

NEXT GATHERING:

**August 2nd @ 10 am at
Trinity Lutheran
Church or via ZOOM.**

Mtg ID: 84167028162

Password: 684749

Coming Events:

**7/4: Independence Day
7/13-26: Camp Trollfjell
8/2: PG Business Meeting
& Association Meeting
8/16: PG Summer Picnic
9/20-23: Camp Oldfjell
10/24-26: Southern
Kretsstevne**

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**SONS of
NORWAY**

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

Peer Gynt News July/August 2025

Juli/august 2025



President's Message: Terry Larsen

Happy Fourth of July. Hope you all are having or had an enjoyable holiday with family and/or friends. Bar-b-ques and fire-works. Longer daylight hours enable more time to spend out-of-doors in the cooler evenings. If you are living in Norway it stays light till about 10:30 or so.

We have no scheduled events in July, but a couple in August. Please plan on attending the business meetings on Aug 2nd. Bring some snacks to share for an after the meeting coffee hour.

Also hoping to have a picnic on Aug 16th. Stay tuned for more info on that.

See you all soon.

Terry



Join us for our next meeting on August 2nd,

Trinity Lutheran Church

4783 W. 130th St., Hawthorne, CA. 90250

Or, join us via ZOOM

See left banner bar for details

Social Committee: John Aasness

As you are aware, Peer Gynt Lodge is dark in the month of July. The next meeting will be held at TLC on August 2nd at 10:00 am. We will have a lodge business meeting and an association meeting. This is an important meeting, where we will be voting on our IRS non-profit status as well as updates to our bylaws. Your vote is important, so plan to attend these very important meetings.

Last month Terry Larson, Susan Newsom and John Aasness attended the 95th anniversary of the Long Beach [Fridtjof Nansen] Lodge. It was a well attended event, and it was great to see some old friends! They said their lodge was sponsored by Ulabrand [San Pedro] lodge, and Peer Gynt lodge sponsored Ulabrand lodge; so, that would make us their Grandfather. Just my little side note! It was a wonderful celebration of their very active lodge. Peer Gynt is proud to be your Papa!

Be sure to be at the meetings on August 2nd, and enjoy whatever your plans are for the summer! I hope one of your plans is to attend the Peer Gynt Lodge Annual Picnic. See pages 5 & 6 for info.



Månedens sitat

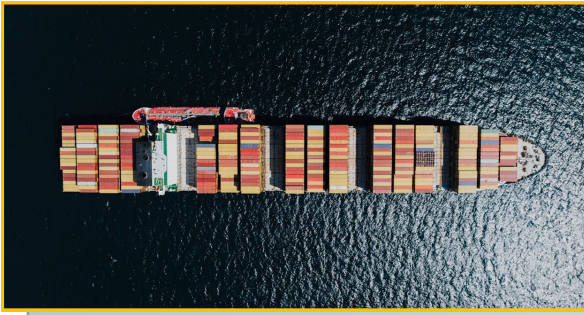
(Quote of the Month)

"August brings the sweet promise of golden sunsets and star-filled nights."

- Anonymous

"August bringer det søte løftet om gylne solnedganger og stjernefylte netter."

- Anonymous



Ship runs aground while neighbor sleeps soundly

Johan Helberg woke up to quite the lawn decoration outside of his home, which lies at the edge of a fjord outside of Trondheim, Norway. The retired museum director was alerted by a panicked neighbor to the presence of a 443-foot container ship just yards from his front door. The neighbor heard the approach of the ship at around 5 am, quickly ran next door, and started ringing Johan's doorbell. Not accustomed to visitors at such an hour, Helberg ignored it. Only after a phone call did Johan step outside to see the ruckus that he had slept through. While the ship did cause damage to a cabin in heating pipe, miraculously, no other harm was done to property or life.

Initial efforts to dislodge the vessel from the spot failed. However, five days later they were successful in towing the ship to a nearby harbor.

Reflecting on the whole ordeal, Helberg stated, "I doubt I'll ever experience anything quite like this again." But also, "I wouldn't have traded this experience for anything."

Blueberry squares with vanilla cream and crispy topping

This sweet treat is a perfect dessert for summer and easy to make!

