

NEXT BUSINESS MTG:

**Aug 3 @ 10 am at
Trinity Lutheran
Church or via ZOOM.**

Mtg ID: 84167028162

Password: 684749

Coming Events:

6/6: D-Day WWII

**6/7: Dissolution of union
with Sweden**

6/14: Flag Day

6/16: Father's Day

6/21-24: D6 Convention

7/4: Independence Day

TBD: PG Summer Picnic

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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

Juni 2024

june 2024



President's Message: Michael Amundsen

If you attended May's meeting, you experienced what I think was a very informative meeting about the trust. Our trust attorney Carrie Miller attended in person and answered much of our questions. I thought she did very well. Good questions were asked by everyone. And she took the time to answer them all. There was a good feeling in the room. And I was very impressed by both Carrie and by our members. I believe we all felt better about the progress of the trust after meeting with her.

And yes, I was actually in town and at the meeting. I really miss being able to attend the lodge meetings and get together. And I love our location at the Trinity Lutheran Church in Hawthorne. It always feels warm and friendly to me.

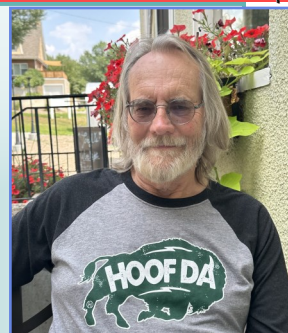
I hear that a good time was had by all at our Synttende Mai celebration. I was around while Susan and Terry planned the party. I was very impressed with their plans and was sad I wouldn't be able to be there.

We are dark in June and July but there will be a lodge gathering as detailed in this newsletter. The District 6 conference is at the end of June so I will have a report on that later. All my best. I look forward to great things happening.

Takk for alt.

Michael Amundsen

President, Peer Gynt Lodge, Sons of Norway



Join us for our annual summer picnic!

Hosted by the Newsom's

4516 W. 135th St., Hawthorne, CA. 90250

**Peer Gynt will provide main course. Members
are asked to bring salad/sides or dessert to
share. Date TBD**

**Watch for a special email with date, time, and
other details. If you do not receive emails, con-
tact John Aasness or Susan Newsom for details**

Social Committee: John Aasness

More than 25 guests enjoyed the brunch on May 18th, to celebrate Settende Mai. A menu too elegant to describe was enjoyed by all. The fellowship was great, and included 3 unexpected guests from Norway! A former Youth Pastor at Trinity and his two sons were seeing the country, and joined us. Many in attendance enjoyed visiting with them.

As you have been informed, the June business meeting has been canceled. We are dark in July, so the next business meeting will be August 3rd. We will be hearing about the convention from our delegates, so hope to see you there.

A picnic has been planned for July, which will be held in Susan and Brad's backyard. We expect to have a talk on life in Norway from a member's daughter and son-in-law, who will be here on vacation. Watch for details on the picnic at a later date. Hope to see you at the picnic and the business meeting on August 3rd.



Over-natten-grøt / Overnight Porridge

While you are sleeping, breakfast is being made in the fridge. Oatmeal, milk and yogurt can be topped with fruit or seeds to suit your taste. Makes 1 serving

How to make:

Mix all the ingredients together and put into a glass or small bowl. Feel free to use a small mason jar. Cover the jar or bowl and leave the mixture in the fridge overnight or for at least six hours. Stir well before serving.

Variations:

Chopped fruit or mashed berries can be stirred in along with the other ingredients.

Mix cocoa powder or chopped dark chocolate into the porridge.

Sweeten porridge with liquid honey, brown sugar or another sweetener.

Oatmeal can be replaced with a mixture of lightly cooked golden barley and oatmeal.

Sprinkle in spices such as vanilla, cinnamon, ground ginger and cardamom.

Milk can be substituted with almond, soy or coconut milk.

Add fresh berries, fresh fruit and roasted nuts or similar right before serving so that it stays crunchy and looks tempting.

