

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 82, Issue 6

June 2012

### *Ord Fra Presidenten...*

WOW! What a month it has been. Phebe Frizioni and I went to Camp Norge for a week to take a class to learn how to make our Bunads. Sue Sutherland from Ely, MN was our wonderful teacher and now we will spend the year embroidering our Bunads and go back next year to learn how to do the construction. It was a great week with 12 women wanting to preserve their Norwegian heritage.

Then our Syttende Mai Celebration at El Dorado Park; was another great opportunity to gather as Norwegian's and proclaim our heritage.

Our Lodge meeting has a treat having Sharon and Alan Johnson back to share more of their slides from Norway; one of their favorite places. They will be leaving in July for a 35 day cruise to Island, Greenland and Norway again. Maybe we will be able to get them to share that trip with us also.

Please make sure to come to the June 9<sup>th</sup> Lodge meeting with our special guests Sandy Seufert and Carol Goller. Carol Goller was one of the fiddlers that played at our 80<sup>th</sup> Anniversary Celebration. It will be great to enjoy Carol's talent on the fiddle again.

I will be up in San Luis Obispo Cal Poly at my niece's graduation that week-end but I will be with you in spirit.

#### **REMEMBER:**

We will not be meeting in July or August.

Our Lodge will meet again on September 8, 2012

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday, **June 9, 2012**  
at **12:30 pm** at:

Christ Lutheran Church  
6500 Stearns Avenue  
Long Beach, CA 90815

Ample parking is available.

Our telephone number is (562) 437-5160.

**Note: We do not meet in July or August.**

*We welcome everyone of all ages. You do not have to be Norwegian!*

Join us for our next event,  
on **June 9th**, at **12:30 pm**. We will  
have lunch and then our program  
will be 2 wonderful Norwegian  
Fiddle players Sandy Seufert and Carol  
Goller. I know you will not want to miss  
this program.



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.

## Kalendaren

### JUNE

9 – Lodge Meeting with Luncheon and Norwegian Fiddle Player Program



14 – Flag Day

17- Father's Day



20 – First Day of Summer

### July

4 - Independents Day



## This Month's Birthdays



### JUNE'S BIRTHDAYS

8- Joan Brown

15- Patricia Lampe

15-Truman Risa

19-Idell McDonough

### JULY'S BIRTHDAYS

7- Berit Bode

16 – Russ Johonsen

18-Roni Lion

**Gratulerer med dagen til alle**

## Camp Norge

Sons of Norway Recreation Center  
2560 Canyon Mine Road (P.O. Box 622)

Alta, CA 95701

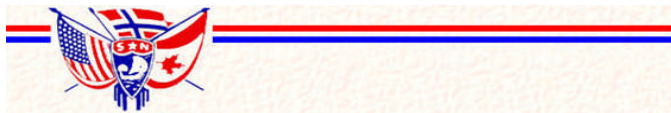
Telephone: 530-389-2508

campnorge@yahoo.com

*"A little bit of Norway in the  
Sierra Mountains at Alta, CA"*

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

**Remember! We are collecting our pennies for Camp Norge. Bring your pennies to the next lodge meeting. The Holts will be collecting your pennies every month.**



### **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

## Oslo Restaurant Wins New Michelin Stars



Restaurants in Oslo are abuzz following the release of the 2012 Michelin Main Cities of Europe guidebook. For the first time ever a Scandinavian restaurant, Maaemo, has received two Michelin stars on its very first rating.

Located in Oslo's Grønland district, Maaemo's seasonal menu is based solely on 100% organic local ingredients, including rare Norwegian herbs and berries. Chef Esben Holmboe-Bang said in an interview with Norwegian Broadcasting (NRK) that he was in a state of "positive shock" and was "incredibly proud."

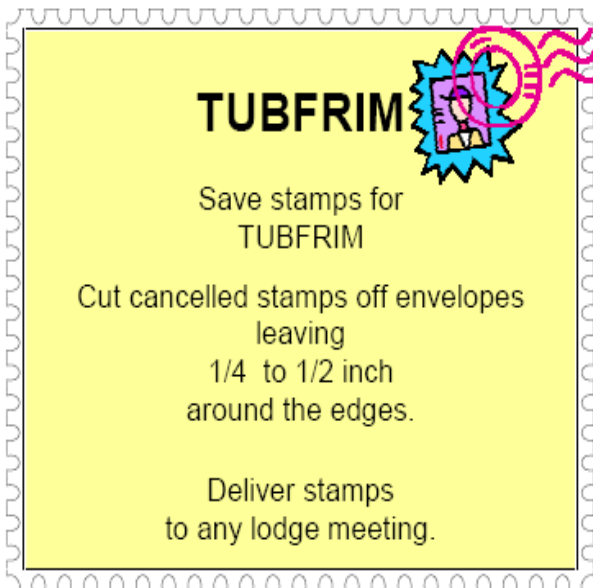
In addition to Maaemo, Oslo's restaurant industry also boasted three other notable entries in the guidebook this year with Bagatelle, Statholdergaarden and Restaurant Oscarsgate each winning a star.