Ingredients:

Crumble Base:

- 1 1/4 cup flour
- 1/2 cup granulated sugar
- 1/2 tsp. baking powder
- 1 stick of butter
- 1 egg yolk
- 1 Tbsp. brown sugar
- 1 Tbsp. Sugar

Filling:

- Heaping cup blueberries
- 1 Tbsp. lemon zest
- 1 Tbsp. freshly squeezed lemon juice
- 1/4 cup sugar
- Little less than 1/2 cup pastry cream ([homemade](#) or store-bought)

Mix the flour, granulated sugar and baking powder in a bowl. Cut the butter into small cubes and crumble it into the flour mixture together with the egg yolk. Crumble until the consistency resembles sand. Cover the dough with plastic wrap and place in the refrigerator for at least an hour.

Stir together blueberries, lemon zest, lemon juice and sugar.

Line an 8 x 8 inch square pan, or alternatively a 9 inch round pan, with baking paper on the bottom and sides.

Press **2/3 of the crumble base** evenly over the pan. Set aside 1/3 of the crumble base.

Spread the blueberries evenly over the bottom of the pan. Do not include the juice; only the berries.

Make and spread small dollops of pastry cream evenly over the blueberries.

Stir in one tablespoon of brown sugar and one tablespoon of granulated sugar into the remaining portion of the crumb dough. Crumble the dough evenly over the cake.

Bake in the middle of the oven at 375 degrees Fahrenheit / 190 degrees Celsius for 45 minutes. Cool the cake to room temperature on the kitchen counter and then place it in the refrigerator for at least an hour before removing it from the pan and cutting it into fine pieces.



Photo Credit: Marit Hegle, nrk.com

Recipe source: <https://www.nrk.no/mat/blabaerruter-med-vaniljekrem-og-spro-topping-1.14187638>

Source for pastry cream: <https://thesimple-sweetlife.com/vaniljekrem/#tasty-recipes-25090-jump-target>



Norway bans marketing of unhealthy foods to children

As of April 25, 2025, a new regulation went into effect in Norway. This regulation implemented by the Norwegian government prohibits the marketing of food and drink considered unhealthy directly aimed at children. The goal of the regulation is to protect children up to the age of 18 and while it will still be legal for children to purchase such products, the marketing of those products will be illegal.

Unhealthier products such as energy drinks, ice cream, and candy are part of the ban, but there are other products where the nutritional content will dictate if it's banned for marketing or not, for example, different kinds of cereal.

Minister of Health and Care Services Jan Christian Vestre said, "We are committed to ensure good health for children and youth and that it should be easy to make good choices in everyday life. The government is implementing this measure because we are committed to protect our children and their health." Although the regulation went into effect in April, the industry will receive six months to adapt to it.

litt humor...

Ole developed a sudden, dramatic hearing loss and Lena drove him to the doctor. Dr. Nilsen began his exam taking a full history and asking many questions about this new complaint. Finally, he began the physical exam. Looking in Ole's right ear he paused, "Hmm, er...ah...I think I've found the problem Ole. You have a suppository in your ear!" "Great!", said Ole, "Now I can tell Lena she can stop looking for my hearing aid."

(Thanks for the joke dad!)



*a little in English...***Saved a piece of cake from King Harald and Queen Sonja's 1968 wedding**

The piece of cake was never eaten, and it is still there.

Kjell Karlsen's orchestra had the honor of playing at the wedding of the then Crown Prince Harald and his Crown Princess Sonja on August 29, 1968. The band had also entertained at their engagement party.

Karlsen, a legend in Norwegian music, was not so distracted at the palace reception that he forgot about his wife who was eagerly waiting at home. He simply chose to take a piece of wedding cake home with him.

"It was so late, that I didn't feel like eating cake," says 89-year-old Lill-Louise Karlsen in NRK's new documentary series "The People's King."

The next day she wasn't keen on eating cake either, so she put it in the freezer. There it stayed.

In the NRK series, Lill-Louise Karlsen and her daughter Tone-Lill Karlsen (60) show off the piece of cake.

Smells like vanilla

The daughter digs out a plastic box from her mother's freezer at home in Ullern [a borough on Oslo's west side]. A white note is attached to it.

"Here it says in her father's neat handwriting: Wedding cake piece from Crown Prince Harald and Sonja's wedding."

Tone-Lill concludes that it still smells of vanilla.

"I wonder if the king and queen remember the cake? If not, they can have this," says the mother – before she adds with a laugh: "No, they can't."

Died before the TV premiere

When the segment for "The People's King" was filmed on New Year's Eve last year, Lill-Louise didn't know that she had little time left. When VG [newspaper Verdens Gang] visited her daughter in Frogner [a westside borough] in Oslo on Wednesday this week, she said that her mother still didn't take it for granted that she would be able to see the TV premiere.

"I remember her saying that 'I'm not sure I'll be able to see it.'"