Ingredients:

- 2/3 cup oatmeal
- 3/4 cup + 1.5 Tbsp milk
- 1/4 cup plain Greek yogurt, vanilla or lowfat cottage cheese
- 1 Tbsp chia seeds, flax seed, sunflower seeds or other seed mix (optional)
- 1 pinch salt

Source: <https://www.nrk.no/mat/over-natten-grot-1.13189408>

Next Superman Film Shot on Svalbard

As the cinema award season wraps up, movie buffs can anticipate upcoming film releases. For those that love the superhero genre, the newest iteration of Superman is planning to come out in July 2025. The film, directed by James Gunn, will feature scenes that have been filmed in Svalbard, Norway. The location was chosen to feature the Fortress of Solitude, a base for Superman featured in other films. For this version of it, film crews chose Adventdalen (Advent Valley), on the island of Spitsbergen. The valley, which runs for a length of nearly 19 miles, was chosen for its natural Arctic beauty and varied landscape that set it apart from other scouted locations.

The director said that locals were curious about the filming that took place from 8 am to 4 pm most days and was fine with having onlookers. Perhaps situations like this will become more commonplace as Norway continues to incentivize filming throughout the country. These incentives include up to 25% return on costs spent in Norway and are supported in cooperation with Arts & Culture Norway, Norwegian Film Institute, and Oslo Filmfond.

Sources:

[First Superman Scenes Have Been Filmed in Norway, James Gunn Says \(collider.com\)](#)

[James Gunn Starts Filming 'Superman' In Norway & Teases Scene With Hero Fleeing To The Fortress Of Solitude \(deadline.com\)](#)

[James Gunn finds "solitude" for Superman in Norway | ABC Audio Digital Syndication](#)

[Incentives & funding - Oslo Film Commission](#)



Viking Marketplace Unearthed

Another exciting Viking discovery has been made in Norway. On a small island in Rogaland county, known as Klosterøy, archaeologists from the University of Stavanger believe they have found traces of a Viking marketplace. The marketplace location coincides with the location of the Utstein monastery, one of the best-preserved medieval monasteries.

The discovery was made using ground penetrating radar and includes man-made pit houses, cooking pits, and boathouse foundations. Pit houses were structures that were covered with an angled roof and had a floor below ground level. This helped to keep the houses warm in the winter and cool in the summer. They be-

lieve the area was inhabited by Nordic farmers, merchants, craftspeople, warriors, and seafarers in the ninth century. This theory is supported by the fact that Norway's first king, Harold Fairhair, built a royal farm on Klosterøy around that time. It wasn't until the 13th century that the monastery was established. Researchers will conduct additional analysis of the marketplace to confirm their findings.

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

a little in English...**Marcus (22) Broke a World Record**

A Guinness plaque is on its way to Marcus Sørfossmo. The combination of being on a student budget and his penchant for porridge gave Marcus Sørfossmo an idea.

“There had been a sale on porridge for some time, so I had been eating porridge every day. In December, I started to wonder if there was a record for eating porridge, says Marcus.

When he saw that the record was 557 grams of porridge in one minute, he thought it would be easy to beat, and sent an application to Guinness.

“I’m from Rogaland, where there is porridge both for dinner and for breakfast. It is also a very ‘Norwegian’ world record to set, which I think is very cool.”

Set a world record

On February 3, Marcus gathered witnesses, started a stopwatch and camera to document the increased new world record.

The record he had to beat was set by German André Ortolf, who ate 557 grams of porridge in one minute in 2021.

And Marcus managed to beat that.

Marcus ate 675 grams of rice porridge in one minute.

Fun fact for Tinder

Now the Guinness plaque is on its way to Marcus.

“It will probably go up in the living room in our shared apartment. It’s the most fun fact of all time,” says Marcus, and continues:

“The fact that I am a world champion in porridge eating must be on my resumé, LinkedIn, Tinder and the whole nine yards. Maybe I’ll get it tattooed too,” he laughs.

litt på norsk...**Marcus (22) knuste den tidligere verdens-rekorden**

En Guinness-plakett er på veg til Marcus Sørfossmo.

Kombinasjonen av studentøkonomi og et hjerte for grøt ga Marcus Sørfossmo en ide.

– Det har vært tilbud på grøt en god stund, så jeg har spist grøt hver dag. I desember begynte jeg å lure på om det fantes en rekord for grøtspising, sier Marcus.

Da han så at rekorden var 557 gram grøt på ett minutt, tenkte han at det var lett å slå og sendte en søknad til Guinness.