Michelin stars are awarded on a three star scale. One star is considered "a very good restaurant in its category," while two stars qualifies as "first class cuisine of its type." Restaurants earning a three star ranking are defined by their "exceptional cuisine, often extreme expense and extensive wine list."

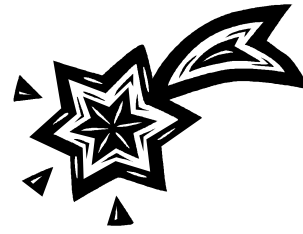
Since Michelin stars are also very rare, they are highly coveted. For example, in 2009, France's Michelin Guide included over 3,500 restaurants but only 12% of those restaurants received one star, just 2% were awarded two stars and less than 1% received three.



**Bring your clipped stamps to our next Lodge meeting. Cleone is collecting them for us.**



## Meteorites Make Rare Appearance in Norway



Just days apart, two meteorites were discovered in Oslo in March. The first, was found by members of the Thomassen family when they visited their *kolonihage*, a small urban garden cabin, and discovered a hole in the roof. The cabin had been hit by a 1lb 4 oz. meteorite. The second, weighing in at 1 lb 8.69 oz, was discovered on a grassy hilltop in Oslo known as Ekebergsletta.

Astrophysicist Knut Jørgen Røed Ødengaard with the University of Oslo believes the rocks likely detached from a meteorite that was sighted over Norway on March 1. Since then, researchers have been scouring Norway hoping to locate any fragments of the meteorite. Adding to the excitement is the fact that these particular meteorites are rare. A variety of compressed particles within the rocks indicate that another larger meteorite collided with this one on another planet before Oslo's meteorite was propelled into space. While it is yet unknown where the Oslo meteorite originated, it is possible that the rocks could be worth quite a bit of money. Meteorites from the moon or Mars, for example, could sell for as much as \$800 to \$1000 per gram.

Meteorite findings in Norway are quite rare, only 14 have been found in the country since 1848.

*Adapted from various sources*

### 2012 Officers

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

## **A Bit of Humor - Olie's truck accident**

**A Minnesota farmer named Olie had a car accident. He was hit by a truck owned by the Eversweet Company.**

In court, the Eversweet Company's hot-shot attorney questioned him thus:

'Didn't you say to the state trooper at the scene of the accident, 'I'm fine?''

Olie responded: 'vell, I'lla tell you vat happened dere. I'd yust loaded my fav'rit cow, Bessie, into da... '

'I didn't ask for any details', the lawyer interrupted. 'Just answer the question. Did you not say, at the scene of the accident, 'I'm fine!''?

Olie said, 'vell, I'd yust got Bessie into da trailer and I was drivin' down da road.... '

The lawyer interrupted again and said, 'Your Honor, I am trying to establish the fact that, at the scene of the accident, this man told the police on the scene that he was fine. Now several weeks after the accident, he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question. '

By this time, the Judge was fairly interested in Olie's answer and said to the attorney: 'I'd like to hear what he has to say about his favorite cow, Bessie'.

Olie said: 'Tank you' and proceeded. 'vell as I vas saying, I had yust loaded Bessie, my fav'rit cow, into de trailer and was drivin' her down de road vin dis huge Eversweet truck and trailer came tundering tru a stop sign and hit me trailer right in da side by golly. I was trown into one ditch and Bessie was trown into da udder ditch.

By yimminy yahosaphat I vas hurt, purty durn bad, and didn't want to move. An even vurse dan dat,, I could hear old Bessie a moanin' and a groanin'. I knew she vas in terrible pain yust by her groans.

Shortly after da accident, a policeman on a motorbike turned up. He could hear Bessie a moanin' and a groanin' too, so he vent over to her. After he looked at her, and saw her condition, he took out his gun and shot her right between the eyes.

Den da policeman came across de road, gun still in hand, looked at me, and said, 'How are you feelin'?'

'Now wot da fock vud you say?'

