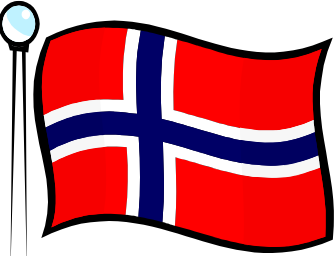


Sundfj rd sun

Sundfjord Lodge # 65

October 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)

October:

19/21 -Southern California
Kretsstevne at Pio
Pico, Jamul, San
Diego

November:

9/10 -Norrøna Lodge's
Lutefisk Dinner in
Van Nuys
10 -Sundfjord's Thanks-
giving Dinner
16/18 -Julebazaar at the
Norwegian Seaman
Church, San Pedro

December:

1 Norseman Lodge's
Julebord
2 -SWEA's Julebazaar
Shrine Expo Center
8 -Sundfjord's
Christmas Party

2008

January:

21/25 -4-day Mexico
Cruise

June:

23/28 -District Six
Convention, San
Ramon, CA

August:

27/30 -International
Convention, San
Diego, CA 1

President's Message

As I write this, a few days ago a good friend, and a pillar of Sons of Norway, Henry Larsen, passed away. A member of Norrøna Lodge in Van Nuys, he built a reputation as a tireless worker who was always available to help when called upon. In addition to all the jobs in the lodge, Henry was a District and International Board member. To my daughter Kari, he was one of her many "Uncles" that she grew up around, and Henry was the cook at the Language/Heritage Camp, and watched over her the years she attended. He was a good and honorable man who I am glad to have called my friend.

We elected a Nominating Committee at the September meeting for the coming Lodge Officer elections. If asked, I hope you'll accept a good job here at the lodge, so we don't have to hire aliens to do the jobs (Norwegian) American's won't do.

We have many activities coming up for the next few months, but if you hear or see something that isn't in the newsletter, let us know so that others may go! Remember November is our Thanksgiving dinner meeting, turkey and all the trimmings.

December is a "Julebord", a Christmas feast, and I hope you'll try and bring a Scandinavian dish for the meeting. We'll try and have Norwegian recipes available at the November meeting. If anyone asks about "lutefisk", I'll be bringing it again this year.

Nic Sanburg

Vice President's Message

HAPPY HALLOWEEN!

Didn't we have a terrific September meeting? 13 visitors and a new member signed up.

October is "Foundation Month". The

Foundation provides scholarships and contribute aid to disaster victims.

We have a busy holiday season coming up with all our planned activities. Be sure to mark your calendars ahead so

you do not miss anything. We will keep you up-to-date on times and places.

Committees are working hard planning our big Thanksgiving feast with all the trimmings so do not bring any food for the November meeting unless the committee asks you to prepare something. Just come with a BIG appetite and enjoy.

A request, we can use some more volunteer drivers so nobody is left out.

Pauline Pederson

2006/2007 Sundfjord's Officers

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(626) 205-2220
ndksanburg@altrionet.com

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Res0htel@verizon.net

Youth Director: Mary Stewart
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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

1(800) 448-2499

Gratulerer med dagen (Happy Birthday)



October

11.....Cortney Elliot
12.....Luke Fleming
16.....Julianne McMillan
21.....Linda Syverstad Shehee
28.....Mary Stewart

November

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



God Bedring

(Get Well)

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

New Member

We welcome new member Donald Hokanson. Please add his address and phone number to your lodge directory.
Address: P.O. Box 2031, Pomona, CA 91767-2031
Phone: (909) 376-5020

Membership Pins

In recognition for their Sons of Norway service, the following members will receive their membership pins.

5 years: Bill Deeb, Charlotte Nelson and Gunilla Oh
15 years: Virginia Salvesson
30 years: Helen Cox
45 years: Agnes Deeb

Nominating Committee

Our lodge officers serve two-year terms so this November we have an election of new officers for the next two years. A nominating committee consisting of Pauline Pederson, Char Nelson and Lise Fleming was elected at our September meeting. This committee will present to the lodge at our October meeting its slate of candidates recommended for office.

