

SUNDFJORD SUN

Sundfjord Lodge # 65

March 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



Happy St. Patrick's Day

President's Message

Happy St. Patrick's Day! I hope you all are wearing green so that you do not get pinched. I would like to acknowledge two special people that contribute so much to our Lodge. Counselor Bill Deeb can always be relied upon to give us good sound advice. We are very fortunate to have someone like Bill who always sees the big picture and steer us down the right path. Charter member Lola Peterson can be found in the kitchen, usually the last one finishing cleanup. She pitches right in without ever being asked. Thanks to both of you!

With the loss of some members recently, we all need to be actively recruiting new members. The lodge has some activities in the planning stages that should be successful. It is the responsibility of all Sundfjord's members to work to keep our membership up and to participate in community events. If everyone does their bit, the bulk of the work will not fall on the same people all the time... Let's keep up the good work! Watch for our upcoming announcements.

-Pauline Pederson

Vice President's Message

Due to our President's resignation last month and Vice President Pauline Pederson taking over as President, the Board of Directors appointed me as your Vice President for the unexpired term until the end of the year.

Our February meeting was designated as "wear your Norwegian sweater" and I was very pleased to see so many of you in your sweaters. In previous years we have had over 90 degrees on our sweater day. This year it was cool so those wool sweaters kept us warm and cozy. Plans are in the works for our lodge to hold a membership drive after the summer break, more on this later.

-Agnes Deeb



Kalender (Coming Events)

MARCH

17

- SPPC Shaker's Fundraiser Glendale, CA 3-9 pm

APRIL

11

- Sundfjord's Easter dinner & hat contest
- SPPC meeting 2:30 pm
- So. Kretsstevne meeting 3:30 pm followed by
- Western Night at Peer Gynt Lodge (see ad in newsletter)

18 & 19

- Cal Lutheran Scandinavian Festival Thousand Oaks

24 & 25

- Rosemaling Seminar at Camp Norge

MAY

9

- Sundfjord's Meeting
- "Syttende Mai" celebrations Long Beach
- "Syttende mai" celebrations & lunch at San Bernardino City Hall

17

18

23-25

- Memorial Day Weekend at Camp Norge

JUNE

7

- Lodge Day at the Theater

13

- Sundfjord's Meeting

2008/2009 Sundfjord's Officers

- President:** Pauline Pederson
(909) 986-1655
PEDERSONPAULINE@aol.com
- Vice President:** Agnes Deeb
(951) 244-1076
billdeeb@verizon.net
- Counselor:** Bill Deeb
(951) 244-1076
billdeeb@verizon.net
- Secretary:** Lise Fleming
(909) 624-2868
lisenorsk@earthlink.net
- Assistant Secretary:** Kirsten Kjelby
(909) 593-9632
kkjelby@aol.com
- Treasurer:** Ruth Higley
(909) 982-4113
- Membership Secretary:** Open
- Social Director:** Agnes Deeb
(951) 244-1076
billdeeb@verizon.net
- Marshal:** Ruth Higley
(909) 982-4113
- Foundation Director:** Mary Stewart
(909) 982-5238
Res0htel@netzero.net
- Cultural Director:** Pauline Pederson
(909) 986-1655
PEDERSONPAULINE@aol.com
- Publicity Director:** Art Aslesen
(909) 593-4422
artaslesen@aol.com
- Editor:** Lise Fleming
(909) 624-2868
lisenorsk@earthlink.net
- Historian:** Char Nelson
(909) 593-4447
charnels@netzero.net
- Sports Director:** Jim Stewart
(909) 982-5238
Res0htel@verizon.net
- Youth Director:** Kirsten Kjelby
(909) 593-9632
kkjelby@yahoo.com
- Sunshine:** Lola Peterson
(909) 629-3112
- Greeter:** Agnes Deeb
(951) 244-1076
- TubFrim:** Char Nelson
(909) 593-4447
- Auditors:** Jim Stewart & Erik Fleming
- Zone Director:** Nancy Madson
(760) 343-0848
norsknm@earthlink.net
- Insurance Rep:** Dennis Burreson
1(800) 448-2499



