

# Hvite Fjell Nyheter

Volume 17 Number 7

July

June 25, 2009

## Lodge Calendar

### July 2 Board Meeting Only

6:00 Board Meeting

### July 4 Camp Norge

The Camp Norge Recreation Board welcomes you to Camp Norge for a three-day camping experience. If you do not have a tent, RV, call the Manager at (530)389-2508 for a room.

Our neighboring village, Dutch Flat is having an old fashioned July parade and celebration on July 4<sup>th</sup>. They have a wonderful lunch in the community center, and games and booths on the street. It's a wonderful way to spend the day. If you or your lodge wishes to be in the parade, let us know.

We have limited food service for you. No lunch on Saturday.

The swimming pool will be open. The horseshoe pit is available. Explore the area on your own. Also, get to know your fellow lodge members.

**PREREGISTRATION IS REQUIRED.** You can get a form from Lodge member Ken Johnson.

### July 12 - 25 Troll Fjell Camp

Camp Troll Fjell is held at Camp Norge near Alta, California during

the middle two weeks of July. Located in the Sierra Nevada Mountains east of Sacramento, Camp Norge is an ideal location for a summer camp.

Campers learn about their Norwegian heritage and language as well as participate in all the traditional activities of a summer camp.

Criteria for attending camp includes - ages 8 to 13 at the time the camp begins and a child, grandchild or great grandchild of a Sons of Norway District 6 member in good standing. The cost is \$750 per child. For more information and to get an application form go to the web site [www.trollfjell.org](http://www.trollfjell.org) or [www.sofn6.com](http://www.sofn6.com)



### August 4 Board Meeting Only

6:00 Board Meeting

### September 1

6:00 Board Meeting

7:00 General Meeting

## June Meeting Minutes

Meeting called to order by President Barbara Dimmitt. Treasurer's Report given by Perralina Palm, accepted and filed. Minutes of the 5/5/2009 Board meeting approved as printed in the Nyheter.

Ken and Fath Johnson and Sara Jerpseth volunteered Saturday Memorial Day week end at Camp Norge and Sara Jerpseth., Naomi Sande and Bryan Sims volunteered to work on Sunday helping with the barbeque and preparing and serving the lunch.

Syttende Mai Brunch at the Siena was a success - Lisa Lightfoot and Karen McGee were guests from the Washoe County School District Volunteer Services. They gave a short presentation of various ways Our Lodge can participate in Adopt a School Program.

No formal program was scheduled - However all members became the PROGRAM with interesting facts about how we became members of Sons of Norway - where we came from, etc. like a family discussion as we enjoyed the usual good Pot Luck food. Celebrated Birthdays for the summer months and also the 60th wedding anniversary of Maxine and Mel Gullickson.

Respectfully submitted by  
Naomi Sande, Secretary

### Lodge Contact Information

President -Barbara Dimmitt (775) 345-6068  
Secretary-Naomi Sande . . (775) 747- 5778  
Treasurer-Perralina Palm. . (775) 972-5741  
Membership-Jim Bryne. . . (775) 853-5595  
Publicity-Barbara Dimmitt. (775) 345-6068  
Web Master-DrCraig Sande.(775) 787-7093  
The official web-site of Hvite Fjell Lodge is  
[www.hvitefjell.com](http://www.hvitefjell.com)



**Hvite Fjell Lodge** meets at the Odd-fellows Hall in Reno at 7:00pm the first Tue of every month except for July, October and December. Visitors are welcome.

Hvite Fjell's telephone number is

(775) 746-1200

## The Norwegian Glacier Museum



Bøyabreen

The Norwegian Glacier Museum is situated in Fjærland at the head of the narrowly, scenic Fjærlandsfjord, which is an arm of the Sognefjord. The village of Fjærland lies cradled between two particularly accessible glaciers, Bøyabreen and Supphellebreen. Both of them are outlets from the glacier Jostedalbreen and is situated only 7 km from the fjord. You reach them easily by car or bus. Jostedalbreen is the largest glacier on the European continent and the glacier is a National Park. Fjærland is also a book town. 14 picturesque shops have 300.000 second-hand books for sale.

The Norwegian Glacier Museum is a hands-on museum where the visitors do their own experiments, for instance with 1000 years old glacier ice from Supphellebreen. At the museum you also find answers to frequently asked questions, like "Why is glacier ice blue?" and "Why is the fjord green?". Our experience exhibition on climate changes - Our fragile climate - is spectacular and has been very well received by the Norwegian Glacier Museum visitors. Through the hands-on exhibits, the spectacular movie from the glacier and the climate exhibition, the museum now is one of the most popular museums in Western Norway.

