

## NEXT MEETING:

Nov. 5th @ 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:

11/6: End Daylight  
Savings - Time Change

11/11: Veteran's Day

11/12: Meatball Dinner

11/24: Thanksgiving

12/17: Christmas Party

12/25: Christmas

### **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**  
**310-644-7440**  
**sdnewsom61@gmail.com**



## **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

## November 2022

november 2022



### **President's Message: Michael Amundsen**

November with the prez—This month as you know is Thanksgiving. And as usual we have many things to be grateful in our lives and family and our blessings. I do not hardly ever mention this but I do have one English family line. It's on my Danish/ American mother's side. Her mor mor to be exact, Minnie Snow. And that line goes back to the pilgrims who came over on the Mayflower. And since it was those passengers who gave us the first

Thanksgiving, let me share some facts not often spoken of.

The Mayflower carried 102 passengers and the trip took a little over two months. The ship was 80' long and 24' wide. Less than half of the pilgrims survived that first winter at Plymouth. Without the help of the local tribes, they would have all probably perished. They celebrated their first harvest in the new world with a three day feast. That original celebration probably took place between the end of September and the middle of November. The pilgrims were outnumbered two to one by the local tribes. That became Thanksgiving Day.

My ancestor, Priscilla Mullins, was 19. She had lost her entire family during that first winter. Her husband, John Alden, had crossed alone and was in his mid-twenties. They married in the New World.

We all descended from immigrants who bravely left behind their old lives for the hope of something better here. Their sacrifices and successes in coming to this new world give us much to be thankful for.

Don't forget to attend our business meeting in person or on Zoom on November 7 at 1 PM. I look forward to seeing you there.

Michael Amundsen



**Join us for our next meeting on November 5th**  
**We meet in person at Trinity Lutheran Church, Hawthorne**  
**4783 W. 130th St., Hawthorne 90250**  
**Or, join us via ZOOM. See left banner bar for dial in information**

### **Social Committee: John Aasness**

The Peer Gynt 110th Anniversary was attended by 22 members and 2 guests, who enjoyed a delicious meal at the Marmalade Café, at the Farmers Market on Third Street. President Michael welcomed all, and the fellowship that followed filled the room. Some of the people were able to enjoy some of the events that were taking place outdoors. [One of the events mentioned was the pig races] There were many Halloween decorations and an old car and farm tractor. I have lived in L.A. over 70 years, and had never been to the Farmers Market. What I saw was proof it is a fun place!

Thanks to Susan, who after 2 weeks of searching and telephoning, was able to come up with this great venue! Some lingering effects of Covid are that it is still hard to find a place that will accommodate that large a group. Thanks again Susan and all who helped with the set-up. (Cont. on pag 2)



**PEER GYNT WEBSITE: [www.sonsofnorway-westla.com](http://www.sonsofnorway-westla.com)**  
**Remember to "LIKE" us on Facebook**

## Social Committee: (cont.)

Our next meeting will be on November 5th, at 10:00 am, at TLC. As President Michael informed us at the Anniversary Dinner, we have a lot of business to handle.

The next dinner will be the Meatball Dinner on November 12th, at TLC, at 5:00 pm. Cost is \$10 for adults and kids \$5. Note: change from the third Saturday to the Second Saturday. Please RSVP to Susan @ 310-701-0274 or John @ 562-822-4056 by November 10th. Hope to see you there! Brian will be there to play for us.

John

### a little in English...

#### Lutefisk Season Begins: The History of Lutefisk

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating *tørrfisk* (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and gy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.



### litt på norsk...

#### Lutefisksesongen starter: Her er lutefiskens historie

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsatt, selv av konger!

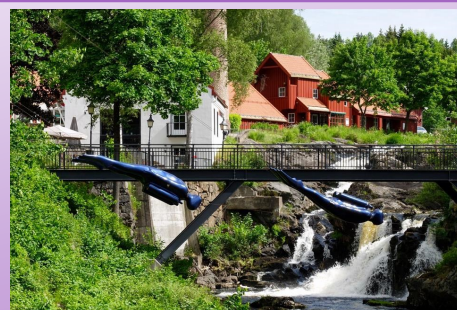
Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og ener-gisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøye, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot sitt til at retten i det hele passer bedre til fest enn til hverdags.

