

SUNDFJORD SUN

Sundfjord Lodge #65

June and July 2009

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



Ha en riktig god sommer

President's Message

Welcome to our meeting before we adjourn for the summer. Our condolence goes out to Ruth Higley for the loss of her mother Annalease Becker. She was such a delightful member of our lodge. Mark your calendar for the Labor Day Weekend as we will be going to the Orange International Street Fair to support Solbakken's food and gift booths. This is always a fun event finding Norwegian items and eating rosettes. We will have a car pool so let us know how many of you will attend. Plans are in the works for next year's Sundfjord cruise but nothing definite yet. We are looking for something a little different. Have a great summer.

Pauline Pederson

Vice-President's Message

We are all so saddened by the passing of Ruth Higley's mother, 95 year old Annalease Becker. She was a member of our lodge and also our Red Hat group. Annalease always had a big smile on her face, what a wonderful and caring lady. She will be missed by all. Our deepest sympathy goes to Ruth and her family. Don't forget that we will NOT have lodge meetings in July and August. We will get together sometimes during the summer and let you know when and where. Looking forward to see you all in September. Have a wonderful summer.

Agnes Deeb

Kalender (Coming Events)

JUNE
20

- Mid-summer Shrimp Party at Nansen Field at Rolling Hills, San Pedro

JULY

12 - 25

- NO Sundfjord Meeting
- Children's Heritage Camp at Camp Norge

AUGUST

8

- NO Sundfjord Meeting
- Peer Gynt's Annual LUAU

SEPT
4,5,6

4-7

- Solbakken Lodge at Orange International Street Fair
- Northern California
- Kretssevne at Camp Norge



Happy
Father's
Day!

2008/2009 Sundfjord's Officers

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Insurance Rep: Dennis Burreson
1(800) 448-2499



Gratulerer med dagen

(Happy Birthday)

June

1.....Lise Fleming
4.....Signe Odegaard
9.....Mary Jo Martinsen
10.....Trygve Givens
11.....Art Aslesen
18.....Rachel Deeb
21.....Ruth Shellum

July

6.....Sarah Keeney
15.....Bonnie Christopherson
18.....Kirsten Kjelby
30.....Carl Voien

August

4.....Ann Schwantje
17.....Odd Harald Høvring
26.....Helen Cox

God Bedring

(Get Well)

Betty Partaker fell and hurt her back and Jim Stewart also hurt his back. We wish you both a speedy recovery.

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



Til Minne

(In Memory)

Our member Annalease Becker passed away on May 12, 2009 at the age of 95.

She was born February 25, 1914 in Germany and immigrated to the USA via Ellis Island in 1928 at the age of 14.

She later married Walter Becker Sr.

and they had 3 children, one son and two daughters. She worked as a seamstress for several years and after the children was out of the nest, she became a LVN.

She was a member of the Rock of the Foothill Lutheran Church in La Verne and the Red Hat Society Chapter "New Attitude"

Annalease was preceded in death by her husband Walter Sr., son Walter Jr. and grandson Stanley Way. She is survived by her daughters Louise Way and Ruth Higley, daughter-in-law Sylvia Becker, 9 grandchildren, 12 great-grandchildren, and 5 great-great grandchildren.

Annalease was such a wonderful lady, always had a smile on her face, we all loved her and will greatly miss her.

Our deepest sympathy goes to Ruth and her family.



Membership Recruitment Awards



The following members received Membership Recruitment Awards for bringing in new members in 2008. They are; Pauline Pederson, Jim Stewart, Ruth Higley, and Lise Fleming. Each received a very nice pin and certificate from Sons of Norway Headquarters in Minneapolis.

Congratulations and keep up the good work!

Vikings

Recently, 55 members of the Red Hat Society went on a 4-day Carnival cruise on the ship Elation. In our local chapter named "New Attitude", we are all Sons of Norway members and for the pajamas breakfast party on the ship, we dressed up as Norwegian Vikings in Red Hat style. After breakfast, we paraded throughout the ship in our costumes and everyone got to meet the Norwegians.

The Cruise Director had us come up on stage in the main theater which was packed with people and when he asked us why we were dressed as Vikings, we told them that since we were Norwegians, Sons of Norway members and Red Hatters, we dressed up as Vikings. As we were leaving, the Cruise Director said; "I have studied the Vikings but I never knew them to wear purple tights".



From left; Lise Fleming, Bea Swank, Betty Partaker and Agnes Deeb.

Welcome New Member



We welcome new member Bernice (Bea) Swank. Bea is originally from Canada and also a member of our Red Hat club. She decided to join Sons of Norway when we told her that we sing the Canadian National Anthems at our meetings. That did it for her so "welcome" to Sundfjord Lodge.

