

## MEETINGS:

All meetings & events cancelled until further notice.

### Next Meeting:

TBD

### Coming Events:

June 14: Flag Day

June 20: Summer Solstice

June 21: Farsdag  
(Father's Day)

July 4:  
Independence Day

Oct 16-18: SoCal  
Kretsstevne

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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

## June 2020

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## President's Message—Michael Amundsen

Reaching out to make sure everyone is OK out there in Los Angeles land. And if you are not, you know who to call or contact. You are certainly welcome to contact me for one.

So we are at the 2 months and a half point with this lock down situation, but all the signs seem to point that it is getting better, that there is hope on the horizon. Of course, as we move forward, we will continue to be smart and wise. We will remain committed to protecting ourselves and protecting those we love.

There were a number of virtual Syttende mai celebrations. Were any of you able to take advantage of those? The Norwegian American news had one and it is still available to watch on their website, which is norwegianamerican.com. They followed the presentation by the Hardanger Arts Festival. It was amazing. And it was Beautiful music. Great scenery. And very uplifting. Made you proud to be Norwegian. And best of all, it is still available at that website. Norwegianamerican.com. Treat yourself.

Hang in there. This too shall pass. See you soon enough.



## Peer Gynt Events Update—seeking your input

State and local governments are beginning to explore the most effective way to reopen while keeping all of us safe. Peer Gynt will have to determine when it is right for us to begin gathering together again and what that might look like. We will definitely take guidance from the experts. One of our members suggested we gather for a socially distanced picnic in July or August if situation improves enough to allow it. We'd like to hear from you— under what circumstances would you join us for a picnic? Send your thoughts to Susan or John - See side bar for contact info.

## Social Committee: John Aasness

I had a call from Magna yesterday, and we had a nice visit for about 20 minutes. It's good to keep in touch by phone since we can't hold our regular meetings. Wonder how much longer this is going to go on. I have been keeping my doctor appointments lately, and not a problem. Since most of us are elderly we will have to wait a while for our Governor to turn us loose.

Hope all are doing okay with staying in lock-down.

I have been thinking we should make a donation to the L.A food bank. as i'm sure they could use some help. If we don't have a meeting soon, I may call on the phone to get your opinion on this. We have donated to them in the past.

Hope all are in good health and able to keep busy with some useful projects. Hope to see you soon.

**PEER GYNT WEBSITE: [www.sonsofnorway-westla.com](http://www.sonsofnorway-westla.com)**

Remember to "LIKE" us on Facebook

## Helge Heimdahl - His Story (Part 1)

as told to Susan Newsom on May 4, 2020 during the COVID-19 Stay at Home order



Hello, this is Helge Johannes Heimdahl. I was born in Norway in Vestre Toten on July 16, 1923.

In 1941 after the war was broken out in 1940, they (The Germans) came into Oslo fjord with a big ship and the Norwegians had canons on both sides of the channel and sunk that thing. So later on, of course, they flooded the city and the inland. They came by Toten where I lived and so forth, and because they were in war with Russia they thought to go through Norway, through the top, and then through Finland and then hit Russia on the northern top. After that then of course they flooded Norway with soldiers.