– Jeg er fra Rogaland, der er det grøt både til middag og til frokost. Også er det en veldig «norsk» verdensrekord å ta, som jeg synes er veldig kult.

Tok verdensrekord

3. februar samlet Marcus vitner, satte på stoppeklokke og kamera for å dokumentere forøket på den nye verdensrekorden.

Rekorden han måtte slå var satt av tyske Andre Ortolf, som spiste 557 gram grøt på ett minutt i 2021.

Og det klarte han.

Marcus spiste 675 gram risengrynsgrøt på ett minutt.

Fun fact til Tinder

Nå er Guinness-plaketten på veg til Marcus.

– Den må nok henge i stua i kollektivet. Det er jo tidenes fun fact, sier Marcus, og fortsetter:

– At jeg er verdensmester i grøtspising må på CV-en, LinkedIn, Tinder og hele pakka. Kanskje jeg

kommer til å tatovere det også, ler han.

Source:

<https://www.nrk.no/trondelag/marcus-22-tok-verdensrekord-i-grotspising-1.16766190>

A Bright Midsummer's Eve

The height of summer, June 24, marks the longest, brightest day of the year for the Land of the Midnight Sun, Norway. After long dark winters, this time is a joyous celebration of a much-awaited summer.

Different versions of this day are celebrated throughout the Northern Hemisphere with rituals dating back to Pagan times. Norway celebrates *Sankthansaften*, St. John's Eve, each June 23, the eve before the longest day of the year.

It is also called *Jonsok*, which translates to John's wake, referring to St. John the Baptist's birth.

Celebrations have and will continue to evolve over time. In Norway, festivities typically occur on June 23 and give thanks to the bright sun and the sweet-smelling flowers in bloom. Family and friends grill sausages and light bonfires bigger than on any other day of the year. Bonfires are historically assumed to protect from evil spirits and trolls lurking in the forests. *Rommegrøt* is a favorite meal on this day steeped with melted butter, sugar and cinnamon.

Once the bonfires die down and the sun begins to set, people understand that the cycle must go round. Norwegians live with polar opposite seasons every year and, therefore take full advantage of every summer, enjoying the extended company of the sun on *Sankthansaften*.



District Six News



Camp Norge News

Help build the "Hygge Hus" at Camp Norge!

The Recreation Center Board is excited to announce the launch of our 2024 fundraising campaign to build the "Hygge Hus" (Cozy House) cottage adjacent to Heritage Hall at **Camp Norge**. This duplex unit will consist of two apartments, each featuring a bedroom, bathroom, kitchen, and a front room for hanging out. **Importantly, these fully accessible units will ensure inclusivity for individuals using wheelchairs and walkers.**

For decades, we've shared the heartache of our aging and disabled guests who, due to terrain and room limitations, are unable to join us at Camp. We want to turn that around.

But we need your help!

Our vision includes constructing the **Hygge Hus** in the parking area behind Heritage Hall, connected by a level, paved walkway, so our older or disabled guests can join the fun.

But here's where you come in! We're seeking your generous support to make our effort a success. The fundraising campaign will run throughout the year, culminating at the District Six Convention in Las Vegas this Summer. Let's come together to build the **Hygge Hus** & make **Camp Norge** a haven for all, regardless of age or ability.

Watch for more news about the Build the Hygge Hus Campaign.

Contact any member of the Camp Norge Board, or Fred Hymans: fred.hymans@gmail.com

Trollfjell Folkehøgskule will run from June 30 through July 13 and is for students 14 to 17 years of age.

Camp Trollfjell will run from July 14 through July 27 and is for campers 8 to 13 years of age.

More information & registration forms can be found on the Language & Heritage Camps website

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

Language and Heritage Camp is a great way to share your Norwegian heritage with the children, grand-children, great grand-children, or other children or youth in your family.

Membership Benefit – Life Insurance

Have you ever typed "affordable life insurance" into your browser, only to find yourself drowning in information overload? The sheer volume seems insurmountable and overwhelming.

As a Sons of Norway member, you don't have to navigate this maze alone. Membership comes with the invaluable benefit of access to a dedicated Insurance Professional. They can help you decipher the complexities of financial options and find a solution tailored to your needs and those of your family.

Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk and call us to get in touch with a professional in your area. Find an agent near you at www.sofn.com in the Financial Products section.



litt humor...