Note: The election is held in November and it is very important that our members attend this meeting to cast their votes.

Take a look at our web site
www.sundfjord.org **2**

Thanksgiving Dinner



The lodge will be serving a Thanksgiving dinner with all the trimmings and pies at our



November meeting so no potluck. Cost is \$ **15.00 per adult; \$ 5.00 for children 10 to 16 years and children under 10 is free.**

Please let us know if you will attend the turkey dinner 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 3rd weekend in November.

Char Nelson, TubFrim Chairperson

Norwegian Calendars

The 2008 Norwegian calendars have arrived and we have a limited amount for sale at \$ 12.50 each. These calendars have beautiful pictures adorned with "rose-maling". It is nice to have a little bit of Norway hanging on your wall for a year. See Lise Fleming.

A Winner



Cathernine Cordes' husband, Jay, co-developed BluffBot 2.0. The software program recently took first place at the Association for the Advancement of Artificial Intelligence Computer Poker Competition.

SWEA's Christmas Bazaar

(New location)

We have just been informed that the SWEA's Annual Christmas Bazaar held on December 2nd, 2007 has a new location this year due to Hollywood Palladium was closed for renovation.

The new location is **The ShrineExpo Center**, 700 W 32nd Street, Los Angeles. They promise larger a venue and more parking at the new location. If you plan to attend, let Lise Fleming know so we can arrange a carpool.



Happy Halloween

Barnas Hjørne

(Kid's Corner)

The Norwegian Elkhound



Have you ever heard of the Norwegian elk-hound? This dog stands about 52cm high and weighs up to 24kg (52 pounds). Its coat is made up of two layers, an underlying smooth coat and an overlying

protective coat. The colors of the Elkhound are grey, white, and black. They also have curled tails, are medium sized and extremely hardy. The Norwegian elkhound is a very ancient breed. It was developed over 6,000 years ago to help Scandinavians hunt big game such as moose and bear. Some remains of the dogs that have been found in Norway have been dated back as far as 4000-5000 BC. Towards the end of the 19th century the breed came to England, and in 1901 The Kennel Club officially recognized it. Norwegian Elkhounds are bred for hunting large game, like wolf, bear, and moose. They have a strong drive, and have been known for going through a plate-glass window when motivated. They also have an inseparable bond with their masters, and are extremely loyal. Their sharp loud bark make them suitable as guard dogs as well. Elkhounds make a good family dog. They are bold, playful, independent, alert, boisterous and protective. The dog is ready for adventure, and is really happy when the adventure takes them outside in cold weather. It needs daily exercise and requires good leash training so they won't pull you. The dog is friendly with strangers, but may fight with strange dogs. Training them could be a challenge because of their intelligence and deep independent streaks.

Unfortunately, Elkhounds sometimes carry a genetic



predisposition to suffer from progressive retinal atrophy, hip dysphasia, renal problems, and cysts. However, overall, they are a hearty breed with few health problems. They are powerful animals, bred to hunt in cold

climates, and require plenty of exercise. They are also prone to rapid weight gain, and must never be overfed. They have a lifespan of 10-12 years. **By heritage member Irene Davis**

12 years old

MY TRIP TO NYC, GREECE AND TURKEY

On July 9th, I took a “Red Eye” flight to JFK in New York City, arriving around 6 a.m. on the 10th. I would be meeting three people that I knew, also going on the Greece tour. After getting to the hotel and checking my suitcase, I took a cab to the Metropolitan Museum of Art. I joined a tour just beginning, to see the new Roman/Greek Gallery area and then, on my own, I saw the European paintings section and a few more areas. Then, it was back to the hotel. The weather in NYC was so very hot!!