We were six boys and one girl and my parents. And my father was working at the ammunition factory and one of my brothers was too and they were looking for him. Two policemen came for him and of course he wasn't there. And my father told them come back when the snow is melted maybe and you will find him. So after that my father was going to go with them and I said, "No papa, you stay and take care of mom, I will go". At that time, 15 years old, I wound up going with the two policemen first to one place overnight and then a second time to another place for about five days and from there I wound up where they have the prison. There was a big building there and that was the woman's prison and of course they had the barracks where prisoners of war like myself were staying for a few days. And after that we were transported to a railroad station and wound up on the train. We got about a few miles going north and they stopped the train in the middle where there was about three feet of snow and said if anyone needed to they could go off and into the snow and do their thing if they needed to. In the meantime on top of the tree there were machine guns so there was no chance to escape or anything. So from there we went in and landed in Trondheim. From the railroad they took us to a ship and put us in the hold where we couldn't see anything and headed north and we ended up in the airport way up north by **Puldah**. So there they had the prison place we were put in. There were barracks and we stayed there. And they used to take us in 10 or 15 guys out to shovel snow or do other things. That was the northern airport so they had aircraft there that they used to transport torpedos. On the front of the torpedo were threads made of aluminum where the detonators attached. They made us load the torpedos. When we put up the front end, there was nothing to stop it but steel so when we put it up and on there, I jerked on it so that we hit that with the nose and of course it screwed up the threads. Well they came and tried to put the firing part into it and they couldn't because the threads were no good. So that stopped them right there. And they didn't see what I did or the rest of us did so we were not hurt or anything. They just put us back into the barracks. And of course later on we had other tricks like that. One time they were building a new strip for the planes and we were transporting stuff in a big bag, steel and stuff, and it tilted and I got hit in the head. I pretended it was worse than it was, I acted like I was half dead and they carried me about three miles to the barracks that day, so that kind of screwed up their plans.

Later on, in 1945 when the war was over, we were transported by regular people back to the city. I met my brother who was a soldier in the Swedish army. During the war he often went on skis between Sweden and Norway with important messages to the underground. He told me that he used to stop and look in and see my mother in the kitchen but didn't dare go inside, and then would go back to Sweden. In the meanwhile, another brother who had gone to Sweden before, he was a mechanic so they sent him to England. So he was working on the aircraft in England during the war. And of course we got together later on in the year.

This was the end of our first recording. Helge ended the session by sending his regards, wishing all a good year, and said he hopes to join us for an event in the future. What a pleasure it has been hearing Helge's story. He promises me he has many more stories to share; look for them in future issues of the Peer Gynt News. I got a call from Helge on May 17th wishing me a Happy Syttende mai! (Note - any misspellings are the fault of the editor)



*a little in English...***Children Want to Be Inclusive**

Children do not care about ethnic and cultural differences. "A lot is different, but inside we are equal," so goes a famous Norwegian children's song. "Children do not care about ethnic and cultural differences," says Professor Thomas Moser, one of the country's most experienced researchers on pre-schoolers.

"We see that most children are generous toward each other," says Moser. He has been a member of the leadership team for a collaboration project between eleven European countries that aims to curb inequalities and strengthen inclusion.

The collaborative project is called ISOTIS, which in Greek means "equality and justice." The project is based on the strengths and potential of culturally and linguistically diverse families. The University of Southeastern Norway discusses the project, which shows that children would like to include other children.

**Insight from children and Turkish mothers in Norway**

In Norway, the researchers spoke to Turkish mothers, in addition to children in multicultural schools and pre-schools in Southeastern and Central Norway. One of the most surprising findings after three years of research across Europe is how young children themselves are a driving force for positive change.

The children want to be inclusive and are not too concerned about whether other children come from a different culture and have a different ethnic background.

**Pre-school may play a key role**

"I think pre-school can play a key function when it comes to meeting multicultural families. There is a lot of talk about pre-school's important social role with regard to issues such as equality and children's development, but it can also be of great importance to an inclusive society. Our research shows that pre-school can help with several challenges that arise in multicultural societies," Moser tells the University of Southeastern Norway.

*litt på norsk...***Barn ønsker å være inkluderende**

Barn bryr seg ikke om etniske og kulturelle forskjeller. "Mye er forskjellig, men inni er vi like", heter det i en kjent norsk barnesang. – Barn bryr seg ikke om etniske og kulturelle forskjeller, sier professor Thomas Moser, en av landets mest erfarne barnehageforskere. – Vi ser at barn flest er raus med hverandre, sier Moser. Han har sittet i ledergruppen for et samarbeidsprosjekt mellom elleve europeiske land som vil dempe ulikheter og styrke inkludering.

