricultural agreement. The regulations are such that certain summer farms cannot receive a subsidy, so the total figure is somewhat higher. 15-20,000 goats and 35 - 40,000 cows enjoy life on the summer farm, that is, they are milked at the summer farm. A far greater number of non-producing cows and other cattle - and several thousand sheep and lambs graze in the summer farm area. Summer farming is thus the spearhead in agriculture based on grazing livestock. Not only is it extremely important for the individual farm - but also decisive for the cultivated landscape and maintenance of biological diversity.



Summer farming in Norway, as elsewhere in Europe, has diminished - but we are nonetheless a key element for this form of joint European operation. Around the year 1850 there were perhaps as many as 100,000 summer farms in active use, in 1939 around 27,000.

Norway's summer farm culture is highly diversified: from south to north, from west to east, single summer farm units and shared summer farms, located in the highlands and the lowlands, isolated or with neighboring farms/settlement, near or far ...purely milking or also with processing, some don't have roads leading to the farm. The uniqueness of the Norwegian summer farm is that we still find sustainable active summer farm environments in fjord and coastal districts, that is, not just in mountain districts.

It is on the summer farm pastures that the multitude of traditions of small scale dairy processing has survived, now a virtual Cornucopia of a resource! To a significant degree this is

expertise borne by hard manual labor. The summer farms also have long traditions in tourism and recreational pursuits. Knowledge can be accumulated in bookshelves and written in guide manuscripts. Expertise on the other hand, must be maintained through physical practice, authentic mediation requires physical performance.



It is easy to find examples of the significance that summer farms has in people's consciousness: how summer farms have inspired artists, how books on summer farms and summer farm life actually have their own annual "book harvest", that modern outdoor recreation has its roots in the summer farm culture, yes, even the holiday cabins have long had the summer farm hut as its basis and ideal.

It's not difficult to see how active summer farming keeps the landscape and diversity in shape, and how quickly and dramatically circumstances change and disappear forever when this type of farming is terminated! The practice of summer farming is maintained by small and medium-large scaled dairy production, where livestock numbers average 15 cows. In the "densest" summer farm areas in Oppland County the average number of livestock are 12-13 cows, with an average quota of around 60 tons. Summer farming is dependent on securing sustainable conditions for these farms. Restructuring of dairy production - partially through large co-operatives would spell an end to summer farming. Shuffling of financial means/support from the average-sized farm to what we in Norway would call large-scale operations would lead to accelerated termination of summer farming - and thereby the loss of the traditional use of extensive areas of open land. It's important to take care of this landscape formed from grazing animal's mouth, craftsmanship and muscle power. The tractor took over for a short while - but now it would appear that the domain of the tractor is also about to lose its dominance. We will be poor if the cultural landscape created by the car and simplicity is taking over!

Small-scale processing - on the summer farms, it is any idea about herding of livestock, rendering and churning! "The art of ornamental wood carving", a skill originating from hard physical labor that has survived. The traditions are a "goldmine" that can be exploited, words such as exclusive and exotic are appropriate, extensive diversity through local and regional variants and different products, extraordinary basis for both production and mediation (of knowledge and expertise), - but, in which case we need the farms and those people that sustain this type of farming! - It's hard to believe that milking robots would have

Welcome to the mountains - welcome to our summer farms!



Norwegian wins first LPGA Title



Suzann Pederson of Norway won the Michelob Ultra Open in Williamsburg, PA making her the first Norwegian to ever win a Ladies Professional Golf Association tournament.

Pauline Pederson

Jobless Rate Stays Low in Norway

Figures just released indicate that Norway continues to experience record low unemployment. The unemployment rate remained at 3.7% in March, the same as in February. That is slightly down from 2.8% in December of 2006 according to State Statistic Bureau SSB.

After adjustments for seasonal variations, the figures show 13,000 more people were employed in Norway in March.

Altenposten

Police Round up Poker Players



Armed Police raided a building in an industrial area of Stommen, northeast of Oslo, in March and arrested 32 persons for what the authorities claimed was illegal organized poker playing.

The poker club had been under investigation and was believed to violate laws against organized gaming. Most of those arrested were fined and allowed to go home. Police continued to hold those believed to be the organizers of the poker club.

Norwegian Broadcasting (NRK) reported that those arrested ranged from ordinary fathers of small children to gang members. "It was difficult to determine any connections among them," said prosecutor Nicolas Nylund of the Romerike Police District. "They most probably were just individuals who meet in the club to play poker."

Norway's poker association (Norges Pokerforbund) criticized the police raid, contending it was an over-reaction.

Altenposten

To all our fathers we wish you

Happy Father's Day



Sticky Fingers

A police campaign to crack down on pickpockets in Oslo, Norway, has come too late to help the capital's top crime fighter.

Police Chief Arnestein Gjemeal's wallet was snatched by a pickpocket as the campaign was set to begin, the Oslo newspaper Dagbladet reported.



The Police Chief was on the Oslo airport train when a group of people jostled him. When he checked a few minutes later, his wallet was gone.

Daily Bulletin

Worlds Most Peaceful

The Intelligence Unit of the Economist magazine has named Norway the most peaceful country in the world



Queen Sonja in the famed Geiranger Fjord which is now on the UNESCO world heritage list. Norway continues to win acclaim for its idyllic atmosphere.

The survey of 121 nations is backed by high profile names such as the Dalai Lama, Desmond Tutu, and Jimmy Carter.

New Zealand, Denmark, Ireland and Japan occupy the spots just back Norway. Lowest in the survey are Nigeria, Russia, Israel, Sudan and Iraq. The USA is remarkably low on the Global Peace Index, at 96th.

An assessment of 24 different factors is behind the rating list, from the number of killings per capita, number of weapons, military spending, to the amount of organized crime and violent crime.

On the basis of their study, researchers reached the following conclusions; small, stable democracies that are part of a larger regional group, such as the European Union, score well; and economic living standards, education levels and regional integration are important.