

SUNDFJORD SUN

Sundfjord Lodge #65

August and September 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



Next Meeting is September 13th at 12:00 noon.

President's Message

Welcome back from our summer break. This is my favorite time of the year in the Sons of Norway. I am looking forward to Lutefisk dinners and Heritage Fairs sponsored by other lodges. It is great to visit other lodges and get to know fellow brothers and sister in the Sons of Norway organization.

We will be going to several Christmas events in November and December so plan ahead to attend some of these events.

We also need to be thinking about electing new officers to serve for the next two years. Please volunteer your time and contribute to the running of our lodge. Sundfjord can only remain strong if everyone does their part.

Pauline Pederson

Vice-President's Message

Welcome back! Hope you all had a great summer. I am looking forward to the rest of the year's activities.

We had a fun pool party at Lise Fleming's in Claremont on. We had great food, drinks and ice cream. A good time was had by all.

Plans are being made for the Southern California Kretssteve at Pio Pico, Jamul, near San Diego. Get your camping gear ready! Contact Lise for more information.

For the upcoming election of officers in November, a Nominating Committee will be elected at the September meeting. If asked to be a lodge officer, please accept, the lodge needs you.

Agnes Deeb

Kalender (Coming Events)

SEP

13
26

- *Sundfjord's Meeting
- *Peer Gynt Lodge's Heritage Fair
- *Norge Lodge's Viking Festival at Vista, CA

OCT

2-5
6

- *Central California Kretssteve, Buellton,
- *Century Club Meeting at Norrøna Lodge Van Nuys at 11:00 am

10

- *Norrøna Lodge's 65th Anniversary

11

- *Sundfjord's Meeting

16-18

- *Southern California Kretssteve, Pio Pico Jamul

NOV

8
13-14

- *Sundfjord's Meeting
- *Norrøna Lodge's Lutefisk Dinner
- *Solbakken Lodge's Lutefisk Dinner
- *Thanksgiving

14

27

DEC

5

- *Norseman Lodge's Annual Julebord

13

- *Sundfjord's Christmas Party/Julebord

2010

JUNE
23-26

- *6th District Convetion Modesto, CA

2008/2009 Sundfjord's Officers

President: Pauline Pederson
(909) 986-1655
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Vice President: Agnes Deeb
(951) 244-1076
billdeeb@verizon.net

Counselor: Bill Deeb
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(909) 593-9632
kkjelby@aol.com

Treasurer: Ruth Higley
(909) 982-4113

Membership Secretary: Open

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billdeeb@verizon.net

Marshal: Ruth Higley
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Youth Director: Kirsten Kjelby
(909) 593-9632
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Sunshine: Lola Peterson
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Greeter: Agnes Deeb
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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)

SEPTEMBER

16.....Jacob Strangis

OCTOBER

12.....Luke Fleming

28.....Mary Stewart

God Bedring

(Get Well)

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



Summer get-together

Our summer get-together was held at Lise Fleming's home in Claremont on Saturday, July 25th and we had a great time together with pot-luck and swimming. It is nice to get together during the summer months when we don't have meetings so we can keep in touch.

May 2010 Meeting Date Changed

Due to next years Sundfjord's cruise, we have changed the May 8 meeting to Saturday May 15th, the 3rd Saturday in May.

Please mark next year's calendar for this change.

Elections of Officers

It is again time to elect officers for 2010-2012 terms.

Officers serve 2 year terms at Sundfjord Lodge.

At the September meeting a Nominating Committee consisting of three to five members will be elected.

At our October meeting, the Nominating Committee shall present to the Lodge its slate of candidates recommended for office. Nominations may also be made from the floor at the time of the election.

Only voting members, who have been members of Sons of Norway for at least 3 months, are eligible for an office.

The election of officers is held at our November meeting.

Installation of the elected officers is held at our January meeting.

Remember, this is YOUR lodge so please accept to be an officer of Sundfjord Lodge if asked by the Nomination Committee.

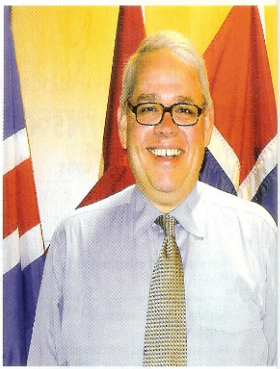
International Dues Increase

At the 2009 International Spring Board Meeting they made a difficult decision to raise the dues. Effective **January 1, 2010**, the dues for primary members will increase by **\$ 3.50**, spouse members by **\$ 1.50** and paying Unge Venner by **\$ 1.75**.

To keep on producing the Viking Magazine at the same high quality, provide the same level of fraternal services, support and benefits the increase was necessary since there is a significant difference between income received from dues and what is needed to provide service and benefits for our members.

