

NEXT MEETING:

Feb. 4th @ 10 am at
Trinity or via ZOOM

Mtg ID: 84167028162

Password: 684749

Join by adding the
ZOOM app or dial in
to 1-669-900-6833
and enter meeting ID
& password

Coming Events:

2/4: PG Business Mtg
and Association Mtg

2/12: Morsdag- Mother's
Day in Norway

2/14: Valentines Day

2/18: Torsk Dinner

3/4: PG Business Mtg

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**SONS of
NORWAY**

Mission Statement

*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
to its members.*

Peer Gynt News February 2023

february 2023



President's Message: Michael Amundsen

It is with great sadness that I announce the passing of Robert Einar "Bob" Sather, the president of District Six of Sons of Norway. He passed away on January 3 of this year as a result of Liver Cancer. He was 80 years old.

Bob was a large gregarious Viking-type man who had served Sons of Norway for years. He was elected to this recent post as President of the District just last June. He was a friendly man who

would have done great things for the District. I am sorry he left so soon.

He will be replaced by the District Vice President Lis Barca. She has worked as an Information Technology for a local government in Northern California. She was the District Public Relations Officer before becoming Vice President.

Laurie Mittelstadt, previously the Zone 3 leader, was elected to be the new Vice President.

Life is change. Expected and otherwise.

Please join us for our next meeting on February 4 as our lodge makes plans and prepares for our own future.

Har Det Bra

Michael Amundsen

President, Peer Gynt Lodge, Sons of Norway.

Join us for our next meeting on February 4th

We meet in person at Trinity Lutheran Church, Hawthorne
4783 W. 130th St., Hawthorne 90250

Or, you can join us via ZOOM. See left banner bar for dial in information

Social Committee: John Aasness

Apologies for the cancellation of last month's meeting. Things just fell apart at the last few days. We tried to get everyone notified, but sorry if we missed anyone. This means our February meeting will be a busy one. We will be having Installation of Officers, the Association Annual Meeting, and planning for the Torsk Dinner on February 18th. We will gather at 4:30 for a brief social time followed by dinner around 5pm. Please RSVP for this event to John or Susan. Additional information can be found on the back page of this newsletter.

At the Association Meeting, we need to re-elect or replace the three out-going officers. The three members whose terms are up are: Susan Newsom, George Berglund, and Pat Kelly. The six continuing members are John and Carole Devries, John Aasness, Marta Limbacher, Bob Johnson, and Michael Amundsen.

At the Lodge meeting we need to discuss donations which were not made last year. We also need to discuss social events for February, March, and April.

Hope to have a good turn-out for these two important meetings.

See You at TLC on February 4th!!!

JA



PEER GYNT WEBSITE: www.sonsofnorway-westla.com
Remember to "LIKE" us on Facebook

a little in English...**Unrequited Love**

You may have experienced being in love, but that the other person did not feel the same as you. It is important to remember that there is nothing wrong with you.

Developing a desire for a new relationship or friendship with someone is often full of hope, expectation and feelings of liking the other person. You feel that this other person is someone you want to get to know better, and you feel like you want to spend more time with them.

If you then find out that the person in question does not feel the same, regardless of whether it is romantic or friendly feelings, it is often a crushing feeling.

Many reasons

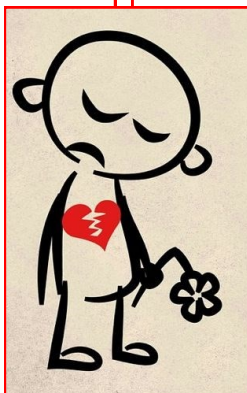
There can be many different reasons why someone does not reciprocate feelings. If it's a romantic relationship, they may like someone else, already have a boyfriend/girlfriend, have a different orientation, or simply aren't interested in a relationship.

It will work out in the end

But how do you actually get over such an unhappy crush? And what do you do when the person you want to befriend isn't interested in getting to know you better?

- ◆ Try to accept that he/she didn't feel the same way.
- ◆ Talk about it with someone. Is there someone you trust that you can talk to? Or do you have a safe friend who can understand and give you comfort?
- ◆ Experience new things. You might want to think about something completely different. Try to get your mind on something else.
- ◆ Look ahead. In the end, it won't feel as disappointing and awkward anymore, and then you might even find a new person to fall in love with, or a new person you want to be friends with.

Most things work out in the end, it's just about getting back up and trying again when things don't go the way you want them to.

**litt på norsk...****Ulykkelig forelskelse**

Du har kanskje opplevd at du har vært forelsket, men at denne personen ikke følte det samme som deg. Da er det viktig å huske på at det ikke er deg det er noe galt med.

