

NEXT MEETING:

March 2 @ 10 am at
Trinity Lutheran
Church or via ZOOM.

Mtg ID: 84167028162

Password: 684749

Coming Events:

3/2: PG Meeting

3/3: National Anthem
Day

3/10: End Daylight Sav-
ings

3/17: St. Patrick's Day

3/20: Spring Equinox
1st Day of Spring

3/27: Stoughton Danc-
ers at Nordahl Hall

3/31: Easter

4/6: Peer Gynt Meeting

4/20: Western Night

President:

Michael Amundsen
m.amundsen@att.net

Secretary:

George Berglund
310-392-5836
geberg23@outlook.com

Social Director:

John Aasness
562-822-4056
Tightlines@earthlink.net

Zone Director:

Randy Sundeen

Editor:

Susan Newsom
310-701-0274
sdnewsom61@gmail.com



**SONS of
NORWAY**

MISSION STATEMENT

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

March 2024

mar s 2024



President's Message: Michael Amundsen

It's March. In Italy, they have an expression "Marzo é pazzo," which means March is crazy. I hope that doesn't hold true or us but we do have a lot to do this upcoming meeting.

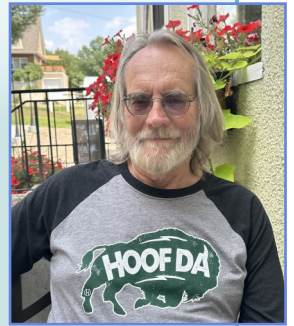
There's a District conference this summer and we need delegates to represent us. There's the trust. New officers for the association and lodge. It would be great to see you all at the meeting. And if you can't be there in person, we always have zoom capabilities. We'd be very happy to have you there.

Sincerely, this is great time to belong to this lodge. I am grateful for all of you.

See you soon.

Michael Amundsen

President, Peer Gynt Lodge, Sons of Norway.



Join us for our next meeting on March 2nd.
We meet in person at Trinity Lutheran Church
4783 W. 130th St., Hawthorne, CA. 90250
Or, join us via ZOOM. See left banner bar for info.

Social Committee: John Aasness

About thirty people attended the Torsk dinner. Susan and Terry did a great job with the meal, not just my opinion, but many others made similar comments. Carole provided the delicious cake in honor of John's 90th birthday. Brad played the piano, and we all sang happy birthday. Wishing you many more, John! Brian Boling was not able to be there, because he was not feeling well; hope you are doing better when you get this news-letter Brian! Brad played piano and Joan Johnson and her daughter sang during our social time.

Because we were low in attendance at the February meeting, the Association annual meeting was not held, so be sure to attend the next meeting on March 2nd. We will be having the Association annual meeting, which includes three officers whose terms are complete, and they must be re-elected or replaced. All Peer Gynt Lodge members are members of the Association. Lots of business to discuss at both this meeting and the regular lodge meeting.

Looking forward to seeing you at the Lodge meeting at TLC, at 10 o'clock March 2nd, followed by the Association annual meeting.

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/>

Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question! For those outside of the region, the terms often get used interchangeably. However, if you look a little closer, you will discover that they are not one and the same.

- Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sit on
- The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history
- In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities
- Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had
- The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over - the Faroe Islands, Greenland, and the Åland Islands
- Nordic countries are linked by cultural, historical, financial, and political influence on each other
- Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries
- You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity



Suksesserte med Sjokolade og Appelsin (Success Cake with Chocolate and Orange) Source: Living a Nordic Life Serves 12

Method: Preheat the oven to 160°C / 320°F. Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.

Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white,

taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring; or, simply make a ring shape from some foil and shape it around your cake to form a "wall."

To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it.

Decorate with melted chocolate and orange peel or however you like!