That evening we all went to see “Mary Poppins”, the stage musical. It was real great. Afterwards, we had fun walking back to the hotel via Times Square.

The next day, we took a subway ride to Ground Zero and to the St. Paul Chapel where all the fireman and policemen were taken care of, at the time of the twin towers disaster.

Then it was time to take a cab back to JFK, to meet the other people in our 30 person tour, from all over the country. Our first “glitch” was that our Air France plane was going to be two hours late!! If we waited for that plane, we’d miss our connection in Paris, for Athens!! Luckily the airline agents finally were able to get our group on an earlier flight.

The second “glitch” was that some people didn’t get their luggage at all for the whole trip. I was very lucky to have mine arrive as scheduled.

We stayed in a very nice hotel in Athens, and the next day, had a bus tour of the city, with our own guide that was with us the whole trip. It was quite an experience walking up to the Acropolis and seeing the ruins of the Parthenon, and other buildings. Later that afternoon, we boarded our cruise ship at the Piraeus harbor.

We sailed for almost a day, to get to Istanbul, Turkey. We took a short excursion to the Grand Bazaar there, which was a place of 4,000 shops. One could get lost there if we weren’t careful!

That evening, some of us took an extra tour to a place for a nice dinner and entertainment of Turkish culture and dance. The Turkish Belly Dancers were awesome!!

Istanbul is divided into two continents—both Europe and Asia, so I was in both areas.

The next day we had a special tour of the city and saw the famous Blue Mosque, St. Sophias, originally a Christian Basilica, and the Sultan’s Palace and visited a Turkish carpet store, where they demonstrated how the handmade carpets are woven.

No wonder they’re so expensive.

We sailed to Kusadasi, Turkey, and had a special guide take us to the ruins of Ephesus. This was particularly exciting to be here and see where Paul preached for three years in the year about 60 A.D. Weather was very, very hot again.

We cruised to five of the Greek Isles.

Mykonas - with its 365 tiny churches on a very, very windy day. We waded in the Aegean Sea here.

Patmos—we saw where John, from the Bible, was imprisoned and had the vision for the Book of Revelations.

Rhodes—we took a tour bus to Lindos—a 40 minute drive, to see more ruins on the Acropolis there. Here’s where I took a donkey ride up the hill, and all the way up, I was feeling like I was falling off!! (NOT FUN). Needless to say, I decided to walk down. It was 100 degrees again.

There was a maze of narrow shopping streets there and I felt I could get lost, but finally I spotted someone from our group and stuck with them until we got back to our bus. Then the bus took us back to the old, walled city, near the harbor where our ship was. We had time to do some shopping there and eat some lunch.

Santorini—it was so beautiful, sailing into this harbor, seeing the rugged, volcanic cliffs, topped with gleaming white-washed houses. We took a cable car up to the city of Fira and did some shopping. Here, they also had a donkey ride up the hill and some of our group took that.

Crete—Sailed to the city of Heraklion, and took a tour bus to the ruins of Palace of Knossos—very interesting.

On the morning of July 20th, we arrived back at Piraeus, where the cruise ended. I did have a lot of fun on the cruise ship too.

We transferred to a tour bus again, and drove to the Corinth ruins, where St. Paul preached for 18 months. On the way, we crossed the Corinth Canal, which connects the Aegean and the Ionian Seas. After having lunch in olive tree country and seeing the town where our guide was born, we arrived back in Athens, to the same hotel where we began our trip.

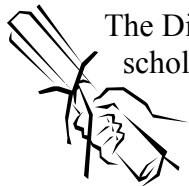
The next day, very early on July 21st, we began what seemed like a 30 hour day, flying from Athens, to Paris, to JFK, and then, me to Phoenix and back to Ontario.

I really enjoyed this trip, learning a lot about ancient history, but would recommend to anyone, to take it in September or October, so it isn’t so hot!!

