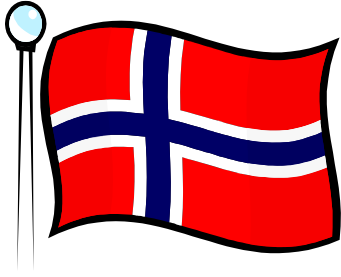


Sundfj rd Sun

Sundfjord Lodge # 65

August and September 2008

First Place winner at the 2005|2006 and 2007|2008 District Convention



Meeting Location:

Rock of the Foothills Church

4630 Wheeler Ave

La Verne, CA 91750

Second Saturday at 12:00 Noon

President's Message

We restart the year with some unfinished business, and a full calendar of events. One bit of business to report on is the results of the District Convention deliberations. While there, 22 District delegates to the International Convention (held in San Diego a few weeks back in August) were selected, along with alternates, and were given \$ 0.00 to defer the expense of attendance. Nothing, nada, not a red cent! There wasn't enough money in the District Treasury to help with the Delegate Registration package, let alone the expense of transportation and lodging. Their dedication to the Sons of Norway sets an extraordinary example for the entire organization. That the District finances be shored up, it was voted to increase dues by \$ 5.00 per capita. This will take the 6th District from having the lowest dues of the 8 Districts, and put us in the mid-range. Much good is done with these funds, whether everyone sees a personal benefit or not, and approval was by an overwhelming majority. The other results of the Convention will be reported here at the September meeting, a copy of the Minutes and Financial Statements for the District and the Recreation Board will also be available at any time, just ask. Get your camping gear ready for the Kretsstevne. Registration for the Central and Southern Kretsstevne is almost due, so hurry up and get your forms signed and delivered. The Central is held in Buellton and the Southern at Idyllwild. Think Boy Scout Jamboree, without the messy adult supervision. It's fun!

October will see our 55th Lodge Anniversary, and will be celebrated along with Foundation Month activities at a special location not yet determined as I write this.

I'll close by thanking everyone that helped with and came by the booth at the Claremont 4th of July Festival. We had a lot of fun, and it was just ever so slightly cooler this year.

Nic Sanburg



55th Anniversary

*Come and celebrate Sundfjord's
55th Anniversary
October 11, 2008 at 12:00 noon
New China Restaurant
2006 W. Foothill Blvd, Upland, CA
(located west of Central Ave on the south side)
Menu: Chinese lunch and tea
Cost: \$ 13.00 per person
(soft and bar drinks not included)
Prepaid reservations must be made by
October 4, 2008
For information contact Pauline
Pederson, (909) 986-1655
or Lise Fleming (909) 624-2868*

2008/2009 Sundfjord's Officers

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- Zone Director:** Robert Hanevik
(760) 948-1503
- Insurance Rep:** Dennis Burreson
1(800) 448-2499



Gratulerer med dagen
(Happy Birthday)

August
26.....Helen Cox

September
16.....Jacob Strangis
20.....Virginia Salvesson

October
11.....Cortney Cox
12.....Luke Fleming
21.....Linda Shehee
28.....Mary Stewart

God Bedring
(Get Well)

We wish speedy recovery to Lola Peterson who took a spill and to Betty Partaker who broke her hip
(Please let us know if any of our members are under the weather)



New Members

We welcome new members Annalease Becker and Elizabeth (Betty) Partaker to our Lodge.



Til Minne
(In Memory)

Our member Don L. Hakanson, who was born June 6, 1934 passed away July 31, 2008. He became a member of Sundfjord Lodge in September 2007. Don was a Chaplain in the Army, a retired Colonel, had a small repossessing business in Pomona, was a Commissioner on Aging under Supervisor Gloria Molino, a community activist and served on many community and service organizations. He is survived by 6 children and 16 grandchildren. Our thoughts and prayers are with Don's family.

District 6 Convention

“Norway by the Bay”

45 lodges and 188 delegates met in San Ramon, CA on June 26 – 28, 2008 for the 29th District meeting.



Sundfjord’s delegates left to right; Lise Fleming, Pauline Pederson and Nick Sanburg.

This year there were only **three** Resolutions to decide on.

