

NEXT MEETING:

**Aug 6 @ 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:

6/2-5: D-6 Convention

6/19: Father's Day

6/21: Summer Solstice

6/23: Sankthansaften

7/4: Independence Day

TBD: PG Summer Picnic

**9/17-20: Camp Oldfjell
at Camp Norge**

**10/15: Sacramento
Scandinavian Festival**

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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/July 2022

juni/juli 2022



President's Message: Michael Amundsen

En hilsen fra Michael.

On Thursday, George Borglund and I travel to Mesa, Arizona for the 35th District 6 Conference. I was asked to be on the district finance committee. For which I am singularly unqualified.

At the end of the financial committee zoom meeting, District President Luella Grangaard made the point that the district management was complex and was an almost different world to those of us most familiar to local lodges.

I am happy I accepted this position. It has given me a much broader perspective in the workings of this international organization to which we all belong. I hope it will make me a better member and president.

By the way, there will be no business meetings in June or July. But I recommend the Scandinavian Festival at California Lutheran University in Ventura. I would be there if I wasn't in Mesa. It's a great festival.

Har det bra.

LODGE DARK IN JUNE and JULY

NEXT MEETING AUGUST 6, 2022

Social Committee: John Aasness

About 10 Peer Gynt members attended the Syttende Mai celebration at The Norwegian Seamans Church in San Pedro on Tuesday May 17th. It was very well attended by people from near and far. Many of the people; both men and women, and also children, were dressed in their colorful, beautiful bunads. The food was very tasty, and was enjoyed by all! All the free lemonade you wanted, and it hit the spot! We all joined in singing "Ya Ve Elsker", and just like our National Anthem, there is more than one verse. Many of the younger members in our group took part in the parade, and the party ended with a raffle. The prizes were from the Church store, but no Peer Gynt people were lucky! I will say that I enjoyed the event, and the fellowship. Wish you had been there!



There was talk of having a picnic in July, so be watching for any information on this event. There will be no meeting in June or July, but just a reminder to try and make it to the Scandinavian Festival at Cal Lutheran University in Thousand Oaks! We have held our June business meeting there a few years ago, and this is a very enjoyable outing. Lots of good food, entertainment, fellowship, crafts, and displays. I especially enjoyed the Viking Village!

Hope to see you at the picnic in July!

John

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

How to Name Your Dragon

With all the dragon heads appearing in Norwegian architecture, it is surprising that there are only three named dragons found in Norwegian myths and legends.

Fafnir – Fafnir was a dwarf. He had a cursed magical ring which produced oodles of treasures. To guard his ever-increasing hoard, Fafnir shape-shifted into a poison-spewing dragon. Unfortunately for him, his nephew was the legendary human hero Sigurd, who made short work of his slithery uncle and saved the day!

Jörmungandr – The son of Loki and the giantess Angrboða, Jörmungandr, also known as Midgardsormen is a gigantic sea serpent. He floats coiled around the edges of the earthly realm Midgard, his tail clenched firmly in his teeth. His peaceful life at sea is occasionally interrupted by his archnemesis Thor, who is always scrapping for a fight.

Nidhogg – The “Curse Striker” dwells at the base of the tree of life, Yggdrasil, which holds up the nine realms. Along with his smaller, unnamed serpent friends, Nidhogg constantly gnaws on the roots of Yggdrasil with a view to someday bring it crashing down, plunging all creation into chaos.

Find Out Your Dragon Name

Though there are only three known Norwegian dragons, there might be more out there waiting to be discovered. What would your name be if you were a slithery, fire breathing serpent slumbering under a mountain?

What is the first letter of your **first name**?

