

NEXT BUSINESS MTG:

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

Mtg ID: 84167028162

Password: 684749

Coming Events:

**11/2: Swedish Jazz @
Trinity 5pm:Tomas
Janzon**

**11/3: Daylight Savings
Time Ends**

**11/10: Father's Day in
Norway—Farsdag**

11/11: Veteran's Day

**11/12: Vesterheim
Presentation-See pg. 7**

11/28: Thanksgiving

**12/12: Saint Lucia Cel-
ebration of Song &
Lights 6PM @ TLC**

**12/14:PG Christmas
Party**

President:

**Michael Amundsen
m.amundsen@att.net**

Secretary:

**Bob Johnson
310-951-7521
catiwiwa@gmail.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 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 2024

november 2024



President's Message: Michael Amundsen

I love the holiday season. My favorite time of years. Everything, except for my birthday, seems bland and boring. Except as I get older, my birthday hasn't been all that inspiring either.

Still, Thanksgiving is a wonderful time. Time to be with family and spend more time than we have cooking food. Unless you are fortunate to have children who have taken over the cooking chores .

But most important of all, it is time to remember our many blessings. And find the time to be grateful for what we have.

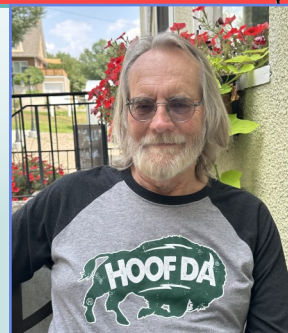
When my father died many years ago, a club he was active in wrote an obituary in their newsletter to honor him. In that obituary, the writer remembered my father for his ability to express gratitude. He said that Dad, upon the receipt of any gift no matter how small or large, was able to make the giver feel like a giant of generosity.

Gratitude is one the best of all human traits. Although I have not always been that great at expressing it, I try to remember my father's example. And this time of year is an especially good time to express our gratitude and remember what we owe to God and our loved ones.

Marco Chu, our Merrill Lynch rep, will be visiting us in person after the business meeting on November 2. We have much to discuss with him as well as much to learn. So let's take advantage of his generosity in appearing in person at the lodge.

Much gratitude to you all this Thanksgiving season. We could not be luckier than to have the members we have in this lodge.

Michael Amundsen, President, Peer Gynt Lodge



Join us for our next meeting on November 5th,

Trinity Lutheran Church

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

Or, join us via ZOOM.

See left banner bar for details.

Social Committee: John Aasness

Our 113th Anniversary was a gala event, with music by Brian and Troy, a wonderful meal, great fellowship, and many receiving their pins for years of membership.

Hjordis Bakke for 60 years and John and Carole DeVries for 45 years were the old timers! I think everyone had an enjoyable evening. Thank you to all who helped make this an evening to remember. Especially those who worked in the kitchen preparing the meal, serving and cleaning up. A great turn out as 38 meals were served, and thanks to Susan and Terry for planning the event!

Our next meeting will be a business meeting at TLC on November 2nd at 10:00. Plan to be there as we will be making plans for our Christmas event, December 14th at TLC. Hope to see you at the business meeting!

Health Benefits of Gratitude -

According to Norsk Helseinformatikk, Norway's largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.

49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started.

What are some ways to promote gratitude? Here are a few ideas:

Write down or talk about what you are grateful for, once or twice a week

Practice gratitude by setting aside a few minutes every day to think over what makes you grateful

Tell someone how you appreciate them or their work

Concentrate on the good things that happen and see if your well-being increases



Ingredients:

- | | |
|---|---|
| • 1 1/2 C (5 oz) fresh cranberries | • 1/2 tsp. ground cinnamon |
| • 1/2 C plus 1/3 C granulated sugar, plus more for sprinkling | • 1/2 tsp. ground cardamom |
| • 1 Tbsp. water | • 1/4 tsp. salt |
| • 1 egg white | Pâte Sucrée (Sweet Crust) Ingredients |
| • 8 oz. lingonberry jam | • 1 1/4 C all-purpose flour |
| • 10 Tbsp. unsalted butter room temperature | • 4 1/2 tsp. granulated sugar |
| • 3 large eggs | • 1/4 tsp. salt |
| • 1/2 tsp. pure vanilla extract | • 1 stick cold unsalted butter, cut into small pieces |
| • 6 oz. or about 1 1/4 C slivered almonds | • 1 large egg yolk |
| | • 2 Tbsp. ice water |



Lingonberry Cardamom Tart Author: Barret Bridenhagen of [Dirty Laundry Kitchen](https://www.dirtylaundrykitchen.com)

This tart is as beautiful as it is rich, tart, sweet, spicy, savory and delicious, which will soon make it a family favorite.