## **Lodge folding**

At their March meeting, Stillehavet Lodge # 116 in San Luis Obispo, with a membership of approximately 60 members and who last year celebrated their 36th Anniversary, voted to disband their lodge due to very poor attendance at their meetings the last few years. Other lodges in the District also struggle with poor attendance, even the larger lodges with 100 to 200 members only have 15 to 20 % attendance. We are struggling too and trying to get new members so we do not have to disband. Support your Lodge.

## **Norwegian Experience 2012**

Once again Sons of Norway is partnering with Borton Overseas to offer one lucky recruiter and their guest an amazing travel experience in Norway! All year, every Sons of Norway member who recruits a new, dues-paying member will be entered into the 2012 Norwegian Experience Recruitment Contest.

The trip, which will be awarded in January of 2013, will include airfare, meals, exclusive travel opportunities and upscale accommodations! Just imagine taking a 10 day land-tour of Norway enjoying some of the most beautiful scenery that Scandinavia has to offer! The best part is that the winner gets to choose their own adventure! Whether you prefer an active trip full of sight-seeing and touring, or a more laid-back vacation, it's up to you!

To enter this year's Norwegian Experience Recruitment Contest all you have to do is recruit one new, dues-paying member and make sure your name is listed in the "Referred By" field. It's as easy as that! Entries are taken from members recruited between January 1st and December 31st, 2012. Also, remember that you can enter as many times as you recruit throughout the year, which increases your chances of winning!

Hello to the friends of Swede and Delores Swenson: We received a call earlier today from Delores that Swede passed away about 7:00 P.M. He was at home and Dee and her daughter Debbie, along with the caregiver who had been caring for him the past few months were at his side. The past few months and he had days of being in a coma situation and then would open his eyes and say a word or sentence, which would give Dee some chuckles that was good memories of Swede. She indicated the services would not be until after the convention. She also has expressed her wish that any "Memorial donations" be given to the Sherrill Swenson Scholarship Fund, which was recently organized by Solbakken Lodge. She also would like any cards and donations mailed directly to their address, which is 9731 Bellder Ave, Downey, CA. 90240. More information will be available about all of this after the arrangements are made tomorrow.

Regards, Ordale and Charlotte Johnson

## **OUR CONDOLENCES TO THE SWENSON FAMILY.**

**Swede was a good friend to our Lodge and all Sons of Norway members. He will be missed.**



## **SONS OF NORWAY LODGE 6-009**

### **Minutes ~ May 19, 2012**

Prior to the meeting we all enjoyed a potluck luncheon provided by those attending. It was a nice variety of food and good fellowship.

Meeting called to order by President Troann Loy at 1:40PM. The three national anthems were sung followed by the Pledge of Allegiance. Jeanne announced that Irma Olson had suffered a stroke and is presently in a wheel chair. Phillip Knudsen is ill and was unable to attend this meeting.

We celebrated Syttende Mai on 5/17 and it was fairly well attended. The weather was beautiful and all enjoyed the various presentations as well as a nice lunch.

Happy Birthday was sung to Phebe.

Dee's word of the day: 'If Mississippi made Missouri a New Jersey what would Delaware?'

The 50/50 was \$14.00 and Idell won \$7.00 of it.

The minutes from March were read and approved.

Herman presented the budgets from March and April which were read and approved.

The new website is up and running and everyone is encouraged to check it out.

Herman gave the counselor's closing statement at 2:50PM.

A slide show of Coastal Norway was presented by Sharon and Al Johnson. Very informative and showed us what a beautiful country Norway is.

The meeting was closed at 3:15PM.

Respectfully submitted:  
Barbara Shepard ~ Secretary

Addendum from Barbara Shepard:

Our lodge is in a very precarious position and is likely to terminate by the end of this year. We are trying very hard to forestall this. However, this cannot be done by just a few active members. We need everyone who receives our newsletter to make an effort to attend the meetings as well as celebrations like Syttende Mai. The meetings have been moved to 12:30 the second Saturday of each month with lunch provided and often a program or entertainment in order to accommodate everyone. We cannot sustain these efforts without more members getting involved and staying involved. Think about what your lodge means to you and be part of the solution to save it.



### ***“DISCOVER YOUR INNER TROLL”***

Don't miss out on the District Six

### **FOLK ART EXHIBITION AND COMPETITION**

District Six Lodge Meeting & Convention

June 6-9, 2012 in Mesa, AZ

For information and entry form see

[www.sofn6.com/convention/2012/index.html](http://www.sofn6.com/convention/2012/index.html)

or ask your lodge president

[www.fridtjofnansenlodge.com](http://www.fridtjofnansenlodge.com)

### **GREAT NEWS!**

We have a website for the Lodge. It is up and running thanks to a lot of hard work by Roni Lion and Troann Loy.