Resolution 1: “Be it therefore resolved that in order to enable the District 6 Treasury to remain solvent and be able to meet its’ annual budget to cover the increasing costs, that the annual member dues be increased by \$5.00 to be effective Jan.1, 2009”.

Resolution was passed 118 to 55.

~

Resolution 2: The Recreation Center Board of Directors (Camp Norge) shall be composed of 9 persons (instead of 10), one of whom shall be the District President or his/her designee from the District 6 Board, all of whom shall at all times be members of the District 6 Sons of Norway. At least two members of the Board will represent lodges in Southern California and two members of the Board will represent Utah, Colorado, Arizona and Nevada. In the event that there are no available candidates from Southern California or from Utah, Colorado, Arizona and Nevada, the vacancies shall be filled from the District 6 membership at large”.

Resolution passed.

~

Resolution 3: By-Law change, Article V, Paragraph 10 – current, “Every lodge within the District shall be entitled to two delegates and one for every fifty members or major fraction thereof...” – proposed, “Every lodge with the District shall be entitled to two delegates for the lodge and one for every one hundred members or major fractions thereof...”

Resolution Defeated.

~

Walk-A-Thon donations to the Foundation collected \$ 3,394.75, the most of all districts in Sons of Norway!

District Officers Elected

President: Janie Kelly

Vice President: Lyle Berge

Secretary: Carol Lee Solheim

Treasurer: Roger Espeland (new)

Public Relation Officer: Wendy Kay Winkleman

Zone Directors

Zone 1: Carl Ingvaldstad

Zone 2: Paul Jevert (new)

Zone 3: Eileen Conlan

No Zone 4

Zone 5: Eric Herem

Zone 6: Nancy Madson (new)

Zone 7: Robert Dahl (new)

Zone 8: Diane Molter

***Sundfjord’s new Zone Director is Nancy Madson.**

Awards

Sundfjord Lodge received awards at the Convention.

Merit Awards:

SILVER for 2006 and GOLD for 2007.

Tusen Takk Award for 2007:

For our time and efforts in achieving positive recruitment and retention.

Founders Certificates:

For our 5% membership growth. We received a check from Home Office in the amount of \$ 100.00. (Only one other lodge, Vinland # 159, received the same).



1

Newsletter:

Our newsletter “Sundfjord Sun” received st place.

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Lise Fleming with District Treasurer Roger Espeland, both wears the Millennium drakt.



Pauline Pederson’s fest drakt.

4th of July Booth



Left to right; Pauline Pederson, Lise Fleming, Agnes Deeb and Ruth Higley.

Summer Party

This year's summer party was held at Lise Fleming's home in Claremont.



1st row: Helen Tollefson, Annalease Becker and LaVonne Kerfoot

from Edvard Grieg # 74.

2nd row; Kirsten Kjølby, Mary Stewart, Ruth Higley, Agnes & Bill

Deeb and Nic Sanburg

3rd row: Char Nelson and Jim Stewart.

Thor's Top Ten Reasons to Own a Sons of Norway Annuity

1. Guarantee Safety of Principal
2. Guaranteed Minimum Interest Rate
3. Guaranteed Income for Life
4. High Current Interest Rates
5. Tax Deferred Accumulations
6. No Sales Charges
7. No Annual Service Fees
8. Penalty Free Withdrawals Beginning in Year Two
9. Penalty Free RMD withdrawals for IRA's

10. Safety and Security with over 113 Years of Experience.

Call Dennis Bureson at 1(800)448-2499

District 6 Web Site

For District 6 information and updates, visit

www.sofn6.com

Sundfjord's 2009 Cruise

7-day Mexican Riviera

We invite all lodges to join our cruise

Ports of calls are Cabo San Lucas, Mazatlan and Puerto Vallarta on the ship "Mariner of the Seas" from the Royal Caribbean Cruise Line. The ship leaves from San Pedro harbor on **March 15, 2009.**



PASSPORTS ARE REQUIRED

NEW: Due to increased fuel prices, as of May 1, 2008 the prices increased. The prices may increase again so book your trip early.

Inside room starts at \$ 936.00, includes fees and taxes.

