

NEXT BUSINESS MTG:

Sept 7 @ 10 am at
Trinity Lutheran
Church or via ZOOM.

Mtg ID: 84167028162

Password: 684749

Coming Events:

9/2: Labor Day

9/7: PG Business Mtg

9/7: PG Association Mtg

9/8: National Grand-
parent's Day

9/20-24: Camp Oldfjell

9/28: Meatball Dinner

9/28-29: Rosemaling
Seminar @ Camp Norge

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Peer Gynt News

September 2024

September 2024



President's Message: Michael Amundsen

It's a beautiful day here. And with September, we start the transition into another season.

I do hope it was a wonderful Summer for all of you. For me, it seems to have gone by quickly. And soon I will be into below zero weather. So count your blessings. Our Sons of Norway neighbor to the north, Norrona Lodge 6-50, is having their 80th anniversary in just a few weeks.

It's to be held on September 14 at 4:30 at their building at 14312 Friar St. in Van Nuys. And we are all invited. I wish I was in the neighborhood in order to take them up on their generosity. We have a strong tradition of supporting each other when our respective lodge have their anniversaries. It is always a good time. And a special occasion.

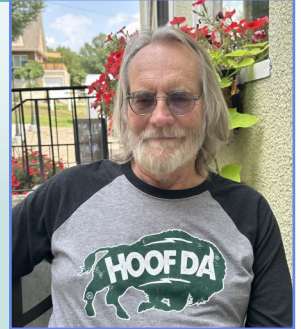
There will be dinner and a musical program. \$15 for adults. 12 and under free. Rsvp to Charlotte Olson at (818) 399-4148.

Our Barbie Giveaway has some excellent entries. But we still have Norwegian Barbies ready to be adopted into new homes. If you know any child young enough to appreciate the now discontinued Norwegian Barbies, all they have to do is create a short video in which they express their pride for Norwegian heritage and email it to me.

I hope to see many of you at the meeting. It is always a warm and friendly affair.

Har det bra.

Michael Amundsen, President, Peer Gynt Lodge



**PLEASE JOIN US FOR OUR ANNUAL MEATBALL
DINNER ON SEPT. 28th. SEE BACK COVER FOR DETAILS**

**Join us for our next meeting on Sept 7th,
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 details.**



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.*

Social Committee: John Aasness

Our Meatball Dinner, usually held in November, will be **September 28th** this year to try and avoid so much activity before Christmas. I think this will turn out to be a good change. Looking forward to this dinner, as it seems like ages since our last dinner! The last function was the picnic in July, and I think everyone who attended had a great time, and terrific food was enjoyed by all!

The next business meeting will be on September 7th. at 10:00, at TLC. As usual, there will be lots of business to be handled, so plan to be here! The Association quarterly meeting which was not held last month, will be held also, so plan to be here for both meetings!

Hope to see more people getting involved in our meetings, and in the dinners! Cost of the dinner will be \$10. Children 12 and under are \$5. RSVP for the meatball dinner - John 562-822-4056 or Susan 310-701-0274 / sdnewsom61@gmail.com

Viking Sword Unearthed in Rogaland

A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Lovra, was clearing his farm, he came across a 1,000-year-old Viking sword. The discovery was particularly surprising, as the field he and his son were preparing to sow new grass on hadn't been ploughed for many years. Mr. Lovra says that they were picking stones and explains: "I spotted an iron object that I was about to throw, but just as I was about to throw it, I discovered that it was a sword."



The sword was examined by archeologists who were able to take x-rays which revealed inscriptions on the blade. The inscriptions led them to believe the sword could be a Ulfberht sword, which were made between 900 and 1050 AD. The sword was covered in clay, which helped preserve it from rusting away.

Around three to four thousand swords from the Viking Age have been uncovered in Europe. Of these, only 45 with inscriptions have been unearthed in Norway making this an exciting, rare find.

Source:

<https://www.independent.co.uk/news/science/archaeology/viking-sword-discovered-norway-farmer-b2556863.html>

Mushroom Lamb Stroganoff

The last Thursday in September is a celebration of Fårikal, the beloved national dish made with lamb (or mutton) and cabbage. Other seasonal flavors in the fall include root vegetables and mushrooms. This recipe is a combination of both delicious things. **Serves 2-3**

Directions:

Cube the lamb, crush the garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb. If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through. Add the mushrooms at the very end, as they need minimal cooking.

Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm. Stir the flour into the pan juices, stirring to pick up any bits sticking to the bottom of the pan. Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock. Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps. Return to heat and stir to get a smooth sauce. (If the sauce is too thick, add a little milk to thin it.)

Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.