Ole and Lena took a Caribbean cruise one winter. One day as they sauntered around the ship, they poked their heads into a lounge where the passengers were being entertained by a ventriloquist act. Much to Ole's annoyance, they were telling Norwegian jokes.

Ole strutted up toward the stage. "Yust a goll darn minute dere! You got a lotta nerve tellin' yokes on da Norvegians! I know all kinds of dem, and dey're hard-vorking, upstanding people! You got no call trying to make dem out to be stupid!" The ventriloquist was apologetic. "I'm sorry you feel that way sir. Certainly I didn't intend any disrespect. I was just..." Ole cut him off short. "I vashn't talking to you. I vas talking to dat little yoker sittin' on your lap!"



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

juni

6/3: Hjordis Bakke

6/5: Nathan Newsom

6/6: Robert Johnson

6/9: Brad Newsom



Good of the Order

I hope all found a special way to celebrate Syttende mai last month! Many members and friends enjoyed an awesome brunch hosted by Peer Gynt on the 18th. See photos below for a glimpse of the festivities. The event was well received and a lot of fun! We will definitely plan on repeating this in the future! I am sure many enjoyed the Annual Scandinavian Festival at Cal Lutheran on the 18th and 19th. We sure missed the Kindigs at our event; but

they were celebrating and dancing up a storm at the Festival with "The Skandia Dancers of Southern California", a Scandinavian dance group that has been together for 40 years. This year, they performed on Saturday and taught classes on Sunday. Photo of Skandia Dancers to left: PG member Elin Kindig is in center with Jane and Norm Kindig on either side. The Kindig (as well as the Skandia Dancers) have entertained us at past Peer Gynt events and even taught us some Scandinavian dances. We look forward to having including this in future events. Peer Gynt Annual Summer Picnic will alaing be held at the Newsom's. We are expecting special guests and will finalize the date once we confirm their availability.



Kjempegod!



MangeTakk to Carole for making the krumkake



Susan Newsom, Larissa Jui, and Terry Larsen with the May pole.



Members Rich and Janet Johnson with our surprise guests from Norway; Ovid



Carole DeVries makes floral head wreaths for her grand-daughters

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

Fedrelandssang

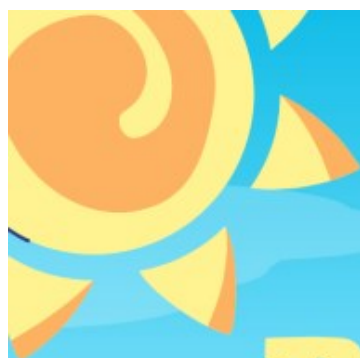
Ja, vi elsker dette landet,
som det stiger frem
furet, værbit over vannet
med de tusen hjem,
elsker, elsker det og tenker
på vår far og mor
||: og den saganatt som senker
drømme på vår jord. :||

Norske mann I hus og hyte,
Takk din store Gud!
Landet ville han beskytte,
Skjønt det mørkt så ut.
Alt hva fedrene har kjempet,
Mødrene har grett,
||: har den Herre stille limpet,
Så vi vant vår rett. :||

Norway's National Anthem

Yes, we love this land of ours
As with mountain domes,
Stormlash'd o'er the sea it towers
With the thousand homes,
Love it dearly, ever thinking
Of our fathers' strife
||: And the land of Saga sinking,
Dreams upon our life.:||

Norsemen, in whatever station,
Thank your mighty God;
He has kindly saved our nation
From oppression's rod.
That for which our sires contended
And our mothers wailed,
||: Silently the Lord defended,
So our rights prevailed. :||



Camp TROLLFJELL & FOLKEHØGSKULE



- ✓ NORWEGIAN LANGUAGE
- ✓ FOLK DANCING
- ✓ GAMES & SPORTS
- ✓ HIKING
- ✓ ROSEMALING
- ✓ AND MUCH MORE!

FOLKEHØGSKULE
JUNE 30-JULY 13
AGES 14-17

TROLLFJELL
JULY 14 - 27
AGES 8-13

CAMP NORGE
ALTA, CA

FOR MORE INFO:

- WEBSITE: SOFN6.ORG/ARV/
- FACEBOOK: TROLLFJELL
- INSTAGRAM: TROLLFJELLSOFN





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