Det å utvikle et ønske om et nytt forhold eller et vennskap med noen er ofte fullt av håp, forventninger og følelser av at du liker den andre personen. Du føler at denne andre personen er noen du har lyst til å bli bedre kjent med, og du føler at du har lyst til å tilbringe mer tid sammen med dem.

Hvis du da finner ut at vedkommende ikke føler det samme, uansett om det er romantiske eller vennskapelige følelser, så er det ofte en veldig knusende følelse.

Mange grunner

Det kan være mange forskjellige grunner til at noen ikke gjengjelder følelser. Om det er et romantisk forhold kan det hende de liker noen andre, allerede har en kjæreste, har en annen legning, eller rett og slett bare ikke er interessert i et forhold.

Det ordner seg til slutt

Men hvordan skal du egentlig komme over en slik ulykkelig forelskelse? Og hva gjør du når den du vil bli venn med, ikke er interessert i å bli bedre kjent?

- ◆ Prøv å akseptere at han/hun ikke følte det samme
- ◆ Snakk om det med noen. Er det noen du stoler på som du kan snakke med? Eller har du en trygg venn som kan forstå og gi deg trøst?
- ◆ Opplev nye ting. Det kan være lurt å tenke på noe helt annet. Prøv å få tankene over på noe annet.
- ◆ Se fremover. Til slutt føles det ikke like skuffende og kjipt lenger, og da kan det til og med hende du finner deg en ny person å være forelsket i, eller en ny person du har lyst til å bli venn med.

Det meste ordner seg til slutt, det handler bare om å reise seg opp igjen og prøve på nytt når ting ikke går som du vil at det skal.

**Hazelnut Toscakake - Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN**

A twist on the classic Norwegian almond cake

Preheat the oven to 350°F (175°C). For the cake, melt butter and set aside to cool. Whisk the eggs and sugar together until light yellow and fluffy. Add the flour and melted butter until just combined. Pour the batter into a springform pan lined with parchment paper and bake for about 45 minutes. Check to see if it's done by inserting a toothpick or wooden skewer into the cake. If it comes out clean, the cake is done. If batter sticks, bake for an additional 5 minutes and test again.

When done, remove the cake from the oven but leave it in the springform pan. For the topping, place all topping ingredients

into a saucepan and bring to a boil. Once a boil is achieved, immediately pour the mixture onto the cake and spread evenly across the top. Return the cake to the oven and continue baking; only using the top heat (broiler) if possible until it looks golden brown, about 5-10 minutes.

Remove from the oven and allow it to cool before removing from the springform pan. Enjoy!

This recipe and more may be found on Christopher's blog Pumpnickel & Rye.

For the Cake:

- 4 extra large eggs
- 1 1/4 cups granulated sugar
- 1 1/4 cups all-purpose flour
- 2/3 cup butter

For the Topping:

- 2/3 cup hazelnuts (roughly chopped)
- 1/2 cup granulated sugar
- 3 Tbsp. milk
- 1 Tbsp. all-purpose flour



Deafening Denizens of the Deep

Sperm whales (or *spermhval* in Norwegian) are probably familiar to most of us, whether that's thanks to National Geographic or Moby Dick. Their massive rectangular heads and vast size are unmistakable. These whales can be found in Norwegian waters year-round, so any time is a good time to go on a whale safari!

What may be less commonly known is that sperm whales are the LOUDEST animal on the planet. They make a lot of different vocalizations like creaking, trumpeting, and squealing—but what you need to watch out for is

the clicking! Sperm whales make clicking sounds that can reach 230 decibels. That's loud enough to actually deafen a person diving with these giant mammals. Divers have also reported partial paralysis and general body heating when exposed to the overwhelming volume and concussion of these clicks.

Try "clicking" this link to hear some of the sperm whale vocalizations yourself: <https://tinyurl.com/sofnwhale>. Don't worry, these are safe to listen to!

What's In Your Hiking Backpack?

Hva har du i langtursekken?

Whether you are taking part in 14 Days of Friluftsliv this month, or working up to a major trek, these are a few things to consider for *utstyr*, or gear. There is a Norwegian saying *ut på tur, aldri sur* – when you're on a hike, you're never unhappy. Being prepared has a lot to do with it.