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Source: <https://www.cooksister.com/2007/11/if-life-gives-y.html>



anne Horak – <https://www.cooksister.com/2007/11/if-life-gives-y.html>

Ingredients:

- Leftover roast lamb – about 2 C, cubed (or 400 grams raw lamb, cubed)
- 12 chestnut mushrooms
- 1 medium onion
- 1 clove garlic
- 100 ml cream
- 25 g butter
- 2 Tbsp. flour
- Splash of sherry (optional)
- 1/4 tsp. paprika
- 1/2 tsp. dried rosemary
- 1 cup lamb stock
- salt & pepper to taste

Folk High Schools

Scattered across Norway are *folkehøgskoler*, or folk high schools. Despite the name, these schools are usually for students 18 and older and function much like a college or university, where students live on-site and with each other from August to May. While most students are around 18-25 years old, these schools don't have an upper age limit, making them an option for lifelong learners of any age. The 85 folk high schools vary in size, worldview, and study focus with a wide variety of subjects to focus on.

One thing all the schools have in common is their teaching philosophy. Unlike traditional schools, folk high schools don't have grades and exams in the structure. Instead, the approach they take to learning is immersive. Teaching is conversation-based, experience-based, and participant-driven. Because the students are 18 or older, they are viewed as adults and treated as responsible individuals who will learn the most based on their desire to do so, not because they have to.

Folkehøgskoler attract students from both nearby Nordic countries and international students from afar. Many of the schools offer Norwegian courses for those who are new to the language and the immersive nature of the program reinforces those language skills over time. These schools are a great option to experience the culture of Norway.

To hear more about this experience first-hand, follow Liv's story in [Viking for Kids](#).

The Sons of Norway Foundation offers the Helen Tronvold Scholarship for 17- to 25-year-olds attending folk high school and the Douglas Warne – Rolf & Wenche Eng Scholarship that can be used to study in Norway at any age.

Source: <https://www.folkehogskole.no/en/about>



[Sagatun folkehøyskole](#), den første

a little in English...**Successful outdoor vacation? Follow these tips**

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared.

Norwegians are known for hiking in forests and fields. Many foreign tourists also come to see Norwegian nature. Some areas are especially popular.

Walking in a crowd can make your trip less enjoyable. You may run the risk of it this year:

The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called UT.no. It has received a huge number of visitors this summer, compared with the same period last year.

“We’ve had a 43 percent increase in the number of users,” says Veronica Solbak in a press release. She is an editor for UT.no.

DNT says this can show that interest in outdoor activities in Norway is high this summer. They have extracted the five destinations most searched for on the website. They are:

Dronningstien in Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen and Trekanten in Trollheimen.

Are you dreaming of one of these travel destinations? Maybe you should wait until another time if you want to avoid a lot of people.

No matter where you go this summer: Remember that experiencing nature requires something of you. Norsk Friluftsliv writes in a press release that the leave no trace movement is part of the right to roam. This means that we have a responsibility to leave nature as we found it.

“This means taking all trash home with you,” says general secretary Bente Lier.

You must also not cut down healthy trees or do other damage to nature.

In general, it's about not leaving behind evidence that you have been there.

What is the right to roam?

Allemannsretten—the right to roam—gives you the right to use open land freely. You can hike, camp and pick berries.

Outland areas are forests, mountains, marshes and coastal areas.

Inland areas are yards, house plots, cultivated land and the like.

Inland areas are generally inaccessible.

Along with rights there is also a code of conduct. This means showing consideration for others and for nature. You must not harm nature.

**litt på norsk...****Vellykket friluftsferie? Følg disse tipsene**

Vil du ha en hyggelig ferie i norsk natur? Da bør du stille forberedt.

Nordmenn er kjent for turer i skog og mark. Også mange utenlandske turister kommer for å se norsk natur. Noen områder er ekstra populære.

Å gå i flokk kan gjøre turen lite hyggelig. Kanskje risikerer du dette akkurat i år:

Den Norske Turistforening (DNT) har en nettside med turforslag som heter UT.no.

Den har fått ekstra mange besøk i sommer. Tallene er sammenlignet med samme periode i fjor.

– Vi har en økning i antall brukere på 43 prosent. Det sier Veronica Solbak i en pressemelding. Hun er redaktør for UT.no. DNT sier dette kan vise at interessen for friluftsliv i Norge er høy i sommer. De har hentet ut de fem turmålene det søkes mest etter på nettsiden. Det er:

Dronningstien i Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen og Trekanten i Trollheimen.

Drømmer du om ett av disse turmålene? Kanskje bør du vente til en annen gang om du vil unngå mye folk.

Uansett hvor du legger turen i sommer: Husk at bruk av naturen krever noe av deg. Norsk Friluftsliv skriver i en pressemelding at sporløs ferdsel er en del av allemannsretten. Det betyr at vi har ansvar for å etterlate naturen slik vi fant den.