Prep time: 1 day, 1 hour 30 minutes; Cook time: 1 hour 25 minutes

Instructions:

Make the pâte sucrée crust: Pulse flour, sugar, and salt in a food processor until combined. Add butter, and process until mixture resembles coarse meal, about 10 seconds, or use a pastry blender or two knives to combine. Lightly beat egg yolk with ice water. With processor running, add yolk mixture in a slow, steady stream through the feed tube and process until dough just holds together (no longer than 30 seconds). Turn out onto a work surface and shape into a disc. Wrap in plastic and refrigerate for at least 1 hour (or up to 2 days).

Put fresh cranberries, 1/3 cup sugar, and the water into a saucepan over medium heat and cook. Stir to dissolve sugar, until cranberries have just softened. 3-5 minutes. Remove from heat and cool completely.

On a lightly floured work surface, roll out pâte sucrée dough to a 12-inch circle, 1/8 to 1/4 inch thick. Transfer to an 8-by-2-inch springform pan, pressing crust into bottom and up sides. Trim excess flush with rim. Refrigerate 30 minutes.

Preheat oven to 350° F. Prick tart crust all over with a fork. Line dough with a round of parchment paper and fill with pie weights (or dried beans). Bake 10 minutes. Beat egg white. Remove weights and parchment and brush crust lightly with egg. Return to oven and bake until pale golden (25 minutes). Reserve remaining egg white. Let crust cool in pan on a wire rack for 10 minutes. Raise oven temperature to 375° F.

Spread jam over bottom of tart crust. Beat butter and remaining 1/2 cup sugar with a mixer on medium-high speed until pale and fluffy (3 minutes). Add eggs, 1 at a time, beating well in between. Beat in vanilla. Reduce speed to medium. Slowly add ground almonds, cinnamon, and salt and beat until just combined. Spread mixture over jam-covered crust.

Bake tart until filling is set and has darkened slightly (45+ minutes. If top darkens too quickly, cover loosely with foil).

Remove tart from oven, brush top with remaining egg white and sprinkle with sugar. Return to oven and bake for 5 minutes more. Let cool on a wire rack for 15 minutes.

To serve, remove from pan and top with [candied cranberries](#). Slice. Add a dollop of crème fraîche to bring it to the next level. And who wouldn't want to do that?

Notes: It's easy to spread this recipe out over a couple of days. Make a day ahead if you like. Store on the counter, wrapped. Serve warm or at room temperature.

a little in English...**Want to get fitter? Take the stairs**

A new report shows that in general, Norwegians have gotten fitter. At the same time, many people could be more active in their everyday life.

The Norwegian Sports Academy (NHI) has examined Norwegians' physical fitness. They say Norwegians as a rule are in slightly better shape than previously. Their research shows that the Norwegian people's oxygen uptake is good.

At the same time, the fittest have become even fitter. The fittest in 2024 are in slightly better physical shape than in 2008.

But some are also in bad shape. Between 30 and 40 per cent of the participants in the survey had poor absorption of oxygen.

The upside is that not much is needed to improve their physical condition. They can take the stairs in everyday life or walk to the store. Even simple activities can promote physical fitness, according to NHI.

Many of us are not very active in everyday life, a survey from the university showed last year. The Norwegian Directorate of Health recommends that all adults and the elderly exercise for at least 2.5 to 5 hours during the week. This means 20 to 40 minutes every day. That's what Helsenorge (the National Online Health Services in Norway) writes. They also say that a sedentary lifestyle is bad for health.

***litt på norsk...*****Bli litt sprekere? Velg trappa**

Generelt er nordmenn blitt litt sprekere. Det viser en ny rapport. Samtidig kan mange være mer aktive i hverdagen.

Norges idrettshøyskole (NHI) har undersøkt nordmenns fysiske form. De sier nordmenn generelt er i litt bedre form enn før. Deres undersøkelse viser at oksygenopptaket er godt hos det norske folk.

Samtidig er de sprekeste blitt enda sprekere. De sprekeste i 2024 er i litt bedre fysisk form enn i 2008.

Men også noen ligger dårlig an. Av deltakerne i undersøkelsen hadde mellom 30 og 40 prosent et dårlig opptak av oksygen.

Det positive er at lite skal til for å bedre deres fysiske form. De kan gå i trapper i hverdagen eller gå til

butikken. Selv enkle aktiviteter kan gjøre mye for den fysiske formen, ifølge NHI.

