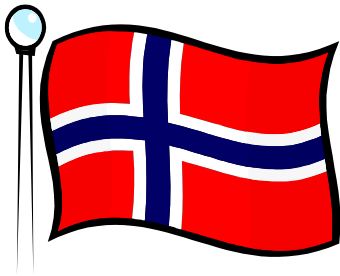

Sundfjord rd Sun

Sundfjord Lodge # 65

November 2007

First Place winner at the 2005 – 2006 District Convention



Meeting Location:
Rock of the Foothills Church
4630 Wheeler Ave
La Verne, CA 91750

Second Saturday at 12:00 Noon

Calendar

(Coming Events)

November:

16-18 Julebazaar at
Norwegian
Seaman Church
San Pedro

December:

1 Norseman's
Julebord
2 SWEA's Jule-
Bazaar, Los
Angeles
8 Sundfjord's
Christmas Party

2008

January:

12 Sundfjord's
Installation
Officers
21-25 4-day Mexico
Cruise

February:

9 Sundfjord's
Meeting

President's Message

Hei, Hei!

Our October Halloween was a LOT of fun! The prize for Best, Most Original, Funniest and Scariest costumes were won by 50's Agnes Deeb, 50's Agnes Deeb, Doctor Art Aslesen, and the scary Sons of Norway Viking Gorilla, yours truly!

We enjoyed the company of our many Members and guests, and a good time was had by all.

The Nomination Committee reported their Success at finding candidates for the many offices to be elected for the next term. I hope to see you here in November to vote for the candidates of your choice, if not the Committees.

December will be our Julebord potluck, and there will be selected Scandinavian recipes and cookbooks available in November to help you bring an old-fashioned Norwegian food treat to share. I'll bring the Lutefisk for the pure of heart and strong of spirit. You bring something good.

Nic Sanburg

Vice President's Message

HAPPY THANKSGIVING!

I hope you all are ready to feast on our delicious turkey dinner.

A special THANKS to the cooks who prepared all this for us.

We have gotten off to a good start this fall, new members and lots of visitors. Lets keep up the good work and look forward to next month's Julebord.

Our Halloween party was lots of fun, the laughter was really shaking the roof. The costumes were great, enjoy your dinner.

Pauline Pederson



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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)



November

1.....Stephen Deeb
16.....Irene Davis
16.....Jacqueline Cordes
17.....Kathy Cox

* Correction: Last month I listed Julianne McMillan's birthday as October 16, the correct date is October 10.

December

6.....Devina Dee
10.....Ruth Higley
18.....Nic Sanburg
28.....Lola Peterson
29.....Gunilla Oh
30.....Chatherine Cordes

God Bedring

(Get Well)

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



New Member

We welcome new member Cory Hanson. Please add his address and phone number to your lodge directory.
Address: 2705 Aldon Ave, La Verne, CA 91701
Phone: (909) 967- 2289

Sundfjord's Smart Goals

Each lodge in the Sons of Norway organization has been asked to set "Smart Goals" and here are ours.

1. Increase membership
2. Get involved in the "Adopt A School" program
3. Increase community awareness of Sons of Norway
4. Start Norwegian language classes
5. Participate in the Can Food Bank at the Rock of the Foothill Church

*So far this year we have gained 8 new members, keep up the good work!

Foundation

October was Foundation Month and our lodge collected \$ 88.00 that has been sent to the Sons of Norway Foundation in Minneapolis.

Take a look at our web site

www.sundfjord.org

Halloween



We had lots of fun dressing up at our Halloween party

Winners of the Costume Contest

- Best Costume - Agnes Deeb
- Funniest Costume - Art Aslesen
- Scariest Costume - Nic Sanburg
- Most Original Costume - Agnes Deeb

Southern California Kretsstevne

Sundfjord lodge had a very good representation this year at the Kretsstevne with 9 members. Those who attended were Art Aslesen, Char Nelson, Pauline Pederson, Erik, Sandra, Jacob, Luke, Mark and Lise Fleming.