A = Arvid / Agnetha the Alarming

B = Bjarne/ Borghild the Blue

C = Cnut / Christina the Creeping

D = Dag / Dagmar the Dreadful

E = Egil / Eydis the Earth Shattering

F = Fridtjof / Frida the Flying

G = Geir / Gudrun the Growling

H = Haakon / Hjordis the Horned

I = Iggy / Ingrid the Inky-Eyed

J = Jostein / Jorunn the Jagged

K = Kjell / Kjerstin the Kind of Scary

L = Lars / Lena the Lutefisk-Scented

M = Magnus / Magda the Mighty

N = Nels / Norunn the Noisy

O = Olaf / Olaug the Opal-Scaled

P = Per / Pernille the Purple

Q = Quase (Kvase) / Quinand (Kvinand) the Very Quiet

R = Ragnar / Ragnhild the Ravenous

S = Sven / Sigrid the Slithering

T = Trygve / Thordis the Terrifying

U = Ulf / Unni the Unexpected

V = Vidar / Vilde the Very Vicious

W = Waldemar / Wenche the Water Dwelling

X = Mr. X / Ms. X the Inexplicable

Y = Yngvar / Yngvildr the Yellow

Z = Zoomer / Zoë the Zooming

Ø = Ørnulf / Øivor the Oily-Skinned

Å = Åsbjørn / Ågoth the Oat-Snarfing

Next step. What letter does your **last name** start with?

A = Abomination

B = Big Ball of Fluff

C = Carnivorous Worm

D = Dancing Dragon

E = Egg-Eating Snake

F = Fjord Boiler

G = Mountain Gnawer

H = Hairy Hellbender

I = Iceberg Squatter

J = Ski Jump Eater

K = Kraken Cracker

L = Lefse Lizard

M = Mitten Knitter

N = Norwegian Needle Nose

O = Omelet Om-Nommer

P = Precipice Percher

Q = Quiet Charmer

R = Revolting Reptile

S = Ship Sinker

T = Troll Taster

U = Unicorn Hugger

V = Violent Velociraptor

W = Waffle Scorcher

X = Honorary Swede

Y = Young Thunder Clap

Z = Zooming Zoomer

Ø = Earth Shaker

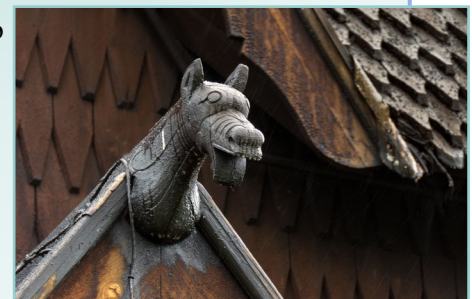
Å = Åsgard Defender

Then, add ‘of’ your hometown at the end, or your favorite place in Norway.

For example, John Knutsen would be: Jostein the Jagged Kraken Cracker of Finnmark.

What is your dragon name?

Sigrid the Slithering Norwegian Needle Nose of Hawthorne - Editor of Peer Gynt News



a little in English...

Must-Haves For Your Hiking Backpack

Sunniva Kiviranta of the Norwegian Red Cross Youth always brings both extra clothes and a flashlight on a hike. Here are her top tips for what to put in your backpack this summer.

Sunniva is an avid hiker and spends much of her free time in the mountains of Sogn og Fjordane. According to Sunniva, the most important thing is a good backpack that fits well on the hips and shoulders. Here is her list of equipment she always has in her backpack.

Be prepared for the unexpected

"I always have an extra set of clothes with me, such as socks, a hat, wool base layers and a neck buff," says Sunniva. She also presents a bivy sack that is good to have in case of a storm. "Having plenty of food on your hike is also extremely important for both mood and performance. Little trail chocolates or nuts are good fuel that should be easily accessible in a jacket pocket. Something as simple as a small bundle of rope can also be nice to have along, because you can use it to set up a shelter, for example. A good old sitting pad also comes in handy," says Sunniva.

Do not trust your cell phone

A map and compass are also a good idea to take with you, especially if your cell phone runs out of power or you do not have coverage. Make sure you practice how to use a map and compass so you know how it works when you need to use it. A GPS device also makes it easier to navigate where you are.

"I also always have a flashlight with me, no matter where I go," says Sunniva.