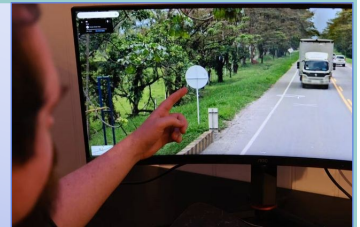
Mange av oss er for lite aktive i hverdagen, viste en undersøkelse fra høyskolen i fjor. Helsedirektoratet anbefaler alle voksne og eldre å røre på seg i minst 2,5 til 5 timer i løpet av uken. Dette vil si 20 til 40 minutter hver dag. Det skriver Helsenorge. De sier og at mye stillesitting er dårlig for helsen.

World's Best at Geoguessr

There is an online game that has grown in popularity in recent years. The concept of the game is simple, but the execution is quite difficult for most. The game is called Geoguessr and the objection is to guess the location from a Google Street View image you are given. Keep in mind that the images can be from all over the world and often times there are very few clues to go off.

A player in Trondheim, Norway, Håvard Vesterheim, has solidified himself as one of the world's best at the game. He has learned an incredible amount about various parts of the globe, as is evident by the 400-page document he created on Nigeria's Google Street Views or his extensive knowledge of a location in Botswana based on where Venus is in the sky.

It's sleuthing skills like this that have made him so successful at such a challenging game. Vesterheim believes the game intrigues many because of its real-world applications. The more you play, the more you learn about the world around us.

**Cranberries vs. Lingonberries**

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be "cranberry." But if you've recently had lunch at IKEA, you might default to answering "lingonberry." Are there differences, and if so, what are they?

Let's start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.

***litt humor...***

Ole and Lena decided to make a duck for Thanksgiving dinner so Ole and Sven went hunting. They spent all day with no success. Sven turned to Ole and asked, "Do ya tink we aren't trowing da dog high enough?"



District Six News



Camp Norge is nestled in the mountains in Alta, California. The facility consists of 46 acres in a forested setting with a spectacular natural meadow. The camp is open to all Sons of Norway members for day-use, overnight stays, and special events.

Camp Norge is one of the many treasures we have as a District 6, Sons of Norway lodge. Check out their website at campnorge.com to see the many events and offerings.



Are You Covered?

Life moves fast. Now is the time to re-view your life insurance plan to ensure you and your loved ones are covered. Reach out to your Sons of Norway Insurance Professional today or visit www.sofn.com.

MEMBERSHIP NEWS

Does your Norwegian heritage make your heart happy?

Then share it! Invite a friend to join! Please pass along your member number when you invite a prospective member to join. That way our lodge gets a new member and YOU get the recognition you deserve.

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 at fraternal@sofn.com.

Membership Dues

A reminder to keep your dues current so you don't miss out on the many benefits of membership!

Grant and scholarship applications open October 1

It's time once again to open the applications for grants and scholarships. As of October 1, you will be able to apply for the grants and/or scholarships that the Sons of Norway Foundation offers. You can visit the "Foundation" tab of sofn.com to learn more.

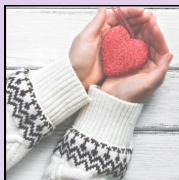
The Foundation's grant program is a great way to add programming to your lodge's lineup or secure funding for an update or a repair to your lodge or meeting space.

The **Together We Are the Future** campaign returns October 1 through January 15. This special annual fundraising campaign has raised over \$615,000 to bring grants and scholarships to life. *Thank you* in advance for your support! Visit sofn.com/foundation to learn more.

SONS OF NORWAY FOUNDATION

Faithful to Our Mission and Members: At the Sons of Norway Foundation, we are driven by a sense of purpose: to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. Since 1966, staying true to this purpose, we have been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

A donation to the Sons of Norway Foundation, a **501(c)(3) organization**, is a contribution to the positive impact we make through community, youth, educational, and cultural projects.



Core Values:

1. Building Nordic culture and heritage for the future
2. Committing to life-long learning and service
3. Demonstrating compassion for our members in need
4. Sustaining the link to contemporary Norway
5. Fostering a community of generosity

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/>

Let's Plan for the Future

As a CERTIFIED FINANCIAL PLANNER™ I work with Sons of Norway members to help plan for the important things in life.

Call me for a free consultation.

Fred Hymans, CFP®
Financial Benefits Counselor
(916) 333-2086
fred@EFSplanning.com
CA Ins. Lic.#0D55562



SONS of NORWAY



Peer Gynt has been without a SofN Financial Benefits Counselor since the retirement Pat Kelly. We are grateful to Fred Hymans for offering to assist our members with planning their financial future in this capacity. Please reach out as needed. Thank you Fred!