Luke and Erik Fleming are having fun on the bumper boats

Winners of the Kretsstevne

Reaching \$ 25,000 or \$ 50,000
Respectively



**A great gift idea
for grandchildren**



Raffle

- \$ 100.00 - Song of Norway Lodge # 132
- \$ 50.00 - Irene Brenies, Norrøna Lodge # 50
- \$ 25.00 - Sigurd Medhus, Desert Troll Lodge # 165

Pauline Pederson, Lise Fleming and Char Nelson
manned the Sundfjord's Boutique "Edda"

New e-mail addresses



- Linda Syverstad Shehee: linda64shehee@gmail.com
- Kathy Cox: klcox3699@yahoo.com
- Esther Schan: gmax8@dishmail.net

Sundfjord's Christmas Party Julebord

We will be celebrating Christmas at our December meeting and for the pot-luck meal we encourage our members to make a Norwegian dish or dessert. If you need a recipe contact either Nic Sanburg or Lise Fleming.



Santa will be visiting so
please bring a gift for your
child/children and put their
name(s) on the gift(s).



Children's Life Insurance VIKING 23

One time payment of \$ 300 or \$ 500
That provides increasing term coverage

For more information on our Viking 23,
contact your Sons of Norway Financial
Benefit Counselor Dennis Burreson
1(800) 448-2499

Lise in Y'all Country

Lise Fleming came to visit me, Mary Jo Martinsen, for ten days in Y'all Country. The folks here are very Southern and polite and you get "y'alled" a lot. The plan was for us to drive from Wynne, Arkansas, to Pensacola, Florida, to see Lise's son, Ken. Wynne is a farming community. We raise mostly rice but also soybeans, cotton and sweet potatoes.

We were having some cold, rainy weather while I waited for Lise's arrival on a Tuesday. Lise planned to drive a rental car almost two hours from the airport in Little Rock to my house. I was anxious about the drive as I-40 is full of fast and aggressive truck traffic.

Wouldn't you know that, when she arrived, Thrifty had NO cars available?! She and others ahead of her had to wait **AND WAIT** for vehicles. She ended up driving here in the dark in the rain. I was really proud of her because, though she had only visited here once and never driven in the area, she drove right into my driveway!

Since Lise was starving due to a short connection time in Dallas and the fact airlines rarely serve anything nowadays, we went out to Kelley's. That's **THE** restaurant in Wynne. While it is nice and has good food, it would simply rank as a better coffee shop in California. Wynne is a small town (under 9,000), so Lise got to visit Kelley's several times. I hope you all (y'all) realize how lucky you are in California to have 1,000s of places to eat out.

Lise brought a cold with her and willingly shared it with me. Therefore, she wasn't feeling so hot. That meant the first of several visits to Walmart for meds. If Kelley's **THE** eating spot in Wynne, Walmart is **THE** shopping spot in Wynne. We did hit a couple of popular gift stores: Caldwell Drug and Cordial Cottage. Yep. That's about it.



Lise and Mary Jo in Florida



Lise, her son Ken and daughter-in-law Ann in Pensacola, FL

We left for Pensacola on Friday. Finally getting out of the drizzle around Batesville, Mississippi, we stopped at Waffle House for a bite. Waffle House is another Southern institution like Sonic Drive-in. The rest of the drive was easy and the weather became sunny but not terribly warm. I was hoping Lise would see some of the lovely fall color we usually have. Not this year! The weather has been weird here as it has in many places. It began with a severe freeze at Easter which hurt crops and killed our peach crop completely.

When we arrived in Pensacola, Ken and his wife, Ann, were hospitable from the start. We ate at interesting places (lots more choices than Wynne) and saw beautiful beaches and water views and resort towns. Ken is quite the tour guide. It was easy to see why Pensacola and the panhandle area we visited are so popular with snowbirds and visitors from the surrounding states.