Gratulerer med dagen
(Happy Birthday)

March

- 11.....Dianne Cook
- 15.....Char Nelson
- 16.....Marilyn Johnson
- 21.....Sandra Fleming
- 25.....Billy Deeb
- 29.....Charles Dietz
- 31.....Bill Deeb

April

- 3.....David Venice
- 4.....Shaun Pederson
- 9.....Erik Melgaard
- 12.....Janice Langer
- 15.....Mark Fleming
- 15.....Dave Oyen
- 19.....Berit Givens

God Bedring
(Get Well)



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

Editor's Correction

In last month's Calendar the times for the SPPC meeting and Southern California Kretsstevne meeting on April 11th was incorrect.

The SPCC meeting is at **2:30 pm** and the Kretsstevne meeting is at **3:30 pm**. Western Night starts with Happy Hour at 5:00 pm and Dinner is served at 6:00 pm at Peer Gynt Lodge in Culver City.

Easter Dinner and Hat Parade

For our April meeting, the lodge will be serving an Easter Fundraising Dinner.

Adults \$ 15.00, Children 6 to 12 years \$ 7.50, Children under 6 years FREE.

Please let us know if you will attend so we know how many to cook for.

Have you started to decorate your Easter Hat yet? Ladies, men (yes men too) and children are encouraged to be creative and decorate a hat. We will have a Hat Parade and give a small prize for the "prettiest, funniest and ugliest." This should be lots of fun!



Our Lodge is going to the Theater

Before it goes to Broadway, the Upland Grove Theatre will be presenting

“Church Basement Ladies”

This is a Musical Comedy showing what really goes on in the basement of a Lutheran Church. Lots of singing and laughter as the ladies plan wedding, baptism and funeral parties.

Our lodge will be going to see this show on **Sunday, June 7, 2009** at the **2:00 pm matinee**.

Tickets are \$ 30.00 per person but if enough of us go, we will get a group discount, if not we can get a senior discount for our seniors.

The sooner we reserve our tickets, the better seats we will get. Let Lise Fleming know as soon as possible if you would like to see this show.

Stoughton Dancers in Claremont

Our Zone 6 Director Nancy Madson has informed us that the Stoughton Norwegian Dancers will be attending Church Services at the **Good Shepherd Lutheran Church**, 11700 N. Towne Ave, Claremont on Sunday, **March 29th, 2009 at 9:30 am**.

There will possible be a short performance after the Church service and then refreshments.

If you have not seen the Stoughton Norwegian High School Dancers you should plan to attend because this is a performance that you don't want to miss.



Medicare Supplement Plan

Sons of Norway now have trained individuals who can assist you with your health insurance options. In addition, Sons of Norway has special plans that supplement Medicare. For any further information regarding Medicare, or Medicare supplement plans, contact your Benefit Counselor Dennis Burreson at

1(800) 448-2499 or e-mail res03knl@charter.net



Sundfjord's Cruise

Twenty two Sons of Norway members, 14 from Sundfjord # 65, 4 from Soldalen # 67 and 4 from Peer Gynt # 22, are leaving March 15th on our third annual cruise to Mexico. The beautiful ship, “The Mariner of the Seas” is awaiting our arrival in San Pedro, bracing for an onslaught of enthusiastic Vikings.

Welcome Aboard!

Plans are already in the works for next years cruise. Watch for our upcoming announcement.

Pauline Pederson

Visit Camp Norge's Web Site

Your Sons of Norway's “Jewel of the Sierras”, the District Six Recreation Center is for use for all our members. Go to www.campnorge.com and learn about this wonderful place that is open all year round and members can stay for a reasonable price either in dorm rooms, tents, cozy cabins or in your own RV.

Sons of Norway's Dues

As of January 1, 2009, your dues increased by \$ 5.00 as voted on and passed at the District Convention in June, 2008. Here are what your dues cover.

\$ 26.50 is International dues, includes Viking Magazine

\$ 9.50 is District dues

\$ 3.00 is Recreation Center (Camp Norge) Assessment

\$ 10.00 is local Lodge dues

Western Night



Dust off your boots and cowboy hat, then round up your family and friends and mosey on down to Peer Gynt

Lodge for a Country Western

Dinner and Dance on

Saturday, April 11th, 2009.