## Bærums Verk – Haunted by History

In the western suburbs of Oslo, the historic village of Bærums Verk straddles the cascading Loma River. Many buildings here date back to the iron works which were established here in 1640. Throughout the centuries, its dedicated workforce has manufactured everything from salad forks to lighthouses. Today, the site has been reimagined as a center for arts and crafts, with over 50 shops and galleries. About 80,000 people live and work here, but at least two of the town's most dedicated workers aren't alive at all, giving Bærums Verk the reputation as the most haunted village in Norway.





## Top 5 Places to Go in Norway

When you are on a road trip, rest stops are of vital importance. Many of the public toilets dotted along Norway's stunning 18 Scenic Routes are designed to reflect the natural beauty around them. Here are just a few, as ranked by the website [upnorway.com](http://upnorway.com):

**#5: Selvika** - This concrete wonder sweeps near the Selvika beach on the Havøysund route up north in Finnmark. Visitors climb a ramp which snakes around in sharp turns, providing views in all directions of its stunning setting.

**#4: Bukkekjerka** - It is easy to miss this mirror-covered rest stop, located on the Andøya Route, which explores the rugged beaches of northwestern Finnmark.

**#3 Allmannajuvet** - The toilets here are part of the Zinc Mine museum and resemble a short fire tower perched precariously on the side of a cliff. You can visit them as you drive the Scenic Route Ryfylke, which can be found in Rogaland county.

**#2. Eggum** - The exterior of this rest stop on the Lofoten Scenic Route resembles a neolithic amphitheater and was fashioned from a disused quarry.

**#1. Ureddplassen** - Praised as the world's most beautiful toilet, Ureddplassen is on Scenic Route Helgelandskysten, which crosses the Arctic Circle.

Learn more about these stunning rest stops and others at Norway's Top 10 Most Unusual Toilets on [upnorway.com](http://upnorway.com).



Photo Credit: Cathrine Dokken - Norsk Rakfisk Festival

## Rakfisk: Fermented Trout Draws a Crowd

One would think a fermented fish would not draw too much attention as it sounds like something of an acquired taste. Right? Wrong! Norway is yet again testing our assumptions as fermented trout, known as rakfisk, entices quite the crowd to the city of Fagernes.

For the past 30 years, Fagernes has held the "Norsk Rakfisk Festival," drawing more than 25,000 people each year. The festival celebrates food traditions and features local products/handmade items. Of course, one of the main events at the festival is the rakfisk competition where a panel of judges assess the taste, smell, and texture of rakfisk brought by several rakfisk producers.

This year will surely be an exciting one as it is the 30th anniversary of the festival; the celebration goes from November 3rd to 5th. To feel like part of the festival from afar, pair some fermented fish with lefse, sour cream, and onion. You may not draw quite the crowd as does Fagernes, but you will have experienced yet another Norwegian food tradition.



Credit: FoodNorway; foodnorway.com

## Norwegian Potato Dumplings (Raspeball)

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.

### Directions:

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.
2. Add the barley flour and 1 teaspoon of the salt and mix.
3. Put on large saucepan of water to boil and add 1 teaspoon salt.
4. Form a round ball by using a tablespoon and your hand.

5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.
6. Serve the dumplings immediately.

### Ingredients:

- 2 1/4 lb. shredded raw potatoes
- Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
- 1 1/4 cup barley flour
- 2 tsp. salt

## Happy Father's Day! Wait...What?

No, you didn't enter a time warp. We're talking about Norwegian Father's Day! It's celebrated every year on the second Sunday in November.

Originally in the 1930's, Norway celebrated in June like the United States. However, in 1949, the government changed the date to early November. This was done purely for economic reasons: it boosted sagging sales in shops in the runup to the Christmas shopping season. Other neighboring countries followed suit. Estonia, Finland, Iceland, and Sweden also celebrate their fathers on the same day.

So how can you celebrate your father, Norwegian-style? With gifts, of course! Common presents in Norway include hand-knitted items, coffee mugs, socks, ties, and gloves. Traditionally gifts are not extravagant, but rather are subtle tributes to a cherished parent. You can also make the day all about dad by making him breakfast in bed, or any favorite meal. Special desserts are of course always a favorite!

November 13th is coming up. Don't forget to wish your father a God Farsdag!