Samarbeidsprosjektet heter ISOTIS, som på gresk betyr likeverd og rettferdighet. Prosjektet bygger nettopp på styrkene og potensialet til kulturelt og språklig ulike familier. Universitetet i Sørøst-Norge forteller om prosjektet som viser at barn gjerne vil inkludere andre barn.

**Snakket med barn og tyrkiske mødre i Norge**

I Norge snakket forskerne med tyrkiske mødre, i tillegg til barn i flerkulturelle skoler og barnehager i Sørøst-Norge og Midt-Norge.

Et av de mest overraskende funnene etter tre års forskning over hele Europa er hvordan små barn selv er en drivkraft for positiv endring.

Barna ønsker å være inkluderende og er ikke så opptatt av om andre barn kommer fra en annen kultur og har en annen etnisk bakgrunn.

**Barnehagen kan ha en nøkkelrolle**

– Jeg mener barnehagen kan ha en nøkkelfunksjon når det gjelder å møte flerkulturelle familier. Det snakkes mye om barnehagens viktige samfunnsrolle med tanke på temaer som likestilling og barns utvikling, men den kan også ha stor betydning for et inkluderende samfunn. Forskningen vår viser at barnehagen kan hjelpe med flere av utfordringene som oppstår i flerkulturelle samfunn, sier Moser til Universitetet i Sørøst-Norge.

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### You Have A Plan Does It Cover Everything?

Planning for the unexpected is difficult but necessary. You have plans in place for car repairs, you plan for the water heater to break down, and you may even have a plan in case of job loss. But most people don't have life insurance in case the worst should happen. Reach out to your Insurance Professional and see if a whole life policy fits your plans to safeguard your family's future.

## District Six News

### Seterjentas Rømmebrød – The Dairymaid’s Wafers

#### Directions

1. Warm the butter to room temperature and stir together with sour cream.
2. Add remaining ingredients. Reserve a little flour for rolling out the dough.
3. Knead into a fairly firm dough. Chill for 2 hours.
4. Sprinkle a little sugar on top and roll into the dough.
- 5 Cut out a cardboard template the size of krumkake iron; trace and cut wafers from the pattern. Bake in heated krumkake iron until a nice golden color.

#### Ingredients

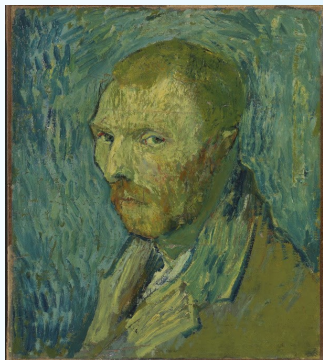
- 1 cup sour cream
- 7/8 cup butter
- 1/4 cup water
- 1/4 tsp. salt
- 1/2 tsp. cardamom
- 4 Tbsp. sugar
- 4 1/2 cups flour, approx.

**Oslo’s Vision Zero a Success** Oslo became the first city ever to record zero cyclist or pedestrian fatalities in a calendar year as the city’s new policies on street traffic showed astounding success in 2019. Oslo’s Vision Zero campaign achieved this success even as large American cities such as New York and Los Angeles saw traffic and pedestrian deaths rise year over year.

So how did Oslo achieve this remarkable feat? By enacting a careful mix of regulations, including removing cars from the city center, lowering speed limits, expanding bike infrastructure, and redesigning roads around schools. The city removed 700 parking spaces and replaced them with 37 miles of bike lanes. In addition, they established *Hjertesoner*, or “Heart Zones,” to separate different types of traffic, particularly around schools.

U.S. cities are taking note of these successes in their own efforts to keep bicyclists and pedestrians safe. In places like Washington, D.C., where specific measures are underway to reduce pedestrian fatalities, the number has been dropping. Increasingly, Oslo’s Vision Zero will become a roadmap to a safer future.

**Van Gogh Self-Portrait Confirmed Authentic** In 2014, the Oslo gallery, Nasjonalmuseet, asked the Van Gogh Museum in Amsterdam to perform an extensive analysis of a Van Gogh self-portrait in the Oslo collection. After years of inspection,



the painting has recently been authenticated as a genuine work by Van Gogh himself. In fact, the painting is also the only known piece he painted while suffering from psychosis.