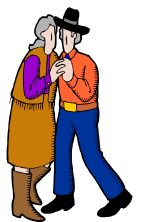
Happy Hour at 5 pm and dinner,

(baby back ribs with all the trimmings), is served at 6 pm.

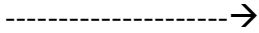
Dancing to accordion music by Kjell Holmes.

For dinner reservations, call John and/or Cordell Aasness

(310) 676-5111. **Hope to see you there partner!**



Newsletter going by E-mail



Starting in April, the newsletter will be sent by e-mail to our members, District Officers and Editors who I have an e-mail address for. Those who do not have a computer will still receive a printed copy of the newsletter.

Editor

Arriving in USA on St. Patrick's Day



At age 14, my family and I arrived from Bergen, Norway to New York on March 17, 1950 so this day will always be a very special day to me.

After getting off the ship, we saw the St. Patrick's Parade in the streets and I got so excited so I said to

my mother, "mor, de har parade for oss at vi kommer" ("mother, they are having parade for us arriving"). Of course, I later learned that it was the St. Patrick's Day Parade.

Agnes Deeb



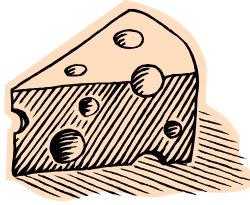
From a Norwegian farm to your plate ...dairy farming in Nord-Trøndelag

When John Trøite wakes up to work on his typical Norwegian cattle farm, he is not alone. He steps out for a day's work along with around 61,000 other Norwegian farmers, as one of Tine's dairy farmers and also as a member of Norges Bondelag (Norwegian Farmers Union). Tine and Norges Bondelag have been a source of organizational influence and support to Norwegian farming.

Tine, which was founded in 1928, is now Norway's largest dairy product cooperative. The company's main goal, of course, is to sell quality milk to consumers at a

low cost and to provide members with good technological benefits and advances. One of the most popular and famous Norwegian exports to the United States is Tine's Jarlsberg cheese. Jarlsberg is a firm white cheese with a nutty flavor that gets its name from the Vestfold area in eastern Norway. It was a great shock for Trøite when he realized that his dairy farm is part of an international success such as Jarlsberg, and he (along with the other dairy farmers in the region of Nord-Trøndelag) is proud to be an integral part of a product which has helped to define Norway in the American market.

Norway.com



The 2009 Iditarod Race

The Iditarod is unlike any other event in the world. A race over 1,150 miles of the most extreme and beautiful terrain known to man; across mountain ranges, frozen rivers, dense forests, desolated tundra and windswept coastline.

This year, a Norwegian is the only European musher who has entered the 2009 Iditarod. The race starts **March 7th at 10 am** in downtown Anchorage and ends in Nome. You can follow the race by going on the web site

www.iditarod.com



Bjørnar Andersen, age 31 was born in Oslo. He moved to Elverum because of better training conditions. He began mushing when he was only 13 years old and he has won all the distance races in Norway.

As a rookie in the 2005 Iditarod, he placed 4th and is the only rookie to place in the top five since 1976.

He is entering the Iditarod because "I like wildlife together with dogs and competition." He brought his 17 dogs with him from Norway to Alaska.

Go Team Norway!



Barna's Hjørne

(Kid's Corner)

Our U.S. Open Martial Arts Championship Experience By Heritage Members Irene and Ashley Davis

On February 22, 2009, we went to Pasadena, CA to compete in the U.S. Open Martial Arts Championship for colored belts. To us, this tournament was a really big deal for several reasons, we both have trained so hard to be able to compete, and this is the last competition that one of our coaches will be attending for a long time. Our coach, Brian Jung, will be leaving on March 1 to serve 6 months in the Korean military, and we wanted to do our absolute best job to get really high scores for him. This was Irene's first "big" competition, and Ashley's second. We have done smaller competitions, but even Ashley has never competed in the U.S. Open.