Monday we made the easy drive back to Wynne having dinner at...you guessed it...Kelley's. Tuesday we spent the day in Jonesboro about forty-five minutes away. On her last full day in Arkansas, we went all the way to Forrest City (WooHoo!) for lunch at Oscar's with a friend. Lise had the chicken and dressing Southern style. Here one makes dressing with the duck or turkey or chicken mixed **in** the dressing. For her last dinner out we went to...oh, forget it! You know where we went. Good burgers at Kelley's. The neighborhood where I live was so packed with trick or treaters (especially my brother Jon's street where they have over twenty huge air filled Halloween blowups in the boulevard) that I could barely navigate my car to get us home.

Living here is reminiscent of Mayberry, slow moving without a lot of excitement, but full of kindhearted people. It was good to have my Sons of Norway friend here for a visit in Wynne, Arkansas.

Mary Jo

Gift Membership

Are you looking for a special gift for Christmas or some other occasion? Consider giving the gift of heritage, culture and tradition by giving a gift membership. There's no better way to a loved one reconnect with their heritage and introduce them to Sons of Norway than by giving them a gift membership.

Gift memberships can be purchased by credit card over the phone by calling (800) 945-8851 or by visiting Sons of Norway on the web at www.sonsofnorway.com. Within two weeks, the new member will receive a personalized "Gift Membership" certificate and their new membership card.

This holiday season, give your loved ones a gift that lasts all year long; give a Sons of Norway membership.



Century Club

The Century Club supports Camp Norge

The 46 + acres of Camp Norge are a recreation wonderland in the Sierras for Sons of Norway members. Camp Norge is open year round and during the year have several activities such as Rosemaling classes, children's Language and Heritage Camp, the Northern Krets-stevne, activities on holidays such as Memorial Day and Labor Day. There is a main house and several dormitories used for sleeping facilities, a social hall and a second social hall under construction. The meadow has plenty of RV and tenting facilities and there is a swimming pool that doubles as a fire-fighting reservoir and various recreational ski resorts such as Tahoe and Squaw Valley nearby so a great place to stay for skiers.

Maintenance is always a challenge so the idea of a program to help with the maintenance was born in 1996 and named the Century Club. Individuals dedicated to the camp's growth and future have joined the Century Club with annual dues of \$100.00.

By joining the Century Club, you can be part of a group which makes a difference to many children and adults. Your membership will make certain that the Camp will have funds to provide maintenance to keep this jewel in the Sierras a first-class recreation facility for District Six Sons of Norway members.

Lutefisk

At this time of the year it is Lutefisk time in many Sons of Norway lodges and most of the Norwegians love their lutefisk dinners.

The history of Lutefisk dates back to the Vikings. It is said that the Lutefisk was invented because some clumsy person happened to drop dry fish into a bowl of lye. Since they could not afford to throw the fish away, they discovered that by soaking the fish in water it re-took

its original shape, thereby the Lutefisk was born. Norwegian-Americans believe that Lutefisk was brought by their ancestors on the ships when they came to America and that it was all they had to eat on their voyage.

The Norwegian Arctic species of the cod spends its life in the feeding grounds of the Barents Sea. At maturity (6 to 7 years) the spawning cod return to Norway. From January through April are the time huge catches are taken from the Norwegian coast. Lutefisk is then cleaned and



dried. Lutefisk must lie in strong lye for 2 days and 2 nights, it is then rinsed in fresh water for 24 hours before it is cooked and eaten.

It is said that about half of the Norwegian who immigrated to America came in order to escape the hated Lutefisk, and the other half came to spread the gospel of Lutefisk's wonderfulness.

Secret Weapon!

The Bush administration announced it will seek congressional approval and United Nations backing for a preemptive attack on Norway.