– Det innebærer å ta med seg alt søppel hjem, sier generalsekretær Bente Lier.

Du skal heller ikke hogge i friske trær eller gjøre annen skade på natur.

Generelt handler det om at det ikke skal synes på naturen at du har vært der.

Hva er allemannsretten?

Allemannsretten gir deg rett til å bruke utmark fritt. Her kan du gå tur, telte og plukke bær.

Utmark er skog, fjell, myr og kystområder. Innmark er gårdsplasser, hustomter, dyrket mark og lignende. På innmark er det ikke generelt en rett til å ferdes.

Du har også allemansplikter. Det innebærer å vise hensyn overfor andre, og for naturen. Du skal ikke skade naturen.

Source: <https://www.klartale.no/norge/2024/07/19/vellykket-friluftsferie-folg-disse-tipsene/>

Crown Prince Follows Refugees Guides for a Day

On June 20, to mark World Refugee Day, Crown Prince Haakon Magnus went for a walk with refugees and volunteer refugee guides from the Red Cross. Oslo Mayor Anne Lindboe, Secretary General of the Red Cross Anne Bergh and head of the Oslo Red Cross Astrid Solberg also took part in the trip.

Red Cross refugee guides are assigned to newly arrived refugees in Norway and help them adjust to life in their new society. The participants practice Norwegian together and get to know their local environment by going for informal walks, cooking, and having coffee along with other activities.

Norway accepts refugees from, among other countries, Ukraine, Syria, Afghanistan, Eritrea and Turkey. The vast majority of people the Red Cross assists say that they want to learn Norwegian and become an equal part of Norwegian society.

“Refugee guides and other activities for newly arrived refugees are important because they are a supplement to the public introduction program. Here you get the opportunity to practice Norwegian in an informal setting. It gives increased self-confidence to use the language in other arenas as well, such as work,” says Anne Bergh, secretary general of the Red Cross.



Haakon, Crown Prince of Norway

District Six News



SONS of NORWAY



Camp Oldfjell, our craft camp for adults (all 18 and older are welcome) will be held at Camp Norge from Saturday, September 21 through Tuesday, September 24, 2024.

The Fall 2024 Camp Norge Newsletter is now available. Visit campnorge.org to read the newsletter, explore coming events, and learn more about Camp Norge and how you can support our camp!



Are You Covered?

Life moves fast. Now is the time to review 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 Sons of Norway today.

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!

Foundation Envelope in September/October Viking

Watch for it! The envelope in the September/October issue of Viking magazine is an easy way for you to support the grants and scholarships you've heard about (see the scholarship article in the Sept/Oct issue, for example.) Consider the impact you can make with a tax-deductible gift to the Sons of Norway Foundation. Simply pop your check in the envelope and mail it in, or if you prefer to pay by credit card, you can go to sofn.com to make your gift there.

Dues Increase—During the district conventions, delegates heard a compelling message regarding the years leading up to the July 2024 dues increase. This message helped highlight the slow sales of products ten to fifteen years ago and the impact that this had on revenue and our surplus. The full message has been recorded and can be viewed on the Sons of Norway website. You are encourage to review this message from CEO Daniel Seyfried, *State of Union, Sons of Norway*.

litt humor...

Ole went to see his doctor for his routine check-up. At the end of the visit, his doctor said, "Ole, you seem to be pretty healthy for a man of your age. How is your love life?"

Ole replied, "Vell, almost every day."

"That's remarkable", said the doctor, "Tell me more."

"Vell, almost on Monday, almost on Tuesday, almost on Wednesday, almost...."



When the church service was finished, Lena and Ole met up with friends for brunch. Lena was excitedly telling Helga about the handsome young reverend. "He even gave me a compliment", said Lena, "He said I looked like a breath of Spring." Ole nearly choked on his pickled herring. "Lena", he exclaimed, "that's not exactly what he said. What he said was dat you looked like da end of a long, hard vinter!"

Resource Links:

- Peer Gynt Website: www.sonsofnorway-westla.com ▪ Peer Gynt Facebook: <https://www.facebook.com/peergyntson/>
- District Six Newsletters/Cultural Newsletters: <https://sofn6.org/newsletters/>
- District Six: <https://sofn6.org> ▪ Camp Norge: <https://www.campnorge.org/site/>
- Sons of Norway Foundation: <https://www.sofn.com/foundation/>

Gratulerer med Dagen
september

- 9/1: Carolyn Peterson
- 9/2: George Berglund
- 9/3: John Glovka
- 9/3: Norman Kindig
- 9/3: Bruce Solheim
- 9/30: Lucia Evangelho