Specific equipment that should be in your backpack: knife, triangular bandage, Mylar rescue blanket, athletic tape, a waterproof bag with blister patches, a compress, matches, antiseptic wound wipes and an ACE bandage - and remember enough water!

"If you have a cell phone, it is a good idea to have a portable charger with you, in case your battery runs out," she says.

Resource pages:

[The Mountain Code with explanations](#) [English]

[Learn to use a map and compass](#) [Norwegian]

litt på norsk...

Dette må du ha i topptursekken

Sunniva Kiviranta i Røde Kors Ungdom har alltid med seg både ekstra klær og lommelykt på tur. Her er hennes beste tips til hva du bør pakke i topptursekken i sommer.

Sunniva er en ivrig turgåer og bruker mye av fritiden sin i fjellene i Sogn og Fjordane. Det viktigste er ifølge Sunniva en god sekk som sitter godt på hoftene og skuldrene. Her er hennes liste over utstyr hun alltid har med i tursekk sin.

Vær forberedt på det uventede

– Jeg har alltid med meg et ekstra sett med klær, som sokker, lue, ullundertøy og en bøff, sier Sunniva. Hun viser også frem en vindsekk som er god å ha, hvis det skulle komme uvær. Rikelig med mat på tur er også ekstremt viktig både for humør og ytelse. Små tursjokolader eller nøtter er god bensin man bør ha lett tilgjengelig i jakkelomma. Noe så enkelt som en liten bunt med tau kan også være kjekt å ha med, fordi du

kan bruke det til å sette opp en gapahuk for eksempel. Det gamle gode sitteunderlaget kommer også godt med i tursekk, sier Sunniva.

Ikke stol på mobilen

Kart og kompass er også lurt å ta med seg, særlig hvis mobilen går tom for strøm eller du ikke har dekning. Sørg for å tren på hvordan kart og kompass skal brukes, slik at du vet hvordan det fungerer når du skal bruke det. En GPS gjør det også enklere å navigere hvor man er.

– Jeg har også alltid med en lommelykt, uansett hvor jeg skal, sier Sunniva.

Konkret utstyr som bør være på plass i sekken: kniv, trekanttørkle, redningsfolie, sportsteip, en vanntett pose med compeed, kompress, fyrstikker, sårservietter og støttebandasje- og husk nok vann!

– Har du med mobil er det lurt å ha med en powerbank, i tilfelle man går tom for batteri, sier hun.

Ressurssider:

[Fjellvettreglene med forklaringer](#)

[Lær å bruke kart og kompass](#)



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- ✓ Retirement Planning
- ✓ Life and Term Insurance



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E-mail: amlives@aol.com

Contact our FinancialBenefits Counselor:

litt humor...

Two Norwegian ladies in a nursing home decided to go "streaking" in order to relieve the daily monotony. As they paraded down the hallway in their altogether, two old codgers looked up from their wheelchairs. "What was that?" queried one of the old men. "Dunno... just a couple of women." "What were they wearing?" asked the first. "Dunno," replied the second, "but whatever it was...it sure needed ironing."



Preserving the Sámi Language

February 6 marks the celebration of Sámi National Day. This is the date when the first Sámi congress was held in 1917 in Trondheim, Norway. As part of the celebration for this special day, Gunnar Wilhelmsen, the Mayor of Tromsø, made a call to Norway's larger cities. He challenged them to "increase their use of the Sámi language on signs for public buildings." Wilhelmsen specifically called out Oslo's mayor, due to the fact that "Oslo is the only city in Norway with more Sámi than Tromsø, so the challenge goes first to Raymond Johansen."

The Sámi are an important part of Norwegian culture. Wilhelmsen wants to ensure that accommodations are being made to encourage and respect Sámi speakers in

the public sector. Fortunately, there has been a spread of Sámi language nationwide. In many parts of Northern Norway, road signs have been updated to include Sámi. It is important that these efforts to preserve and protect Sámi culture and language continue.