The Defense Secretary told reporters the CIA has learned that Norway has been stockpiling a weapon of mass destruction, a mysterious substance called "lutefisk". "As we understand it, Norway has been preparing this material in barrels filled with lye and storing it in stockpiles throughout the country. The policy of the U.S is to identify threats around the globe and get them before they get us," said Condoleeza Rice.

Lutefisk is a substance virtually unheard of in Washington and the FBI has been alerted.

The Norwegian Foreign Minister was defiant upon hearing of the threatened attack by the United States unless Norway agrees to allow U.N. inspectors free reign throughout the country.

In a brief statement, President Bush asserted that the United States will never stand idly by when substance of potential mass destruction are being produced anywhere. "These evildoers are bent on infecting the entire U.S. population with this dangerous substance. It is my duty as commander-in-chief of the armed forces to send our brave service men to Norway to root out sources of lutefisk and destroy them." Bush said that any attack must take place before the Christmas holiday season "when the threat is greatest."

Senator Tom Daschle of South Dakota noted that he is from a part of the country where lutefisk infestation has broken out in the past, often in December. "We got to act fast or millions of Americans could suffer," Daschle said. Meanwhile, the government was preparing to upgrade its fruitcake warning to code orange.

Norseman Lodge's Julebord

Come and join Norseman Lodge's annual julebord with lots of Norwegian food. The event is held on Saturday, December 1, 2007 at First Neighborhood Club House, 13830 Village Center Drive, Westlake Village, CA. Social hour from 5:30 to 6:30 pm and dinner served at 6:30 pm. Dancing from 7:30 to 10:30 pm. Cost is \$ 22.00 per person. Prepaid reservation is a must. If you plan to attend see Lise Fleming

SWEA's Christmas Fair



Ellis Island Immigration Search

Did your ancestors arrive in the United States between 1892 and 1924? Then they most likely came via Ellis Island, a center that welcomed some 17 million immigrants. As many as 5,000 people were processed in a single day. Ellis Island was a place of happiness and tragedy. Many of those who made it into the country made their fortune here, while others were denied entry - often due to illness - and had to return to their country of origin.



If you go to the Internet address

www.ellislandrecords.org

you will find fascinating information about the people who came to America.

For example, if you type in the name of someone who entered through Ellis Island, you will be given the age of the person on arrival, the arrival date, and the country of origin.

The site also offers family histories and shows the forces that brought people from all over the world to America's shores.

Sons of Norway Newsletter Service

Pumpkin Patch Muffins

These moist, wholesome muffins are loaded with vitamin A. For flavored muffins, try adding chocolate chips, raisins and autumn spice.

~
1 cup canned pumpkin
½ cup packed brown sugar
¼ cup melted butter or margarine
2 eggs
2 cups flour (or 1 cup flour & 1 cup whole-wheat flour)
2 tsp. Baking powder
½ tsp. Salt



~
Preheat oven to 375 degrees. In a large bowl mix the pumpkin, brown sugar, melted butter and eggs. In a separate bowl, sift the flour with the baking powder and salt. Add the dry ingredients to the pumpkin mixture and blend only until combined. Spoon the batter into a 12-cup muffin tin lined with paper liners. Bake muffins for 20 minutes. Makes 10 to 12, depending on their size. With chocolate chip, stir in ½ cup chocolate chips. With raisins, stir in ½ cup raisins. With spice, stir in ½ tsp. Cinnamon & ½ tsp. Nutmeg.

The History of Mistletoe

Mistletoe, the famous kissing icon of the holidays.

Mistletoe is a hemi parasitic plant found growing on tree trunks. Originally, the Anglo-Saxon interpretation for "mistletoe" is "dung-on-a-twigg". It was believed that mistletoe would appear where birds left droppings. Mistletoe was on of the most magical plants of European folklore. It was believed to be an aphrodisiac, bestow life and fertility, and protect against poison. The Greek festival of Saturnalia is to thank for the tradition of kissing under the mistletoe. In the 18th century, the English claimed a kiss under the mistletoe could mean deep romance, or lasting friendship and goodwill.

