

Sons of Norway

Nansen News

Volume 82, Issue 3

March, 2012

Fridtjof Nansen Lodge #6-009 Long Beach, California



Ord Fra Presidenten. . .

Hei og lykkelig Mars til alle,
Hello and Happy March to All,

We are getting settled into our new location, new meeting time and enjoying it. Christ Lutheran Church is a great fit for us; the space and parking we need. Join us and see what we mean. Our next meeting is Saturday March 10 at 12:30pm. We will be having a corn beef and cabbage lunch then a wonderful program. We have the honor to be hosting a few of the Scandia Dancers of Southern California. Good food, great fellowship and wonderful dancing. What more could you want.

Then you will not want to miss our April meeting for the Norwegian Heritage Open House. We will have Norwegian food, crafts, demos and displays. We need you to make this event a success. Please sign up with Vanessa Lion to help.

Any ideas or suggestions to help our Lodge please talk to me; we want to do all we can to succeed.

Ga I fred (Go in Peace) – Troann



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.



SONS OF NORWAY

NEW INFO - IMPORTANT

Meeting the Second Saturday
Of each month,

Christ Lutheran Church
6500 Stearns St.

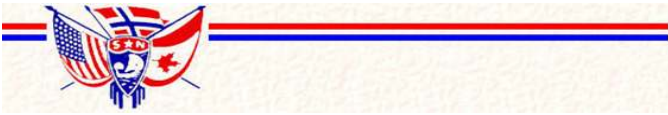
Long Beach, California
Phone (562) 437-5160

Next Lodge Meeting
March 10, 2012 at 12:30pm
Lunch provided by Lodge

2012 Officers

President:	Troann Loy	(714) 963-4830
Vice President:	Vanessa	(949) 310-6063
Secretary:	BarbaraShepard	(714) 962-5857
Treasurer:	Herman Holt	(562) 429-7638
MembershipSecretary:	CleoneHatwan	(562) 633-6752
Editor:	Troann M. Loy	(714) 963-4830
CulturalDirector:	Dee Ronning	(562) 490-0801
Historian:	Dee Ronning	
Musician:	Judy Bohlen	
Counselor:	Herman Holt	
Greeter:	Jeanne Holt	
Marshall	Phillip Knudsen	(562) 424-1384
Social Director:	Vacant	
Trustees:	Dee Ronning	
	Herman Holt	
Auditor:	Patricia Lampe	





Helping you find the path to a secure financial future
 In a world of uncertainties, Sons of Norway is there to help you secure your financial future.
 This year, Sons of Norway has launched a couple of great new products so call our **Financial Benefit Counselor Pat Kelly** for a complementary financial review.

Phone: 818-988-7199
Cell: 818-667-6627
Fax: 818-905-5785



KALENDAREN

March 2012

10 – Lodge Meeting at 12:30pm

Scandia Dancers of Southern California will be performing, join us for the fun.

11 – Daylight Savings Time Begins



17 – St. Patrick's Day




20 – Spring Begins



March – Birthdays

- 4 – Jessica Lion**
- 5 – Jeanne Holt**
- 10 – Lyman Lokken**
- 12 – Warren Olson**
- 15 – Kirstin Loumeau**
- 29 – Frank Pooler**

TUBFRIM 

Save stamps for
TUBFRIM

Cut cancelled stamps off envelopes
leaving
1/4 to 1/2 inch
around the edges.

Deliver stamps
to any lodge meeting.

Bring you clipped stamps to our next Lodge Meeting. Cleone is collecting them for us.

Recipe of the Month: Rommegrot for 8 people
 From Betrit Miltum via Gil Witsoe

Ingredients/Directions:

- Sift 1 ½ cups flour.
- Boil (covered) for 5-10 minutes 2 cups sour cream.
- Sift & stir ½ cup sifted flour into the sour cream and let simmer, stirring carefully.
- Stir into sour cream 6 cups warm whole milk, alternating with 1 cup sifted flour, until you reach desired consistency.
- Stir in 1 teaspoon salt.
- Serve topped with butter, sugar, and cinnamon.

FRIDTJOF NANSEN LODGE #6-009
MINUTES - FEBRUARY 11, 2012

The meeting was held at our new location which has worked out well for all our needs. Phebe decorated the hall with a beautiful Valentine's theme. 14 members were present. A lunch of pizza, salad, drinks and dessert was served and enjoyed by all.