Good of the Order

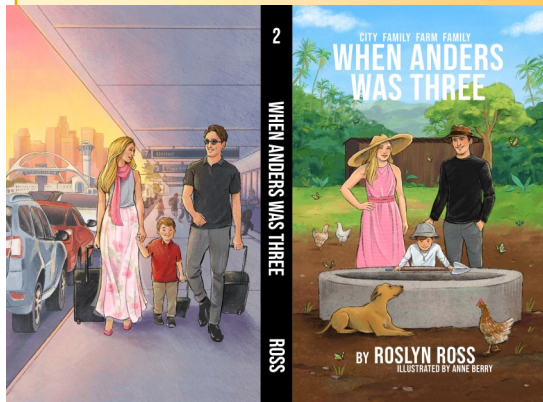
What has been keeping you busy? What are some of your hobbies or interests? Your Peer Gynt family would love to hear about it!

This month, we learn a little bit about Roslyn Ross and one of our youngest members, Roslyn's son Henrik. Henrik is taking after older brother, Anders, and has begun his acting career! I hear he even had a speaking part!

Ha det gøy!
(Have fun!)



Henrik filming his first commercial



I'm not sure how many of you are aware of this; but, Roslyn is an accomplished author. Her latest book, *When Anders was Three*, is now available. This is the second book in her series, *City Family Farm Family*.

Gratulerer!

What a fun follow up to our "Who is This Member?" series. Please send your photos and info to Susan.



One more photo from our Peer Gynt picnic (Thanks Roslyn)- Our guests from Norway, Alyssa & Stian Dyrdal with children, Henry, Benjamin, & Ella

Heritage Norwegian Barbie update! I heard from Michael that we have received our first two submissions! Lucia and Amaya Evangelho have submitted their brief video and will each be receiving a doll. I hope we get many more submissions. Michael will be compiling all submissions into a video that will be shared on our Facebook. See the attached flyer for more information.

PARIS 2024

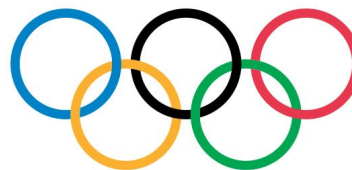


Photo Credit: 2024 Summer Olympics, Public domain, via Wikimedia

Paris Olympics Come to a Close

In May, Olympiatoppen—the Norwegian Olympic and Paralympic Committee and Confederation of Sports—put forth an official goal for Paris: eight medals. After three weeks of world-class athleticism, hard-won victories, unexpected defeats, displays of humanity, celebration, and intriguing backstories filled the games with emotion and meaning.

While Norway's major talent lies solidly in the **Winter Olympics**, the country sent 109 world class athletes to Paris. It was looking like they would fall short of their desired tally, but then on a day dubbed *superlørdag* (*super Saturday*), Norway landed five medals, for an overall total of four golds, one silver and three bronze medals.

GULL / GOLD: Decathlete - Markus Rooth, 22; Håndballjenter - Women's Handball Team; 5000 meter run - Jakob Asserson Ingebrigtsen; Weightlifting - Solfrid Koanda from Grimstad, 25

SØLV / SILVER: 400-meter hurdles - Karsten Warholm

BRONSE / BRONZE: Freestyle wrestling - Grace Jacob Bullen; Sailing - Line Flem Høst; Beach Volleyball - Anders Berntsen Mol and Christian Sandlie Sørum. See SofN E-Post, August 2024, for full article.

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

Peer Gynt Lodge Annual Meatball Dinner September 28, 2024

Social Hour: 5:00 P.M.

Dinner: 6:00 P.M.

Cost: \$10 (children 12 y.o. and under \$5)

RSVP: John (562-822-4056) - or -

Susan (310-701-0274)

sdnewsom61@gmail.com



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.

CAMP OLDFJELL

**Saturday, September 21 –
Tuesday, September 24, 2024**

Register from July 1 to September 8

Full Session, Sat-Tue \$235

Half Session Sat- Sun \$140

The Camp Oldfjell registration fee covers classes and meals.

Meal service starts with dinner on Friday and concludes with breakfast on Wednesday.

Material fees are paid directly to the instructors.

Lodging fees are separate.



Camp Oldfjell is held at
Camp Norge:
250 Canyon Mine Rd.
Alta, CA 95701

Check in for Camp Oldfjell begins on Friday evening at 4 PM. Check in will continue on Saturday during breakfast.

Soft drinks will be served to those under the age of 21.

To see the events held at Camp Norge and accommodations click [Link Below](#) for information.

The course catalog is compiled in advance, changes in classes, instructors or fees may occur. For up-to-date information please visit the Camp Oldfjell page by clicking rb.gy/4gcf74

Registration is on a on a first-come, first-served basis, so sign up early by clicking

rb.gy/pln18x



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