Ashley began her Tae Kwon Do training on November 16, 2007. She currently is a blue belt and is in the intermediate level. At the competition, she competed in Poomse (forms) and sparring, in the green stripe division of the intermediate level, since she recently became a blue belt. She won 3rd place in both events. The event she likes competing in the most is sparring. Ashley loves to spar! What she likes least about competing is waiting in between events. There are two things she felt was the most interesting about the competition; she got to see several types of martial arts, and she found the various demonstration teams from different schools very exciting to watch. The extra special meaning the U.S. Open held for Ashley is that Master Eum (our Master) informed her that the head coach for the U.S. Tae Kwon Do Olympic team was there, and watched her sparring matches. The Head Coach told Master Eum that he really liked what he saw in Ashley and her skills so far. Next in Ashley's Tae Kwon Do career, is an upcoming promotion test at the end of March, for the blue stripe belt. Ashley's next big competition will be the California Invitational Tournament, held at the end of Sept/beginning of Oct.

Irene began her Tae Kwon Do training in mid-September 2008. She is currently an orange belt, which is the top belt of the beginner level. At the competition, she competed in Poomse and sparring in the orange belt division. She won 2nd place in both events. A great accomplishment since this was Irene's first big competition! Unlike Ashley, Irene prefers Poomse over sparring! What she liked the most about the competition was how organized it was. "We watched another big competition



Ashley and Irene Davis with Master Eum

that was completely disorganized, and it was really cool to see that the organizers of this one seemed to know how to hold an event like this," says Irene. What she liked the least was waiting, for what seemed like forever, for the judges to find someone for her to spar against. At one point, the judges wanted Irene and Ashley spar against each other! A person was found, a male brown-stripe. Irene thought it was very interesting sparring against the brown-stripe, and was proud of her skills in sparring, especially since she beat him! Irene also enjoyed meeting other people from different schools. Next in Irene's Tae Kwon Do career is a promotion test to for purple belt. Irene, like Ashley, will be continuing to train hard to be able to compete in the California Invitational.

Overall, the competition was wonderful. Each event was divided out by belt class, age, and beginner-intermediate-advanced level. All the competitors showed great sportsmanship, and congratulated each other on their accomplishments. All of us had a great time, and I think we made Coach Brian Jung extremely proud. Our school sent 24 students to compete on the AUT (America Unique Tae Kwon Do) team and all of us were awarded medals in the Poomse events, and all, except for three, won medals in sparring...so we think our team did an excellent job!



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.



Wear your Norwegian Sweater

Row 1: Mary Stewart, Annalease Becker & Betty Partaker
 Row 2: Lise Fleming Bill Deeb, Ruth Higley, Agnes Deeb,
 Stanley Cook, Pauline Pederson & Char Nelson
 Third row: Jim Stewart and Charlie Dietz

Southland Past President's Club

Announces Deadlines for Scholarships

The Southland Past President's Club (SPPC) has announced that the deadline for applying for half scholarships to Camp Trollfjell (Language & Heritage Camp at Camp Norge) for the summer of 2009 (July 12-July 25) is **April 1, 2009**.

Applicants must be a child or grandchild of a Sons of Norway member from District 6's Zone 5 or 6. Applicants must be between the ages of 8 and 13 inclusive **and have already applied to Camp Trollfjell following their application process**. If accepted at Camp Trollfjell, the up-front fee will be refunded to the applicant's parent or grandparent. Transportation is at the expense of the applicant. The applicant cannot be the recipient of any other scholarship to Camp Trollfjell for the year 2009.

Applications must be made on a **post card only**, stating the applicant's name, age and birth date, the reason for wanting to attend camp, and his or her telephone number including area code. The postcard must be postmarked no later than April 1, 2009.

The post card must be mailed to **Carolyn Peterson, SPPC Secretary, 1428 Ellsworth Circle, Thousand Oaks, CA 91360**.

Winners will be determined by lottery (drawing) on April 11, 2009 at Peer Gynt Hall, at the SPPC Spring meeting on that date.

2008 TubFrim Winner

The drawing was held January 17, 2009 at Solbyer Lodge # 6-134 in Arizona.

