

Sons of Norway Nansen News

Volume 82, Issue 4

April, 2012

Fridtjof Nansen Lodge #6-009 Long Beach, California



Ord Fra Presidenten . . .

WOW! Is all I can say about the Scandia Dancers. They put on a wonderful show and then got us up dancing too. What fun was had by all.



A special Tusen Takk to the Scandia Dancers . . .

April meeting is going to be very special come 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 call (949) 310-6063.

Syttende Mai will be here before we know it. Please do not miss out. Send your reservation check to Herman Holt. (see info inside newsletter).

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

**Happy
Easter**



SONS OF NORWAY

Christ Lutheran Church
6500 Stearns St.
Long Beach, California
Phone (562) 437-5160

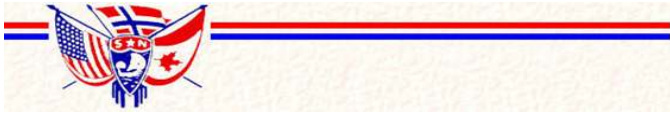
NEW INFO - IMPORTANT

Next Lodge Meeting
April 21, 2012 at 12:30 pm
Lunch provided by Lodge

2012 Officers

President:	Troann Loy	(714) 963-4830
Vice President:	Vanessa Lion	(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	





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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

April 2012

6 – Passover/Good Friday

8 – EASTER

21 – Lodge Meeting at 12:30 pm

Norwegian Open House

22 – Earth Day

Take care of your plant.



May 2012

12 – Lodge Meeting at 12:30 pm

Slide show of Norway



April – Birthdays

10-Francis Hertzog

11-Jack Mason

19-Barbara Shepard

30-Cleone Hatwan

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.

Camp Norge

SONS OF NORWAY RECREATION CENTER
250 Canyon Mine Road (P O Box 622) Alta, CA
95701

Telephone: (530) 389-2508
campnorge@yahoo.com

**A Little Bit of Norway in the Sierra Mountains at
Alta, California**

**Camp Norge is a great place for family reunions, big
or small church retreats...youth camp outings and
snow trips, while leaving plenty of space for
individual and family use.**

**Remember we are collecting our pennies for Camp
Norge. Bring your pennies to next meeting. The
Holts will be collecting the pennies every month
from you.**

FRIDTJOF NANSON LODGE #6-009

Minutes - March 10, 2012

We gathered at our new meeting hall at 12:00 PM and set up for our St. Patrick's Day luncheon of corned beef, cabbage, carrots, and potatoes from Katella Deli and a selection of refreshing beverages. Homemade bread was provided by Phebe who also decorated the tables in an Irish theme. Charlotte and Ordale Johnson joined us from Ventura and it was a pleasure to have them share in our celebration. We were entertained by the Scandia Dancers who performed as well as explained the Norwegian dances and the traditional clothing they were wearing. We thoroughly enjoyed this very talented group of dancers. At the close of their performance they encouraged lodge members to join them in a lesson and a dance. Many brave souls got up and did a fine job of showing their skills on the dance floor.

President Troann Loy opened the meeting at 2:00 PM.

Dee's word of the day: 'Imitation is often the first chapter in the book of excellence.'

The minutes from February were approved as presented. The budget report was read and approved as presented. Herman announced that the financial report has been filed with Minneapolis in a timely manner.

Our next meeting and Norwegian Open House will be on April 21, 2011. All members are asked to arrive at 11:30 to assist in setting up the various tables and stations. We are hoping for lots of visitors who have seen our ads in the Grunion Gazette and the Long Beach Press Telegram. Everyone will be involved in making this a success as each of us will have a job to do.

Ordale Johnson gave us words of appreciation and encouragement. He announced that the San Luis Obispo lodge will be closing as none of the members wish to become officers. We are sorry to hear this news.

Our Syttende Mai celebration will be at El Dorado Park and Golf Course again this year. We are sharing this celebration with Solbakken Lodge. Tickets are \$18.00 per person and checks are to be made out to Fridtjof Nansen Lodge and given to Herman at your earliest convenience.

Troann announced events that are taking place at other lodges and encouraged us to attend.

Phebe read a short story about Norwegian and Irish folklore which was amusing and entertaining.

The 50/50 took in \$21.00 and half was won by Thea who generously turned her portion back to the lodge.

We also had a raffle for several Irish items. Cleone won the welcome sign, Jean the shamrock suckers and Troann the Irish tea towels.

Troann announced that people are signing up and joining on-line and suggested that the by-laws be changed regarding lodge approval of new members.

Troann also reiterated that we need delegates from our lodge to attend the convention in June. Anyone interested is to call Troann.

The meeting was adjourned at 2:45 followed by cake from Katella Deli and homemade cookies and brownies from Charlotte Johnson.

Respectfully submitted
Barbara Shepard - Secretary



Krumkake is a crispy, traditional Norwegian Christmas cookie (julekake). It is so delicious and it will melt in your mouth.

In order to make these unusual Norske cookies you will need a special krumkake iron to bake them in.

Are you ready to make "crumkauke"? - (That's kind-of how you pronounce it in Norwegian.)

Ingredients:

3 eggs
5 ounces (150 gram) sugar
5 ounces (150 gram) butter
5 ounces (150 gram) flour
1/2 teaspoon cardamom

Preparation:

Whip eggs and sugar until pale yellow. Add melted, cooled butter. Add flour with cardamom mixed in. Let the batter rest in refrigerator 1 hour.

You can use a "No Stick Cooking Spray", canola oil, for example, on the iron to prevent sticking.