Message from International President

It is with a great deal of regret that I must inform you that John Lund had decided to retire. John feels that his MS is preventing him from performing his duties as CEO to meet the high standards that he has set for himself. John is the type of person who if he can't give a task 110% then he feels he is not doing his job. The job and energy that it requires has taken a toll on his health. We have indeed been extremely fortunate to



have John as our CEO for the past 9 years and before that as Legal Counsel. His leadership skills, his people skills, his wealth of knowledge about Sons of Norway and Norwegian Community, and his great sense of humor will be missed by us all. We retired folks welcome him to our ranks and know he will enjoy retirement as much

as we do! John's last day in the office will be July 31, 2009. John has told me that he will only be a phone call away to answer questions and serve as an advisor for the Interim CEO and the new CEO when that position is filled. I have already put John's number in my speed dial.

I have appointed Eivind Heiberg as Interim CEO in accordance with the Succession Plan that was updated during our Spring Board Meeting in April. Appropriate agreements are being drawn up. I am appointing the Executive Committee as the Search Committee for a new CEO. The Executive Committee with Legal Counsel Dave Ness held a teleconference on June 11, 2009. We decided to retain the service of Eide Bailly to assist us in conducting a search. I will be setting this up on Tuesday, and I will be keeping you posted every step of the way.

If you have any questions feel free to give me a call (406) 543-3219

Dan Rude, International President
Sons of Norway

Til Minne

(In memory)

We were saddened to hear of Sharon Mahnken's sudden death. She passed away in her sleep, only 60 years old, in her motor home at Camp Norge during the Children's Language/ Heritage Camp in July. Sharon was at Camp Norge teaching the children arts and crafts as she has done for several years. She was very



talented in the arts of Wood Carving, Rosemaling (painting) and Hardanger embroidery and she gladly traveled to other lodges to demonstrate her craft. For those of us who knew Sharon, she was a very nice lady and the children loved her. During Memorial Day weekend and Northern California Kretsstevne/Labor Day weekend at Camp Norge the children flocked around her so she could do face painting on them.

Sharon was a long time member of Bjørnstjerne Bjørnson Lodge 6-014 and a BIG supporter of Camp Norge. She will be missed by us all and **"Vi lyser fred over hennes minne."**

New Benefit for Sons of Norway

Sons of Norway is excited to announce the launch of a new, exclusive benefit for lodges*! Thanks to our new partnership with national chain FedEx/Kinko's, beginning today all lodges in the U.S. will receive 35% discount on all black and white or color printing/copying; 15% discount on banners, binding, design services, etc.; 10% off all in-store merchandise at any U.S. FedEx/Kinko's location.

The new program was created in response to comments from many Sons of Norway lodges who expressed a desire for a discount when printing lodge materials, like brochures, posters and other promotional materials. We at Sons of Norway believe that FedEx Kinko's is the perfect fit for offering the discounts members are asking for, while providing a high level of customer service.

In order to take advantage of this new discount on your next member or lodge-related project, all you need to do is present your local Kinko's with the National Discount Number on the card below. Once you do, your lodge will start enjoying significant discounts on all Kinko's services from design work to printing to merchandise!

This discount is for Sons of Norway lodge-related use only.

Sons of Norway Financial Planning

American statesman Benjamin Franklin said, "by failing to prepare, you are preparing to fail."

Preparing and planning for your financial future is essential. Knowing where you are now, where you want to be and what resources are available to get you there to ensure a secure future.

Your basic personal planning should include these steps:

***Identify Your Financial Goals**

***Determine Income and Expenses**

***Calculate Your Net Worth**

***Analyze Your Resources**

***Save for Your Goals**

***Action, Commitment and Regular Review**

Sons of Norway's Financial Advisor Dennis Bureson will help you reach your financial goals. Call him for A

Complimentary Financial Review at (800) 448-2499

E-mail: res03knl@charter.net



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.

The Mystique of Lutefisk

Every nation has at least one inedible national dish that its people cherish with perverse sentimentality. These foods were retained to remind young people of their ancestor's hardship.

These indigestible ethnic foods are now generally served only on festive occasions and it might take some peer support or peer pressure for people to eat these nowadays.

Lutefisk is the penitential foods of the Scandinavians and is cod fish dried on racks in the icy Nordic air. Then it is soaked in lye, a major constituent of Drano and old fashioned homemade soap.

Preserving lutefisk in lye probably did prevent it from spoiling. Starving ancestors ate lutefisk to stay alive throughout the long, hungry Nordic winters. It is however a cruel mystery **WHY** the emigrants brought it with them when they moved to the land of milk and honey.