Char Nelson



District Six Scholarships



The District Six have available three \$ 1,000.00 scholarships to members in good standing, their children or grandchildren who are “Unge Venner” members in any of the lodges in District Six.

They must attend an accredited college or university in the USA as a fulltime undergraduate in their sophomore, junior or senior year and have a grade point average of 2.5 or better on a scale wherein A=4, B=3, C=2, D=1 and F=0. These scholarships can also be awarded to those students in their sophomore, junior or senior year of any accredited four-year program at a community college in the USA, When an applicant is deemed worthy of a scholarship (recommended by the District Six Scholarship Committee and approved by the District Six Board) the funds will be paid directly to the student.

Those interested in applying may get the application from the District Six Scholarship Committee.

Verne P. Martin, Chairman, 16985 Kawai Court,

Fountain Valley, CA 92708

Phone: (714) 839-2502

E-mail: vpmartin@dslextreme.com

Applications must be submitted to the Scholarship Committee by **March 31, 2008**

Sons of Norway Photo Contest

(From Sons of Norway Newsletter)

They say “**A picture is worth a thousand words**”. How would you like those words to last forever?

Sons of Norway are requesting photos to be added to our on-going photo bank. Not only will you get a chance to win a great prize, but you will be contributing to an endless archive to be treasured and saved at Sons of Norway Headquarters. These photos also have the opportunity to be used on our website or in promoting our beloved organization.

We are looking for unforgettable images from cultural events, lodge outings or anything that reflects our connection to the heritage of Norway. For every entry you submit, your name will be entered in a drawing to receive a complimentary copy of “Norway: Portrait of a Nation”. With 592 pages and over 600 illustrations, this book presents a unique look at Norway. From politics, to sports and cuisine, this book celebrates Norway in an insightful way.

To enter, send your non-returnable photo to Sons of Norway Photo Contest, 1455 W. Lake St. Minneapolis, MN 55408. Also, submit a caption reflecting the people in the photo and the event taken place.

Please send photos 3”x5” or larger. Please do not submit photos that have been printed from a home computer.

We prefer photos with small groups of people.

By submitting your photo, you agree to permit Sons of



Norway to publish it in various publications and on the internet. By submitting your photo you also acknowledge that the photo has been taken by you and is not copy written by a third party.

The contest ends December 31st, 2008

Runescape Jewelry

Now is the time to order Runescape Jewelry for Christmas. The District 6 Lodge still receives 50% of the sales from the jewelry and the local lodge receives 15% of that. The same brochure is still in effect. Let me know if you need a brochure and order forms to order the Runescape Jewelry. Only one check is to be sent with the order, made payable to Janet Erdahl.

Orders will be sent to Runescape on the 30th of each month. I will need all orders for the month by the 15th of each month. This is still a good fund raiser for the District and the local lodge.

Janet Erdahl

***See Lise Fleming for the brochure and orders.

Lodge Revenue Sharing Program

Starting this year, Sons of Norway launched a program that gives the local lodges a stake in the financial result of Sons of Norway. This new program shares a portion of Sons of Norway’s net revenue with the local lodges. The amount that each local lodge receives will be determined by the amount of insurance premiums paid by the lodge’s members as compared to the total premiums paid by all lodge members. Hence, the better the results for the total society, the more each lodge will receive. Also, the program rewards lodges that have more members owning insurance products.

Our lodge president has received details about this program.

Leif Erikson’s Day

Leif Erikson Day is a United States observance occurring on October 9th. It honor Leif Erikson who led the first Europeans known to have set foot on North American soil.

October 9th is not associated with any particular event in Leif Erikson’s life. The date was chosen because the ship “Restauration” arrived in New York Harbor on October 9th, 1825 at the start of the first organized immigration from Norway to the United States.

On October 4th, 2006, President George W. Bush proclaimed October 9th as Leif Erikson Day to honor Nordic-American heritage.