**Gratulerer
med Dagen**

november

11/10: Roslyn Ross

11/15: Cynthia Olsen

11/20: Terry Larsen

Good of the Order

What Are Our Members Up To?

What are some of your hobbies or interests? Your Peer Gynt family would love to hear about it! Your Peer Gynt Family would like to hear about your hobbies and accomplishments. Please submit information and photos to sdnewsom61@gmail.com.

Mange Takk

to everyone who helped to make the **113th Anniversary Dinner** a success. Troy Evangelho provided music on his guitar and Brian Bolling once again entertained us with his accordion music. Robert "Bob" Johnson made delicious flan for our dessert. Terry Larsen, Robert Johnson, and PG Friend Larissa Jue helped with set up and prepping of the vegetables. A personal thank you to my husband Brad, my son Nathan, and daughter-in-law, Lindsey for helping with the cooking. So glad we had a good turn out!

MEMBERSHIP PINS - 8 members receiving pins attended the anniversary dinner. Two members(*) received a pin earned in a previous year.

5 years

Angelica Valladores

Claudia Villatoro

Kimberly Evangelho

15 years

Sarah Aasness

Terry Larsen

25 years

Bernard Grundman

35 years

Jane Kindig

Norm Kindig*

45 years

Joan Johnson

John DeVries

Carole DeVries

50 years

Lisa Fuller

55 years

Ed Tilton

Solveig Jerstad

60 years

Hjordis Bakke*



Secretary Robert Johnson (center) presented membership pins to members: L to R: John DeVries, Carole DeVries, Terry Larsen, Norm Kindig(back), Hjordis Bakke, Jane Kindig, Kim Evangelho, and Joan Johnson (seated)



Troy, Takk for sharing your talent with us!



A wide selection of roasted vegetables complemented a flavorful pork tenderloin for this year's dinner



Visste du det...?

Did You Know...?

Høsttakkefest (Harvest Thanksgiving Feast) is the Norwegian equivalent of thanksgiving. This celebration reflects both religious and secular traditions and is a service of thanksgiving for the year's harvest.



Amaya and Lucia Evangelho show off their Heritage Barbies. They received the doll for submitting a video answering the question, "What does your Norwegian heritage mean to you?"

TIME CHANGE SUNDAY, 11/3 Don't forget to set your clocks back one hour! Enjoy that extra hour of sleep or take advantage of an extra hour to do something healthy; take a walk, read a book, or write a letter to a friend!



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, 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. :||

Two New Vesterheim Museum Presentation for District Six

District Six has arranged for two additional live Zoom presentations from the Vesterheim Museum. The first on November 12, 2024, and the second sometime in February or March of 2025, the specific date to be set soon.

You may join these Zoom presentations from your home via computer or smart phone, invite a group of friends for a watch party, or organize a watch party at your Lodge. We are limited by the number of connections (computers), not the number of viewers, so watch parties will allow more participants. If you are not able to attend to live presentation, recording will be made available.

Presentation #1

Topic: *Sacred Symbols: The Folk Art of Norway*

Date: November 12, 2024, at 6:00 pm Pacific / 7:00pm Mountain / 8:00 pm Central Time

Speaker: Laurann Gilbertson, Chief Curator

Program Description: Learn about the many symbols that have come down from ancient times and how they were used in Norway in the nineteenth century. Many of the symbols, used on textiles, wood, horn, and other materials, fall into one of the following functions: good luck, fertility, protection, and linking the human and spiritual worlds.

Request Zoom link here: <https://sofn6.org/vesterheim-sacred-symbols/>



Presentation #2

Topic: *In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States.*

Date: February or March 2025 – watch for announcement.

Speaker: Jennifer Kovarik, Collection Manager

Program Description: Between 1825 and 1980, nearly one million Norwegians left for new lives in America. Consider the reasons for leaving, what they brought, and where they settled. Explore the immigrant experience through stories associated with artifacts in Vesterheim's collection.

Request Zoom link here: <https://sofn6.org/vesterheim-trunks-hands-hearts/>





NORWEGIAN BARBIE

Peer Gynt Lodge is offering 1995 vintage Mattel Norwegian Barbies FREE to any child 12 and under in Zone 5 who sends us a short video that answers the question: "I love my Norwegian heritage beause .."

Videos should be around 30 seconds. Post them on youtube or vimeo, and send a link with entrant's name and address to Michael Amundsen (lodge president, Peer Gynt) Or send the file via WeTransfer or Google Docs. Michael's email is m.amundsen@att.net. Use the subject "I love my Norwegian heritage"

Offer is good while supplies last. One per entry. Entries remain the property of the entrant.

Questions? Ask Michael at the above email. Or anyone else in Peer Gynt.



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