This price is per person based on double occupancy

Ocean view rooms, balcony rooms and suites are also available.



For us to be seated together in the dining room, the cruise line requests that **ONE** person from our group makes all the reservations.

Sundfjord's Vice President Pauline Pederson will be in charge of making your reservation. A deposit of \$ 250.00

per person is required for her to make your reservation.

Make checks payable to **Pauline Pederson.**

When your reservation is made, you will receive your confirmation/reservation number from Pauline. Then go on the www.royalcaribbean.com web site and click on "visit your reservation", then enter your confirmation/reservation number and complete the registration form. At that time it will give you your cabin number.

The balance you will owe needs to be paid by **January 4, 2009** and you can do it on the Royal Caribbean web site with your credit card.

Insurance prices may also have increased, anyway....

Insurance is an additional \$ 59.00 per person for inside cabin, \$ 79.00 per person for outside and balcony, and \$ 109.00 for suite per person. It is recommended that you take out insurance in case something unforeseen should happen.

No reservations accepted after November 1, 2008

For more information or any questions contact Pauline at PEDERSONPAULINE@aol.com

Barnas Hjørne

(Kid's Corner)

Due to school and homework schedules, Irene Davis who has been writing this column is passing it on to her younger sister Ashley.

My Norwegian pen pal Nina Solheim



Nina Solheim was born on August 4, 1979 in South Korea. She is a well known athlete in Norway and practice Tae Kwon Do. When Nina was seven months old, she and her twin sister Mona (who also does Tae Kwon Do) was adopted by Norwegian parents and grew up in Namsos, now she lives in Oslo.

When Nina was nine, she started Tae Kwon Do. When she was 16, she joined the Norwegian National Team. She has tried to go to three Olympics; Sidney in 2000, but did not qualify; Athens in 2004 where she made it to the quarter finals but lost against Wei Lou of China when she injured her knee and now she qualified for the 2008 Olympic Team in Beijing. Nina has won many tournaments in Tae Kwon Do, including a bronze medal at the World Championship in Korea in 2001.

Now heading to the Olympics, Nina trains daily at the Olympic Center in Oslo, Norway. With her training, she has been able to travel all over the world. Some countries she's been to are: Spain, Croatia, Holland, Sweden, Denmark, Korea and China. The first time she competed outside of Europe, Nina was 16 years of age!

Nina did well on the junior level and always dreamed about the Olympics. Tae Kwon Do became an official event at the 2000 Olympics in Sidney. Then she really began to daydream about joining the Olympic Team!

When I asked Nina what she liked best about Tae Kwon Do, she answered; "It's all about the adrenalin, the challenge I get into the field and do my very best to fulfill my task." She feels through all her years of training and receiving several injuries has made her stronger, both as a person and as a Tae Kwon Do person. She thinks a good mental challenge is to face a good competitor and try



her very best, and win over great nations like China, Spain and Korea. The feeling to succeed after a tough period is great. She says she will miss the adrenalin when her career is over.

The advice she has; "I know that everyone can reach their goal if you train hard, be motivated and have fun."

I am very glad that I found out about Nina and now consider her one of my friends (through our e-mails) and inspirational. Now I have set a goal for myself, to compete in the 2016 Olympics (the first one that I will be both of age and belt qualified) in Tae Kwon Do. Hopefully, Nina can be there too!

Here are Nina's results at the 2008 Olympics in Beijing, China she earned a SILVER medal.



Sons of Norway
Vær så god! Peer Gynt-22 Lodge
28th Annual
Heritage Faire
Saturday October 4, 2008
12:00pm-5:00pm
Admission \$2.00-Children under 16 free, with parents.

Norwegian Refreshments
Hot dishes, lefse, home-baked norwegian specialties, rommegrot, take-out available.

Cultural Demonstrations
Rosemaling, Lefse baking, Antinque exhibit

Heritage Information
Language, arts, field trips, Sons of Norway Memberships

Scandinavian Imports
Perfect gifts for Christmas and other occasions, Scandinavian foods, clothes, books, cd's, etc..