If a young lady was not kissed under the mistletoe, which a kiss was believed to be unable to refuse, then the girl was to remain unmarried for the next year.

A kiss under the mistletoe for a couple in love is interpreted as a promise to marry, happiness and long life. If anything, it always makes for fun and frolic at Christmas celebrations. Stealing a kiss under the mistletoe is not such a bad custom.....Anyone want to meet under the mistletoe this holiday?



Most aches in the world

Norwegians have mysteriously emerged as global leaders in an unexpected category.

Norwegians report the most chronic pain in the world, and now researchers in Trondheim want to find out if their countrymen are showing signs of lifestyle ailments, or if they are just whiners, newspaper Adresseavisen reports.

The Pain Research Center (NKSL) at St. Olav's Hospital in Trondheim will undertake what will be the world's most comprehensive survey of pain, and hope to find out why Norwegians report chronic suffering more than others, and if their pain threshold is lower. "In the old days it was normal that your body hurt after a long day of manual labor. If you didn't ache, it was practically a sign that you weren't working hard enough. Today we are far more afraid of pain," said Professor Petter C. Borchgrevink, head of the NKSL.

Gas Prices

Norway is the 4th largest oil producer in the world yet the Norwegians pay \$ 9.00 per gallon for gas.

Katelyn earned 5 Gold Medals in China

Oslo, Norway: 14 year old Kathelyn Garbin of Bærum, Norway competed in rhythmic sports gymnastic at the Special Olympic in Shanghai, China and won 5 Gold medals. This was the first time she had competed in such a large venue and she confessed that she was a little nervous during her events but once she got into it she forgot to be nervous.



A smiling Katelyn shows off her medals

The Special Olympics are the world's largest sports competition for handicapped people and are held in over 160 countries.

Court Case over Sami Rights

Property owner in Tydal in Southern Trøndelag County will fight for their right to deny free fishing to Norway's indigenous people, the Sami. Property owners insist that Sami must pay for fishing licenses like everyone else, while the Sami argue that they should be able to maintain the tradition of many generations, newspaper Adresseavisen reports.

"The Sami culture is built up around hunting, catching and fishing. It has been natural for us to fish for many hundred of years. Why should this right be contested now?" asked reindeer herdsman Idar Bransfjell who represents about 40 Sami from the local reindeer grazing district.



"I compare this with when the white man came across the water and took the land from the Indians because they had no deeds. The Sami also have very little written down, but as the native people of Norway we have the rights above those that are written," Bransfjell

argued. He also believes that the Sami fishing has no negative effect on the 540 disputed lakes.

The dispute has gone on for nearly 10 years, and finally the Tydal association of property owners has taken the matter to court. They argue that the fish in the area's attractive lakes are worth a great deal.

Norway's Record Fundraiser

Every year, on a chilly Sunday in October, Norway is home to the world's largest fund-raiser. 100,000 Norwegians take to the streets and visits 1.8 million households, a world record in terms of participation and per-capita contribution.

The event, known in Norway as TV-aksjonen (TV Gala), is the most trusted fund-raiser in the country, and each year a different cause and humanitarian organization is selected to receive the proceeds. It was established by the Norwegian Broadcasting Corporation in 1974 and mobilizes all parts of the society – at national level and in local communities. Last year, the TV Gala raised \$ 35 million for Doctors Without Borders.

This year's TV Gala has been awarded to UNICEF Norway, Right to Play and Norwegian Olympic Committee. Under the headline "Unite for Children", the proceeds will be directed towards projects in Mozambique, Malawi, Zamb, Zimbabwe, Uganda, the Ukrain, Jamaica and Vietnam.

We will not let children affected by HIV/AIDS struggle alone. Together we can show the world what we can achieve when we all join forces.