Ada Strikes Again

Norwegian soccer superstar, striker Ada Hegerberg, is back on the Norwegian national team after five years of self-imposed exile. Hegerberg stepped away in 2017 to bring attention to disparities between men's and women's soccer in her home country. Her concerns included unequal pay for professional athletes, fewer opportunities for girls to play soccer, and male teams getting precedence in access to quality pitches for play and practice. In immediate response to her original announcement in 2017, the Norway Football Association doubled the pay for their female athletes so they would be on par with their male counterparts.

During the last five years, Hegerberg has focused on playing for her club, the Division 1 Olympique Lyonnais, out of Lyon, France. The striker was named BBC Women's Footballer of the Year for both 2017 and 2019. In 2018 she was the first ever female recipient of the prestigious Ballon d'Or [golden ball] trophy.

In her first game back with the Norwegian National Team, Hegerberg scored a hat-trick in a match against Kosovo, netting three goals. She and her teammates are well on their way to a stellar season, with their sights on the 2022 FIFA World Cup in Qatar.



Photo Credit:
Gordon Leggett / Wikimedia Commons

Strawberry and Rye Berry Salad with Mushrooms, Goat Cheese, and Almonds



Each summer we look forward to cooking with the freshest produce, especially that grown locally or in our own backyard. This recipe features strawberries paired with grain, almonds, dill and more for a healthy & tasty summer dish. Serves 4.

Rinse the rye berries, then place in a medium saucepan with the water and bring to a boil. Lower the heat, then cover and simmer until tender, about one hour. Drain any excess water, then cool the cooked grains to room temperature and transfer to a large bowl.

In a large pan, heat olive oil over medium-high heat until it glistens. Add the

mushrooms and sauté until tender, about 5 minutes, then transfer to a bowl and set aside. Using the same pan, briefly toast the almonds over medium heat, then roughly chop.

In a small bowl, combine the vinegar and salt, then slowly whisk in the walnut oil. Pour the dressing over the cooled rye berries and toss to coat, then add the sautéed mushrooms, half of the almonds, all of the strawberries and dill, and toss gently to combine. Top with the crumbled goat cheese and the remaining almonds. Serve at room temperature.

Notes:

Rye berries are available in the bulk bin section of many groceries. Substitute another grain, such as farro or wheat berries, if you wish, adjusting cooking time as needed.

Recipe Source: Outside Oslo, Daytona Strong. <https://outside-oslo.com/summer-salad-with-strawberries-rye/>

INGREDIENTS

- 3/4 cup rye berries*
- 2 1/2 cups water
- 2 Tbsp. extra-virgin olive oil
- 8 ounces sliced fresh mushrooms
- 1 cup sliced almonds
- 2 Tbsp. sherry vinegar
- 1 tsp. kosher salt
- 3 Tbsp. roasted or regular walnut oil
- 1 cup sliced fresh strawberries (5 oz)
- 1 Tbsp. chopped fresh dill
- 4 oz fresh goat cheese (chèvre) crumbled sugar (or 1/2 tsp. vanilla extract)

“Den største forbrytelsen” (“Betrayed”) receives top rating

A Norwegian historical drama is receiving praise on film review website Rotten Tomatoes, garnering a rare 100% rating. Based on real events and Marte Michelet’s award-winning book with the same title, WW II drama “Den største forbrytelsen” ([The Greatest Crime], distributed in English as “Betrayed”) recounts the fate of the Braude family, working-class Norwegian Jews from Oslo.

Jakob Oftebro stars as boxer Charles Braude, whose tight-knit family is upended by the Nazi takeover, with the men first being imprisoned in Berg concentration camp near Tønsberg, Norway, and then forcibly deported to Auschwitz.

In director Eirik Svensson’s latest vehicle, we see that the “greatest crime”—a painful part of Norwegian history—is carried out not only through the actions of traitorous Norwegians who were part of the fascist puppet regime, but also by ordinary citizens who witness the anguish of their neighbors and do nothing.