Peer Gynt Hall
3835 Watseka, Culver City
Information: 323-634-7605

Location: Watseka is between Venice and Washington Blvd., several blocks east of Overland, and just east of Brotman Medical Center. From 105, take Venice/Washington exit. Drive east on Venice to Watseka. Free parking available in city lot across street.

Join in this festive celebration of Norwegian Heritage

New Mission Statement

At the Sons of Norway International Convention in San Diego, a new Mission Statement was approved. It reads as follows;

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products for its members.

Foundation News

Dear members,

The Sons of Norway Foundation has been called upon to help three Sons of Norway families who were affected by the June floods in Iowa. Members from Restauration 1-548, Cedar Rapids, Iowa, Solglimt 1-547, Cedar Rapids, Iowa and Marsteinen 1-596, Des Moines, Iowa were impacted. Our Humanitarian Fund offers "Helping Hands to Member Grants" of \$ 750 for current members who lose their homes to natural disasters. These three families were displaced from their homes during the severe June flooding. The photos that were sent to me show the devastation such an event can cause. It is truly heart-breaking.

All three families are setting about the task of rebuilding their lives and homes and have very positive outlooks. They are remarkable people. The grant recipients all want me to pass on their sincere "Thank You's" for your support both financially and your well wishes.

Sons of Norway care about each and every member. It is the true meaning of fraternal. Our Foundation stands ready to offer assistance in these times of natural disaster to help our members with their recovery. You, our Sons of Norway family, through your generous donation to the Sons of Norway Foundation Humanitarian Fund, have made this assistance possible.



~The amount of all the Helping Hands Members Grants is in the amount of \$ 750. This amount was decided on by the Foundation Board of Governors in 2003. It allows our members to pay for a month of rent, or groceries and

added expenses that insurance does not cover or they will not see insurance payments for more than 30 days. It helps them to get the necessary items for day-to-day living. The damage varies from \$ 20,000 up to total loss of their homes. I have personally spoken with each of them. One is even the Mayor of his town. Not only is he dealing with his own loss, he is also dealing with the government and FEMA. We have given several of these grants since 2003 for hurricane victims in FL, tornado victims in WI and ND and now the flood in Iowa.

Cindy Olsen

Foundation Director

Century Club Update

As of this date, the Century Club has contributed over \$ 50,000.00 to Camp Norge and we have approximately \$ 45,000.00 invested with Sons of Norway Minneapolis.

These numbers show just how faithful the Century Club member have been through the years.

It was brought to the Century Club Board's attention that the Camp Norge building fund was falling short of the needed funding to complete the new recreation hall, so we came up with a plan. After polling each of the Century Club Board members, we all agreed to issue a challenge to all of the Sixth District members. The challenge was that we, the Century Club, would contribute \$ 30,000.00 to the building fund if the membership would match it. I issued that challenge at the Sixth District Lodge Meeting in San Ramon and guess what, before the convention was over, the delegates had raised the matching \$30,000.

You, the Century Club Members, can be very proud of your continued support. Without this challenge, it would have been a long time before the building would have been completed. As it stands, the funds are there, the work continues and the building will be completed, thanks to you and all the other contributors.

Ordale Johnson
Century Club President

"Experience is the only school from which no one ever graduate".

Nyheter fra Norge

(News from Norway)

The Church of Norway Will Chose its Own Bishops in the Future

Parliament voted in June to make links between Church of Norway and the Norwegian state less close. In the future, the Church will elect its own leaders, but the Government will continue to pay the bills.

All seven parties in the Norwegian parliament, the *Stortinget*, support weaker links between the Church of Norway and the Norwegian Government. The biggest change will be that bishops will be chosen by the Church and rather than by the Ministry of Culture and Church Affairs.

The reform requires several changes to Norway's Constitution. Amendments cannot be carried out within one election period. As a result, the new law will come into effect in 2012, when it is passed by the Parliament which will be elected in 2009.

The State will continue to pay for the Church of Norway and other religious organizations. Suggestions that church members should pay subscriptions were rejected.