TubFrim



Please save canceled stamps off envelopes. Cut ¼ inch on all sides or bring your envelopes to the lodge meetings.

For each pound you turn in to TubFrim chair person Char Nelson, your name will be entered into a drawing for ONE round-trip airline ticket to Norway. Stamps will be dropped off at the Norwegian Seamen Church in San Pedro in November.

The Hershey Man Will Know YOUR AGE BY CHOCOLATE MATH



1. First of all, pick the number of times a week that you would like to have chocolate (more than once but less than 10)
2. Multiply this number by 2 (just to be bold)
3. Add 5
4. Multiply it by 50
5. If you have already had your birthday this year add 1759. If you haven't, add 1758.
6. Now subtract the four digit year that you were born.

You should have a three digit number
The first digit of this was your original number (i.e., how many times you want to have chocolate each week).

The next two numbers are **YOUR AGE!**
THIS IS THE ONLY YEAR (2009) IT WILL EVER WORK!

What's in a Name?

I wanted to share with you the President's Notes from the Bjørnstjerne Bjørnson Lodge's newsletter, **The Saga**, since we also have encountered this misunderstanding.

~

What's in a name? A lot of misinformation apparently! It was strongly noted at Norway Day that many non-members are under the impression that Sons of Norway is a group of men. As all of YOU know, that is not true. Sons of Norway has a long, complicated history of evolution from male-only fraternity to gladly welcoming all comers. Mergers with Daughters of Norway were discussed as early as 1905. The details were never approved by all the organizations at once (four boards were involved as the Pacific Coast groups were independent from the Midwest/East groups) so no merger was established. There was an effort in the 1930's to rename the organization **The Sons and Daughters of Norway**, but the Daughters of the East (who later did emerge but the Pacific group did not) protested to the Minnesota Insurance Board. Many other name change proposals have been voted down over the years. Over time, it's just got easier not to change the name or pursue further merger discussions with the Pacific Daughters of Norway (who have many Sons of Norway members in their midst) and most of us have learned to adapt without much thought or care.

Prospective members may have questions and may avoid consideration of membership, however – so it is in your hands to make sure your friends and family know we welcome MEN and WOMEN.

Sons of Norway is a family oriented group – we have benefits for our children and events designed for everyone. Please spread the word with good humor and grace. Oh, about the rumor that you have to be a Norwegian to join – I hope that you will nip that in the bud as well.

Christie Sulaiman

President, Bjørnstjerne Bjørnson # 014



Mission Statement

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

Bløtekake

(Norwegian Cream Cake)



Ingredients:

6 eggs
2 cup sugar
3 1/2 cups flour
2 tsp. baking powder
1/4 cup hot boiled water
2 tbsp. cornstarch

Filling:

2 cup whipping cream
6 oz. Raspberry jam
2 sliced bananas
Pineapple juice

Frosting:

3 cups whipping cream

Directions:

For best results, bake the “sukkerbrød” (cake) the day before. Preheat oven to 325 degrees. Grease a 10 inch spring-form pan. Beat egg and sugar until light and fluffy. Sift dry ingredient together and fold into the mixture carefully as you want to keep it fluffy. Add in the hot boiling water. Pour into the spring pan and bake for about 40 minutes on the lowest level in the oven on cookie sheet. Test to make sure it is baked through.

Cool cake on a rack until it is completely cool. Divide cake horizontally into 2 layers. Place bottom layer on a platter and sprinkle it with pineapple juice. Put the second layer on top, cover it and set in the refrigerator overnight.

Whip 2 cup of whipping cream until it is thick. Fold in the raspberry jam and sliced bananas. Remove top layer off the cake and spread the whipping cream with jam and bananas evenly on the bottom layer. Position the top layer on top with the baked side up. Sprinkle top with pineapple juice. Whip 3 cups of whipping cream, sweeten to taste with sugar. Spread over cake and the sides. Decorate the top of the cake as desired. Most Norwegians decorates with fresh fruit such as strawberries, raspberries, sliced Kiwi and blueberries.

It is recommended that the cake sits covered in the refrigerator for a couple of hours before serving.

Serves 10-14 persons.

Bløtekake is mostly used for 17. mai and birthdays. Small Norwegian flags are also used to decorate the cake. Good Luck!

Sankthansaften (Midsummersnight)

The celebration of Midsummer is a global custom and every culture has, at some point in history, marked this time of year and held it to be enchanted.

The Celts, Norse and the Slavs believed that there were three “spirit nights” in the year when magic abounded and the Otherworld was near. The first was Halloween, the second May Eve and the third was Midsummer’s Eve.