The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.



Photo Credit: Karl Erik Brendbo/Fantefilm, via p3.no



© Sissel Kyrkjebø 2022, sisselmusic.com

Sissel Receives Humanitarian Award

In April, Sissel Kyrkjebø received the first-ever Creativity award from the Roots of Humanity Foundation for her humanitarian work and the hopeful messages in her music.

Sissel has been a UNICEF ambassador since 2005. She has received *Spellemannsprisen* (Norwegian Grammy) in both *Årets spellemann* (Artist of the Year) and *Juryens hederspris* (Lifetime Achievement) categories. She has also been knighted by Norway’s king as a Knight of the 1st Class in the Order of St. Olav.

After performing in Eurovision 1986, Sissel became a household name in Norway, known for her bell-like voice. She has recorded with the Mormon Tabernacle Choir, Plácido Domingo and performed on film soundtracks such as *Lord of the Rings* and *Titanic*.

The Seven Pillars of Humanity are conferred in the subjects of knowledge, creativity, faith, love, unity, freedom and courage. "Sissel exudes all the qualities of human ability," said Tom Holdman, artist and founding board member of the Roots of Humanity Foundation. "We could not have been happier to honor her talent as a singer."

Hurtigruten Hopes for Zero Emission Ship by 2030

The Hurtigruten Norwegian Coastal Express has operated for nearly 130 years, traveling between 34 ports, from Bergen to Kirkenes. It is a popular way for travelers to see remote Norwegian communities and beautiful fjords. Recently, the cruise company announced that by 2030, the route will feature its first zero-emissions passenger ship. As part of the initiative, Hurtigruten has partnered with a Norwegian research institute, SINTEF, to research and analyze the ship building program.

While Hurtigruten has made many strides towards sustainability in the past, Hurtigruten Group CEO, Daniel Skjeldam, called the project its “most ambitious sustainability initiative to date.” They will first start with the Norwegian Coastal Express as its route consists of frequent anchorages, making it easier to “fuel up.” Then they would like to expand the practices to their expedition ships, which travel to places like Antarctica and Alaska.

Hurtigruten plans to be very open with their findings in hopes that the rest of the industry can benefit, as well.



Photo Credit: Gordon Leggett / Wikimedia Commons



litt mer humor...

There once was a Norsk who, in a rage, flung himself upon the floor... he missed!

Sven and Ole were having a drink in the bar and Sven asked Ole, “Do you wake up grouchy?”

“No,” Ole answered, “I let her sleep.”

District Six News



Growing the Foundation

To grow the Sons of Norway Foundation, we need the support of our lodges and members, but we also need the support of our staff and volunteers.

Staff at Sons of Norway Headquarters

The Foundation has one full-time staff member at Sons of Norway Headquarters: Emily Stark, Foundation Development Director. Emily wears multiple hats and is responsible for ensuring Foundation operations are running smoothly: setting annual goals, working with the Board of Governors and Sons of Norway staff, and communicating with our members and donors. She does a little bit of everything with the help of the Fraternal team and dedicated Sons of Norway mem-

bers like Lodge and District Foundation Directors.

Lodge Foundation Directors

We encourage every lodge in our six districts to have a Foundation Director, either elected or appointed. The role of the Local Lodge Foundation Director is that of communicating to the lodge by:

Promoting Foundation benefits to members: scholarships and grants

Helping the Foundation grow financially

Lodge Foundation Directors are not asked to be a fundraiser, although some do plan fundraising events for their lodges.

District Foundation Directors

The Sons of Norway Foundation encompasses the six districts with lodges in the United States. Our Canadian districts have the Sons of Norway Foundation in Canada; Norway does not have a foundation.