The seven parties still want the Monarch to belong to the Lutheran evangelical church. The government however will no longer have to ensure that half its members belong to the Church of Norway. "This reform is long overdue," says Inge Lønning, Professor of Theology at the University of Oslo and the Conservative Party's Vice-Chairman. "To have delegated authority and to decide for oneself are two very different things. Delegated authority can be taken back by the Government. Once the Constitution has been amended this framework will have changed for ever," adds Lønning.

Aftenposten

Wergeland Hailed on 200th Birthday



Henrik Wergeland, viewed by many as one of the most important founding fathers of the modern Norwegian state, may long be gone but he's certainly not forgotten.

Wergeland would have turned 200 in June, and a year of

celebrations started to climax early in the morning. Admirers began assembling before 9:00 am near his grave in the national cemetery downtown, and then at his former homes, his office, his hangouts and even his horse's stall throughout the day.

Flowers were placed at various Wergeland monuments around town. Special outdoor theatrical performances honored Wergeland's work, bakeries and cafes around town offered free treats to children, his poetry was read aloud and his efforts to support Norway's own constitution during the union with Sweden were hailed.

It was Wergeland who agitated and often got in trouble for championing celebrations of the constitution on the 17th of May. As a hard-partying young man, he led fellow students in celebrating the 17th of May in 1829 despite a prohibition laid down by the Swedish king at the time.

Wergeland is also well known for championing the rights of Jews in Norway and he was a humanitarian who helped inspire the creation of Norway egalitarian state.

Festivities will continue throughout the day with a parade, a party in the park surrounding the Royal Palace, a concert at Akershus Fortress where he had an office and a midnight celebration on the roof of the new Opera House at Bjørvika.

In honor of the 200 year anniversary of Henrik Wergeland's birth, Norway's Bank has issued a "jubileum" (anniversary) silver coin at face value of 200 NOK (Norwegian kroner) which is about 40.00. V.G.

Who are Poor in Norway?

The center/left government has promised to eradicate poverty in Norway. However, in one of the richest countries in the world, deciding who to help can be a challenge.

"I'm surprised at how much attention poverty gets at a time when living standards are growing at a historic rate," says assistant professor Lars Svendsen of Bergen University and the liberal think tank Civita.

"Some people may have experienced that their income are slipping relative to other groups in society, but everyone has had an increase in their standard of living," he adds.

In Norway, poverty is defined in relative terms. If a household has less than 50% or 60% of the country's median income, it is defined as poor. According to a 2005 survey, 11% of the population could be defined as poor.

With Norway's standard of living this relative definition leaves many of those termed poor better off than many in most countries. Half of Norway's poor have their own computer as opposed to 76% of the general population and 40% have access to a car. Most can afford to heat their homes, eat meat and fish every other day and can take a week holiday or more each year.

"I think we are confusing equality with poverty," says Svendsen.

Not everybody agrees that poverty is a negligible problem in Norway. "I consider myself to be poor. I don't feel able to take part in society," says Johanna Engen, on the board of the interest group **Fattighuset** (The Poor House). "You're poor if your welfare check only pays for your fixed expenses and you have to come to the **Fattighuset** for food. Welfare payments and basic pensions have to be increased," says Engen.

She says that more than 400 people come to the **Fattig-huset** to pick up food every day. She challenges critics who claim that the Norwegian poor are not much different from the average population. "They should take part when we hand out food," she says.

Aftenposten

'Skål' Most Popular with Beer

Beer remains the drink of choice in Norway, but wine continues to steadily gain popularity.

New figures from state statistics bureau (SSB) show that consumers in Norway prefer beer when it comes to drinking alcoholic beverages.

The average Norwegian bought around 5 bottles of wine, 30 half-liters of beer and 1 bottle of liquor during the first 3 months of the year.

The biggest increase was seen in wine sales. A total of 15.7 million liters of wine was sold in Norway during the first quarter, up 4.7% from the same period last year. Since 1996, wine sales have doubled while beer sales increased 10%. State health officials estimate that 10% of the population in Norway is behind half of all alcohol consumption in the country. More than 50,000 persons drink alcohol amounting to a half-bottle of liquor every day.

Many Norwegians continue to enjoy their "pils" out-doors in the summer even though a glass (1/2 liter) now costs as much as NOK 85.00 (\$ 17.00).