Ingredients:

For the base:

- 4 egg whites
- 150 g / 5.3 oz. icing sugar/ powdered sugar
- 150 g / 5.3 oz. chopped almonds, (not ground) Leave the skins on because it gives the tart its characteristic color and texture
- 1/2 tsp. baking powder
- 90 g / 3 oz. chopped chocolate or chocolate chips

For the topping:

- 100 ml / 3.5 fl. oz. double or heavy cream
- 125 g / 4 oz. sugar
- 4 egg yolks
- 150 g / 5.3 oz. butter, at room temperature
- Grated rind of 1 orange

To decorate:

- A little melted chocolate
- Thin strips of orange peel

Or use chocolate mini eggs, sprinkles or whatever you like!

Brain Discovery

Neuroscientists and Nobel Prize Winners May-Britt Moser and Edvard Moser, have made yet another exciting discovery about the human brain. Along with their team of researchers at the Norwegian University of Science and Technology (NTNU), they studied lattice cells in mice and have found an interesting phenomenon. The cells follow a pattern that repeat over and over again. The neuroscientists' main focus was on the medial entorhinal cortex, which is the part of the brain that supports episodic memory. They set up an experimental environment for the mice to study neuron activity over a given period of time. The results excited them. Edvard Moser stated, "I believe we have found one of the brain's prototypes for building sequences." The hope is that this discovery will give them a look into how the brain places memories and experiences in time order. Interpreting the findings could help them understand Alzheimer's disease, as well as inspire further research into brain functions.



Photo Credit: Geir Mogen / AFP / Getty Images

a little in English...**It's Healthy to Let Your Mind Wander**

Letting your mind wander in everyday life has an undeservedly bad reputation, a researcher has found.

Imagine that you have to work on a report the boss has ordered, but are gazing out of the window at the sun melting the dirty snow. In your mind's eye, you see the yellow crocuses at home in the garden. Have more arrived since yesterday, and maybe some tulips?

You should not feel guilty about daydreaming.

"You should give yourself plenty of gaps in the workday to let thoughts come and go completely freely," says Professor Halvor Eifring at the Faculty of Humanities at the University of Oslo. Half of our waking state

We spend almost half of our waking hours thinking about everything other than what we "must" and "should." Spontaneous thoughts make up a whopping 47 percent of our waking thought activity.

Researchers measured this by sending messages on smartphones to a number of people at random times, asking them what they are thinking about. When we let our thoughts wander freely, the brain's default mode network, or resting network, becomes more active, research from 2007 shows. Later research has shown that this part of the brain is also involved in dreams.

Shifting focus ensured survival

We are genetically predisposed to occasionally stare at the birds in the air, the antelopes by the water, the wind in the trees and the warm air on the ground on the horizon.

Humans originated from the savannah of Africa, where we depended on seeing, hearing and smelling our surroundings to survive.

"It would be dangerous if we did not regularly shift the focus from the near to possible distant dangers, such as registering a predator that was approaching," he illustrates.

Spontaneous thinking fulfills eight functions

Eifring has collected research on the topic in several fields, and found that spontaneous thoughts can fulfill at least eight different functions:

- they act as comforting thoughts
- process bad feelings
- promote creativity
- help change your perspective if you are stuck
- process and interpret memories from the past
- contribute to increased self-understanding
- stimulate empathy
- prepare you for potential new challenges in the future

litt på norsk...**Det er sunt å la tankene fly**

Å la tankene vandre i hverdagen har ufortjent dårlig rykte, mener forsker.

Tenk deg at du må jobbe på spreng med en rapport sjefen har bestilt, men gløtter ut av vinduet på solen som smelter den skitne snøen. For ditt indre blikk ser du de gule krokusene hjemme i hagen. Har det kommet flere siden i går, og kanskje noen tulipaner?

Slike dagdrømmer bør du ikke ha dårlig samvittighet for.