She didn't either. On April 5 this year, Lill-Louise Karlsen died, five weeks after she was diagnosed with pancreatic cancer. But the 89-year-old was still able to see the finished recording of herself and her daughter.

"NRK arranged for us to be sent a link." Mom liked it.

She was in Ullern Health Center at the time. She smiled a lot, says Tone-Lill.

Lill-Louise Karlsen became a widow in May 2020, when Kjell Karlsen passed away, aged 88.

"They were so close and had so much love for each other. The fact that they both left us in such a short space of time has been intense. It is a great loss," says her daughter.

When music legend Kjell Karlsen played at the crown prince's wedding 55 years ago, he brought a piece of cake home to his wife. Now his daughter has inherited the treasure.

Honored with a medal

In 1999, Kjell Karlsen was honored with the King's Medal of Merit in gold for his contributions to Norwegian music.

"It was a big deal. Mother was with father at the Palace that time," says Tone-Lill

*litt på norsk...***Har spart kakestykke fra kong Harald og dronning Sonjas bryllup i 1968**

Kakestykket ble nemlig aldri spist, og det finnes fortsatt.

Kjell Karlsens orkester hadde det aerefulle oppdraget med å spille i bryllupet til daverende kronprins Harald og hans kronprinsesse Sonja 29. august 1968. Bandet hadde også underholdt på forlovelsesfesten.

Karlsen, en legende i norsk musikk, var nemlig ikke så opptatt med slottsfesten at han glemte kona som spent ventet hjemme. Han valgte rett og slett å ta med et stykke bryllupskake med hjem.

– Det var jo såpass sent, så jeg hadde ikke lyst til å spise kake da, sier 89 år gamle Lill-Louise Karlsen i NRKs nye dokumentarserie «Folkets konge».

Dagen etterpå var hun heller ikke ivrig på å spise kake, så hun satte den i fryseren. Der ble den værende.

I NRK-serien viser Lill-Louise Karlsen og datteren Tone-Lill Karlsen (60) frem kakestykket.

Lukter vanilje

Datteren graver frem en plastboks fra morens fryseskap hjemme på Ullern. En hvit lapp er festet på.

– Her står det med pappas sirlige skrift: Bryllupskakebit fra kronprins Harald og Sonjas bryllup.

Tone-Lill konkluderer med at det fortsatt lukter vanilje.

– Jeg lurar på om kongen og dronningen husker kaken? Hvis ikke kan de få dette, sier moren – før hun leende legger til:

– Nei, det får de ikke.

Døde før TV-premierer

Da innslaget til «Folkets konge» ble filmet på nyåret i fjor, visste ikke Lill-Louise at hun hadde kort tid igjen.

Når VG drar på besøk til datteren på Frogner i Oslo onsdag denne uken, forteller hun at moren likevel ikke tok for gitt at hun skulle få med seg TV-premierer.

– Jeg husker hun sa at «det er ikke sikkert jeg får med meg den».

Det gjorde hun heller ikke. 5. april i år døde Lill-Louise Karlsen, fem uker etter at hun hadde fått diagnosen bukspyttkjertelkreft. Men 89-åringen fikk likevel se det ferdige opptaket av seg selv og datteren.

NRK ordnet det sånn at vi fikk tilsendt en link. Det likte mamma.

Da lå hun på Ullern helsehus. Hun smilte veldig, forteller Tone-Lill.

Lill-Louise Karlsen ble enke i mai 2020, da Kjell Karlsen gikk bort, 88 år gammel.

– De var så tette og hadde så mye kjaerlighet for hverandre. Det at begge forlot oss med så kort mellomrom, har vært heftig. Det er et stort savn, forteller datteren.

Da musikerlegenden Kjell Karlsen spilte i kronprinsbryllupet for 55 år siden, tok han med et stykke kake hjem til kona. Nå har datteren arvet klenodiet.

Hedret med medalje

Kjell Karlsen ble i 1999 hedret med Kongens fortjenstmedalje i gull for sin innsats innen norsk musikk.

– Det var stort. Mor var med far på Slottet den gangen, forteller Tone-Lill.

<https://www.pressreader.com/norway/verdens-gang/20231216/page/6>

District Six News



We're excited to announce that the 2025 Camp Oldfjell Course Catalog is now available! Camp Oldfjell will take place from September 20–23, 2025. Meals are served from dinner on Friday to breakfast on Wednesday, so come early and take your time returning home. This year promises a rich variety of classes, community, and creativity in the beautiful Sierra Nevada Mountains.