In Norway, Sankthansaften is celebrated on June 23, the longest day of the year. The day is also called “Jonsok” which means “John’s Wake”, important in Roman Catholic times with pilgrimages to churches and holy springs. For instance, up until 1840 there was a

pilgrimage to the stave church in Røldal (southwest Norway) whose crucifix was said to have healing powers.

Today however, Sankthansaften is largely regarded as a secular event. In most places, the main event is the burning of a large bonfire.

Growing up in Norway, my family had a “snekke” which is a wooden boat with an inboard motor. Each Sankthansaften, we, that’s mom, dad, me, uncle, aunt, (and the dog) plus another aunt, uncle and three cousins in an other snekke, would pack up picnic baskets, decorate the boats with green foliage and Norwegian flags, then “put-put” out of Akerselva (the Oslo river) into the Oslofjord around 9:00 pm on Sankthansaften. Then we would drive from island to island, watch the different bonfires and listen to the people singing and having fun. We would get ashore on one of the many Oslo islands, make a bonfire and heat up hotdogs on a stick. Being the longest day of the year, the sun never set, we stayed out on the fjord until the wee hours. School had just let out for summer vacation and for us kids; it was great to be able to stay up as long as we wanted. I have many wonderful memories from Sankthansaften in Norway.

Lise Fleming



Snekke

ADOPT A SCHOOL COORDINATORS FOR OUR DISTRICT-----

THE SUPER 6

It’s been a very exciting school year for Adopt A School in our District. In October 2008, I reported to the District 6 Board that we had a total of 19 Lodges participating in this program or 35%. By January when I wrote my article for the District 6 Newsletter, we had 24 Lodges with Coordinators or about 47%. By the time I reported to the District 6 Board at their March 2009 meeting at Camp Norge, we were at 31 total lodges or 60% participation. Currently, **33 lodges** have coordinators and that gives us a whopping **63.5%** participation in this very important program.

Med Vennlig Hilsen,
Mary Beth Ingvaldstad
Adopt-A-School Coordinator
District 6—Sons of Norway

Memorial Day Raffle Winners



- \$ **100.00** – Randall G. Kuehl, Merville, Iowa
- \$ **50.00** – Muriel White, Solbyer Lodge # 134
Surprise, Arizona
- \$ **50.00** - Einar Hovid, Ivar Aasen Lodge # 45
Santa Barbara, California
- \$ **25.00** - Susan Sibert, Vegas Viking Lodge # 152
Las Vegas, Nevada
- \$ **25.00** - Sharon Clunk, Desert Fjord Lodge # 133
Scottsdale, Arizona

2010 District Convention

Garbor # 56 and Solheim # 69 will jointly host the 2010 Convention in **Modesto, California**. The dates are **June 23 – 26, 2010**.

2010 International Convention

Harald Haarfager 2-11 will host the International Convention in **Coeur d’Alene, Idaho**. The dates are **August 29 thru September 1, 2010**.

Visit

www.sundfjord.org



CELEBRATE JULY 4TH

AT

CAMP NORGE

The Recreation Center Board welcomes you to Camp Norge for a three-day camping experience at your own recreation center on **July 4th Weekend**. If you do not have a tent or RV, call the Manager (530) 389-2508 for a room.

Our neighboring village, Dutch Flat is having an old fashioned July 4th parade and celebration on the 4th. They have a wonderful lunch in the community center, and games and booths on the street. It is a wonderful way to spend the day. If you and/or your lodge wishes to be in the parade, let us know as soon as possible so our coordinator can register you.

We will have limited food service for you. No lunch on Saturday as you will be in Dutch Flat. We will be serving on the back patio from the main house kitchen as the social hall has been rented to a group who reserves this weekend yearly.

The swimming pool will be open. The horseshoe pit is available. Explore the area on your own or just relax and enjoy the beauty of nature. This is a great opportunity to really get to know your fellow lodge members.

PRE-REGISTRATION OF YOUR MEALS IS NECESSARY TO ALLOW US TO PURCHASE THE CORRECT AMOUNT OF FOOD.

Registration Deadline: June 24, 2009. (Make check payable to Camp Norge)

Mail this form & check to Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, CA 95762.

JULY 4TH WEEKEND 2009

Name: _____

Lodge _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Meals you wish to purchase:

Saturday Breakfast – Adults _____ x \$4.00 = \$_____ Children _____ x \$2.00 = \$_____

Saturday Dinner Adults _____ x \$8.00 = \$_____ Children _____ x \$4.00 = \$_____

Sunday Breakfast Adults _____ x \$4.00 = \$_____ Children _____ x \$2.00 = \$_____

Sunday Lunch Adults _____ x \$5.00 = \$_____ Children _____ x \$2.50 = \$_____

Sunday dinner is potluck. Please bring a dish to share.