Our ancestors came to America to escape different persecutions but what they should have been trying to escape was the **LUTEFISK!**

With up to half the population of various Scandinavian countries immigrating to America, the PNLL (Pan-Nordic Lutefisk Lobby) recognized that there were unlimited profits to be made from the bulk export of lutefisk. They were well aware that there were no cod fish on the waters of South Dakota or no natural, untapped deposits of lye near Duluth. But the area **WAS** filling up with emigrants who had endured a couple of Minnesota winters and were wondering whether they had made a terrible mistake in moving so far from home.

What the emigrants wanted was a reminder of how terrible conditions were back home. They needed to be reminded that no matter how bad the weather got in Minnesota, life was still better here than back in Scandinavia where they would be forced by dire necessity to eat lutefisk daily.

The Lobby, recognized opportunity where it lay, set out to stir up a false sense of nostalgia for Lutefisk among the emigrants and the Lutheran Church. Huge posters were spread all over the Seven Corners area of Minneapolis. Eventually, the campaign fizzled out. Now lutefisk is making another comeback. We are lulled by the claims that lye is no longer used in the manufacture of lutefisk – caustic soda is the new agent. Caustic Soda may well be marginally milder than lye, but let's face it, it's still the main ingredient used to unclog drains and toilet bowls. Any chemical required by federal law to carry a Mr. Yuck warning sticker is hardly the basis for culinary delight.



When the Winter Olympics were held in Lillehammer in 1994, some Mid-western Norwegian/Americans attended the games.

While they were in the Old Country, they asked the locals where they could find the best lutefisk? "Lutefisk?" was the incredulous reply. "We don't eat that crap! We make it, but it all gets sold to those silly Americans".

Lutefisk, Lefse and Meatball Dinner at Solbakken Lodge 6-64

Saturday, November 14, 2009
at Placentia Round Table
901 N. Bradford, Placentia, CA

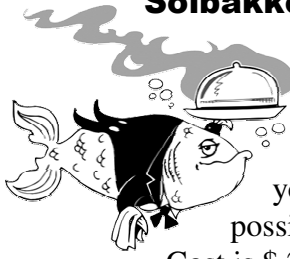
One seating limited to 144 so get your reservation in as soon as possible since it sell out fast.

Cost is \$ 25.00 per person. Doors open at 3:00 p.m. Dinner served at 4:00 p.m.

No Host Bar, Norwegian Boutique, Raffle, 50/50 and Live Music.

Make checks payable to Solbakken 6-64 and mail to: Ginnie Wilcox, 7885 E. Garner Street, Long Beach, CA 90808.

For information (562) 596-5616 or (562) 458-8640



*Double occupancy: prices start at \$ 449.00 + Tax \$ 59.74 for inside stateroom per person.

*Staterooms with Ocean View starts at \$ 549.00 + Tax \$ 59.74 per person.

*Insurance is \$ 29.00 per person and we recommend that you get insurance in case something happens and you can't go, you will get your money refunded.

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*Singles: prices starts at \$ 779.00 + Tax \$ 59.74 for inside stateroom.

*Ocean View prices starts at \$ 979.00 + Tax \$ 59.74

*Insurance for single is \$ 59.00

~

Deposit required at the time you book your cruise is \$ 100.00. The balance will be due by March 4th, 2010.

Cruise with Sundfjord in 2010

5 day Mexico Riviera Cruise, May 3 – 8, 2010

We invite ALL lodges to join us on the cruise!

4th annual cruise, next year (2010) on Royal Caribbean's "Radiance of the Seas" leaving from San Diego, CA.



Itinerary:

- May 3, San Diego, depart 5:00 pm
- May 4, Ensenada, 7:00 am – 4:00 pm
- May 5, at Sea cruising
- May 6, Cabo San Lucas, 7:00 am-4:30 pm
- May 7, at Sea cruising
- May 8, San Diego, arrive 7:00 am

PASSPORTS ARE REQUIRED

This year we ask you to book your own cruise. When you book your cruise, you need to link your reservation to Pauline Pederson's reservation # 6143278 so we can be seated together at dinner for **FIRST DINNER SEATING**. Linking your reservation to Pauline can not be done when booking on the Internet; it has to be done by phone, call Royal Caribbean at (866) 562-7625 to book your cruise. Once you are booked and linked, please contact Pauline and give her your reservation number and cabin number so she can check to make sure that all of us are linked together.

If you need any assistance or have any questions, please e-mail Pauline at

PEDERSONPAULINE@aol.com

or phone (909) 986-1655

***This is the only 5-day cruise offered so book early as spaces goes fast and you would not want to be left out.



Norwegian Fish Club Odin and Sons of Norway's Vista Lodge No. 60 are proud to announce the 2009 Viking Festival.

On September 26th, from 11am to 8pm and on September 27th, from 11am to 4pm, members and friends unite to see, share, and sample all things Viking and Norwegian at Norway Hall, in Vista, CA, which was built in the 50s. While Viking activities abound, a variety of many other Scandinavian goods are also featured. There will be Vendors, Entertainment, Viking activities and contests, Kids Zone and food.