- Du bør gi deg selv rikelig med luker i arbeidsdagen til å la tanker komme og gå fullstendig fritt, mener professor Halvor Eifring ved Humanistisk fakultet ved Universitetet i Oslo. Halvparten av våken tilstand

Vi bruker nesten halvparten av vår våkne tid til å tenke på alt annet enn det vi «skal» og «bør». Spontane tanker utgjør hele 47 prosent av vår våkne tankevirksomhet.

Dette har forskere målt ved å sende meldinger på smarttelefon til en rekke mennesker på tilfeldige tidspunkt, med spørsmål om hva de tenker på.

Når vi lar tankene vandre fritt blir hjernens default mode network, eller hvilenettverk, mer aktivt, viser forskning fra 2007. Senere har forskning vist at denne delen av hjernen som også er involvert i drømmer.

Skifte av fokus sikret overlevelse

Vi er genetisk disponert til av og til å gløtte opp på fuglene i luften, antilopene ved vannet, vinden i trærne og den varme luften på bakken i horisonten.

Mennesker stammer fra savannen i Afrika, hvor vi var avhengige av å se, høre og lukte rundt oss for å overleve.

- Det ville være farlig om vi ikke jevnlig skiftet fokus fra det nære til mulige fjerne farer, som å registrere et rovdyr som nærmet seg, illustrerer han.

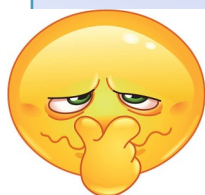
Spontan tenking fyller åtte funksjoner

Eifring har samlet forskning på temaet innen flere fagfelt, og funnet ut at spontane tanker kan fylle minst åtte ulike funksjoner:

- De kan fungere som trøstetenking
- De kan bearbeide vonde følelser
- De fremmer kreativitet
- De kan gjøre at du skifter perspektiv om du står fast
- De kan bearbeide og tolke minner fra fortiden
- De bidrar til økt selvforståelse
- De stimulerer empati, og
- De kan forberede deg på mulige nye utfordringer i fremtiden

**litt humor...**

Ole went to see Dr. Johansen, his internist. The doctor asked, "What's the problem?" "Well", said Ole, "I've been having these silent gas emissions and I just don't know what to do with it; it's causing a lot of embarrassment. Da uter night, Lena and I were playing cards with Einer and Ingrid and during da evening, I probably had six or eight of these silent gas emissions that created a little bit of a noxious odor but they were all silent; so really no problem. It happened again the uter night at dinner, so I decided to come see you. In fact, I've had 8 or 10 of these incidents while we have been talking. What can you do for me doctor?" "Well", said Dr. Johansen, "the first thing I'll do is send you to a hearing specialist!"



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.**

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



Stoughton High School's Norwegian Dancers at Nordahl Hall

Wednesday, March 27

Performances at 4PM and 7PM

Dinner at 5:30PM

Solveig Club Boutique will be open!

Come and experience the energy and enthusiasm of the Stoughton High School Norwegian Dancers from Stoughton, Wisconsin. Ten couples and four musicians will make the performance memorable. Two separate donations will be taken at the

event to cover food and to support the dancers and musicians. If you plan to attend the dinner, please RSVP at <https://nordahl-grieg.org/site/stoughton-norwegian-dancers/>. For more information contact: Meg Laycock—meg@jstubs.com; LaVinnia Pierson—lavpier@aol.com; Jeannie Thomson—jeannie352@me.com; Sheryl Hawes—Sheryl.hawes@att.net.



DISTRICT SIX CONVENTION - June 20-24, 2024

Mark the Date for the District Six Lodge Meeting and Convention!

June 20-24, 2024, Tuscany Suites and Casino, Las Vegas, NV
Hosted by Vegas Viking Lodge # 152 and the District Six Board



Folk Art and More

It's time to start working on projects for the 2024 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2024. New this year, is a 'Viking' category to go along with the Viking Vision logo/theme. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, painting, etc. or get creative with a digital program and/or the Viking theme.



Look to SONS of NORWAY for affordable insurance & great annuities.

All financial products are guaranteed with no risk!