In the travel handbook "Norway", published by Lonely Planet, the Glacier Museum is given an excellent presentation:

"The hands-on exhibits will delight children. You can

learn how fjords are formed, see an excellent 20-minute multi-screen audio-visual presentation on Jostedalbreen (so impressive that audiences often break into spontaneous applause at the end) and even see the tusk of a Siberian woolly mammoth, which met an icy demise 30,000 years ago. There's also an exhibit on the 5000-year-old 'Ice Man' corpse, which was found on the Austrian-Italian border in 1991. The newest of the museum's themes is its multimedia (sounds, smoke, rumblings underfoot and more) exhibition, Our Fragile Climate. It leads you from the earth's creation via a tertiary era forest and the last ice age to the present - and on to the consequences of our contemporary overuse of the world's resources. After a doomsday visual hypothesis, it ends on a note of qualified optimism as the breathy voice of Sir David Attenborough urges responsible, personal action to save our planet. In synopsis, it sounds preachy. On the spot, it's stimulating and thought provoking".

All exhibits are texted in Norwegian, English and German. The climate exhibition is presented in 9 different languages. Each visitor receives a written guide to the exhibitions at the entrance. The guide is available in the following languages: Dutch, English, French, German, Italian, Japanese, Spanish, Russian, Korean, Chinese and Norwegian.

The museum is designed by architect professor Sverre Fehn who received the Pritzker award in 1997 - the highest international award an architect can get. The building has received several awards, including the highest Norwegian award for architecture.

The museum was opened by H.M.

Queen Sonja of Norway in 1991.

## Ken and Faith Visit Jostedalbreen Glacier in 1995

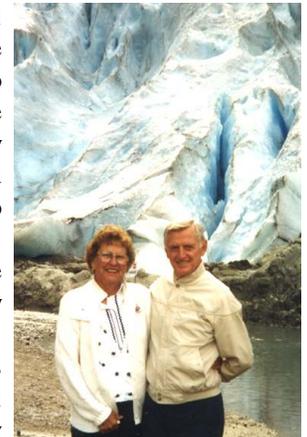
In 1995, Lodge members Ken and Faith Johnson visited Norway. One of the highlights of the trip was visiting the Briksdal glacier, which is an outlet of the Jostedalbreen glacier. Jostedalbreen is the largest glacier in Europe.

After visiting Trondheim, our tour bus proceeded down the west coast of Norway. The west coast of Norway is a high plateau which is cut by many fjords. Truly, the most beautiful part of Norway. Jostedalbreen lies on the high plateau a number of arms of the glacier coming down into the lower parts near the fjords.

At Briksdal Glacier we were taken to the end of the highway where we had to get into two wheel carts which were pulled by Fjord horses. Fjord horses are a special breed. They are small and

apparently more usable in for the fjord farmers. The carts took us up to the glacier where we could get out walk on the glacier. One thing that surprised me was the amount of water flowing out of the glacier.

After visiting the glacier we continued south to Bergen crossing several beautiful fjords.



### God Bedring Get Well Soon

Ellen Hoel

Alf Stousland

Billie Watne

Ruth Stousland

## Poor Man's Cookies (Fattigman)

Do not be fooled by the name. Original recipes called for as many as 24 to 30 eggs, minus a few whites. My theory is that the name "poor man" stems from the premise that making these cookies will make one poor.

However, the authenticated reason is that cream, eggs, butter and such were easy to come by on the Norwegian farms where the recipes originated. These diamond-crullers go back to the mid 19<sup>th</sup> century, and is a must at Christmas time in most Norwegian homes. Keeps well in airtight containers.

7 egg yolks  
½ cup sugar  
1 cup whipping cream  
¼ tsp. lemon peel, grated  
2 tbsp. cognac  
2 2/3 cups flour, approx.  
¼ tsp. cardamon  
Lard or shortening

Beat egg yolks and sugar until light and fluffy. Whip cream until firm and add to eggs together with lemon peel and cognac. Add cardamon to flour and sift into mixture, keeping out a little flour to sprinkle over dough, and some to roll dough out with. Cover and chill until next day. Remove a small portion, place on lightly floured surface and roll out to a thin dough. Cut into diamond shapes with a fattigman cutter or use a pastry wheel and ruler. Make a slit about 1 1/8th inch long in the middle and carefully slip one corner through. Place on a board or baking sheet sprinkled lightly with flour. Fry in hot lard or shortening. They swell and develop air bubbles during the cooking. Remove when golden brown and drain well on paper towels. Sprinkle with confectioners' sugar, if desired. Store in airtight containers.