## District Six News

### Foundation Update

High school seniors and current college students- it's time to start thinking about 2023! If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

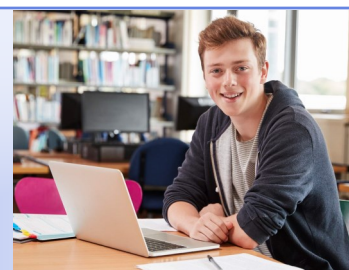
Go to the Sons of Norway Foundation website at <https://www.sofn.com/foundation/scholarships/>

to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

Here are a few suggestions for your scholarship application:

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.
2. Make a list of all the application requirements and check them off when completed. Then, double-check before submitting to be sure that it is complete.
3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.
4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you've done research beyond a simple Google search.
5. Emphasize your involvement in community or school volunteer work.

We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!



### Viking for Kids!

The August issue of *Viking for Kids* is available for download at [https://www.sofn.com/member\\_benefits/viking-for-kids/](https://www.sofn.com/member_benefits/viking-for-kids/)

This edition features articles on summer sports enjoyed in Norway and foraging fun tips. Learn a Norwegian song, "Sommer Kommer" (Summer's Coming) and have fun with crafts, coloring and puzzles! *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](mailto: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](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!



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### litt humor...

Lena contacted the Peer Gynt Sunshine person to ask for prayers for Ole. "He has developed Old-timers Disease, something like 'Furniture Disease'... that's when your chest falls down into your drawers."



## Gratulerer med Dagen! november

Wayne Nelson	7
Roslyn Ross	10
Wanda Henderson	14
Cynthia Olsen	15
Terry Larsen	20

## Good of the Order

Magna Takk to everyone who came to the 111th Anniversary celebration at Marmalade Café. Yes, that's right, it was advertised as our 110th; but, actually, it was our 111th! What a wonderful day with friends and good food. Hope many more will be able to join us for the meatball dinner on November 12th - another opportunity to gather together to share stories and a wonderful meal!

An idea that was shared during our anniversary luncheon was to have members submit a photo of themselves as a baby or young child. I will publish photos in the next monthly newsletter as they are received. At the business meeting following publication, members will try to guess whose photo it is.

Send photos to Susan at [sdnewosm61@gmail.com](mailto:sdnewosm61@gmail.com)



Remember the time  
change on November 6th

## TAKKSIGELSE - A NORWEGIAN THANKSGIVING

KAOUQNVSDDOYVLIYQARW  
DPBBDPJTHYSFRQZYEGJF  
KWAYAMGSYSZHVQJGGME  
UIQWEEVQPCDDTYRKIAOH  
KJHUIQRHZMOJHQZCOJPY  
KENPSZQZØBWLXADKUNMY  
LTDRYSCPTSPLEGRESSKAR  
WYYSSSBUACTVXVWBKSJB  
AOSJZADEWKKTNPFENRPG  
CRTJBUZLPUKXAYAPZPNF  
SSKBWSFYOAQNNKJIQSMH  
EIAEVXAFIKYVEQKJSZYU  
YSLJGWMBBVFPTMZEUPFD  
VSUWWMICSJTLRLLA FNZF  
BNCCVOLWOWBFAHRIPEXL  
YNODEWITWCLUNLMYGVSJ  
HXKPYIERWLVEOWEKVOT  
ITAKKSIGELSEBFXYZLAT  
HSEO EZHKFZODÆDGYUXQT  
ZGCEXKTADYVJRWCAXTLQ

## THANKSGIVING WORD SEARCH

Find the following Norwegian words:

**FAMILIE** (Family)  
**GRESSKAR** (Pumpkin)  
**HØSTTAKKEFEST** (Autumn Thanksgiving)  
**PAI** (Pie)  
**SAUS** (Gravy)  
**TAKKNEMLIG** (Grateful/Thankful)  
**TAKKSIGELSE** (Thanksgiving)  
**TRANE BÆR** (Cranberries)  
**TYRKIA** (Turkey)

### Resource Links:

- Peer Gynt Website: [www.sonsofnorway-westla.com](http://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/>



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](http://www.sonsofnorway-westla.com)

Remember to “LIKE” us on Facebook

## **Peer Gynt Lodge Meatball Dinner November 12, 2022**

**Social Time: 5:00 P.M.**

**Dinner: 6:00 P.M.**

**Cost: \$10 (kids \$5)**

**Trinity Lutheran Church—Hawthorne**

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

**RSVP: John (562)822-4056   [tightlines@earthlink.net](mailto:tightlines@earthlink.net) or  
Susan (310)701- 0274   [sdnewsom61@gmail.com](mailto:sdnewsom61@gmail.com)**