[www.fridtjofnansenlodge.com](http://www.fridtjofnansenlodge.com)

Check it out and let us know what you think.

### **Norwegian waffles**



1 tsp powdered vanilla 3 oz margarine

2 egg 1 tsp baking soda

3 tsp sugar Flour

2 cups buttermilk

Melt margarine and let cool. In a bowl add eggs, sugar and vanilla and beat with electric mixer for 5 minutes.

Add in the cool melted margarine, buttermilk and baking soda. Add enough flour to make a thick batter.

Pre-heat your heartshaped waffle iron.

Add a scoop of batter to the iron and

bake until golden brown. Serve with fresh berries or jam, sour cream, whipped cream or even ice cream.

# Sons of Norway 21st Annual Weekend Southern California Kretssteve

September 28 - 30, 2012

New SCK Viking Adventure in Vista, CA



This is a three venue event. We will be visiting Norge Lodge's Viking Festival Saturday from 10:00 AM to around 3:00 PM. The other activities will be at a mobile home park clubhouse. Lodging is at a nearby hotel and includes breakfast. Maps will be available at the SCK registration table at the hotel.

- Shop, eat, play, be entertained, and see & learn of the Norwegian & Viking Heritage on Saturday
- Earn a Cultural Skills pin for level one of the Music Unit on Friday evening & Sunday morning
- Play Bingo Friday night and help raise funds for Camp Norge
- Try your hand at Woodcarving and/or Chip Carving Saturday afternoon
- Folk Dancing, Music, and Singing Saturday night
- See Fjord horses and/or visit a winery on Sunday afternoon (optional – minimal charge, at site)
- Volunteers needed at Viking Festival for 1 or 2 hour shifts making & selling krumkake & coffee  
Contact Amelia Seeto to volunteer – (619) 988-2452 or [ameliaseeto@hotmail.com](mailto:ameliaseeto@hotmail.com)

**\*\*\*\* Make your own hotel reservations before August 28 \*\*\*\* Very Special Rates**  
Americas Best Value Inn & Suites, 330 Mar Vista Drive, Vista, CA 92083 (two stories)  
(888) 315-2378 Ask for Sons of Norway Advance Purchase Rates for Fri. & Sat. nights

2 Queen beds \$59.20/night plus tax for 2 people, \$10 more per additional person  
1 King bed \$51.20/night plus tax



Please complete the Registration Form below and mail with your check made out to:  
Southern California Kretssteve. Mail by September 15 to:

Nancy Madson, SCK Registrar  
28-351 Via Las Palmas  
Thousand Palms, CA 92276

Home phone: (760) 343-0848  
e-mail: [norsknm@earthlink.net](mailto:norsknm@earthlink.net)  
For camping info, call registrar

-----  
**cut here and mail**  
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Name(s): \_\_\_\_\_

Lodge: \_\_\_\_\_

Children: \_\_\_\_\_

Ages: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Will you be staying at the hotel?  Yes  No

**Join us Saturday June 9<sup>th</sup> at  
12:30pm  
For Lunch and a wonderful fiddle  
program by Carol and Sue.**



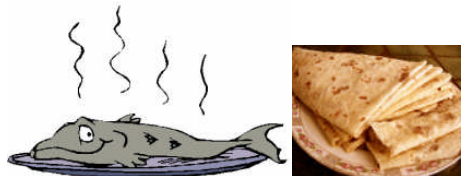
**Carol Goller** has played Scandinavian folk fiddle for over 30 years, specializing in playing Norwegian and Swedish music for dancing as well as playing for weddings, parties and lodge meetings. Carol learned her tunes from many Swedish and Norwegian tradition-bearers in camps and workshops here in the US and on trips to Scandinavia. She plays primarily with the Skandia South Fiddlers who are associated with the Skandia South dance club.

**Sandy Seufert** is a professional cellist, currently playing with the Culver City Symphony, and is a folk fiddler specializing in Swedish and Norwegian dance music. During the week, Sandy is the Manager of Curriculum and Teaching Artist Development at the Music Center: Performing Arts Center of Los Angeles County. There she works directly with the training and development of teaching artists and their curriculum and helps to manage several world-class teaching artist training programs and seminars that serve the arts community.

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Enjoy Summer.

Take some time for yourself and remember what is important in life.  
Lutifish and Lefsa, HA!



Fridtjof Nansen #6-009 Long Beach, CA  
[www.fridtjofnansenlodge.com](http://www.fridtjofnansenlodge.com)  
[www.sofn6.com](http://www.sofn6.com)

First Class

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[tm4rb@yahoo.com](mailto:tm4rb@yahoo.com)