Registration starts July 1st! Camp Oldfjell is open to adults ages 18 and older. Popular classes like Hardanger embroidery, knitting, and baking tend to fill up quickly—so be sure to sign up early! We're also thrilled to introduce exciting new courses taught by two talented members of the Santa Cruz Textile Arts Guild. Plus, the ever-popular Viking Costume Workshop returns, now with a companion class: Viking Turnshoe—the perfect finishing touch for your Viking look.

To register and view the most up-to-date catalog, visit: sofn6.org/camp-oldfjell

Vi gleder oss til å se dere!

Bruce Fihe, Teri Morken and the 2025 Camp Oldfjell Committee

Go Paperless Try our new paperless option!

Convenient and flexible, this option lets you find the information you need on a mobile device, iPad or computer. Snowbird? Going paperless allows you to easily access your member account anytime, anywhere. Receive faster updates by visiting apps.sofn.com/service1/portal and updating your preferences to paperless!



Are You Covered?

Life moves fast. Now is the time to review your life insurance plan to ensure you and your loved ones are covered. Reach out to your Sons of Norway Insurance Professional today or visit www.sofn.com.

Grant and scholarship applications open October 1

It's time once again to open the applications for grants and scholarships. As of October 1, you will be able to apply for the grants and/or scholarships that the Sons of Norway Foundation offers. You can visit the "Foundation" tab of sofn.com to learn more.

The Foundation's grant program is a great way to add programming to your lodge's lineup or secure funding for an update or a repair to your lodge or meeting space.

The **Together We Are the Future** campaign returns October 1 through January 15. This special annual fundraising campaign has raised over \$615,000 to bring grants and scholarships to life. *Thank you* in advance for your support! Visit sofn.com/foundation to learn more.

Give the Gift of Culture!

Give your child or grandchild (up to 15 years) a FREE Sons of Norway Heritage membership. It's free under your Sons of Norway membership.

Heritage members enjoy:

- ♦ Access to local & national scholarships
- ♦ Opportunities to earn sports medals
- ♦ Free online language lessons
- ♦ Taking part in enriching local events
- ♦ Opportunities to learn about Norwegian & Viking culture
- ♦ Opportunities to log volunteer service hours for school



Summer 2025 District Six Language Camps

Trollfjell Folkehøgskule: June 29 – July 12 is for youth ages 14 to 17

Camp Trollfjell: July 13 - July 26 is for children ages 8 to 13

These programs take place at beautiful Camp Norge in Alta, CA

(<https://www.campnorge.org/site/>).

You can find more information and register on our website here:

<https://sofn6.org/arv/>

Jason Morken & Rebekah Strand,
Camp Directors

Let's Plan for the Future

As a CERTIFIED FINANCIAL PLANNER™ I work with Sons of Norway members to help plan for the important things in life.

Call me for a free consultation.

Fred Hymans, CFP®
Financial Benefits Counselor
(916) 333-2086
fred@EFSplanning.com
CA Ins. Lic. #0D55562



SONS of NORWAY



Peer Gynt has been without a SofN Financial Benefits Counselor since the retirement Pat Kelly. We are grateful to Fred Hymans for offering to assist our members with planning their financial future in this capacity. Please reach out as needed. Thank you Fred!

Resource Links:

- Peer Gynt Website: www.sonsofnorway-westla.com
- Peer Gynt Facebook: <https://www.facebook.com/peergyntson/>
- District Six Newsletters/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/>

Gratulerer med Dagen

juli

7/7: Jeffery Krogstad
7/11: Eleanora Nyren
7/17: Kristina DiVincente
7/17: Anson Nordby
7/19: Michael Amundsen
7/23: Else Wiger



Good of the Order

August 3rd: Meetings - During our lodge meeting, we will be voting on changes to our bylaws that were presented at the last business meeting. During the association meeting, we will vote on our non-profit status classification as well as bylaws changes.

August 17th: Annual Peer Gynt BBQ Picnic - I hope many of you will join us for our annual picnic; once again hosted by Brad & Susan Newsom. Call Susan with any questions. See page 6 for information.

august

8/2: Nora Greenlees
8/2: Ana-Leigh Greenlees
8/8: Randi Henning
8/16: Claudia Villatoro
8/21: Kjersten Kindig
8/25: Esther Nygaard
8/27: Susan Newsom

Terry Larsen, John Aasness, and Susan Newsom attended the 95th anniversary celebration of Fridtjof Nansen Lodge and brought greetings from Peer Gynt Lodge.