From the District Newsletter

Camp Norge News

During the Northern California Kretsstevne held at Camp Norge on Labor Day weekend, we celebrated the **50th Anniversary** of the purchase of the property known as **Camp Norge**.

Throughout the weekend, approximately 200 people had an opportunity to meet and chat with our special guest, **International President Ted Fossberg** and his wife **Helen** as well as view the progress of the new building.

At the Recreation Center Board Meeting on August 31, Alex Scheflo reported that the new building is enclosed and about 60% completed, thanks in large part to the great job done by Harry Bjerkhoel. It was determined that the new hall will be called "**Heritage Hall**".

Harry and Joanne Bjerkhoel spent several weeks this summer, living in their RV while Harry plied his skills as a carpenter. I witness the long hours he worked every day; he had help some days, but mostly he worked alone. Alex Scheflo has also given many hours to this project; not only personally and professionally through his engineering firm, but in travel between Stockton, Placer County offices in Auburn and to Camp Norge.

You can show your appreciation to Harry and Alex for all of their hard work and efforts by making a donation to the Building Fund. Send all donations to Camp Norge, P.O. Box 622, Alta, CA 95701. Indicate "Building Fund" on your check.

Are you planning in doing some skiing this winter? Remember Camp Norge is close to some of California's best ski resorts. Check it out!

Darline Thompson, Camp Manager

Help Needed

We have just passed the 50 year milestone at our "Jewel in the Sierras" Camp Norge. We would like to produce a book or other record, to document the history of this little bit of heaven, but we need your help to do this. Look back in your memories, pictures albums and the boxes of pictures you have in your closets and see what you can find to help us. It doesn't take a lot of time to sit down and write a short account of the greatest time you can remember or pick out some pictures and send them on to:

Bob Dahl
13361 E. 35th Street
Yuma, AZ 85367
(928) 345-1801
KA6LSL@msn.com

OR Jack Johnson
P.O.Box 25504
Anaheim, CA 92825
(714) 630-2912
D6PRO@aol.com

Height Hegemony

The U.S. has for years held the record of having the tallest people in the world but now the Dutch, Norwegians and Germans have surpassed the U.S. of having taller people. Improved prenatal care may have contributed to growth abroad while fast food and uneven health care may be keeping U.S. height down.



Dutch
6 feet



Norwegians
5 feet,
11 inches

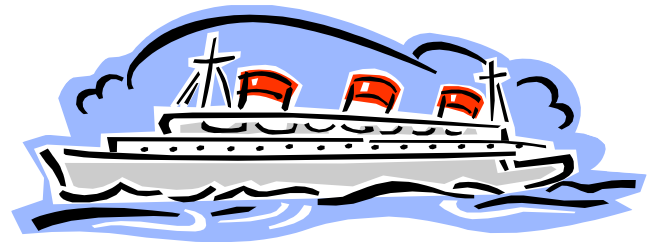


Germans
5 feet,
11 inches



Americans
5 feet,
10 inches

'All Time High' for Cruise Traffic



A record number of tourists have been cruising along Norway's coasts this year, and the number of vessels and passengers may keep rising.

The Nordic area is considered a "safe" part of the world, and cruises to the Scandinavian countries and around the Baltic have exploded in popularity. Around 370,000 cruise passengers will have visited Norway by the end of the year. That's double the number that arrived in 2000.

The international cruise lines recently have added several new ports of call in Norway, including the west coast city of Ålesund, Cruises in northern Norway, around Lofoten and to Tromsø and up to Svalbard also have been expanded. Ålesund alone received 68 cruise calls this past summer and fall, with a total of 60,000 passengers. That's up 35% from last year. Svalbard reported 45 cruise calls, 17 more than in 2006.

This was the first year that major cruise line Royal Caribbean operated a vessel from Oslo. "Jewel of the Seas", and more use of Oslo as a cruise starting point is planned next year. Royal Caribbean already is advertising cruises from Oslo to Amsterdam and Copenhagen for next spring. Increased cruise traffic is spurring calls for improved cruise terminal facilities in Oslo.