President Troann Loy called the meeting to order at 1:15 with the singing of the three national anthems followed by the Pledge of Allegiance. Happy birthday was sung to Phillip Knudsen and Vanessa Lion.

Dee's word of the day: 'Kindness is difficult to give away because it's always coming back.'

Minutes from the November and January meetings were read and approved.

Treasurer, Herman Holt, presented the treasurer reports from November to January which were approved.

Announcements: Convention dates are June 6-9, 2012 in Mesa, Arizona and the lodge is allowed 3 delegates to attend. Anyone who is interested may contact Troann for additional information. This is an enlightening and important event for all who want to gain more knowledge about the Sons of Norway and bring helpful information back to their lodge.

Cultural program: A video of Norrona's annual lutefisk dinner by Huell Howser was shown and enjoyed by all.

Herman announced a Norwegian flag belonging to Dee Ronning has been donated to the lodge. Thank you for this special gift, Dee.

The 50/50 drawing brought in \$32.00 and Helen Krogstad was the winner of \$16.00. Other prizes were won by the following: Irma - a big chocolate kiss, Jessica - Valentine's candy, Helen - stationary and Thea - a hand towel.

Peace and harmony was extended by Herman Holt at the close of the meeting. 'Norway O Norway' was sung as we adjourned at 2:00P.M.

Next meeting will be at 12:30 on Saturday March 10, 2012. A folk dance group will perform for us.

Respectfully submitted,
Cleone Hatwan for Barbara Shepard



This winter, ***the Northern Lights*** over Norway will be the strongest we've seen in 50 years, according to the experts.

The Northern Lights is one of the major attractions for tourists visiting Norway in the winter and people travel from all over the world to catch a glimpse of the famous phenomenon.



In Alta, in the county of Finnmark one of the places where the lights show most frequently, the tourism industry is very pleased with the most recent prognosis.

A large portion of the tourism in the North of Norway during winter is connected to the Northern Lights and related activities, says Per-Arne Tuftin, Director of Tourism in Innovation Norway. Increased activity also means more attention from the media, which again can help attract visitors. "More travelers to the North of Norway in general, and especially Alta, is a good thing," says Trygve Nygård, CEO of Glød, a Norwegian adventure and travel agency.

Nygård hopes that people who have had a long-time dream of seeing the Northern Lights will now be tempted to come because of the increased chances of catching a good glimpse of the phenomenon.

The optimistic forecast itself came from NASA, the space administration in the U.S. This is the fourth year in a row that the Northern Lights have increased in strength, and it is the most active along the coast of Finnmark and Troms, on the North coast of Norway.

The lights can be admired from the fall and throughout the winter.



I received a phone call from a woman with lots of Norwegian memorabilia she would like to sell her items to people who will appreciate them. She has a lefsa grill and accessory. Lots of Rosemaling pieces, spoon, bowls, and bread board, etc. She says they are worth seeing. She lives in Santa Ana. If interested call Jean Tryggestad 714-531-1979

A bit of Humor. . . 10 Finkers

Ole vas vorking at da fish plant up north in Duluth when he accidentally cut off all ten of his finkers.

He vent to da emergency room Klinik, and when he got dar da Norsky doctor looked at Ole and said,

"Okie dokie,
let's have da finkers
and I'll see vhat I can do."

Ole said, "I haven't got da finkers."

"Vhat do you mean,
you hafent got da finkers?"

he said. "Lordy- it's 2010

and Ive's got microsurgery and all kinds of incredible surgery techniques.

I could hafe put dem back on and made you like new!

Vhy didn't you brink da finkers?"

Ole says.....

"How vas I suppose to pick dem up?"



Reindeer Cooling System Explored

It isn't just your family dog who pants to stay cool, it turns out that reindeer also have a unique brain cooling ability to prevent overheating.

In a study conducted by scientists from the University of Oslo and University of Tromsø, reindeer were trained to run on treadmills in order to understand how physical exertion affected the reindeer's ability to cool itself.

Built for Arctic winters, reindeer have heavily insulated fur, which make it difficult for them to expel body heat. "They do not have sweat glands like humans which would ruin the insulative properties of their fur, but make use of the same principle - heat dissipation through evaporation of water - when they pant," said Lars Folkow of the University of Tromsø. At the onset of the study, the reindeer's body cooling methods behaved as expected, with the reindeer's breathing elevating to 250 breaths a minute and blood flow to the face increasing, allowing inhaled air in the sinuses to cool the blood and circulate it to the most stressed muscles of the animal's body. It wasn't until the brain temperature of the reindeer in the study reached a critically heated level, 39°C, that the reindeer displayed its most unique and unexpected trait, selective brain cooling. In an effort to recover from potentially fatal internal temperature, reindeer are equipped with an ability to divert cooled blood from their noses to the most critical area, the brain. As of yet, the only other animal identified as having the same "selective brain cooling" skill as reindeer, are sheep.