Monday Breakfast Adults _____ x \$4.00 = \$_____ Children _____ x \$2.00 = \$_____

Southern California Kretsstevne

This year we will meet at Thousand Trail campgrounds at Pio Pico, Jamul on **October 16 – 18, 2009**. Thousand Trails at Pio Pico is 180 acres of San Diego County’s recreation facilities with elevation at around 1400 feet. Along with the usual great food and fellowship, there will be boutiques, activities and games for the children, bingo, singing and entertainment.



Options to attend the weekend festivities are; drive in for the day, bring your own RV or tent and rent a space or rent an on-site RV trailer for a 2-night stay.



As before, we are requesting **3 dozen cookies** from each lodge for our Hospitality Table and a **\$ 10.00 gift** to be raffled off.

Hot “lapskaus” (Norwegian stew) will be served Friday evening and B.B.Q. Tri-tip with all the trimmings on Saturday evening. Ask Lise Fleming for registration form.

Nyheter fra Norge

News from Norway

Norway Win Eurovision Song Contest

History: The Eurovision Song Contest, known as Melodi Grand Prix in Norway, is the longest song contest in the world that started on May 24, 1956. After 53 years, the contest is Europe’s favorite TV show with participation of some 50 European countries. The 2009 Eurovision Song Contest, held in Moscow in May of this year was won by Norway’s Alexander Rybak with “Fairytale”, his own music and text

composition.

Alexander was born in Belarus in 1986 but grew up at Nesodden, just outside Oslo. Since he was 4 years old he has been playing the fiddle and piano. He composes his own music and text.



Norway will host the 2010 Eurovision Song Contest on May 29th in Oslo.



Norwegian Students Sets New World Record



Worry about high gas prices? With this car you can drive 1,246 kilometers on ONE liter of gasoline.

In May, 10 students from NTNU (Norwegian Science and Technology University in Trondheim) set a new world record in the Shell Eco-Marathon Race in Germany with their DNV Fuel Fighter.

The Shell Eco-Marathon is an annual competition for High School and universities in all Europe, competing in who can make the most fuel efficient vehicle, using the energy equivalent to ONE liter of petrol. There are two classes, Urban Concept and Prototypes. The 10 students worked for a year on the Urban Concept vehicle. 200 cars participated in this race and this year the DNV Fuel Fighter was 50% more efficient than last year's winner.

The Norwegian students hope that this can be an inspiration to the car producers when tomorrow's cars will be produced. V.G.

British Newspaper Selects Ålesund City As the Most Beautiful City in Norway



The harbor in Ålesund is compared to the Nordic Venezia. This elegant City was in flames in 1904 but rose up from the ashes and was rebuilt in the German Art-Nouveau style. It is this architecture that travel journalist Norman Miller of The Times says gives Ålesund its charm. The streets around Ålesund's main Church have many Art-Nouveau buildings and of course the pictures surroundings of islands and snow-capped mountains add to it. V.G.

Oslo's Prison Will Be the World's best Prison for Children to visit

Prison Warden Øyvind Alnæs has promised to listen to three girls, ages 10 and 11; they have one thing in common; Daddy is in jail and it is so dark, dirty, ugly and dreary when they go to the prison to visit daddy. These three girls represent 6,000 to 9,000 children who each year experience either mom or dad being in prison. The Warden says that he will listen to the girls and follow their suggestions as much as possible to make the visiting area more enjoyable for the children. There will be several smaller visiting rooms in bright colors with more windows without bars, games to play, books, toys and a little store to buy refreshments.

The Norwegian government has allocated 2.6 million kroner (\$ 1.00 = 7 kroner) for this renovation to make the visits for the children more enjoyable.

The plan is to have all prisons in Norway being child friendly. V.G.

Norwegians are Happy People

Norwegians are on the Top-10 list among the happiest people in the world but Denmark and Finland placed ahead of the Norwegians.



A recent study of the Organization for Economic Development (OECD) of 140 countries placed Norway among the 10 happiest people.

At the top was Denmark who has for several years been characterized as the world's happiest people.

One explanation for the Danes being happier is that they have other cultural norms which is based upon that they enjoy life more than the Norwegians. It is largely accepted to enjoy oneself in Denmark.

Even if the rich Scandinavian countries placed high on the list, according to this study, there are no indication that there is a correlation between happiness and wealth.

Norway is one of the richest countries in the world but people in New Zealand, Canada, Netherlands and Switzerland are happier than the Norwegians. According to this study, the happiness in Norway has not moved up the scale since 1985 and to increase the happiness, a rich country as Norway must change their culture. Good economy has made the Norwegians happier but to over-focus on the materialistic can also have the opposite effect. In the 90's, the demand for goods and material prosperity rose more than income which displeased many Norwegians. After the Millennium, studies reveal that most Norwegians realize that other values are more important. Dagbladet