Aftenposten

Viking Queen Exhumed To Solve Mystery

Slagen, Norway - Archaeologists have exhumed the body of a Viking queen, hoping to solve a riddle about whether a woman buried with her 1,200 years ago was a servant killed to be a companion into the afterlife. As a less gruesome alternative, the two women in the grass-covered Oseberg mound in south Norway might be a royal mother and daughter who died of the same disease and were buried together in 834. "We will do DNA tests to try to find out. I don't know of any Viking skeletons that have been analyzed as we plan to do," Egil Mikkelsen, director of Oslo's Museum of Cultural History, told Reuters at the graveside. As rain pelted down, four men lifted an aluminum coffin containing the bones of two women after digging a 1.5 meter (5 ft) deep hole in the mound where the women were originally buried in a spectacular Viking longboat. The women and the 22-metre (70 ft) longboat, with its curling oak prow still intact, were unearthed in 1904 in the 5-meter high mound, surrounded by cornfields, in one of the archaeological sensations of the 20th century. The longboat, known as the Oseberg ship, is in a museum in Oslo but the bones were reburied in 1948 and have since lain undisturbed. About 200 people, including schoolchildren, watched the exhumation. "We don't know who the women were," Mikkelsen said, adding that DNA tests could tell if they were related. "DNA analysis could prove if they were mother and daughter," he said. "But I have always thought of them as the queen and her maid," he added. If the two women had widely differing DNA it could be a sign that the second woman was a servant.

DECAPITATED - A servant might have been the victim of a ritual killing, perhaps her throat slit to accompany her queen to an afterlife in Valhalla. In one Danish Viking grave, for instance, an old man lying by a younger man had been decapitated. And new chemical analysis of bones can also tell what people ate. In Viking times meat, such as elk, was prized while poorer people ate fish. "If they were mother and daughter they would probably have had the same food. If one woman was a maid they would have had different diets," Mikkelsen said.

The aluminum coffin will be driven to Oslo and opened for analyses, likely to last a year. The archaeologists placed a Norwegian 20 crown coin -- dated 2007 and with a picture of the prow of the Oseberg ship on one side -- in the sarcophagus to show any future generations when the grave had been disturbed. Among those at the graveside was a man dressed as a Viking with a sword hanging from his belt. "This is an experience you get once in a lifetime," said Leszek Gardela, 23, a Polish student of archaeology. Mikkelsen said he saw no ethical objections to opening the grave, partly because the two were buried so long ago and no one even knew their names.

Reuters

Norway Prison Goes Ecological

Oslo, Norway – The minimum security Bastøy Prison, a lockup on a lush island that often has been compared to a summer camp, now has claimed a new distinction; the world's first ecological prison. Without locked gates and barbed wire, the prison operates with solar panels, wood-fire heating instead of oil, strict recycling and eco-friendly food production – a 10 year project that is aimed at helping the 115 prisoners learn values such as protecting the environment and respect others. The Bastøy facilities where inmates include murderers and rapists, is nothing like the grim version of a prison. It is a lush green in the summer, with beaches and an adjacent nature preserve. Inmates live in houses, are not locked in and are responsible for the care of about 200 chickens, eight horses, 40 sheep and 20 cows. They also tend the fields, pick berries and fish on the prison's 30-foot boat. All of the prison's agricultural products are raised without artificial chemicals and with humane treatment of livestock. It also strives to be energy self-sufficient, using renewable power. Inmates study, seek counseling, play tennis, have their own TV and swim in the waters around the island, some 45 miles south of Oslo. Norway does not have the death penalty and maximum prison sentence is 21 years. Few prisoners serve the entire term. Prisoners must apply for the chance to serve their sentence at Bastøy. Few escape from Norway's most pleasant prison because that could mean returning to a maximum-security unit.

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