If you need insurance assistance, contact Sons of Norway at 833-707-0012 option 2

Gratulerer med Dagen

3/8: Lisa Fuller

3/14: Jamie Christopherson

3/15: Kari Naesheim-Hanamoto

3/15: Elaine Pallisgaard

3/20: Reidun V Gann

Good of the Order

WHO ARE THESE MEMBERS? Did you recognize the members who were featured in our February newsletter? Elin, Kjersten, and Carl Kindig!

How about this month's featured member; any guesses? My hint for you... look at the eyes and that smile! Bring your guess to our March meeting. If you haven't sent in a photo, it's not too late to submit! Send to me at sdnewsom61@gmail.com

If you missed the Torsk dinner, you missed a fabulous evening! Everyone seemed to enjoy the meal of perfectly poached torsk, roasted carrots with tarragon

and orange zest, roasted garlic potatoes, and green beans with garlic and lemon zest. The highlight of our social hour was Brad newsom playing piano and singing with Joan Johnson and her daughter, Mindy. Members enjoyed a fantastic cheese board and visiting with friends, old and new. After the meal, we celebrated John DeVries' 90th birthday with lovely cakes and a round of "Happy Birthday". Eleonora Nyren also sang "Grattis på födelsedagen" (Swedish). A huge "Tusen Takk" to Terry Larsen and guest Larissa Jue for helping with set up, serving, and cleaning up. Our next Social will be Western Night on March 20th with John Aasness' scrumptious BBQ baby-back ribs, baked potatoes, and BBQ beans; a favorite event of many of our members. Make sure to SAVE THE DATE!



Seconds anyone?



Happy 90th Birthday John DeVries



John Aasness and Susan Newsom—Your hosts!

Ancient Rock Paintings Discovered in Norway



Photo Credit: Jan Magne Gjerde, NIKU

Out for a hike with his family on the outskirts of Oslo, in the municipality of Moss, Tormod Fjeld unexpectedly discovered history. The family had stopped for a snack break when something caught his attention. While many others likely would not have noticed, Tormod had a well-trained eye, since he likes to look for rock carvings in his free time. While not a carving, he noticed colors on a boulder near to where they were resting. He used an app on his phone to analyze the picture he took of the rock. It was immediately clear that there was something special about this rock and so he reached out to a friend that works in archeology. Experts from the Norwegian Institute for Cultural Heritage Research (NIKU) were soon called in and it was determined that this faint pattern on rock was in fact something that likely dates to the Bronze Age (3300 to 1200 BC). It depicts a boat with oarsmen and human and animal figures.

This is a significant discovery for many reasons. It's remarkable that they survived all this time, although a rock protrusion protected them from the brunt of the elements. Also, given the faintness of the images, the majority of people hiking in the area would likely not have given it a second glance. It's a fortunate happenstance that Fjeld was there with eagle eyes to spot this stunning discovery. This adds to an already impressive list of finds that he and two friends have made over the years and will hopefully continue making for years to come.

Sources: Norwegian Family Discovers Bronze Age Rock Paintings on a Hike (mymodernmet.com) Eagle-Eyed Hiker Spots Bronze Age Rock Paintings in Norway | Smart News | Smithsonian Magazine

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

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. :||

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. :||

PHOTOS FROM 2023 OLDFJELL



NOTE! →

CAMP OLDFJELL

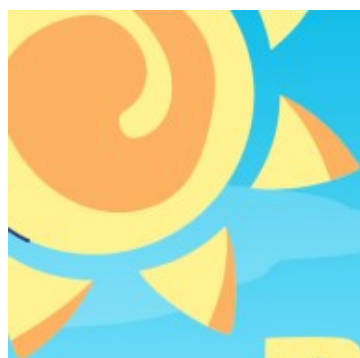


2024

Saturday, September 21
to
Tuesday, September 24

**SAVE
the DATE**

Visit sofn6.org for the latest information.



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





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** and 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