Ms. J. Radig from Sverdrup Lodge # 4-107, Bismarck, North Dakota won the round-trip ticket to Norway.

Lodge Anniversaries

The following lodges are celebrating Anniversaries.

80 Years

Roald Amundsen # 48, Sacramento, California

Organized 5/11-1929

Ivar Aasen, # 45, Santa Barbara, California

Organized 7/26-1929

65 Years

Andrew Furuseth # 49, El Sobranto, California

Organized 12/31-1944

55 Years

Soldalen # 67, San Bernardino, California

Organized 7/3-1954

50 Years

Scandia # 75, Fresno, California

Organized 11/1-1959

40 Years

Norseman # 91, Thousand Oaks, California

Organized 2/9-1969

35 Years

Trollheim # 110, Denver, Colorado

Organized 2/8-1974

Aasgaarden # 112, Monterey, California

Organized 6/1-1974

30 Years

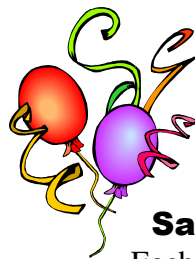
Vesterheim # 118, Boulder, Colorado

Organized 2/23-1979

25 Years

Desert Fjord # 133, Scottsdale, Arizona

Organized 9/22-1984



Congratulations!

Sundfjord Lodge wishes you continued success.

Save Stamps for TubFrim

Each year there is a lucky winner of an airline ticket to Norway. All you have to do to get the chance to be that lucky winner is to save canceled (used) stamps. Cut the stamps off 1/4 inch on all sides. For each pound you turn in, your name will be entered into the drawing.

Scandinavian Festival

The campus of California Lutheran University will be transformed into a microcosmic Scandinavia during the two-day Scandinavian Festival scheduled for April 18 and 19, 2009 from 10:00 am to 5:00 pm.

The popular event will include entertainment, food, vendors and celebrations that represent the culture of Norway, Sweden, Denmark, Finland and Iceland. The festival will also pay homage to the Baltic countries of Estonia, Latvian and Lithuania.

The colorful weekend of flags, anthems, Old World costume and music includes special attractions such as a bustling Marketplace and a delicious array of Nordic delicacies. Since the turn of the century, Scandinavian immigrants on the West Coast had a dream of starting an institution of higher learning in California. In 1959 that dream came true when a Lutheran College was founded on land provided by Richard Pederson, the son of Norwegian pioneers.

The Scandinavian Festival has been a tradition at Cal Lutheran for more than 30 years. It celebrates the heritage of the college, the pioneers of the Conejo Valley, and provides an opportunity for others to learn about the Nordic Cultures.

Nyheter fra Norge

(News from Norway)

Fear of Global Warming

Norwegian Troll Research Camp in Antarctica.

On February 24, 2008, a Norwegian and U.S. scientific expedition along with environmental representatives from more than a dozen other countries explored the boundless ice of Antarctica to report on the continent's ice sheets, a potential source for a catastrophic "big melt" from global warming.

Their preliminary finding is that there's a slight warming trend in East Antarctica.

This is an early estimate in just one region of a huge continent, drawn from first analyses of ice cores drilled along the team's route. By drilling deep cores into the annual layers of ice sheets in this little explored region, also gave important data on how much snow has fallen



1500 foot ice sheet

historically. With such data over the past two summers, they will be able to assess how fast ice is being pushed into the sea. Learning about historic temperature trends

has been a prime concern in examining whether global warming might cause Antarctica's huge store of ice to start melting, raising the sea levels, potentially to a disastrous point for costal cities and shorelines worldwide.

Will Troll-like Effects Save Lives?

When the new 66 kilometer of freeway stretch, E6, from Gardemoen (Oslo's Airport) going north opens in the fall of 2009, the drivers are going to see something new. Trees, bridges, mountains and large blocks of rocks will be lit up. The reason is that it will give tired drivers a troll-like experience to look at so they will not fall asleep. LED-lights will be used to mini-mize the cost of electricity. The Norwegian "Veivesenet" (like CalTrans in the US) believes that this will keep drivers awake, stimulated, and alert and therefore will save lives.

V.G.



Lit-up bridge



Lit-up Rock Mountain