John Aasness, Terry Larsen, Theresa Broadhead, & Randy Sundeen (Zone Director)



John Aasness and Susan Newsom



Youngest hero to receive rescue diploma

In April, the Norwegian Rescue Service Diploma was awarded to the youngest-ever person to receive the honor. The recipient was seven-year-old Freya Nikolaisen of Tromsø, Norway.

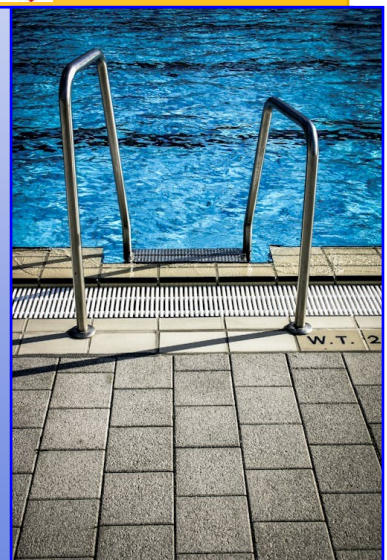
Earlier this year, Freya's family, which includes a one-and-a-half-year-old brother, were relaxing near a pool in Zambia when Freya heard their nanny shouting. Freya's brother, Logan, had jumped into the pool in search of a toy and he couldn't swim.

Without any hesitation, Freya jumped in to rescue her brother, who had probably been in the pool for minutes.

Freya's mother came running and as soon as Logan was pulled out, her mother performed life-saving first aid and he was quickly transported to a local hospital.

Because of Freya's quick actions, her brother's life was saved. When the Rescue Service heard about the courageous act, they were extremely impressed by Freya's resourcefulness and drive.

They honored Freya with the diploma shortly afterwards, in conjunction with the Mayor of Tromsø, Gunnar Wilhelmsen. Thankfully, Logan is doing well today and always has his sister's protecting eyes on him.



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

Join us for our next cultural gathering

PG ANNUAL SUMMER PICNIC & BBQ

August 16th at 11:30AM

At the home of

Brad & Susan Newsom

4516 W. 135th St.

Hawthorne, CA. 90250

**Members are asked
to bring a side or
dessert to share.**

**PG will supply
meat & beverages**

RSVP to Susan @ 310-701-0274 or John Aasness @ 562-822-4056

Parking can be difficult, carpooling recommended



Slektforskningsklubb
Fjelldalen Lodge #6-162

Highlands Ranch – Fjelldalen.com



**SONS of
NORWAY**

Slektforskningsklubb

American / Nordic Genealogy

Spring 2025 Schedule

The Fjelldalen Slektforskningsklubb - the *Sons of Norway Genealogy Club* - is involved with both Nordic and general genealogy and discusses how to find and use research tools while working on practical examples. Help sessions usually occur for the last half of each meeting.

All meetings are open to Everyone who wants to attend!

The Slektforskningsklubb meets on ZOOM at 9:30 am on the first Saturday of the month.



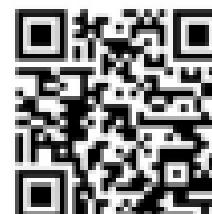
<https://www.fjelldalen.com/genealogy-class>

Spring 2025 Meeting Schedule:

- November 2nd How to use a Bygdebok (Farm Book Compilation)
- December 7th WikiTree and MyHeritage Web Sites
- January 4th No meeting
- February 1st Using Google Maps – Planning a Genealogy Trip
- March 1st Gamechanger – Family Search's Full Text Search
- April 5th Gravminner, Find-a-Grave, Billion Graves
- May 3rd Slektssveisperringer - Solving Your Genealogy Roadblocks
- June 7th DigitalArkiv's Histreg.no - Historical Population Register

For questions or information - send an email to:

Genealogy@fjelldalen.com



Southern California Kretsstevne – SCK

SAVE THE DATE

October 24 - 26, 2025

**** NOTE – 4th weekend instead of 3rd ****

The Southern California Kretsstevne will again be held at Banning Stagecoach KOA Campground & RV Park. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.

A limited number of on-site bungalows will be available for rent. Bring your own RV or tent. Motels are nearby, as well. Southern California Kretsstevne is a weekend of Norwegian heritage and fellowship. All Sons of Norway members and guests are welcome. Activities may include heritage craft/art activities, a silent auction, a side trip, a cultural food demonstration, games, and music and singing.

Join us for fun and fellowship. Check back here, in August 2025, for the registration form. (Banning Stagecoach KOA, 1455 S San Geronio Ave, Banning, CA 92220)