Admission

\$7.00 one day

\$11.00 two day pass

12 & under FREE

2006 East Vista Way, Vista, CA 92084

50th Rosemaling Seminar at Camp Norge

September 26 and 27, 2009

There will be 3 classes. Julie Ann Droivold will be teaching a Vest-Agder design, Kay White a Telemark design and Sheryl Seath the beginner's class in a Rogaland design. All designs painted on a 10 inch wooden bowl and on blue background.



Julie Ann Droivold



Kay White



Sheryl Seath

Heritage Faire at Peer Gynt Lodge Hall

3835 Watseka, Culver City

Saturday, September 26, 2009 from 12:00 noon to 5 pm.

Admission \$ 3.00 (children under 16 FREE with parents)

Scandinavian Imports and Gifts for sale.

Demonstrations of Rosemaling, Lefse baking, Bobbin Lace and Knitting and Hardanger Embroidery.

Norwegian Homemade Refreshments; Meatballs, Pea Soup, Sauerkraut, Lefse, Rømmegrøt and Home-baked Specialities.

Heritage: Genealogy; Language

Free parking in the City lot across the street



Vinland Lodge's Salmon Dinner

October 11, 2009

Glen Oaks Community Center

40601 De Portola, Temecula



Social Hour: 1:00 pm, Dinner: 2:00 pm.

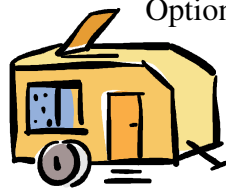
Cost: Adults \$ 15.00, Children 6-12 \$ 7.50, Children under age 6 FREE.

(Vegetarian Lasagna served for those who prefer).

Reservations required, contact Tom or Alfhild Stanley at (951) 699-8853. Make check payable to Sons of Norway Temecula 6-159 and mail to Tom and Alfhild Stanley, 31965 Corte Soledad, Temecula, CA 92592

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)

Royal Yacht Finally Back in Norway

The Royal Yacht “**Britannia**” sailed in June, 2009 from Arkhangles, Russia to Norway after many years of negotiations between the two countries.

“**Britannia**” is a replica of the Royal Yacht that British King Edward VIII had built in 1893. It was ordered by Prince of Wales who later became King Edward VII after drawings of G.L. Watson. It was set afloat from Patrick shipyard on Clyde River, Scotland in April, 1893.

The 121 foot and 150 ton Yacht replica was built by Norwegian Sigurd Coats and is worth millions. Coats has spent about 15 million Norwegian kroner of his own money to build the Yacht.

A few years ago, he almost gave up the Yacht after threats from the Russian mafia.

It is about 14 years ago that Coats started building “**Britannia**” at the Solombala shipyard in Arkhangles, Russia. The Yacht was ready to be set afloat in 2005 but oligarch and Putin-collaborator Andrey Dubinsky has made different demands for releasing the yacht. He bought the shipyard in 2006 and then demanded 35 million Norwegian kroner to release the yacht to its owner.

Sigurd Coats went through the Russian court system and after Dubinsky lost three times there, he announced that the yacht has disappeared.

In April of this year, Coats finally won the case and Dubinsky had to release the yacht to him.

After the yacht was afloat and all the necessary tests were completed, it took off from Russia this June to the city of Horten, Norway, where it will be outfitted with its sails. Later this summer, the “**Britannia**” will sail to Coes, England which was the Royal Yacht’s home town.



Britannia

Oslo Made the International List of the Cities with the Best Quality of Life.



The magazine “**Monocle**” which is publicized in 60 countries wrote in their July, 2009 issue that “**Oslo shows the evidence of how the oil revenue can be used to create a generous welfare state and invest in new design, architecture and culture**”. Mentioned are the new Opera House and the Bjørvika building project and it ascertained that “**this is Oslo’s moment – the cultural scene is flourishing**”.

Norway’s capital has never made this list but this year it landed on 17th place of the cities around the world who offer a variation and interesting way of life.

Among 40 cities, the criteria looked at was transportation, education, crime rate, sunny days, air plane connections, shopping facilities and their store hours, how busy bars and restaurants are and access to green acreage.

Zurich placed 1st, Copenhagen 2nd, Helsinki 5th, Stockholm 6th and Norway 17th.

Hurtigruten popular among Germans



A survey shows that one of every third German is well aware of the Norwegian coastal ship “**Hurtigruten**”. In Hamburg, Germany, Hurtigruten has a sales office and in 2008, 48,333 Germans traveled on the Norwegian Hurtigruten, that’s about half of the total passengers. The Germans keenness to make their travel destination along the Norwegian coast goes as far back as to the 1800’s when Emperor Wilhelm II often traveled along the Norwegian coast to experience the “**inspirational and beautiful**” Norwegian coastal scenery.