Place 1 teaspoon batter into warm iron and bake until light golden. Remove immediately and make desired shape.

A bit of Humor. . .

Ole and Sven died in a snowmobile accident, drunk as skunks and went straight to Hell. The Devil discovered them laughing and whooping it up.

"Doesn't the heat bother you?" he asked.

Ole replies, "Oh not at all, we are from Minnesota and we love this warm weather here.

Furious, the Devil turn off the heat in Hell and the temperatures plummeted as the Lake of Fire turns to ice. Frost forms on the walls and there were icicles everywhere.

With an evil smile on his face, the Devil goes back to check on Ole and Sven and find them cheering and jumping like mad men.

Dumbfounded, he asks, "What is wrong with you two?"

Sven replied, "Well, don't you know, Hell has frozen over, that means that the Vikings won the Super Bowl."

Each Friday night after work, Ole would fire up his outdoor grill on the shore of Big Stone Lake and cook a venison steak. But, all of Ole's neighbors were Catholic... And since it was Lent, they were forbidden from eating meat on Friday.

The delicious aroma from the grilled venison steaks wafted over Ortonville all the way to Clinton, and was causing such a problem for the Catholic faithful that they finally talked to their priest.

The Priest came to visit Ole, and suggested that he become a Catholic. After several classes and much study, Ole attended Mass.....and as the priest sprinkled holy water over him, he said, "You were born a Lutheran, and raised a Lutheran, but now you are a Catholic.

Ole's neighbors were relieved, until Friday night arrived, and the wonderful aroma of grilled venison filled the neighborhood.

The Priest was called immediately by the neighbors, and, as he rushed into Ole's yard, clutching a rosary and prepared to scold him, he stopped and watched in amazement.

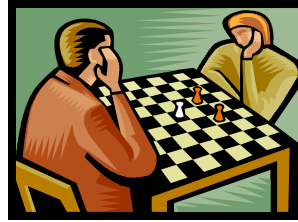
There stood Ole, clutching a small bottle of holy water which he carefully sprinkled over the grilling meat and chanted: "You vuz born a deer, you vuz raised a deer, but now you is a walleye pike."

GREAT NEWS!

We have a website for the Lodge. It is almost done thanks to a lot of hard work by Roni Lion. Some fine tuning and it will be finished.

www.fridtjofnansenlodge.com

Check it out and let us know what you think.



Mozart of Chess: 21-Year-Old Norwegian

CBS News' "60 Minutes" on Feb. 21, profiled the world's best chess player—21-year old Magnus Carlsen from the outskirts of Oslo.

Bob Simon's report opened with Carlsen competing against 10 players simultaneously—easily beating them, with his back turned—meaning he kept track of the positions of 320 pieces blind!

When he was 13, he became a legend after he played to a draw against world champion Garry Kasparov. Many considered the Russian to be the greatest at the time.

By the time he was 19, Carlsen was number one in the world. If you missed the report, then go to <http://www.cbsnews.com> and choose the link for [60 minutes](#) at top of page, for a replay or a written version. For more on the magic of how Carlsen's mind works, follow the link to "60 Minutes Overtime."—Thanks to Vegas Viking News.



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.



Easter Holiday – Typical Norwegian

There are not many countries like Norway, especially when it comes to Easter holiday! Easter holiday is largely a distinctly Norwegian phenomenon because Norway is one of the few countries in the world that has a continuous holiday weekend from Maundy Thursday to the second Easter Sunday in Easter. The weekend gives the vast majority a minimum of five consecutive free-days of Easter holiday.

At the same time generous holiday hours and flexible time off at work and in school during the Easter season allows many to take ten consecutive days off – from “Palm Saturday,” the Saturday before Palm Sunday, through the holy week to the second day of Easter.

Through cliché representations in the media and the public sphere impressions are created and reinforced annually that ski, sun, snow, oranges, Kvikk Lunsj and Easter crime novels by the fireplace is the typical Easter for the majority of Norwegians. In reality, the Easter holiday for the vast majority is first and foremost about leisure and mellow days at home – maybe spending time with family or friends.

The tan skin tone one gets after long days outdoors, sunbathing in the thin high altitude mountain air and in snowy environments is called “Easter brown.” The increased car traffic to and from the mountains is more or less called “Easter traffic.” “Easter snow” is used to refer to the ski conditions over Easter, when the snow is often old, rough and grainy, wet during the day and icy at night.

Leg of Lamb

The Norwegian Kitchen

by Astrid Karlsen Scott

Serves 6-8

- 2½ kg (5 pounds) leg of lamb
- 1 bunch parsley, chopped
- salt
- freshly ground black pepper
- 2 tsp rosemary
- 5 dl (2 cups) lamb stock
- 4 tbs (¼ cup) flour
- soy sauce

Preheat the oven to 175°C (350°F). Bone the leg of lamb. Sprinkle the meaty side with parsley, salt, pepper and rosemary. Roll up and tie with cotton string. Insert a meat thermometer into the thickest part.

Roast until the meat reaches an internal temperature of 75°C (165°F), about 90 minutes. During roasting, baste often with stock. Deglaze the pan with the remaining stock. Thicken with flour stirred into a little water, if desired. Season with salt and pepper and add soy sauce for color.

Serve with boiled potatoes, braised onions, brussels sprouts, carrots, baked apple halves filled with jelly and gravy.

Core the apples and halve lengthwise. Brush with lemon juice and bake in the oven until tender, about 15 minutes. Spoon jelly into indentations.





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

**Next meeting Saturday April 21, 2012 Norwegian Open House
at 12:30 p.m.**



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

First Class

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