During the year he spent working on the painting, Van Gogh admitted himself to an asylum and suffered a six-week psychotic episode. The portrait is mentioned in a letter Van Gogh wrote to his brother, in which he discussed a self-portrait attempt that he had made during his illness. Previous doubts about the painting’s authenticity stemmed from Van Gogh’s uncharacteristic use of a palette knife to flatten parts of the painting. However, an expert who inspected the painting believed it to be the artist’s way of draining the life from the portrait to express his emotional state. Ultimately, the Amsterdam museum announced it was “unmistakably” Van Gogh’s work.

#### Build a Buzz: Let Others Know How Much You Enjoy Membership!

Do you LOVE rosemaling, making lefse, enjoying Nordic music and dance, or celebrating other aspects of Norwegian culture & heritage through your Sons of Norway membership? Then spread these honey-sweet words and get nonmembers buzzing to join the fun! Help our lodge and Sons of Norway family grow in 2020!

**Camp OldFjell Folkehøgskule for Voksene** (Folk School for Adults) September 19-22 at beautiful Camp Norge Cultural skills will be offered on topics such as music, cooking, literature, tablet weaving, Hardanger, folk dancing, Vikings, and rosemaling. For more information, visit: <https://www.campnorge.org/site/camp-oldfjell>



**Sign up your Heritage Members** – Don’t forget that family members age 15 and younger are eligible for FREE Heritage membership. Please enroll your youngsters and help keep our Sons of Norway community robust and thriving for the next generation. More info is available by e-mailing [fraternal@sofn.com](mailto:fraternal@sofn.com).



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!



# For the Good of the Order

## Sunshine Report

Hope all found some way to celebrate Syttende mai. These time of social distancing sure challenges us to find creative ways to stay in touch and engaged. How about trying out your skill on one of the Cultural Activities available through Sons of Norway. Earn a beautiful cultural pin for exploring Norwegian Cooking (try making some of the wonderful recipes featured in our newsletter or on the organization website at SofN.com); Woodcarving, Reading, or any of the many topics available. There is also a program for youth—what a great way to spend some “Safe at Home” time.

Please consider sending photos and a brief story about how you and your family are spending this time. See messages below from Roslyn Ross and Family regarding some of their activities! You might want to take a look at the TV show “Indebted” to see Anders in the role of Asher. I watched a few episodes this past week and it was fun to watch him.

Peer Gynt member Bob Johnson reached out asking for prayers. He received news of a new health concern, the first he has experienced in his lifetime. Our prayers and wishes are with him.

Remember to contact John Aasness or Susan Newsom with your thoughts regarding a summer picnic.

### Gratulerer med Dagen! June

<i>Hjordis Bakke</i>	3
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I got an app called “Gus on the Go” for Anders to play while learning some Norwegian and he loves it! Henrik likes to watch him play as well. Great app! Highly recommended!

Anders would like to highly recommend this board game “Ticket to Ride Nordic Countries”. He says it’s awesome and everyone should play it and when the lockdown is over we can have a tournament :-)

*Sounds like a good plan Roslyn!*



**A Message from Roslyn Ross:** We will be at our farm for the solstice so we celebrated it today. We wore our flowers and got a princess cake from Copenhagen Bakery.



Also, I wanted to extend an invitation to everyone in our lodge. If anyone needs a break from the city, we will be at our farm until the end of the summer. Come visit us! [Thecacaofarm.com](http://Thecacaofarm.com)



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**SONS of  
NORWAY**

Celebrating **125 Years**  
1895-2020

## Fun Fact #6

In 2016, the Sons of Norway Foundation raised \$121,000 so an authentic Viking replica ship, the Draken Harald Hårfagre, could tour the Great Lakes.

[www.sonsofnorway.com](http://www.sonsofnorway.com)