Klær og Tilbehør - Clothing and Accessories

ei jakke – a jacket
regntrekk – rain gear
en genser – a sweater
ullsocker – wool socks
fjellsko – hiking boots
ulltøy - wool clothing
ei/en turbukse – hiking pants
ei/en lue – a hat
hansker – gloves
solbriller - sunglasses

Matlagingsutstyr – Cooking Equipment

turmat – trail food
kaffe – coffee
appelsiner – oranges
KvikkLunsj – Norwegian chocolate bar
en turkopp – a hiking mug
et kjelesett – pots, pans, spatula, etc.
et spisesett – mess kit (camping plate, bowl, cup and eating utensils)
en brenner – a camp stove
et grillspyd – a grilling skewer
fyrstikker - matches
en kniv – a knife
en termos – thermos
ei/en vannflaske – water bottle

Turutstyr – Hiking Gear

et turkart – map
et kompass – compass
fjellvettreglene – The Norwegian Mountain Code
en kikkert – binoculars
et sitteunderlag - a sit pad
ei/en hengekøye - a hammock
en regnduk – a rain tarp
et telt – a tent
en hoftesekk – a hip belt / fanny pack
ei/en førstehjelpspakke - a first aid kit
ei/en hodelykt – a headlamp
en turstol – a camping chair
myggspray – bug spray
god stemning – a good mood



The Influence of Pop Band a-ha on Norway's Electric Car Industry

In the 1980s, Norway's environmental movement attempted to push electric vehicle technology to no avail. In a stroke of genius, Professor Harald N. Rostvik, from the University of Stavanger, decided to recruit the country's biggest pop group, a-ha, to be the face of the movement. After traveling to the Tour de Sol exhibition in 1989 where they witnessed an electric Fiat Panda, the band imported and started driving a similar car in Norway to show the country that there is a better alternative to polluting fossil fuel vehicles. Part of the band's campaign involved civil disobedience, such as getting fines through toll booths or refusing to pay vehicle taxes. The stance was that this type of sustainable travel should not be subject to such fees, making it that more enticing.

After several years of embarrassing the government with their charades, Norway adopted the incentives that the campaign had advocated for, such as free parking, zero tax, and free ferry travel. Today, Norway is a different place with over a half a million EVs and 78% of new car sales in the last year being pure electric.





Viking for Kids!

The November 2022 issue of *Viking for Kids* features holiday kos (coziness), Norwegian forest cats, a Northern Lights coloring page, a word find and a Christmas mouse song! You can also learn how to make festive and easy baked apples!

Viking for Kids is a quarterly digital publication with Scandinavian-inspired articles, quizzes, coloring pages and more! Share this magazine with Heritage members and tell us what you learned from *Viking for Kids* at culture@sofn.com.

Foundation Update

High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

Go to the Sons of Norway Foundation website at <https://www.sofn.com/foundation/scholarships/>

to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!



Robert Einar "Bob" Sather - November 16, 1942-January 3, 2023

We were saddened to hear of the passing of District 6 President, Bob Sather. District 6 Secretary Nancy Madson informed us that Lis Barca was officially installed as president by International Director Luella Grangaard at a Zoom board meeting on January 8, 2023. Lis Barca had been vice president for the same time that Bob had been president - since June 2022. Zone 3 Director Laurie Mittelstadt will be installed as vice president, at the Zoom district board meeting on February 5. Please welcome and support Lis and Laurie in their new positions.

Below is taken from Bob's obituary, provided by Lotte Sather. Our thoughts and prayers are with Lotte and her family.

Robert Einar "Bob" Sather passed to heaven, January 3, 2023, at age 80, after a valiant fight with liver cancer. He lived his Norwegian heritage and loved Sons of Norway. Bob was proud to have been elected President of District Six and had planned to lead District Six into the future.

Bob was born November 16, 1942, into Sons of Norway, as his mother Ruth was pregnant with him, when Victory Lodge 43, Vallejo was instituted, and his parents were charter members. Bob's first Sons of Norway financial product was life insurance purchased when he was 6 months old. He became an adult member in 1964.

Bob met wife Lotte at Gloria Dei Lutheran Church in Tacoma, Washington, where they both sang in the church choir. Bob was in the U.S. Army stationed at Fort Lewis and Gloria Dei was Lotte's church. They married in that same church July 18, 1964, and moved to Vallejo in 1965, where they lived and raised their family until 2004, when they moved to Rio Vista.

Bob became an officer in Victory Lodge and attended his first District Six Convention in 1974 as a delegate. He attended all District Six conventions to follow, except 1990, when his mother's family planned a reunion. At the District Six Convention in 1980, Bob was elected Youth Director and has held various District offices over the past 42 years. He also served as an International Delegate and on numerous District and International committees.

Bob led a big life of sharing his time and leadership talents with family, friends, and many organizations. Bob was also an avid bowler and swimmer, competing in both well into his 70s.

Bob is survived by his wife and partner of 60 years, Charlotte Louise Plischke known as "Lotte," their son Erik Einar and daughter Anne Marie, along with seven grandchildren, his sister Pauline Brownwood and her children.

According to his wishes, Bob will be buried in the Veterans Cemetery in Dixon, California.