Adapted from BBC Nature News

Venison Roast- *The Norwegian Kitchen*

1 2/3 pounds rump roast of reindeer, deer or moose
Salt
3/4 tsp. pepper
8 juniper berries, crushed
2 tbsp. butter
1 1/4 cups water
1 1/4 cups full fat milk
1/2 cup 35% sour cream
Sauce:
2 1/2 cups pan juices
1/2 cup whipping cream or 35% fat sour cream
1/3 cups cold milk
3 tbsp. flour
Soy sauce
1 slice brown goat milk cheese
Salt
1/2 cup red current jelly
2 tbsp. whipping cream or sour cream

Tie the roast. Season on all sides with salt, pepper and crushed juniper berries. Brown on all sides in browned butter. Transfer to pot. Bring water, milk and sour cream to a boil and add. Deglaze the pan with 2 tablespoons of water and pour over the meat. Simmer until an instant thermometer indicates the internal temperature of 165 F, 40 -60 minutes, depending upon thickness. Turn the roast several times while simmering. Remove the roast and wrap in foil. Strain and measure the pan juices. Reduce or add stock, if necessary, to make 2 1/2 cups. Stir in cream or sour cream. Combine milk and flour and whisk into the pan juices to thicken. Season with cheese, salt, pepper and jelly. Temper with cream or sour cream. Serve with boiled potatoes, gravy and vegetables.

“2012”

DISTRICT SIX “CALENDAR OF EVENTS”

(By Ordale Johnson)

MARCH CALENDAR:

- 17(Sat.) - Ulabrand #24 – St. Patricks Dinner, Nansen Field
- 17(Sat.) - Valhall #25 – 100th Anniversary, Kona Kai Resort, San Diego
- 24(Sat.) - Valhall #25 – Milestone Anniversary (March 24, 1912) – 100 years

APRIL CALENDAR:

- 14(Sat.) - Peer Gynt #22 – Western Night, 5:00 Social, 6:00 Dinner
- 14/15(Sat./Sun): SCANDINAVIAN FESTIVAL @California Lutheran University, T.O.**

MAY CALENDAR:

- 4 (Fri.) - Edvard Grieg #74 – Milestone Anniversary (May 4, 1957) – 55 years
- 12(Sat.) - Norrona #50 – May 17 Celebration
- 17(Thur.) - Joint Syttende Mai Celebration Solbakken #64 and Fridtjof Nansen #9, 11:00am
- 16(Wed.) - Vegas Vikings – Milestone Anniversary (May 16, 1992) – 20 years
- 25/28 (Fri./Mon.) – Memorial Day Weekend/Recreation Bd. Mtg. – Camp Norge

JUNE CALENDAR:

- 2(Sat.) - Ulabrand #24 - Salmon Members Dinner @ Nansen Field, 5:30 P.M.
- 6/10(Wed./Sat.) – District Six Convention @Mesa, AZ (Holiday Inn Resort)**
- 9(Sat.) - Norrona #50 – Social Night
- 14(Thurs.) - Centennial #161 – Milestone Anniversary (June 14, 1997) – 15 years

Syttende Mai Celebration



May 17, 2012
El Dorado Country Club
2400 Studebaker Rd.
Long Beach, California
11 A.M—2 P.M.
LUNCHEON

Lunch: \$18.00 choice of menu

Send reservations to:

Herman Holt

3522 Kalin Ave.

Long Beach, CA 90808

562-429-7638

By May 10, 2012

Make check payable to:

“Fridtjof Nansen Lodge”



**New Location and meeting time:
Christ Lutheran Church
6500 E. Stearns
Long Beach, CA.
(between Palo Verde and Studebaker)**

**Meeting time 2nd Saturday of every month
At 12:30 p.m.**



Fridtjof Nansen #6-009 Long Beach, CA
www.sofn6.com

First Class

Troann Mortensen Loy
9062 Kahului Dr.
Huntington Beach, CA 92646
tm4rb@yahoo.com

March, 2012 ISSUE