**Makes 7 ½ dozen.**

**Taken from "Authentic Norwegian Cooking" by Astrid Karlsen Scott**



## Gratulerer Med Dagen i juli

Naomi Sande . . . . . juli 1  
Helen Engeseth. . . . . juli 6  
John Sande III. . . . . juli 7  
Georgia Satre. . . . . juli 7  
Mike Watland. . . . . juli 17  
Jenifer Root. . . . . juli 23  
David Keillor. . . . . juli 26

\*\*\*\*\*

Ole and Lars go on a fishing trip to Canada and come back with only three fish. Lars says, "The way I figure it, Ole, each of them fish cost us \$400.

Ole says, "Well, at dat price it's a good thing we didn't catch any more of dem den we did.

\*\*\*\*\*

**Ole:** I need to buy some boards der, Sven.

**Sven:** How long you vant dem Ole?

**Ole:** Long time. I'm building a house ya know.

\*\*\*\*\*

Ole was fishing with Per in a rented boat. They could not catch a thing. Ole said, "let's go a bit farder downstream." So they did, and they caught monstrous fish. They had their limit, so they went home. On the way home Per said, "I marked da spot right in da middle of da boat, Ole."

"You stupid," said Ole, "How do you know ve vill get da same boat next time!"

\*\*\*\*\*

Did you hear about Ole's nephew Torvold who won the gold medal at the Olympics? He had it bronzed.

\*\*\*\*\*

So there was a big snowstorm and a snow emergency declared. Ole had to park his car on the odd-numbered side of the street. Two days later, more snow, and he had to park on the even-numbered side of the street. The next day another snowstorm, another snow emergency, odd-numbered side of the street, and Ole said, "Heck, Lena, I'm tired of this. I'm gonna leave the dang car in the garage and if they want to tow it, let 'em tow it."

\*\*\*\*\*

**Son:** Mama, I have the biggest feet in da third grade. Is dat because I'm Norwegian?

**Mama:** No, it's because your nineteen

\*\*\*\*\*

The Seattle city government was making an effort to bring minority groups, such a Norwegians, into the work force. So, they interviewed a token Norwegian and gave him some word tests. He had a difficult time spelling, so the examiner decided to give him a real simple word. "Spell DOG," said the examiner. "D-d-d-d" the Norwegian stammered in puzzlement. "Come on, you can do it," encouraged the examiner. In frustration the Norwegian pounded his head and muttered, "Oh gee!" "That's right," exclaimed the employment examiner, "You're hired."

\*\*\*\*\*

Hvite Fjell Nyheter is the official  
publication of:

Hvite Fjell Lodge 6-151  
Sons of Norway  
P.O. Box 5497  
Reno, NV 89513

Telephone: (775)746-1200  
Website: [www.hvitefjell.com](http://www.hvitefjell.com)

Editor: Ken Johnson  
(775)747-0934  
e-mail:

[kenandfaith@sbcglobal.net](mailto:kenandfaith@sbcglobal.net)

**Hvite Fjell Lodge Officers 2008**

President - Barbara Dimmitt  
Vice-President - Jim Bryn  
Secretary - Naomi Sande  
Assist. Secretary - Vacant  
Treasurer - Perralina Palm  
Financial Secretary - Trygve Loken  
Counselor - Ken Johnson  
Trustee 1 Year - Curt Tang  
Trustee 2 Years - Faith Johnson  
Trustee 3 Years- John Hylin  
Marshall - Harriet Uren  
Assist. Marshall - Maxine Gullickson  
Cultural Director - Nancy Maiss  
Social Director - Vacant  
Musician - Vacant  
Inner Guard - Andy Anderson  
Outer Guard - Mel Gullickson  
Norsk Lærer - Trygve Loken  
Historian - Faith Johnson  
Librarian - Connie Anderson.  
Publicity - Barbara Dimmitt  
Editor of the Nyheter - Ken Johnson  
Sunshine Director - Billie Watne  
Membership - Jim Bryn  
Foundation Director - Jim Bryn  
Youth Director - Jeni Root  
Sports Director - Brian Root  
Camp Norge Ambassadors - Brian/Jeni Root

**Royal Norwegian Consul General**

20 California Street, San Francisco,  
CA  
(415) 986-0766

---

**Camp Norge**

(530) 389-2508  
web site: [www.campnorge.com](http://www.campnorge.com)

---

**District 6 Zone 1 Director**

Carl Ingvaldstad  
(707) 987-2404  
[cingvaldst@aol.com](mailto:cingvaldst@aol.com)

---

**Financial Benefits Counselor**

Carl Ingvaldstad  
(707) 987-2404

**NEW SINGLE PREMIUM DEFERRED  
ANNUITY:**



Carl Ingvaldstad  
(707) 987-2404

**B E N E F I T S   O F**  
**M E M B E R S H I P -**  
**C O M P L I M E N T A R Y**  
**F I N A N C I A L R E V I E W**

This review provides valuable information relevant to your current financial situation and also helps you plan effectively for the future no matter what