With our love,

Lotte, Erik, and Anne

Gratulerer med Dagen februar

John Nelson	3
Elinore Thornton	11
Jane Kindig	12
John DeVries	16
Kimberly Evangelho	23
Ellen Glovka	24
Henrik Garrett	26

Good of the Order

Congratulations to all our members who received membership milestone pins in 2022:

5 Years	45 Years
Robert Johnson	John Aasness
Roslyn Ross	Esther Nygaard
10 Years	50 Years
Bruce Solheim	Kenneth Olson
15 Years	55 Years
Brad Newsom	Berit Lindsay
Susan Newsom	Virgil Moses
Elinore Thornton	65 Years
40 Years	John Nelson Jr.
Lillian Dalsboe	



ADDRESS CHANGES

Carolyn Peterson
77255 Indiana Ave.
Palm Desert, CA 92211

Merlyn Midstokke
Ivy Park
5300 E. Los Angeles Ave.
Simi Valley, CA 93063
805-584-5651

In the US, we recognize February as the month of love and celebrate Valentine's Day. In Norway, Mother's Day, or Morsdag, is celebrated on the second Sunday in February. It's a special national day to honor mothers and mother figures. Gratulerer med morsdagen!

I received a wonderful note from Eleonora Nyren. It sure sounds like she has been busy and having fun. She has plans to see "The Lion King" at the Pantages Theater (wonderful play!). She shared information about a variety of events hosted by the Culver City Senior Citizen's Association, many involve trips to casinos! Please talk to Eleonora if you are interested in learning more. Hope you all join us at our meeting as we discuss and plan future events for our lodge as well.

At our Anniversary luncheon, we talked about having a baby photo competition - "Guess Who?" Eleonora wants to know what happened to this plan... Photos will be posted as soon as I receive them; so, start sending your photos!

And, one last message from Eleonora: February - "LOVE IS IN THE AIR"... wear red! XOXO

UNO KASPERSON 1929-2023

Peer Gynt is saddened by the loss of one of our family. Uno passed away on January 26th. Uno was a faithful active member of Peer Gynt for many years and will be remembered for his quick, bright smile. His memorial service will be held at the Norwegian Seamen's Church in San Pedro. His ashes will be taken to his home town of Varberg, Sweden.

We will notify members when additional information is available regarding Uno's memorial service.



Celebrating Uno's birthday with his Peer Gynt family

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Contact our Financial Benefits Counselor:

Pat Kelly:

Tel: 818-986-7199

Cell: 818-667-6627

Fax: 818-905-5785

E-mail: amlives@aol.com

Resource Links:

- Peer Gynt Website: www.sonsofnorway-westla.com
- Peer Gynt Facebook: <https://www.facebook.com/peergyntson/>
- District Six Newsletters and Cultural Newsletters: <https://sofn6.org/newsletters/>
- District Six: <https://sofn6.org>
- Camp Norge: <https://www.campnorge.org/site/>
- Sons of Norway Foundation: <https://www.sofn.com/foundation/>



REGISTER
STARTING
FEB. 1ST

SONS OF NORWAY CAMP TROLLFJELL & FOLKHØGSKULE AT CAMP NORGE

FOLKHØGSKULE
JUNE 25-JULY 8
AGES 14-17

Family Transition Weekend
July 7 - 9
Come with your family!

TROLLFJELL
JULY 9 - 21
AGES 8-13



CAMP NORGE | ALTA, CA

Norwegian Language | Folk Dancing | Rosemaling
Cooking | Hiking | Games & Sports | And a Lot More...

For more info:
Website: sofn6.org/arv/
Facebook: Trollfjell
Instagram: trollfjellsofn



Peer Gynt Lodge—Editor
4516 W. 135th St.
Hawthorne, CA. 90250



For over one hundred years, Peer Gynt Lodge has served as the center of cultural activity in West Los Angeles for Norwegians, those of Norwegian descent, and anyone interested in our Norwegian and Scandinavian culture and heritage. Join us for our next meeting or event!

PEER GYNT WEBSITE: www.sonsofnorway-westla.com

Remember to “LIKE” us on Facebook

Sons of Norway - Peer Gynt Lodge # 6-022

Annual Torsk Dinner

Saturday, February 18, 2018

Social Hour - 4:30 p.m

Dinner - 5:00 p.m.

Cost: \$20

**TRINITY LUTHERAN CHURCH
4783 W. 130th St., Hawthorne 90250**

MENU

Salad
Torsk
Potatoes
Vegetable
Roll & Butter
Dessert
Coffee



**RSVP to John Aasness @ 562-822-4056/tightlines@earthlink.net or
Susan Newsom @ 310-701-0274/sdnewsom61@gmail.com**