In each of the six US districts with lodges in the US, there is a District Foundation Director, who is appointed by the District President. The role of the District Foundation Director is that of communication to the district leadership and Lodge Foundation Directors by:

Promoting the mission and goals of the Foundation

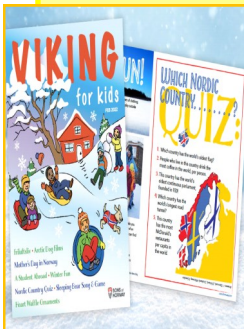
Meeting with their District Board of Directors to report about the Foundation

Having teleconference/Zoom meetings about the Foundation with the Lodge Foundation Directors and lodge leadership

Forwarding Foundation news releases to the Lodge Foundation Director

You can find more information about scholarships and grants on the Sons of Norway Foundation website,

<https://www.sofn.com/foundation/>.



Viking for Kids!

The February issue of *Viking for Kids* is now available for download. This edition features Arctic dog films, *friluftsliv*, Mother's Day in Norway, winter activities, a Nordic countries quiz, a song/game *Bjørnen Sov* (The Bear is Sleeping), and heart waffle Valentine ornaments! You'll also hear about American student Liv's visit to Oslo and Bergen.

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.



SHARE YOUR HERITAGE

Membership in Sons of Norway is FREE for Heritage members (age 15 and under). Sign up your children and grandchildren. They will receive a member welcome kit with their won member ID card. Visit https://www.sofn.com/join_or_renew for more details.

Amazing, Incredible Experiences... that's Sons of Norway Membership!

Our 2022 Recruitment Campaign is well underway. Share Nordic heritage and culture when you invite new friends to join the Sons of Norway family this year. And, remember to give prospective members your member number so you can earn a limited-edition 2022 Recruiter Pin while available!



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/>



Gratulerer med Dagen! juni

| | |
|-----------------------|----|
| <i>Hjordis Bakke</i> | 3 |
| <i>Nathan Newsom</i> | 5 |
| <i>Robert Johnson</i> | 6 |
| <i>Brad Newsom</i> | 9 |
| <i>Greta Quilty</i> | 23 |

Peer Gynt would like to express our sincere appreciation to Michael Amundsen and George Berglund for representing Peer Gynt at the District 6 convention in Arizona. We look forward to their report.

Good of the Order

We are excited to welcome Soren, our newest Heritage member, to the Peer Gynt family. Hope to see Roslyn and all the children at one of our events in 2022. I apologize for this notice being so late in making it to the newsletter. I am sure Soren has grown quite a bit since this photo.



Soren - 1 day old
9lbs, 24 in.

Gratulerer med Dagen! juli

| | |
|----------------------------|----|
| <i>Lillian Dalsboe</i> | 1 |
| <i>Jeffery Krogstad</i> | 7 |
| <i>Ester Sanford</i> | 9 |
| <i>Eleonora Nyren</i> | 11 |
| <i>Kristina DiVincente</i> | 17 |
| <i>Anson Nordby</i> | 17 |
| <i>Michael Amundsen</i> | 19 |
| <i>Else Wiger</i> | 23 |
| <i>Coda Christopherson</i> | 31 |

Peer Gynt member Esther Nygaard is recovering following a valve replacement surgery. She expressed her appreciation of your continued prayers. Bryce and Bryan have been constant in their attention and care for her. Plans are for her to move to Colorado (near Bryce and Kim) when she is fully

Syttende Mai Celebration

Nine members of Peer Gynt attended the 17th of May celebration at the Seamen's Church in San Pedro. It was a beautiful sunny day filled with speeches, singing, laughter, and plenty of food.



Barnetog



Carole and granddaughter Lucia Evangelho



John and Carole DeVries



John Aasness & Susan Newsom



Kim Evangelho
George Berglund, John Aasness & Carole DeVries

Fedrelandssang

Ja, vi elsker dette landet,
som det stiger frem
furet, værbitt 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. :||



Norway's National Anthem (vs.1)

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.:||

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



In Norway, *midtsommer* is celebrated on sankthans, the feast day of St. Johannes, June 24. Celebrations begin on its eve, sankthansaften, on June 23.

Ålesund, Norway